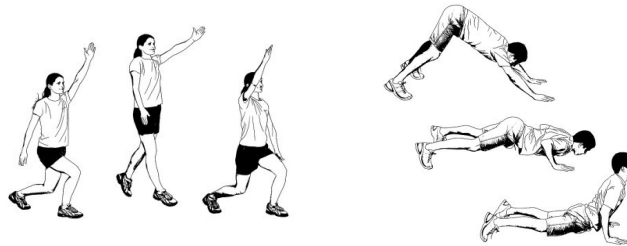


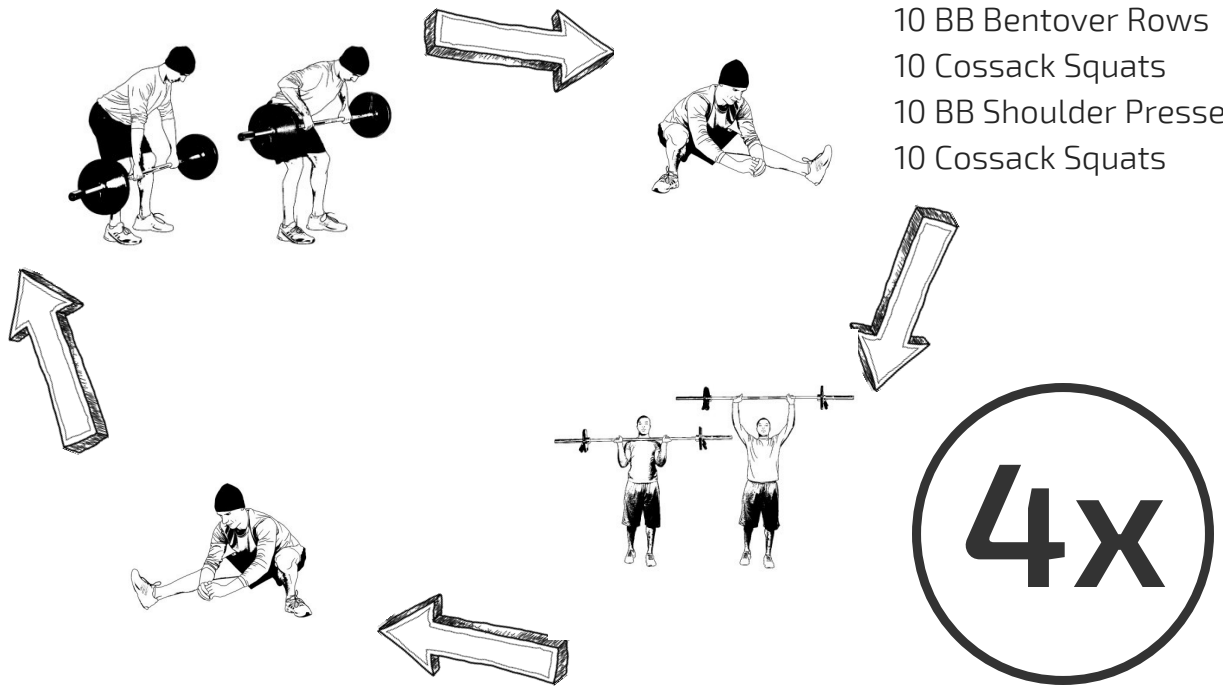
Warm-up

5 minutes Split Jacks +
other rhythmic motion
20 Dive Bomber Push-ups



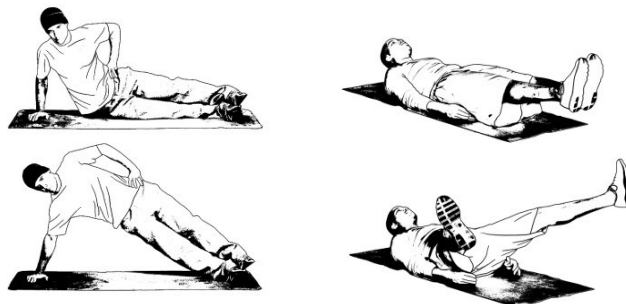
Circuit

10 BB Bentover Rows
10 Cossack Squats
10 BB Shoulder Presses
10 Cossack Squats



Cool-down

3 x 10 Dynamic Side Planks
3 x 20-seconds
Horizontal Scissors



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