

FLASH

NEILA REY WORKOUT

neilarey.com

round 1



40 fast high knees



10 squats



20 push-ups

round 2



20 fast high knees



20 lunges



20 plank jacks

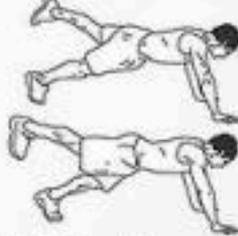
round 3



40 fast high knees



10 push-ups



20 plank leg raises

round 4



20 fast high knees



20 flutter kicks



20 scissors

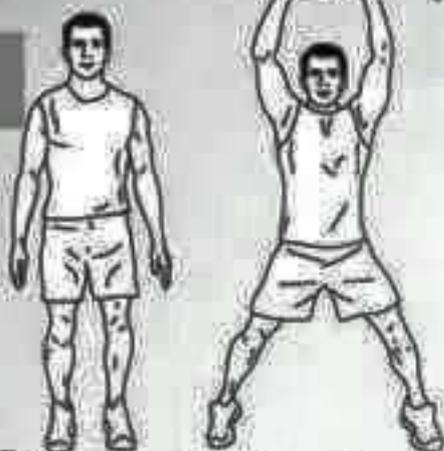
repeat 5 times or as many as you can rest between sets up to 2 minutes

IRONMAN

NEILA REY WORKOUT

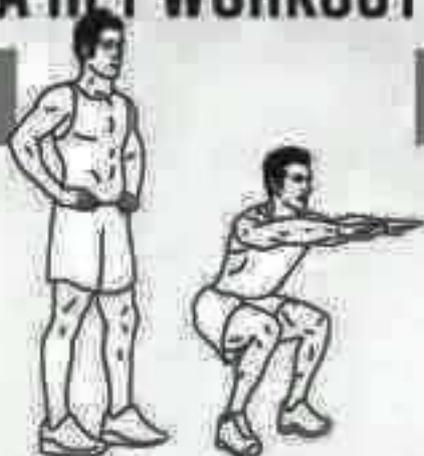
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1



30 jumping jacks

2



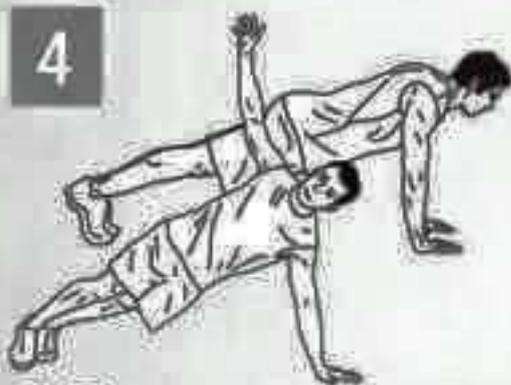
20 squats

3



10 cross punch sit-ups

4



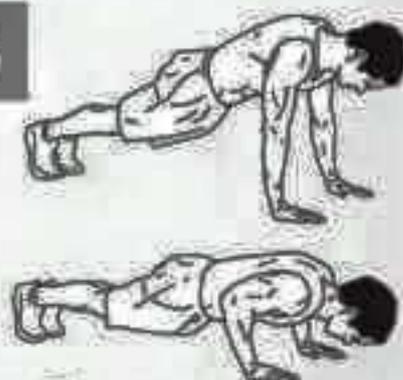
10 planks w/rotations

5



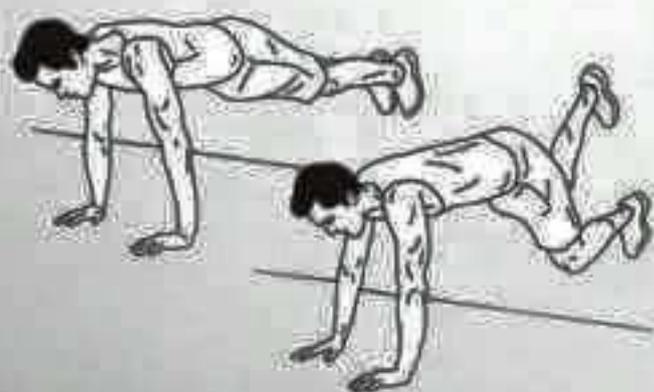
10 elbow plank arm lifts

6



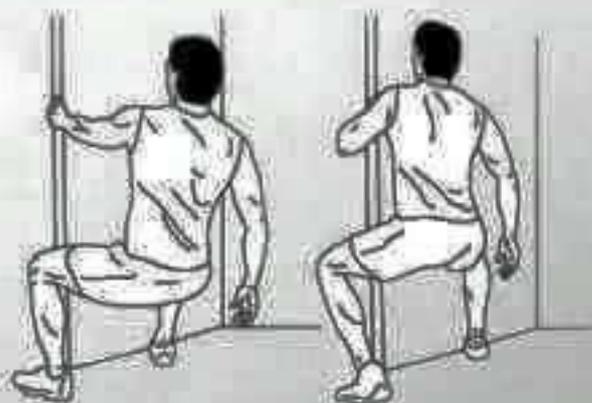
6 push-ups

7



12 wall mountain climbers

8



12 doorframe rows

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

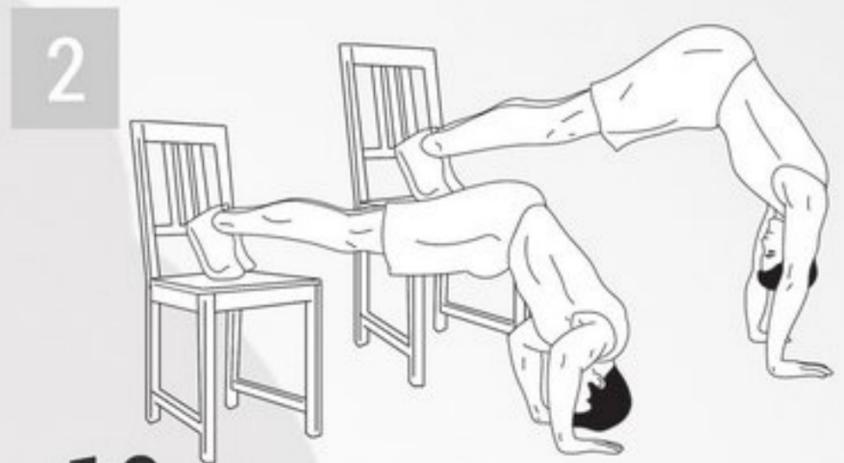
THE HULK

NEILA REY WORKOUT

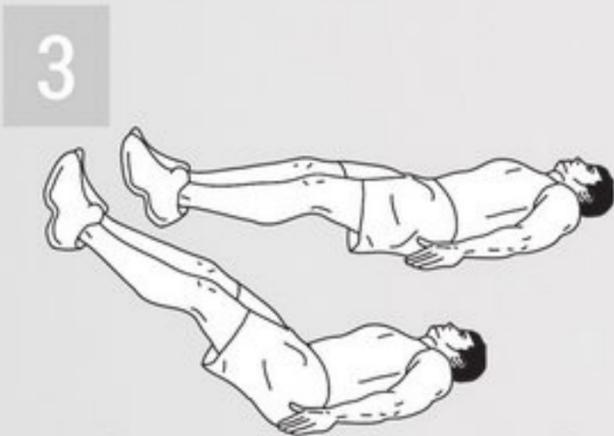
neilarey.com



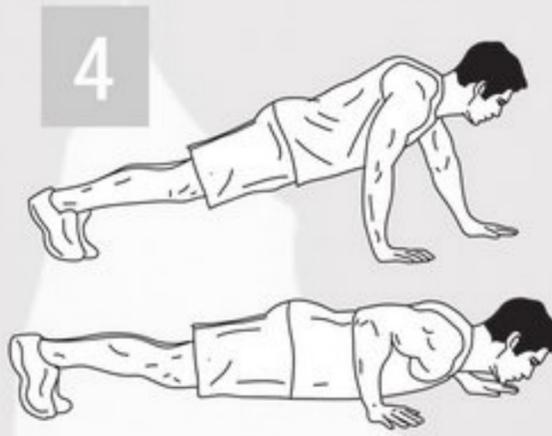
20 split squats



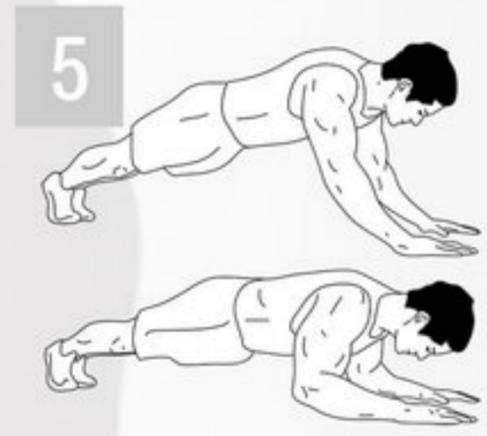
10 pike shoulder presses



10 leg raises



6 staggered push-ups



6 tricep extentions



20sec leg hold



20 towel bicep curls

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

SILVER SURFER



NEILA REY **WORKOUT**

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1



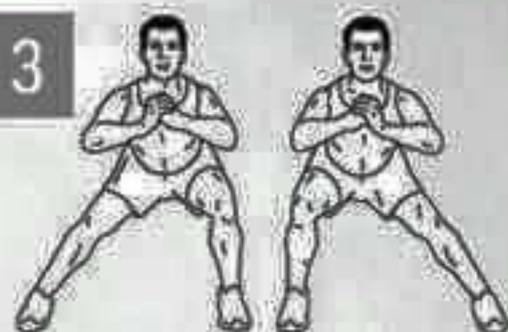
40 sprinters

2



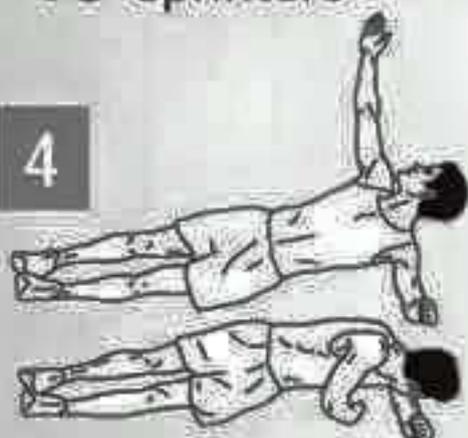
40 high knees

3



20 side-to-side lunges

4



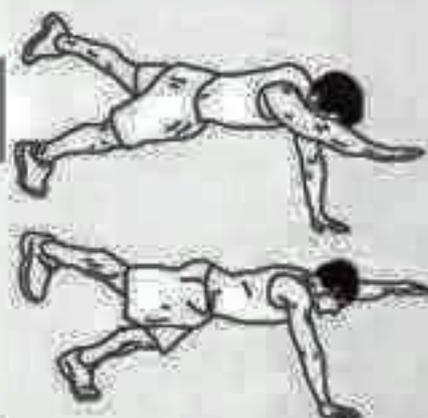
20 planks w/rotations

5



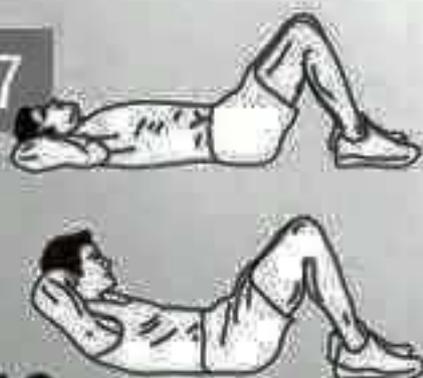
40 climbers

6



10 alt leg/arm raises

7



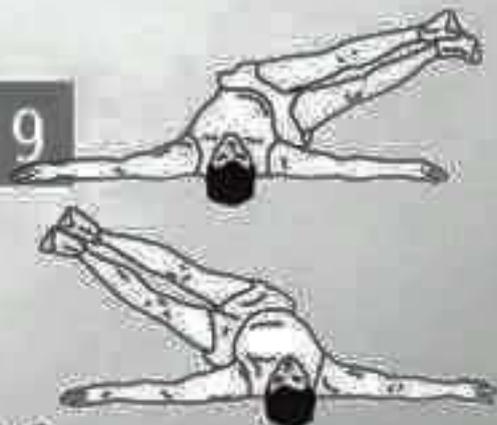
40 crunches

8



40 flutter kicks

9



20 windshield wipers

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

JEDI

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~ May the force be with you ~



20

high jumps



30
sec

push-up plank



10

raised leg push-ups



20

woodchoppers



20

side-to-side lunges



60
sec

one leg stand
30sec each leg



20

sit-ups



20

side jackknives



20

planks w/ rotations

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes



10 sets

or as many
as you can do

rest between sets
up to 2 minutes

**NEILA REY
WORKOUT**

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40 high knees



20 fly steps



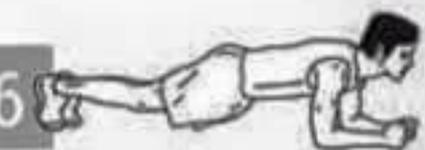
20 squats



10 push-ups



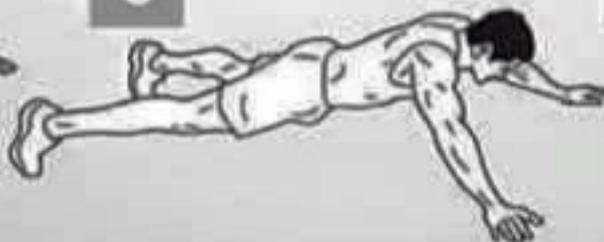
30sec elbow plank



10 arm lifts



40 climbers



20sec star plank



10 superhero

2015

THOR

THE STRENGTH OF ASGARD

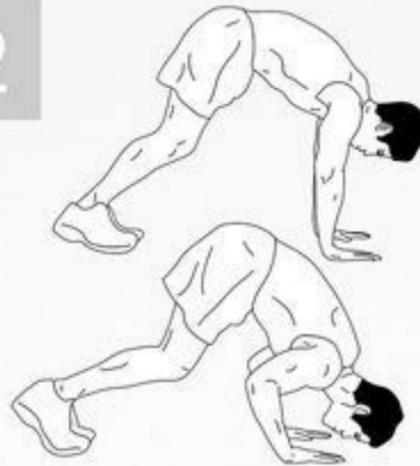
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1



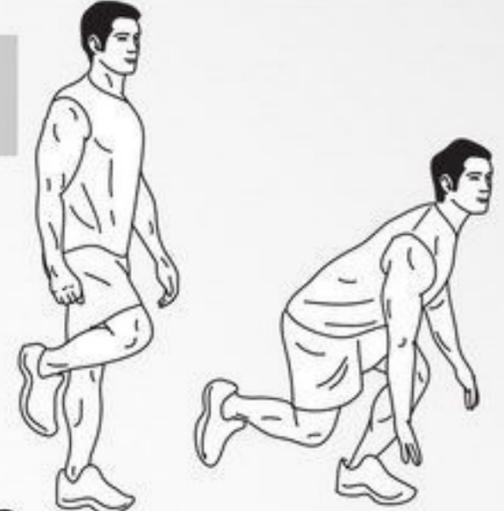
20 lunges

2



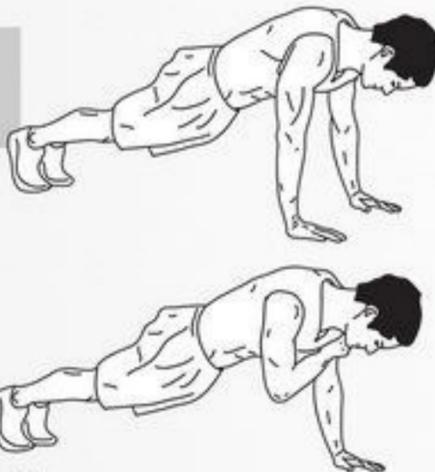
5 shoulder presses

3



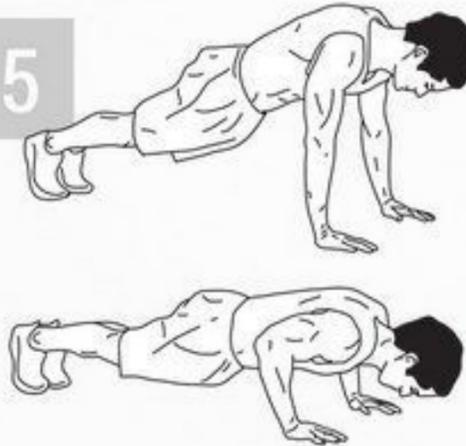
10 one legged squats

4



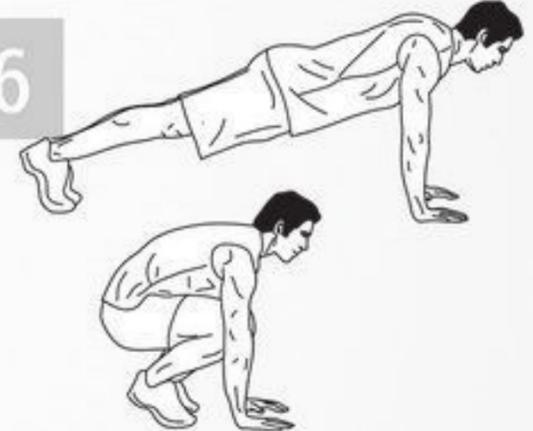
20 shoulder touches

5



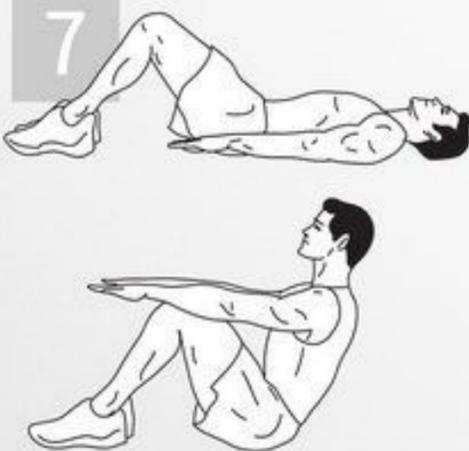
12 push-ups

6



20 plank jump-ins

7



20 sit-ups

8



20 sitting twists

9



20 Turkish get-ups

level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

SPIDERMAN

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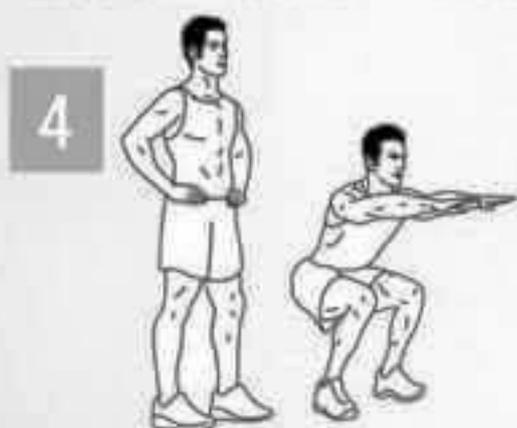
1
20 climbers



2
10 spiderman push-ups



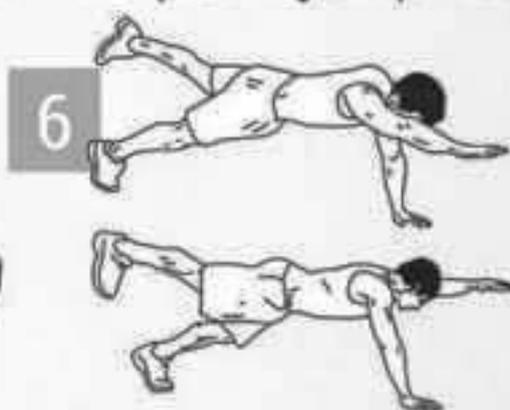
3
10 plank jump-ins



4
20 squats



5
20sec push-up plank



6
10 alt arm/leg planks



7
20 sitting twists



8
10 knee crunches

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

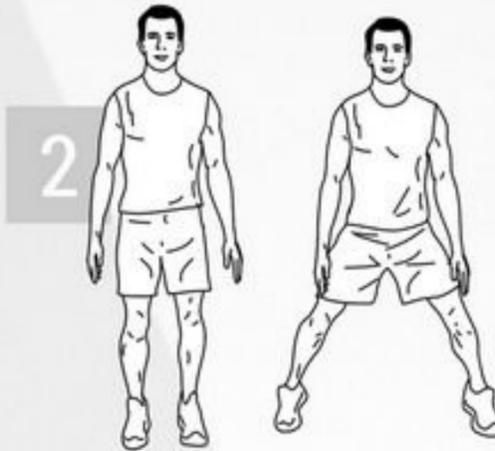


STORM TROOPER

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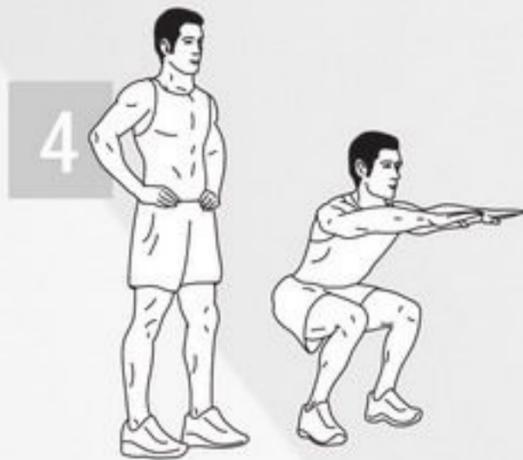
40 high knees



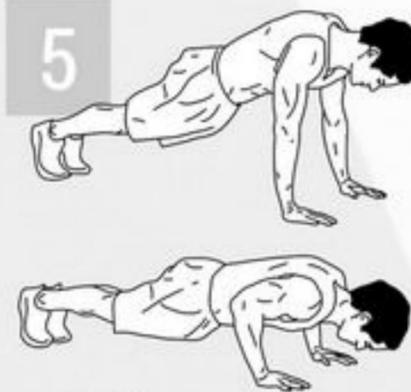
20 half jacks



20 side leg raises



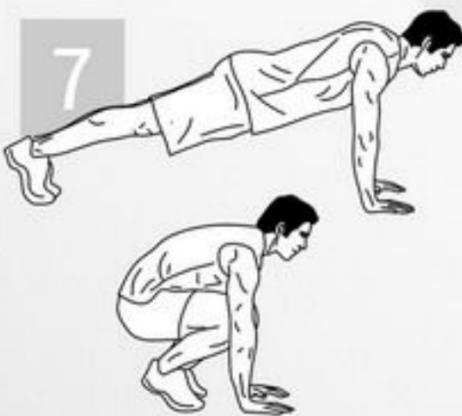
20 squats



10 push-ups



20 lunges



10 plank jump-ins



20 climbers



10 plank leg raises

level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes