AVENGER
NEILA REY WORKOUT
neilarey.com

1. 20 squats
2. 20 flowsteps
3. 10 push-ups
4. 20 shoulder touches
5. 20 climbers
6. 20 flutter kicks
7. 10 cross-punch sit-ups
8. 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

- squats
- push ups
- mountain climbers
- tricep dips
- cross punch sit ups
- jumping lunges
- side plank crunches
- leg raises
- bicycle crunches

10 SETS

BATCAVE FRIENDLY

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SPIDERMAN

1. 20 climbers
2. 10 spiderman push-ups
3. 10 plank jump-ins
4. 20 squats
5. 20 sec 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
SUPERGIRL WORKOUT

10 sets or as many as you can do

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

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