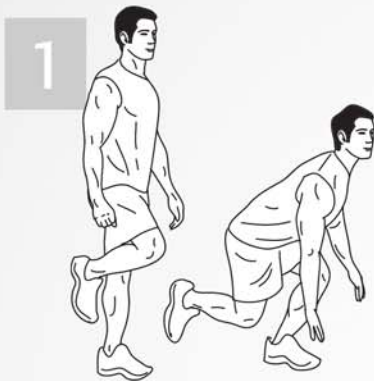


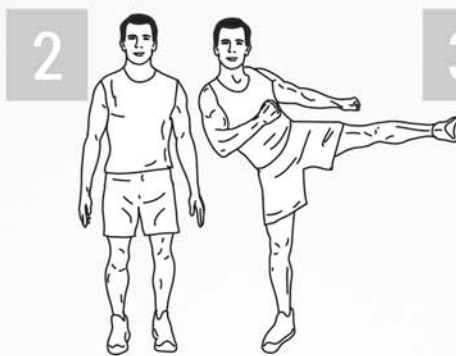
STAR-LORD

10 sets or as many as you can do
rest between setups to 2 minutes

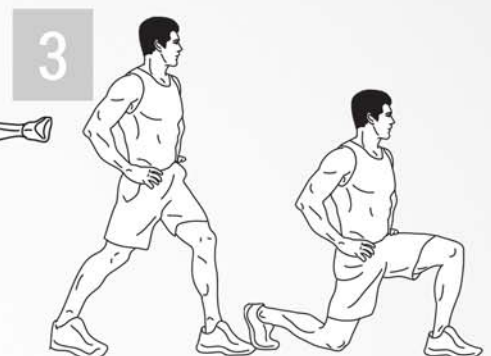
NEILA REY WORKOUT
© neilarey.com



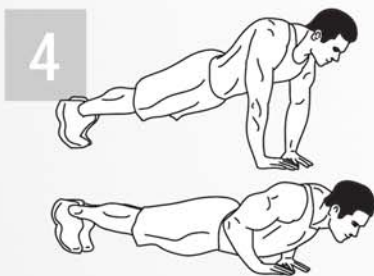
10 one legged squats



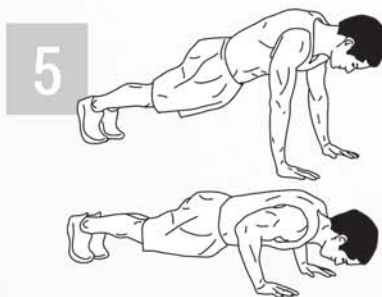
20 side leg raises



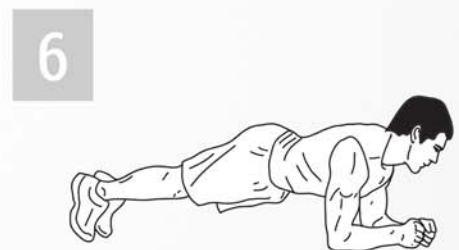
10 split lunges



5 diamond push-ups



10 push-ups



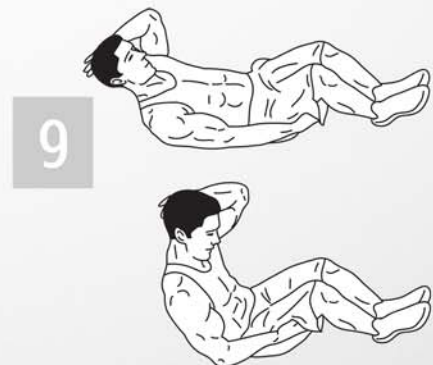
10-count elbow plank



10 butt-ups



10 sit-up & rolls



10 leg pull-ups