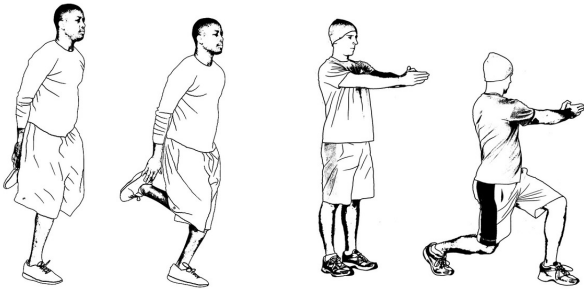




STRENGTH MOB[®]

Warm-up

5 minutes of butt kicks, jumping jacks and other hopping moves
30 twisting lunges



Butt Kicks

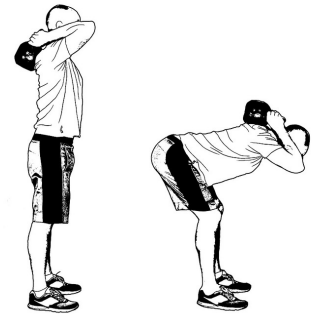
Twisting Lunge



Barbell Step-up

Circuit

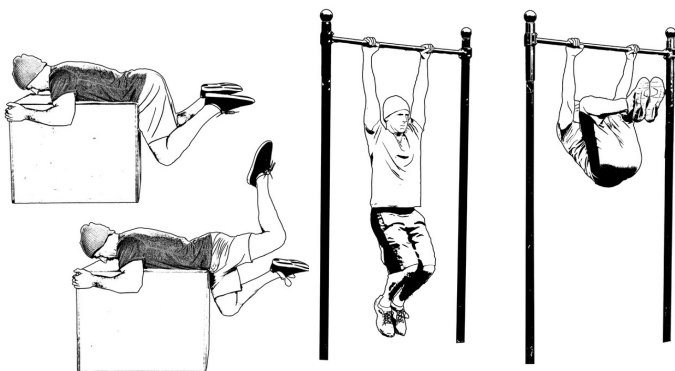
5 step-ups
8 good mornings
10 uneven push-ups
8 db pull-overs



Kettlebell Good Morning

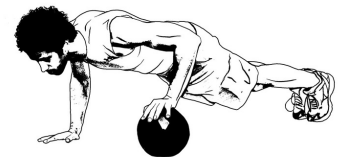
Cool-down

3 x through
10 box donkey kicks
5 knees-to-elbows



Box Donkey Kick

Knees to Elbows



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