

# **STRENGTH MOB**®



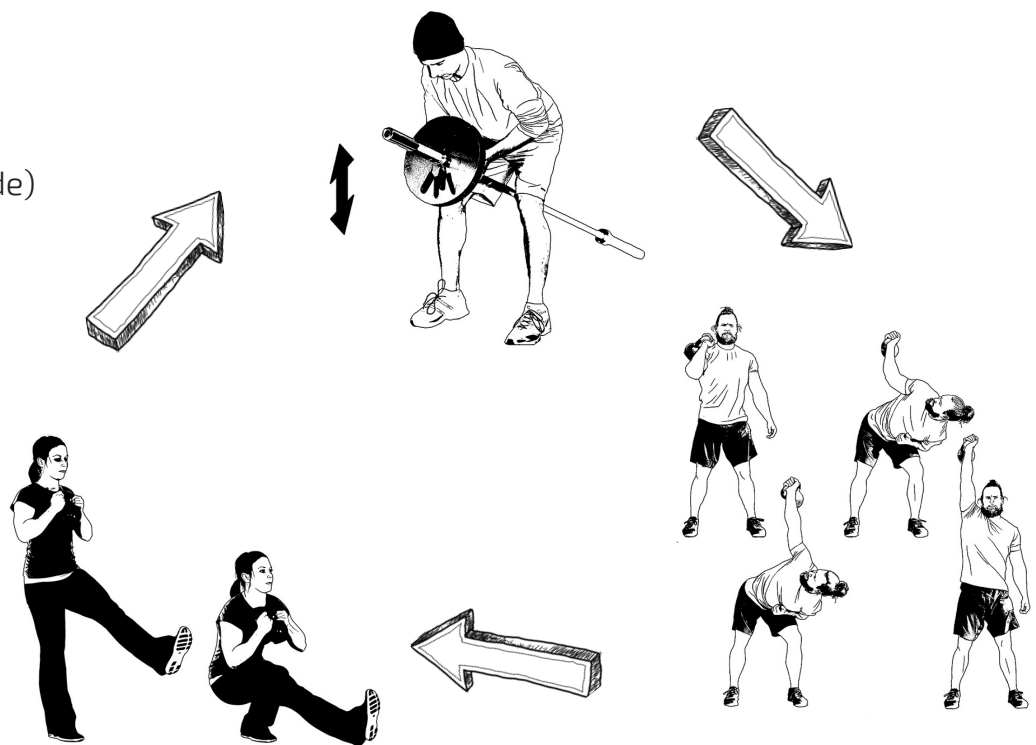
## Warm-up

100 Twist Jumps  
& 30 Goblet Squats

## Circuit

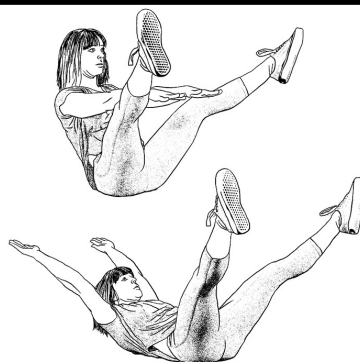
10 Landmine Rows  
5 Bent Presses (each side)  
5 KB Pistol Squats (each side)

**4x**



## Cool-down

4 x 10  
Straddle V-ups



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