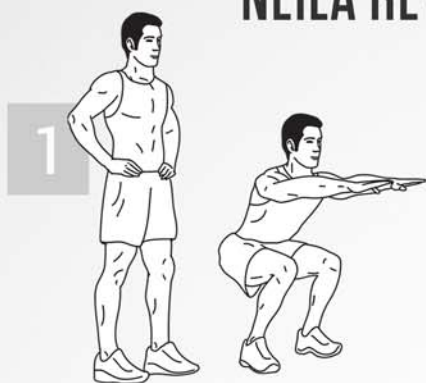
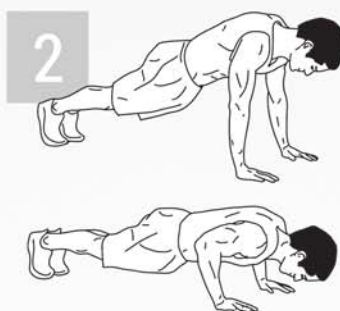


FREMEN

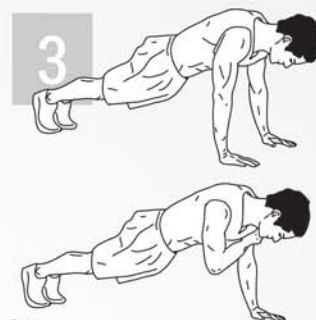
NEILA REY WORKOUT @ neilarey.com



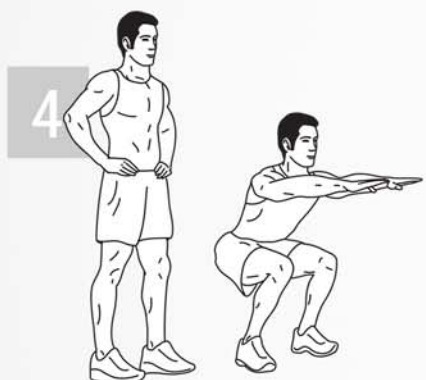
10 squats



5 push-ups



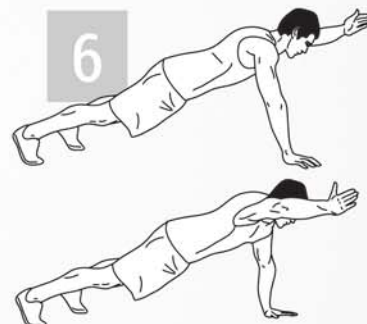
10 shoulder taps



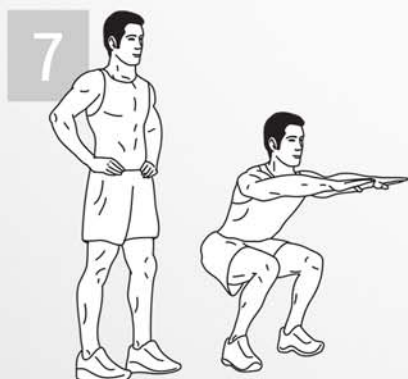
10 squats



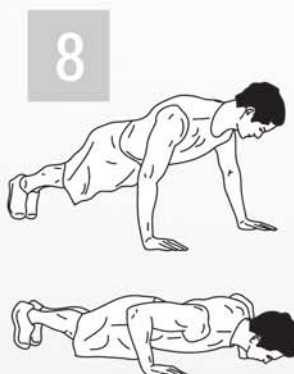
5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups



10 planks w/ rotations

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