



STRENGTH MOB®

Warm-up

5 minutes butt kicks & other hopping moves
50 goblet squats



Butt Kicks

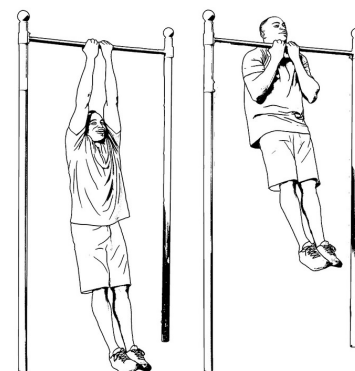
Goblet Squat



Barbell Bulgarian Split Squat

Circuit

6 Bulgarian split squats
8 Narrow-grip chins
10 Single arm presses

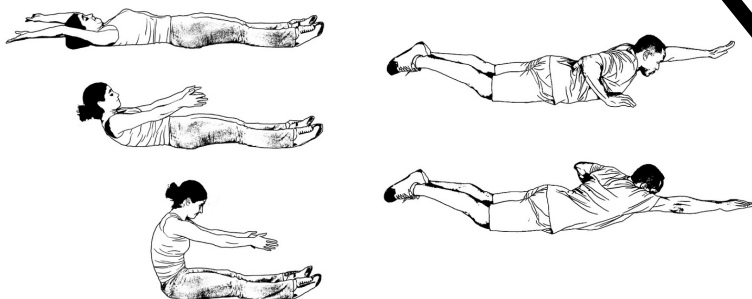


Narrow Grip Chin-up

4x

Cool-down

3x 10
Roll-ups
Arch (prone) swimmers



Roll-up

Arch Swimmers



Kettlebell Press

Disclaimer: Use at your own risk and consult with a licensed medical provider before beginning this or any exercise program. Train smart and use appropriate progressions so you can have a long, injury-free life!