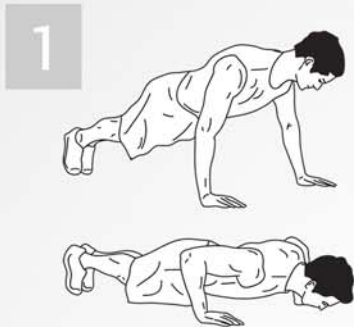
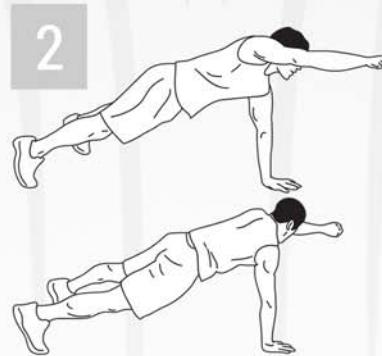


THE AMAZING SPIDER-MAN

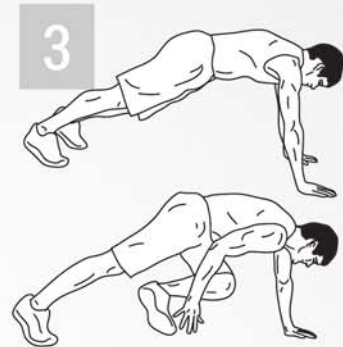
NEILA REY WORKOUT @ neilarey.com



10 wide grip push-ups



10 plank punches



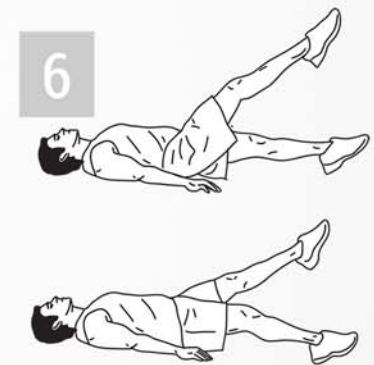
10 cross climber taps



10 side plank crunches



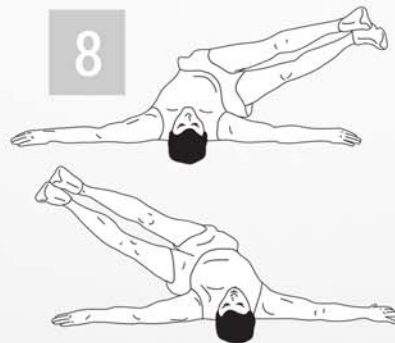
5 skydive-pike rolls



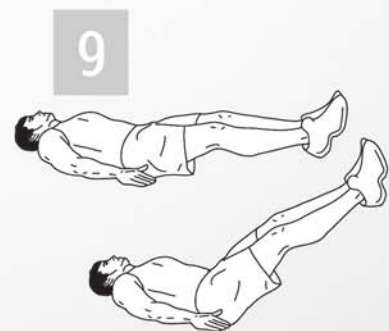
20 flutter kicks



10 heel touches



10 windshield wipers



10 leg raises

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