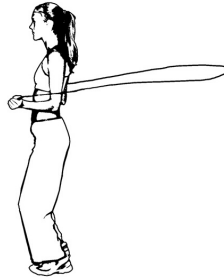
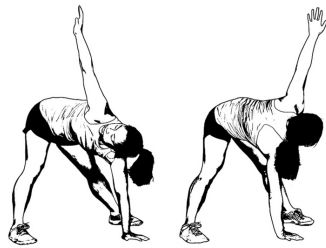




STRENGTH MOB[®]

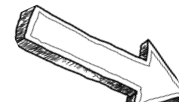
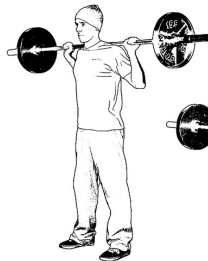
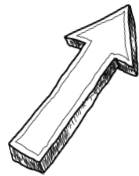


Warm-up

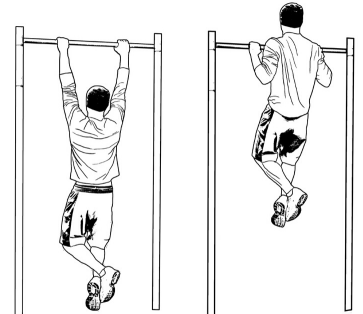
50 bent-over twists
3 minutes jump rope

Circuit

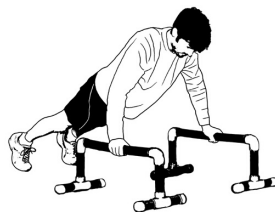
10 backsquats
8 pull-ups
12 parallette push-ups



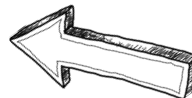
Barbell Back Squat



Pull-up



Parallette Push-up



Cool-down

3 x 10
cossack squats
sissy squats

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