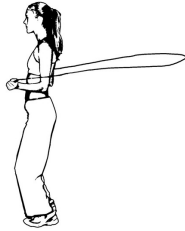


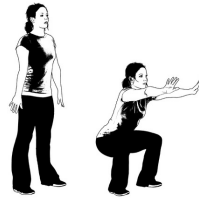
STRENGTH MOB[®]

Warm-up

5 minutes jump rope
40 air squats
20 squat-to-stands



Jump Rope



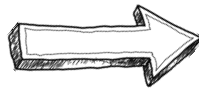
Air Squat



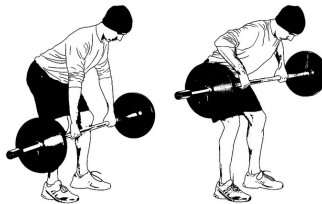
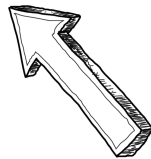
Squat to Stand



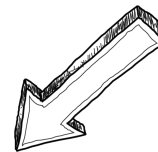
Kettlebell Single Leg Deadlift



Parallette Push-up



Barbell Bent-over Row



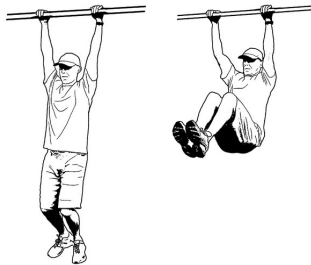
Circuit

8 SL romanian DL per leg
12 parallette push-ups
10 bent-over rows

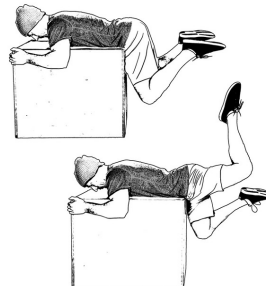


Cool-down

3 x 10
Hanging knee raises
Box donkey kicks



Hanging Knee Raise



Box Donkey Kick

Use at your own risk and consult with a medical professional before beginning this or any exercise program.