

# 100

## NO-EQUIPMENT **WORKOUTS**

**2014 workout collection**  
visual easy-to-follow routines for all fitness levels

Neila Rey

**100 No-Equipment Workouts**

**2014**

**Neila Rey**

# 100 Workouts

- |                         |                        |                         |
|-------------------------|------------------------|-------------------------|
| 1. 300                  | 35. Dynamic Pyramid    | 69. Pie                 |
| 2. Ab Crunch            | 36. Eliminator         | 70. Pinner              |
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| 4. Abs on Fire          | 38. Fast & Furious     | 72. Power Sprinter      |
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| 6. Airborne             | 40. Flash              | 74. Predator            |
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| 8. Archer               | 42. Gladiator          | 76. Riddick             |
| 9. Armor abs            | 43. Godmode            | 77. Rocky               |
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| 15. Batgirl             | 49. Hitter             | 83. Spiderman           |
| 16. Black Widow         | 50. Hopper             | 84. Squatter            |
| 17. Blade Runner        | 51. Hulk               | 85. Stormtrooper        |
| 18. Blaster             | 52. Hunger Games       | 86. Superman            |
| 19. Bookmark            | 53. Ironman            | 87. Supernova           |
| 20. Borderline          | 54. Ithilien Ranger    | 88. Super Saiyan        |
| 21. Borderline 2        | 55. Jedi               | 89. Thor                |
| 22. Boxer               | 56. Lannister          | 90. Toaster             |
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# Introduction

Bodyweight training may look easy, but if you are not used to it, it's very far from that. It is just as intense as running and it is just as challenging so if you struggle with it at the very beginning, it's perfectly ok – you will get better at it once you start doing it regularly. Do it at your own pace and take longer breaks if you need to.

You can start with a single individual workout from the collection and see how you feel. If you are new to bodyweight training always start any workout on Level I (level of difficulty).

You can pick any number of workouts per week, usually between 3 and 5 and rotate them for maximum results.

Some workouts are more suitable for weight loss and toning up and others are more strength oriented, some do both. To make it easier for you to choose, they have all been labelled according to FOCUS, use it to design a training regimen based on your goal.

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn't mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you'll benefit from doing exercises that produce results in both areas.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like *pull-ups* have been excluded. If you want to work on your biceps and back more and you do have access to a pull-up bar, have one at home or can use it somewhere else like the nearest playground (monkey bars), you can do wide and close grip pull-ups, 3 sets to failure 2-3 times a week with up to 2 minutes rest in between sets in addition to your training. Alternatively, you can add pull-ups in the beginning or at the end of every set of a Strength Oriented workout.

**All of the routines in this collection are suitable for both men and women, no age restrictions apply.**

# How to design your training regimen

## Goal: Slim down and tone up

Select workouts for “high burn” or “HIIT” – these are the workouts you are looking for. Feel free to create your own regimen or use one of the formulas below:



If you want to slim down, putting some extra muscle on will help you burn more, naturally (muscles are very high maintenance and will burn extra calories with every move you make) so strength workouts shouldn't be completely ignored.

It's worth mentioning that women won't be able to bulk up, not naturally and not without any supplements, due to the much lower levels of testosterone present in the female body. The best we can hope for is nice muscle tone and a tight... well, stuff and everything.

**Important:** Without dietary adjustments you will get fitter, but you won't lose body fat %, unfortunately. You can't out train a bad diet – you can't train and eat junk and hope that it will cancel out, you would have to train on athlete level and very few people can do that. If you are not running 10K daily and doing another bodyweight session after that, you will have to mind what you eat if your goal is to slim down.

**Also very important:** you can lose weight when you are on a diet and see it on the scales, you gain muscle as well as lose body fat % when you diet and exercise. If you work out, don't use the scales, unless they have BF% meter in them, to measure your progress. Take pictures of yourself either daily or once every few days to track how you are doing and if you need to change anything like training more or eating less, yes. Alternatively, judge by your clothes – if you need new clothes, you are doing well.

**What to look out for:** when you exercise and your muscles tighten up, especially in the midsection, the fat reserves you already have are sometimes “pushed-out” and you'll notice it more. It's not anything new, you just haven't seen it before. It's easy to get discouraged at this point – don't, you are doing great, keep at it and as fat cells begin to empty, the bulging will also go.

## Goal: Build muscle and tone up

Select workouts for “strength” – these are the workouts you are looking for.

If you want to build up muscle, you want to do more of strength training but an occasional high burn on HIIT workout will help you reduce your body fat % even further and let you see better muscle definition.

A <b>4-5</b> STRENGTH WORKOUTS PER WEEK	B <b>4</b> STRENGTH WORKOUTS PER WEEK  + AB WORK EVERY OTHER DAY	C <b>4</b> STRENGTH WORKOUTS PER WEEK  + AB WORK EVERY OTHER DAY + 1 HIGH BURN OR HIIT WORKOUT	D <b>3</b> STRENGTH WORKOUTS PER WEEK  + AB WORK EVERY OTHER DAY  PULL-UPS 3 SETS TO FAILURE EVERY OTHER DAY
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*To gain weight*, especially if you are skinny, as well as exercise (options above) you will need to eat a lot more than you do now, eat regularly (every 2-3 hrs) and eat quality food. Just eating a lot in general won't do it – your body can't get anything useful out of junk food, sweets, pizza and beer. In order to build muscle, you need muscle building material – high protein rich food and complex carbohydrates.

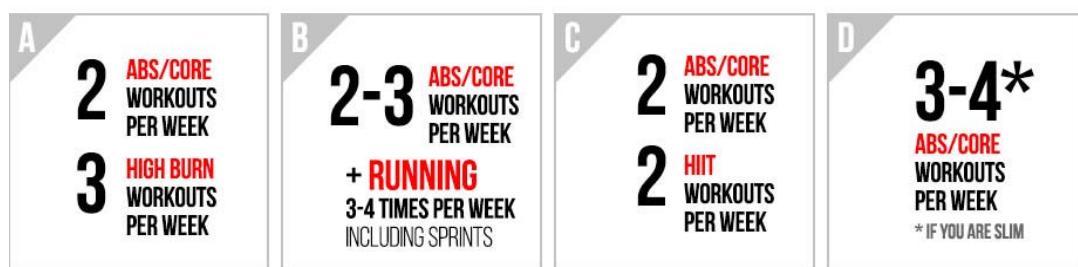
Make sure your diet is based around real food, e.g., chicken breasts, turkey, fish, pork loin, steak, eggs, milk, cheese (in moderation), low fat plain yogurts, cottage cheese, sweet potatoes, oats and oatmeal, quinoa, spinach (all leafy greens), broccoli, kale, cauliflower, mushrooms, apples, pears, oranges, berries, tomatoes, cucumbers, peppers, rice, pasta, beans and lentils, olive oil, seeds, nuts and nut butters.

## **Goal: Build abs and strengthen midsection / get rid of the belly**

Your midsection and your hard core abs, if you are looking for those, depend on your overall body fat percentage. Where your body will be emptying those fat cells is down to your disposition and body type but it often starts from the top down.

You have two options to get rid of the belly: starve your body for resources to force it to dig into the reserves (it'll do it after it's out of other options) or do high burn cardio workouts, HIIT workouts are best – these are also known as belly torches. You want to do both for better and faster results.

Select workouts for “abs”, “high burn” or “HIIT” – these are the workouts you are looking for. Use one of the following formulas:



You can still do ab work to strengthen the muscles. The more muscles you have underneath your belly, the more you'll burn during your cardio workouts. Muscles, in general are pretty high maintenance energy (calories) wise. Just doing crunches won't do anything (at least on the surface) for you and there's no study anywhere that's shown a correlation between training a particular body part or body area and a reduction in the fat stored there.

The same exact ab work will eventually force your body into optimising and you'll see less and less of an improvement with each session unless you change things up and/or increase the numbers. So it's always a good idea to do different ab work to keep your muscles challenged and the moment you begin to find one ab exercise easy, increase the load or intensity to make it more effective. If you are breezing through your ab workout you can be sure it's not working: if you think about it, why do our bodies change? Because they have to, to make it easier for us to live.

To make any ab exercise harder, you can either add weights (do sit-ups or sitting twists with dumbbells) or just do it slower, a lot slower. Going from easier exercises like crunches to more advanced ones like moving planks, for example, will also work.

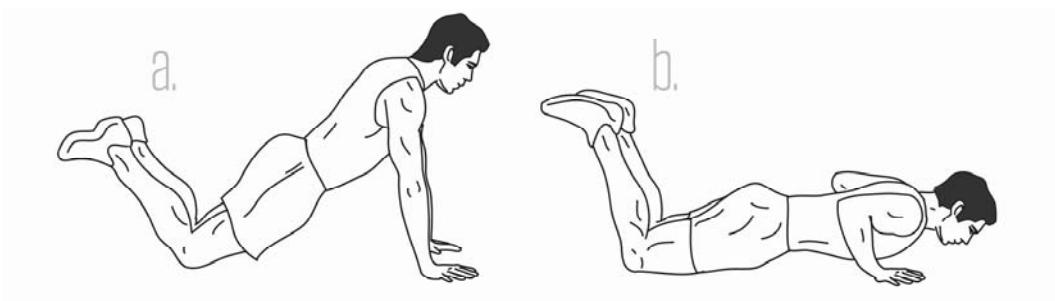
# Levels & Difficulty

Each workout has three levels of difficulty: I, II and III.

If you are new to exercise or you haven't done any training in a long while you should start on Level I. You don't have to stay on level I consistently, if you feel that you can do more, you can advance a level. Level III is the hardest level of difficulty and it can be pretty challenging to complete.

Important: don't go from zero to hero. Do what you can but don't push yourself too hard too fast, just because you can do something on a harder level doesn't mean that you should. You'll end up too sore to work out the next day and the day after that and that's just not at all helpful or productive. Gradually increase the load, keep your workouts challenging but doable.

*Note:* On level I all push-ups can be done on your knees:

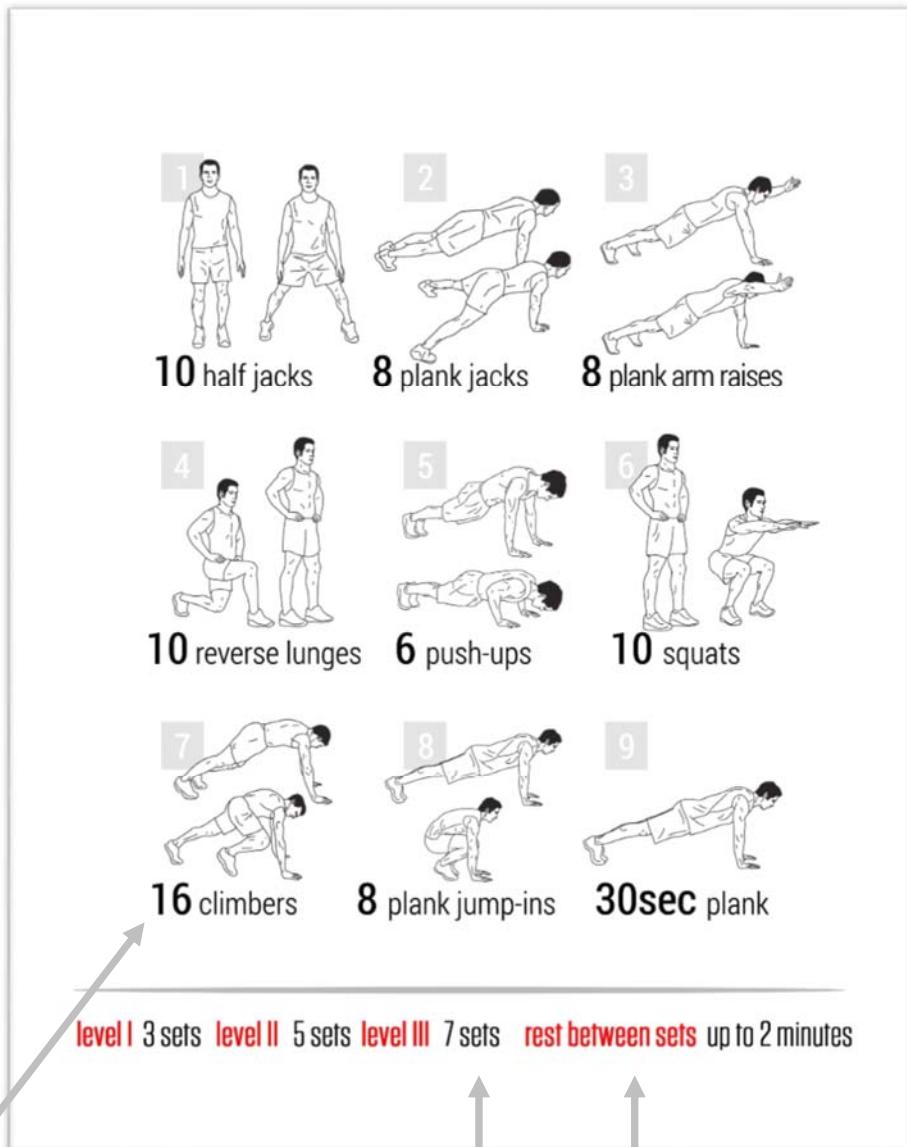


## **Before you start:**

Look over the workout you chose to do and make sure you understand all of the exercises illustrated so it doesn't slow you down once you have started.

*The workouts are organized in alphabetical order so you can find the workouts you favor easier and faster.*

# Workout Manual



## reps (repetitions) per exercise

Reps (repetitions) are usually located next to each exercise's name. Number of reps is always a total number for both legs / arms / sides.

e.g., if it says 20 climbers, it means that both legs are already counted in - it is 10 reps each leg.

## rest between sets

There is no rest between exercises - only after sets, unless specified otherwise.

## number of sets

for your fitness level (I, II or III).

# 1

# 300 Workout

Spartans took pain and made it their friend. The 300 workout exercises the major muscle groups to give you the total warrior feeling when you move. You do have to remember though to resist the temptation to yell "This is Sparta!" every time the mood takes you.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**What it works:** quads, chest, triceps, lower abs, upper abs. All the major muscle groups (including shoulders and biceps) will feel the burn here.

**Tips:** When doing push-ups and lunges, make sure your back is as straight as possible. This ensures that pressure is applied to the muscles more evenly and avoids any possible, lower back injury. When performing jump knee-tucks make sure you land on the balls of your feet to avoid any jarring to your spine.

# 30

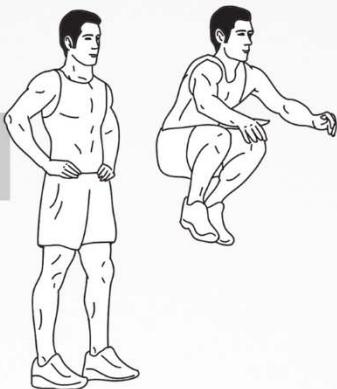
NEILA REY WORKOUT © neilarey.com

1



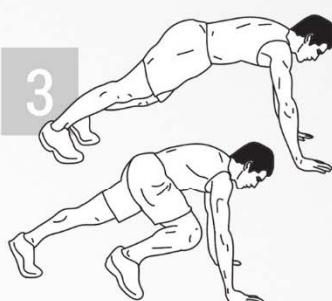
20 squats

2



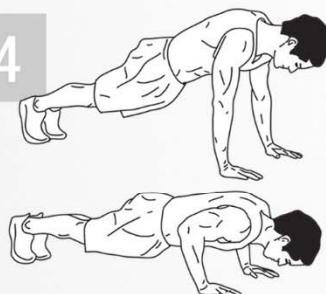
5 jump knee-tucks

3



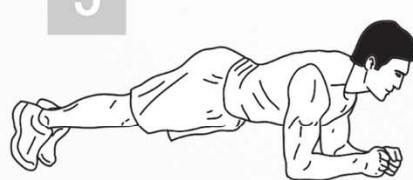
20 climbers

4



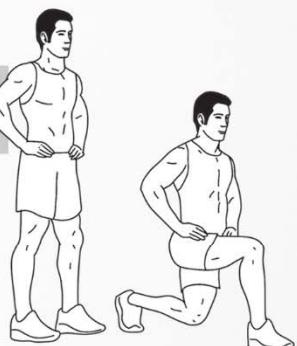
10 push-ups

5



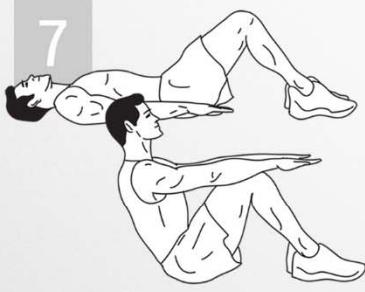
20sec elbow plank

6



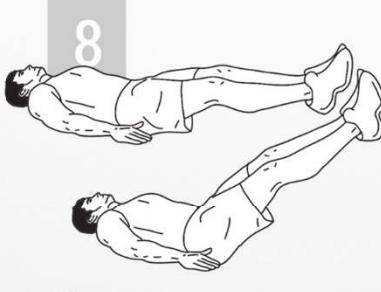
20 lunges

7



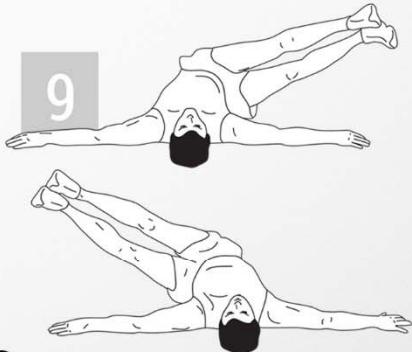
10 sit-ups

8



10 leg raises

9



10 windshield wipers

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

## 2

# Ab Crunch Workout

Abdominal muscles are performance engines. No matter what you do, will be done better and easier if you have strong abdominals. This is a set that starts you off on the right path plus you know it feels good to have a rippling torso (go on, admit it).

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

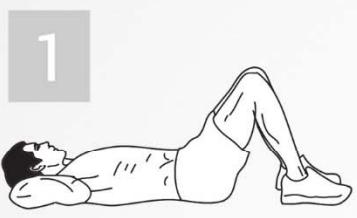
### FOCUS: Abs

**What it works:** lower abs, lateral abs, upper abs

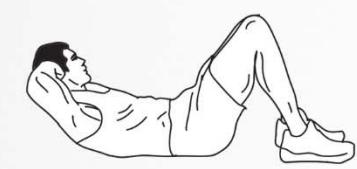
**Tips:** When performing any abdominal workout consciously flatten your lower stomach, pulling in and tightening the lower abs. This brings the abdominal wall into alignment and increases the load on the abs making the workout better and producing faster results.

# ab crunch

NEILA REY WORKOUT © neilarey.com



1



20 crunches



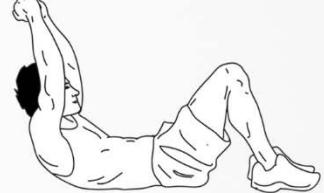
2



10 cross crunches



3



10 long arm crunches



4



20 air bike crunches



5



10 knee crunches



6



10 reverse crunches

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

# 3

# Abs of Steel Workout

Abdominal muscles are body armour. They help protect your vital organs from damage. They keep your body performing at maximum and, when the clothes come off, they make you look terrific. This workout is the anvil where that armour is fashioned.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

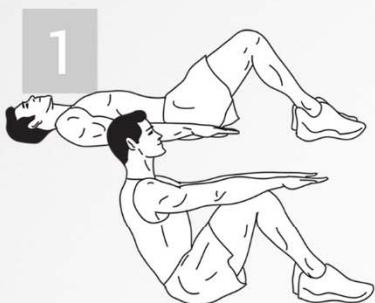
## FOCUS: Abs

**What it works:** lower abs, upper abs, side abs, abs, abs, abs all the way

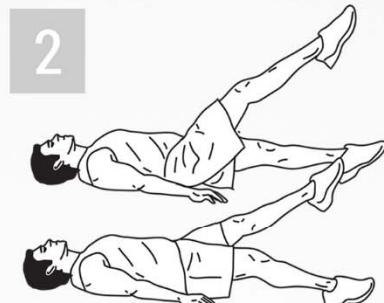
**Tips:** Always exhale when you perform any exercise that tenses the abs. This flattens your lower stomach and brings the abdominal muscles into proper alignment, increasing the pull exerted on them which strengthens them faster.

# abs of steel

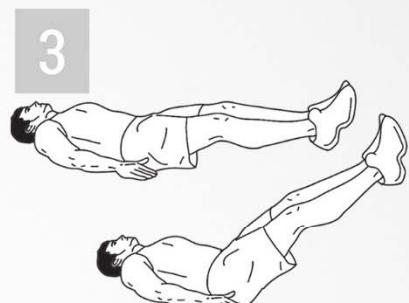
NEILA REY WORKOUT © neilarey.com



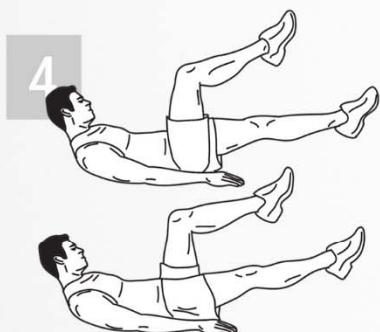
10 sit-ups



12 flutter kicks



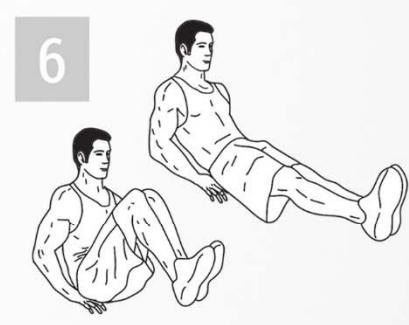
10 leg raises



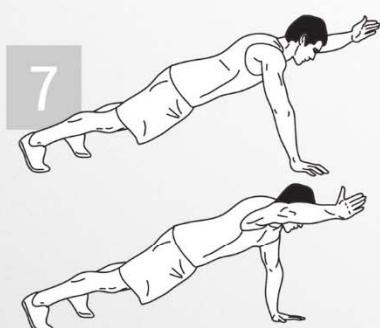
10 air bike crunches



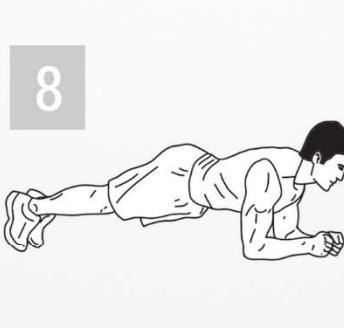
10 knee crunches



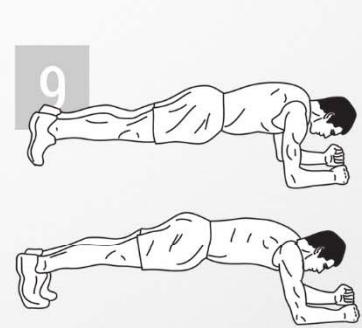
10 leg pull-ins



10 plank arm raises



30sec elbow plank



10 body saw

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

## 4

# Abs on Fire Workout

Take your abs to the next level with a workout designed to sculpt them fast. This will not just set your abs on fire but it will also give you some great results. Six challenging exercises designed to help you sculpt stronger abs.

**Instructions:** Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

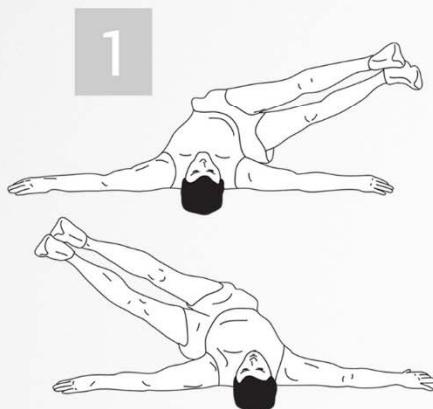
**FOCUS:** Abs

**What it works:** upper, lower and lateral abs

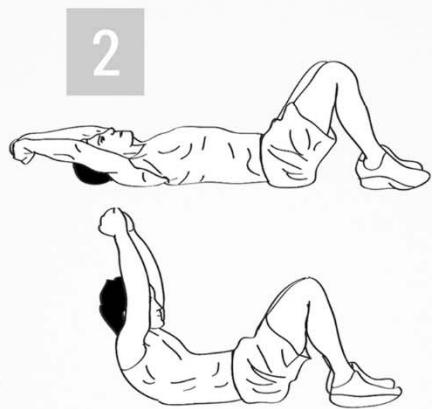
**Tips:** Every time you tense the abdominal muscle wall exhale. This flattens your lower stomach and brings the abdominal muscles into proper alignment, increasing the pull exerted on them which sculpts them faster. One thing to remember, if you're new to all this, your abs will need to get a little bit stronger before you can start feeling *that* burn. So, persevere and it will happen.

# abs on fire

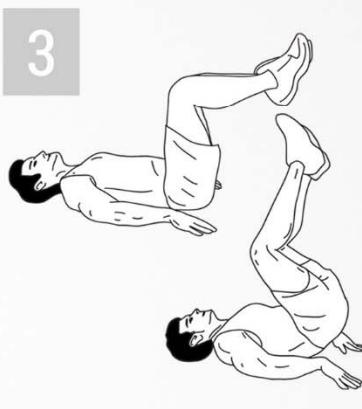
NEILA REY WORKOUT © neilarey.com



10 windshield wipers



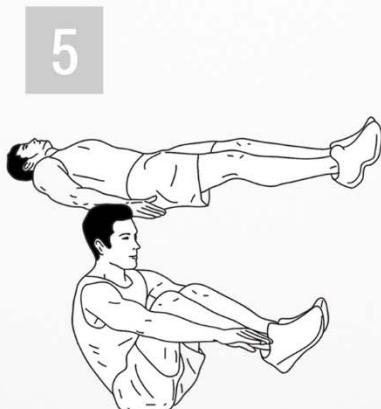
12 long arm crunches



10 reverse crunches



12 knee-to-elbow sit-ups



10 modified V-sits



12 heel touches

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

## 5

# Aim to Misbehave

*"You all got on this boat for different reasons, but you all come to the same place. So now I'm asking more of you than I have before. Maybe all. Sure as I know anything I know this, they will try again. Maybe on another world, maybe on this very ground swept clean. A year from now, ten, they'll swing back to the belief that they can make people...better. And I do not hold to that. So no more running. I aim to misbehave."*

Mal, Serenity

### Instructions

Six exercises, no rest in between – it's not over until it's over and when it is, catch your breath for up to 2 minutes and repeat the set again 3, 5 or 7 times or until you can donkey kick no more.

### FOCUS: High Burn

**What it works:** quads, lower back, hip flexors, lower abs, upper abs, glutes, hamstrings, core stability, arm strength, cardiovascular system, aerobic capacity.

**Tips:** For maximum effectiveness, when doing the duck walk avoid coming up a little and then going down again. Keep your upper body upright, eyes level in front and work your legs beneath you in the full range of motion, without coming up a level in height.

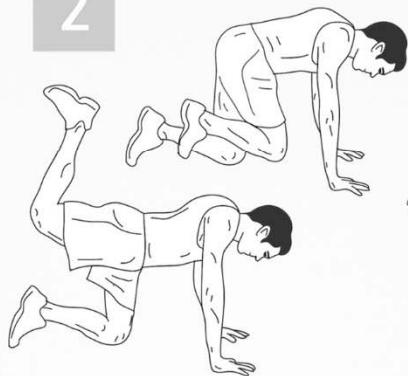
# I aim to *misbehave*

NEILA REY WORKOUT © neilarey.com

1



2



3



**14 steps** duck walk

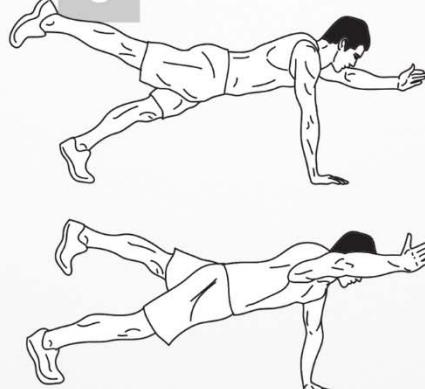
**10** donkey kicks

**10** frog hops

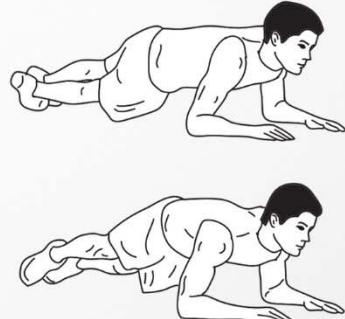
4



5



6



**10** inchworms

**10** alt arm/leg raises

**10** plank rolls

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

# 6

# Airborne Workout

The floor is lava! Whatever you do, don't stay grounded. The Airborne Workout is a non-stop action, at-home cardio routine that will work your entire body and challenge your aerobic capacity.

Take to the air to give wings to your performance afterwards in any kind of sporting activity. This is a workout that uses your bodyweight against you, maximizing the impact on your muscles for some pretty spectacular results.

## Instructions

Repeat each exercise one after the other with 10 second hopping on the spot (alternatively to getting a stopwatch, count to 10) in between. This is a rollercoaster but try to keep up. Rest for up to 60 seconds when you have done all 6 exercises and repeat the set again 4, 6 or 8 times.

## FOCUS: High Burn

**What it works:** glutes, pecs, triceps, quads, calves, forearms, cardiovascular system, aerobic capacity.

**Tips:** These are all dynamic exercises they work best when you use the downward motion as the trigger to fire up the upward one so that you never stop in between. This avoids the stop/start problem associated with airborne exercises and allows your muscles to work in a more fluid, powerful way.

# AIRBORNE

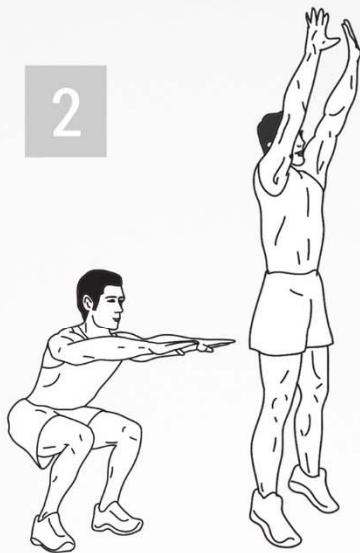
NEILA REY WORKOUT © neilarey.com

1



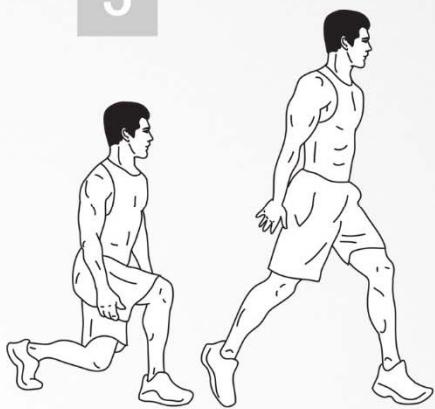
20 high knees

2



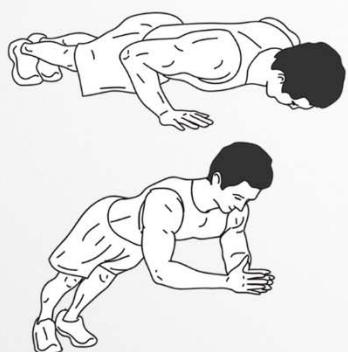
10 jump squats

3



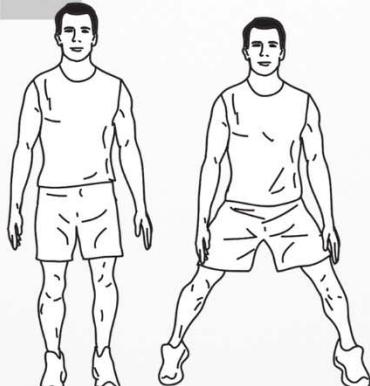
10 jumping lunges

4



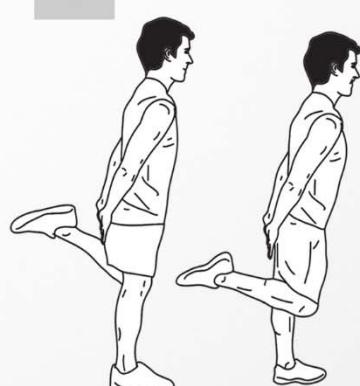
5 clapping push-ups

5



20 half jacks

6



20 butt kicks

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

jog on a spot for 10 seconds between every exercise

# 7

# Aquaman Workout

Water is a powerful medium. Just wading through it provides a full resistance workout for your muscles and that means that in order to thrive in it you need to develop every muscle in your body. The Aquaman workout is not just the opportunity you've craved to do just that, it's also the means through which you get to feel what the former King of Atlantis feels like when he walks on dry land or swims in the seas. OK, maybe you won't develop any telepathic powers to talk to sea creatures (which is a little overrated anyway) but you will move with the kind of control that ensures that if you're ever in hot water (figuratively speaking) you will be able to rely on the power of your own body to get you out of it.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**What it works:** quads, triceps, chest, lower back, core, lateral abs, lower abs, shoulders, biceps, and glutes

**Tips:** With the exception of elbow plank you really need to achieve a fluidity of motion here. Monitor how your muscles perform so rather than using a stop/start motion flow from one movement into the next. For instance, when performing squats do not drop down to the point where your muscles have locked and your body has stopped moving completely and now needs to start again. Instead drop down in a completely monitored motion that uses the lowest point your body reaches as the trigger to come up again. This ensures you build up better muscle control and stronger muscles, faster.

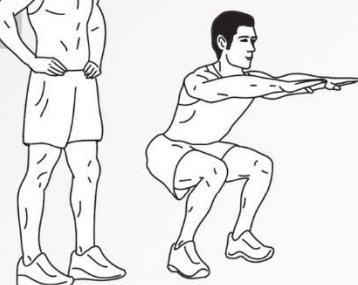


# AQUAMAN

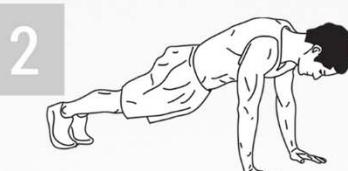
NEILA REY WORKOUT © neilarey.com



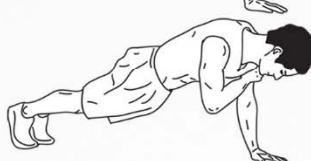
1



10 squats



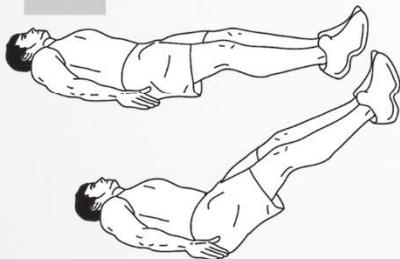
2



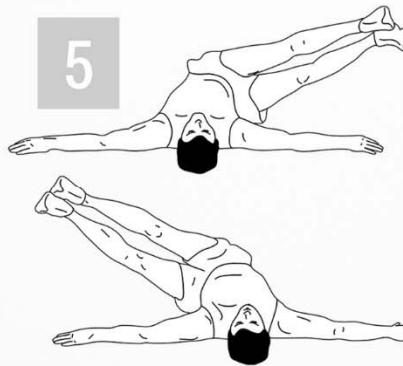
3



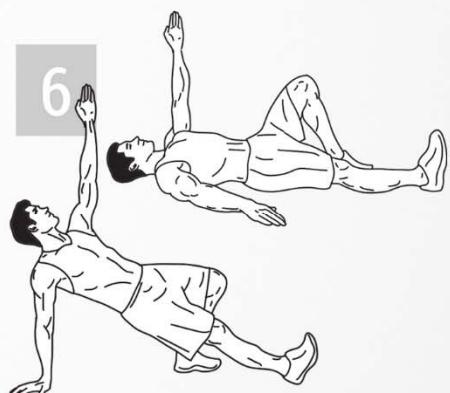
30sec elbow plank



4



5



6

10 leg raises

10 windshield wipers

10 get-ups



7

10 diver push-ups

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

# 8

# Archer Workout

When you are the world's most famous secret agent you can never be anything less than awesome all the time and that includes your workout. This is just how Sterling gets that square jawline and chiseled physique.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**What it works:** Calves, quads, triceps, core, shoulders, glutes, chest, upper abs, lateral abs, lower abs, front hip flexors.

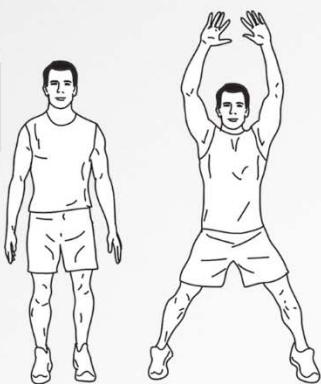
**Tips:** Every time you exert a muscle group, exhale emptying your lungs of air. This allows your body to function like a single unit, tightening up your abdominals and creating an 'explosion' effect from each repetition for a more focused result.



# ARCHER

DANGER ZONE NEILA REY WORKOUT © neilarey.com

1



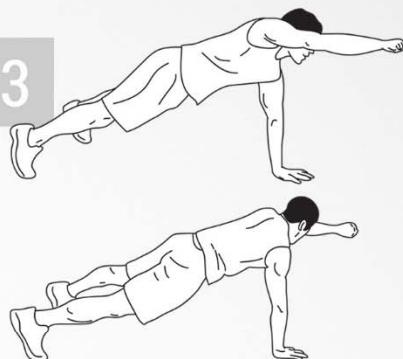
40 jumping jacks

2



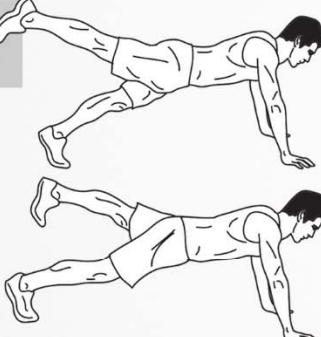
20 floor taps

3



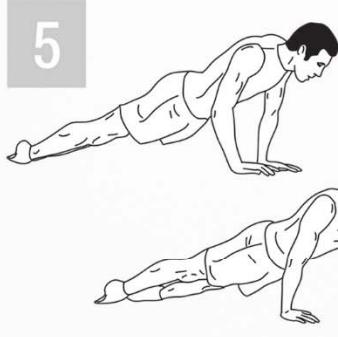
20 plank punches

4



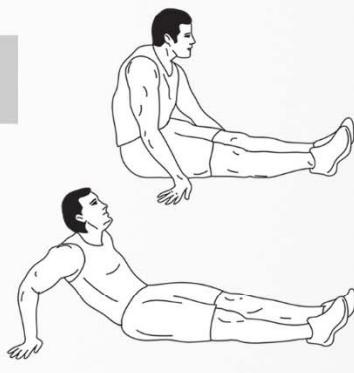
20 plank leg raises

5



10 alligator drag

6



10 backward pike drag

7



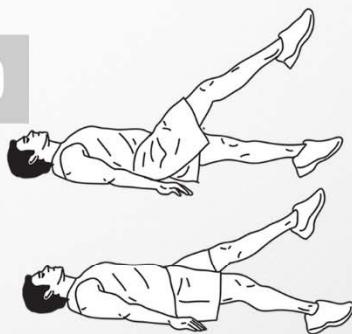
10 sit-ups

8



10 sitting twists

9



40 flutter kicks

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

# 9

# Armor Abs Workout

A strong abdominal wall affects everything. The way you sit. How you walk. Your performance in every kind of sport. How quickly you get tired and how smoothly you move. This is a workout that presses all the right buttons, helping you tone up and build your abs, plus come summer you're going to be thankful you did it.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Abs

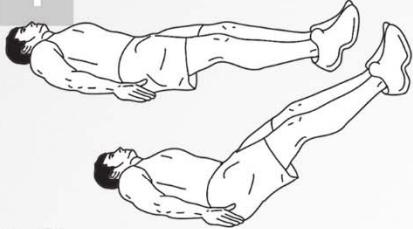
**What it works:** lower abs, front hip flexors, lateral abs, quads, upper abs and core

**Tips:** The secret to better abs, faster lies in alignment. If you can remember to pull in and tighten your lower abs every time you perform an ab exercise you will see great results, faster.

# armor abs

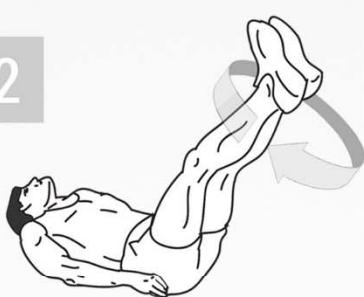
NEILA REY WORKOUT © neilarey.com

1



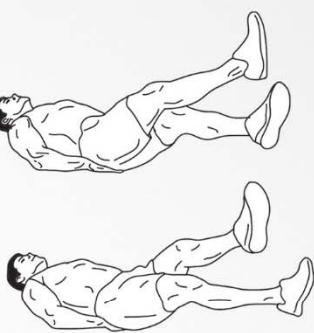
10 leg raises

2



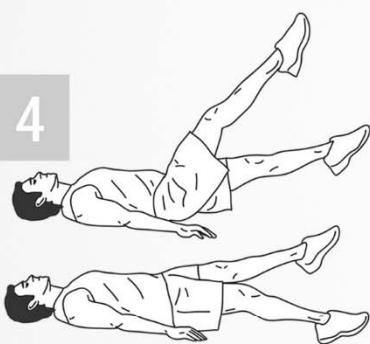
10 leg raised circles

3



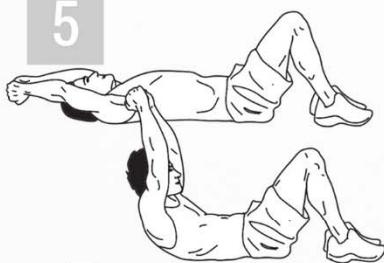
10 scissors

4



20 flutter kicks

5



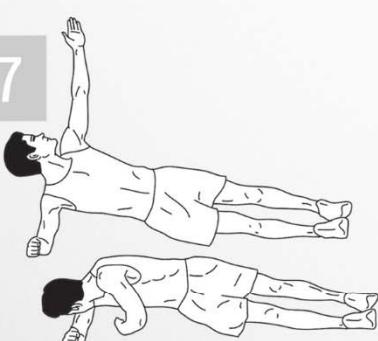
5 long arm crunches

6



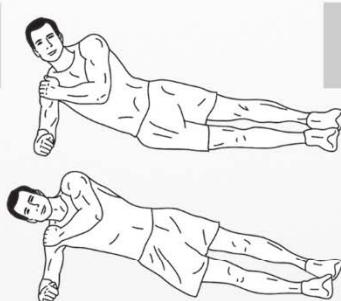
5 knee crunches

7



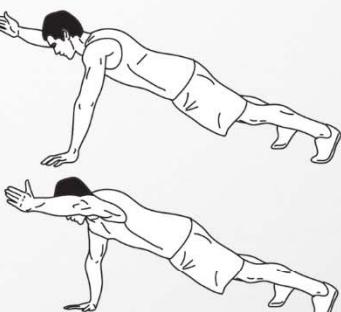
10 planks w/rotations

8



10 side bridges

9



10 plank arm raises

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

# 10

# Assassin's Workout

Assassins need to bring every muscle they have into play. No assassin workout could then be complete without a mix of isometric and ballistic exercises for maximum muscle strength, stability and control. This one will help you achieve it all. Plus you know that you will feel totally badass afterwards.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** calves, adductors, shoulders, quads, triceps, lower abs, lateral abs, cardiovascular system, aerobic capacity.

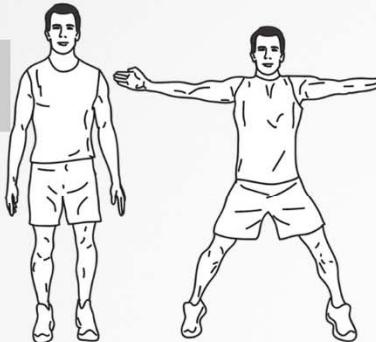
**Tips:** When performing mountain climbers keep your hips parallel to the floor at all times. Work your knees fast but avoid the up-and-down bounce that could injure your lower back, plus this way you can do you reps way faster.

# ASSASSIN'S

## workout

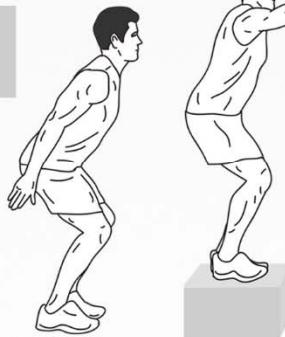
[neilarey.com](http://neilarey.com)

1



40 jumping Ts

2



3



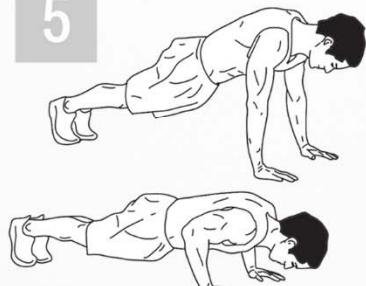
40 high knees

4

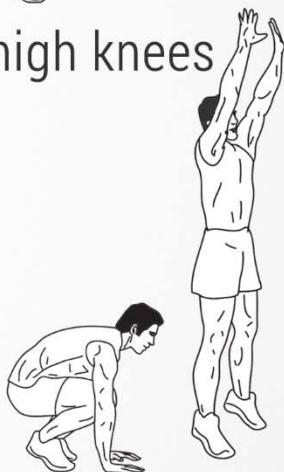


30sec wall-sit

5

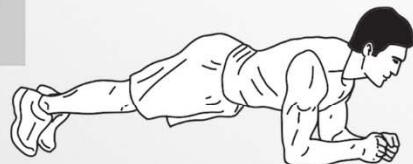


6



10 high jumps

7



30sec elbow plank

8



20 mountain climbers

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

# 11

# Avenger Workout

If you're a warrior for the light, fighting for peace and justice against those who might want to upset the balance you really need to be in total charge of your body and mind. This is a workout that'll get you most of the way there, well...it takes care of the body part of the equation at the very least.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**What it works:** quads, frontal hip flexors, glutes, shoulders, triceps, core, lateral abs, lower abs

**Tips:** When doing an ab work exercise pull in and tighten your lower abs. This changes the dynamic and forces the abdominal muscles to flatten, work harder and get stronger, faster.

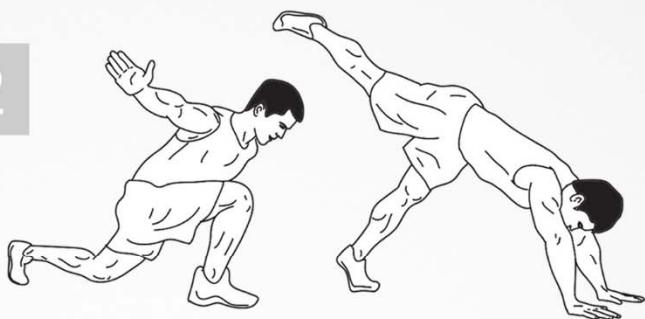
# AVENGER

NEILA REY WORKOUT © neilarey.com

1

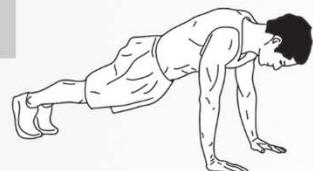


2

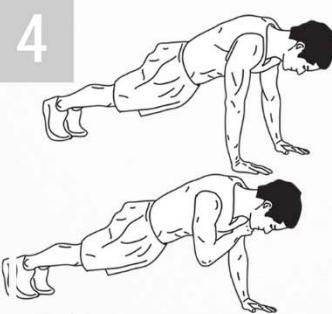


20 squats

3

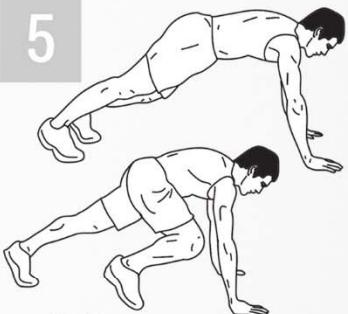


4



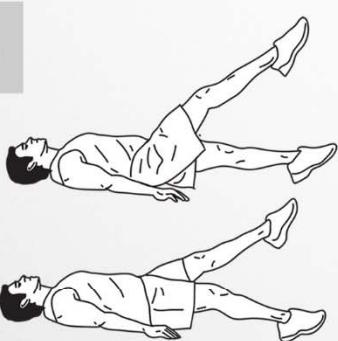
10 push-ups

5



20 climbers

6



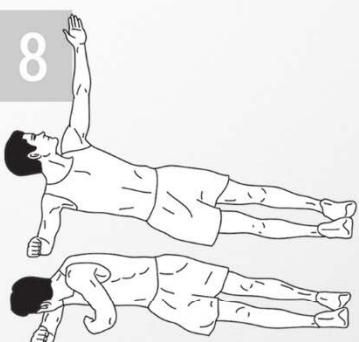
20 flutter kicks

7



10 cross-punch sit-ups

8



20 planks w/ rotations

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

## 12

# Bacon Workout

Also known as "The Belly Burner" workout this is designed to make you lean and mean. You will work up a sweat doing it. Your body will feel numb, your lungs will feel on fire and you will feel like you're being put through your paces. But ... you know it's worth it, and you're doing it for bacon. How cool is that?

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** cardiovascular system, front hip flexors, calves, lateral and lower abs, side hip flexors, quads, aerobic capacity, cardiovascular system.

**Tips:** You can take the entire set up a notch and do your legs a favour by making sure your heels never touch the floor on any of the exercises. That means doing everything on the balls of your feet, at all times. Your legs will love you for it later. (remember I said *later*).

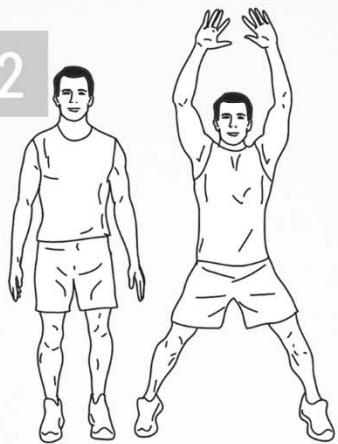
YOU HAD ME AT  
**bacon**

NEILA REY WORKOUT © neilarey.com

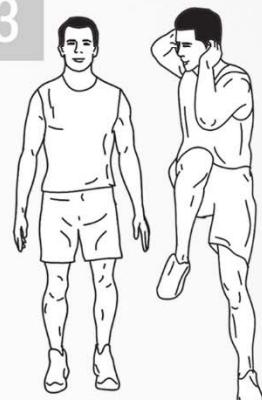
1



2



3

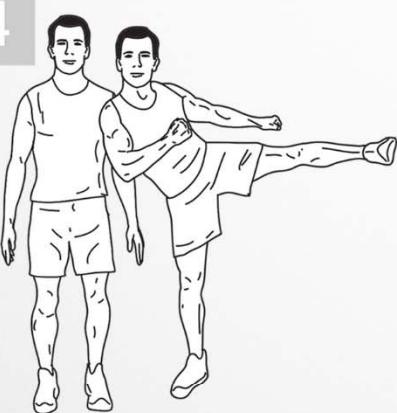


20 high knees

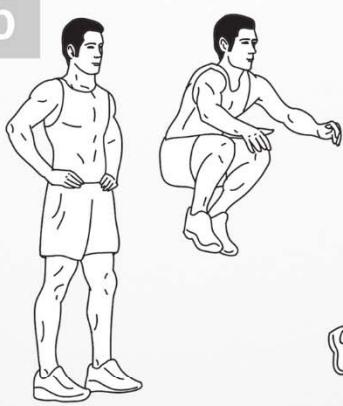
20 jumping jacks

20 knee-to-elbows

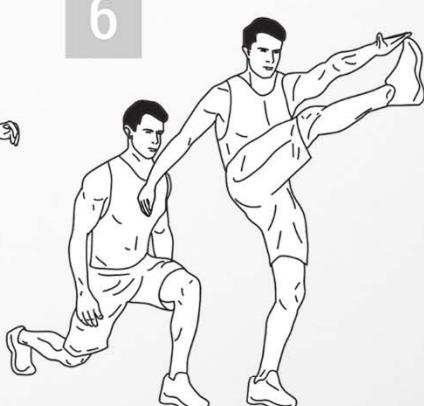
4



5



6



40 side leg raises

10 jump knee tucks

20 reverse lunge kicks

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

# 13

# Batman Workout

Nine sets of exercises designed to build you up to rule the streets of Gotham City at night. Exorcise your inner demons with this set of exercises and remember who you are.

## Instructions

Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again as many times as you can depending on your fitness level – maximum of 10 times.

## FOCUS: Strength

**What it works:** quads, triceps, biceps, chest, shoulders, lower abs, lateral abs, glutes, upper abs, aerobic system, cardiovascular system. This one has it all.

**Tips:** Perform for speed and fluidity of motion. Execute the full range of motion of each exercise but resist the temptation to start-and-stop each time. Instead use each exercise to create a bounce effect in execution that enables you to just keep on going.

# BATMAN

2.0

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

WORKOUT

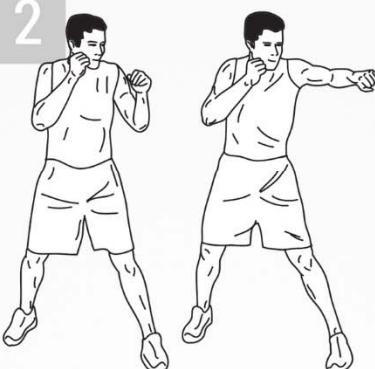
© neilarey.com  
rest between sets  
up to 2 minutes



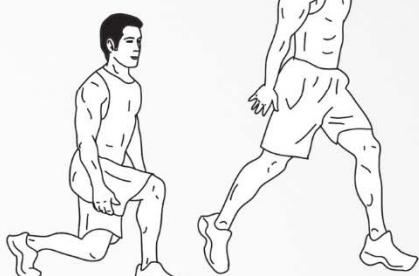
1



2



3

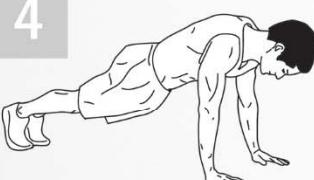


**20** squats

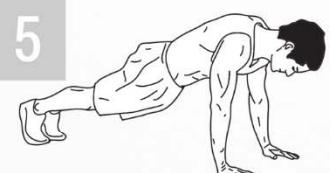
**40** punches

**10** jumping lunges

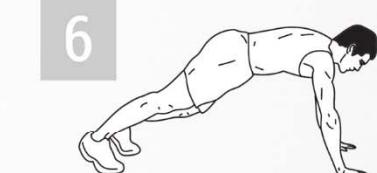
4



5



6



**10** push-ups

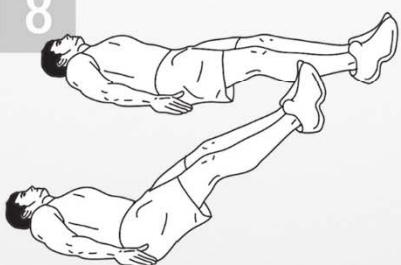
**20** shoulder taps

**20** climbers

7



8



9



**10** cross punch sit-ups

**10** leg raises

**10** sitting twists

## 14

# Batman Bane Edition

The Bane edition of the Batman workout, as you'd expect is performed on your back, on the floor. Even when down a super hero is far from out and this set of exercises proves just that. Plus, the change of perspective allows you to exercise in a totally new way and challenge your muscles afresh.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

This workout can be done at the beginning of every day before you even get up from your bed and go about your day (plus it probably helps you kick those bedcovers off in the morning).

### FOCUS: Abs

**What it works:** lower abs, quads, upper abs, lateral abs, cardiovascular system.

**Tips:** Scissors, flutter kicks and raised leg circle exercises should be performed with the knees perfectly straight. This brings in line the quad muscles maximizing the training benefits of the exercise.

# BATMAN

NEILA REY WORKOUT

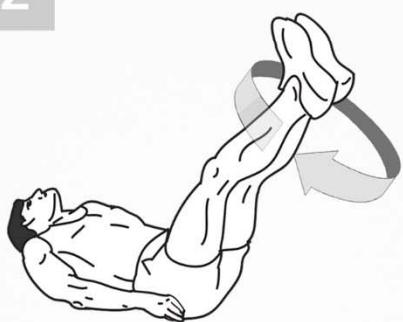
[Bane edition]

© neilarey.com

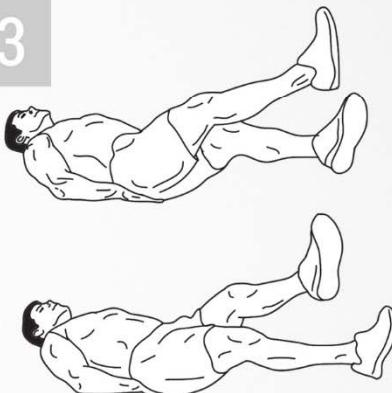
1



2



3

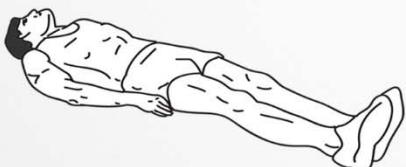


10 heel taps

10 raised leg circles

12 scissors

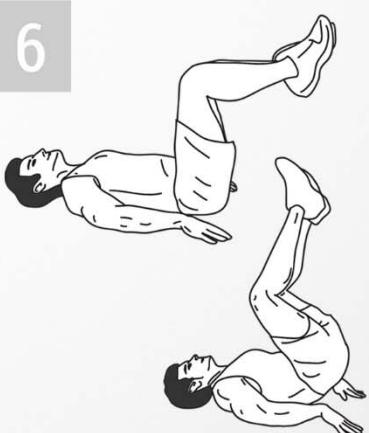
4



5



6



10 knee pull-ins

20 flutter kicks

10 reverse crunches

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

## 15

# Batgirl Workout

A girl's night out is given new meaning when you're a masked crime fighter in a cape. Appropriately you need a fresh set of skills for this type of 'going out'. If you're ready to rock your body to the tune of your will then this is it. And just for the record this workout is not *just* for girls.

### Instructions

Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again as many times as you can depending on your fitness level – maximum of 10 times.

### FOCUS: Strength

**What it works:** Quads, shoulders, calves, front hip flexors, glutes, hamstrings, lower back, triceps, lateral abs, abs, lower abs.

**Tips:** In all ab routines use the upward force, when your abs tense to exhale fully and really tense the abdominal wall. Breathe in on the way down when the muscles are more relaxed.

# BATGIRL

## WORKOUT

**10 sets**

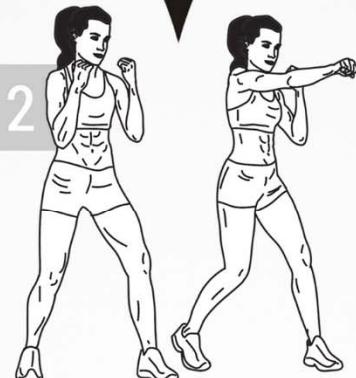
or as many as  
you can do

1



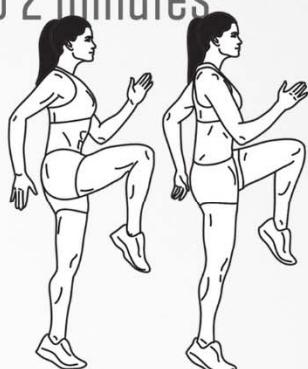
**10** jumping lunges

2



**40** punches

3



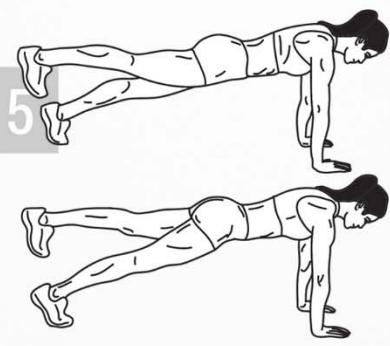
**20** high knees

4



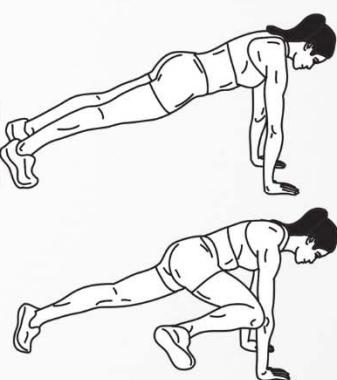
**10** squat front kicks

5



**10** plank leg raises

6



**10** knee-to-elbow climbers

7



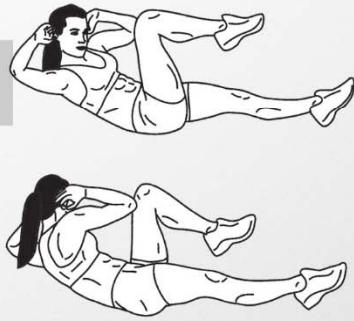
**10** cross punch sit-ups

8



**10** reverse crunches

9



**10** knee-to-elbow crunches

© neilarey.com

rest between sets  
up to 2 minutes

# 16

# Black Widow Workout

No woman, it would appear, can be taken at face value. There is a bad girl (or boy) in each of us fighting to come out and this workout makes sure than when it does it will be able to hold its own in any situation.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** Shoulders, triceps, chest, quads, lower abs, cardiovascular system, aerobic system, glutes, lateral hip flexors, lateral abs.

**Tips:** Keep your body as straight as possible during push-ups and basic burpees challenging your core, working your abs and making the exercise give you more than it is intended.

# **BLACK** WIDOW

NEILA REY WORKOUT  
© neilarey.com



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

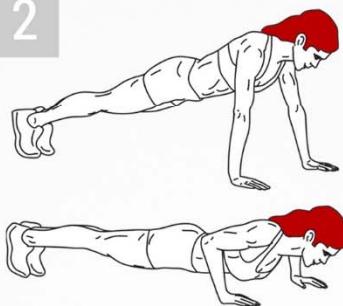
**rest between sets**  
up to 2 minutes



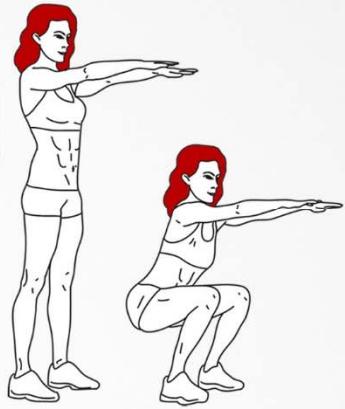
1



2



3



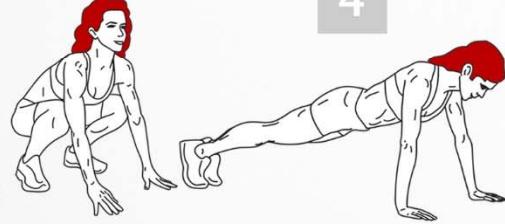
**60** punches

**10** push-ups

**20** squats

**20** basic burpees

4

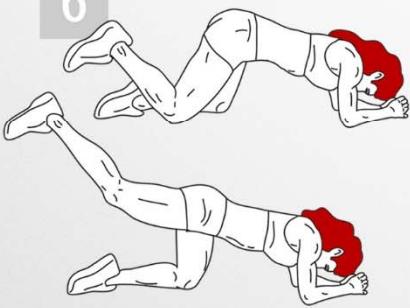


5



**20** climbers

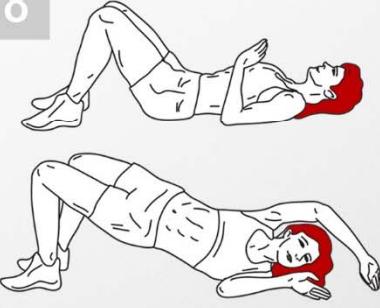
6



7



8



**20** back kicks

**20** triangle crunches

**20** bridge taps

# 17

# Blade Runner Workout

If you've seen the famous film you know that to escape a Blade Runner you need speed, explosiveness and a little bit of strength. This workout gives you all these tools to use when you have to. Plus, if you find yourself on the other side hunting Replicants, they tend to come in handy.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** quads, calves, lower abs, glutes, lower back, cardiovascular system, aerobic capacity.

**Tips:** Make sure that when you perform jump knee tucks, you land on the ball of the foot rather than the heel. This avoids jarring to the spine and brings into play the calf muscles, hamstrings and the tendons of the ankle, strengthening them further.

# BLADE RUNNER

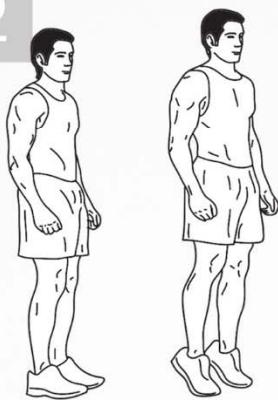
NEILA REY WORKOUT © neilarey.com

1



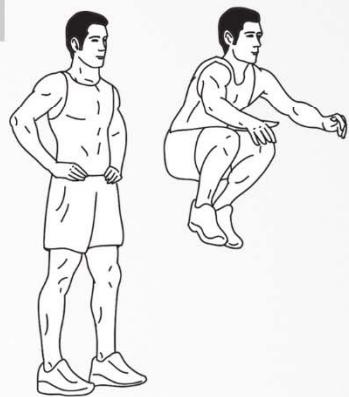
60 high knees

2



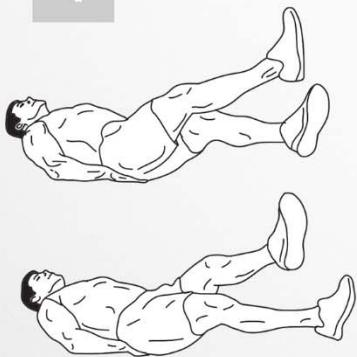
20 calf raises

3



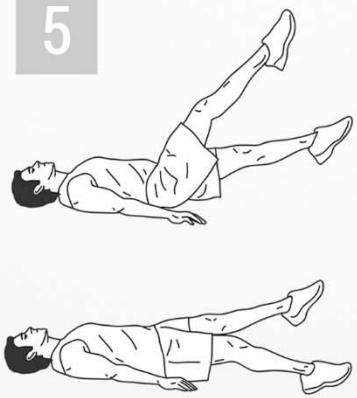
10 jump knee tucks

4



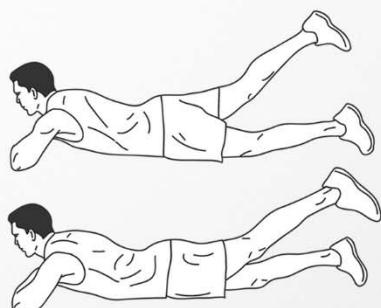
20 scissors

5



10 flutter kicks

6



10 reverse flutter kicks

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

# 18

# Blaster HIIT

High Intensity Interval Training is not an exercise. It is the furnace where you bake the body you want to have. Sounds like the kind of thing you want to do? Dive into Blaster and be prepared to see some real change, real fast. (You've been warned).

## Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

## FOCUS: HIIT / High Burn

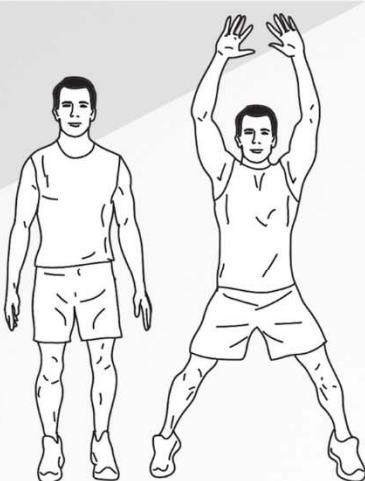
**What it works:** Calves, shoulders, lateral hip flexors, front hip flexors, lower abs, triceps, aerobic capacity, cardiovascular system, lower back

**Tips:** The most an exercise lasts for in this workout is 20 seconds. When time is that short you know you can up the intensity to the max for faster results. You can take anything for 20 seconds so do not hold back. Simply empty yourself into each exercise.

# BLASTER

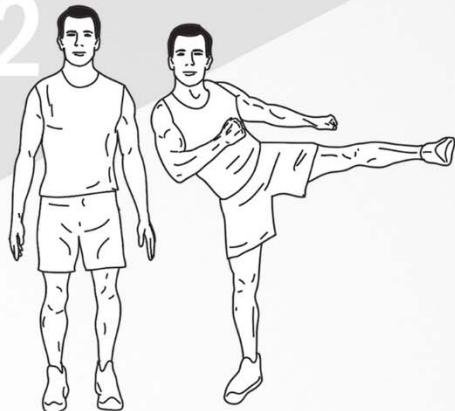
NEILA REY **HIT** WORKOUT © neilarey.com

1



**20sec** jumping jacks

2



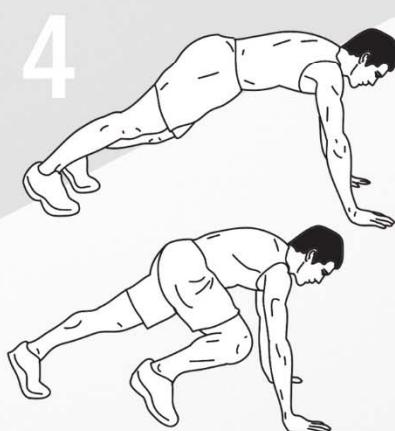
**10sec** side leg raises

3



**20sec** high knees

4



**10sec** climbers

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

# 19

# Bookmark Workout

Never underestimate the power of a book even more so when it is five. This is a workout for those of you who like reading but have never sacrificed fitness for it. Combining strength, stability and coordination it's a true case of wanting to have a sound body as much as a sound mind.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

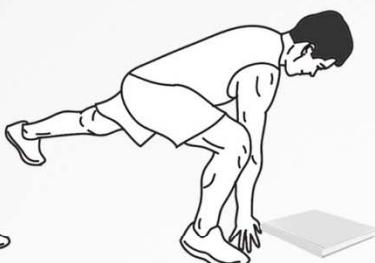
## FOCUS: High Burn

**What it works:** adductors, quads, lower abs, core abs, triceps, chest, shoulders, cardiovascular system, aerobic capacity.

**Tips:** The emphasis here is on control. The books give you a marker to work around. Make each set of moves as smooth as possible, aiming for fluidity with proper exhaling when tensing a muscle group and breathing in on the recovery movement.

# bookmark

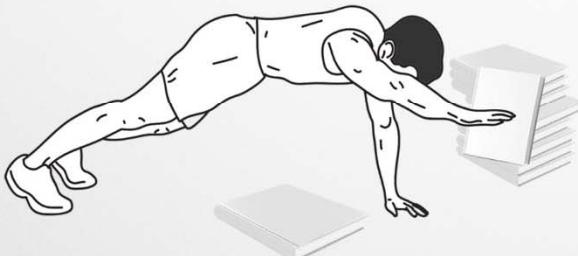
NEILA REY WORKOUT © neilarey.com



- 2. 10** plank side walk  
over 5 books + push up  
one trip – one rep



- 4. 10** plank book passes  
move the stack of books  
from side to side one at a time  
**minimum 10 books in a stack**



**1. 20** groiners

step forward - pick book up,  
step back; step forward  
- place book back

- 3. 20** infinite book unders  
pass the book under your  
legs while doing sprints



- 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

## 20

# Borderline Workout

If you're one of those people who are keen to draw a line somewhere I have just the workout for you. This is the one time when crossing the line is required and you get to benefit hugely from it. So, go to it.

### Instructions

Draw a line on the floor or use a tiled floor as a guide – you'll be working with the line, jumping and stepping across it. Repeat each move for 20 seconds with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

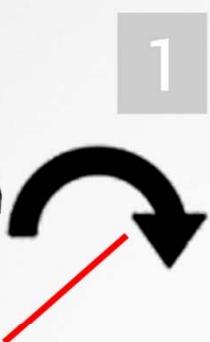
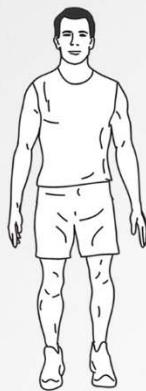
### FOCUS: High Burn

**What it works:** quads, calves, lower abs, glutes, lower back, lateral abs, aerobic capacity, cardiovascular system.

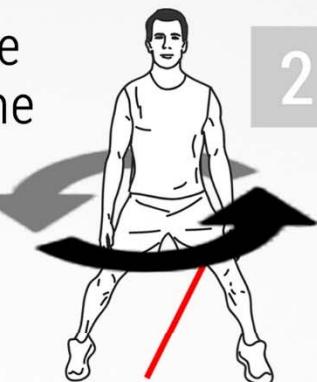
**Tips:** Make sure that when you perform jumps, you land on the ball of the foot rather than the heel. This avoids jarring to the spine and brings into play the calf muscles, hamstrings and the tendons of the ankle, strengthening them.

# BORDERLINE

NEILA REY WORKOUT © neilarey.com



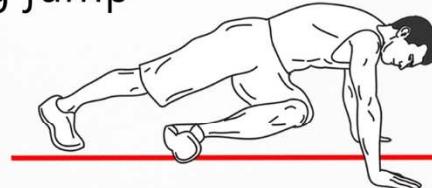
1 side-to-side  
over the line  
jumps



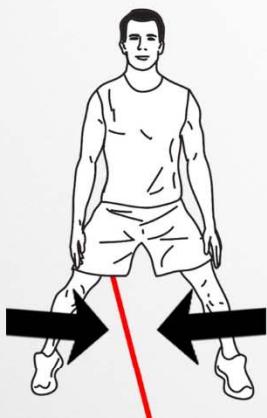
2 double hop  
and turning  
jump



3 double hop,  
squat and  
turning jump



4 over the line  
cross  
climbers



5 double hop  
and heel  
click over  
the line



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

# 21

# Borderline 2.0 Workout

The only time a borderline workout can be improved is when it involves two lines, instead of just one. Now I know you think things cannot get any better but trust me, the moment you have two lines on the floor to deal with, the intensity of the workout changes completely.

## Instructions

Draw two lines on the floor or use a tiled floor as a guide – you'll be working with both lines, jumping and stepping across them. Repeat each move for 20 seconds with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

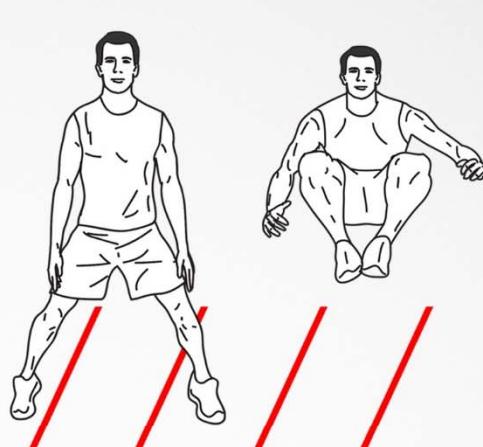
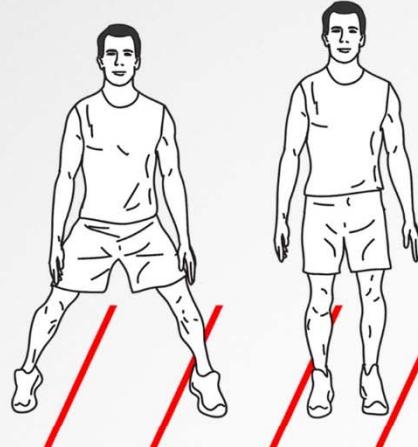
## FOCUS: High Burn

**What it works:** adductors, quads, lower abs, core abs, triceps, chest, shoulders, calves, cardiovascular system, aerobic capacity.

**Tips:** The emphasis here is on power. You want your muscles to explode when performing jumping or pushing movements so monitor the load, allow your muscles to absorb the impact each time and respond *before* you come to a complete stop. This way you increase the ability of the muscle to perform under pressure, increasing the power it can bring to bear in each movement.

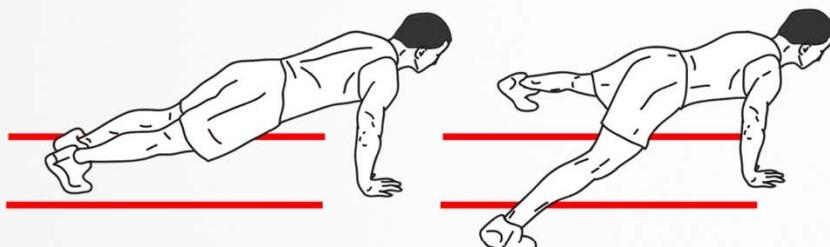
# BORDERLINE 2.0

NEILA REY WORKOUT © neilarey.com

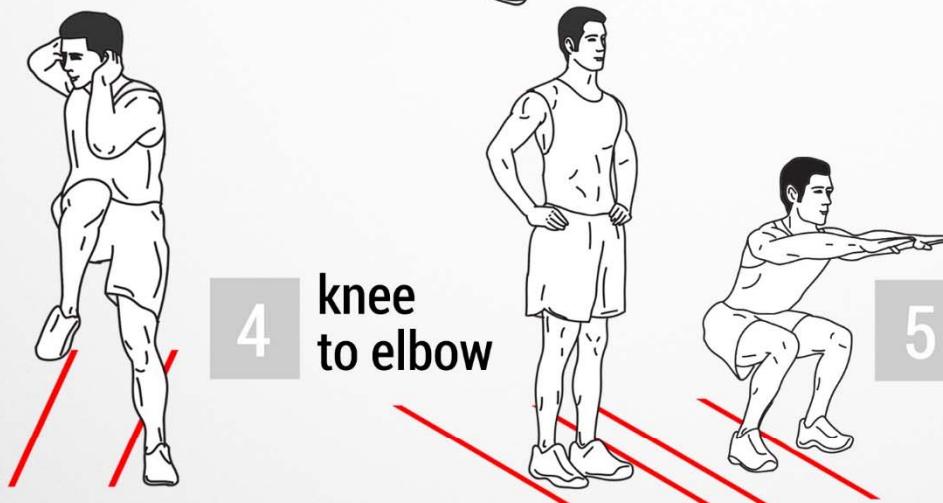


**1** half jacks  
jump-inside the lines

**2** high jumps  
with heel click 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

## 22

# Boxer Workout

Boxers have blazingly-fast hands, incredible stamina, focus, strength, perseverance, the ability to compartmentalize pain and great spatial awareness. All of which can now be yours provided you use this workout to remake your body and transform your spirit. Plus, when you next hear the Rocky soundtrack you'll be able to deservedly throw your arms up towards the sky and jog on the spot (com'on, you know you want to).

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 5 times. You can work with a bag or you can simply shadowbox for 5 minutes non-stop. It doesn't matter if you don't feel like you are working during your shadowboxing session, your punches will get stronger and more accurate as you advance. Keep an eye on the time – you will need to do a double squat every 30 seconds. Finish the set up with push-ups and sit-ups with the number of reps according to your fitness level.

### FOCUS: Strength

**What it works:** aerobic capacity, cardiovascular fitness, triceps, abs, biceps, shoulders, deltoids, quads, lower abs.

**Tips:** When performing push-ups keep your body perfectly straight and your abs tight so you also work the abdominal wall.

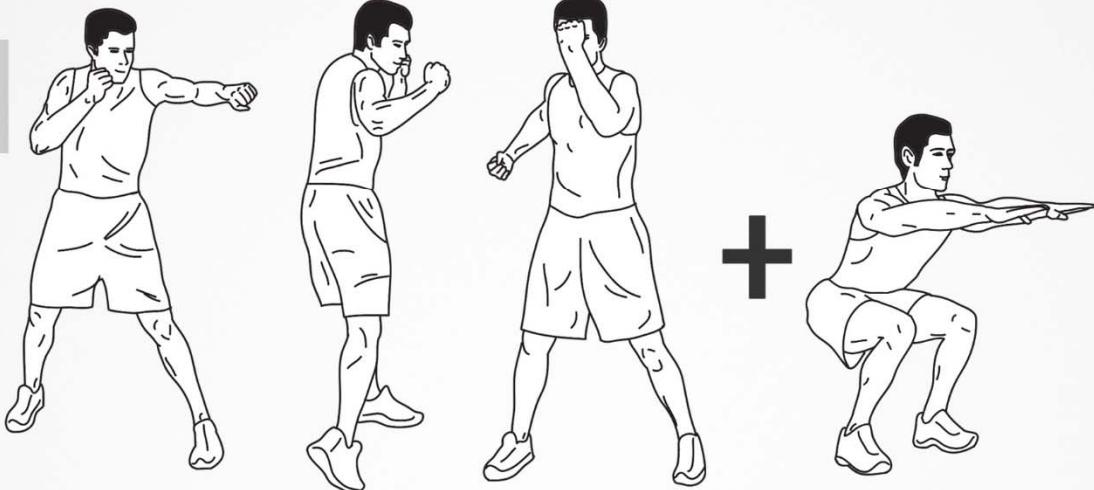
# BOXER

**5 SETS**

NEILA REY WORKOUT © neilarey.com

up to 2 minutes rest between rounds

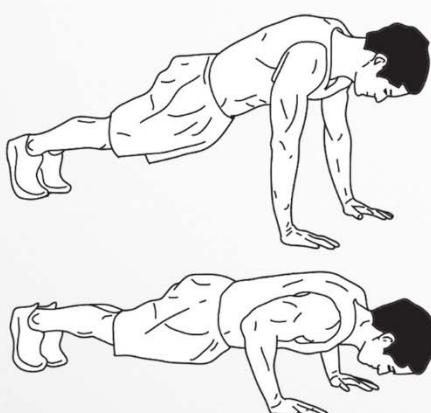
1



**5 minute** shadow boxing

**every 30 seconds** double squat

2



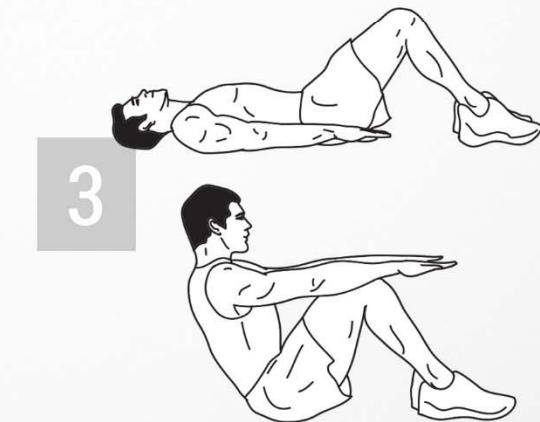
**push-ups**

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

**23**

## Bruce Lee Abs

Bruce Lee perfected his abs through an intensive, daily routine that worked them to the max. He believed that a strong set of abdominal muscles changed all the power the body could output in every movement and it appears, he was right.

### **Instructions**

Repeat each move 20, 30, 40 or (wow!) 90 reps depending on your fitness level with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times.

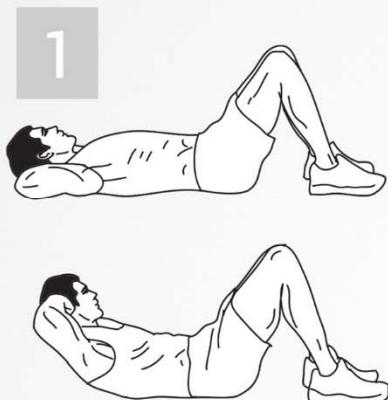
### **FOCUS: Abs**

**What it works:** upper abs, lateral abs, lower abs, core, quads

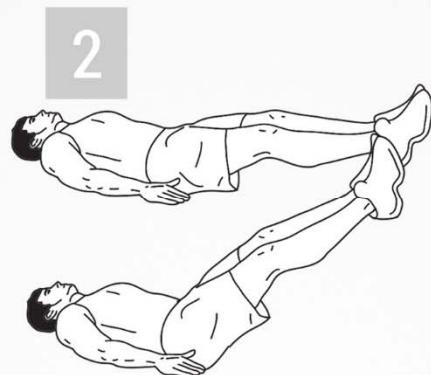
**Tips:** Bruce Lee was renowned for his explosive martial arts moves. Aim, here, to do every exercise as fast as you can, upping your personal intensity level, exhaling fast and hard at the point of maximum muscle tension.

# Bruce Lee abs

NEILA REY WORKOUT © neilarey.com



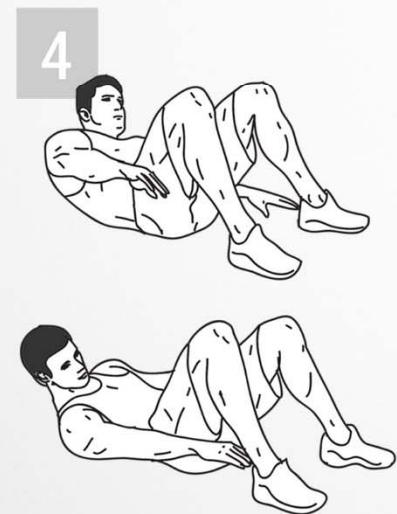
crunches



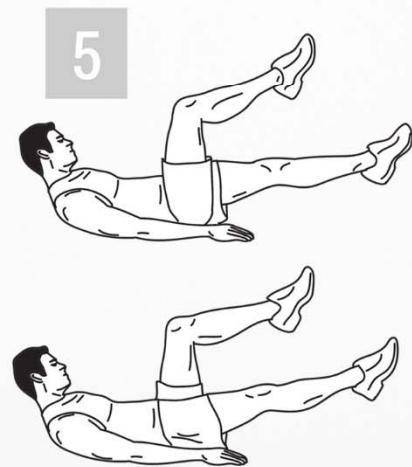
leg raises



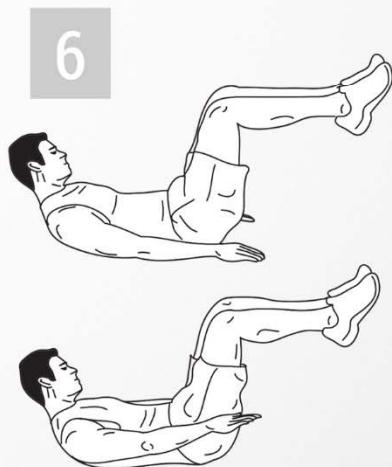
sitting twists



heel taps



air bike crunches



hundreds

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

## 24

# Cake Workout

When the promised reward is merely a fictitious motivator you know that you have to breakthrough to a new level of fitness just coz you can. When push comes to shove and the stakes are high you know that the only one who won't lie to you is yourself. So, forget the cake. Focus, instead, on where this workout will take you.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

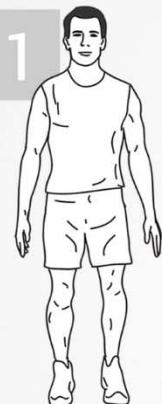
### FOCUS: High Burn

**What it works:** Calves, quads, front hip flexors, lower abs, lateral abs, upper abs

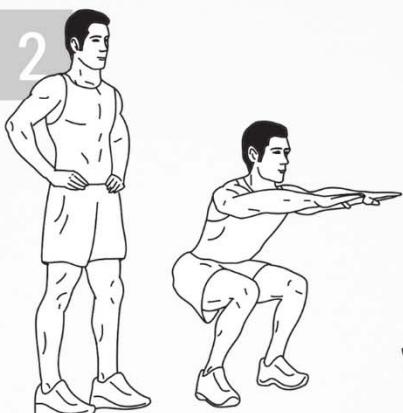
**Tips:** When performing knee crunches exhale sharply each time you come up and hold the apex of you reach upwards for an extra second, forcing the abdominal muscles to tense and hold you there.

# THE CAKE IS A LIE

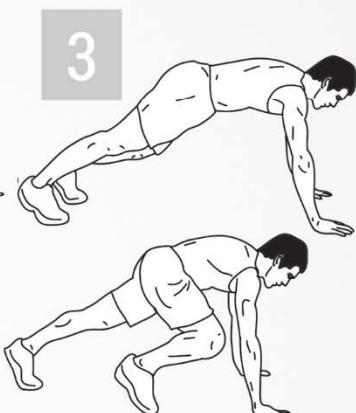
NEILA REY WORKOUT © neilarey.com



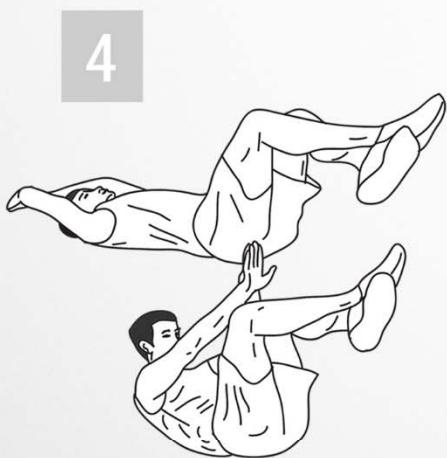
**40** half jacks



**20** squats



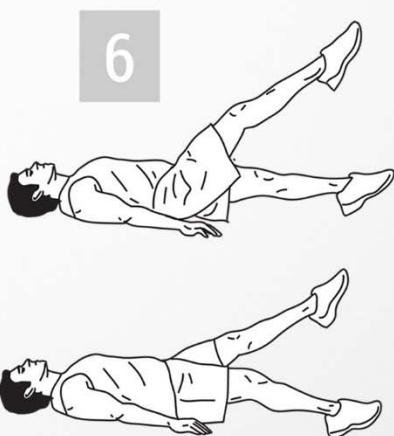
**40** climbers



**20** knee crunches



**20** sitting twists



**40** flutter kicks

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

25

# Captain America

When you fight for justice and the fate of the free world hangs in the balance the last thing you want is your body to let you down. Well, this workout makes sure you will be more than able to carry off the shield should S.H.I.E.L.D. come calling with an assignment.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**What it works:** Calves, quads, shoulders, triceps, lower abs, abs, lower back, front hip flexors, biceps, lateral abs, cardiovascular system.

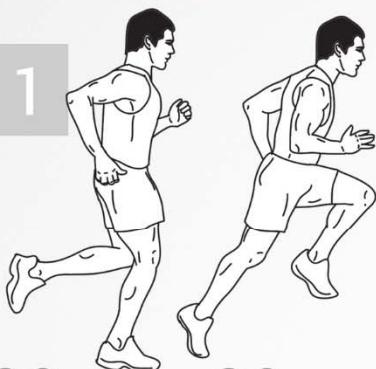
**Tips:** When performing butt-ups make sure there is no pressure at the back of your head. All of it is taken up by your shoulders, on the floor. If necessary raise your head so that your chin leans towards your chest. Apart from protecting your neck this also makes your abs work harder.

Bodyweight biceps curls video how-to  [goo.gl/NUkUk6](http://goo.gl/NUkUk6)

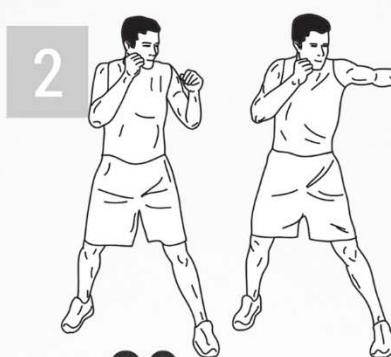


# CAPTAIN AMERICA

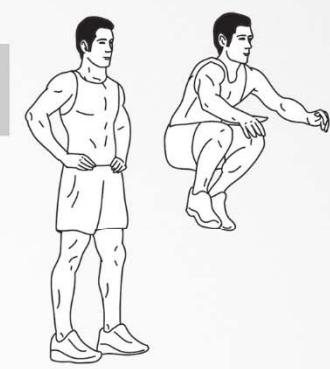
NEILA REY WORKOUT © neilarey.com



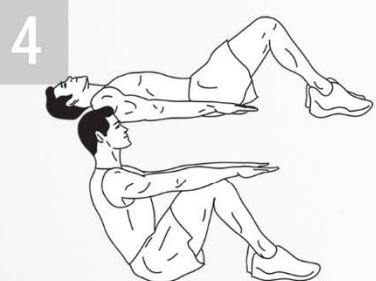
120 steps / 30sec run



80 punches



10 knee tuck jumps



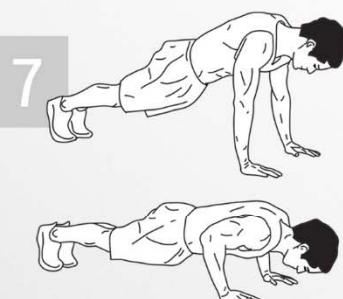
20 sit-ups



10 butt-ups



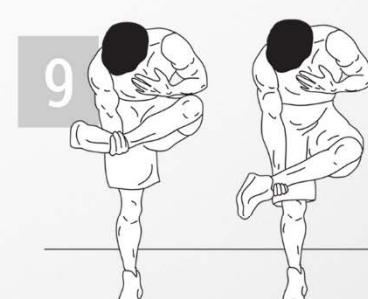
10 raised leg circles



10 push-ups



10 back rotations



20 bicep curls

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

## 26

# Code of Abs

The code, the source code. Strong abs are not just the engine that powers your every move nor are they just the armour that protects some of your vital organs. They're also the scaffolding that supports your spine. In short they're really important. That's why you need them. Plus they make you look cool when you take your shirt off.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: Abs**

**What it works:** lower abs, lateral abs, upper abs, core, shoulders

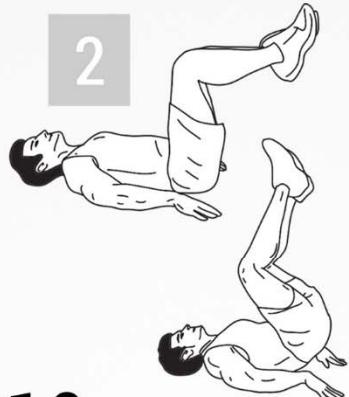
**Tips:** When performing each of the exercises here consciously tighten your lower abs, flattening your stomach and aligning the abdominal muscle wall, for better results.

# code of abs

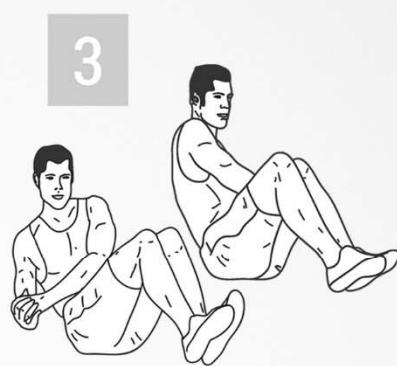
NEILA REY WORKOUT © neilarey.com



1



2

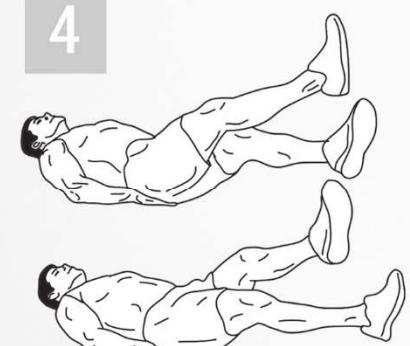


3

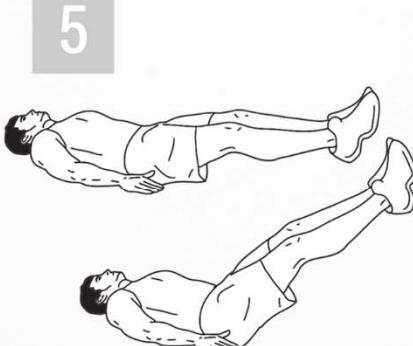
10 sit-ups

10 reverse crunches

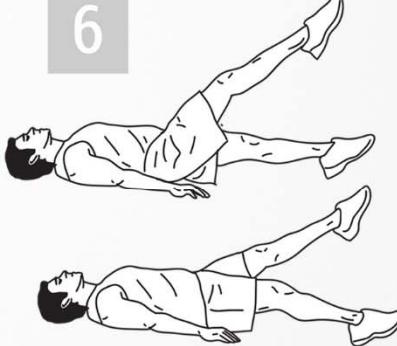
10 sitting twists



4



5



6

8 scissors

8 leg raises

20 flutter kicks



7

30sec plank

8



30sec elbow plank

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

27

## Codex Workout

Stay glued to the ground and see just how much you can challenge your body. This is a set of exercises that takes a traditional routine and gives it an extra spin with a real challenge. Because of that it forces your muscles to work in unfamiliar ways that make it totally challenging.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level. *Note:* you never lift your hands off the ground as if they were glued.

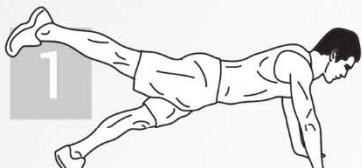
### FOCUS: High Burn

**What it works:** triceps, biceps, shoulders, chest, glutes, lower abs, core, lower back, abs, cardiovascular system, aerobic capacity.

**Tips:** Exercise smooth control over each movement at all times. Avoid too much ballistic movement and too hard landings. Everything should be controlled and as smooth as possible and do remember to breathe out at the point of maximum muscle tension of each rep.

# CODEX

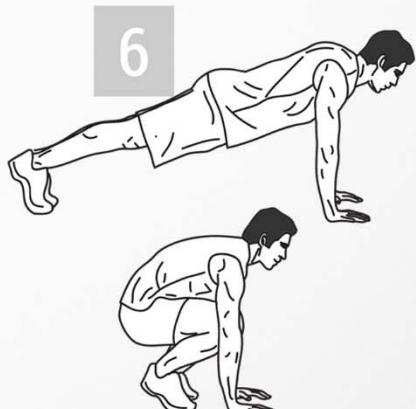
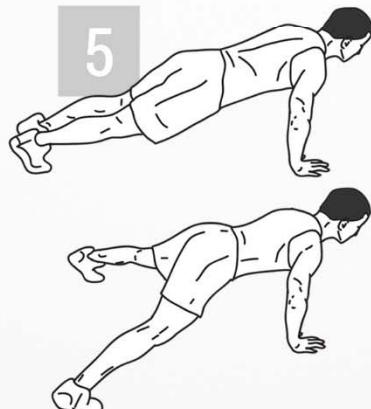
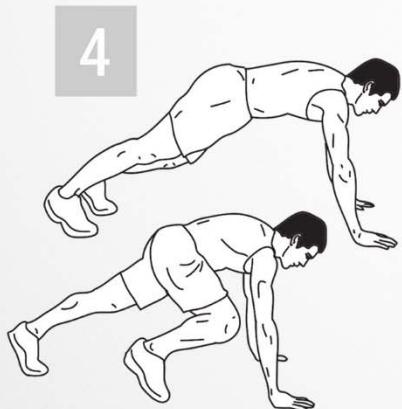
NEILA REY WORKOUT © neilarey.com



**10** plank leg raises

**10** push-ups

**30 sec** plank



**10** climbers

**20** plank jacks

**20** plank jump-ins

**level I** 3 sets   **level II** 5 sets   **level III** 7 sets   **rest between sets** up to 2 minutes  
**hands never off the ground**

## 28

# Core Fusion

You know that your core is core to your physical fitness. Beyond stating the obvious what we do know is that core abdominals are hard to train, unless you happen to own a yacht and spend a lot of time walking around on deck in choppy seas. So, if no yacht, this is the next best thing.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

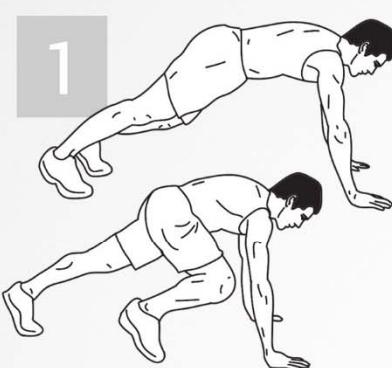
### FOCUS: Abs / Core

**What it works:** core abdominals, lower hip flexors, lower abdominals, upper abdominals, lateral abs, quads

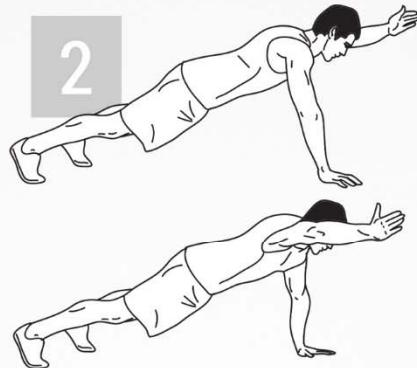
**Tips:** When doing reverse crunches lift your head off the floor to bring your upper abs into play, as well.

# core fusion

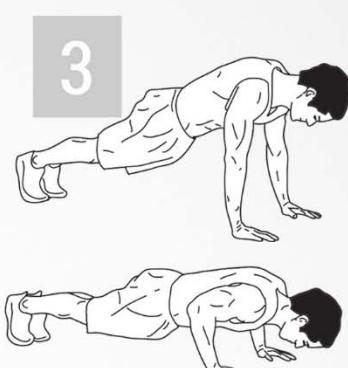
NEILA REY WORKOUT © neilarey.com



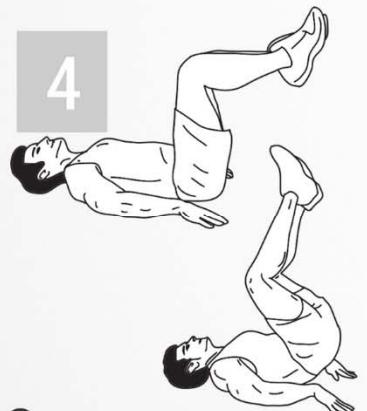
**20** climbers



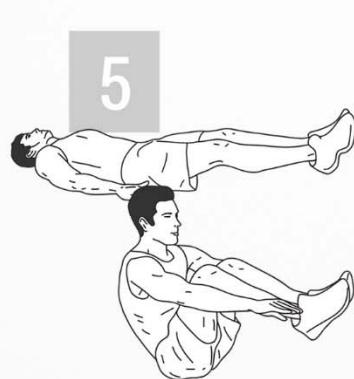
**10** plank arm raises



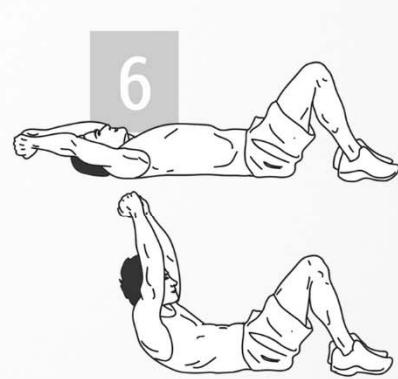
**5** push-ups



**10** reverse crunches



**10** modified V-sits



**10** long arm crunches



**10** up and down planks

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

29

## Cowboy Workout

Cowboys have great posture because they practise all day how to stay tall in the saddle. You don't have to own a horse to get the same benefits however. The Cowboy workout is designed to task your muscle groups just like a brisk trot on horseback would.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: HIIT / High Burn

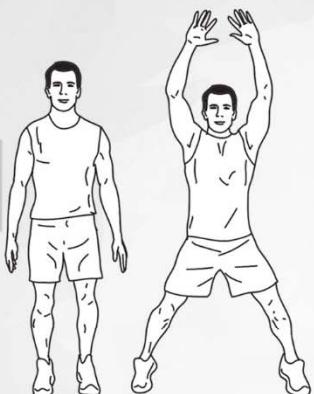
**What it works:** calves, lower abs, front hip flexors, quads, lateral abs, lower back, core, cardiovascular system, aerobic capacity.

**Tips:** Perform all high impact exercises in this workout on the balls of your feet. This will absorb the impact, avoid jarring your spine and will help strengthen your calves.

# COWBOY

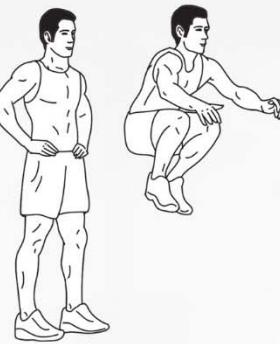
NEILA REY WORKOUT ★★★★☆ © neilarey.com

1



**30** jumping jacks

2

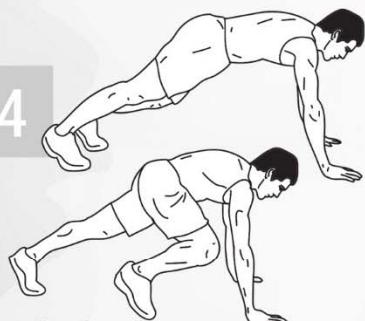


3



**10** lunges

4



**20** climbers

5



**10** planks w/rotations

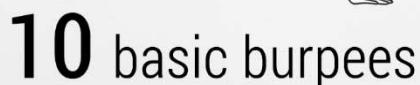
6



**30sec** elbow plank



7



**10** basic burpees

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

# 30

# Crossfire HIIT

The real meaning of this workout becomes evident only after you've blasted through it a few times. This is a High Intensity Interval Training that'll leave you feeling like you can take on the world, once you've caught your breath. If you ever find yourself in a crossfire

## Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

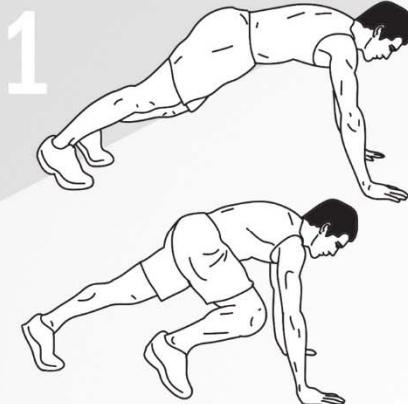
## FOCUS: HIIT / High Burn

**What it works:** aerobic capacity, cardiovascular system, lower abs, front hip flexors, calves, quads, shoulders.

**Tips:** Perform every exercise on the balls of your feet for maximum intensity and a really high burn.

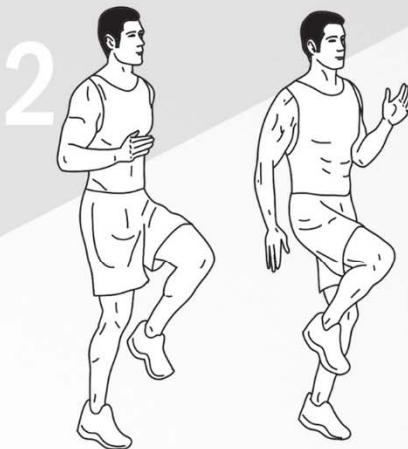
# CROSSFIRE

NEILA REY **HIIT** WORKOUT © neilarey.com



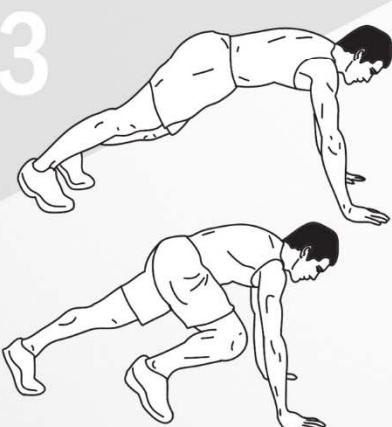
1

**20sec** climbers



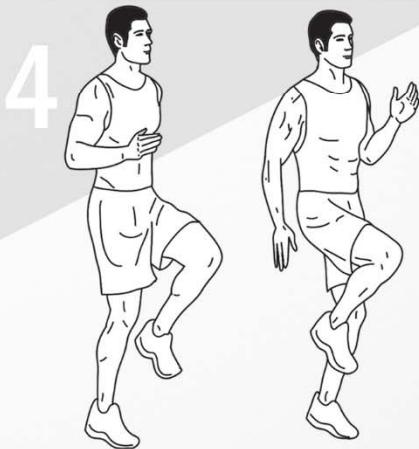
2

**10sec** high knees



3

**10sec** climbers



4

**20sec** high knees

**Level I** 5 rounds   **Level II** 10 rounds   **Level III** 15 rounds  
1 minute rest between rounds

**31**

## Daily Burn Workout

On those great, exceptional days when you leap out of bed with a fire in your belly and a song in your heart you know that through physical training you “forge your body to the fire of your will”. Every other day you just need to purse your lips and get on with it in a workout that’ll work for you. Well this is the one for those unexceptional days.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

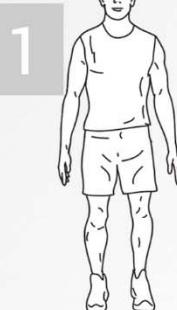
### **FOCUS: High Burn**

**What it works:** calves, shoulders, core, chest, quads, triceps, front hip flexors, lower back

**Tips:** The key here is focus. Find a pace you can maintain throughout your workout and stick to it from beginning to end.

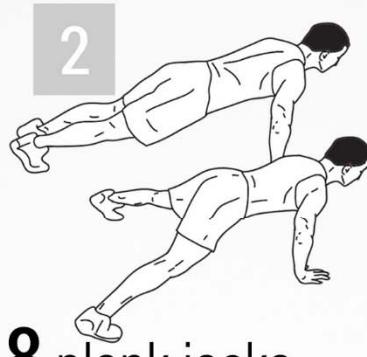
# daily burn

NEILA REY WORKOUT © neilarey.com



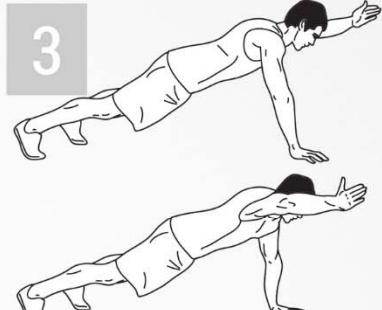
1

10 half jacks



2

8 plank jacks



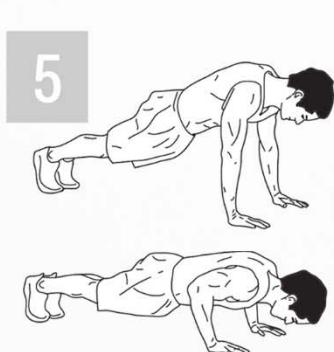
3

8 plank arm raises



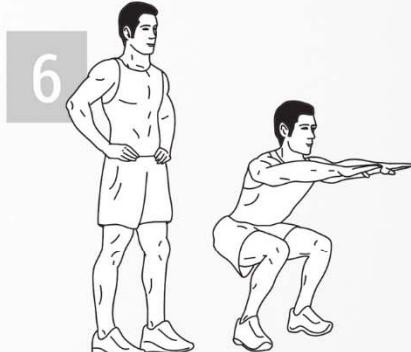
4

10 reverse lunges



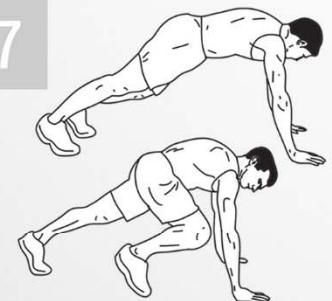
5

6 push-ups



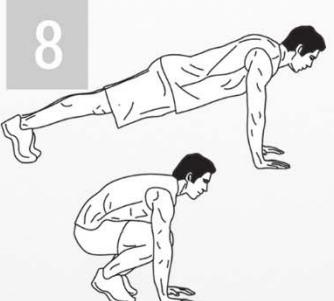
6

10 squats



7

16 climbers



8

8 plank jump-ins



9

30sec plank

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

**32**

## Daily Workout

This is the perfect workout for those days when you're not sure what to do and know you really need to do something to workout. Use it as a filler, a routine, the go-to work out when you have nothing else to fire you up. At ten reps per exercise there really is no excuse not to do them. Plus it gainfully occupies your time and keeps you out of trouble.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: High Burn**

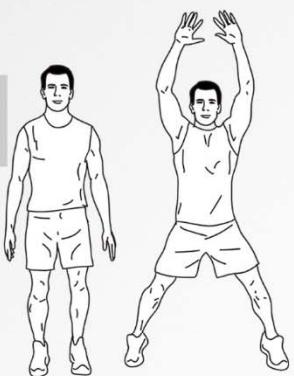
**What it works:** calves, quads, chest, triceps, biceps, lower abs

**Tips:** This is your go-to exercise routine when you're looking for motivation. Do each exercise fully engaged and focus on correct breathing and posture throughout.

# daily workout

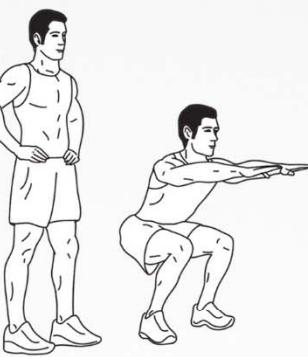
NEILA REY © neilarey.com

1



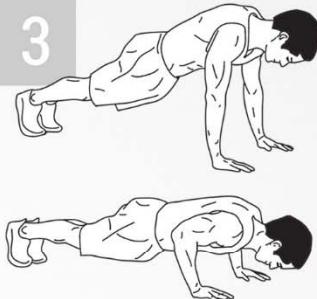
10 jumping jacks

2



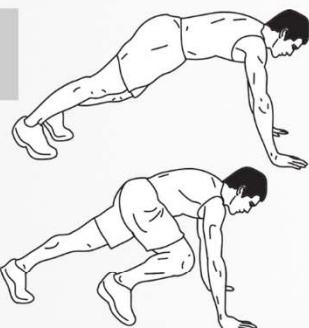
10 squats

3



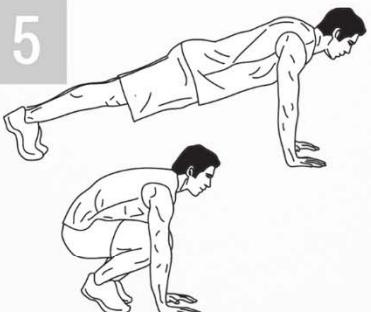
5 push-ups

4



10 climbers

5



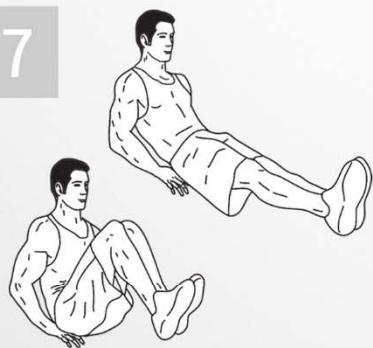
10 plank jump-ins

6



10 high knees

7



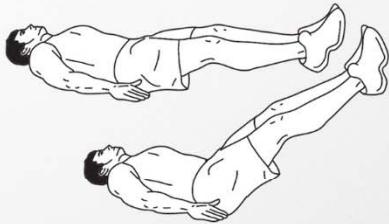
10 knee pull-ins

8



10 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

**33**

# Deadpool Workout

When you're the world's snarkiest superhero you know you have to be able to do more than just talk the talk. The Deadpool workout puts some substance behind your claims by forging an instrument you can really play, out of your body. All you have to do then is learn how to play it right.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: Strength

**Works:** glutes, hamstrings, quads, triceps, biceps, lats and shoulders, abs and core.

**Tips:** for elbow lifts - lie on the floor, preferably on something soft, and push off using your elbows (not your arms) – you should feel the tension in your back. The exercise hits lats the same way pull-ups do so it's perfectly normal if you find it hard to do. Try to lift your whole body off the floor – your torso and glutes, but if you can't, just lifting your torso will suffice.

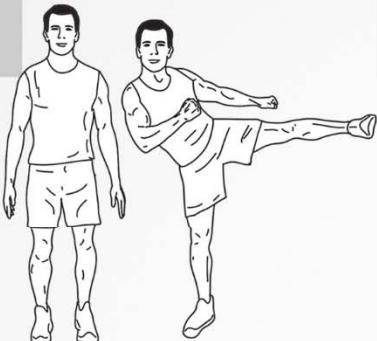
Bodyweight biceps curls video how-to  [goo.gl/NUkUk6](http://goo.gl/NUkUk6)



# DEADPOOL

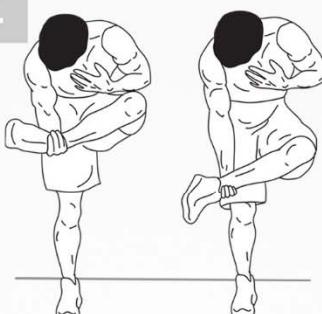
NEILA REY WORKOUT © neilarey.com

1



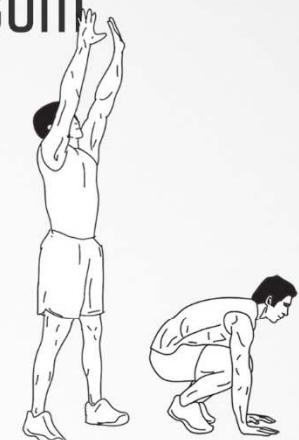
40 side leg raises

2



40 biceps curls

3



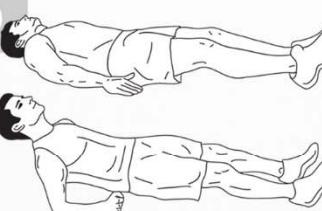
20 floor taps

4



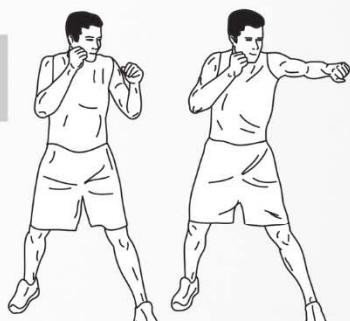
10 reverse plank kicks

5



10 elbow lifts

6



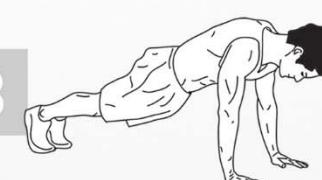
80 punches

7



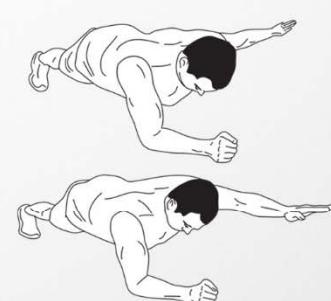
20 plank leg rolls

8



10 push-ups

9



10 seagulls

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

**34**

## Dragonborn Workout

Fus Ro Dah! A strength workout for every adventurer out there who has managed to dodge the arrow to the knee - "You are the chosen one." (Do not let it go to your head).

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: Strength**

**What it works:** quads, shoulders, chest, biceps, triceps, lateral and lower abs, front hip flexors

# DRAGONBORN

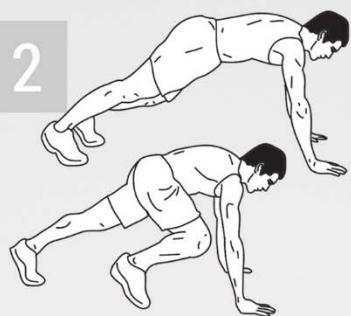
NEILA REY WORKOUT © neilarey.com

1



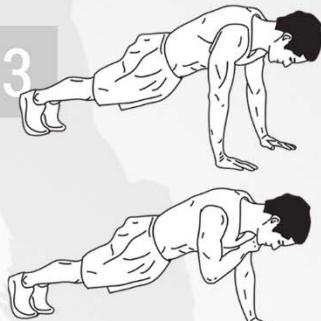
20 squats

2



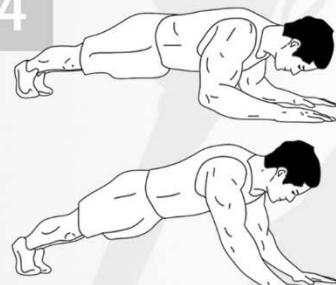
20 climbers

3



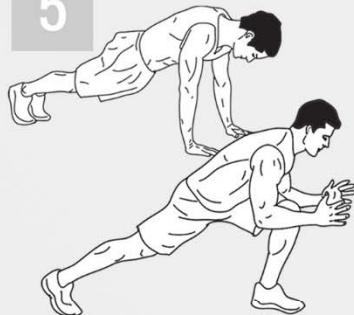
20 shoulder taps

4



10 tricep extention

5



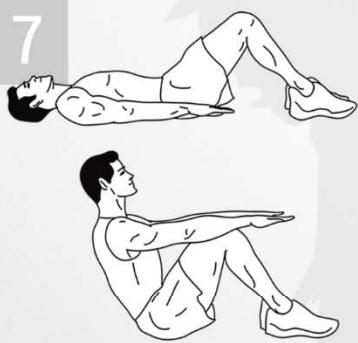
10 plank into lunges

6



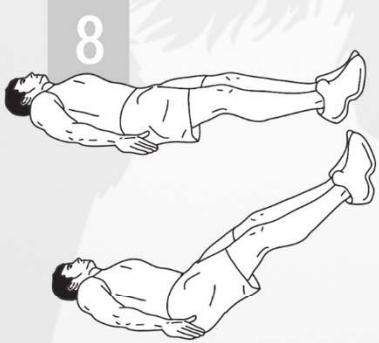
20 woodchoppers

7



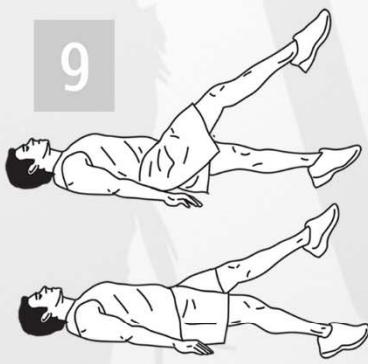
10 sit-ups

8



10 leg raises

9



20 flutter kicks

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

# 35

# Dynamic Pyramid

Pyramid workouts are great because they work overlapping but separate systems in your body. Your cardiovascular, anaerobic and aerobic systems are worked here which means that you also get to build up some serious endurance.

## Instructions

Repeat each move with no rest in between going up and then down the pyramid, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level. You should start with 10 plank jump-ins and finish up with 10 plank jump-ins.

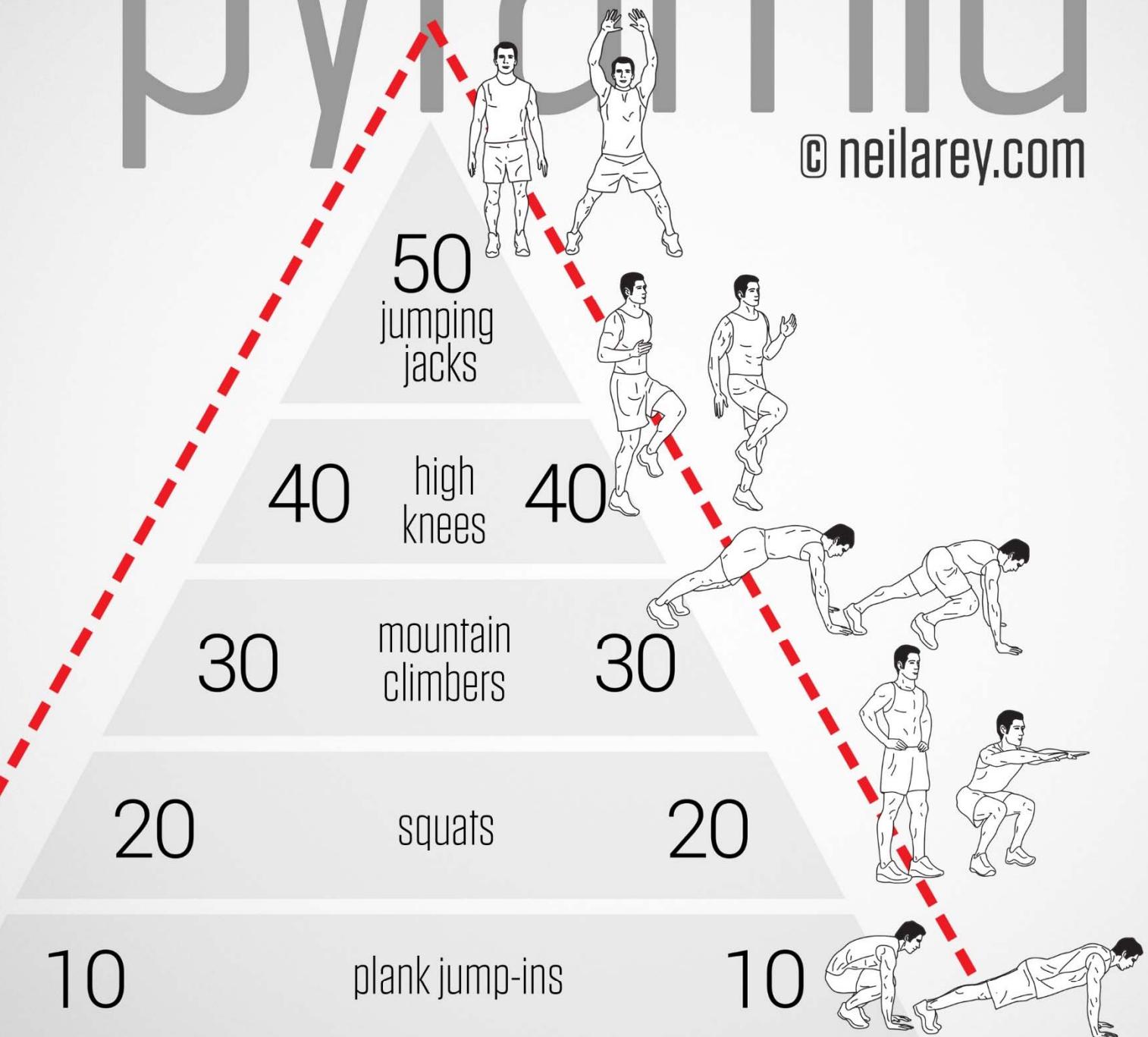
## FOCUS: High Burn

**What it works:** cardiovascular system, anaerobic system, aerobic system, quads, shoulders, chest, triceps, biceps, abs, lower abs

**Tips:** The trick to getting the maximum benefits here is to start off at the same intensity (about 75% of what you can normally do) and maintain it. That way you do not fall into the trap of burning high on the lower reps and fizzing out on the higher ones and you benefit from the ramping up and lowering of the pyramid system.

# neila rey's dynamic pyramid

© neilarey.com



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

## 36

# Eliminator Workout

This is the best workout to do if you're in the mood to reward yourself for working out. After each set you can eliminate the last exercise off the following set, the goal is to do enough sets to get to doing nothing. Yay!

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 45 seconds and repeat the whole set again 5 times each time removing the last exercise from the set.

### FOCUS: High Burn

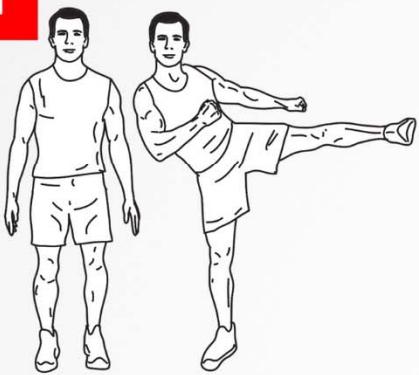
**What it works:** chest, triceps, lower abs, quads, calves.

**Tips:** If you want to challenge yourself here, minimize the rest time between sets and up the intensity level, this will send your aerobic system into high gear.

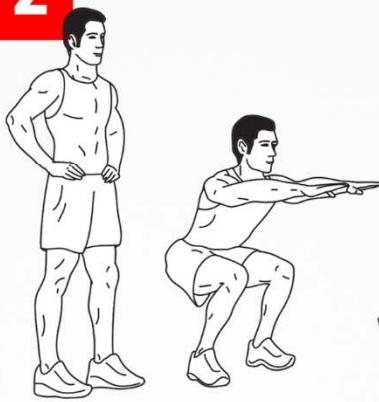
# X-ELIMINATOR

NEILA REY WORKOUT © neilarey.com

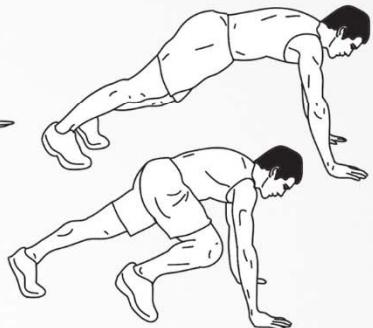
1



2



3

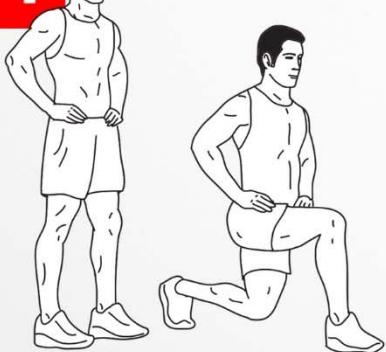


20 side leg raises

20 squats

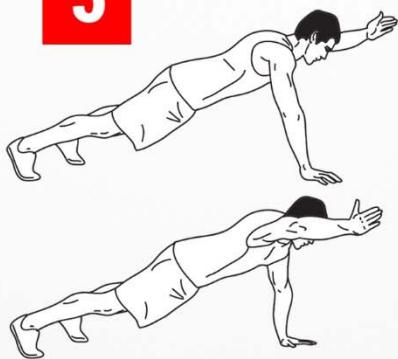
20 climbers

4



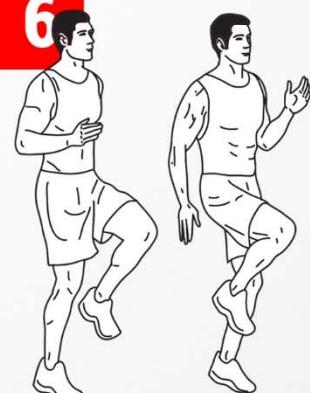
20 lunges

5



10 plank arm raises

6



40 high knees

5 sets – after every set take the last exercise off the following set  
**rest between sets** up to 45 seconds

**37**

## Express Workout

This is the workout for when you want something fast, are pressed for time but don't want to skimp on quality. Up the intensity just a little on each rep and you can both have your cake and eat it.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: High Burn**

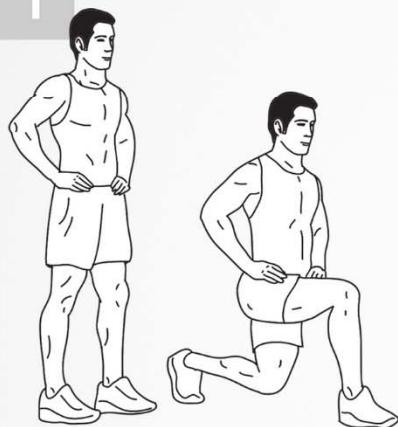
**What it works:** chest, triceps, biceps, quads, cardiovascular system

**Tips:** During the wall sit exercise tighten your lower abs. This allows greater focus of your lower body muscles that are being worked in this exercise and it can lead to faster results.

# **EXPRESS**

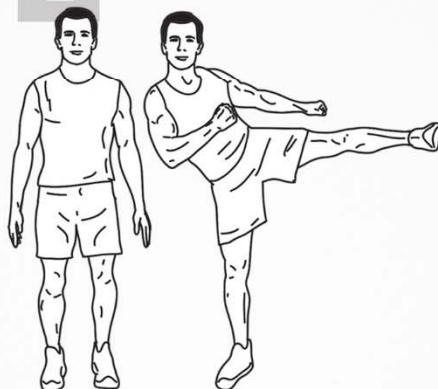
NEILA REY WORKOUT © neilarey.com

1



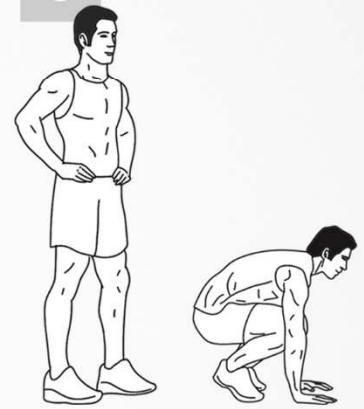
**20** lunges

2



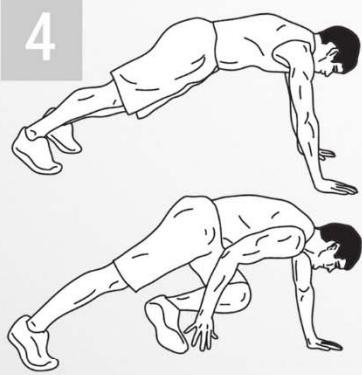
**20** side leg raises

3



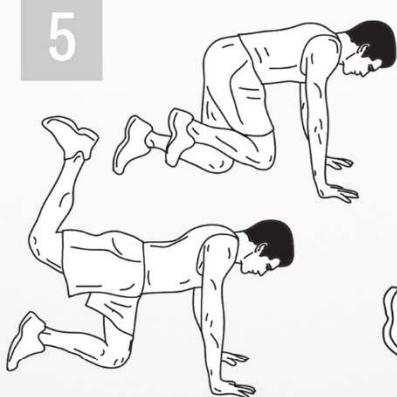
**20** floor taps

4



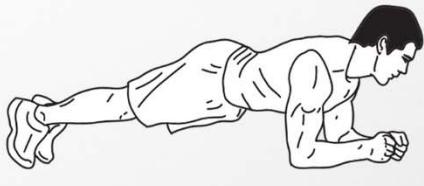
**20** cross climber taps

5



**20** donkey kicks

6



**20sec** elbow plank

## 38

# Fast & Furious Workout

This is the work out for all bad boys and the girls who run with them. It's all about performance with the reps pushing your aerobic and anaerobic systems to work harder, faster and more furiously than ever before.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** aerobic system, anaerobic system, quads, chest, biceps, triceps, abs, lower abs

**Tips:** This is really a “suck it up” exercise. Just get down and do it, getting through each rep and each set as fast and as hard as possible. Provided you give 100% at each point even if you’re slowing down with muscle fatigue, you’re making valuable performance gains in a total fast and furious kind of way.

# Fast & Furious

NEILA REY WORKOUT © neilarey.com



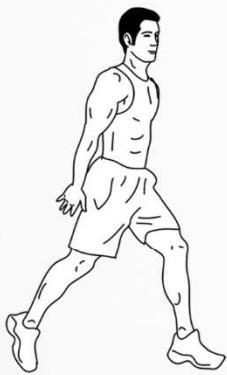
1

20 jumping jacks



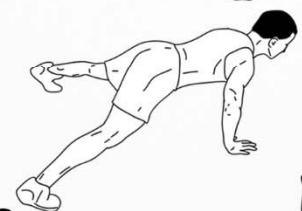
3

40 high knees



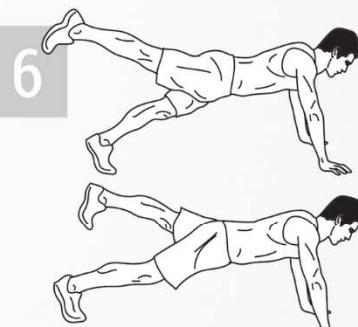
4

10 jumping lunges



5

10 plank jacks



10 plank leg raises

7



10 basic burpees

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

**39**

## Five Minute Plank

Training the abdominal muscle group is no easy task. The muscles do not all respond to training at the same rate and there is a core group of abdominal s, running beneath the external ones with muscle fibres pointing the opposite way. This makes for a core picture which no single exercise can adequately address which helps explain why strong abs are hard to attain, which makes them all the more, an aim to strive for.

The five minute plank is a paradox of sorts. It uses relative inactivity to challenge the abdominal muscles and strengthen them. In five minutes you get to exercise as many parts as possible of the muscle wall. The result: strong abs, a strong core, more power, better coordination plus you get to look good on the beach.

### **Instructions**

Repeat each move with no rest in between until the set is done. It will only take five minutes but it will likely to make you cry... or at least whimper a little bit.

### **FOCUS: Abs / Core**

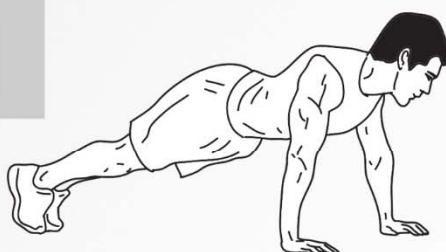
**What it works:** abs, chest, glutes, lower back, core

**Tip:** To gain the maximum out of your time in this exercise tense your abdominal muscle group at each rep.

# FIVE MINUTE PLANK

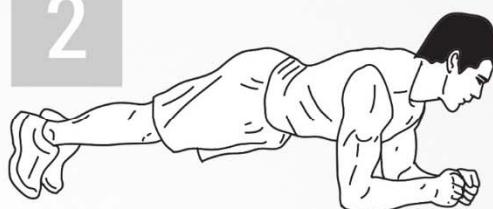
NEILA REY WORKOUT © neilarey.com

1



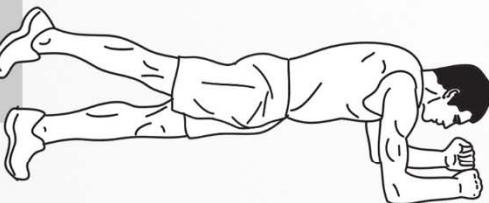
**60sec** full plank

2



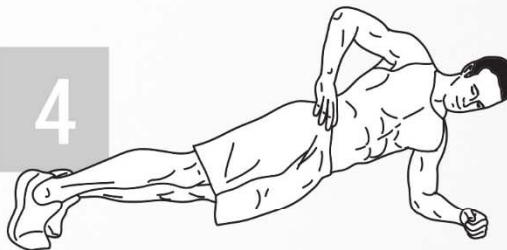
**30sec** elbow plank

3



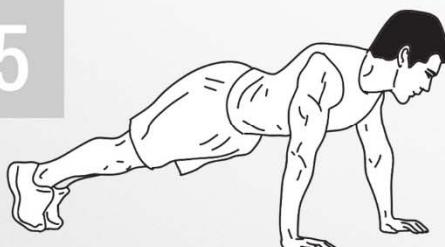
**60sec** raised leg plank  
30 seconds - each leg

4



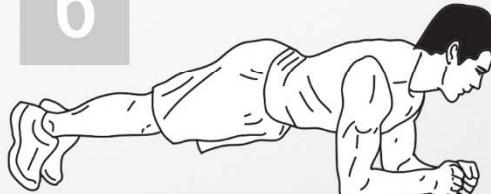
**60sec** side plank  
30 seconds - each side

5



**30sec** full plank

6



**60sec** elbow plank

# 40

# Flash Workout

If you want to move at the speed of thought, run between raindrops and move like the fastest man alive you need to focus on those parts of the body that generate speed. Tendons, calves, lower abs and arm/leg coordination are all critical to this enterprise and this is the workout that'll give you the boost you need. Do it as often as you wish, only one small word of warning: try and stay clear of lightning.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** calves, front hip flexors, lower abs, quads, triceps, shoulders, lower back, glutes

**Tips:** This is the *Flash* workout. Perform each set of exercises at nothing less than your maximum speed. Know what I mean?

# THE **FLASH**

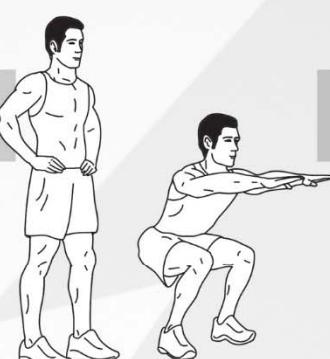
NEILA REY WORKOUT © neilarey.com

1



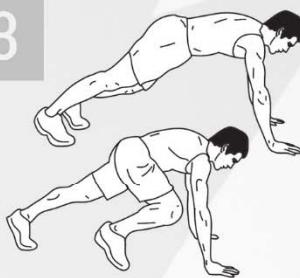
**40** fast high knees

2



**20** squats

3



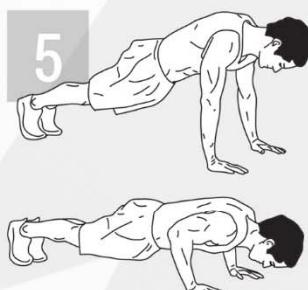
**20** climbers

4



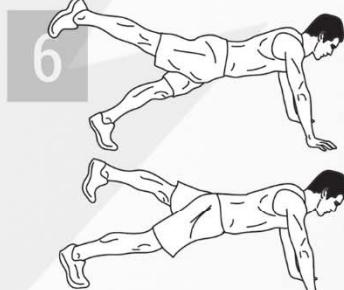
**40** fast high knees

5



**20** push-ups

6



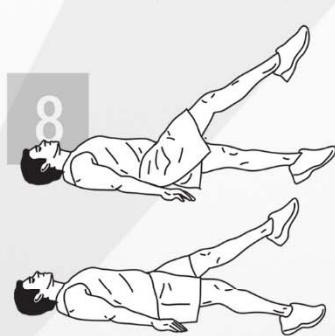
**20** plank leg raises

7



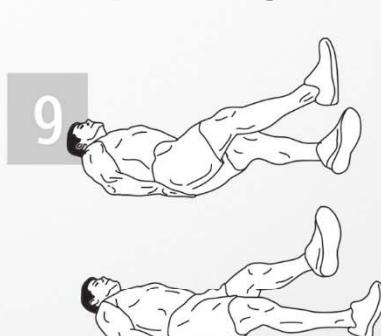
**40** fast high knees

8



**20** flutter kicks

9



**20** scissors

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

41

## Gamer Workout

Whether on-screen or off it a Gamer needs to have some sound core stability and strength and the ability to control his body to the max. This workout is a pretty good place to start for those qualities. One thing to remember though: this time there is no respawn.

### Instructions

Repeat each move with no rest in between game re-spawns, during cinematic trailers or during construction or waiting time.

### FOCUS: High Burn

**What it works:** calves, quads, lower abs, chest, shoulders, triceps

**Tips:** For lunges and squats to have their best result you need to push off with your legs in a smooth, fluid motion, exhaling as you do.

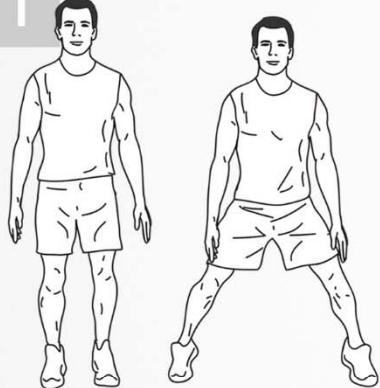
# GAMER

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

every respawn, construction  
or cinematic trailer

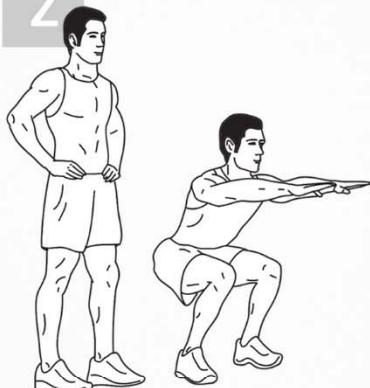


1



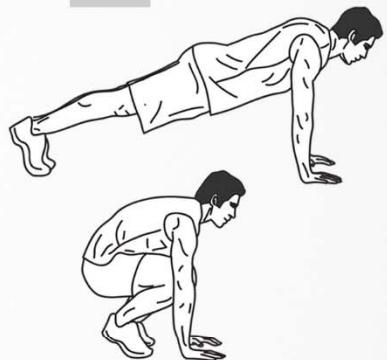
**20** half jacks

2



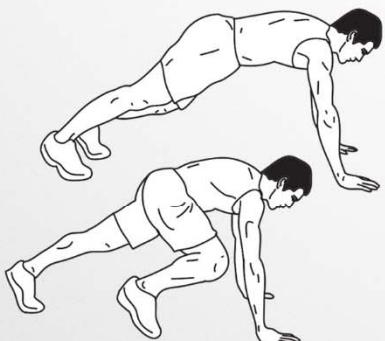
**10** squats

3



**10** plank jump-ins

4



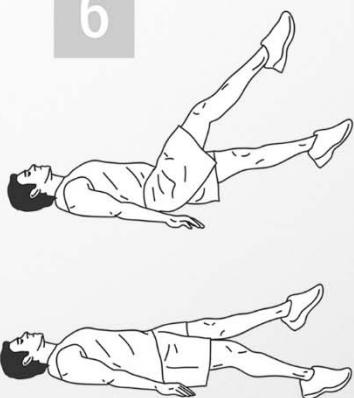
**20** climbers

5



**10** lunges

6



**10** flutter kicks

42

## Gladiator Workout

Gladiators were fierce people. To survive they required good core stability and strength followed by excellent ballistic movement capability. If you're ready to leap into the arena and battle to the death, for the glory of combat, then this workout is a good way to prepare.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** shoulders, calves, triceps, quads, lower abs, lateral abs, core

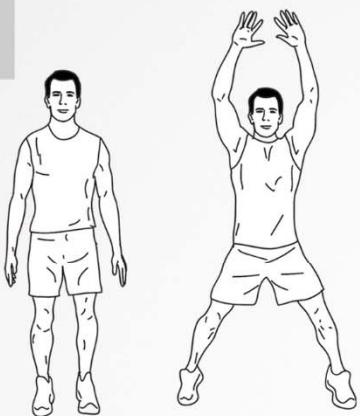
**Tips:** This is a workout for strength and endurance. There is no rest between the exercises so make sure you maintain the intensity of your performance. For glory!

# GLADIATOR

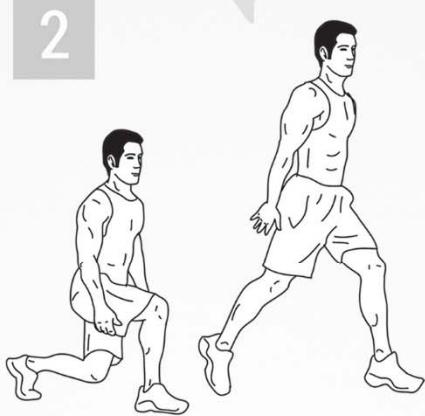
NEILA REY WORKOUT

© neilarey.com

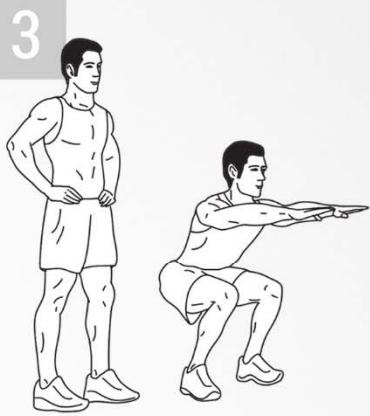
1



2



3

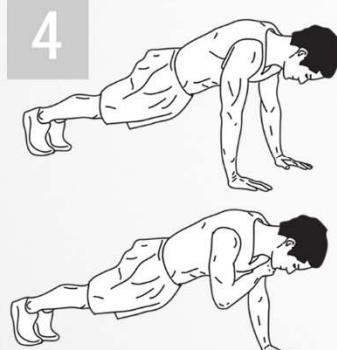


**40** jumping jacks

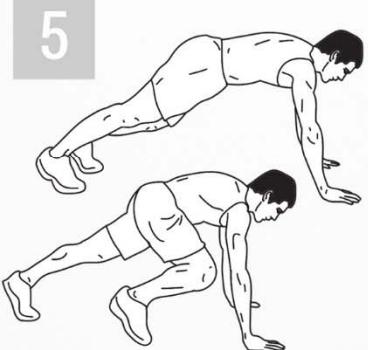
**20** jumping lunges

**20** squats

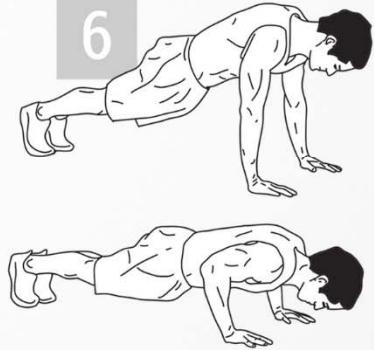
4



5



6

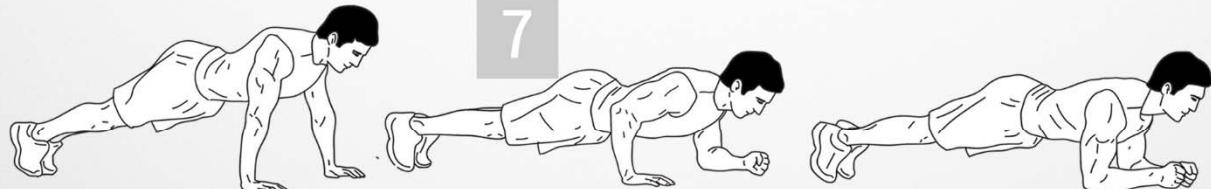


**20** shoulder taps

**40** climbers

**10** push-ups

7



**10** up & down planks

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

43

## GodMode Workout

Pick a code, activate it. Enter the game of life at a different level entirely. The combinations here turn you into something else. Thing is you're in control.

So, what's your code?

### Instructions

Here's your task: follow the letter sequence at the top of the workout for one heck of an exercise combo. Or, create your own. Simple, huh?

### FOCUS: High Burn

**What it works:** quads, triceps, pecs, shoulders, calves, front hip flexors

**Tips:** There is no shortcut to anything here so play around with this, see what kind of code will let you level up.

WHAT'S YOUR CODE?

# GOD MODE

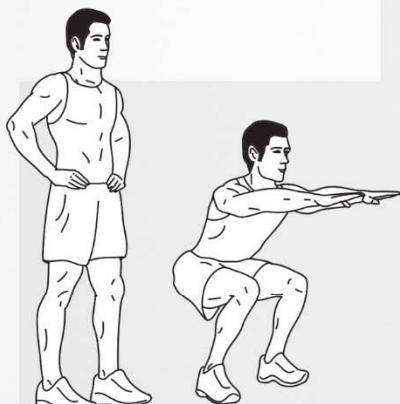
Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

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



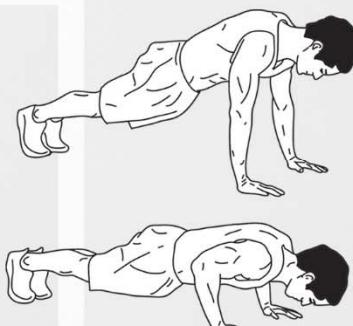
Y  
high knees

LEVEL I: 10 REPS  
LEVEL II: 20 REPS  
LEVEL III: 30 REPS



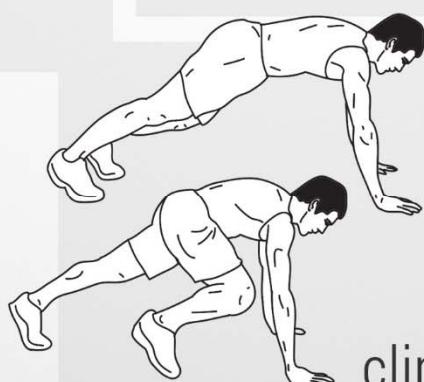
squats

X



push-ups

B



A  
climbers

**44**

## Gravity Workout

To escape gravity you need dense muscles and strong bones and nothing gets muscles denser or bones stronger than a hyper-loaded floor workout.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

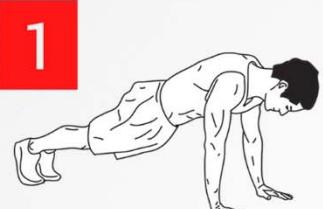
### FOCUS: Strength

**What it works:** chest, abs, lateral abs, triceps, biceps, shoulders, deltoids

**Tips:** There is little recovery time for each muscle group here so you need to make sure that your muscles get as much oxygen as possible by breathing in as deeply as possible at the recovery phase of each rep.

# Gravity

NEILA REY WORKOUT © neilarey.com



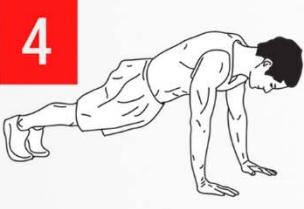
4 push-ups



4 wide grip



2 reverse hands



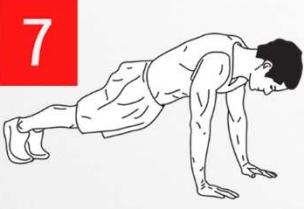
4 push-ups



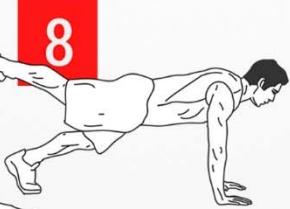
4 shoulder taps



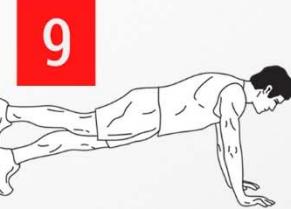
2 diamond



4 push-ups



4 raised leg



2 stacked feet

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

45

## Grimm Workout

A Grimm never quite knows what he'll face which means you really need to be prepared for anything. So you really need to train for everything. This is the kind of workout that'll give you the skills you need to ensure that the only heads taken are other than your own.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** quads, lateral abs, shoulders, cardiovascular system, triceps, calves, lateral hip flexors, core, lower abs, abs, aerobic capacity.

**Tips:** When you're throwing punches bounce lightly on the balls of your feet. Apart from working your calves, this also allows you to swivel when you punch, adding more of a snap to your technique. Similarly, when throwing a punch, put as much effort in the retraction as you do in the extension. This not only works your shoulders twice as much but also makes sure that your biceps come into play.

# GRIMM

NEILA REY WORKOUT

© neilarey.com

1



40 squats

2



40 woodchoppers

3



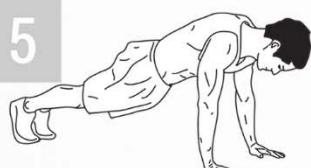
40 punches

4



40 leg raises

5



10 push-ups

6



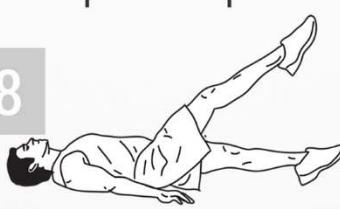
10 lunges

7



10 knee-to-elbow sit-ups

8



40 flutter kicks

9



10 elbow lifts

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

46

## Hard Core Workout

A good core will always come in handy. Whether it comes to balancing on the deck of a boat in high seas or performing the latest exercise at home a strong core helps make the task easier. Plus it's great for your posture.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Abs / Core

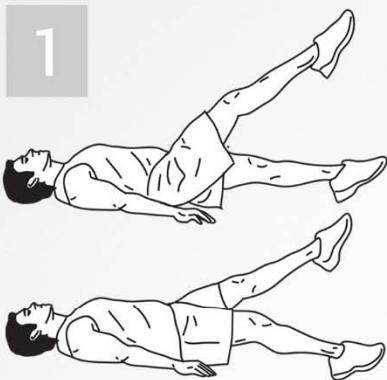
**What it works:** Lower abs, upper abs, lateral abs, core, lower back, shoulders, pecs, quads.

**Tips:** When performing the plank make sure that your body is absolutely straight, thighs contracted and muscles fully tensed.

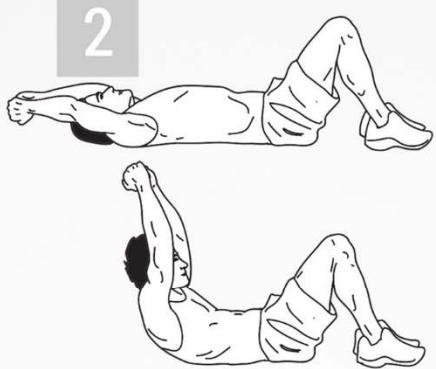
# HARD CORE

NEILA REY WORKOUT © neilarey.com

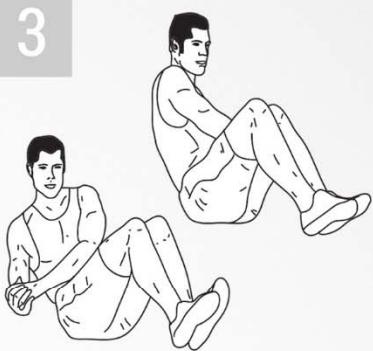
1



2



3

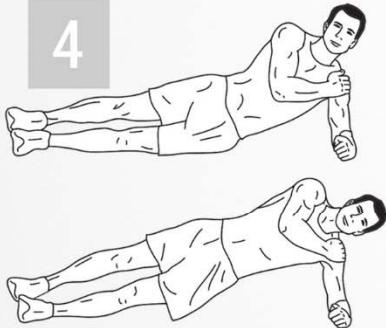


20 flutter kicks

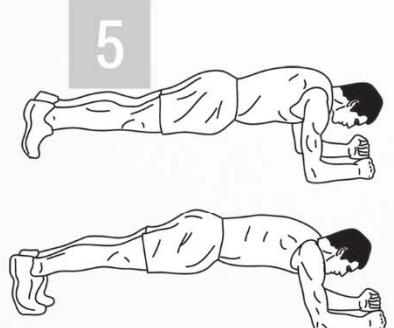
12 long arm crunches

14 sitting twists

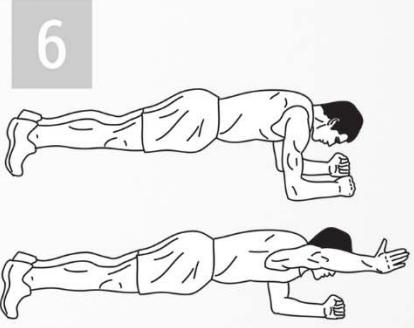
4



5



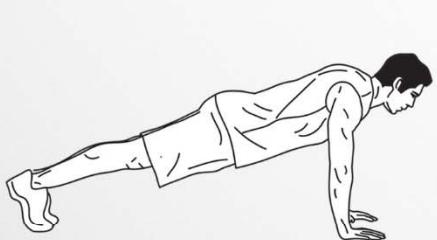
6



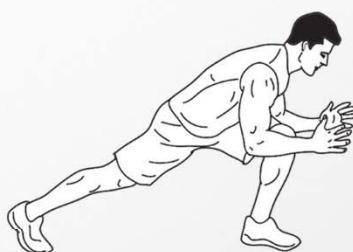
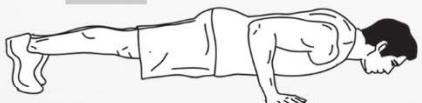
10 side bridges

10 body saw

20 plank arm lifts



7



10 push-up to lunges

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

**47**

## Hercules Workout

Even a demigod needs to do something to maintain his strength. This is the workout for those who are readying themselves to join the ranks of the Olympian pantheon and have to perform a few hard labours beforehand.

### **Instructions**

Hold each move for 30 seconds with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: Strength**

**What it works:** quads, chest, triceps, biceps, abs, core, lower abs, lower back, glutes

**Tips:** These are isometric exercises designed to pit one muscle group against another. When you perform them key to your success is having perfect form.

# HERKULES

NEILA REY STATIC **STRENGTH WORKOUT** © 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

## 48

# Highlander Workout

There can be only one.

Highlanders in the mountainous Scottish regions, needed to have lower body strength aplenty in order to charge at the enemy. This workout gives you all that, and more. Everything to ply for here as long as you don't lose your head.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** lower abs, quads, lateral abs, cardiovascular system

**Tips:** You need to build up muscle endurance here and to achieve that you need to try and reduce the rest period between sets to as low as you can take it.

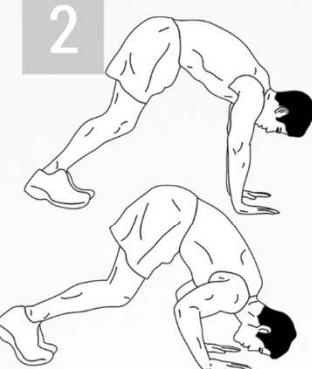
# HIGHLANDER

NEILA REY WORKOUT © neilarey.com

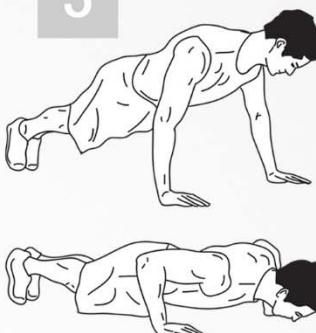
1



2



3

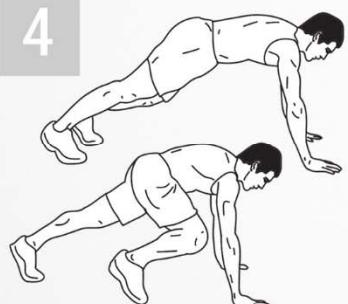


10 jump knee-tucks

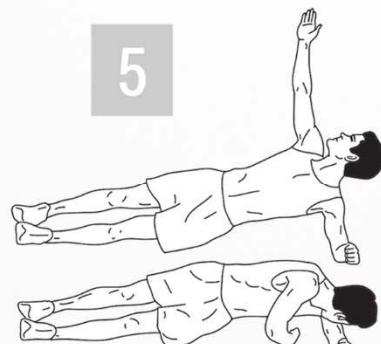
10 shoulder presses

10 wide grip push-ups

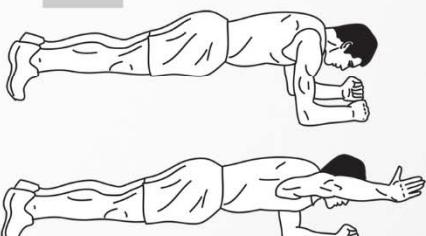
4



5



6



20 climbers

20 side plank rotations

10 elbow plank arm raises

7



10 up & down planks

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

49

## Hitter HIIT

If you are ready to take your body and turn it into a lethal instrument the Hitter workout is the perfect routine for you. If it ever comes to you having to kick and punch your way out of trouble you will have all the moves and the stamina to pull it off.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

### FOCUS: HIIT / High Burn

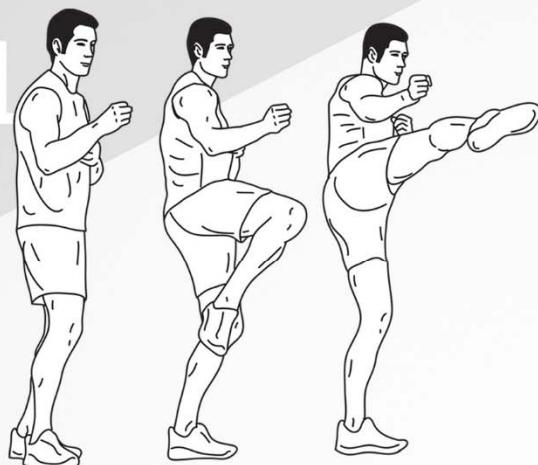
**What it works:** Quads, lateral hip flexors, front hip flexors, lateral abs, triceps, shoulders

**Tips:** When you're throwing punches you should be on the balls of your feet so your body can twist slightly with each punch, adding power and snap to it and increasing the benefits of the workout.

# hitter

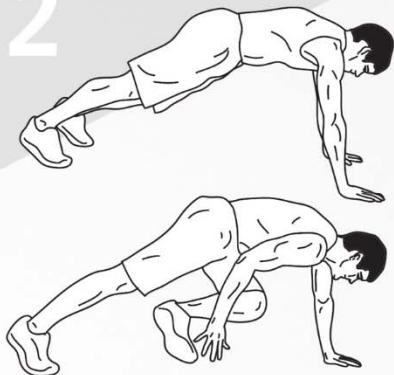
NEILA REY **HIIT** WORKOUT © neilarey.com

1



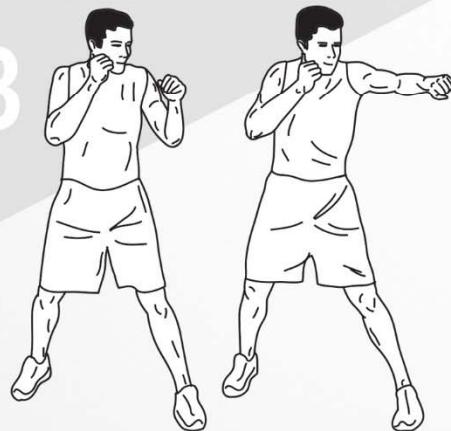
**20sec** turning kicks

2



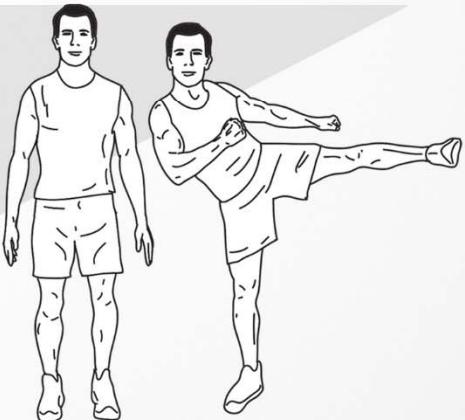
**10sec** cross climber taps

3



**20sec** fast punches

4



**10sec** side leg raises

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

50

## Hopper Workout

Strong legs play a pivotal role to releasing the power of the upper body. This is a workout for those who really want to have legs of steel, plus should you need to throw a power punch, it is your legs that actually power it.

### Instructions

Repeat each move for 20 seconds with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** ankle joint, calves, hamstrings, quads, lower abs

**Tips:** For maximum gains keep your body upright and centered over your feet during all hopping exercises.

# I-HOPPER

NEILA REY WORKOUT © neilarey.com



1

hop on one leg



2

hop on  
both legs



3

hop from  
side to side  
on both legs



4

high knees



5

split hops



6

double hop  
& squat



7

hop from  
side to side  
on one leg



8

hop back  
& forward  
on both legs

**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**

51

## Hulk Workout

When the goal is to develop some serious muscle power you need a workout routine that pulls out all stops and spares no expense. For this one you're gonna need more than one chair (remember, we did say no expense), a floor (which you should already have) and ...wait for it. A towel. Yep this is the one where you get to use the towel. (Keep calm. We're only just getting started).

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** quads, calves, ankles, chest, shoulders, lower back, triceps, abs, biceps, front hip flexors

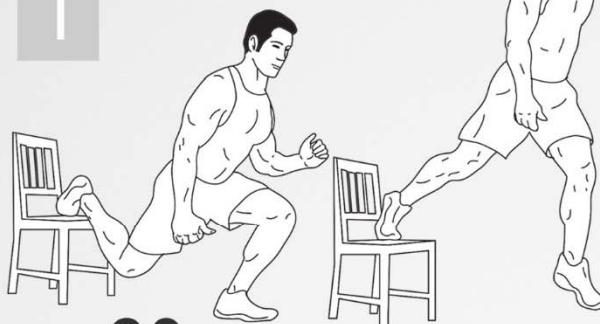
**Tips:** If there is one workout where you should not quit until you feel the burn it's this one. This one!

# THE HULK

NEILA REY WORKOUT

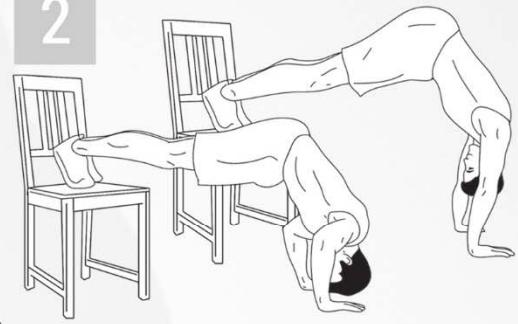
© neilarey.com

1



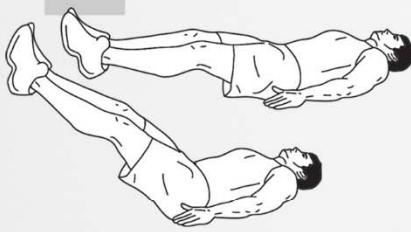
20 split squats

2



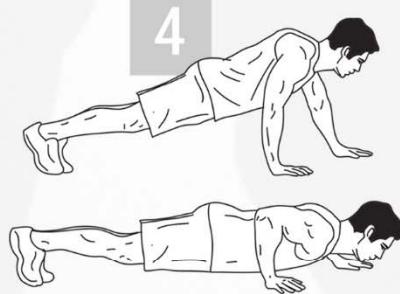
10 pike shoulder presses

3



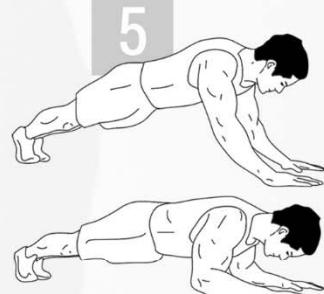
10 leg raises

4



6 staggered push-ups

5



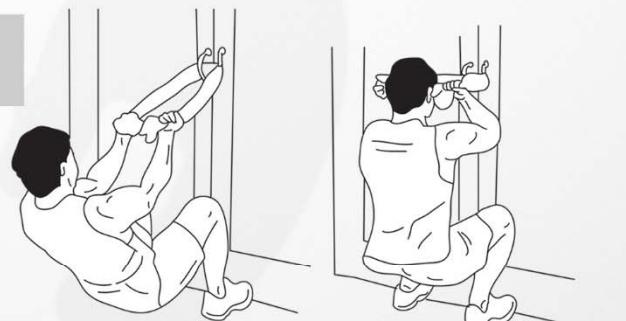
6 tricep extention

6



20sec leg hold

7



20 towel bicep curls

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

52

## Hunger Games

You know that hunger. The need to survive. To make your body function like a finely tuned machine. You train for that; this is what you want. What you need. So without further ado, feel like a tribute, sense the quickening and let the Hunger Games Tribute Workout, begin.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** shoulders, chest, triceps, abs, obliques, quads, lateral abs, lower back, hip flexors, calves, cardiovascular system.

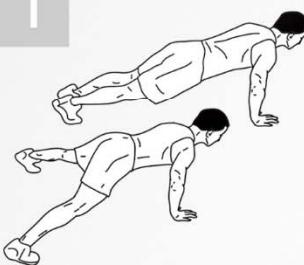
**Tips:** With the exception of lunges, perform every other exercise on the balls of your feet and receive a superb core workout in addition to everything else.



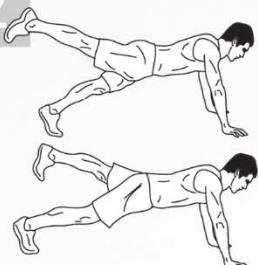
# HUNGER GAMES

NEILA REY WORKOUT © neilarey.com

1



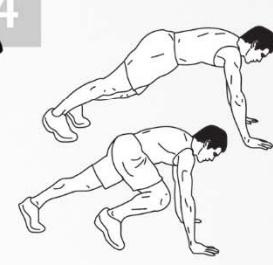
2



3



4



10 plank jacks

10 plank leg raises

10 plank jump-ins

10 climbers

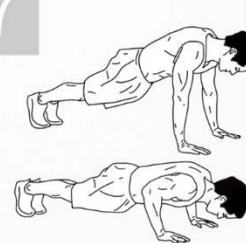
5



6



7



8



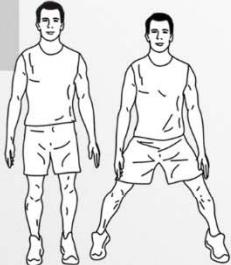
5 jump knee tucks

10 lunges

5 push-ups

10 knee-to-elbows

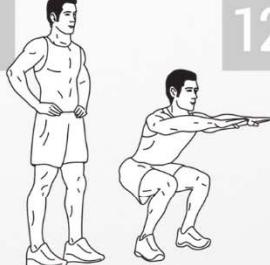
9



10



11



12



10 half jacks

10 leg raises

10 squats

10 high knees

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

53

## Ironman Workout

You may not have a suit of arc reactor powered metal armour but if you train right your body can be as responsive as Iron Man's exoskeleton. Just go to it and remember, what makes you special is the person inside the body making everything happen.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

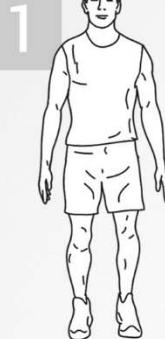
**What it works:** Calves, shoulders, quads, abs, lateral abs, core, triceps, pecs, biceps, glutes.

**Tips:** Reduce the rest time between sets for that extra burn that builds greater muscle density.

Bodyweight biceps curls video how-to  [goo.gl/NUkUk6](http://goo.gl/NUkUk6)

# IRONMAN

NEILA REY WORKOUT © neilarey.com



1



2



3

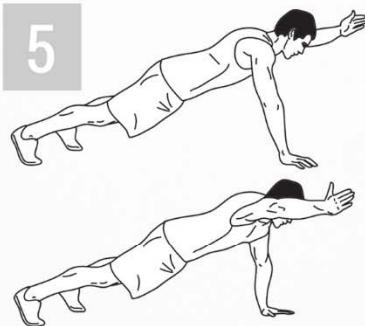
30 jumping jacks

20 squats

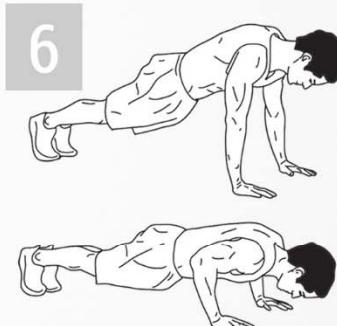
10 cross punch sit-ups



4



5

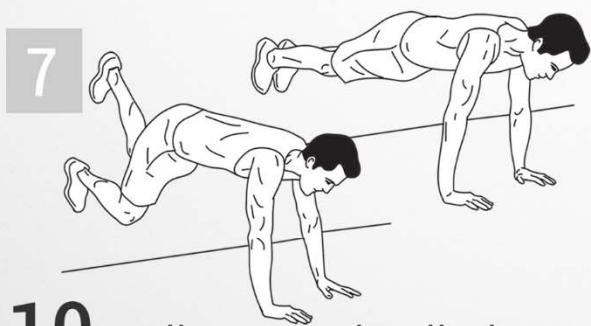


6

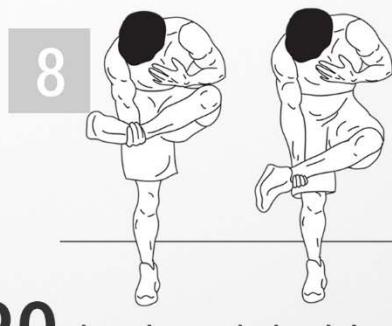
10 planks w/rotations

10 plank arm raises

6 push-ups



7



8

10 wall mountain climbers

20 bodyweight bicep curls

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

54

## Ithilien Ranger

When you're all that stands between the forces of Darkness and Light, when you're looked upon to be the tipping point in a battle against Orcs, you'd better make sure your body's a lethal weapon. This is a workout designed to give you strength, agility, endurance and explosion. You will be able to fight or fly at peak. Plus you get to wear the badge of the White Tree. Pump this one out and rejoice in being one of the good guys.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** Front hip flexors, calves, shoulders, lower abs, pecs, triceps, core, quads, abs, lower abs, lateral abs

**Tips:** Perform the punches on the balls of your feet, bouncing slightly without leaving the floor for that total aerobic workout.

# IT HILLIEN RANGER



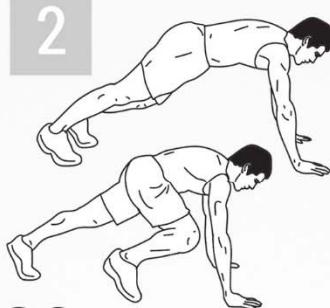
NEILA REY WORKOUT © neilarey.com

1



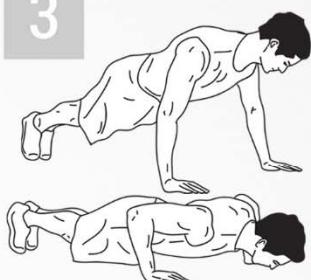
40 high knees

2



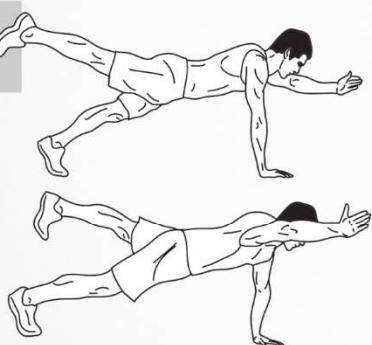
20 climbers

3



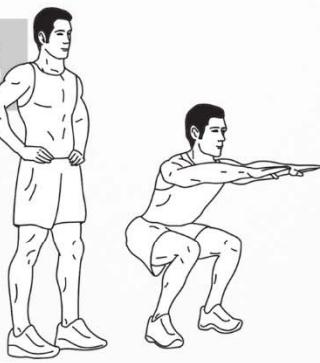
10 wide grip push-ups

4



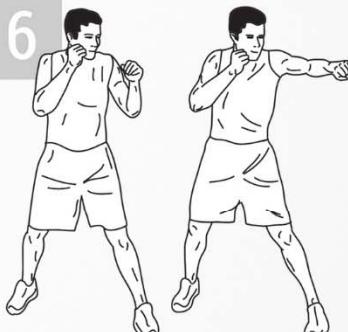
10 alt arm/leg raises

5



20 squats

6



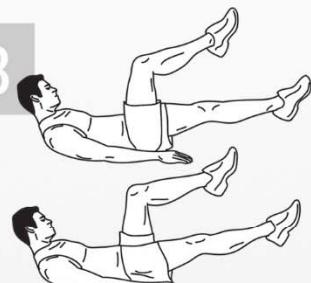
40 punches

7



10 sit-ups

8



10 air bike crunches

9



20 sitting twists

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

55

## Jedi Workout

A light sabre may not be a heavy weapon but it is a powerful one. It requires finesse, precision and strength to wield properly. This is a workout that helps you achieve all the required skills you need to join the forces of the Light.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** calves, chest, forearms, triceps, biceps, deltoids, glutes, lateral abs, adductors, abs, core

**Tips:** It really helps to imagine you are wielding a light sabre during the exercises.

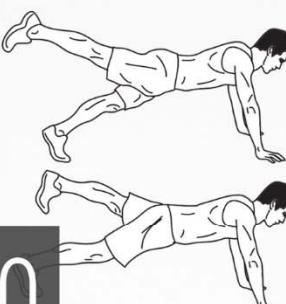
# JEDI

NEILA REY WORKOUT © neilarey.com



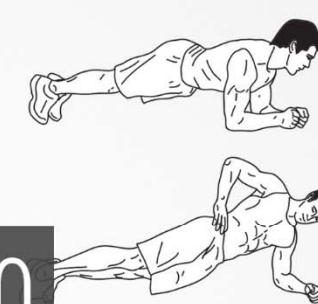
10

high jumps



20

plank leg raises



20

elbow plank twists



20

woodchoppers



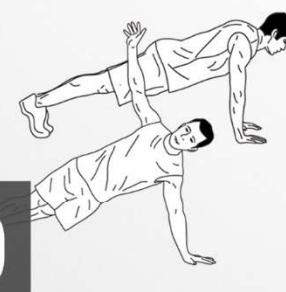
20

side-to-side lunges



40 sec

one leg stand



10

planks w/ rotations



20 sec

plank



20

knee-to-elbow sit-ups

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

## 56

# Lannister Workout

Lannisters live in a world where only two things count: the weight of your word and the strength of your sword arm. This is an upper body workout designed to help you develop both. It takes grit to get through it. You need to stick to your word. As a Lannister, you always have to do your reps.

This is also a no-compromise workout. You cannot, in all seriousness, survive in the kingdoms ruled by the Iron Throne unless you shed some serious sweat in your preparation.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: Strength / Upper Body**

**What it works:** chest, biceps, triceps, lower abs and core, inner forearm, deltoids

**Tips:** Wide grip push-ups increase the angle at which the weight of your body travels down your arms and, with it, the load. So paradoxically while your bodyweight remains the same the load on your arms and chest increases significantly. Experiment with your arms being as far apart as you can as this truly challenges your arm strength.

"ALWAYS DOES  
HIS REPS"



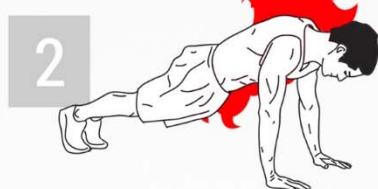
# LANNISTER

NEILA REY WORKOUT

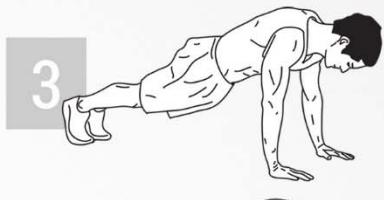
© neilarey.com



1



2



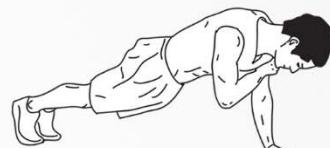
3



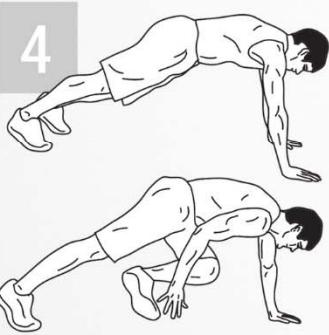
4 wide grip push-ups



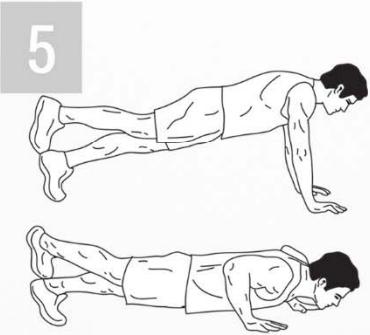
4 push-ups



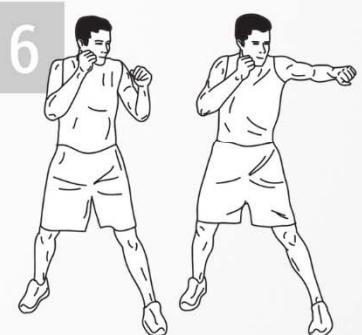
10 shoulder taps



4



5

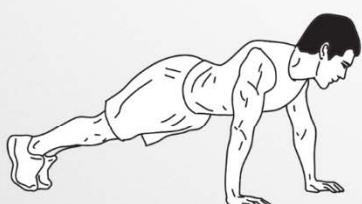


6

20 cross climber taps

4 staggered push-ups

40 punches



7



10 up and down plank

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

57

## Lara Croft

When your job description is raiding tombs, you know that you will have to rely on your physical ability to get you out of trouble. No amount of cut-glass British accent can be a substitute for simply being capable of backing your talk with some action.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

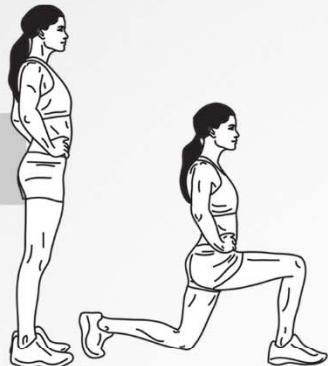
**What it works:** Quads, lateral hip flexors, cardiovascular system lower abs, triceps, shoulders, core, lateral abs, lower abs.

**Tips:** You can make this a little harder by raising your chin to your chest during flutter kicks. This works both your neck muscles and your upper abs for faster results. Similarly, when you throw punches, retract your arm as fast as you send it out. This activates your biceps which do not normally work that much during a thrown punch.

# LARA CROFT

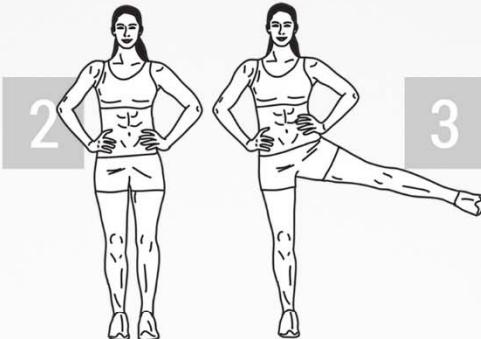


NEILA REY WORKOUT © neilarey.com

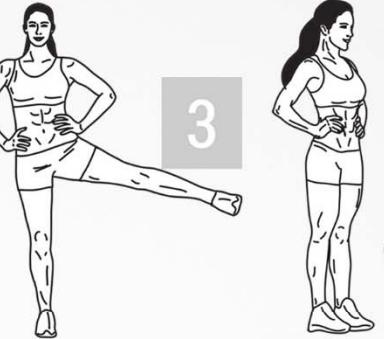


1

20 lunges

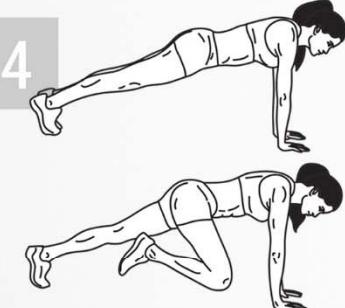


2



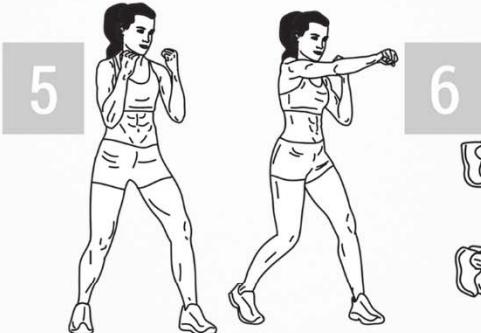
3

20 squats



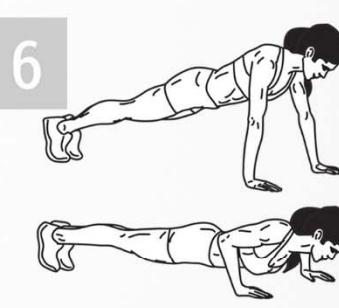
4

20 climbers



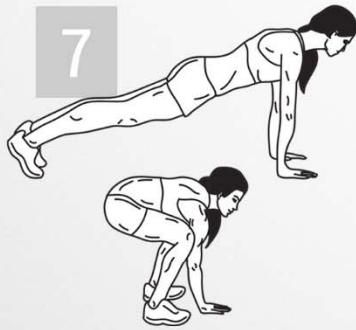
5

20 punches



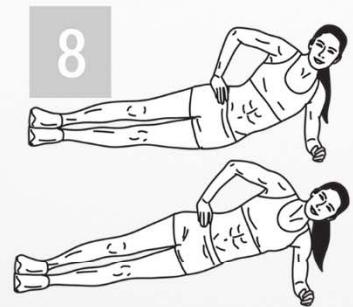
6

10 push-ups



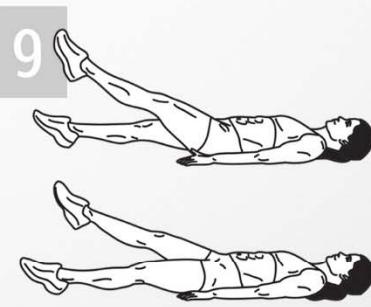
7

10 plank jump-ins



8

10 plank side bridges



9

20 flutter kicks

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

## 58

# Legday Workout

Legs are what you need to use when you want to run (from zombies, werewolves and vampires, for example) and they're also kinda useful in everyday life because we still walk to get to places to do things. This is a workout to help you make them strong and capable of performing at will.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength / Lower Body

**What it works:** quads, glutes, lower back, hamstrings, lower back.

**Tips:** Challenge your core and your overall strength and balance by performing every single exercise in this workout on the balls of your feet. This forces you to constantly readjust your balance, it increases the burn each exercise provides and also makes you kinda badass (which is nice).

# LEG DAY

NEILA REY WORKOUT © neilarey.com



1

20 squats



2

10 split squats



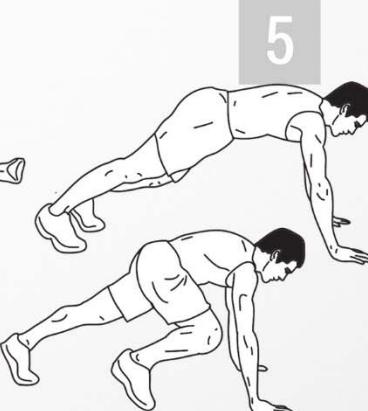
3

12 lunges



4

20 side leg raises



5

20 climbers

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

**59**

## Link / Zelda Workout

When your mission in life is to hack and slash your way through enemies, traps and tricky situations in order to save the beautiful Zelda you know that success demands you have strength, agility and the kind of stamina only a true hero can possess.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

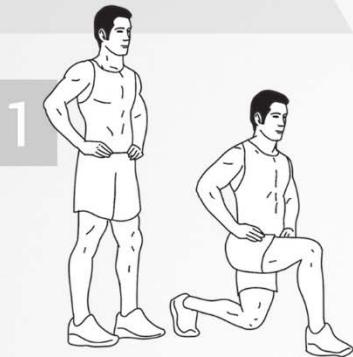
**What it works:** Quads, chest, triceps, shoulders, abs, lateral abs, cardiovascular system, lower abs, core.

**Tips:** To take your push-ups to a new level altogether slow down the rate at which you perform each one so that you lower yourself towards the floor at half speed and come up at half speed. This reduces the ballistic gains made by the initial explosive firing of the muscle and forces it to work harder throughout the movement. It leads to greater muscle density which means you develop greater muscle power, faster.

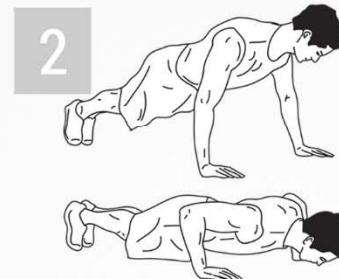
# LINK

LIFE

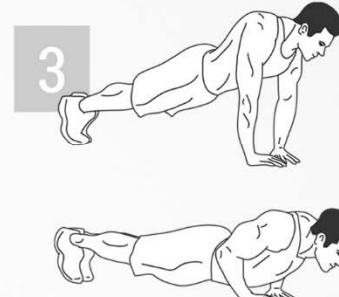
NEILA REY WORKOUT  
[neilarey.com](http://neilarey.com)



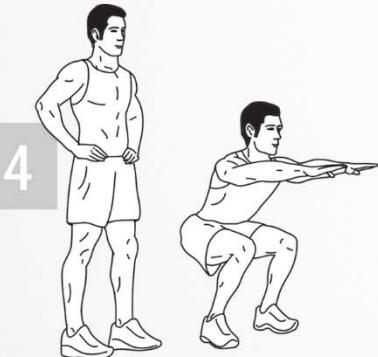
**20** lunges



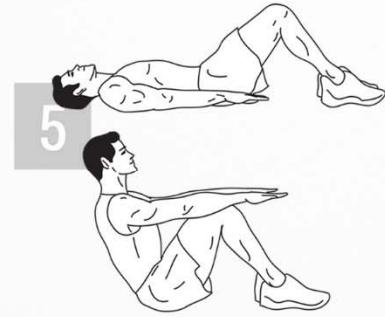
**10** wide grip push-ups



**4** tricep push-ups



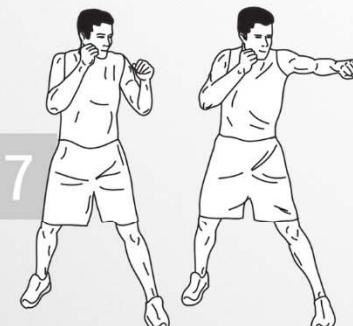
**20** squats



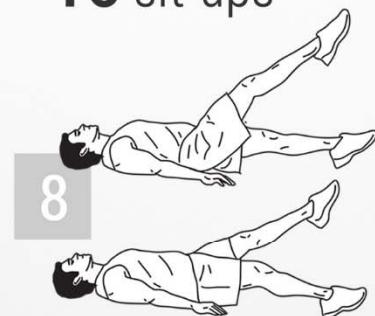
**10** sit-ups



**20** sitting twists



**40** punches



**40** flutter kicks



**10** get-ups

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

**60**

# Make Me a Sandwich

In order to qualify for your sandwich you really need to earn it and this is the workout that makes sure you do just that. This is a high-burn, lower body workout that'll have you feeling the benefits in no time at all. Earn your sandwich!

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** quads, triceps, biceps, chest, lower abs, aerobic capacity.

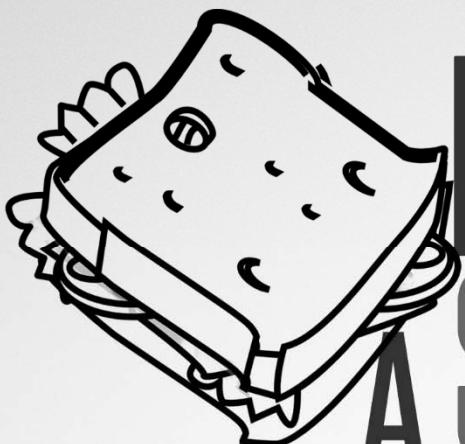
**Tips:** If you want to develop explosiveness in your movements this workout helps you to do just that. Tackle each exercise at 100% output to build lean, fast twitch fiber muscle.

### Sandwich recipe

**...it'll make Ron Swanson proud**

2 eight-inch slices of toasted baguette  
1/4 pound ounces of sliced smoked turkey  
1/4 pound of sliced steak  
2 slices of candied bacon  
2 ounces of caramelized onions  
2 fried eggs  
2 ounces of cheese

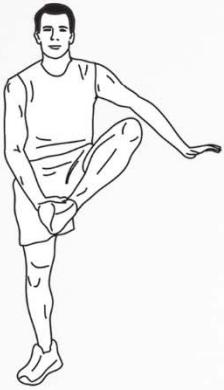
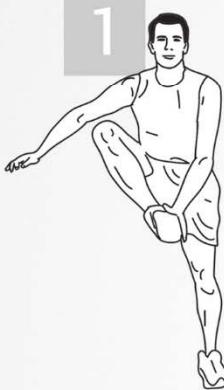
*Directions:* Put together and devour.



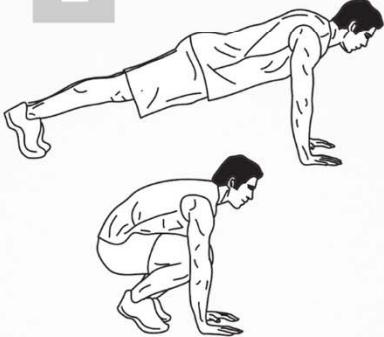
# MAKE ME A SANDWICH

NEILA REY WORKOUT © neilarey.com

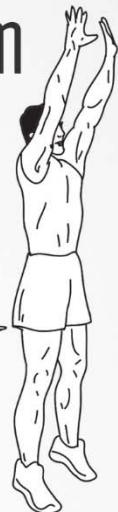
1



2



3

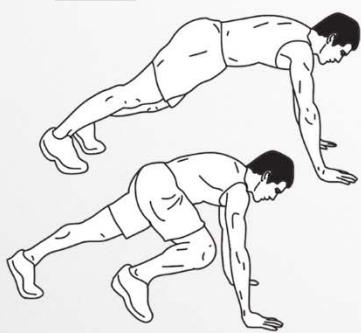


20 toe tap jumps

20 plank jump-ins

5 jump squats

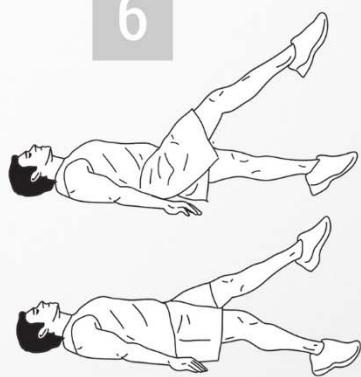
4



5



6



20 climbers

20 knee-to-elbow sit-ups

20 flutter kicks

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

61

## Mass Blast Workout

Developed to help you storm hills and race up mountains without stopping to catch your breath, this is the workout for those looking to unlock all the power of their lower body.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

### FOCUS: HIIT / High Burn

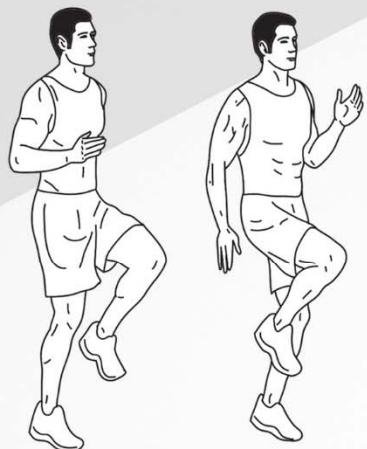
**What it works:** quads, calves, ankle joint, lower abs, triceps, biceps, chest, aerobic capacity, cardiovascular system

**Tips:** Strength requires repetition and getting through the set. So irrespective of speed and irrespective of burn, bite the bullet and get this baby done.

# MASS BLAST

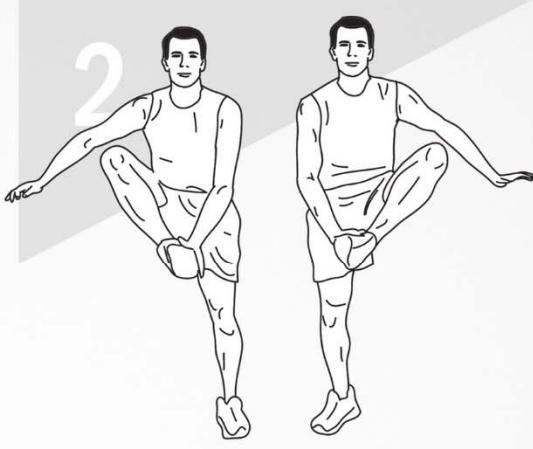
NEILA REY **HIIT** WORKOUT © neilarey.com

1



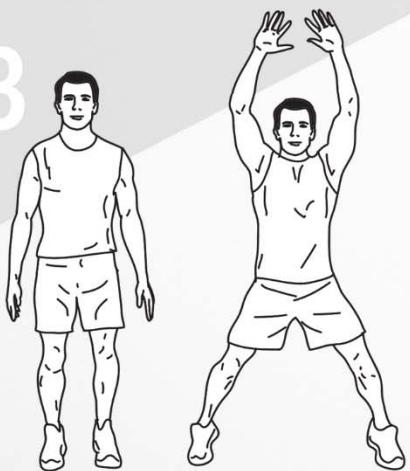
**15sec** high knees

2



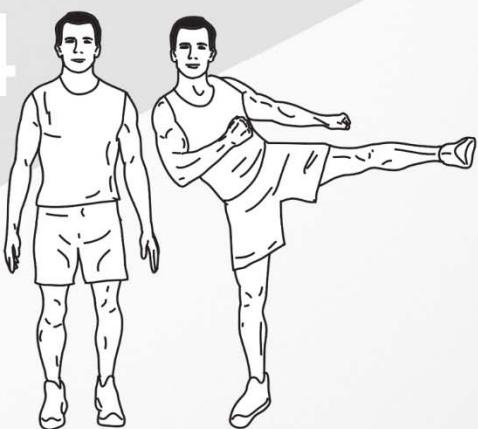
**15sec** toe tap jumps

3



**15sec** jumping jacks

4



**15sec** side leg raises

**Level I** 5 rounds   **Level II** 10 rounds   **Level III** 15 rounds  
1 minute rest between rounds

62

## Matrix Workout

*The Matrix* taught us that the body is a machine that can be made to flow with grace and power. This workout is intended to train all those muscle groups that aid stability and power, allowing gracefulness to emerge in your movements. And just in case you ever wondered, there really is *no* spoon.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

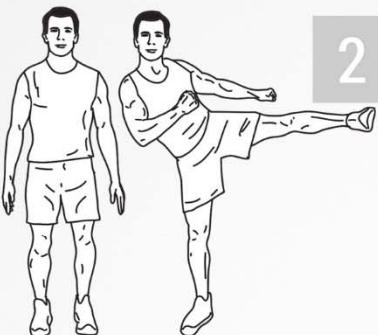
**What it works:** adductors, quads, lower body, core, hamstrings, forward hip flexors, lateral abdominals, triceps

**Tips:** When you raise your leg to touch your toes, exhale at the same time and tense your abs. This will help control the movement of your leg, work your core abs and provide you with greater grace and stability.

# MATRIX

NEILA REY WORKOUT © neilarey.com

1



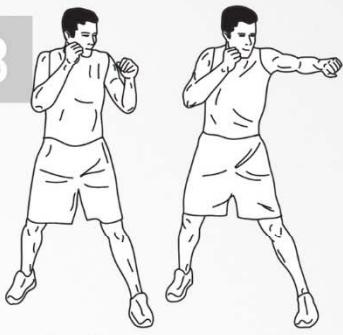
20 side leg raises

2



20 high knees

3



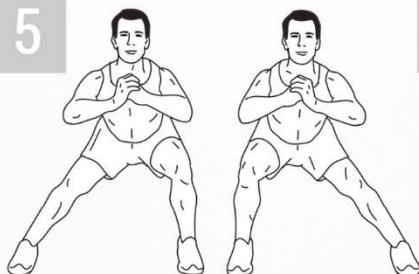
80 punches

4



20 front kicks

5



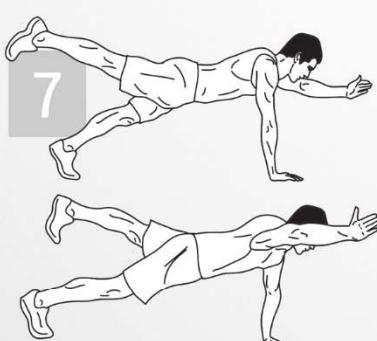
20 side-to-side lunges

6



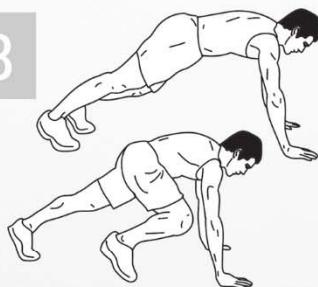
40sec one leg stand

7



10 alt leg/arm raises

8



20 climbers

9



10 planks w/ rotations

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

**63**

## Max Impact HIIT

Some workouts are designed to deliver at a high-impact, no-holds barred level. If you're ready to take your body to that extra-fit level then this is the one to do.

### **Instructions**

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

**FOCUS: HIIT / High Burn**

**What it works:** Calves, front hip flexors, quads, lower abs, triceps, chest

# MAX IMPACT

NEILA REY **HIT** WORKOUT © neilarey.com

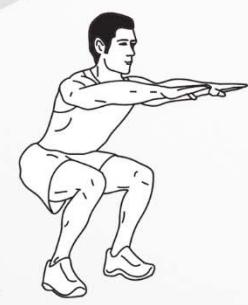


**20sec** jumping Ts

2

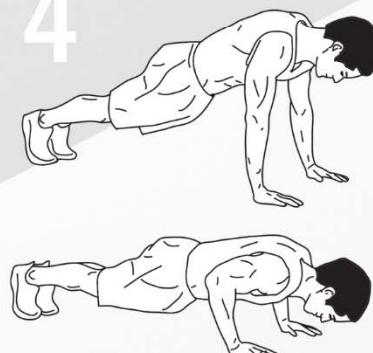


**20sec** high knees



**10sec** jump knee-tucks

4



**10sec** push-ups

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

## 64

# Minecrafter Workout

Five is the magic number for a workout with a difference. With no rest between the exercise and three sets for level I this is a workout that will push you hard. The good news is it can be done and all you need is perseverance and ...a laundry basket.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** legs, arms, lower abs, glutes, core. This workout does a lot.

**Tips:** Use a laundry basket for the lifting exercises. Just aim to get through each one. All you need is tenacity.

STRENGTH  
WORKOUT

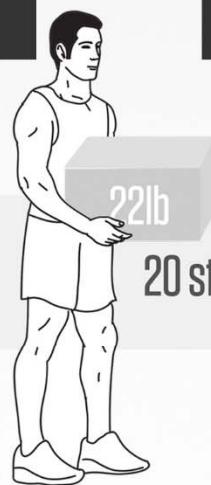
# MINE CRAFTER

NEILA REY WORKOUT

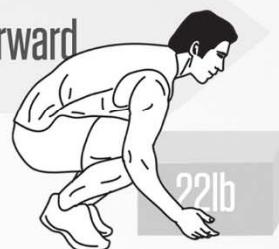
© neilarey.com



20 steps back



20 steps forward



1

40 squat, lift, walk and repeat  
box weight min 22lb [10kg]

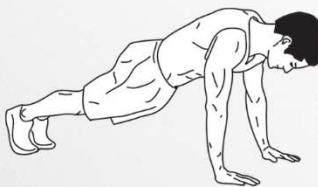


2

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

# 65

# Neo Workout

This is a full body workout designed to make you stand tall. Fluidity in movement comes with strength and flexibility in muscles and the exercises here are designed to give you both. And just in case you ever wondered, yes! You really are *the One*.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** Front hip flexors, calves, lateral hip flexors, lateral abs, quads, shoulders, triceps, core, lower back.

**Tips:** For faster results, make raised leg circles twice as hard (at least) by raising your chin to your chest (engaging your upper abdominals) and slowing down the circle rotation of your legs to half speed, upping the load on your lower abs and frontal hip flexors.

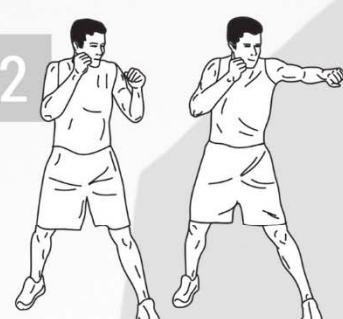
# NEO

NEILA REY WORKOUT © neilarey.com



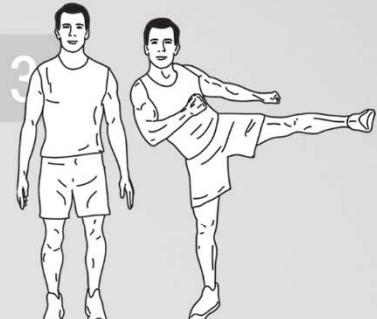
1

40 half jacks



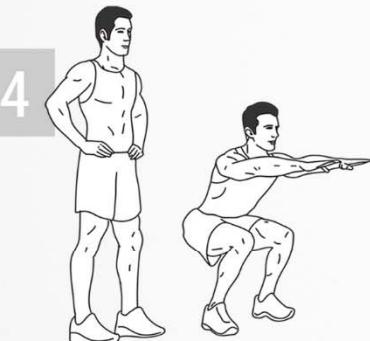
2

80 punches



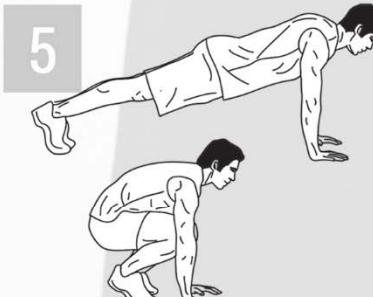
3

40 side leg raises



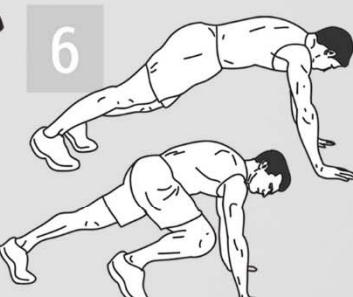
4

20 squats



5

20 plank jump-ins



6

20 climbers



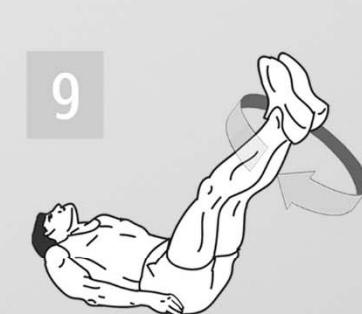
7

10 knee-to-elbow sit-ups



8

10 flutter kicks



9

10 raised leg circles

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

66

## Ninja Workout

The ninja, legendary assassins of the night were possessed of great lower body strength and agility. This is a workout that aims to work the muscle groups that give you both these qualities.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** quads, chest, lateral abs, lateral hip flexors, shoulders, triceps, lower back, core

**Tips:** When performing leg raises, lean towards the leg you raise rather than leaning away from it. This increases the tension on your lateral abdominals and promotes greater core strength and stability.

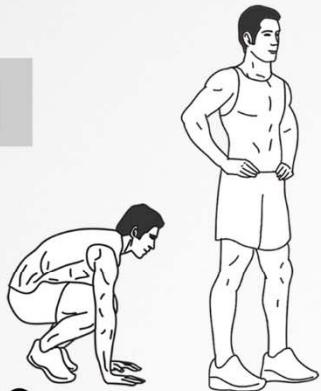
*Ninja squats = floor taps*

# ninja

## SILENT WORKOUT

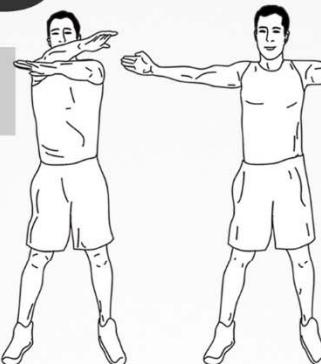
© neilarey.com

1



**20** ninja squats

2



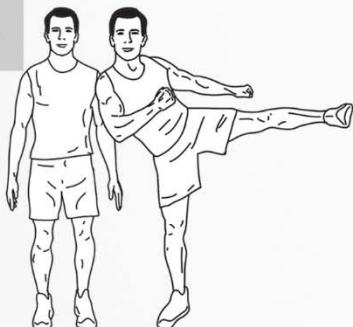
**20** chest expansions

3



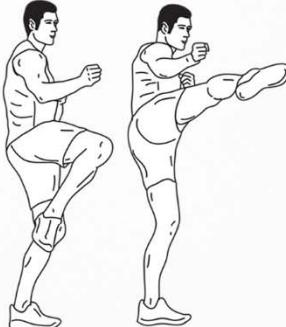
**20sec** wall sit

4



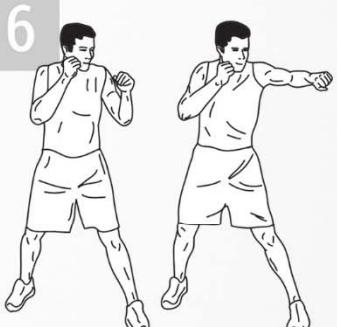
**40** leg raises

5



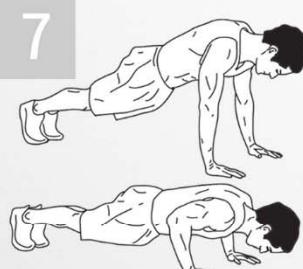
**20** turning kicks

6



**40** punches

7



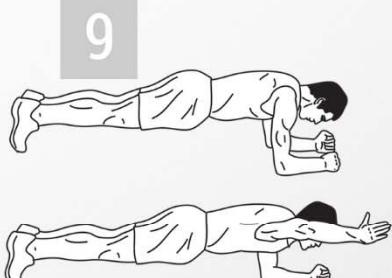
**10** push-ups

8



**20sec** elbow plank

9



**10** elbow plank arm raises

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

67

## Office Workout

Just because you're at the office does not mean you can't workout. This is the kind of exercise routine that can be carried out anywhere you have a little space and some privacy.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

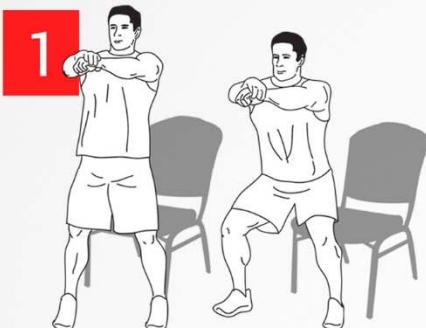
### FOCUS: Strength

**What it works:** Quads, chest, triceps, lower abs, lateral abs

**Tips:** None of this need be done fast. You are, after all, at the office. But do them in a focused way and they help you work out every single muscle group of your body.

# the office

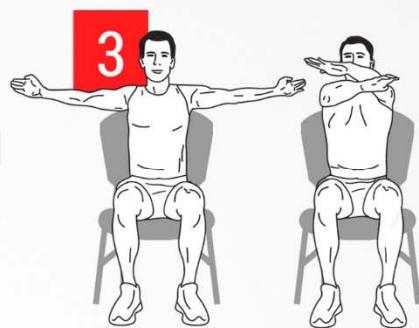
NEILA REY WORKOUT © neilarey.com



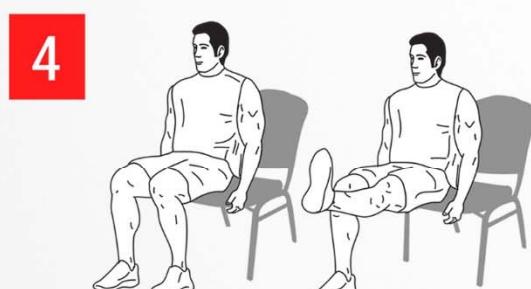
**20** chair squats



**20** chest squeezes



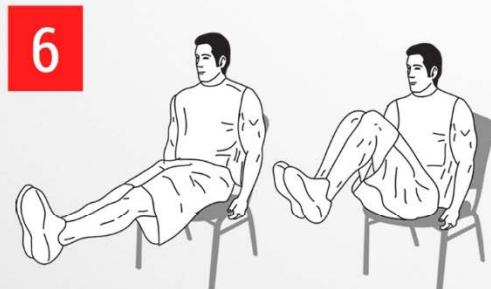
**40** criss-cross arms



**40** leg extensions



**10** chair body lifts



**10** knee pull-ins



**20** oblique bends

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

**68**

## Phoenix Burn HIIT

The legendary Phoenix rises from its ashes, renewed. Well, this is a little bit like this HIIT workout. Not only will you burn high through it but you will also feel totally renewed once you get to the other side.

### **Instructions**

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

**FOCUS:** HIIT / High Burn

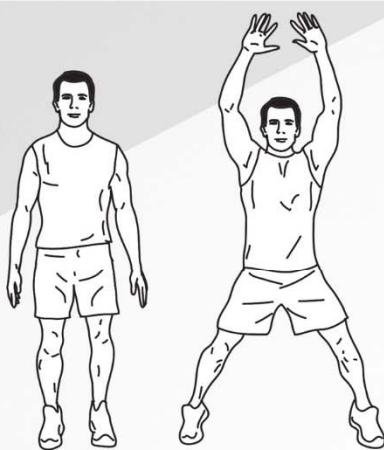
**What it works:** calves, lateral abs, front hip flexors, quads, core, triceps.

**Tips:** Wanna see results fast? Go as fast as possible.

# PHOENIX BURN

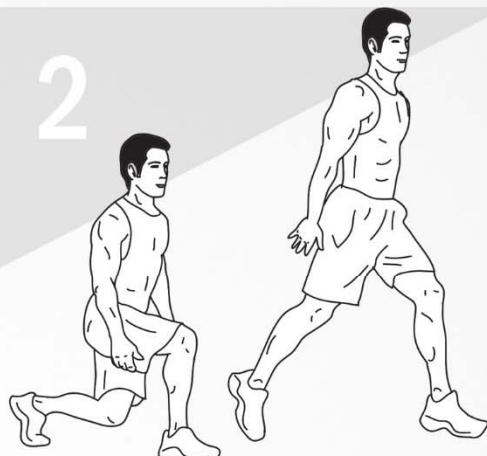
NEILA REY **HIIT** WORKOUT © neilarey.com

1



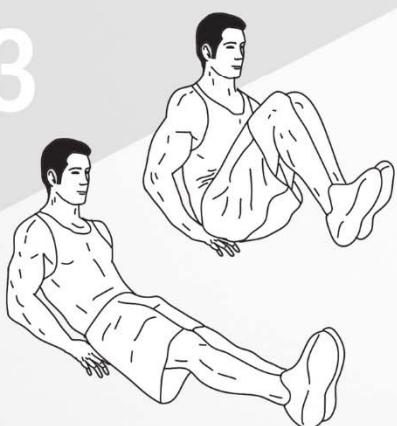
**20sec** jumping jacks

2



**10sec** jumping lunges

3



**10sec** leg pull-ins

4



**20sec** knee-to-elbow sit-ups

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

69

## Pie Workout

Nothing wrong with some pie as long as you get to earn it first. This is the workout that helps you do just that. Go and ~~get ready to save the world~~, earn yourself some pie.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** Calves, quads, front hip flexors, shoulders, lateral abs. core.

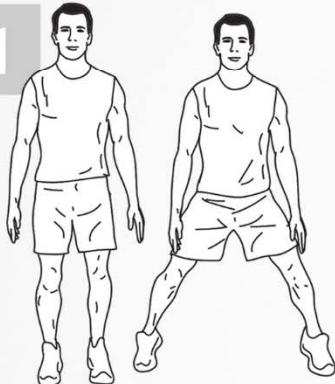
**Tips:** When you perform planks with rotations make sure that you turn your body completely sideways. Lightly tense your lower abs by exhaling to help stabilise the abdominal muscles and bring the lower abs into play.

# BRING ME SOME PIE



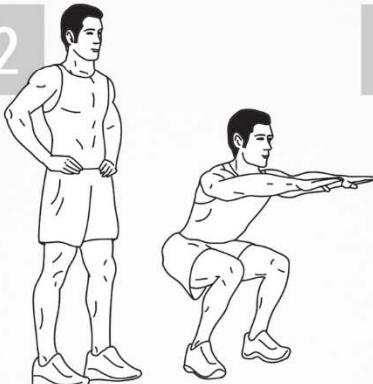
NEILA REY **SUPERNATURAL WORKOUT** © neilarey.com

1



**40** half jacks

2



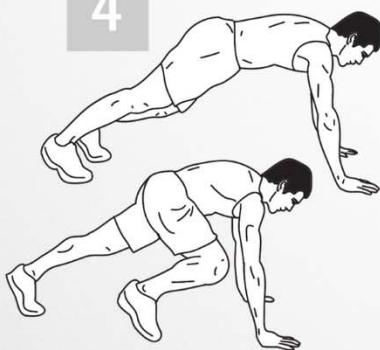
**20** squats

3



**20** high knees

4



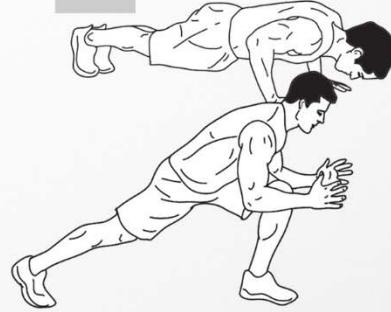
**20** climbers

5



**10** planks w/rotations

6



**10** push-ups into lunge

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

70

## Pinner HIIT

Bet you never thought that when we said let's get some groundwork done what was really meant was that you'd be "Pinned to the ground". You'll thank me for this later.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

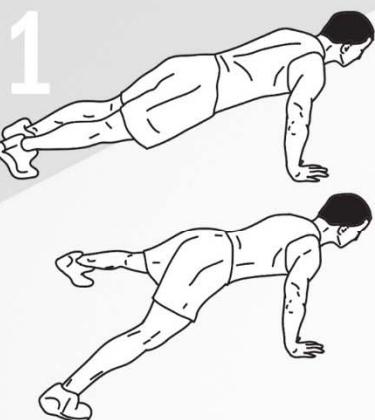
### FOCUS: HIIT / High Burn

**What it works:** shoulders, glutes, lower back, hamstrings, front hip flexors, triceps, core, lower abs.

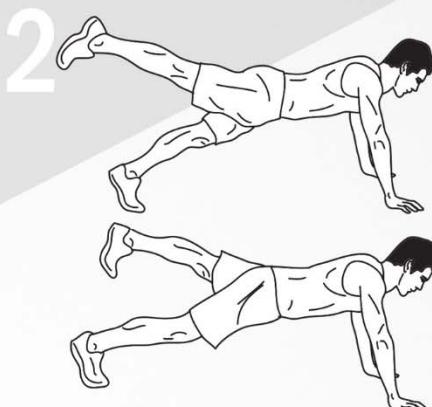
**Tips:** When performing climbers try and make sure your lower back remains at the same level at all times instead of bouncing up and down. This minimises the jarring impact on that region.

# PINNER

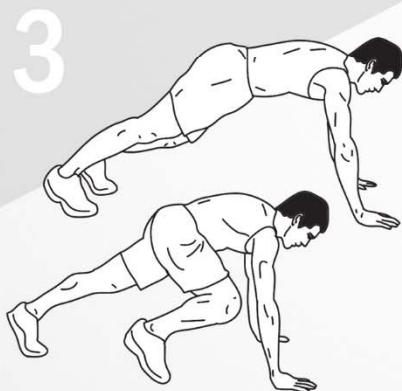
NEILA REY **HIIT** WORKOUT © neilarey.com



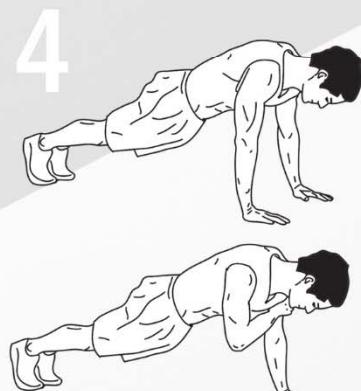
**20sec** plank jacks



**10sec** plank leg raises



**20sec** climbers



**10sec** shoulder taps

**Level I** 5 rounds   **Level II** 10 rounds   **Level III** 15 rounds  
1 minute rest between rounds

71

## Power Abs

Turn your abdominal wall into the powerful engine humming quietly under your T-shirt, powering your every activity. This is the workout that transforms your abs into the workhorse you need to power through life.

### Instructions

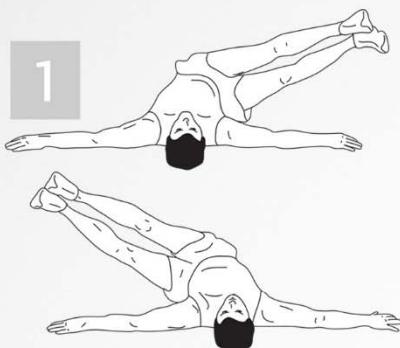
Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Abs

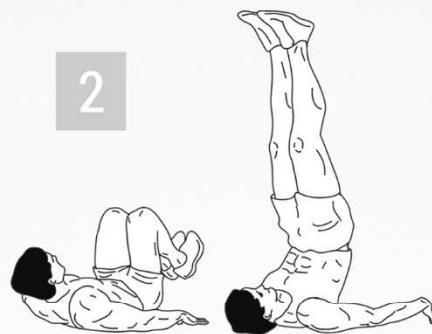
**What it works:** quads, calves, lower abs, abs, shoulders, triceps, glutes, chest

# power abs

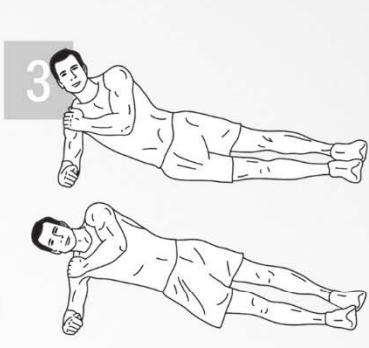
NEILA REY WORKOUT © neilarey.com



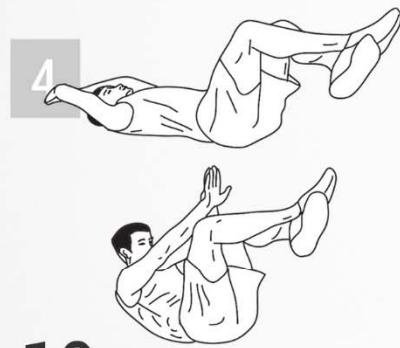
20 windshield wipers



10 butt-ups



20 side bridges



10 knee crunches



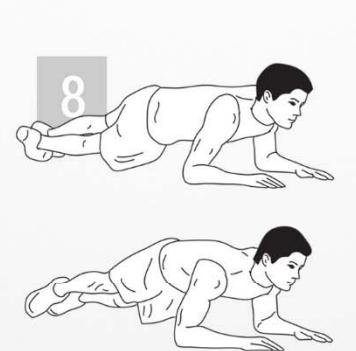
10 full sit-ups



20 sitting twists



10 knee-to-elbow sit-ups



10 plank leg rolls



20 climbers

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

**72**

## Power Sprinter

Sprinters need explosive muscles that can work fast and utilize all their power anaerobically. This is the workout that helps you do just that.

### Instructions

Repeat each move for 40 seconds with 20 seconds rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

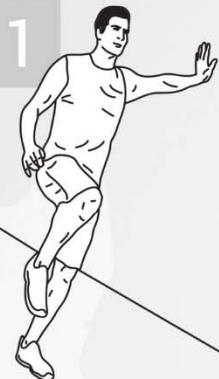
### FOCUS: High Burn

**What it works:** quads, calves, lower abs, shoulders, triceps, glutes, chest

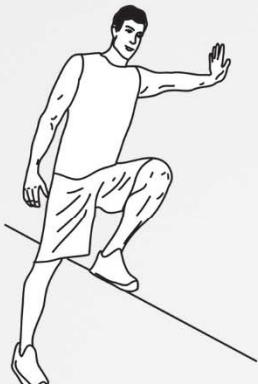
**Tips:** When performing plank leg raises tense your abs to help stabilize your body and work your core for greater stability.

# POWER SPRINTER

NEILA REY WORKOUT © neilarey.com



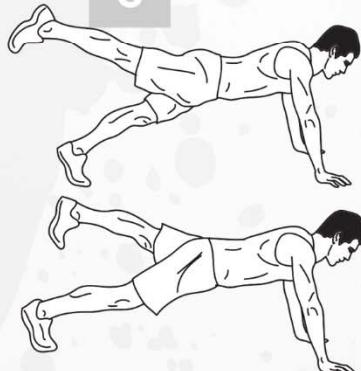
lateral wall run



plank



sprinter lunges



plank leg raises



plank jump-ins

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

**73**

## Power Up Workout

This is an aerobic workout that develops strength, flexibility and balance. Do it every time you want to top up your abilities in these three areas.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** lower abs, quads, hamstrings, adductors, glutes, aerobic capacity.

**Tips:** When performing lunge kicks keep your body as straight as possible and bring your foot up to your hand, not your hand to your foot.

# POWER UP

NEILA REY WORKOUT © neilarey.com

1



2



3



**20** high knees

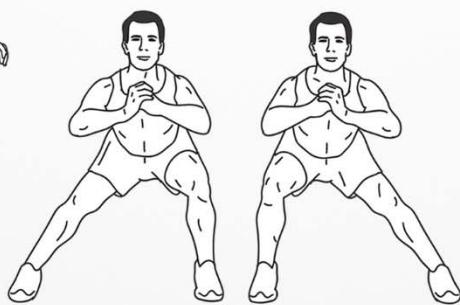
**20** lunge push-offs

**20** reverse lunge kicks

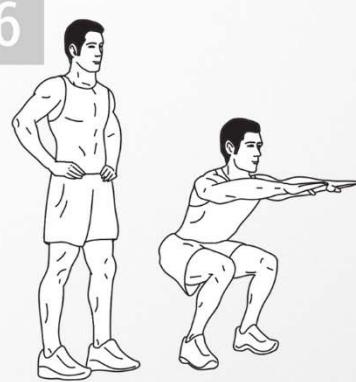
4



5



6



**10** jump knee-tucks

**10** side-to-side lunges

**10** squats

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

74

## Predator Workout

Upper body strength is important for predators. This is a workout that promotes strength on all the major muscle groups for a more powerful, convincing performance, plus as your body gets stronger you begin to move a little more like a predator.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** core stability, abs, shoulders, deltoids, triceps, chest, lower abs, upper abs, front hip flexors.

**Tips:** When performing uneven plank tense your abs to help your core come into full play.

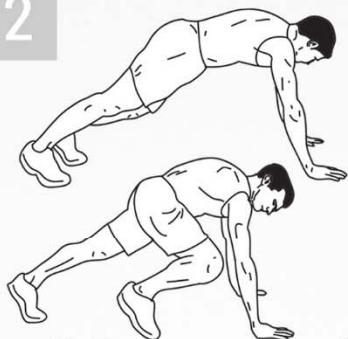
# PREDATOR

NEILA REY WORKOUT © neilarey.com

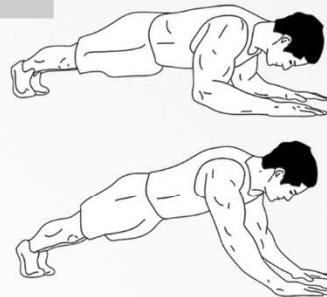
1



2



3



10 wide grip push-ups

20 climbers

10 tricep extentions

4



5



6

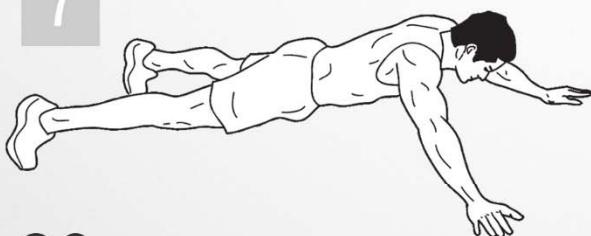


40sec uneven plank

10 cross punch sit-ups

20 sitting twists

7



8



20sec star plank

10 plank jump-ins

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

75

# Premium Rush Workout

It's not how fast you can cycle, it is how fast you can make decisions when you do, that's crucial. Fitness comes into this because unless your body can respond at the speed of thought you're in real hot water. So, work them neurons and muscles and stay cool, calm and collected.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

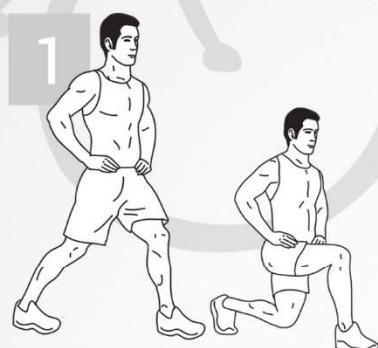
## FOCUS: Strength

**What it works:** Quads, adductors, triceps, chest, lower abs, quads, lower back, abs, lateral abs, core.

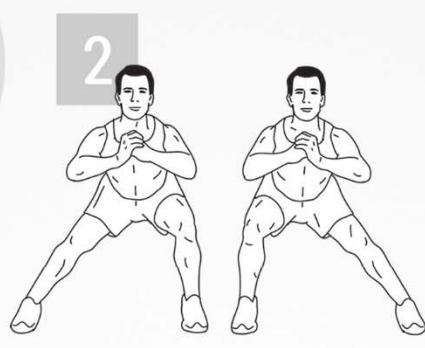
**Tips:** Flutter kicks give you the greatest benefits when performed real fast, with short, sharp moves. To make it even harder try keeping your chin on your chest when doing them (it loads the ab wall even further).

# PREMIUM RUSH

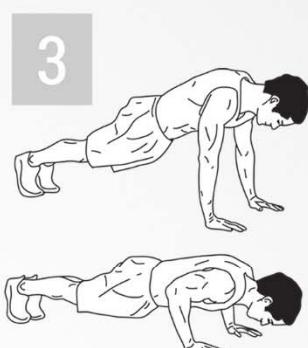
NEILA REY WORKOUT  
© neilarey.com



**20** split squats



**20** side-to-side lunges



**10** push-ups



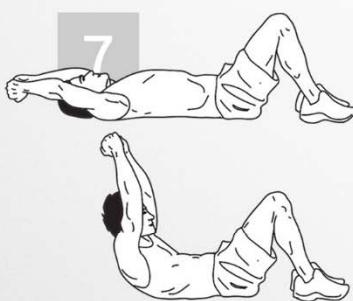
**40** flutter kicks



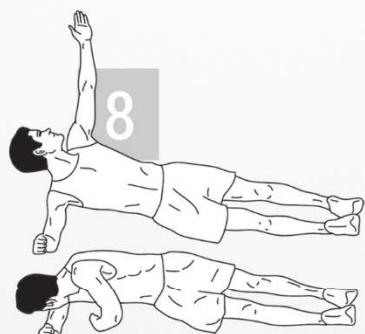
**20** scissors



**10** glute bridges



**20** long-arm crunches



**20** planks rotations



**20sec** elbow plank

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

76

## Riddick Workout

Great upper body strength and good definition are the Riddick hallmarks and in this workout you get to push the very same muscle groups to the max. Remember: The Necromonger fleet is ephemeral. The only abilities you can trust in are your own.

### Instructions

Repeat each move twice with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength / Upper Body

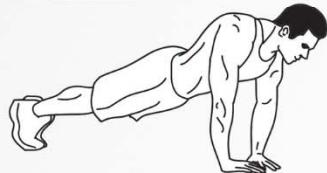
**What it works:** chest, triceps, biceps, forearms, deltoids, lats, abs, lower back, core

**Tips:** When performing spiderman push-ups tense your abs to stabilize your core and get faster, cleaner results.

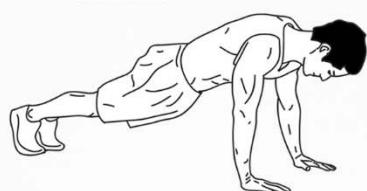
# RIDDICK

NEILA REY WORKOUT © neilarey.com

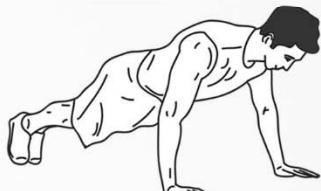
1



2



3

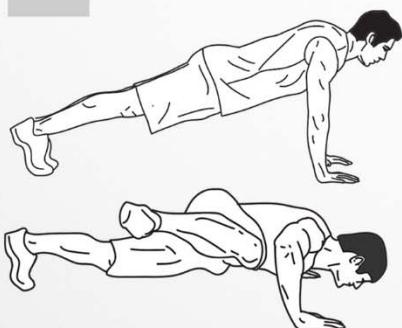


2 tricep push-ups

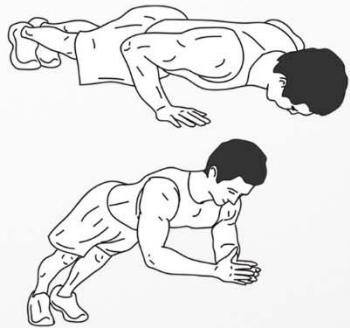
4 push-ups

4 wide grip push-ups

4



5



4 spiderman push-ups

2 clapping push-ups

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

77

## Rocky Workout

Train like a champ with an eye at the top slot, with a workout designed to take your fitness level and hand-eye coordination to new heights. Once you start, it really ain't over, until it's over.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

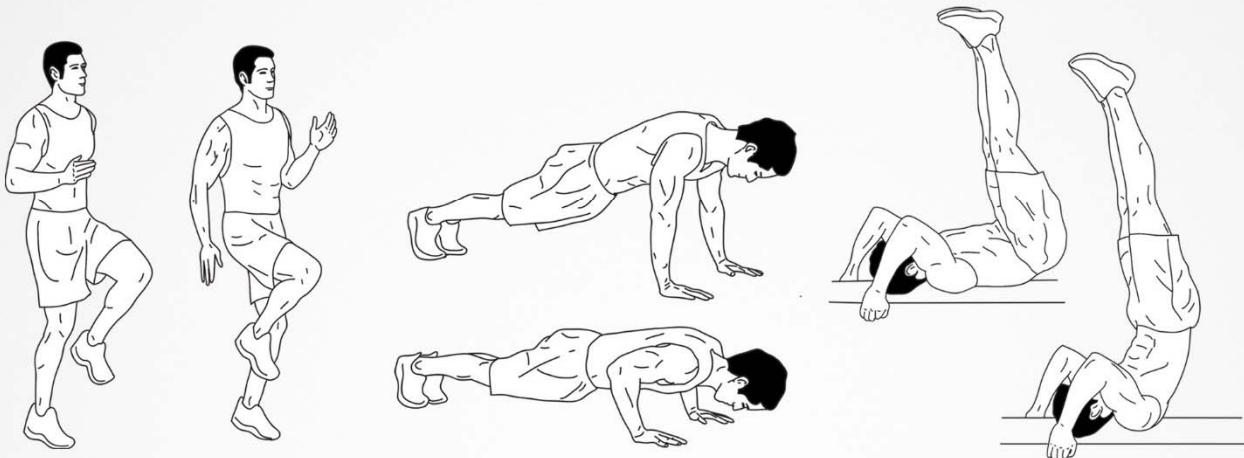
**What it works:** lower abs, lower back, lateral abs, upper abs, biceps, shoulders, triceps, aerobic capacity, calves, endurance

**Tips:** Perform all shadow boxing moves on the balls of your feet twisting your body behind the punch for greater power.

It doesn't matter if you don't know how to throw a punch, or you don't feel much when you do. Your technique will improve eventually if you continue practicing so don't worry about it. Give it your all, Rocky style.

# ROCKY

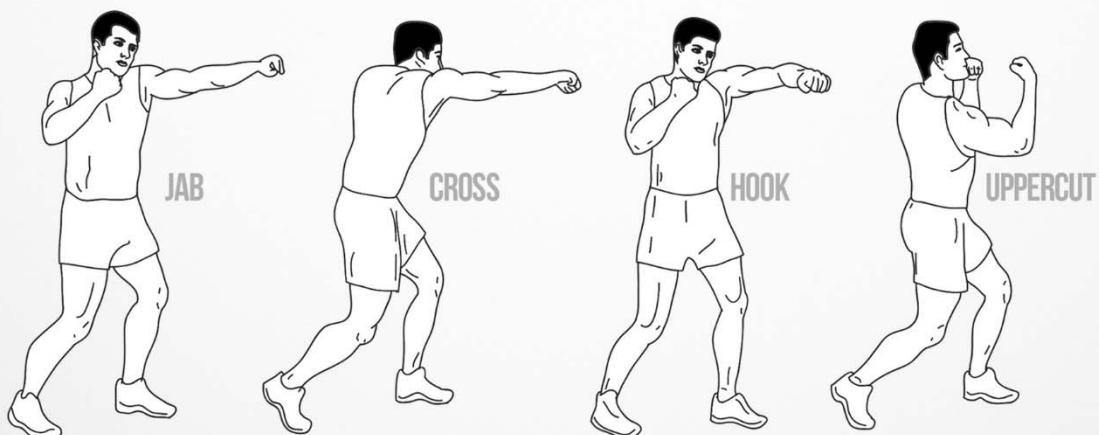
NEILA REY WORKOUT © neilarey.com



**1** 40 high knees

**2** 20 push-ups

**3** 20 "Rocky" butt-ups



**4** 5 minutes shadow boxing

---

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

**78**

## Run, You Clever Boy

Doctor Who fans will know that the moment you have to run you need to rely on limb speed and aerobic capacity. Well this workout helps you develop both. So be a clever boy, run right and ... remember.

### **Instructions**

Repeat each combo move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### **FOCUS: High Burn**

**What it works:** lower abs, chest, triceps, biceps, quads, calves, ankle joint, aerobic capacity

**Tips:** This is a running work out so perform the high knees as high and as fast as possible and use the ground exercise to recover.

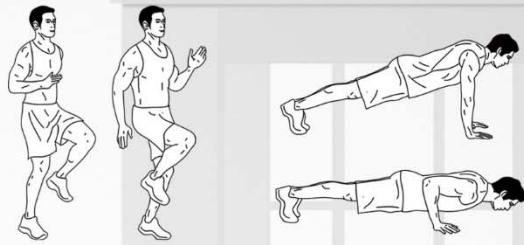
# Run, you clever boy; and remember

NEILA REY WORKOUT © neilarey.com

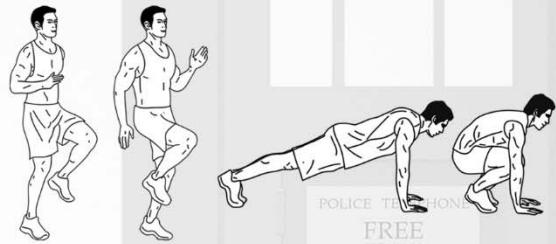
POLICE

PUBLIC  
CALL

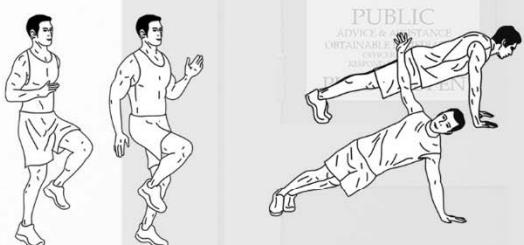
- 1 **20** high knees, then drop down & push-up once



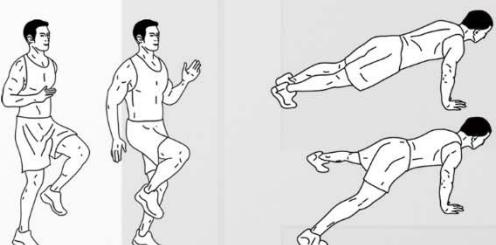
- 2 **20** high knees, then drop down & plank jump-in once



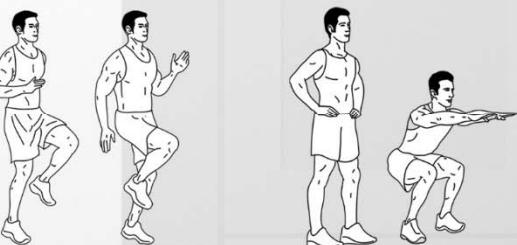
- 3 **20** high knees then drop down & plank w/ rotations once



- 4 **20** high knees, then drop down & plank jack once



- 5 **20** high knees, then squat once



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

79

## Sherlock

Sherlock Holmes holds a special place in our hearts as the man who predated Mr Spock and made analytical, logical thinking sexy. What may not be so well known about him is the fact that he also was good with a sword (he carried a swordcane), could shoot a pistol (as all English aristocracy could, at the time) and was a pugilist who was not above using his fists. The body was, for Sherlock, a vehicle. A tool he used to get about and he made sure it was as honed as possible without him getting too sentimental about it. The Sherlock work out will make a little stronger, a little more agile, with a snap to your step and improved endurance. And because exercise and cognitive performance are linked, after each workout you will also be at least two to three IQ points smarter.

### Instructions

Repeat each move twice with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

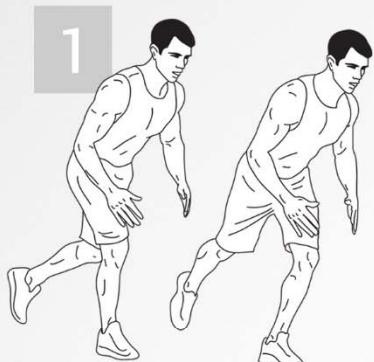
**What it works:** Quads, calves, glutes, lower back, lower abs, front hip flexors, triceps, hamstrings, biceps, shoulders.

**Tips:** The calf muscles are critical for explosive power and can even aid in developing harder hitting punches (which is why boxers skip rope so much). When you perform calf raises rise to the utmost of your ability really pushing your body so that you are almost on tip-toe, hold it there to a slow count of three before descending down again. This makes the exercise harder and adds to the burn but it also helps you develop the kind of calves Holmes would have been proud of. Similarly, if you want to make your punches a little bit snappier and add to their explosive power consider performing them on the balls of your feet with your elbows tucked in towards your body. This way each time you punch you can swivel slightly on the balls of your feet throwing your entire body weight behind the punch and making it harder, effortlessly. Because your elbows are tucked in, the punches are harder to see (from an opponent's point of view) and your powerful shoulder muscles and triceps can generate a lot more power because the fist flies in a straighter line.

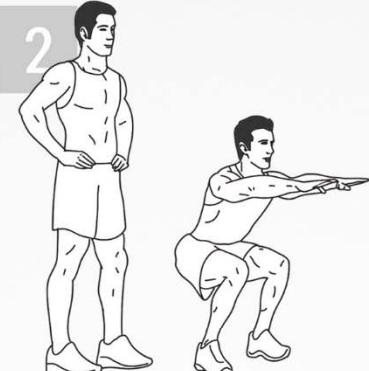
Bodyweight biceps curls video how-to  [goo.gl/NUkUk6](http://goo.gl/NUkUk6)

# SHERLOCK

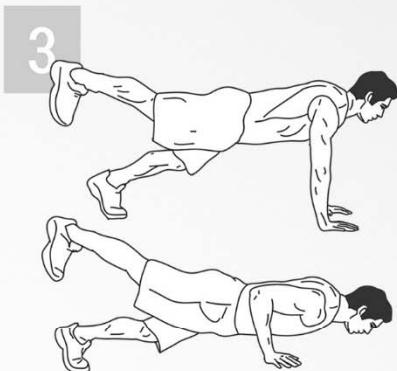
NEILA REY WORKOUT © neilarey.com



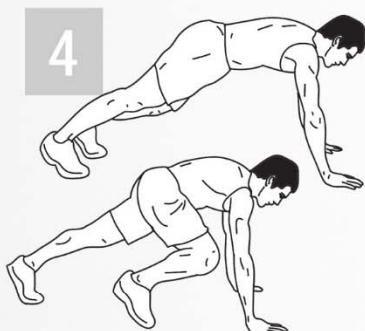
**20** skater hops



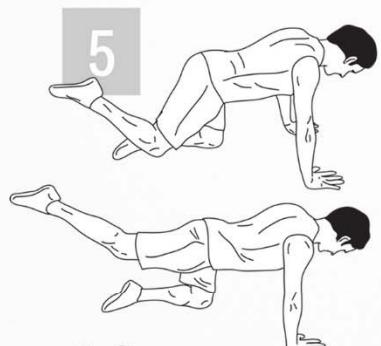
**20** squats



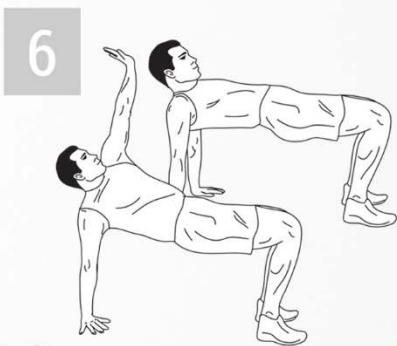
**8** raised leg push-ups



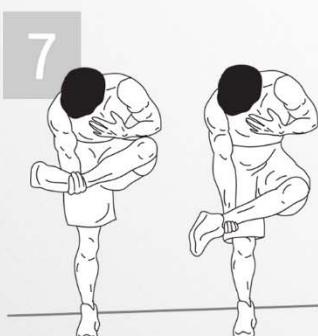
**20** cross climbers



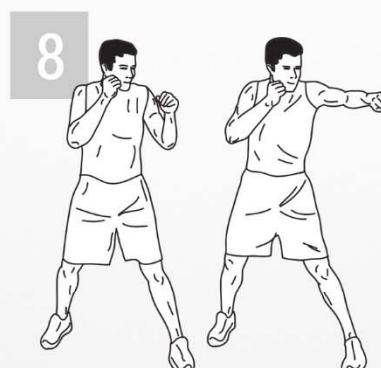
**10** plank kicks



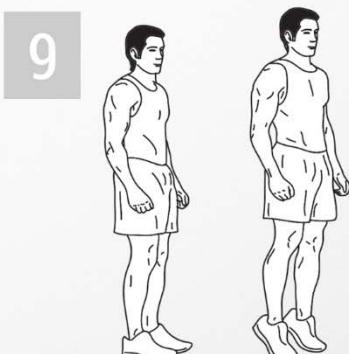
**10** bridge arm reaches



**20** biceps curls



**40** fast punches



**10** calf raises

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

80

## Shifter HIIT

Do Shifters need to have great freedom of movement to physically morph from one form to another? We don't know for sure. But we do know that if you have the moves then you can walk the walk and talk the talk.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

**FOCUS:** HIIT / High Burn

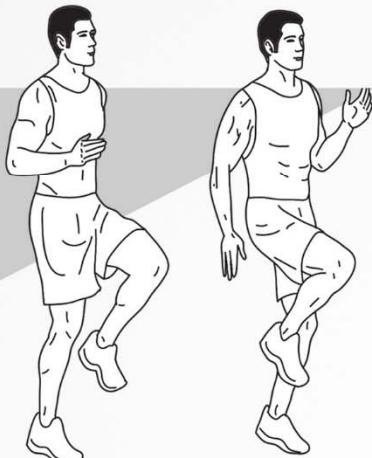
**What it works:** Front hip flexors, lowers abs, calves, quads, triceps, shoulders

**Tips:** Practice the basic burpees in a controlled, flowing motion so that there is no break as you move from one position to the next. This allows for greater tendon strength as well as increased muscle density.

# SHIFTER

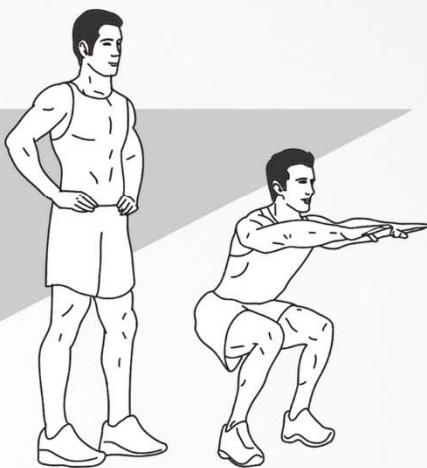
NEILA REY **HIIT** WORKOUT © neilarey.com

1



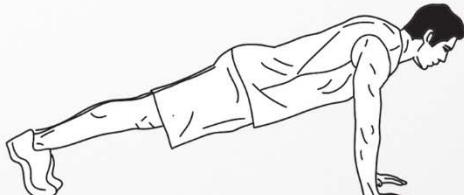
**20sec** high knees

2



**20sec** squats

3



**20sec** basic burpees

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

81

## Slayer HIIT

Next time you find yourself, by accident, somewhere near Hellmouth it is only your Slayer skills that will make sure you walk away again. And for that you need to put your body through the moves of the Slayer workout. It may really feel like you're dying at times but it's the only way to make sure you don't.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

### FOCUS: HIIT / High Burn

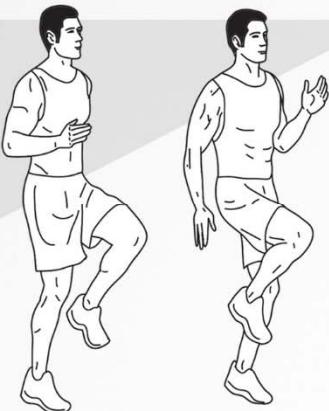
**What it works:** Quads, front hip flexors, calves, aerobic capacity, lower back, shoulders, core

**Tips:** When you perform the shoulder taps there is a tendency for your body to swing a little sideways. Tense your lower abs by breathing out to help stabilize your body and keep your shoulders perfectly parallel to the floor.

# Slayer

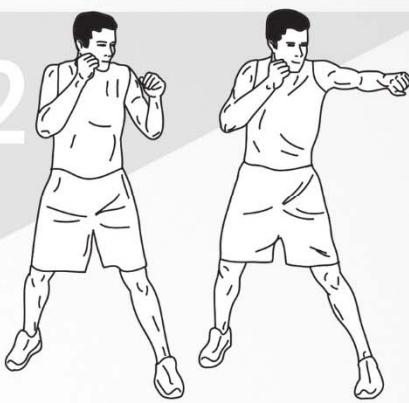
NEILA REY **HIIT** WORKOUT  
© neilarey.com

1



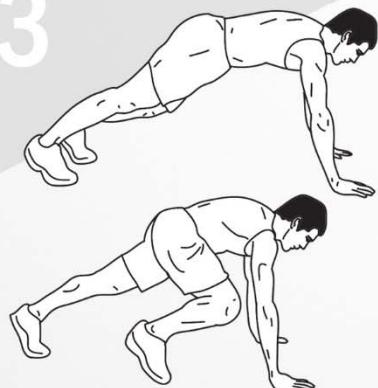
**10sec** high knees

2



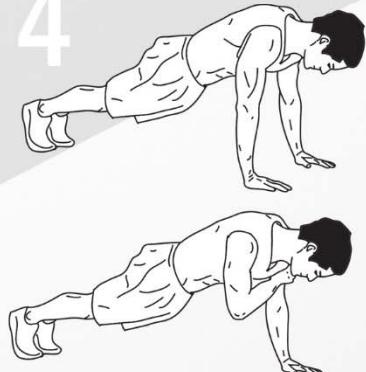
**20sec** punches

3



**20sec** climbers

4



**10sec** shoulder taps

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

82

## Spartacus Workout

Gladiators were renown for great abs and explosive leg work plus the kind of shoulder strength that helped them wield a sword all day. This workout is here to help you shape your abs and get some real power to your shoulders and lower limbs.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** lateral abs, core, glutes, shoulders, triceps, chest, quads, front hip flexors

**Tips:** Perform jumping lunges, landing on the ball of the foot each time to absorb the shock and push off in one smooth motion.

# SPARTACIUS

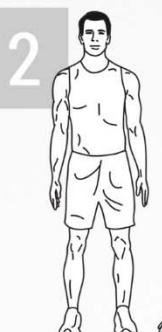
NEILA REY WORKOUT © neilarey.com



1



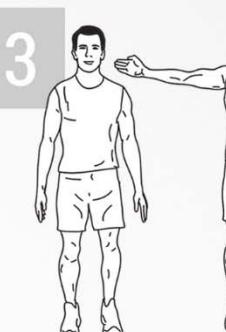
20 squats



2



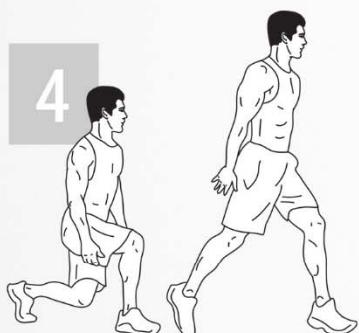
20 deep side lunges



3

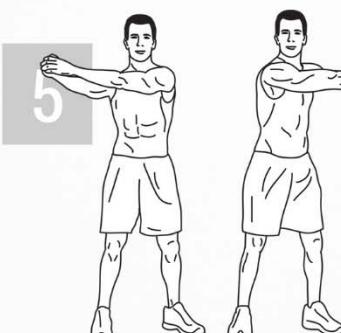


20 arm T-lifts



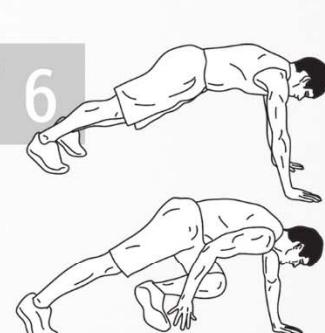
4

10 jumping lunges



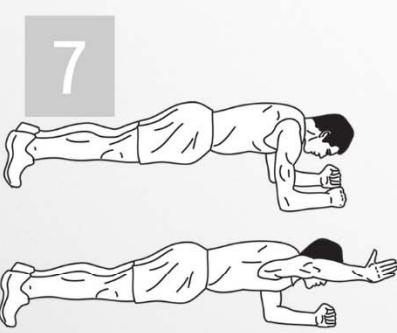
5

20 side-to-side choppers



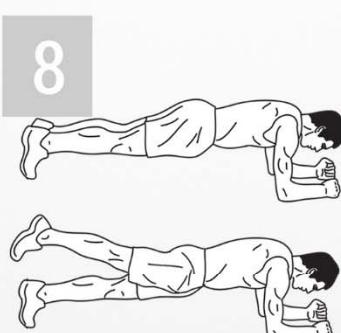
6

10 cross climber taps



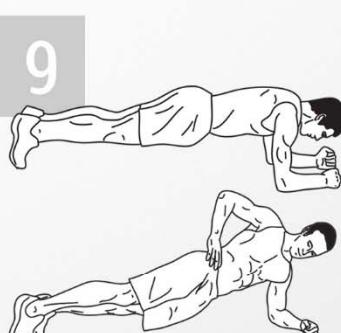
7

10 plank arm raises



8

10 plank leg raises



9

10 plank rotations

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

83

## Spiderman Workout

Spidey needs great core strength and abs to help him get through the villains he meets throughout his day and this workout helps you get there yourself. No web shooters necessary.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

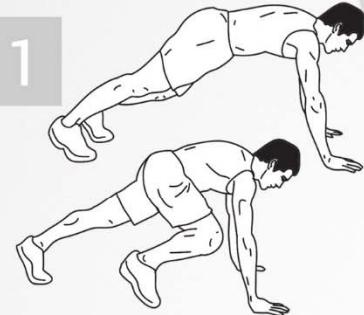
### FOCUS: Abs / Core

**What it works:** lower abs, upper abs, lateral abs, core, shoulders, chest, triceps, quads

**Tips:** Working your abs requires patience and mindfulness. Do spiderman push-ups with your lower abs fully tensed to activate your core and get faster results.

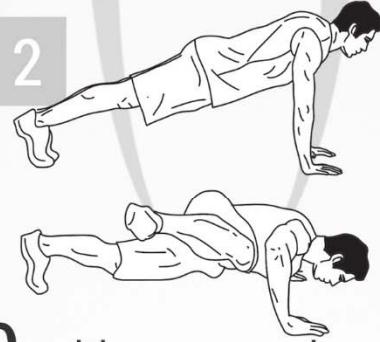
# SPIDERMAN

NEILA REY WORKOUT © neilarey.com



1

20 climbers



2

10 spiderman push-ups



3

10 plank jump-ins



4

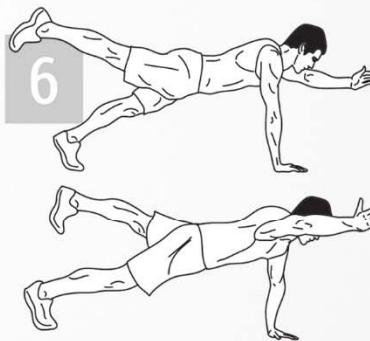


5



20 squats

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

84

## Squatter HIIT

Put some really explosive power to your lower limb engine with this squat-based workout and start looking for obstacles to leap over in your daily journey.

### Instructions

Repeat each move for a given amount of time one after the other with no rest in between for a total of one minute, rest for exactly 1 minute and repeat it again 5, 10 or 15 times depending on your fitness level.

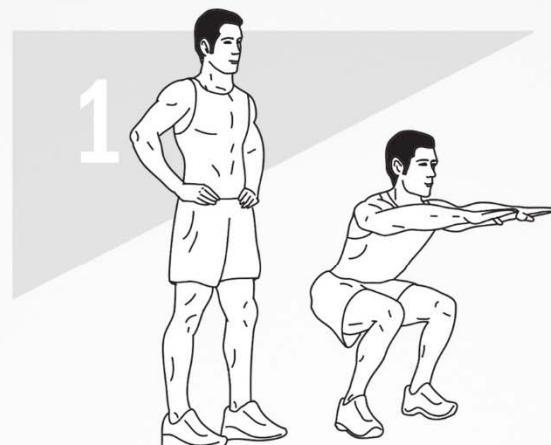
### FOCUS: HIIT / High Burn

**What it works:** lower abs, quads, lateral abs, shoulders, chest, deltoids, triceps, glutes

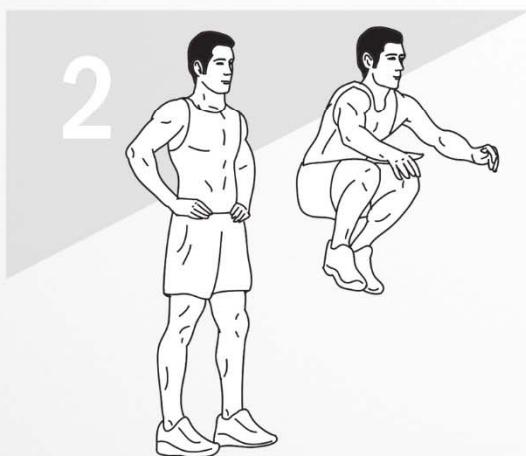
**Tips:** Perform all squats with your back straight increasing the pressure that's brought to bear on your legs and maximizing the results.

# SQUATTER

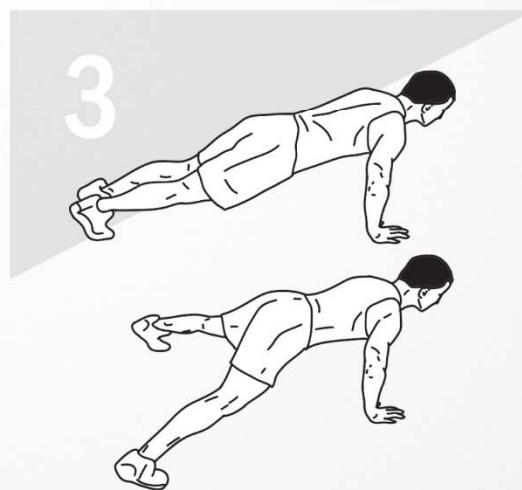
NEILA REY **HIT** WORKOUT © neilarey.com



**30sec** squats



**10sec** jump squats



**20sec** plank jacks

---

Level I 5 rounds   Level II 10 rounds   Level III 15 rounds  
1 minute rest between rounds

**85**

# Stormtrooper

To get the Force to be with you takes a little more than just a wish. What you need is bit of fitness, coordination and the ability to see through Jedi mind tricks. In this Stormtrooper workout you get to put yourself through your paces that prove you worthy of wearing the white armour and helmet of the Evil Empire. Actually, if you train while wearing them you will get that much better of a work out. Enjoy and don't forget those droids are the droids you're looking for. Really, they are. They really are.

## Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

## FOCUS: High Burn

**What it works:** abductor muscle group, lower back, lateral abs, calves, quads, hip flexors, shoulders, chest, gluteus maximus

**Tips:** When performing a standing leg raises lean towards the leg you are raising. This activates the lateral abs, helps maintain good balance and helps your lower back.



# STORM TROOPER

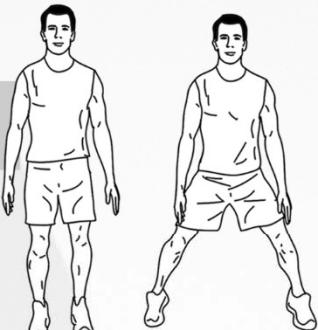
NEILA REY WORKOUT © neilarey.com

1



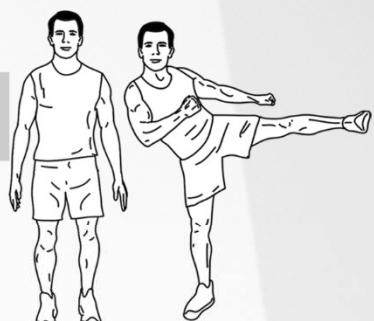
**40** high knees

2



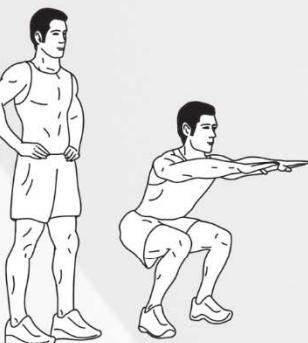
**20** half jacks

3



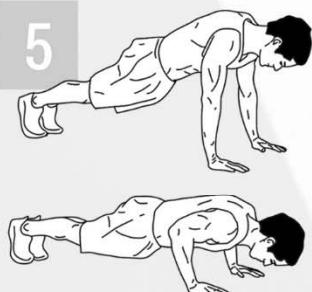
**20** side leg raises

4



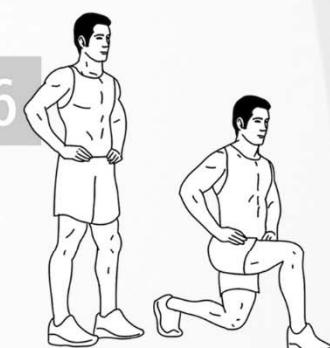
**20** squats

5



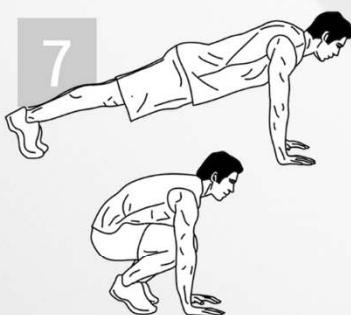
**10** push-ups

6



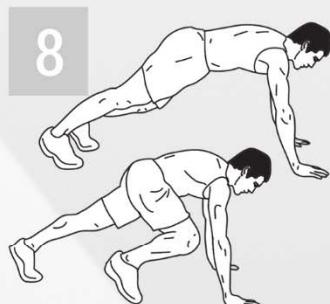
**20** lunges

7



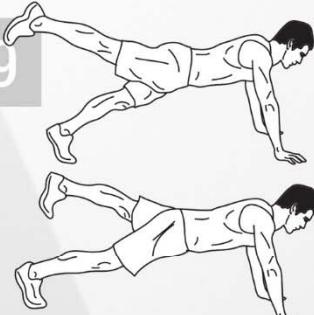
**10** plank jump-ins

8



**20** climbers

9



**10** plank leg raises

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

86

## Superman Workout

Super beings don't just come from outer space. They can also be made on Earth provided you're willing to put yourself through your paces and max your performance in this workout. Now, for the record, you may not quite be able to move faster than a speeding bullet or leap tall buildings in a single bound afterwards, as a matter of fact, if you did things right you may not even be able to get up off the floor without some help, but you will definitely feel like your body's supercharged, each muscle thrumming with potential, your abilities suddenly enhanced. It may not put you in quite the same class as Superman but at least you know that your strengths work regardless of the colour of the sun and you're immune to Kryptonite.

### Instructions

Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again as many times as you can depending on your fitness level – maximum of 10 times.

### FOCUS: Strength

**What it works:** quads, calves, aerobic capacity, cardiovascular system, front hip flexors, triceps, core, lateral abdominals, glutes, lower back

**Tips:** When performing the elbow plank keep looking forward. Do not raise your head too high and do not drop it and let your chin tuck towards your chest. This helps maintain great posture.

Fly Steps How-to Video  [goo.gl/AE5y5w](http://goo.gl/AE5y5w)

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

**NEILA REY**  
**WORKOUT**  
© neilarey.com

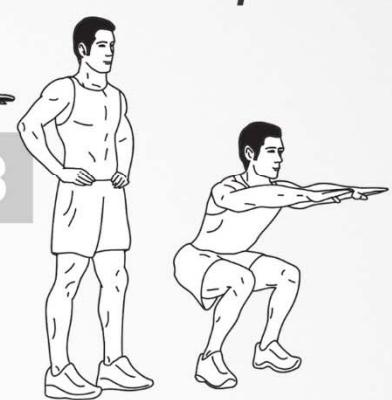


1

**40** high knees

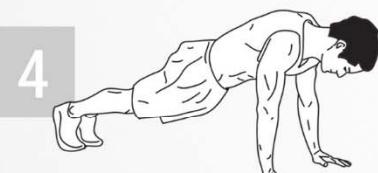


**20** fly steps



3

**20** squats



4

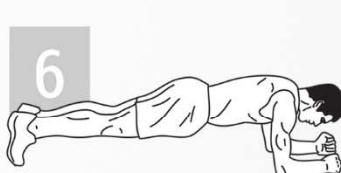


**10** push-ups



5

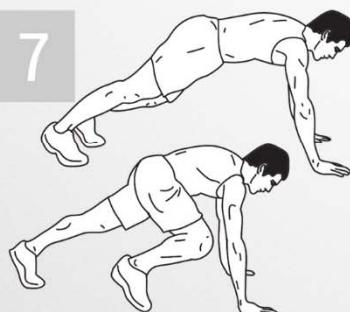
**30sec** elbow plank



6

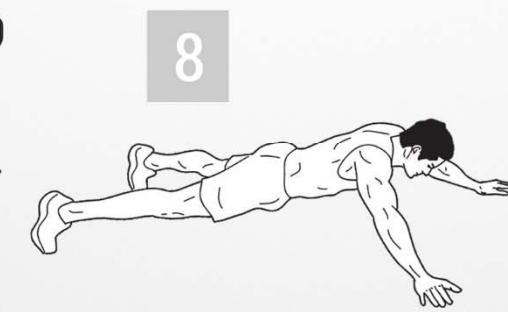


**10** plank arm raises



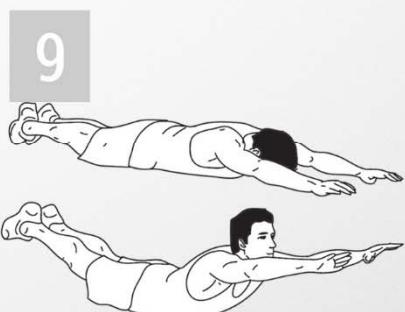
7

**40** climbers



8

**20sec** star plank



9

**10** superman

**87**

## Supernova in 5 moves

Supernovas are super-bright stars in the celestial horizon, burning high with energy being released, and this workout is designed to make you one on Earth with the kind of six-pack that'll get you noticed.

### **Instructions**

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

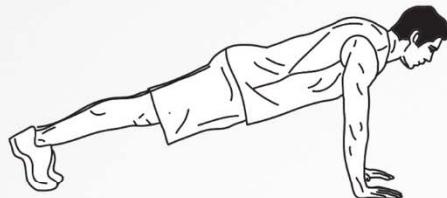
### **FOCUS: Abs / Core**

**What it works:** lower abs, upper abs, shoulders, chest, triceps, biceps, glutes, core

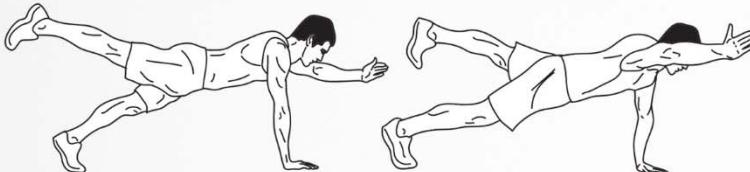
**Tips:** A moving plank challenges your core and helps you develop greater stability. Make sure your abs are tense throughout the movement.

# supernova

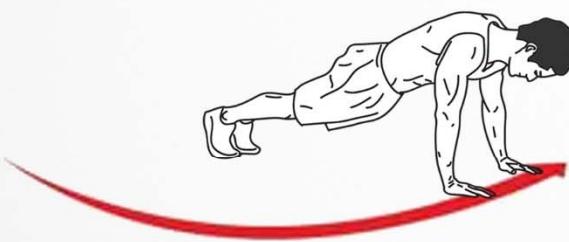
NEILA REY WORKOUT © neilarey.com



**MOVE 1**  
30 seconds plank



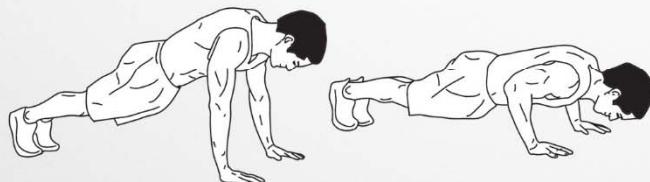
**MOVE 2**  
10 reps alt arm/leg planks



**MOVE 3**  
4 reps 90 ° moving plank



**MOVE 4**  
30 reps mountain climbers



**MOVE 5**  
10 reps push-ups

---

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

88

## Super Saiyan Workout

Some workouts are meant to be completely off this world. A super Saiyan state can only be reached when you go beyond your current limits, so this one's designed to help you get there faster. Remember that in true Goku fashion the secret to super strength is simply to train more and train harder. So power up.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 3 minutes and repeat the whole set again 3, 5, 7 or 10 times depending on your fitness level.

### FOCUS: Strength

**What it works:** shoulders, triceps, core, lower back, glutes, chest, quads, front hip flexors, calves, lower back, abs, laterals

**Tip:** If you do each exercise faster you also help push your cardiovascular and aerobic systems to the limit for a true super Saiyan workout.

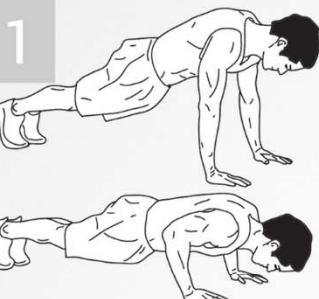
When performing turning kicks do not lock the knee. It places too much pressure on the joint since there is no target to hit. Instead snap the kick out so that you snap it back just as it reaches completion. That way you do not put undue pressure on the knee joint, as it does not lock out, and get to exercise the hamstrings which come into play as you snap the leg back to the starting position.

# SUPER SAIYAN



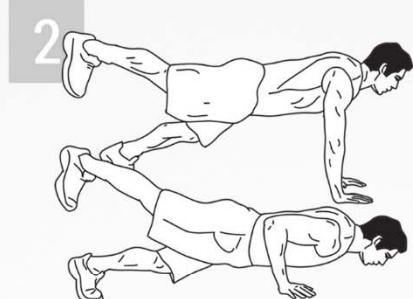
NEILA REY WORKOUT

© neilarey.com



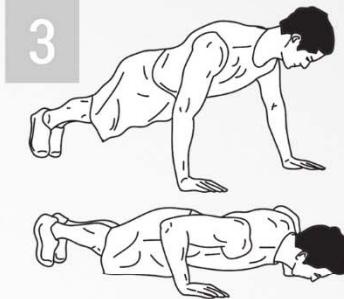
1

6 push-ups



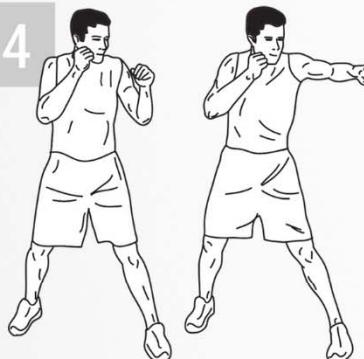
2

4 raised leg push-ups



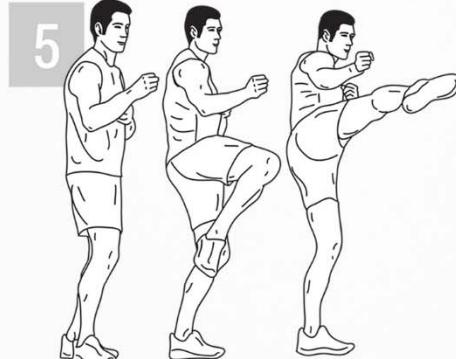
3

4 wide grip push-ups



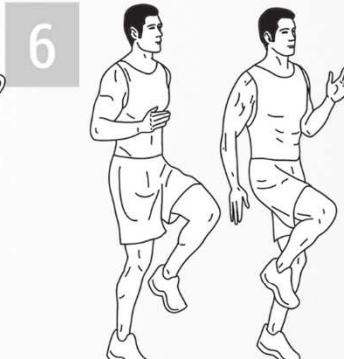
4

60 punches



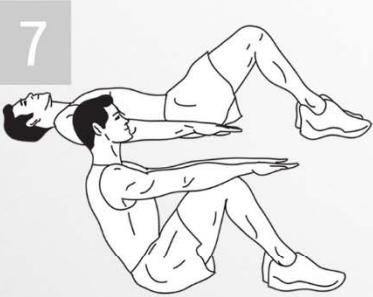
5

40 turning kicks



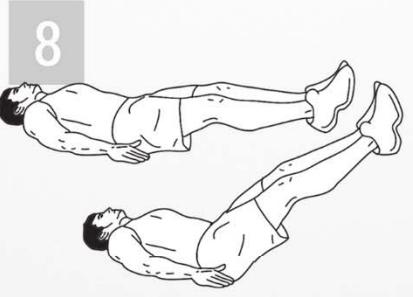
6

30 high knees (sprint)



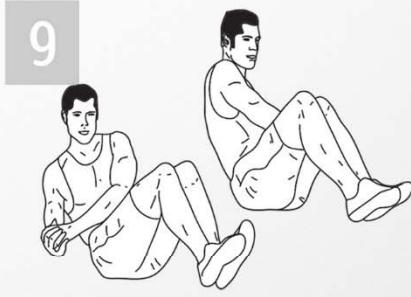
7

10 sit-ups



8

10 leg raises



9

10 sitting twists

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

89

## Thor Workout

Asgard's defenses were fashioned in the sinew of its guardians. This means only one thing for you now: work, baby. Work hard.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** full body; workout with the main accent on strength and muscle building. Quads, triceps, biceps, chest, abs

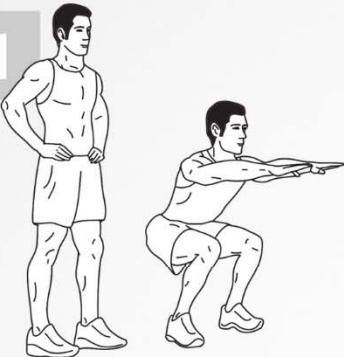
**Tips:** Breath sharply out when performing sitting twists. This helps flatten your stomach, tense your lower abs and give you faster results.

# THE STRENGTH OF ASGARD

# THOR

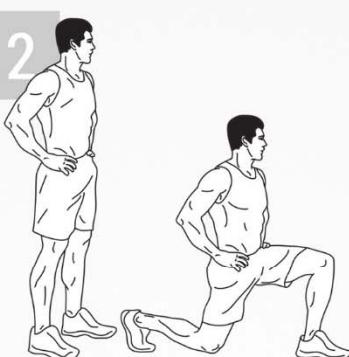
NEILA REY WORKOUT © neilarey.com

1



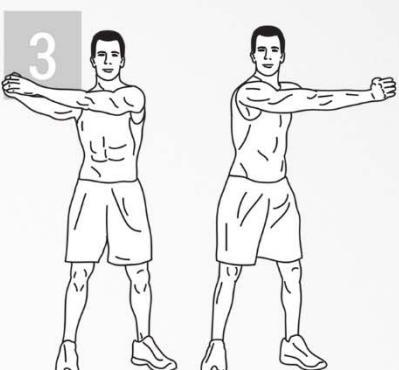
20 squats

2



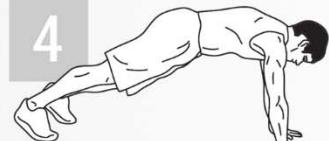
20 lunges

3



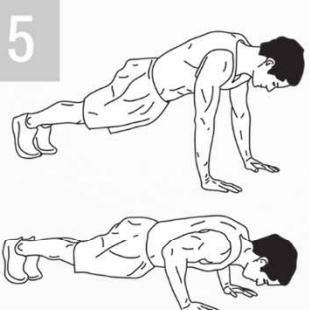
40 side choppers

4



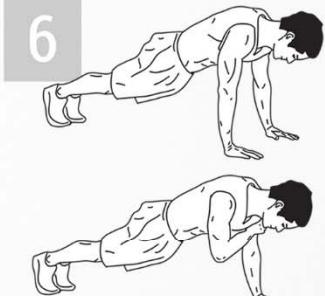
20 cross climber taps

5



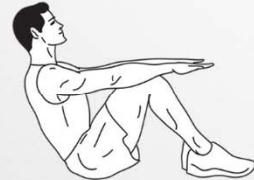
10 push-ups

6



20 shoulder taps

7



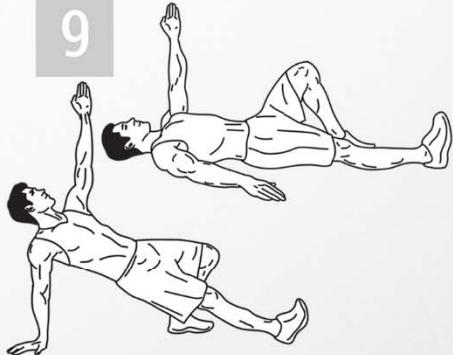
20 sit-ups

8



20 sitting twists

9



20 get-ups

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

90

## Toaster Workout

Hunting Cylons means you need to be a machine yourself. This is a workout to help you build lower body strength and endurance. And don't forget that "burpees are everyone's favorite exercise" (said no one, ever).

### Instructions

Do a given amount of burpees then rest for a given amount of time. Continue until you have done all of the given reps.

### FOCUS: HIIT / High Burn

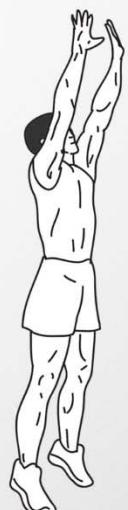
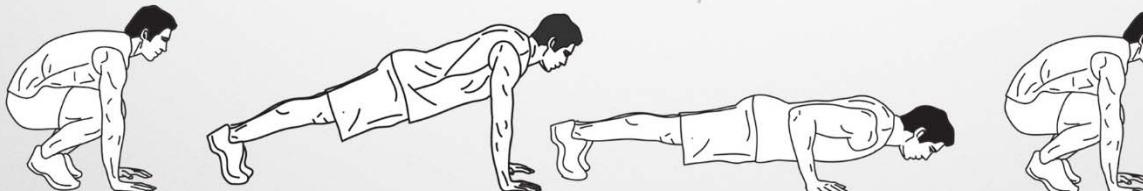
**What it works:** quads, chest, abs, triceps, biceps, deltoids

**Tips:** When you get tired in burpees you tend to let gravity take its course and forget to tense your abs throughout the push up part of the exercise. Make sure you don't make this classic mistake.

# toaster

NEILA REY WORKOUT © 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	



91

## Uncharted Workout

If you played the award-winning video game you'd know that you need to be quick to duck behind cover and be able to crawl along the ground as silently as a spider. This workout puts you through your paces.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** quads, calves, lower abs, shoulders, chest, triceps, biceps, deltoids

**Tips:** When performing wide-grip push-ups up the load level by holding the lowest position of the push-up (just off the floor) for a split second and then, when coming up off the floor on purpose do not straighten your elbows all the way. This stops the joint from locking and taking the pressure off your muscles which means you lucky person you, you end up working harder and changing your body faster.

# uncharted

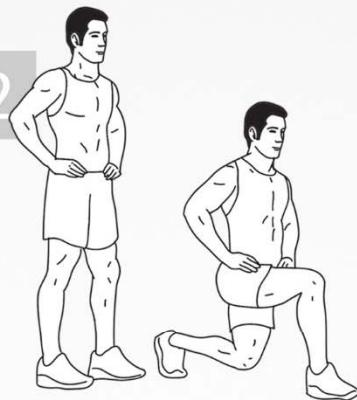
NEILA REY WORKOUT © neilarey.com

1



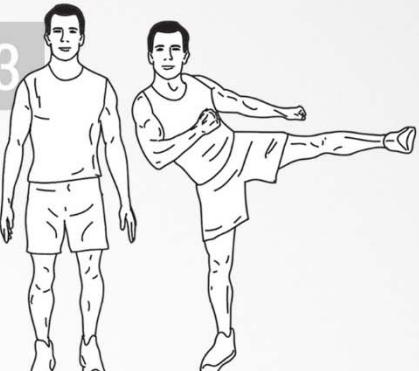
20 high knees

2



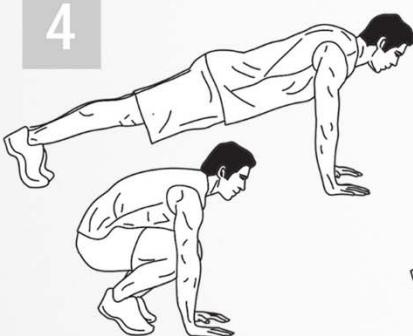
14 lunges

3



14 side leg raises

4



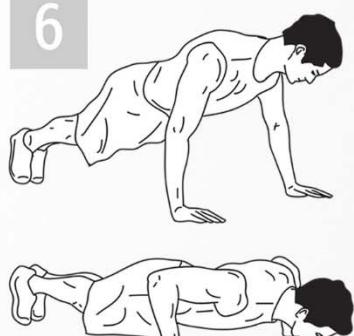
14 plank jump-ins

5



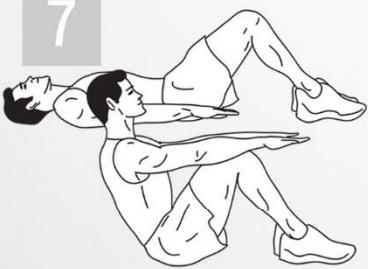
20 climbers

6



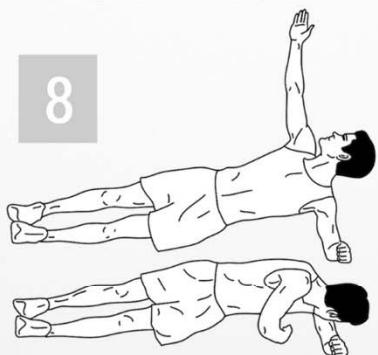
14 wide grip push-ups

7



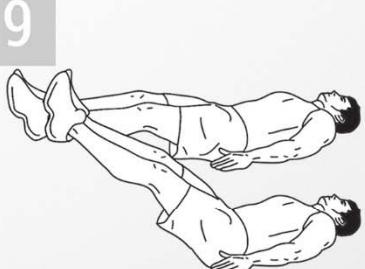
14 sit-ups

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

92

## Unplugged Workout

You want to sit up straight, walk tall and look the world in the eye? Well, you need to have great posture for that and this workout helps you get there by working the muscle groups you need to make that happen.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

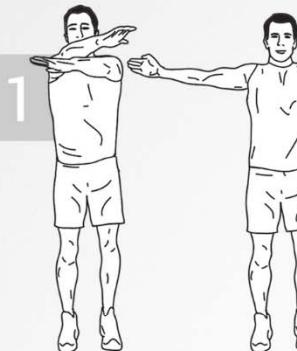
### FOCUS: Stretching

**What it works:** Chest, shoulders, lateral hip flexors, abductors, lower back, glutes.

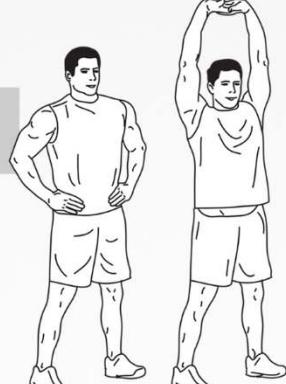
**Tips:** When performing chest expansions and back rotations keep your arms always at shoulder height and aligned with your shoulder line. This allows for more even rotations and load across your back muscles.

# UNPLUGGED

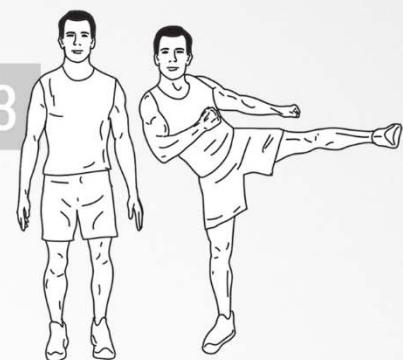
NEILA REY WORKOUT © neilarey.com



1



2



3

**20** chest expansions

**20** shoulder stretches

**40** side leg raises



4



5



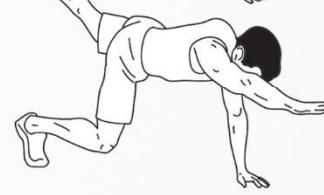
6



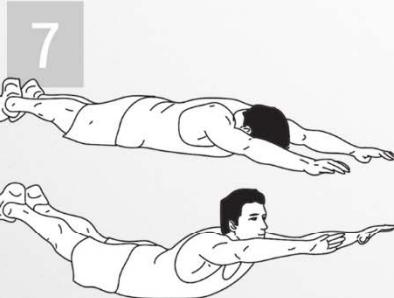
**20** back rotations



**20** back arches



**20** cat stretches



7



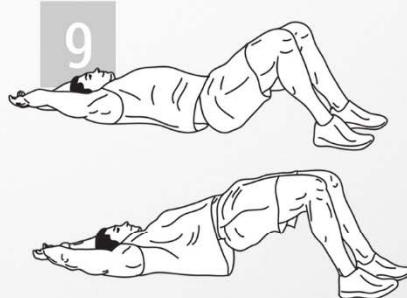
**10** supermen



8



**10** body folds



9

**10** bridges

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

**93**

## Wake Up Workout

Start the day with a bang with a workout that'll get your pulse going and get your energy levels up. Seize the day and make it yours.

### Instructions

Repeat each move with no rest in between until the set is done. Use the routine every morning.

### FOCUS: High Burn

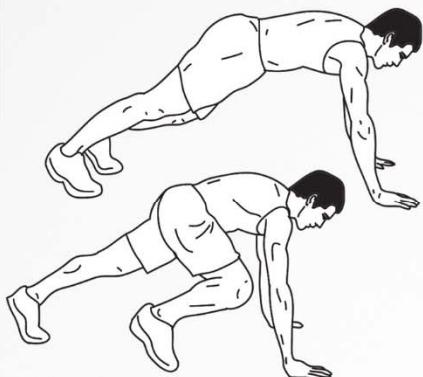
**What it works:** chest, shoulders, triceps, biceps, lower abs, core, quads.

**Tips:** This is a fast, light workout designed to help you get your body going in the morning. Take deep, even breaths, throughout to help you start the day with an inner glow.

# WAKE UP!

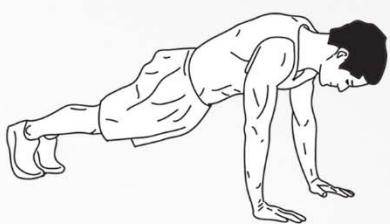
& MAKE IT HAPPEN WORKOUT © neilarey.com

1



20 climbers

2



10 push-ups

3



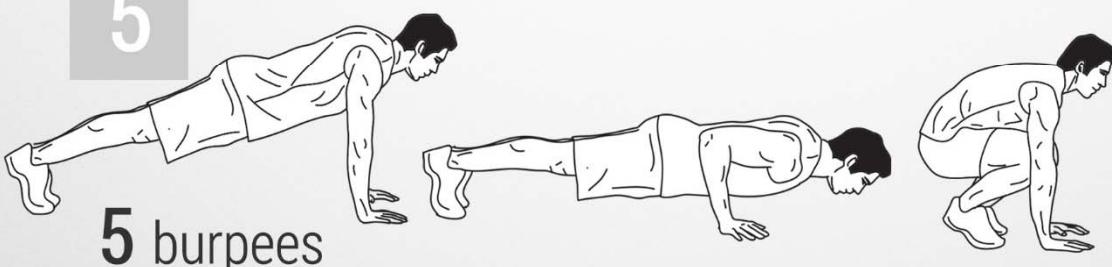
20 knee-to-elbow sit-ups

4



30sec plank

5



5 burpees

94

## Walkers Workout

Surviving a zombie apocalypse is no easy feat. You need some serious muscle power and endurance to make it. This workout helps you get there.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** lower abs, calves, ankle joints, lateral abs, abs, core

**Tips:** When executing the wood choppers exercise reach out behind you with arms extended as far as you can, before swinging back and down the other way.

# WALKERS

NEILA REY **SURVIVAL** WORKOUT © neilarey.com



1

40 high knees



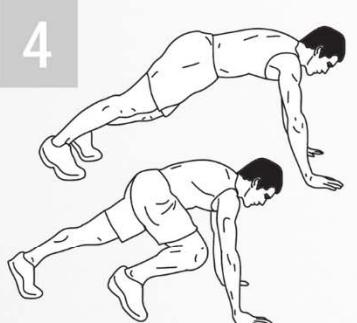
2

10 jump knee tucks



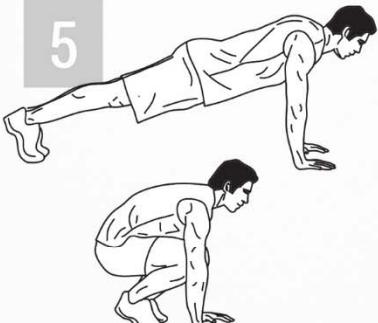
3

20 wood choppers



4

40 climbers



5

10 plank jump-ins



6

40sec one leg stand



7



8



9

20 knee-to-elbow sit-ups

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

95

## Wall Hugger

What if you had a training buddy that was cold, hard, unforgiving? Unyielding to your every push? Well, guess what, you have them all around you all day long. Challenge yourself in a set of exercises where your constant training buddy is a wall.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

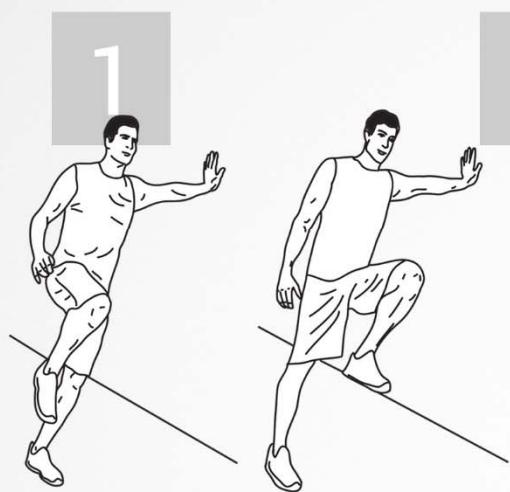
### FOCUS: High Burn

**What it works:** lower abs, shoulders, core, abs, quads, chest forearms

**Tips:** Tense your abs and flatten your stomach when performing wall raised mountain climbers. This helps bring your core into play.

# WALL {HUGGER}

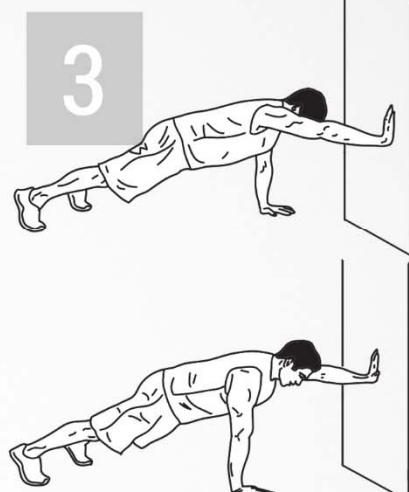
NEILA REY WORKOUT © neilarey.com



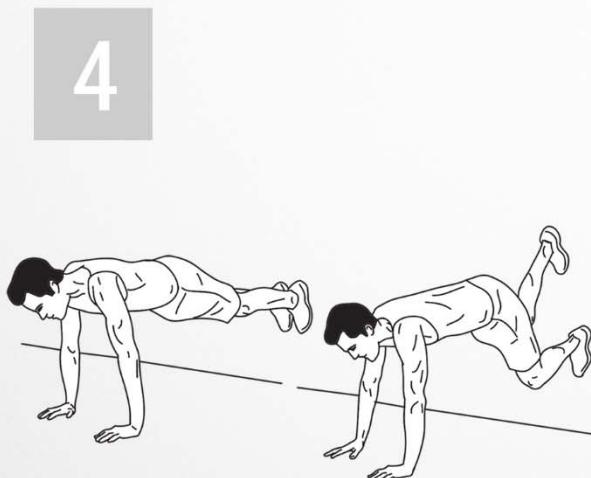
**20** lateral wall run



**20sec** wall sit



**20** plank wall taps



**20** wall mountain climbers



**20** doorframe rows

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

96

## Watch Your Six

Glutes are important. They help power sprints and uphill runs, they come into play when you kick or climb and let's face it, they also look cool when they properly pack a pair of jeans. So, well ... work them.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

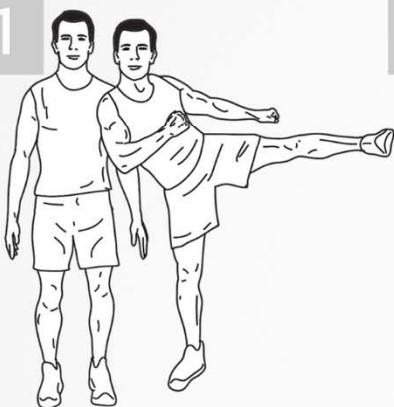
**What it works:** Lateral abs, lateral hip flexors, quads, glutes, lower back, hamstring, front hip flexors

**Tips:** When performing plank leg raises and donkey kicks make sure your back is absolutely straight. It helps put an even load on your core for faster results.

# WATCH YOUR SIX

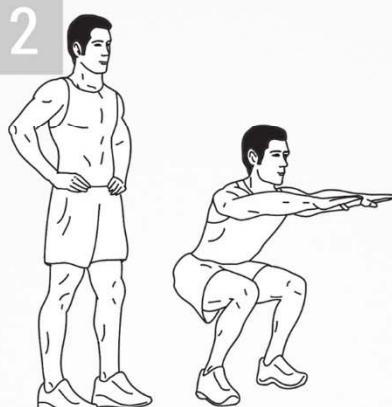
NEILA REY WORKOUT © neilarey.com

1



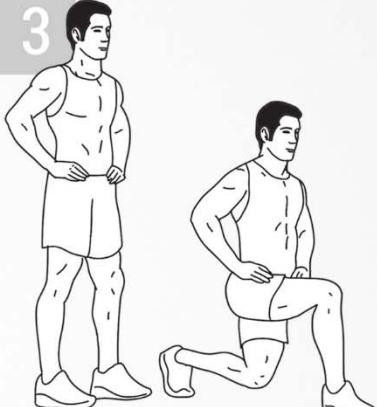
**40** leg raises

2



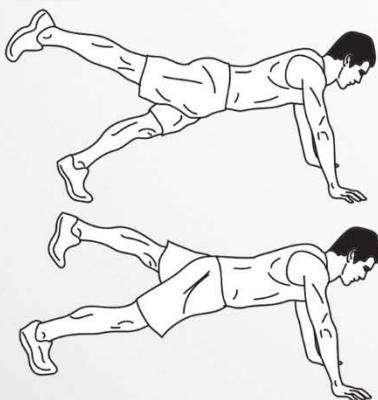
**20** squats

3



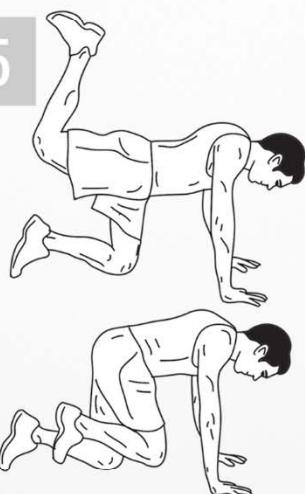
**20** lunges

4



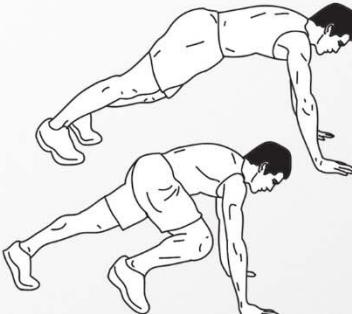
**20** plank leg raises

5



**40** donkey kicks

6



**20** climbers

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

97

## Wired Workout

The word “work” is in workout so it seems ironic that we can’t workout at work. Or at least we couldn’t until now. This is the kind of exercise routine you can perform anywhere at work except a crowded elevator. Don’t even try it, there.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

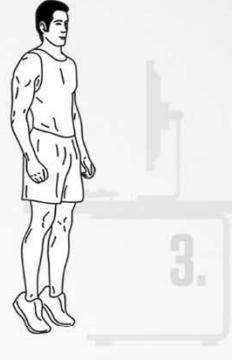
### FOCUS: High Burn

**What it works:** Calves, front hip flexors, quads, chest, adductors, abductors, lateral abs, triceps, shoulders, core

**Tips:** When performing calf raises rise to the fullest height you can when you’re on the balls of your feet. This way you increase the load on the calf muscle and make it work harder.

# WIRED

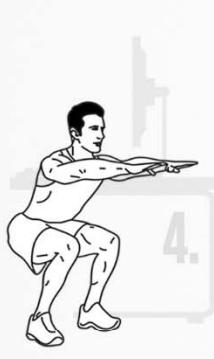
NEILA REY **OFFICE WORKOUT** @ neilarey.com



**20** high knees

**20** half jacks

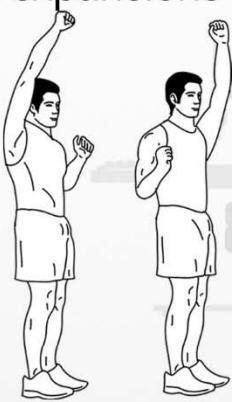
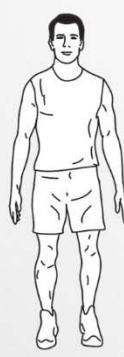
**10** calf raises



**20** squats

**20** chest expansions

**10** side-to-side lunges



**20** leg raises

**60** overhead punches

**40sec** leg stand

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

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## Witcher Workout

Battling monsters, dealing with morally-suspect individuals and having allies who can turn on you on a dime is a thankless enough task but it has its rewards. You get to feel alive, have a body that makes you special and ...ahem, there are those cards you can collect (and you know you want them all). This workout will transform you into what you need to be.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: High Burn

**What it works:** Lateral abdominals, shoulders, quads, calves, triceps, lateral hip flexors, biceps, core.

**Tips:** When performing jump knee-tucks land on the ball of the foot. This helps you absorb the impact and strengthens your calves faster. When performing bicep curls keep your body as still as possible, trunk straight. Then allow the weight of your leg to work on your bicep as you try and pull it up as high as you can.

Bodyweight biceps curls video how-to  [goo.gl/NUkUk6](http://goo.gl/NUkUk6)



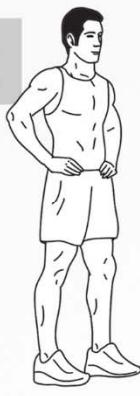
NEILA REY WORKOUT © neilarey.com  
**THE WITCHER**



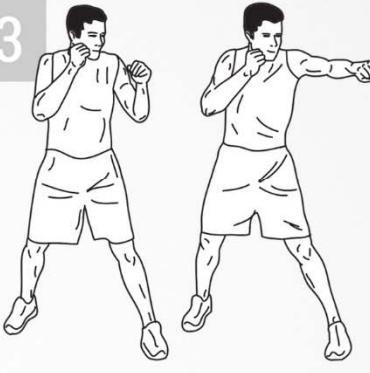
1



2



3



**40** woodchoppers

**10** jump knee-tucks

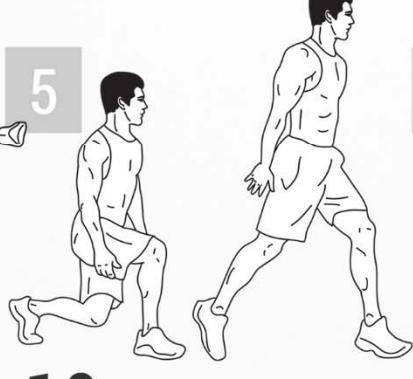
**40** punches



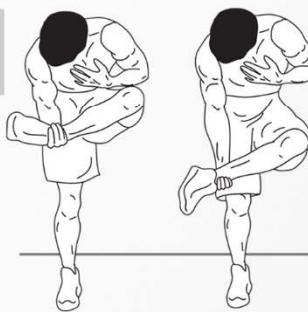
4



5



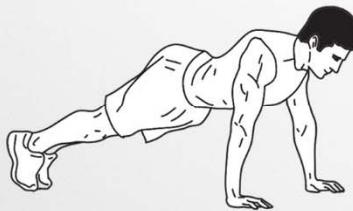
6



**40** side leg raises

**10** jumping lunges

**20** biceps curls



7



**10** up & down planks

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

99

## Wolverine Workout

Perhaps you don't (yet) have an adamantium skeleton and almost instant regenerative powers but you can still train like there's a mad beast inside you and unleash the power of bone and sinew.

### Instructions

Repeat each move with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again 3, 5 or 7 times depending on your fitness level.

### FOCUS: Strength

**What it works:** Quads, front hip flexors, calves, glutes, shoulders, core, triceps, lower abs, lateral abs

**Tips:** Flutter kicks are short, sharp movements. When you perform them focus on keeping your knees straight and your lower abs tensed, flattening the abdominal wall and making sure the workout really works for you.

# WOLVERINE

NEILA REY WORKOUT © neilarey.com

1



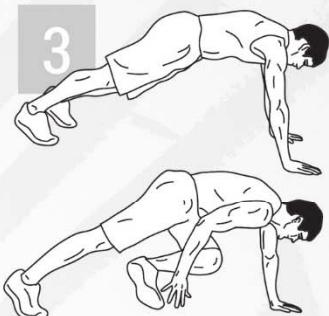
24 squats

2



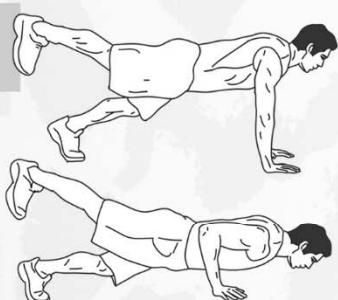
24 climbers

3



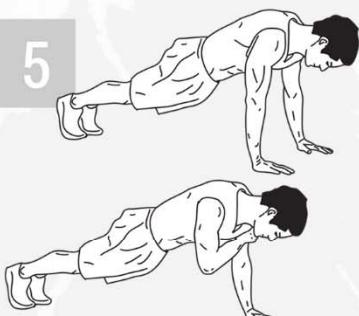
24 cross climber taps

4



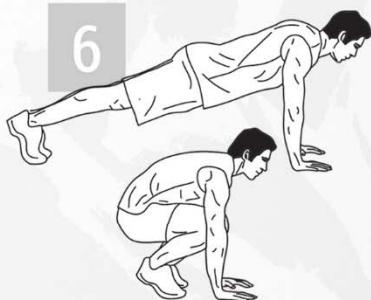
10 raised-leg push-ups

5



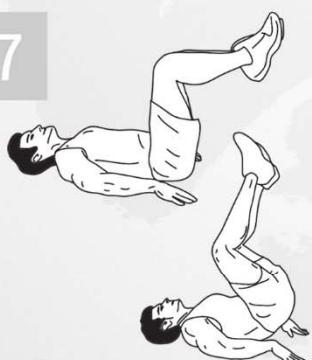
10 shoulder taps

6



10 plank jump-ins

7



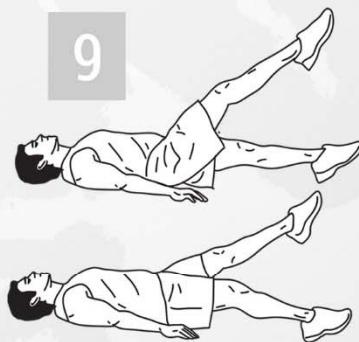
12 reverse crunches

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

100

# Wonder Woman Workout

It's not everyday you get to train like an Amazon Princess. Lower body strength, agility and endurance do not come easily. So work for what you want and you will get what you seek.

## Instructions

Repeat each move one after the other with no rest in between until the set is done, rest up to 2 minutes and repeat the whole set again as many times as you can depending on your fitness level – maximum of 10 times.

## FOCUS: High Burn

**What it works:** Lateral abs, lower abs, quads, glutes, shoulders, triceps, core, adductors, cardiovascular system, aerobic capacity, abs, cheat.

**Tips:** When performing the sitting cross-punches, exhale forcefully every time you punch out completely emptying your lungs of air. This tightens up the abdominal wall further and forces the body to twist a little more generating more power in the movement and helping you gain more, faster.



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

**NEILA REY**  
**WORKOUT**  
© neilarey.com

**1**



**40** knee-to-elbow

**2**



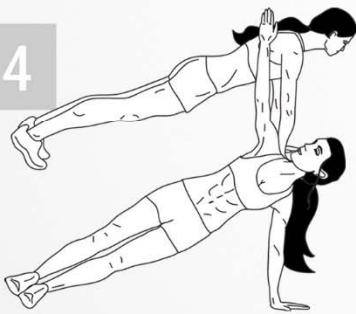
**20** squats

**3**



**20** climbers

**4**



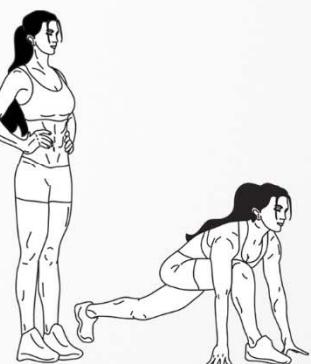
**10** planks w/rotations

**5**



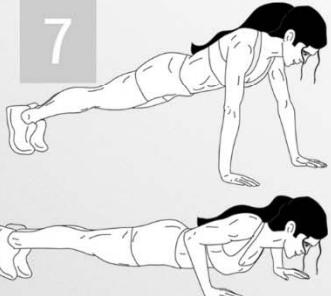
**20sec** elbow plank

**6**



**20** deep lunges

**7**



**10** push-ups

**8**



**10** sit-ups

**9**



**20** sitting cross punches

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We have no sponsors, we run no ads and we, sadly,  
did not discover the cheatcode for more gold  
so anything you can contribute will be greatly appreciated.

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to keep this project up

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