

SUPER-HÉROS

41 Circuits de Super-Héros



NEILA REY WORKOUT

neilarey.com

1



30 squats

2



5 jump knee-tucks

3



20 climbers

4



10 push-ups

5



30sec elbow plank

6



20 lunges

7



10 leg raises

8



10 sit-ups

9



10 windshield wipers

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



AQUAMAN

NEILA REY WORKOUT

neilarey.com



1

20 squats



2

10 shoulder touches



3

20sec elbow plank



4

10 leg raises



5

10 windshield wipers



6

10 get-ups



7

10 diver push-ups

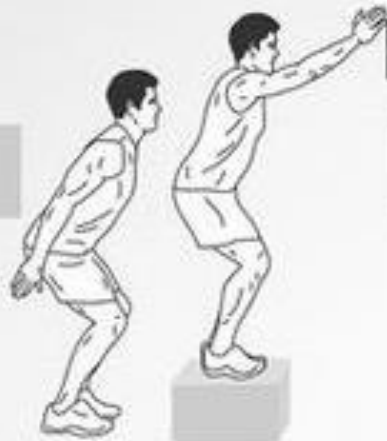


ARROW

NEILA REY WORKOUT

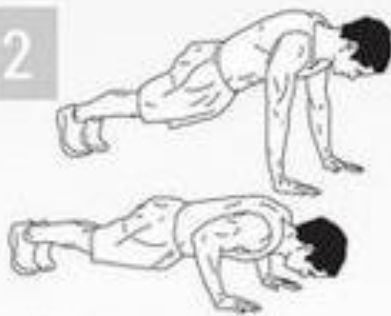
neilarey.com

1



20 box jumps

2



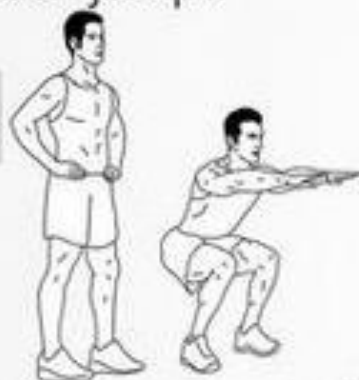
to failure push-ups

3



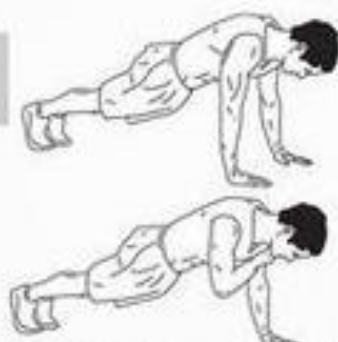
20 leg raises

4



20 squats

5



to failure shoulder touches

6



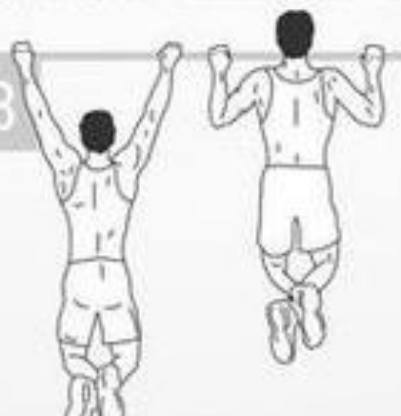
20 sitting twists

7



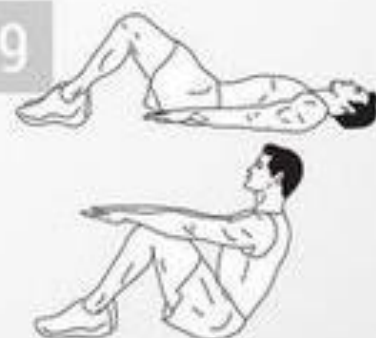
20 jump knee tucks

8



to failure pull-ups

9

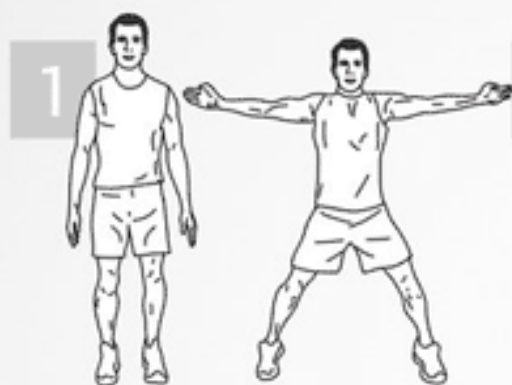


20 sit-ups

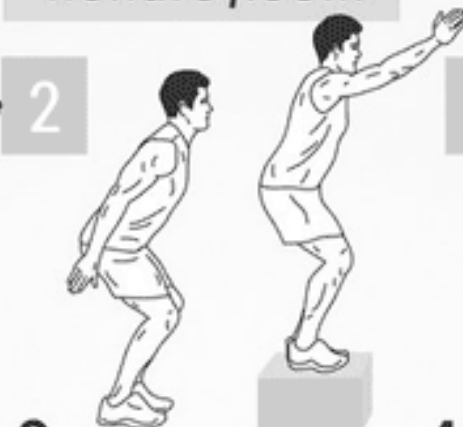
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

ASSASSIN'S workout

neilarey.com



40 jumping Ts



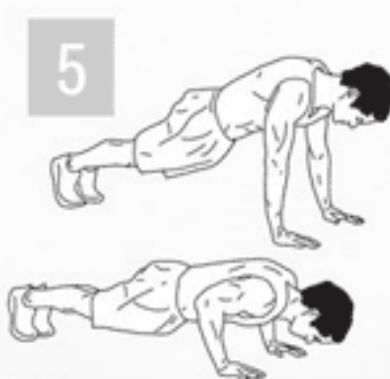
10 box jumps



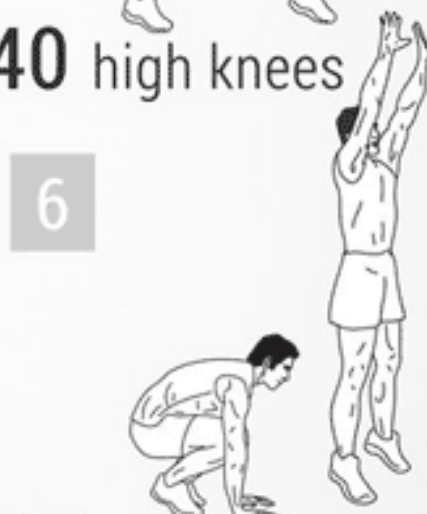
40 high knees



30sec wall-sit



10 push-ups



10 high jumps



30sec elbow plank



20 mountain climbers

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

ATHERNA

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



20 knee tap reverse lunges



20 punches



10 one-arm plank jump-ins



10 alt arm/leg plank



10 supergirl stretch



10 reverse crunches



10 raised leg crunches

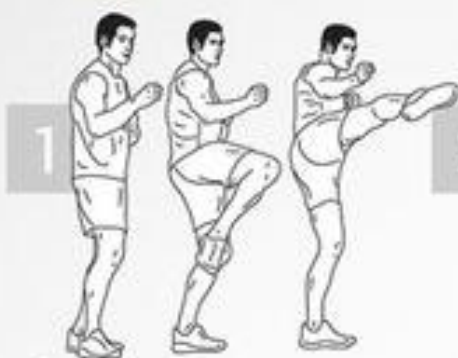


10 scissors



AVATAR

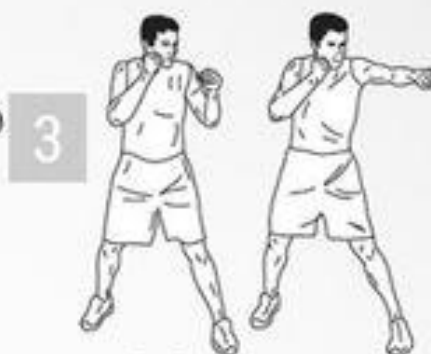
NEILA REY WORKOUT © neilarey.com



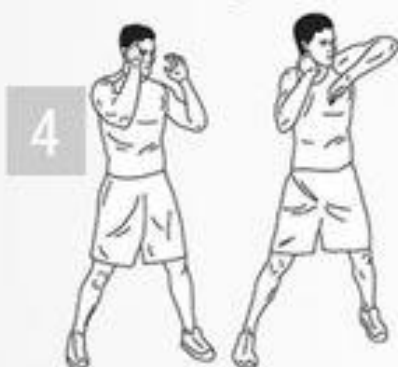
1 20 turning kicks



2 10 jump knee-tucks



3 20 punches



4 20 elbow strikes



5 10 squat kicks



6 20 arm circles



7 10 chest squeezes



8 10 jumping jacks



9 10 diver push-ups

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

AVENGER

NEILA REY WORKOUT

neilarey.com



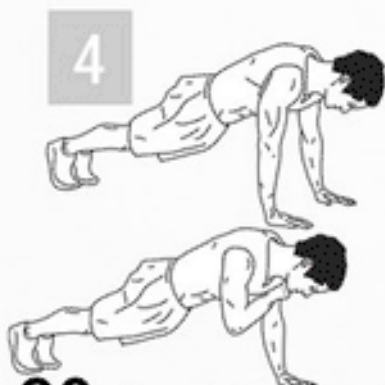
20 squats



20 flowsteps



10 push-ups



20 shoulder touches



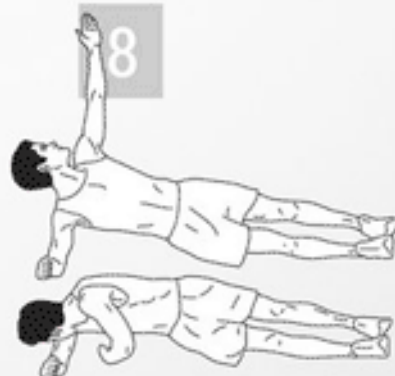
20 climbers



20 flutter kicks



10 cross-punch sit-ups



20 side planks w/ rotations

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

Bane

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 split squats



6 pike shoulder presses



10 push-ups



4 wide grip push-ups



4 close grip push-ups



20sec leg hold



20 towel bicep curls

BATGIRL

WORKOUT

10 sets

or as many as
you can do

@ neilarey.com

rest between sets
up to 2 minutes



10 jumping lunges



40 punches



20 high knees



10 squat front kicks



10 plank leg raises



10 knee-to-elbow climbers



10 cross punch sit-ups



10 reverse crunches



10 knee-to-elbow crunches

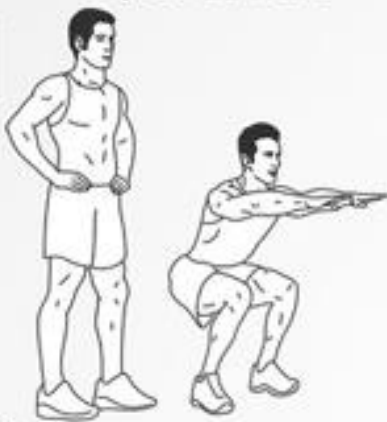
BATMAN 2.0

10 sets
or as many as
you can do

WORKOUT

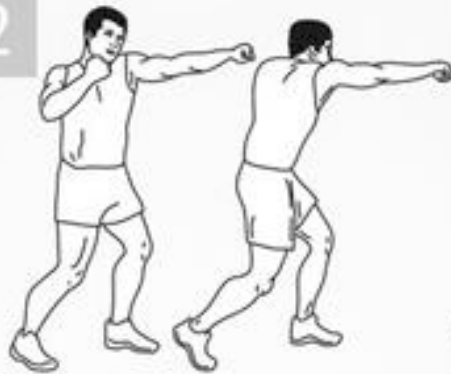
@ neilarey.com
rest between sets
up to 2 minutes

1



20 squats

2



40 punches

3



10 jumping lunges

4



10 push-ups

5



20 shoulder touches

6



20 climbers

7



10 cross punch sit-ups

8



10 leg raises

9



10 sitting twists

BLACK PANTHER

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 push-ups



40 slow climbers



10 sit-outs



10 get-ups



10 side plank crunches



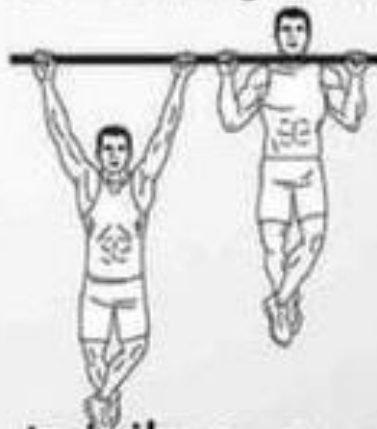
10 alt arm/leg raises



10 body saw



10 elbow plank twists



to failure pull-ups

BLACK WIDOW

DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



40 punches



10 push-ups



20 squats



10 plank jump-ins



20 climbers



20 back kicks



20 triangle crunches



20 bridge taps



20 air bike crunches

caterpillar- Butterfly

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 jumping jacks



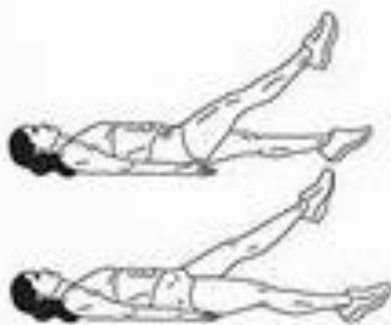
10 butterfly sit-ups



10 sitting twists



20 jumping jacks



10 flutter kicks



10 V-wipers



119 20 jumping jacks



10 knee-to-elbow crunches



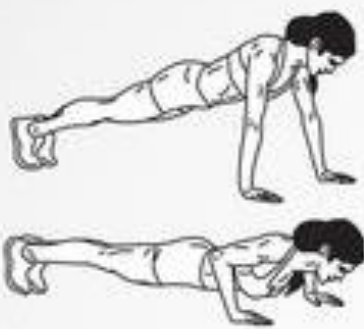
10 half wipers

CATWOMAN

NEILAREY WORKOUT @ neilarey.com



10 sets or as many as you can do | up to 2 min rest between sets



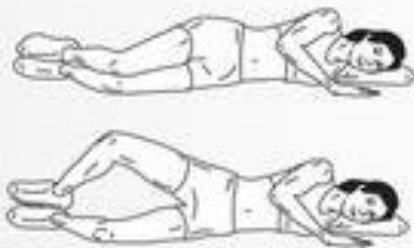
10 push-ups



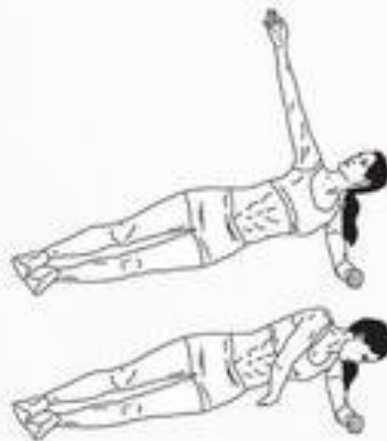
20 punches



10 donkey kicks



10 clamshells



10 side planks rotations



10 bridges



120 10 toe taps



10 sit-ups



10 sitting twists

core fusion

NEILA REY WORKOUT © neilarey.com



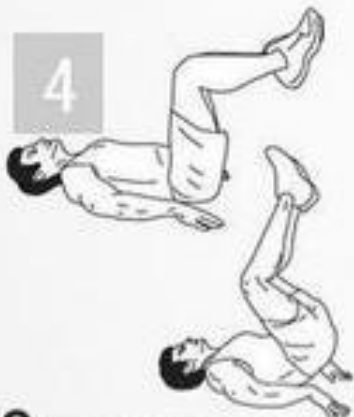
20 climbers



10 plank arm raises



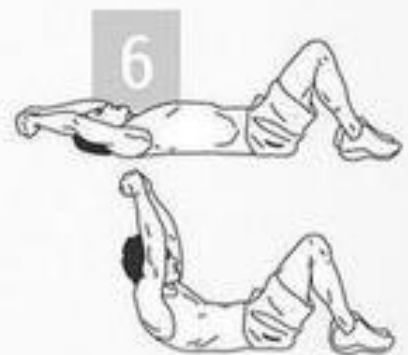
5 push-ups



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

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

IT'S A GOOD DAY TO

DIE HARD

NEILA REY WORKOUT

neilarey.com



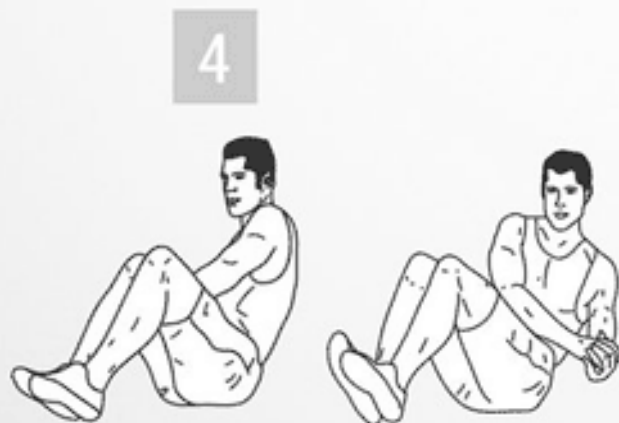
60 climbers



20 planks w/rotations



20 squats



20 sitting twists



20 hundreds

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

GENESIS

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec knee-to-elbows



20sec high knees



20sec climbers



20sec high knees



20sec climbers



124 **20sec** high knees



20sec knee-to-elbows



20sec high knees

GLADIATOR

FULL BODY WORKOUT



50 jumping jacks



20 tricep dips



40 squats



50 mountain climbers



20 modified v-sits



20 push ups with rotation



20 up & down planks

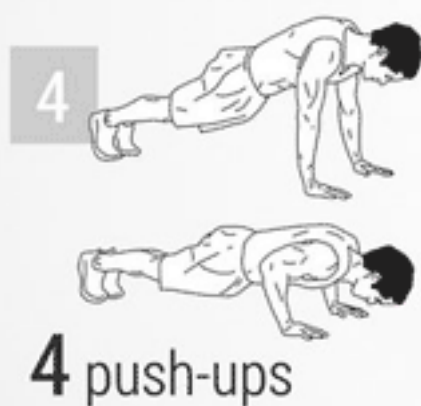
4 SETS

REST BETWEEN SETS 45 SECONDS

Gravity

NEILA REY WORKOUT

neilarey.com

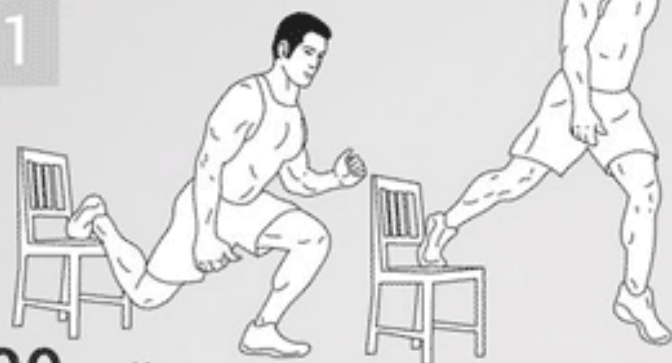


THE HULK

NEILA REY WORKOUT

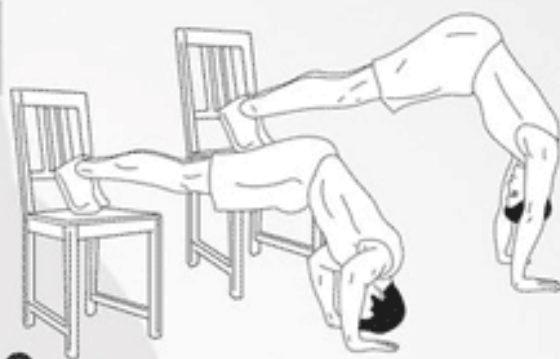
neilarey.com

1



20 split squats

2



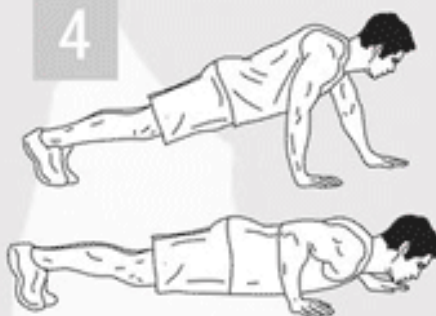
10 pike shoulder presses

3



10 leg raises

4



6 staggered push-ups

5



6 tricep extensions

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 minute

HUNGER

GAMES

TRIBUTE WORKOUT



neilarey.com



10 plank jacks



8 plank leg raises



8 plank jump-ins



10 climbers



5 jump knee tucks



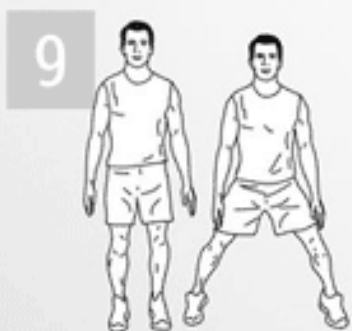
10 lunges



5 push-ups



10 knee-to-elbows



10 half jacks



10 leg raises



10 squats



10 high knees

IRONMAN

NEILA REY WORKOUT

neilarey.com



30 jumping jacks



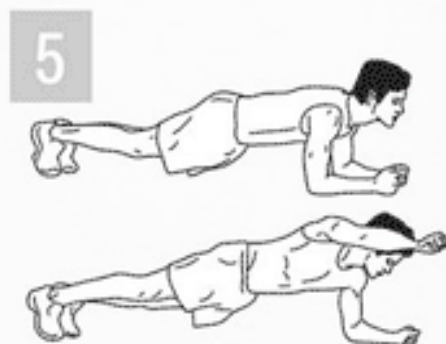
20 squats



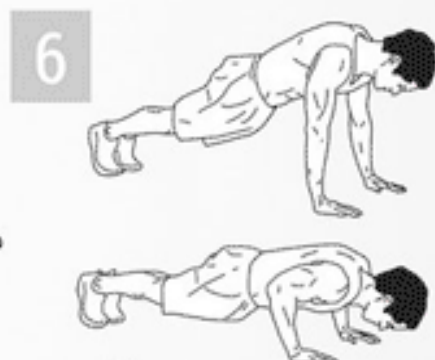
10 cross punch sit-ups



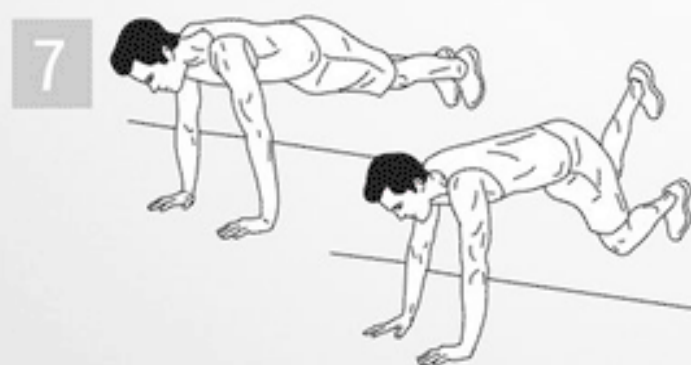
10 planks w/rotations



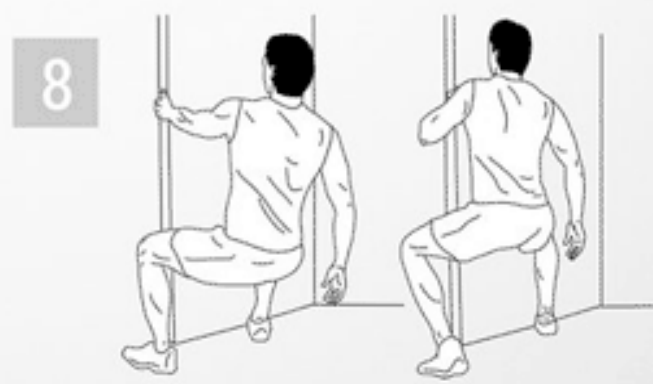
10 elbow plank arm lifts



6 push-ups



12 wall mountain climbers



12 doorframe rows

129 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

JEDI

neilarey.com

~ May the force be with you ~



20

high jumps



30
sec

push-up plank



10

raised leg push-ups



20

woodchoppers



20

side-to-side lunges

60
sec

one leg stand
30sec each leg



20

sit-ups



20

side jackknives



20

planks w/ rotations

Joker



DAREBEE WORKOUT @ darebee.com

10 sets or as many as you can do | up to 2 min rest between sets



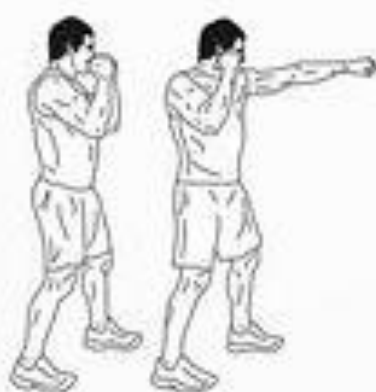
20 side-to-side hops



10 speed skater slides



20 high knees



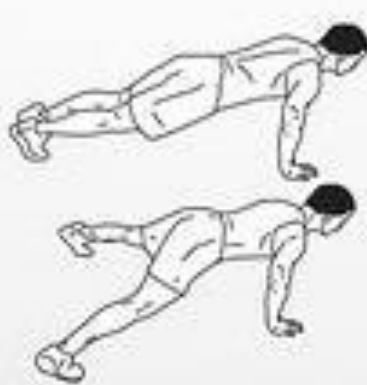
20 punches



20 rotating jacks



10 plank jump-ins



10 plank jacks



10 climbers

"ALWAYS DOES HIS REPS"

LANNISTER

NEILA REY WORKOUT

neilarey.com



1



4 push-ups



2



20 climbers



3



4 reverse hand push-ups



4



4 wide grip push-ups



5



20 punches



6



4 shoulder presses



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



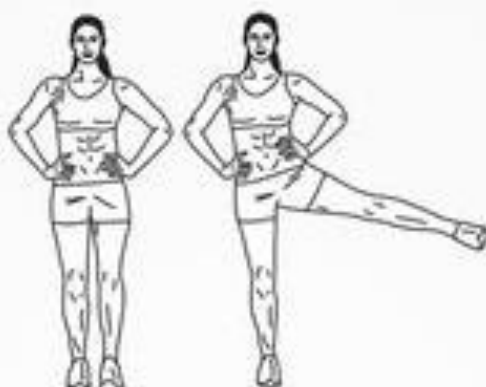
LARACROFT

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 lunges



20 side leg raises



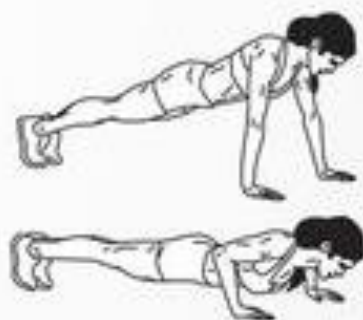
20 squats



20 climbers



20 punches



10 push-ups



10 plank jump-ins



10 side bridges

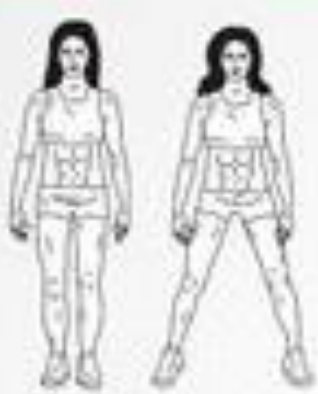


20 flutter kicks

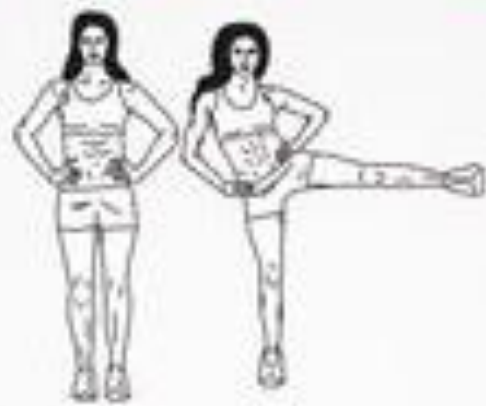
LOST GIRL

BUTT & THIGH WORKOUT © neilarey.com

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



40 half jacks



40 side leg raises



40 kick backs



10 heel clicks



10 knee strikes



10 lunge step-ups



10 sit-outs



10 toe taps



10 bridge taps

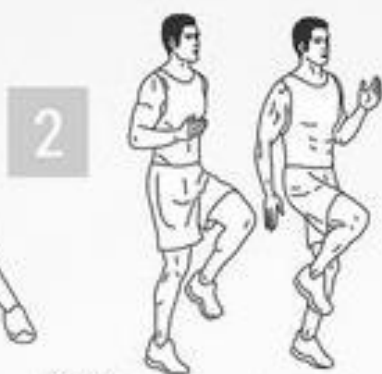
MATRIX

neilarey.com

"I KNOW KUNG FU"



20 side lunges



20 high knees



20 squats



20 front kicks



20 side kicks



40sec one leg stand



10 alt plank leg/arm raises



20 climbers



10 planks w/ rotations

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

MULAN

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 cross chops



10 deep cross chops



20 punches



10 lunge punches



10 side kicks



20 archers



10 donkey kicks



10 shoulder taps



10 climbers

one & one

NEILA REY WORKOUT

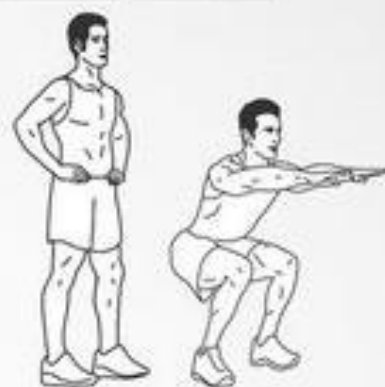
neilarey.com



1. high knees



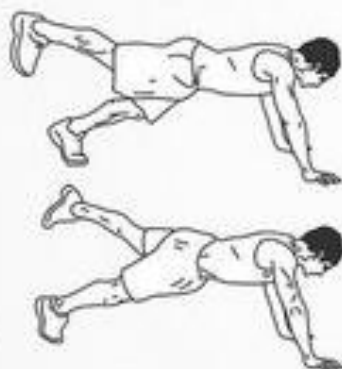
2. jumping jacks



3. squats



4. lunges



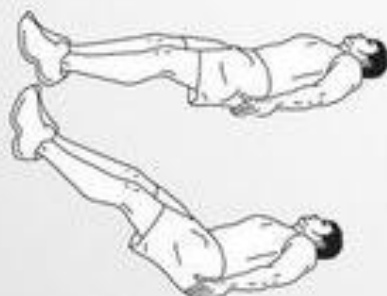
5. plank leg raises



6. climbers



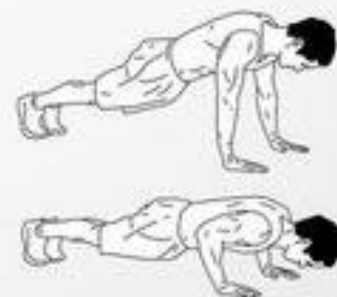
7. bicycle crunches



8. leg raises



9. knee pull-ins



10. push-ups

1 minute each exercise / 1 minute rest after each exercise

POKÉMON MASTER

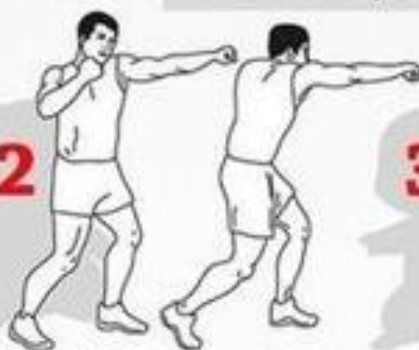
NEILA REY WORKOUT neilarey.com

1



20 jumping jacks

2



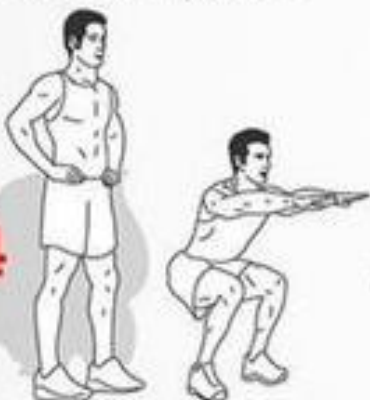
20 punches

3



20 high knees

4



20 squats

5



10 jump knee tucks

6



40sec one leg stand

7



20 plank punches

8



10 plank rolls

9



10 plank into lunge

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

PREDATOR

NEILA REY WORKOUT

neilarey.com

1



10 wide grip push-ups

2



20 climbers

3



10 tricep extensions

4



40sec uneven plank

5



20 cross punch sit-ups

6



20 sitting twists

7



20sec star plank

8



20 plank jump-ins

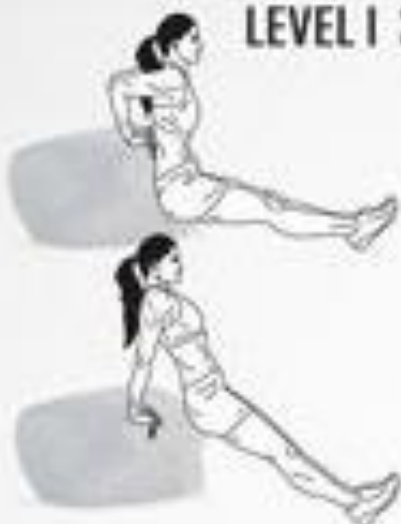
level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

SHED DEVIL

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



20 tricep dips



40 punches



20 lunge punches



10 plank back kicks



10 bridges



10 raised leg bridges



10 clamshells



10 sit-up punches



10 sitting punches

SPARTAN

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



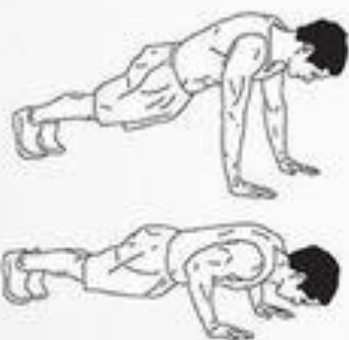
20 squats



10 jump knee tucks



20 slow climbers



to failure push-ups



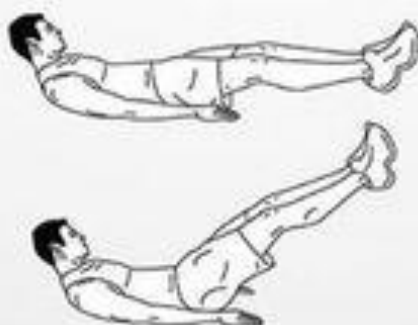
20sec elbow plank



40 lunges



10 sit-ups



10 leg raises



10 reverse crunches

SPIDERMAN

neilarey.com

1



20 climbers

2



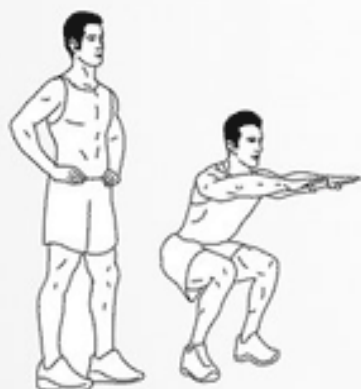
10 spiderman push-ups

3



10 plank jump-ins

4



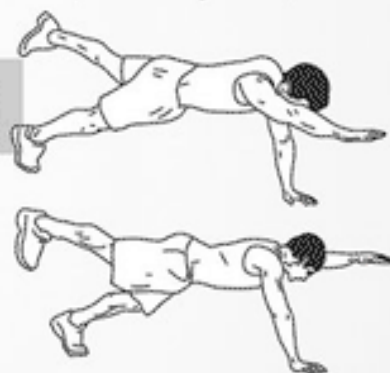
20 squats

5



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

SUPER SAIYAN

NEILA REY WORKOUT

neilarey.com



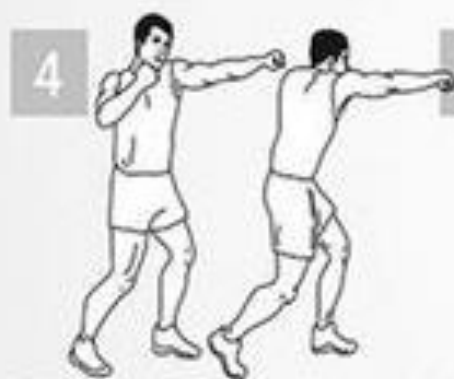
6 push-ups



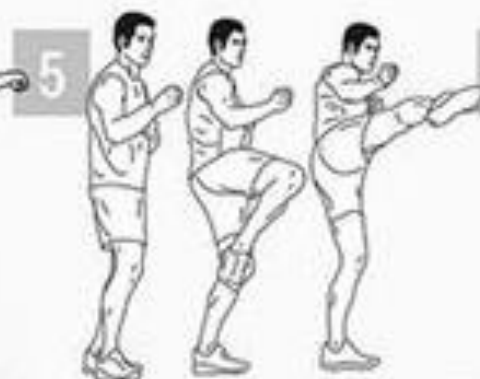
4 raised leg push-ups



4 wide grip push-ups



60 punches



40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises



10 sitting twists

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

SUPER SOLDIER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



10 push-ups



10-count push-up



3 combos: 20 high knees + 1 jump knee tuck



10 army crawl



10 knee-to-elbow crunches



20 climbers



10 knee-to-elbow crunches



10 sets

or as many
as you can do

rest between sets
up to 2 minutes

NEILAREY
WORKOUT

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40 high knees



20 fly steps



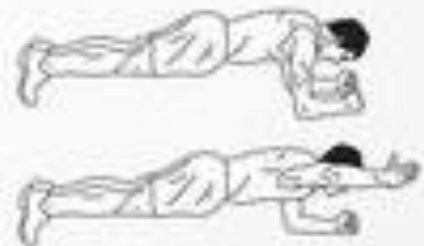
20 squats



10 push-ups



30sec elbow plank



20 plank arm raises



10 climbers



10sec star plank



10 superman

VIKING S

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1 20 jumping lunges



2 10 jump thrusts



3 10 one legged squats



4 20 cross-punch sit-ups



5 10 bicycle crunches



6 10 windshield wipers



7 to failure tricep push-ups



8 40 punches



9 to failure pull-ups

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

WOLVERINE

NEILA REY WORKOUT

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1



24 high knees

2



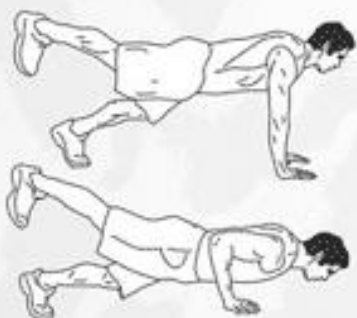
24 squats

3



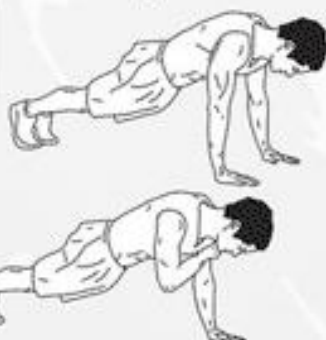
24 climbers

4



10 raised-leg push-ups

5



10 shoulder touches

6



10 plank jump-ins

7



12 reverse crunches

8



12 sitting twists

9



24 flutter kicks

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