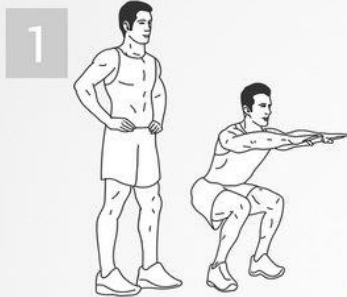


# BATMAN<sup>2.0</sup>

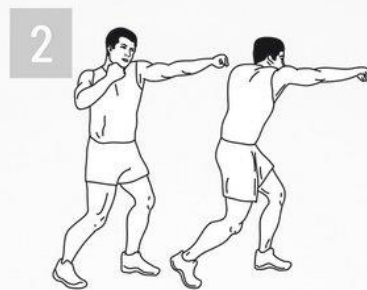
## WORKOUT

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

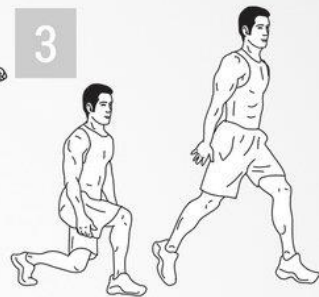
@ neilarey.com  
rest between sets  
up to 2 minutes



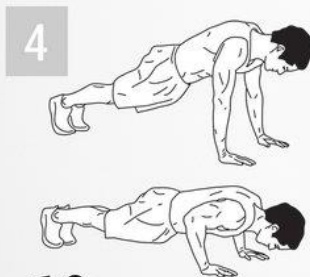
**20** squats



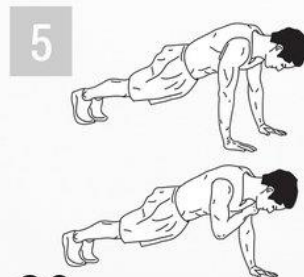
**40** punches



**10** jumping lunges



**10** push-ups



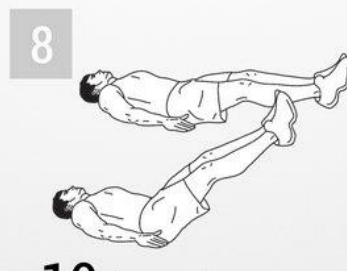
**20** shoulder touches



**20** climbers



**10** cross punch sit-ups



**10** leg raises



**10** sitting twists



**10 sets**

or as many  
as you can do

rest between sets  
up to 2 minutes

**NEILA REY  
WORKOUT**

[neilarey.com](http://neilarey.com)

1



**40** high knees



**20** fly steps

3



**20** squats

4



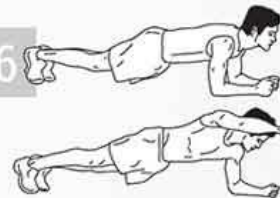
**10** push-ups

5



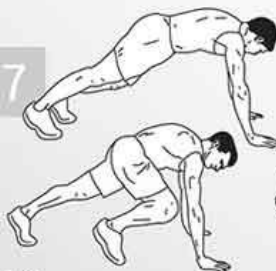
**30sec** elbow plank

6



**10** arm lifts

7



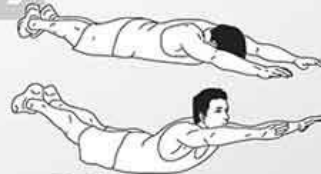
**40** climbers

8



**20sec** star plank

9

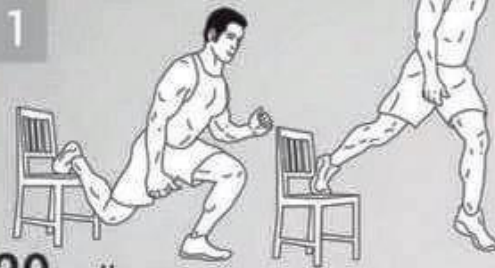


**10** superman

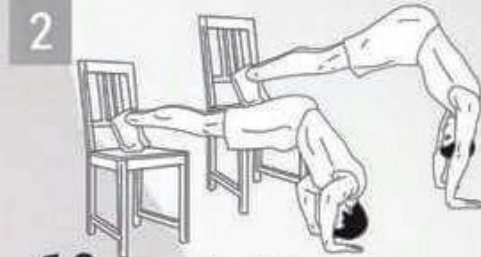
# THE HULK

NEILA REY WORKOUT

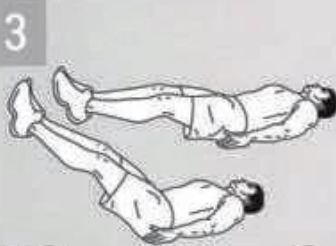
neilarey.com



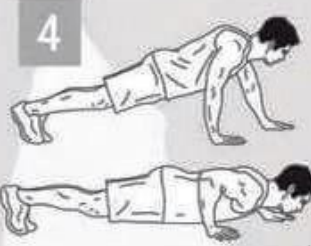
20 split squats



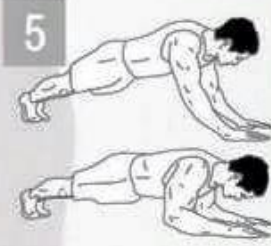
10 pike shoulder presses



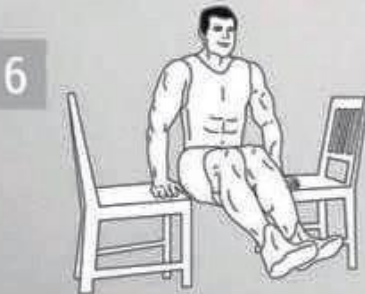
10 leg raises



6 staggered push-ups



6 tricep extensions



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