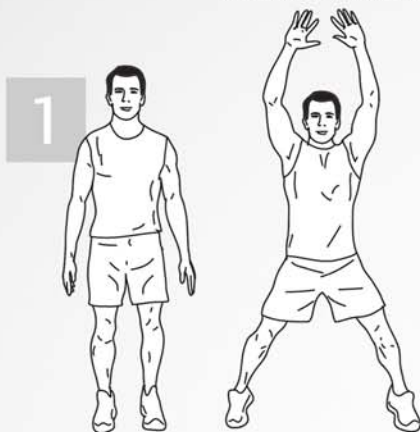
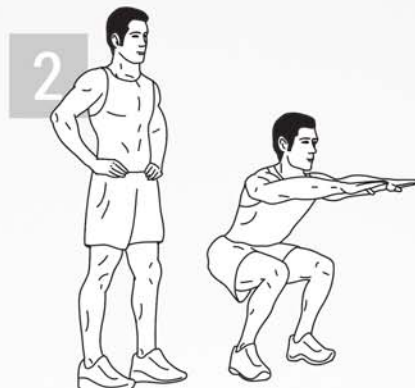


# IRONMAN

NEILA REY WORKOUT © neilarey.com



**30** jumping jacks



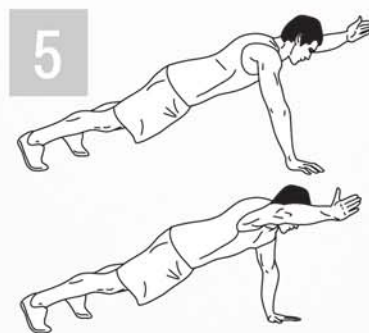
**20** squats



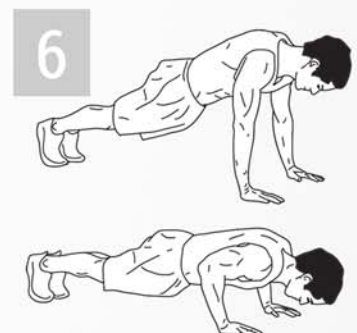
**10** cross punch sit-ups



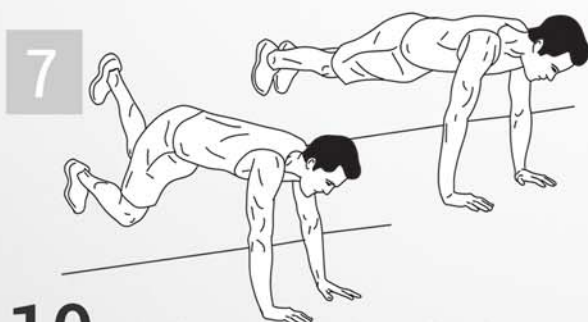
**10** planks w/rotations



**10** plank arm raises



**6** push-ups



**10** wall mountain climbers



**20** bodyweight bicep curls

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