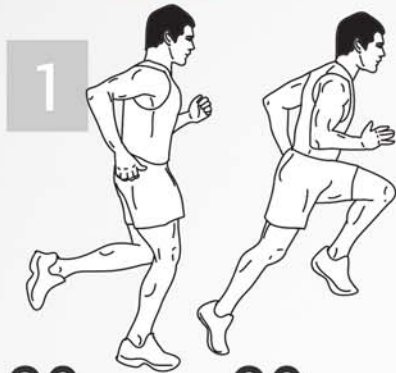


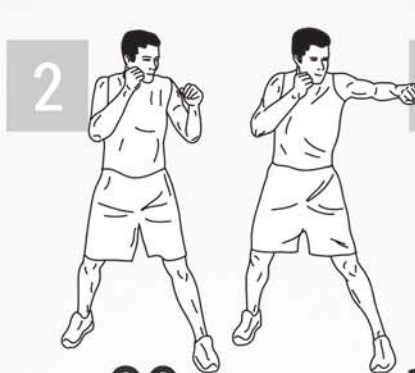


# CAPTAIN AMERICA

NEILA REY WORKOUT © neilarey.com



**1** 120 steps / 30 sec run



**2** 80 punches



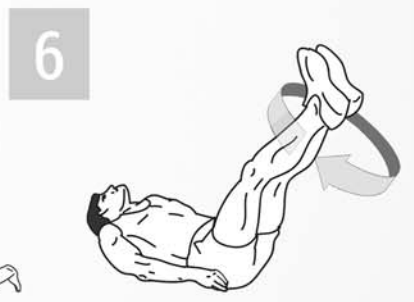
**3** 10 knee tuck jumps



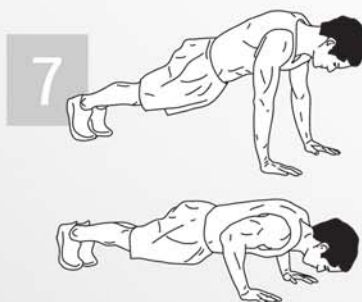
**4** 20 sit-ups



**5** 10 butt-ups



**6** 10 raised leg circles



**7** 10 push-ups



**8** 10 back rotations



**9** 20 bicep curls

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