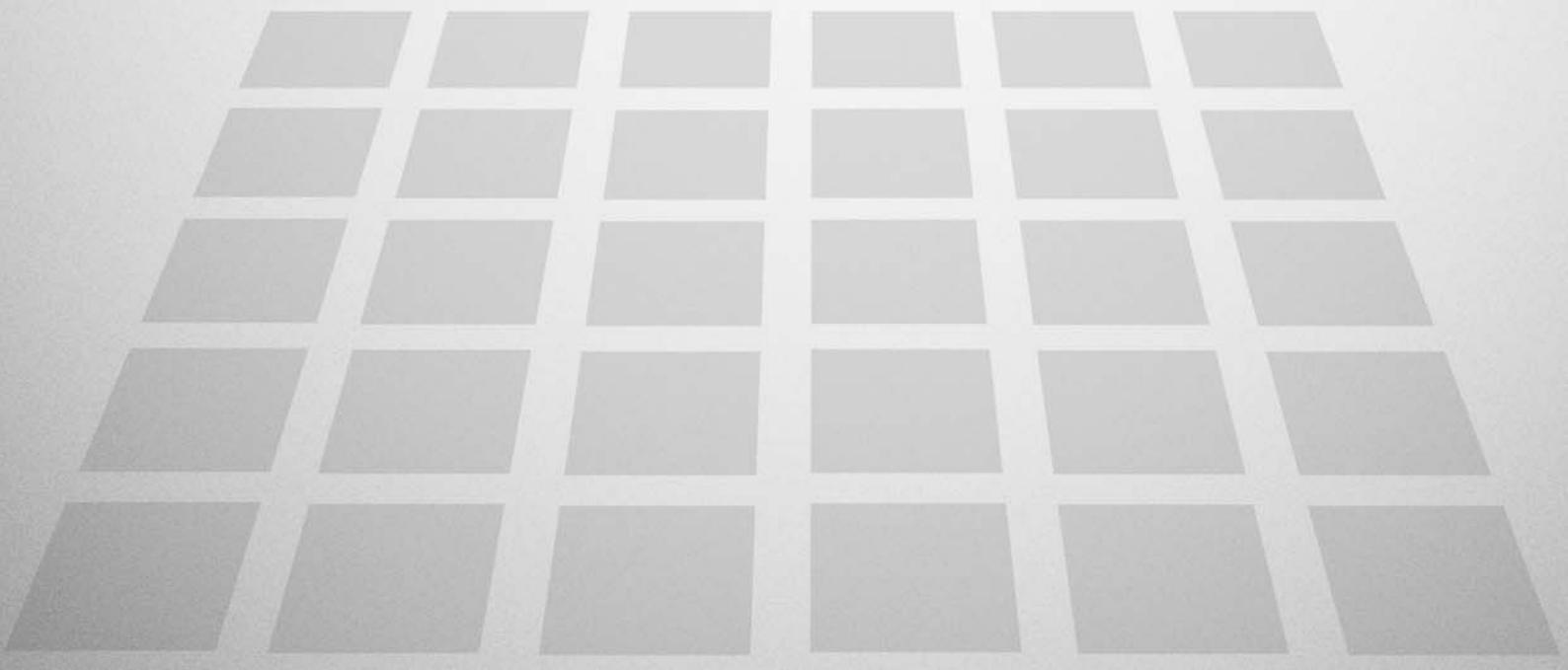


Neila Rey's

# WORKOUT CARDS

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



# one & one

NEILA REY WORKOUT

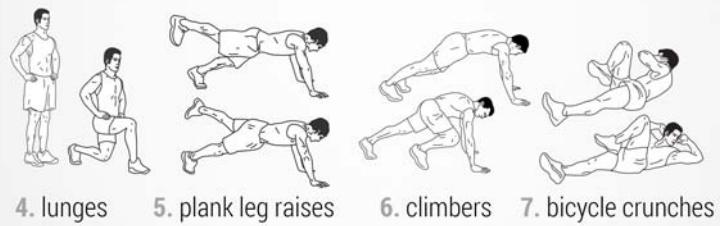
[neilarey.com](http://neilarey.com)



1. high knees

2. jumping jacks

3. squats

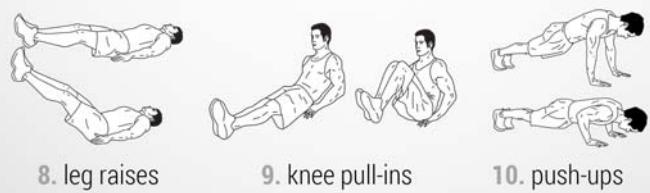


4. lunges

5. plank leg raises

6. climbers

7. bicycle crunches



8. leg raises

9. knee pull-ins

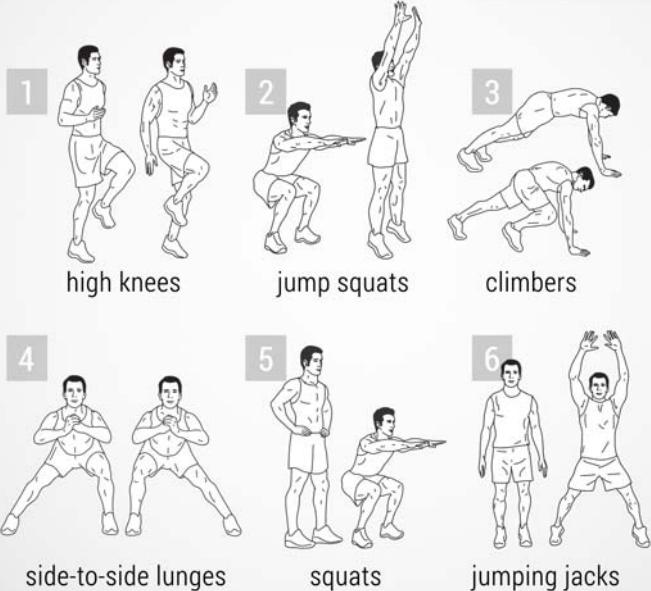
10. push-ups

1 minute each exercise / 1 minute rest after each exercise

# 2 minute

NEILA REY WORKOUT

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



1

high knees

2

jump squats

3

climbers

4

side-to-side lunges

5

squats

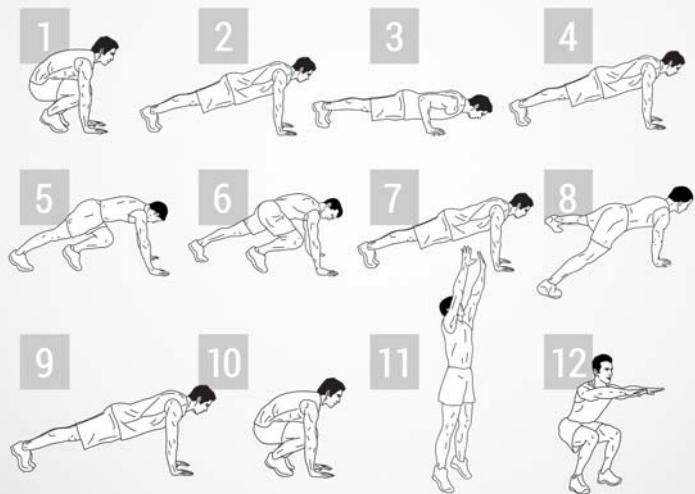
6

jumping jacks

20 seconds each exercise | no rest between exercises

## 12 COUNT BURPEE

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



1

2

3

4

5

6

7

8

9

10

11

12

level I 36 burpees level II 60 burpees level III 84 burpees

rest between sets up to 2 minutes

# JACK BAUER

NEILA REY WORKOUT

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



HIGH KNEES  
120

PUSH-UPS  
60

CLIMBERS  
120

SIT-UPS  
60

SITTING TWISTS  
120

SQUATS  
120

ELBOW PLANK  
12 MIN

YOU HAVE 24HRS TO COMPLETE YOUR MISSION

# 300

NEILA REY WORKOUT

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

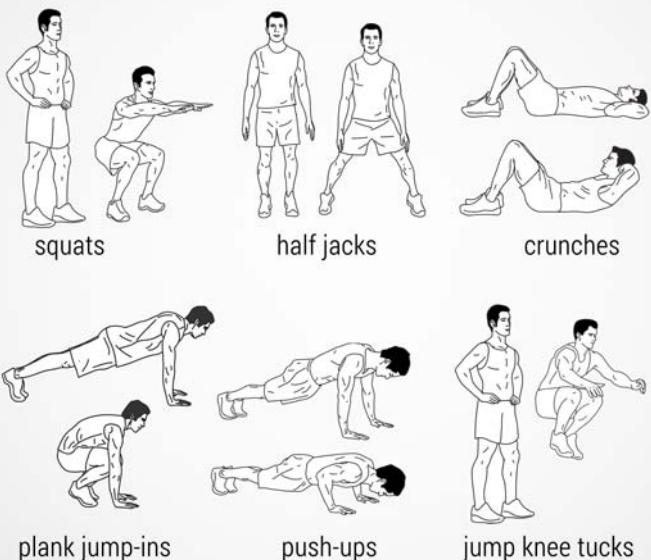


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# 1000 POINTS

NEILA REY WORKOUT

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



throughout the day workout each rep = 1 point

# ab crunch

NEILA REY WORKOUT

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

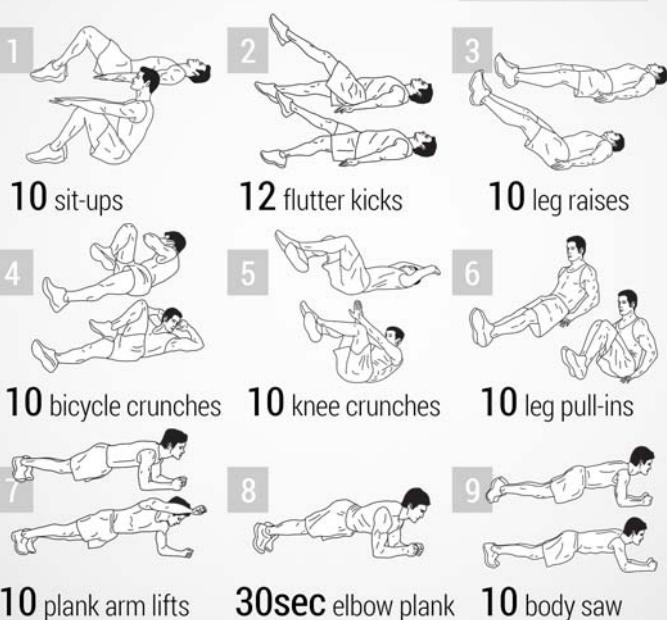


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# abs of steel

NEILA REY WORKOUT

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



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

# ABS ON FIRE

WORKOUT

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



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

# AIRBORNE

NEILA REY WORKOUT

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



{ jog on a spot for 10 seconds between every exercise }

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

# I aim to misbehave

NEILA REY WORKOUT

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



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

# AQUAMAN

NEILA REY WORKOUT

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



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

# ARCHER

DANGER ZONE NEILA REY WORKOUT

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



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

# armor abs

NEILA REY WORKOUT

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



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

# ARROW

NEILA REY WORKOUT

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



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

# ASSASSIN'S

## workout

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



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

# AVENGER

NEILA REY WORKOUT

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

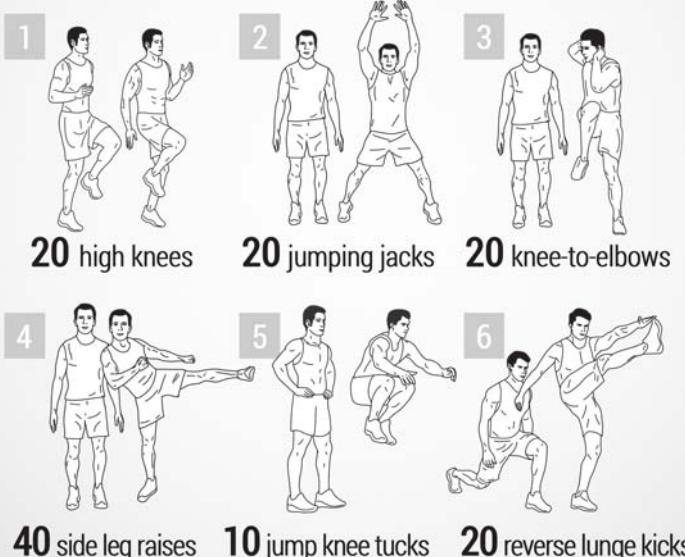


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# YOU HAD ME AT bacon

NEILA REY WORKOUT

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



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

# BATMAN

NEILA REY WORKOUT

[Bane edition]

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



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

# BATMAN 2.0

WORKOUT

@ [neilarey.com](http://neilarey.com)  
rest between sets up to 2 minutes



# NEILA REY WORKOUT @ beach

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

<b>round 1</b>	10 push-ups	50m jog	10 lunges
<b>round 2</b>	10 push-ups	50 stroke swim	10 squats
<b>round 3</b>	10 push ups	20m water jog [knee deep]	10 jumping jacks
<b>round 4</b>	10 push-ups	50 stroke swim	10 climbers

# BLASTER HIIT

NEILA REY WORKOUT

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

<b>20 SEC</b>	<b>10 SEC</b>
<b>jumping jacks</b>	<b>standing leg raises side-to-side</b>
<b>20 SEC</b>	<b>10 SEC</b>
<b>high knees</b>	<b>climbers</b>

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# BLADE RUNNER

NEILA REY WORKOUT

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

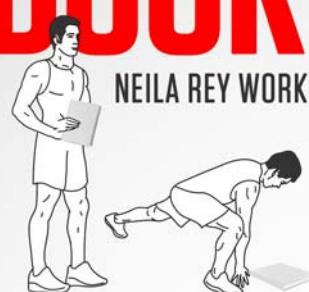
<b>1</b>		<b>2</b>		<b>3</b>	
		<b>60 high knees</b>	<b>20 calf raises</b>	<b>10 jump knee tucks</b>	
<b>4</b>		<b>5</b>		<b>6</b>	
		<b>20 scissors</b>	<b>10 flutter kicks</b>	<b>10 reverse flutter kicks</b>	

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

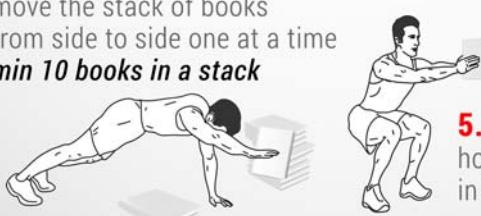
# BOOKMARK

NEILA REY WORKOUT

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



- 1. 20 groiners**  
step forward - pick book up, step back; step forward - place book back
- 2. 20 infinite book unders**  
pass the book under your legs while doing sprints
- 3. 10 plank side walk over 5 books + push up one trip – one rep**
- 4. 10 plank book pass**  
move the stack of books from side to side one at a time  
*min 10 books in a stack*



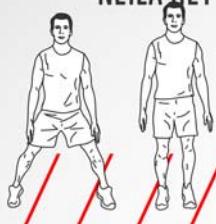
- 5. 10 squats**  
hold the book in front of you

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

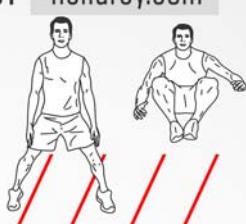
# BORDERLINE 2.0

NEILA REY WORKOUT

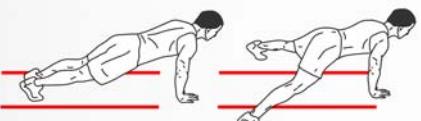
[neilarey.com](http://neilarey.com)



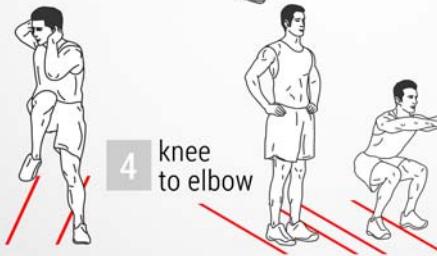
1 half jacks jump-inside the lines



2 high jumps with feet touching in the air



3 plank half jacks jump-inside the lines



4 knee to elbow

5 over the line side-to-side squats

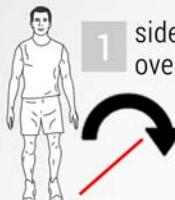
draw two lines shoulder length apart **20 seconds each** exercise | no rest

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

# BORDERLINE

NEILA REY WORKOUT

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



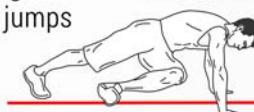
1 side-to-side over the line jumps



2 turning jumps



3 double hop squatting turning jumps



4 over the line cross mountain climbers



5 cross the line half jacks



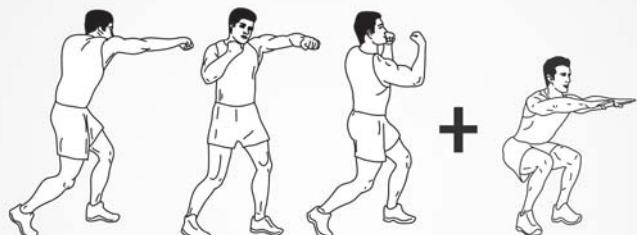
6 knee to elbow over the line

draw a line on the floor **20 seconds each** exercise | no rest

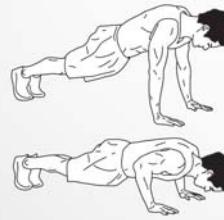
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# BOXER

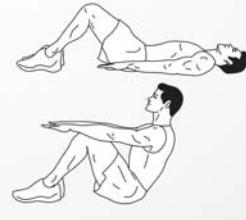
**5 SETS** NEILA REY WORKOUT | [NEILAREY.COM](http://neilarey.com)  
up to 2 minutes rest between sets



1 5 minute shadow boxing every 30 seconds double squat



2 push-ups level I 5 reps  
level II 10 reps  
level III 15 reps

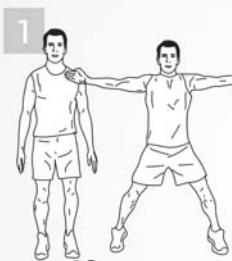


3 sit-ups level I 10 reps  
level II 20 reps  
level III 30 reps

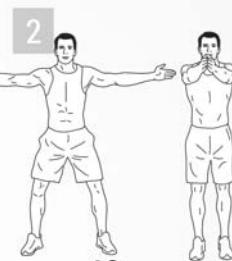
# COME AT ME, BRO

NEILA REY WORKOUT

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



40 jumping Ts



40 seal jumps



20 steps duck walk



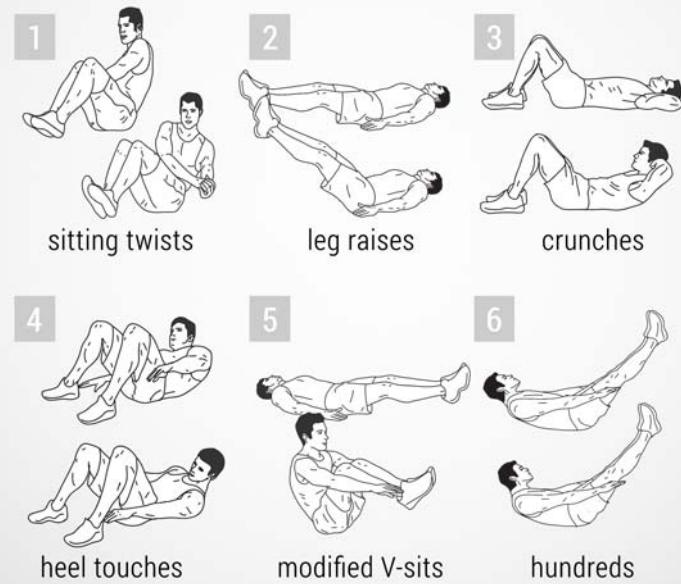
20 sit-ups

20 sitting twists

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

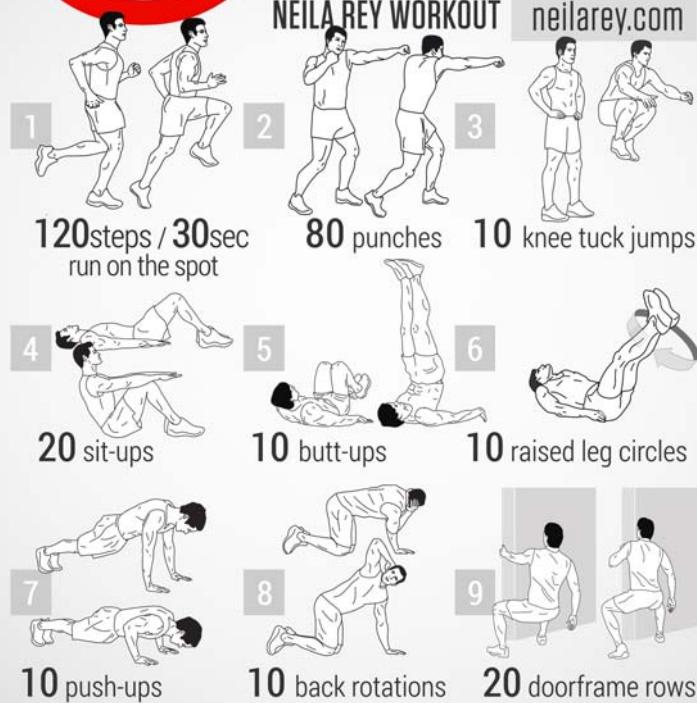
NEILA REY WORKOUT  
**Bruce Lee abs**

reps each level I 20 reps level II 30 reps level III 40 reps bruce lee 90 reps



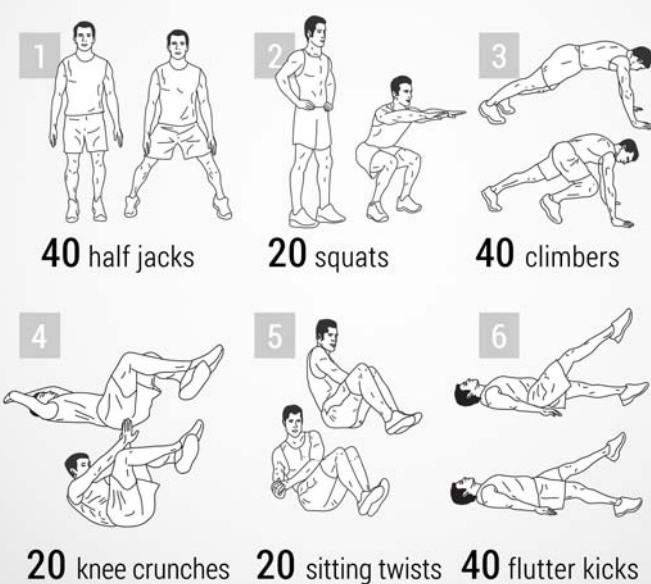
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

 **CAPTAIN AMERICA**  
 NEILA REY WORKOUT neilarey.com



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

**THE CAKE IS A LIE**  
 NEILA REY WORKOUT



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

**code of abs**  
 NEILA REY WORKOUT

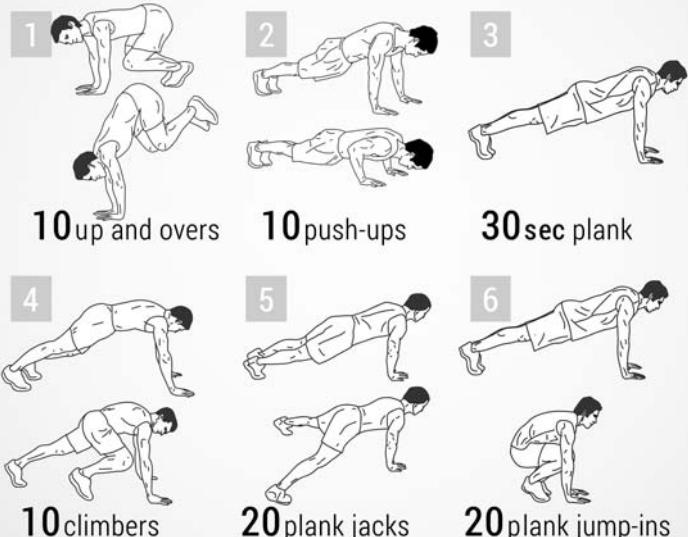


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# CODEX

NEILA REY WORKOUT

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



{ hands never off the ground }

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

# core FUSION

NEILA REY WORKOUT

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

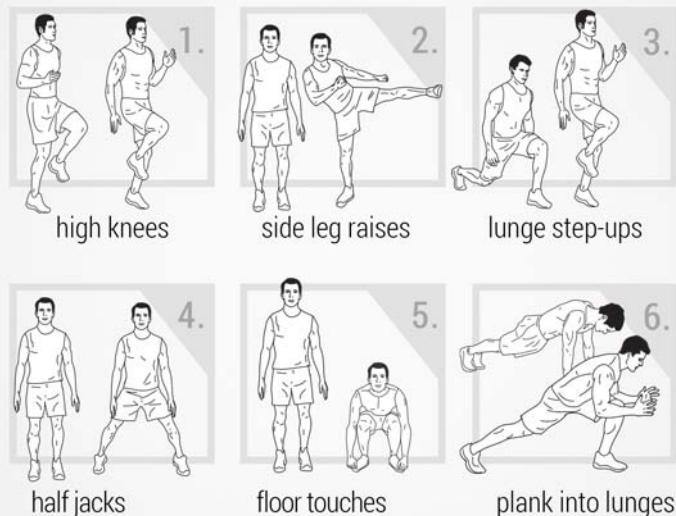


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# CONFESSOR

NEILA REY HIIT WORKOUT

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



20 seconds each

10 sec between exercises / up to 2 minutes rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds

# COWBOY

NEILA REY WORKOUT



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



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

# CROSS FIRE

NEILA REY **HIIT** WORKOUT

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



1.  
20 SEC  
climbers



2.  
10 SEC  
high knees



3.  
10 SEC  
climbers



4.  
20 SEC  
high knees

1 minute rest between rounds

**Level I** 5 rounds **Level II** 10 rounds **Level III** 15 rounds

# NEILA REY'S daily workout

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



1  
30 jumping jacks



2  
20 squats



3  
10 push-ups



4  
30 climbers



5  
10 plank jump-ins



6  
30 high knees



7  
10 knee pull-ins



8  
20 cross crunches



9  
10 leg raises

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

# dailyburn

NEILA REY WORKOUT

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



10 half jacks



8 plank jacks



8 elbow plank arm lifts



10 reverse lunges



6 push-ups



10 squats



16 climbers



8 plank jump-ins



30sec plank

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

# DEADPOOL

NEILA REY WORKOUT

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



40 side leg raises



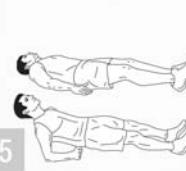
40 biceps curls



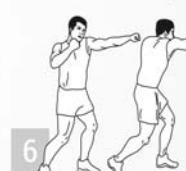
20 floor taps



10 reverse plank kicks



10 elbow lifts



80 punches



20 plank leg rolls



10 push-ups



10 seagulls

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

# IT'S A GOOD DAY TO **DIE HARD**

NEILA REY WORKOUT

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



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

# DRAGONBORN

NEILA REY WORKOUT

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



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

# Diesel

NEILA REY WORKOUT

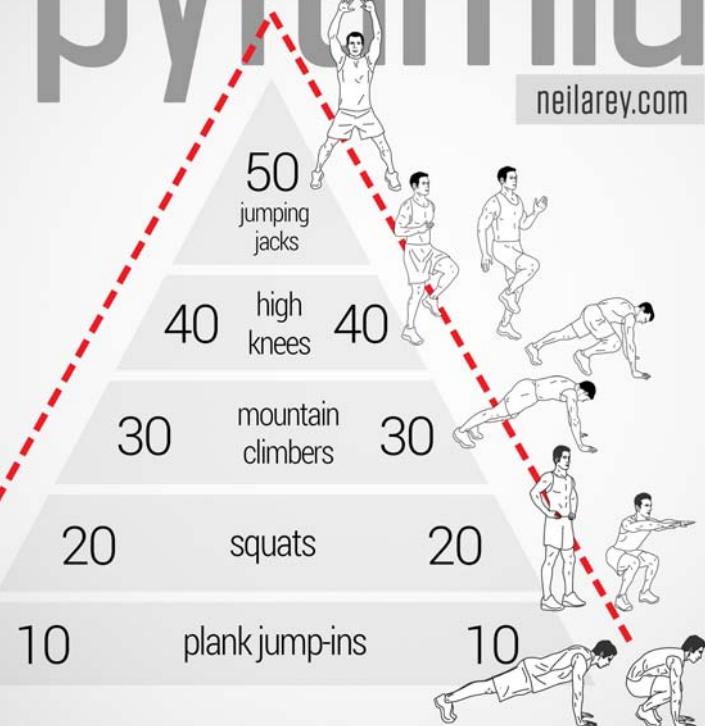
[neilarey.com](http://neilarey.com)



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

# neila rey's dynamic pyramid

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



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

NEILA REY WORKOUT

# XELIMINATOR

**rest between sets** up to 45 seconds

5 sets – after every set take the last exercise off the following set



# EXPRESS

NEILA REY WORKOUT

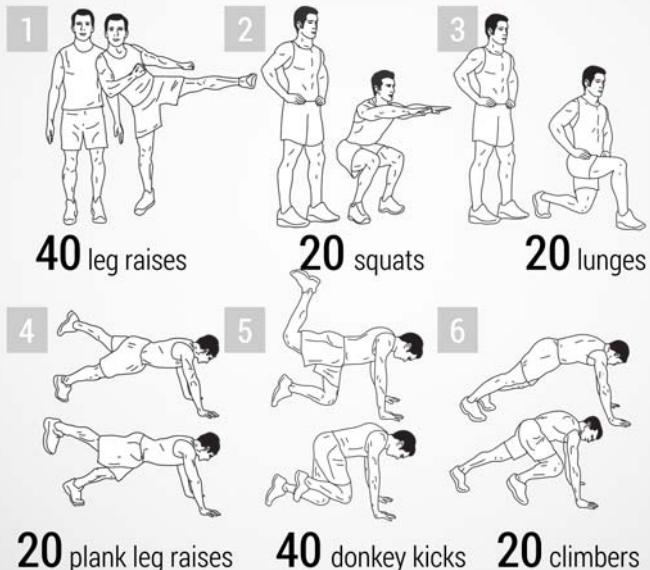
neilarey.com



# WATCH YOUR SIX

NEILA REY WORKOUT

neilarey.com



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

# Fast & Furious

NEILA REY WORKOUT

neilarey.com



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

pre-workout  
**30min run**

# FIGHT CLUB

NEILA REY  
WORKOUT  
[neilarey.com](http://neilarey.com)



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

# THE FLASH

NEILA REY WORKOUT

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

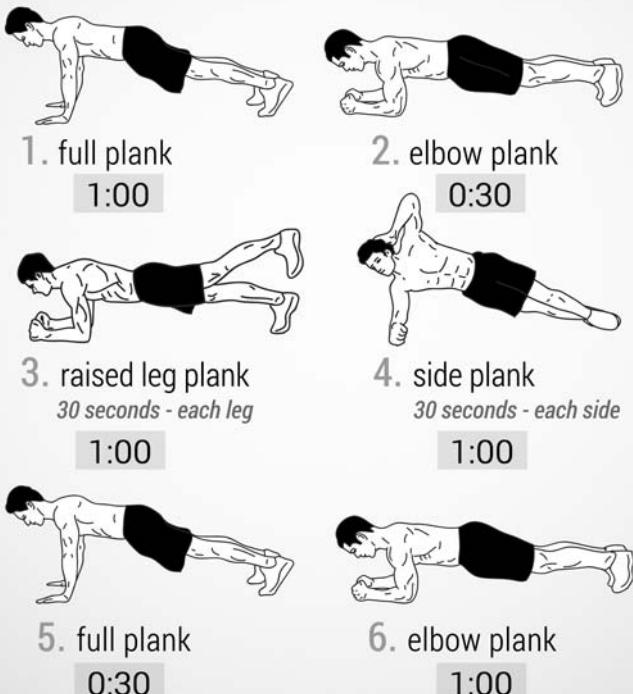


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# FIVE MINUTE PLANK

NEILA REY WORKOUT

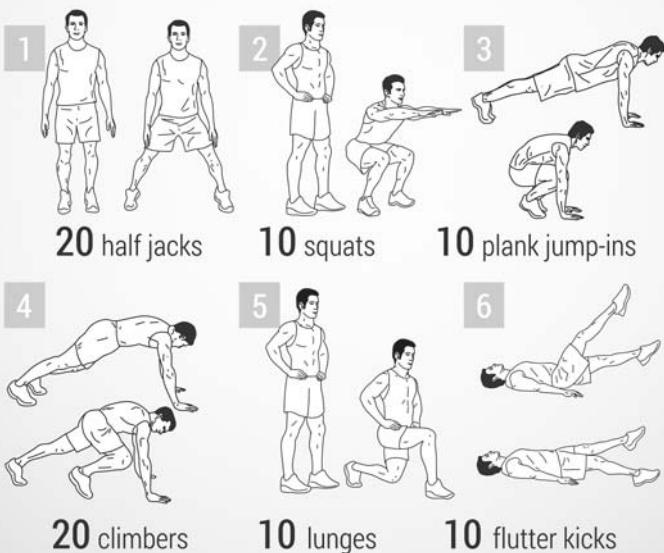
[neilarey.com](http://neilarey.com)



# GAMER

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

every respawn, construction or cinematic trailer



# GLADIATOR

NEILA REY WORKOUT

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

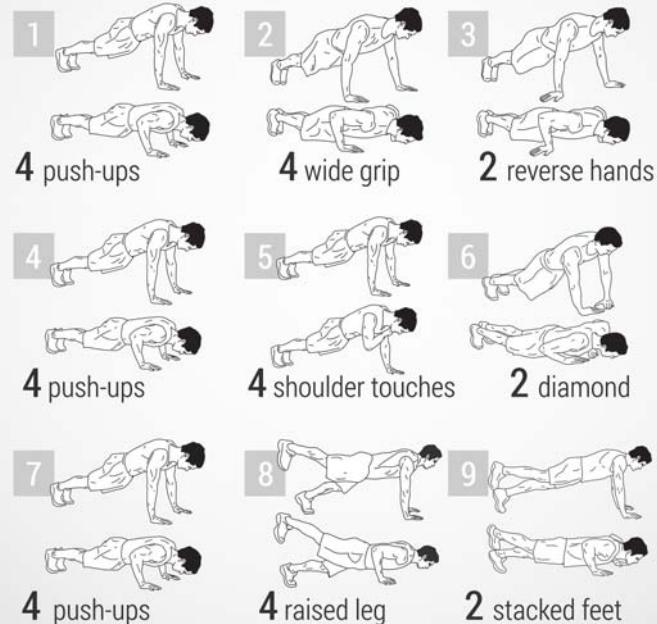


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# Gravity

NEILA REY WORKOUT

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



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

WHAT'S YOUR CODE?

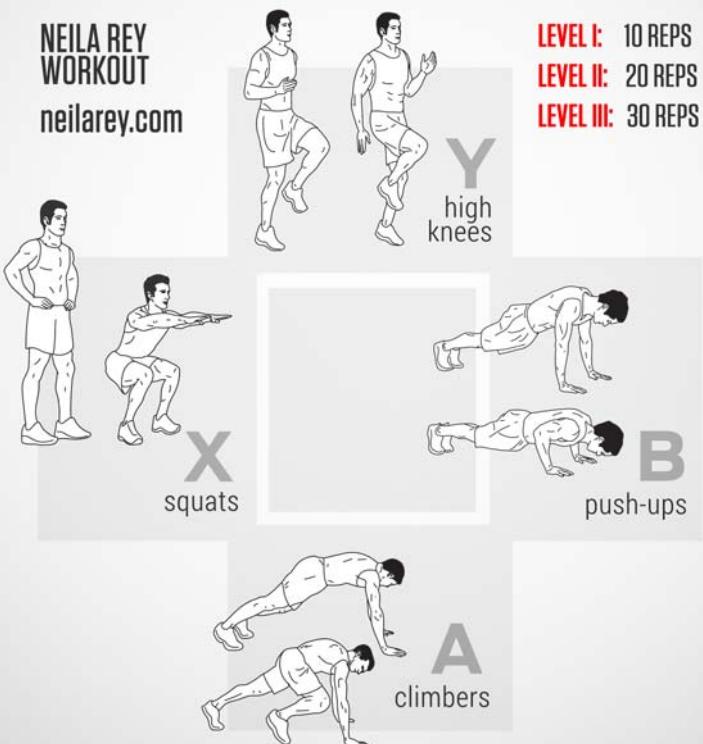
# GOD MODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

NEILA REY

WORKOUT

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



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

# GRIMM

NEILA REY WORKOUT

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



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

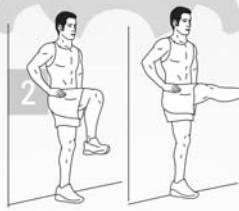
# GUARDSMAN

NEILA REY WORKOUT

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



20 half squats



20 slow front kicks



20 calf raises



to failure push-ups



20 side plank raises



40 flutter kicks



20 lowering drills



10 single leg bridges



10 raised leg circles

# HARDCORE

NEILA REY WORKOUT

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



20 flutter kicks



12 long arm crunches



14 sitting twists



10 side bridges



10 body saw



20 plank arm lifts



10 push-up to lunges

# HERCULES

NEILA REY STATIC STRENGTH WORKOUT

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



wall sit



plank



plank push-up



static V



static raised legs



superman

30 seconds each | no rest between exercises

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

# HIGHLANDER

NEILA REY WORKOUT

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



10 jump knee-tucks



10 shoulder presses



10 wide grip push-ups



20 climbers



20 side planks w/rotations



10 plank arm lifts

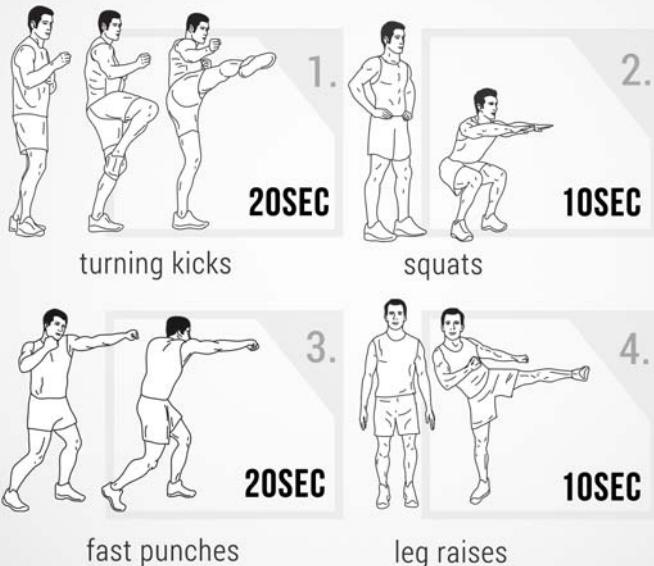


10 up & down planks

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

# hitter

NEILA REY **HIIT** WORKOUT neilarey.com



1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# THE HULK

NEILA REY WORKOUT

neilarey.com

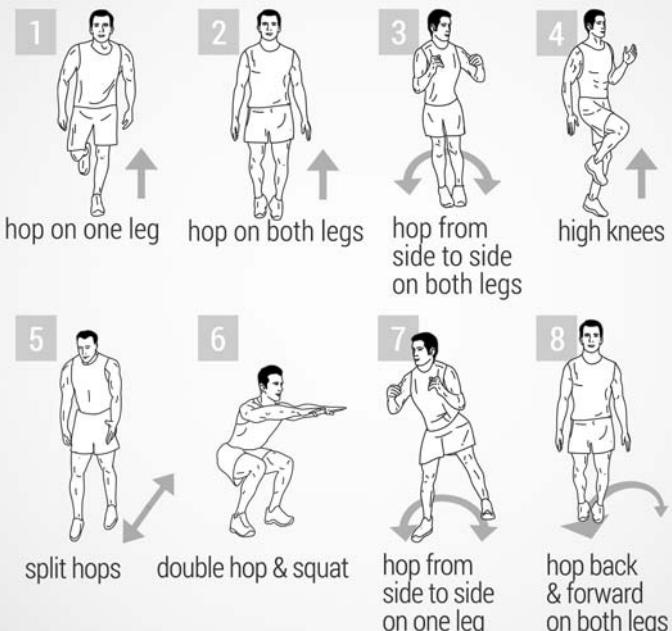


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# HOPPER

NEILA REY WORKOUT

neilarey.com



20 seconds each exercise | no rest between exercises

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

# HUNGER GAMES

TRIBUTE WORKOUT



neilarey.com



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

# IRONMAN

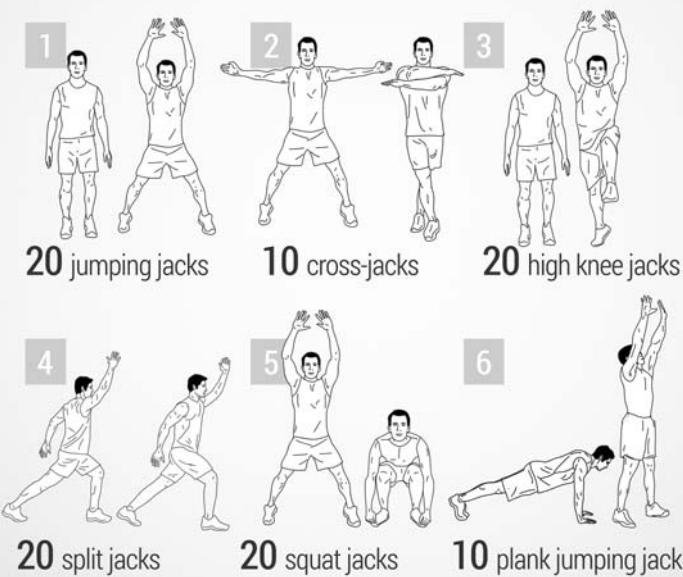
NEILA REY WORKOUT [neilarey.com](http://neilarey.com)



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

# jacks

NEILA REY WORKOUT [neilarey.com](http://neilarey.com)



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

# ITHILIEN RANGER

NEILA REY WORKOUT [neilarey.com](http://neilarey.com)



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

# JEDI

[neilarey.com](http://neilarey.com) ~ May the force be with you ~



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

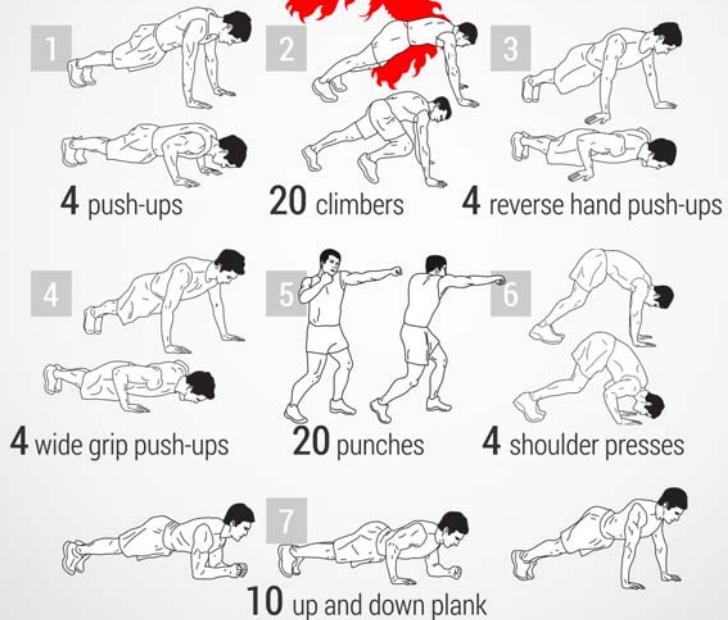
# LANNISTER

NEILA REY WORKOUT



"ALWAYS DOES  
HIS REPS"

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



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

# LOOP

set a timer for

10:00  
minutes

repeat until  
the time is up

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



# LEG DAY

NEILA REY WORKOUT

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



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

# MAKE ME A SANDWICH

NEILA REY WORKOUT

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

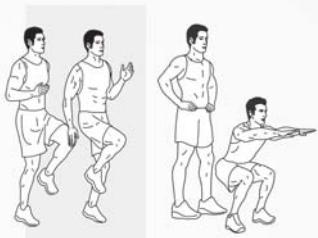
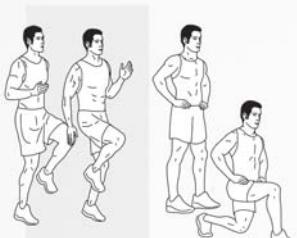


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# mass blast

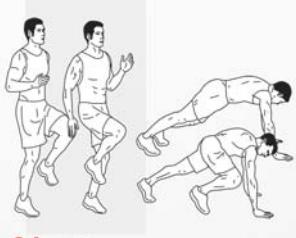
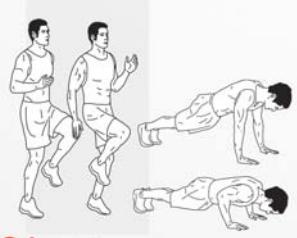
NEILA REY WORKOUT

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



**1|** 40 high knees  
10 lunges

**2|** 40 high knees  
10 squats



**3|** 40 high knees  
10 push-ups

**4|** 40 high knees  
10 climbers

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

# MAX HIIT IMPACT

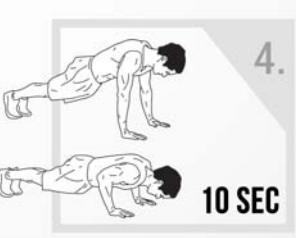
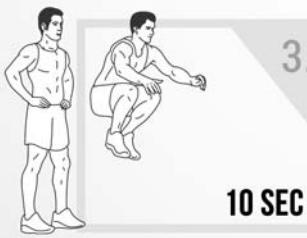
NEILA REY WORKOUT

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



**1.**  
**20 SEC**

jumping Ts



**3.**  
**10 SEC**

jumping knee tucks

**4.**  
**10 SEC**

push-ups

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# MATRIX

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

"I KNOW KUNG FU"



**20** side lunges    **20** high knees    **20** squats  
**20** front kicks    **20** side kicks    **40sec** one leg stand  
**10** alt plank leg/arm raises    **20** climbers    **10** planks w/ rotations

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

# STRENGTH WORKOUT MINE CRAFTER

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



**1** 40 squat, lift, walk & repeat  
box weight min 22lb [ 10kg ]

**2** 20 lunges

**3** 30sec elbow plank

**4** 10 push-ups

**5** 20 box jumps

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

# MOONBASE

NEILA REY WORKOUT

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



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

# ninja SILENT WORKOUT



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

# NEO

NEILA REY WORKOUT

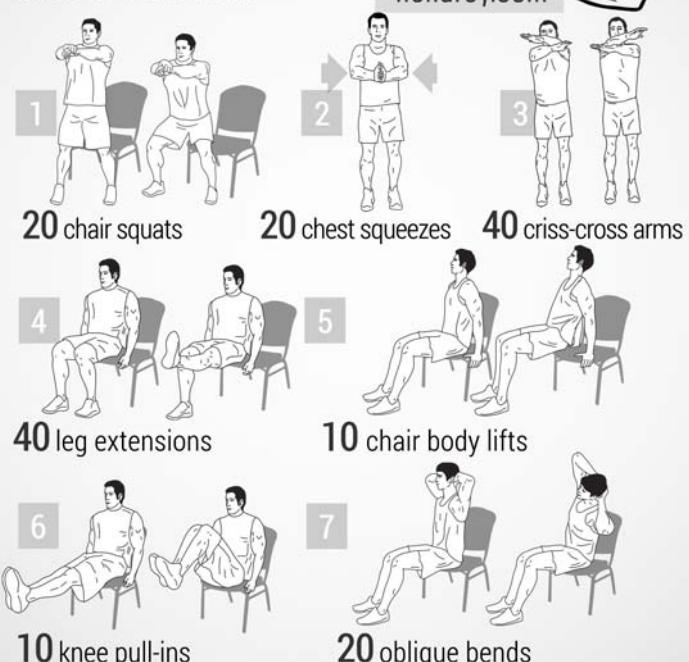
[neilarey.com](http://neilarey.com)



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

# the office

NEILA REY WORKOUT

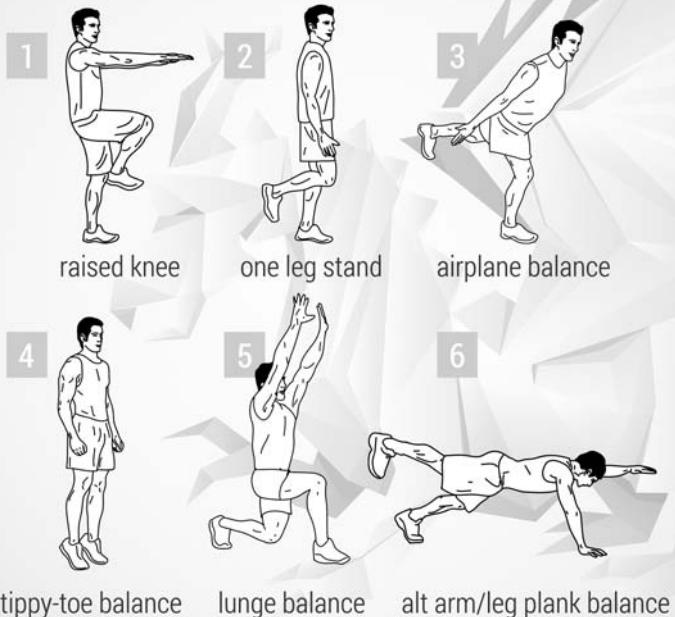


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# origami

NEILA REY WORKOUT

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



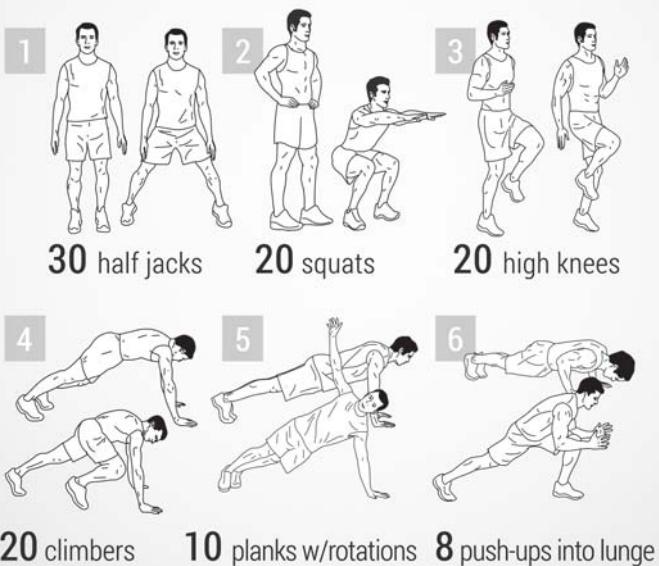
20 seconds each / no rest between exercises

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

# BRING ME SOME PIE

NEILA REY SUPERNATURAL WORKOUT

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

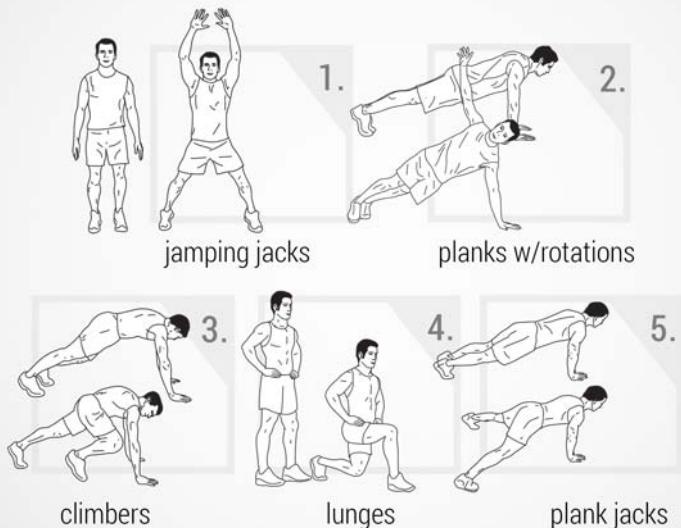


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# PHOENIX BURN HIIT

NEILA REY WORKOUT

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



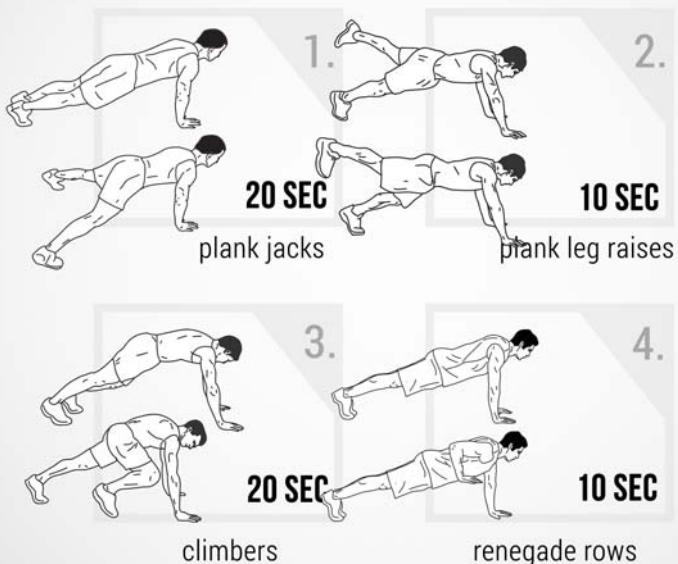
20 seconds each / 20 seconds rest between each exercise

Level I 3 rounds Level II 6 rounds Level III 9 rounds

# PINNER HIT

NEILA REY WORKOUT

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



1 minute rest between rounds

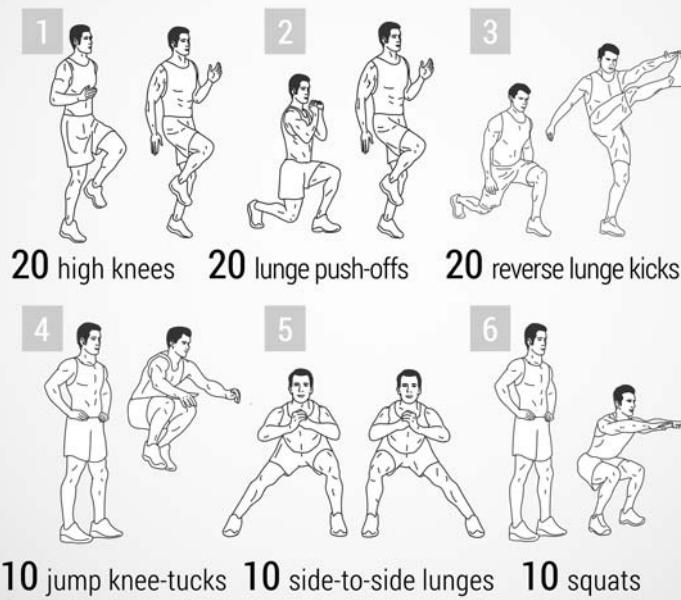
Level I 5 rounds Level II 10 rounds Level III 15 rounds

# P1XEL



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

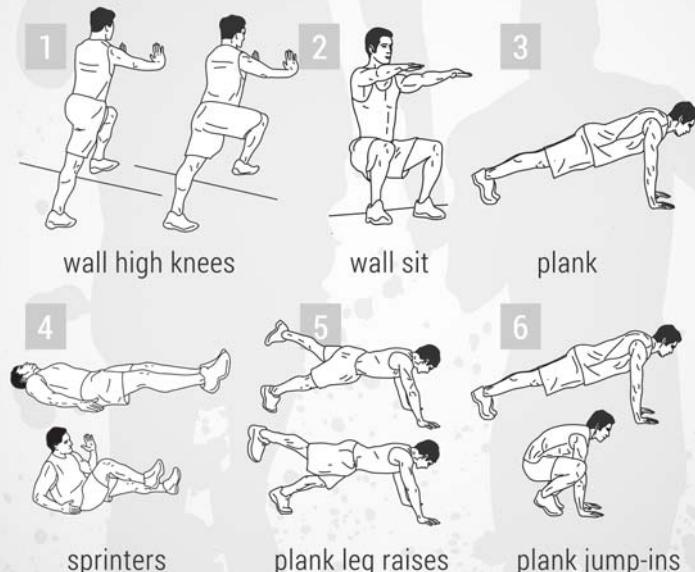
# POWER UP



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

# POWER SPRINTER

40 seconds each / 20 second rest after each exercise



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

# PREDATOR



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

# PREMIUM RUSH

NEILA REY WORKOUT

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

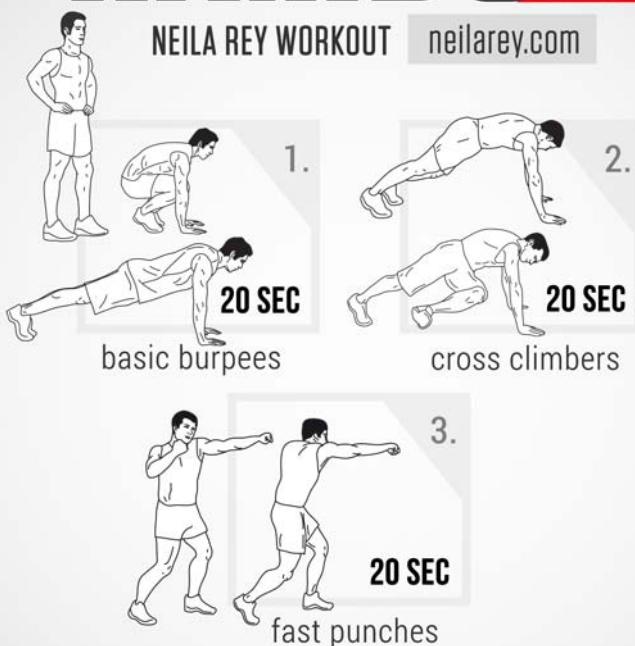


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# RAMBO HIT

NEILA REY WORKOUT

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



1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# RED REMAKER

NEILA REY WORKOUT

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



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

# REMAKER

NEILA REY WORKOUT

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



60  
SECONDS

jump into a plank  
tap left shoulder  
tap right shoulder  
get up & squat

60 seconds  
rest between  
rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# RIDDICK

NEILA REY WORKOUT

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



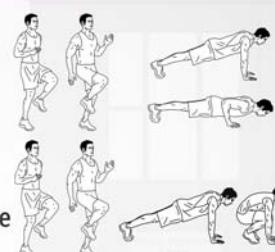
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# Run, you clever boy, and remember

high intensity high burn cardio workout

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

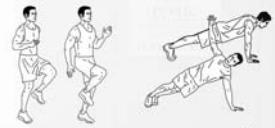
- 1 40 high knees, then drop down & push-up once



- 2 40 high knees, then drop down & plank jump-in once



- 3 40 high knees then drop down & plank w/ rotations once



- 4 40 high knees, then drop down & plank jack once



- 5 40 high knees, then squat once

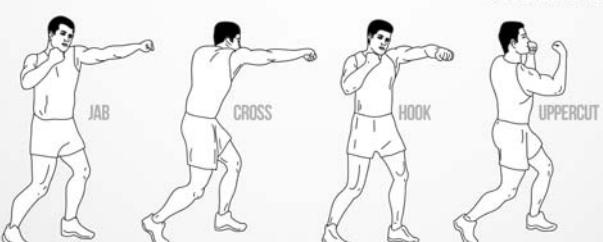
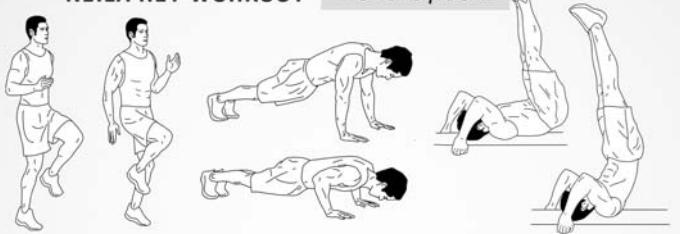


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# ROCKY

NEILA REY WORKOUT

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



- 4 5 minutes shadow boxing

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

# SHERLOCK

NEILA REY WORKOUT

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



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

# SHIFTER HIT

NEILA REY WORKOUT

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

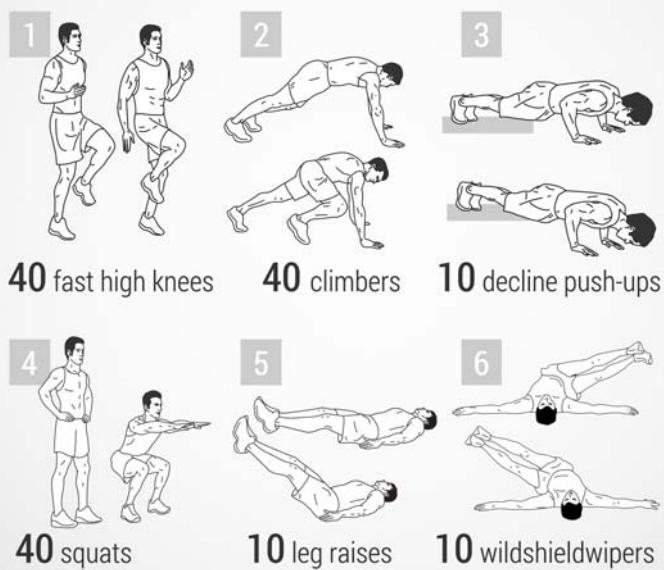


Level I 5 rounds Level II 10 rounds Level III 15 rounds

# SKYFALL

NEILA REY WORKOUT

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



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

# SILVER SURFER

NEILA REY WORKOUT

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



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

# Slayer

NEILA REY HIT WORKOUT

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



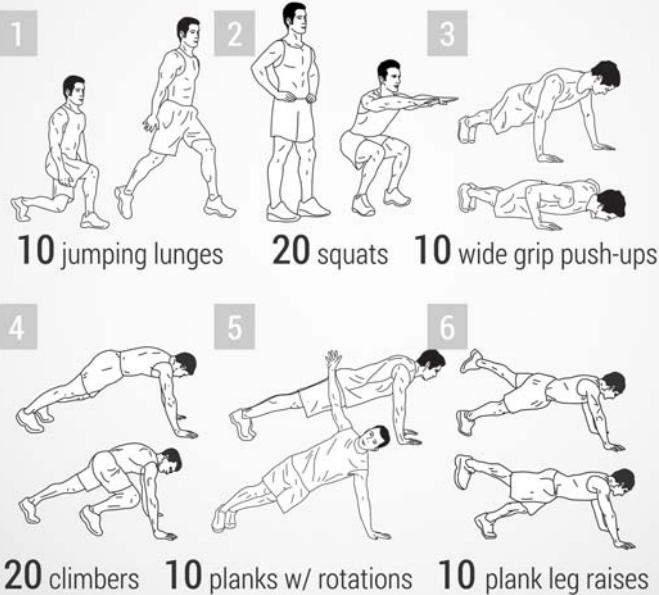
1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# SPARTACUS

NEILA REY WORKOUT

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

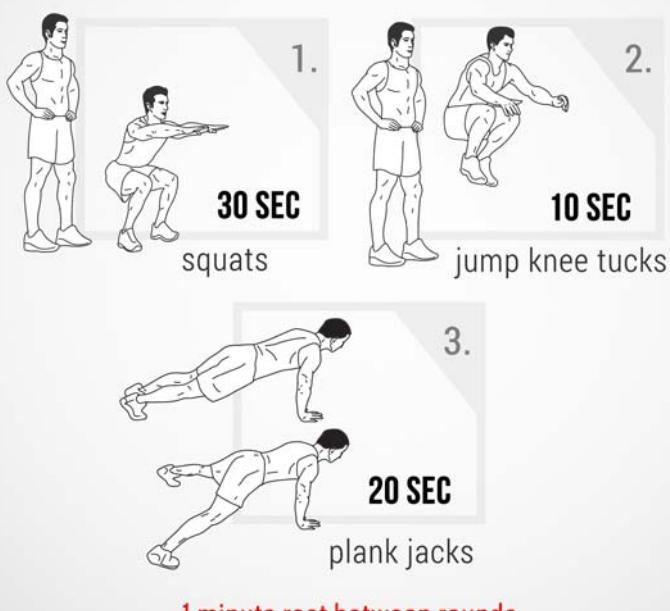


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# SQUATTER HIT

NEILA REY WORKOUT

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



1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

# SPIDERMAN

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



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

# STAY AWAKE!

NEILA REY WORKOUT

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



every 60 minutes



# STORM TROOPER

NEILA REY WORKOUT [neilarey.com](http://neilarey.com)



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

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

**10 sets**  
or as many as you can do  
rest between sets up to 2 minutes



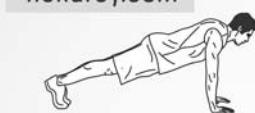
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

# SUPERNOVA

IN 5 MOVES

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

**MOVE 1**  
30 seconds plank



**MOVE 2**  
10 reps alt arm/leg planks



**MOVE 3**  
4 reps 90 ° moving plank



**MOVE 4**  
30 reps mountain climbers



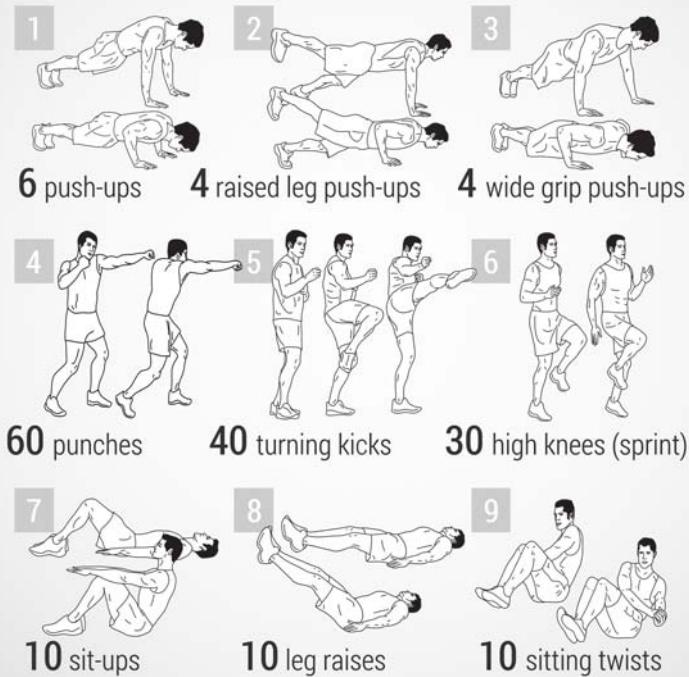
**MOVE 5**  
10 reps push-ups



# SUPER SAIYAN

NEILA REY WORKOUT

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



level I 3 sets level II 5 sets level III 7 sets super saiyan 10 sets  
 rest between sets up to 2 minutes

# THOR

THE STRENGTH OF ASGARD

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



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

# TERMINATOR

NEILA REY WORKOUT

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



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

# TIGER, TIGER

NEILA REY WORKOUT

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



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

# toaster

NEILA REY WORKOUT

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

- |            |             |
|------------|-------------|
| 10 burpees | 40 sec rest |
| 5 burpees  | 30 sec rest |
| 2 burpees  | 30 sec rest |
| 10 burpees | 40 sec rest |
| 5 burpees  | 30 sec rest |
| 3 burpees  | 20 sec rest |
| 10 burpees | 40 sec rest |
| 5 burpees  | 20 sec rest |
| 4 burpees  | 20 sec rest |
| 10 burpees | 40 sec rest |
| 5 burpees  | 10 sec rest |
| 5 burpees  |             |



# total abs

NEILA REY WORKOUT

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

- |   |                   |   |                     |
|---|-------------------|---|---------------------|
| 1 | 10 knee crunches  | 2 | 10 cross crunches   |
| 3 | 12 leg raises     | 4 | 20 bicycle crunches |
| 5 | 20 flutter kicks  | 6 | 10 heel touches     |
| 7 | 60sec elbow plank | 8 | 10 sitting twists   |

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

# WOLVERINE

NEILA REY WORKOUT

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

- |   |                        |   |                     |   |                   |
|---|------------------------|---|---------------------|---|-------------------|
| 1 | 24 high knees          | 2 | 24 squats           | 3 | 24 climbers       |
| 4 | 10 raised-leg push-ups | 5 | 10 shoulder touches | 6 | 10 plank jump-ins |
| 7 | 12 reverse crunches    | 8 | 12 sitting twists   | 9 | 24 flutter kicks  |

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

# uncharted

NEILA REY WORKOUT

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

- |   |                   |   |                             |   |                       |
|---|-------------------|---|-----------------------------|---|-----------------------|
| 1 | 20 high knees     | 2 | 14 lunges                   | 3 | 14 side leg raises    |
| 4 | 14 plank jump-ins | 5 | 20 climbers                 | 6 | 14 wide grip push-ups |
| 7 | 14 sit-ups        | 8 | 14 side planks w/ rotations | 9 | 14 leg raises         |

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

# UNPLUGGED

NEILA REY WORKOUT

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



20 chest expansions 20 shoulder stretches 40 side leg raises



20 back rotations 20 back arches 20 cat stretches



10 supermen 10 bridges 10 body folds

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

# WAKE UP!

& MAKE IT HAPPEN WORKOUT

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



# VIKINGS

NEILA REY WORKOUT

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



20 jumping lunges 10 jump thrusts 10 one legged squats



20 cross-punch sit-ups 10 bicycle crunches 10 windshield wipers



to failure tricep push-ups 40 punches to failure pull-ups

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

# WALKERS

NEILA REY WORKOUT

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



40 high knees 10 jump knee tucks 20 wood choppers



40 climbers 10 plank jump-ins 40SEC one leg stand



20 sprinters 20 knee crunches 20 flutter kicks

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

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If you found my work useful and you can afford to make a small donation, please, consider giving back. I keep every program and every single workout I design free and available to anyone who needs it because I believe that this kind of information should be free. I support this project on my own so if you can give back, please do – it'll make a big difference and help keep this project alive.



donate \$1 and help  
to keep this project alive



+ other options

---

more free workouts and fitness programs at  
**neilarey.com**