

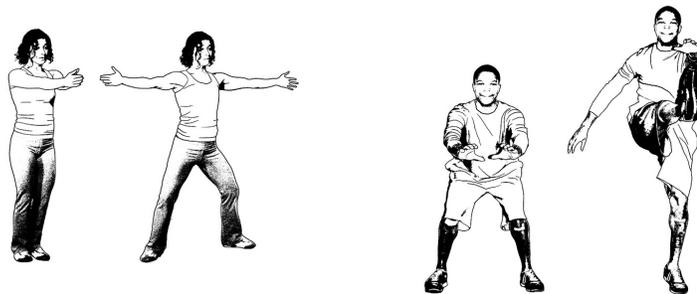


# STRENGTH MOB<sup>®</sup>

## Warm-up

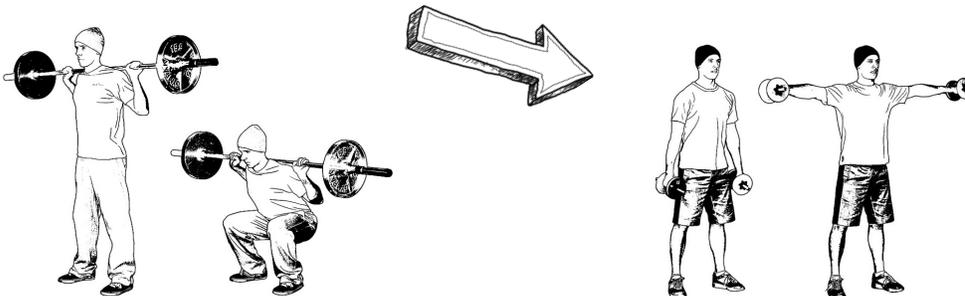
100 Commando Jacks

50 Squat Kicks



## Circuit

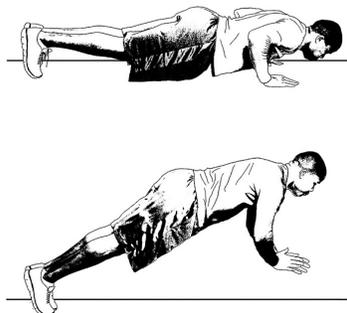
8 Back Squats  
6 Lateral Raises  
7 Preacher Curls



## Cool-down

3 x 10

Plyo Push-ups



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