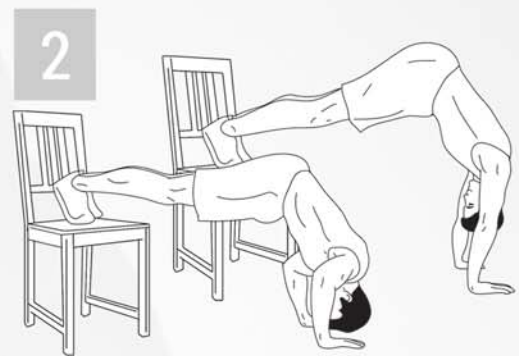


# THE HULK

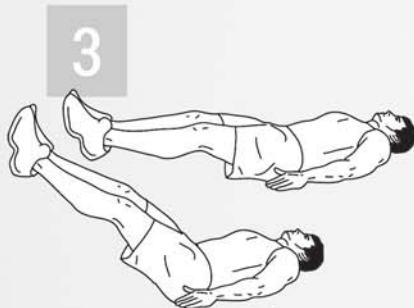
NEILA REY WORKOUT @ neilarey.com



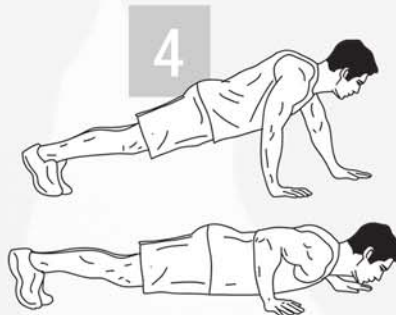
20 split squats



10 pike shoulder presses



10 leg raises



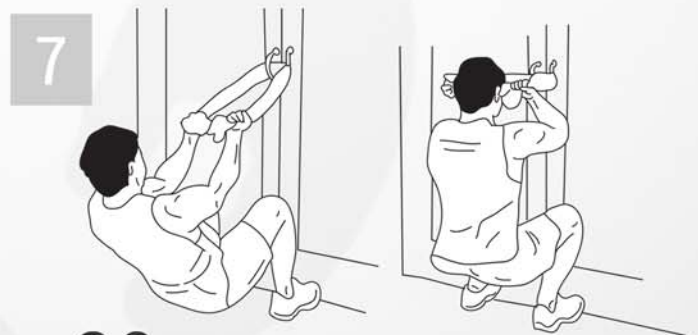
6 staggered push-ups



6 tricep extensions



20sec leg hold



20 towel bicep curls

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