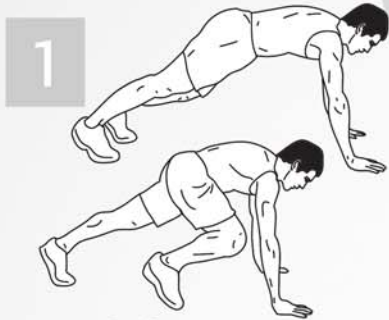
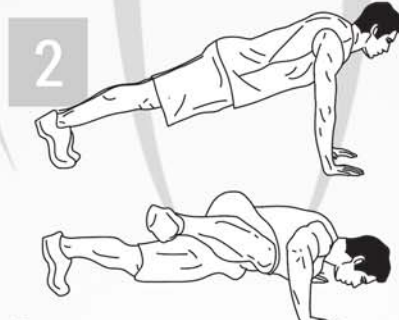


SPIDERMAN

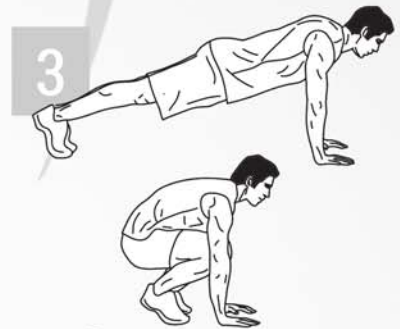
NEILA REY WORKOUT © neilarey.com



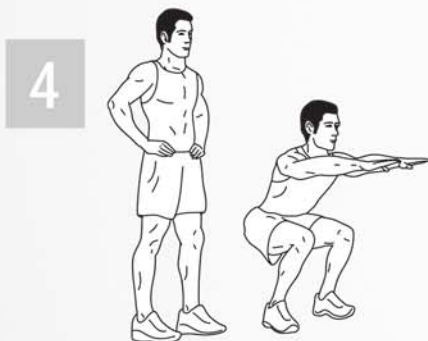
20 climbers



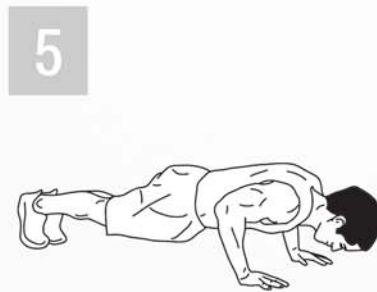
10 spiderman push-ups



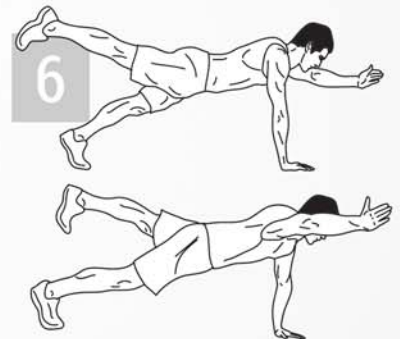
10 plank jump-ins



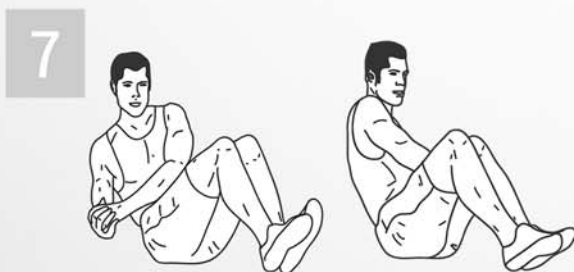
20 squats



20sec push-up plank



10 alt arm/leg planks



20 sitting twists



10 knee crunches

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