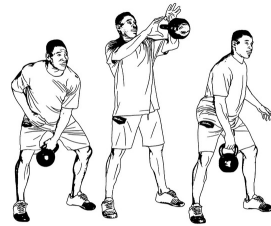




# STRENGTH MOB<sup>®</sup>



Run



Alternating Swing



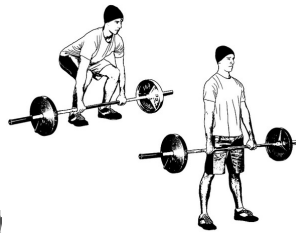
Cossack Squat

## Warm-up

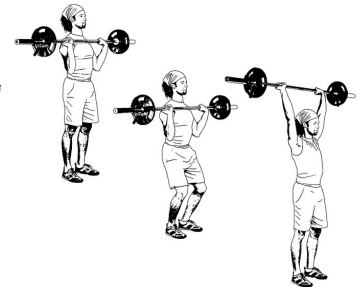
- 5 minute run
- 50 alternating KB swings
- 30 cossack squats

## Circuit

- 12 deadlifts
- 8 push presses
- 10 single arm rows
- 15-second L-hang

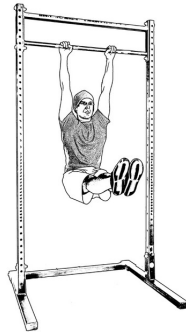


Barbell Deadlift



Barbell Push Press

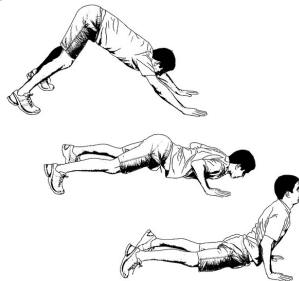
3x



L Hang



Single Bent Over Row



Dive Bomber Push-Up



Russian Twist

## Cool-down

- 3 x 10
- dive bomber push-ups
- russian twists

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