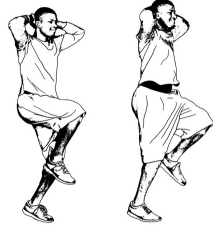
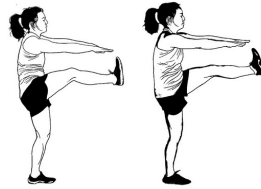




# STRENGTH MOB<sup>®</sup>



High Stepping



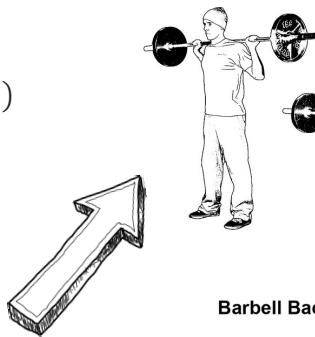
Walking Toe Touches

## Warm-up

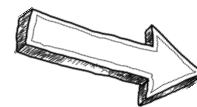
4 minutes high stepping  
& other hopping motions  
50 walking toe touches

## Circuit

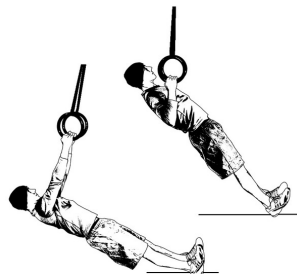
6 back squats  
8 low windmills (each side)  
5 high bar dips  
12 ring rows



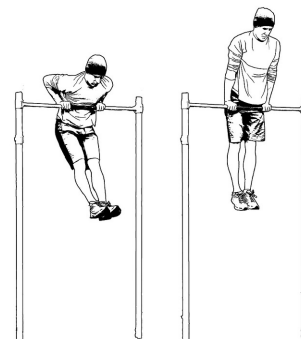
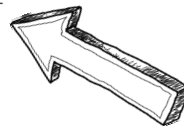
Barbell Back Squat



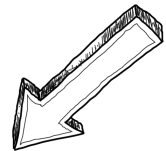
Low Windmill



Ring Row



Single Bar Dip



Side Plank Leg Swing



Toe Touch Crunch

## Cool-down

2 x 25 each  
side plank leg swings  
toe touch crunches

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