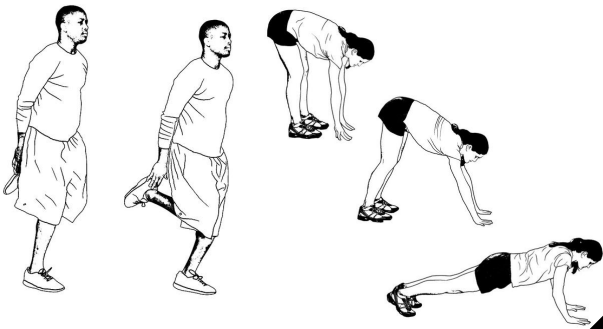




STRENGTH MOB[®]

Warm-up

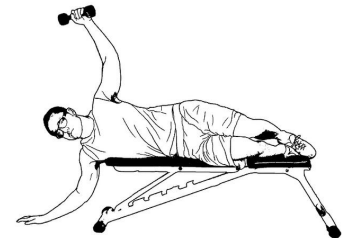
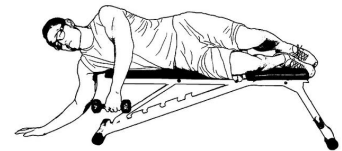
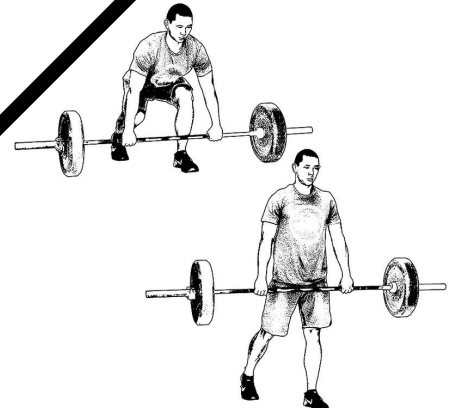
100 Butt Kicks & 20 Inchworms



3x

Circuit

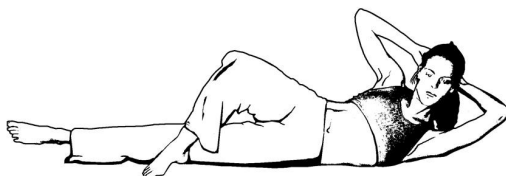
- 10 Toe Touch Deadlifts (5 ea)
- 10 Side Reverse Flyes (5 ea)
- 8 KB Halos (4 ea)
- 10 T Push-ups



Cool-down

3 x 10

KB Press Crunches
Oblique Crunches



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