

# AVENGER

NEILA REY WORKOUT

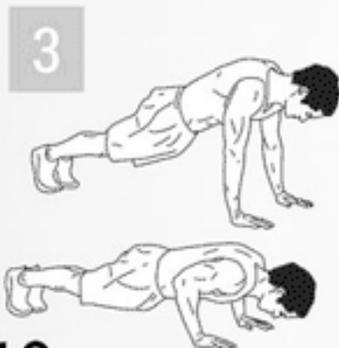
neilarey.com



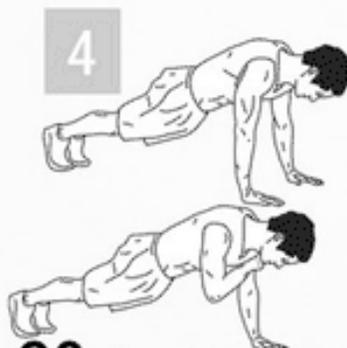
20 squats



20 flowsteps



10 push-ups



20 shoulder touches



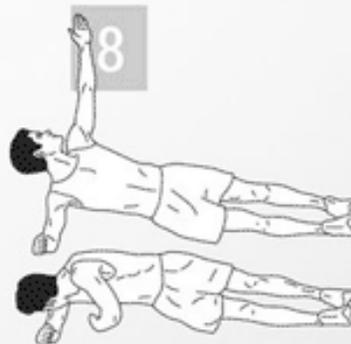
20 climbers



20 flutter kicks



10 cross-punch sit-ups



20 side planks w/ rotations

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

# BATMAN

WORKOUT

10 REPS EACH

10 SETS



squats



push ups



mountain climbers

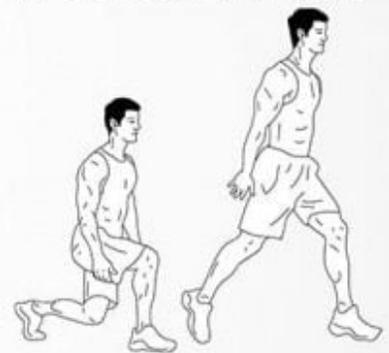
VIA 9GAG.COM



tricep dips



cross punch sit ups



jumping lunges



side plank crunches



leg raises

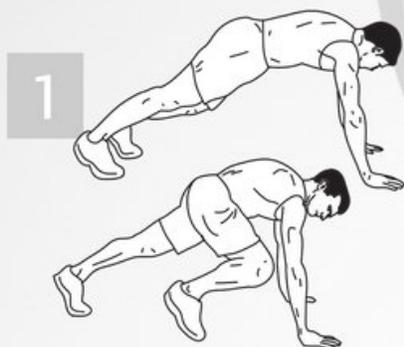


bicycle crunches



# SPIDERMAN

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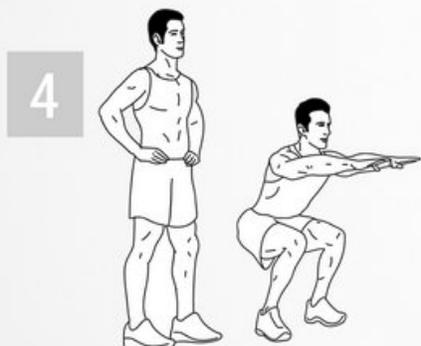
**20** climbers



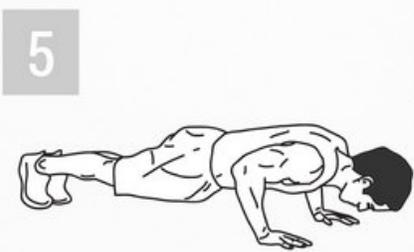
**10** spiderman push-ups



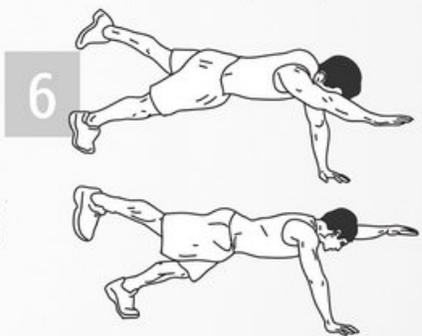
**10** plank jump-ins



**20** squats



**20sec** push-up plank



**10** alt arm/leg planks



**20** sitting twists



**10** knee crunches

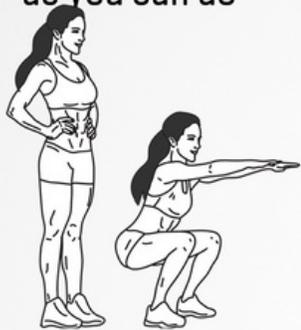
**level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

# SUPERGIRL

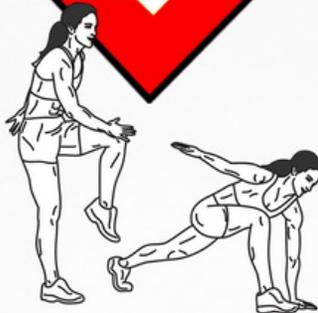


**10 sets**  
or as many  
as you can do

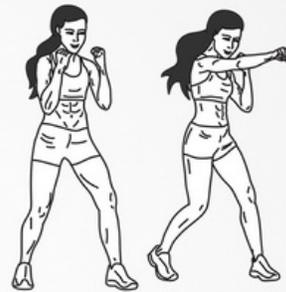
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WORKOUT  
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**20** squats



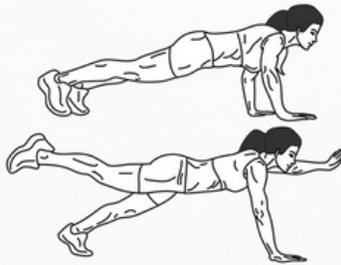
**20** knee tap reverse lunges



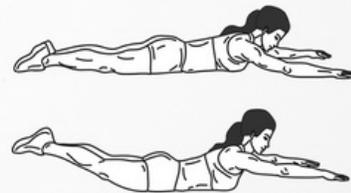
**40** punches



**10** one-arm plank jump-ins



**10** alt arm/leg plank



**10** supergirl stretch



**10** reverse crunches



**10** raised leg crunches



**10** scissors