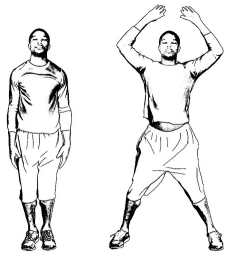




STRENGTH MOB®

Warm-up

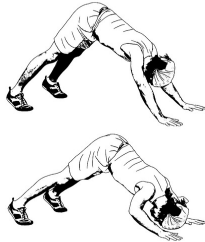
- 100 Jumping jacks
- 50 Split jumps
- 30 Pike push-ups
- Mix as needed



Jumping Jacks



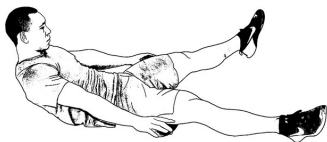
Split Jump



Pike Push-up

Cool-down

- 3x through
- 30-second Straddle hollow hold
- 20 Fish hook crunches

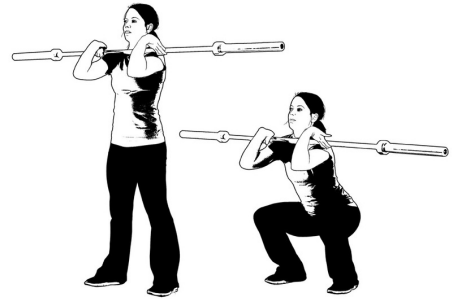


Straddle Hollow Hold



Fish Hook Crunch

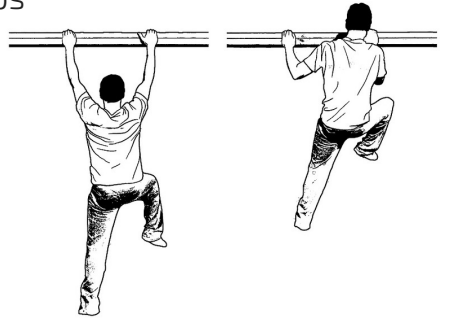
4x



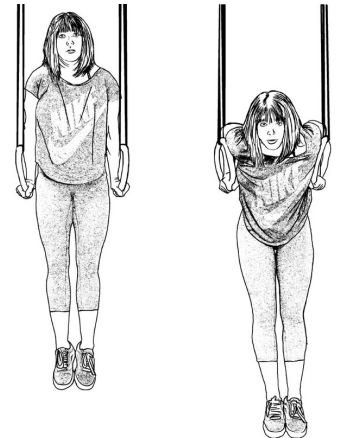
Front Squat

Circuit

- 10 Front squats
- 8 Spiderman pull-ups
- 6 Ring dips



Spiderman Pull-up



Ring Dip

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