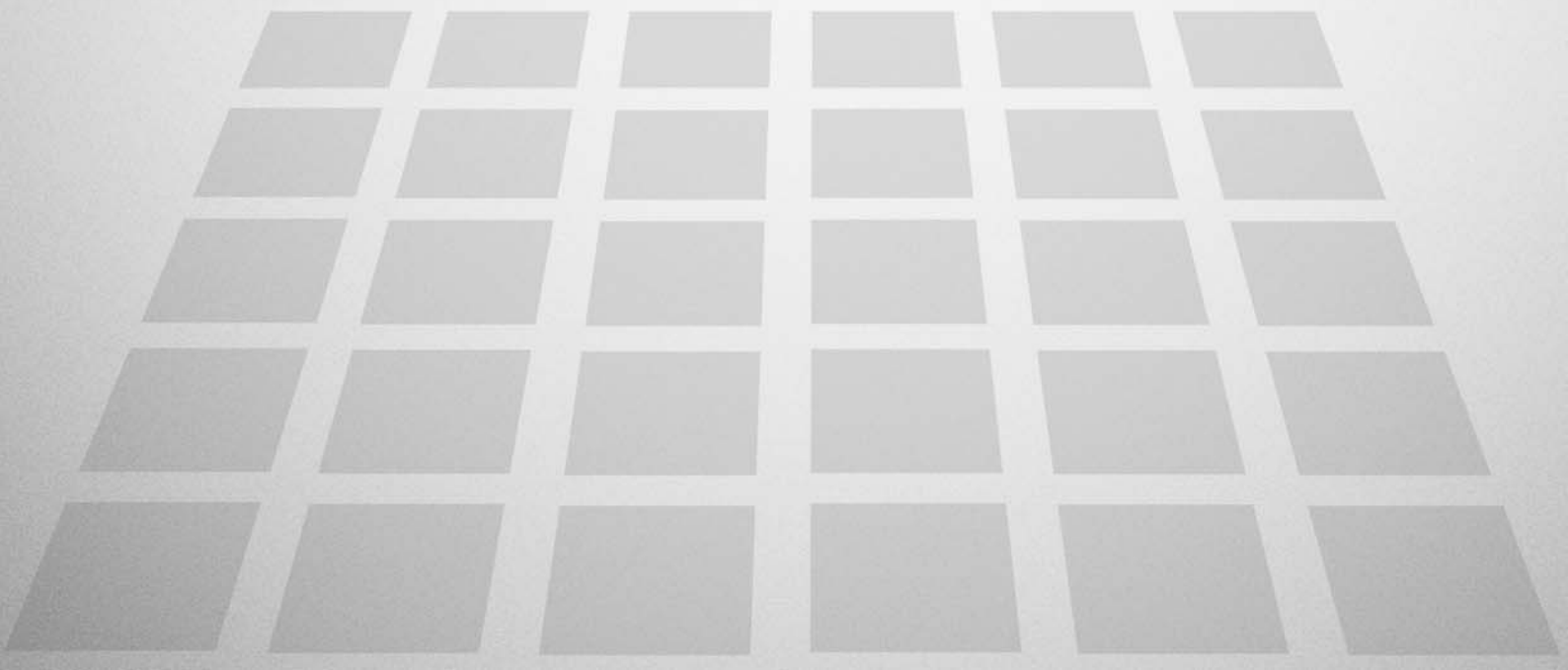


Neila Rey's

WORKOUT **CARDS**

neilarey.com



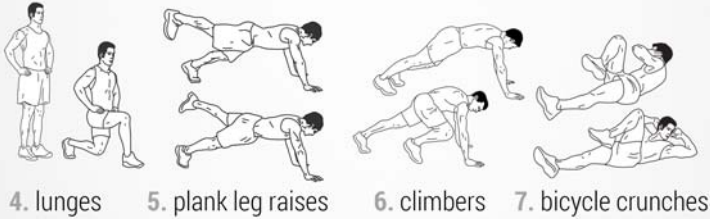
one & one

NEILA REY WORKOUT

neilarey.com



1. high knees 2. jumping jacks 3. squats



4. lunges 5. plank leg raises 6. climbers 7. bicycle crunches



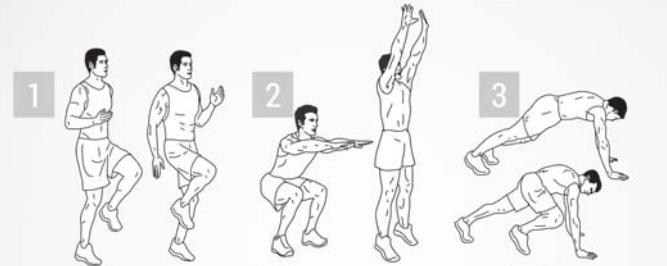
8. leg raises 9. knee pull-ins 10. push-ups

1 minute each exercise / 1 minute rest after each exercise

2 minute

NEILA REY WORKOUT

neilarey.com



1. high knees 2. jump squats 3. climbers

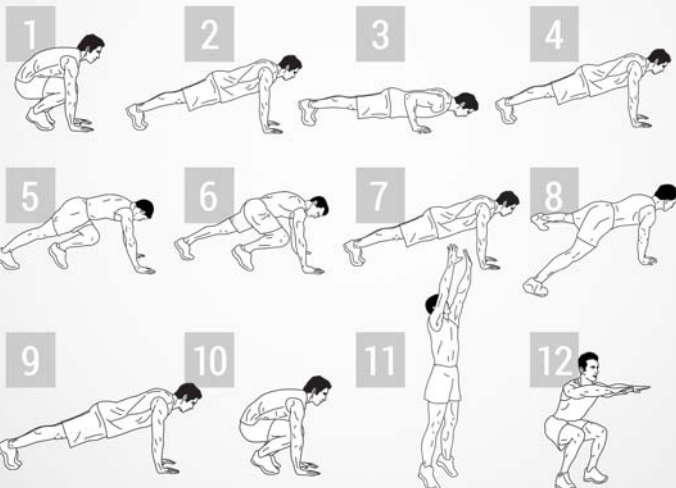


4. side-to-side lunges 5. squats 6. jumping jacks

20 seconds each exercise | no rest between exercises

12 COUNT BURPEE

neilarey.com



level I 36 burpees level II 60 burpees level III 84 burpees
rest between sets up to 2 minutes

JACK BAUER

NEILA REY WORKOUT

neilarey.com



HIGH KNEES 120 PUSH-UPS 60 CLIMBERS 120



SIT-UPS 60 SITTING TWISTS 120 SQUATS 120



ELBOW PLANK 12MIN

YOU HAVE 24HRS TO COMPLETE YOUR MISSION



NEILA REY WORKOUT neilarey.com


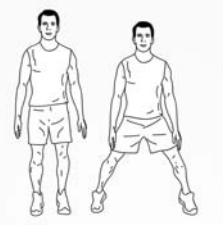

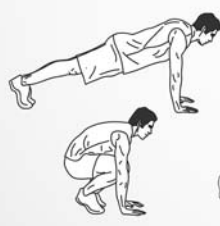
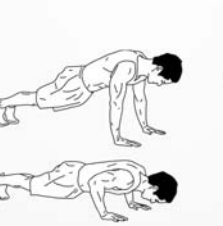

| | | |
|--|---|--|
|  30 squats |  5 jump knee-tucks |  20 climbers |
|  10 push-ups |  30sec elbow plank |  20 lunges |
|  10 leg raises |  10 sit-ups |  10 windshield wipers |

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

1000 POINTS

NEILA REY WORKOUT

neilarey.com

| | | |
|--|---|--|
|  squats |  half jacks |  crunches |
|  plank jump-ins |  push-ups |  jump knee tucks |

throughout the day workout **each rep = 1 point**

ab crunch

NEILA REY WORKOUT

neilarey.com



| | | |
|--|---|--|
|  20 crunches |  10 cross crunches |  10 long arm crunches |
|  20 bicycle crunches |  10 knee crunches |  10 reverse crunches |

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

abs of steel

NEILA REY WORKOUT

neilarey.com

| | | |
|--|---|---|
|  10 sit-ups |  12 flutter kicks |  10 leg raises |
|  10 bicycle crunches |  10 knee crunches |  10 leg pull-ins |
|  10 plank arm lifts |  30sec elbow plank |  10 body saw |

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

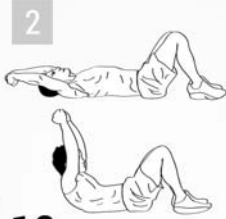
ABS ON FIRE

WORKOUT

neilarey.com



10 windshield wipers



12 long arm crunches



10 reverse crunches



12 bicycle crunches



10 modified V-sits



12 heel touches

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

I aim to misbehave

NEILA REY WORKOUT

neilarey.com



10/10 duck walk
20 steps forward
20 steps back



10 inchworms



10 frog hops



10 modified V-sits



10 reverse crunches



20 donkey kicks

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

AIRBORNE

NEILA REY WORKOUT

neilarey.com



20 high knees



10 jump squats



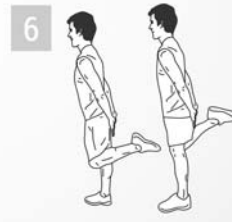
10 jumping lunges



10 clapping push-ups



20 half jacks



20 butt kicks

{ jog on a spot for 10 seconds between every exercise }

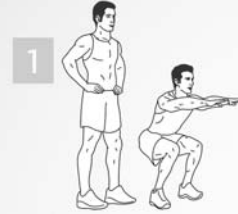
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes



AQUAMAN

NEILA REY WORKOUT

neilarey.com



20 squats



10 shoulder touches



20sec elbow plank



10 leg raises



10 windshield wipers



10 get-ups



10 diver push-ups

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

ARCHER

DANGER ZONE NEILA REY WORKOUT

neilarey.com

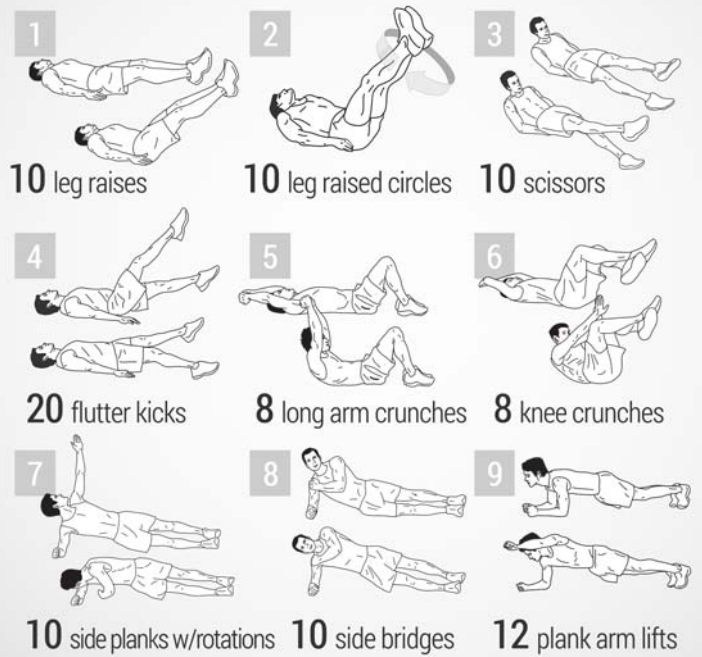


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

armor abs

NEILA REY WORKOUT

neilarey.com



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

ARROW

NEILA REY WORKOUT

neilarey.com



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

ASSASSIN'S workout

neilarey.com











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

AVENGER

NEILA REY WORKOUT

neilarey.com







- 1  20 squats
- 2  20 flowsteps
- 3  10 push-ups
- 4  20 shoulder touches
- 5  20 climbers
- 6  20 flutter kicks
- 7  10 cross-punch sit-ups
- 8  20 side planks w/ rotations

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

YOU HAD ME AT bacon

NEILA REY WORKOUT

neilarey.com

- 1  20 high knees
- 2  20 jumping jacks
- 3  20 knee-to-elbows
- 4  40 side leg raises
- 5  10 jump knee tucks
- 6  20 reverse lunge kicks






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

BATMAN

NEILA REY WORKOUT

[Bane edition]

neilarey.com

- 1  10 heel touches
- 2  10 raised leg circles
- 3  12 scissors
- 4  10 knee pull-ins
- 5  20 flutter kicks
- 6  10 reverse crunches

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

BATMAN 2.0

10 sets
or as many as
you can do

WORKOUT

© neilarey.com
rest between sets
up to 2 minutes

- 1  20 squats
- 2  40 punches
- 3  10 jumping lunges
- 4  10 push-ups
- 5  20 shoulder touches
- 6  20 climbers
- 7  10 cross punch sit-ups
- 8  10 leg raises
- 9  10 sitting twists



NEILA REY WORKOUT @ beach

neilarey.com

round 1 10 push-ups 50m jog 10 lunges

round 2 10 push-ups 50 stroke swim 10 squats

round 3 10 push ups 20m water jog [knee deep] 10 jumping jacks

round 4 10 push-ups 50 stroke swim 10 climbers

BLADE RUNNER

NEILA REY WORKOUT neilarey.com

1 60 high knees

2 20 calf raises

3 10 jump knee tucks

4 20 scissors

5 10 flutter kicks

6 10 reverse flutter kicks

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

BLASTER HIT

NEILA REY WORKOUT neilarey.com

1. 20 SEC jumping jacks

2. 10 SEC standing leg raises side-to-side

3. 20 SEC high knees

4. 10 SEC climbers

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

BOOKMARK

NEILA REY WORKOUT neilarey.com

1. 20 groiners step forward - pick book up, step back; step forward - place book back

2. 10 plank side walk over 5 books + push up one trip - one rep

3. 20 infinite book unders pass the book under your legs while doing sprinters

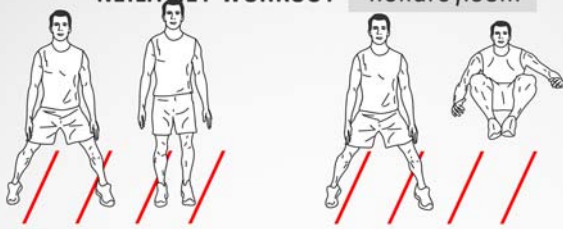
4. 10 plank book pass move the stack of books from side to side one at a time *min 10 books in a stack*

5. 10 squats hold the book in front of you

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

BORDERLINE 2.0

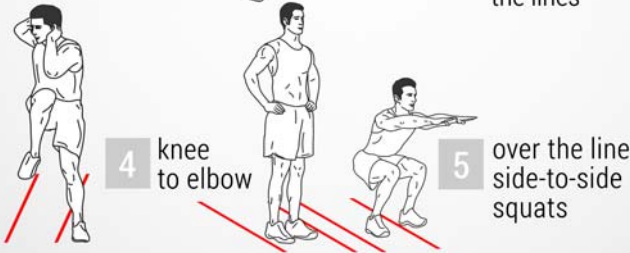
NEILA REY WORKOUT neilarey.com



- 1 half jacks jump-inside the lines 2 high jumps with feet touching in the air



- 3 plank half jacks jump-inside the lines



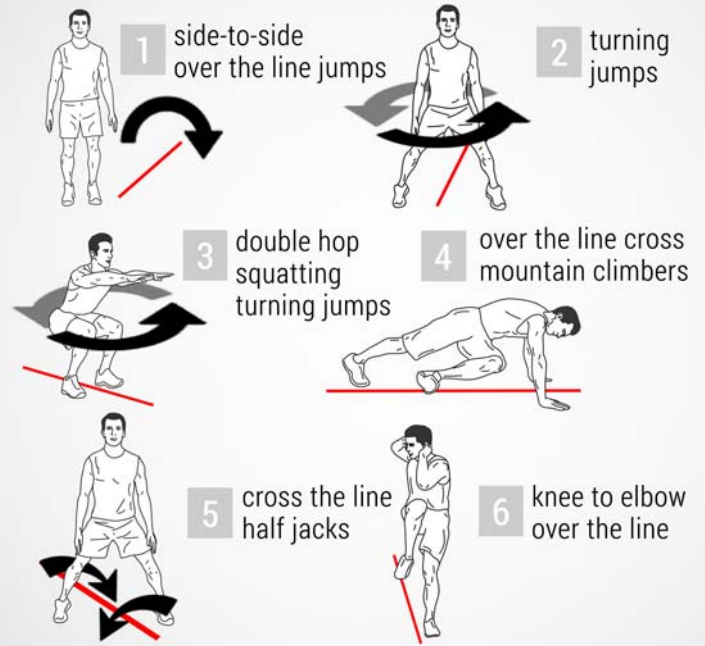
- 4 knee to elbow 5 over the line side-to-side squats

draw two lines shoulder length apart **20 seconds each** exercise | no rest

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

BORDERLINE

NEILA REY WORKOUT neilarey.com

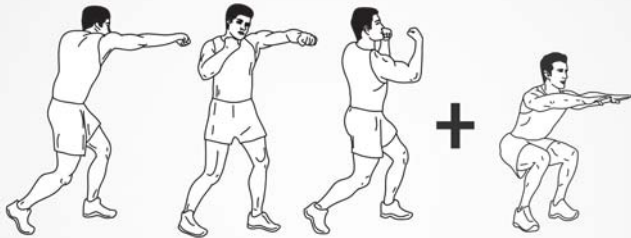


draw a line on the floor **20 seconds each** exercise | no rest

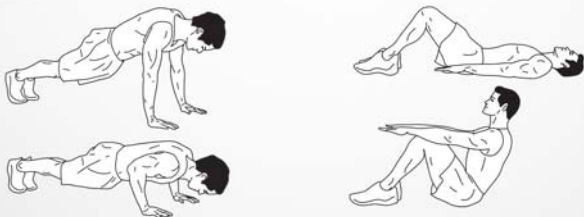
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

BOXER

5 SETS NEILA REY WORKOUT | NEILAREY.COM
up to 2 minutes rest between sets



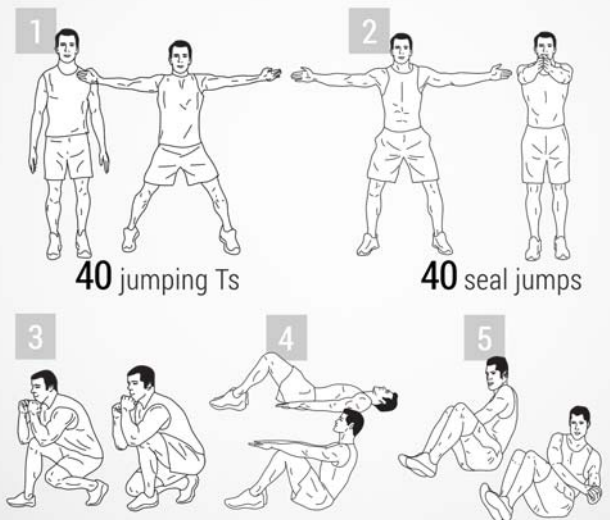
- 1 5 minute shadow boxing every 30 seconds double squat



- 2 push-ups level I 5 reps level II 10 reps level III 15 reps
3 sit-ups level I 10 reps level II 20 reps level III 30 reps

COME AT ME, BRO

NEILA REY WORKOUT neilarey.com



- 20 steps duck walk 20 sit-ups 20 sitting twists

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

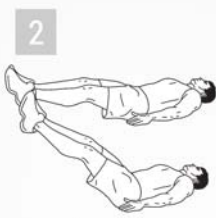
NEILA REY WORKOUT neilarey.com

Bruce Lee abs

reps each level I 20 reps level II 30 reps level III 40 reps bruce lee 90 reps



1 sitting twists



2 leg raises



3 crunches



4 heel touches



5 modified V-sits



6 hundreds

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

THE CAKE IS A LIE

NEILA REY WORKOUT

neilarey.com



1 40 half jacks



2 20 squats



3 40 climbers



4 20 knee crunches



5 20 sitting twists



6 40 flutter kicks

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

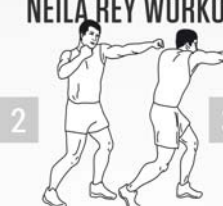


CAPTAIN AMERICA

NEILA REY WORKOUT neilarey.com



1 120 steps / 30 sec run on the spot



2 80 punches



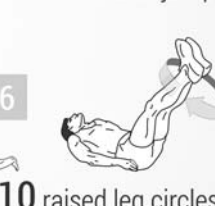
3 10 knee tuck jumps



4 20 sit-ups



5 10 butt-ups



6 10 raised leg circles



7 10 push-ups



8 10 back rotations



9 20 doorframe rows

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

code of abs

NEILA REY WORKOUT

neilarey.com



1 10 sit-ups



2 10 reverse crunches



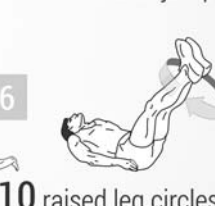
3 10 sitting twists



4 8 scissors



5 8 leg raises



6 20 flutter kicks



7 30 sec plank

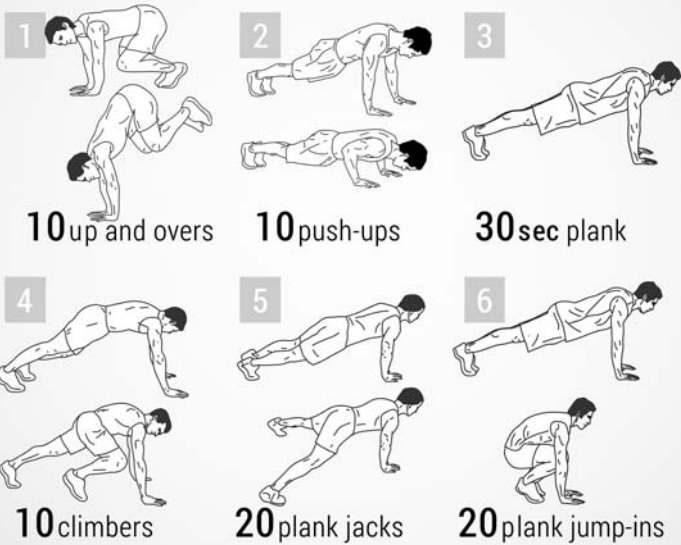


8 30 sec elbow plank

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

CODEX

NEILA REY WORKOUT neilarey.com

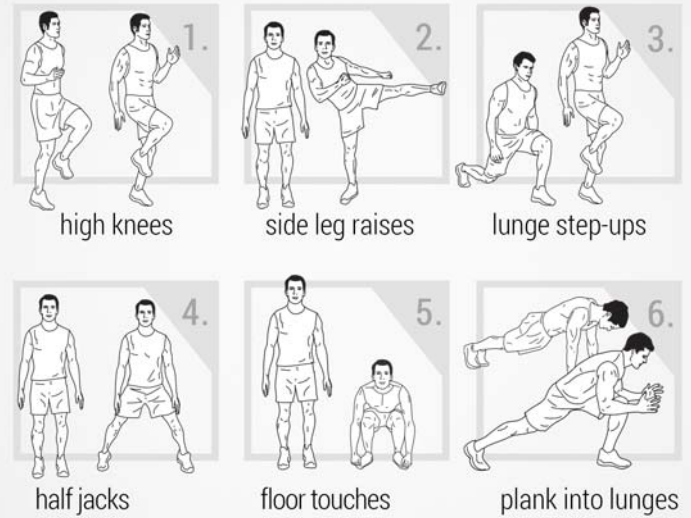


{ hands never off the ground }

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

CONFESSOR

NEILA REY **HIT** WORKOUT neilarey.com



20 seconds each

10 sec between exercises / up to 2 minutes rest between rounds

Level I 3 rounds Level II 6 rounds Level III 9 rounds

core FUSION

NEILA REY WORKOUT neilarey.com



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

COWBOY

NEILA REY WORKOUT ★★★★★ neilarey.com

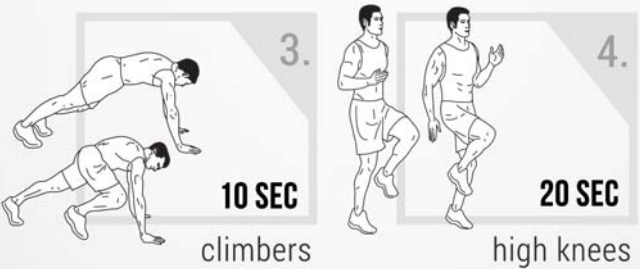


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

CROSSFIRE

NEILA REY **HIT** WORKOUT

neilarey.com



1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

dailyburn

NEILA REY WORKOUT

neilarey.com



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

NEILA REY'S daily workout

neilarey.com



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

DEADPOOL

NEILA REY WORKOUT

neilarey.com






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



IT'S A GOOD DAY TO DIE HARD

NEILA REY WORKOUT

neilarey.com

1  2  3 

60 climbers 20 planks w/rotations 20 squats

4  5 




20 sitting twists 20 hundreds

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


Diesel

NEILA REY WORKOUT

neilarey.com

1  2  3 

20 push-ups 40 squats 45sec elbow plank

4  5  6 

to failure pull-ups 20 side jackknives 20 knee crunches

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

DRAGONBORN

NEILA REY WORKOUT

neilarey.com

1  2  3 

20 squats 20 climbers 20 shoulder touches

4  5  6 

10 tricep extensions 10 plank into lunges 10 doorframe rows

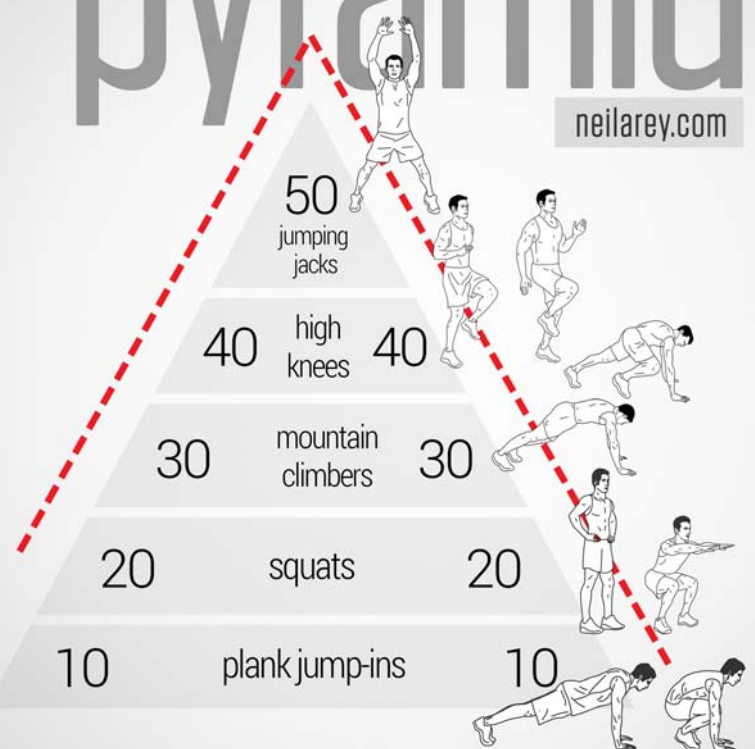
7  8  9 

20 woodchoppers 10 sit-ups 20 flutter kicks

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

neila rey's dynamic pyramid

neilarey.com



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

NEILA REY WORKOUT neilarey.com **XELIMINATOR**

rest between sets up to 45 seconds

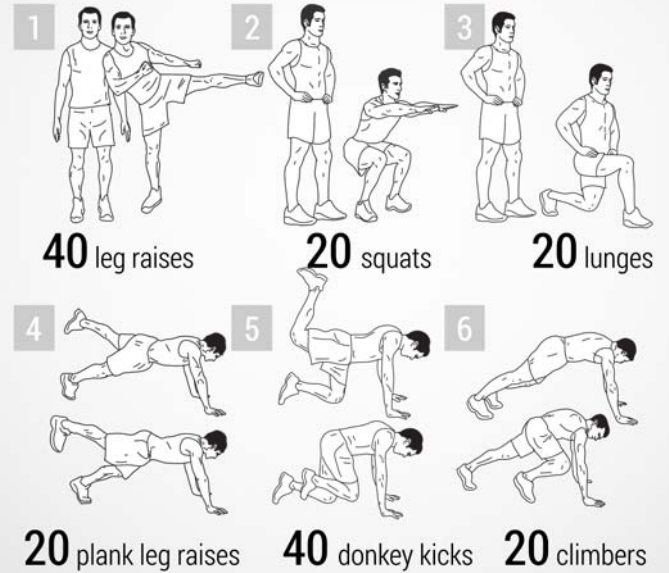
5 sets – after every set take the last exercise off the following set



WATCH YOUR SIX

NEILA REY WORKOUT

neilarey.com



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

EXPRESS

NEILA REY WORKOUT

neilarey.com



Fast & Furious

NEILA REY WORKOUT

neilarey.com



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

pre-workout
30min
run

FIGHT CLUB

NEILA REY
WORKOUT

neilarey.com

- 100 punches
- 20 squats
- 10 wide grip push-ups
- 20 sitting twists
- 10 sit-ups
- to failure knee lifts
- to failure pull-ups

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

FIVE MINUTE PLANK

NEILA REY WORKOUT

neilarey.com

1. full plank 1:00
2. elbow plank 0:30
3. raised leg plank 30 seconds - each leg 1:00
4. side plank 30 seconds - each side 1:00
5. full plank 0:30
6. elbow plank 1:00

THE FLASH

NEILA REY WORKOUT

neilarey.com

- 40 fast high knees
- 20 squats
- 20 climbers
- 40 fast high knees
- 20 push-ups
- 20 plank leg raises
- 40 fast high knees
- 20 flutter kicks
- 20 scissors

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

GAMER

neilarey.com

every respawn, construction
or cinematic trailer



- 20 half jacks
- 10 squats
- 10 plank jump-ins
- 20 climbers
- 10 lunges
- 10 flutter kicks

GLADIATOR

NEILA REY WORKOUT

neilarey.com



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

Gravity

NEILA REY WORKOUT

neilarey.com



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

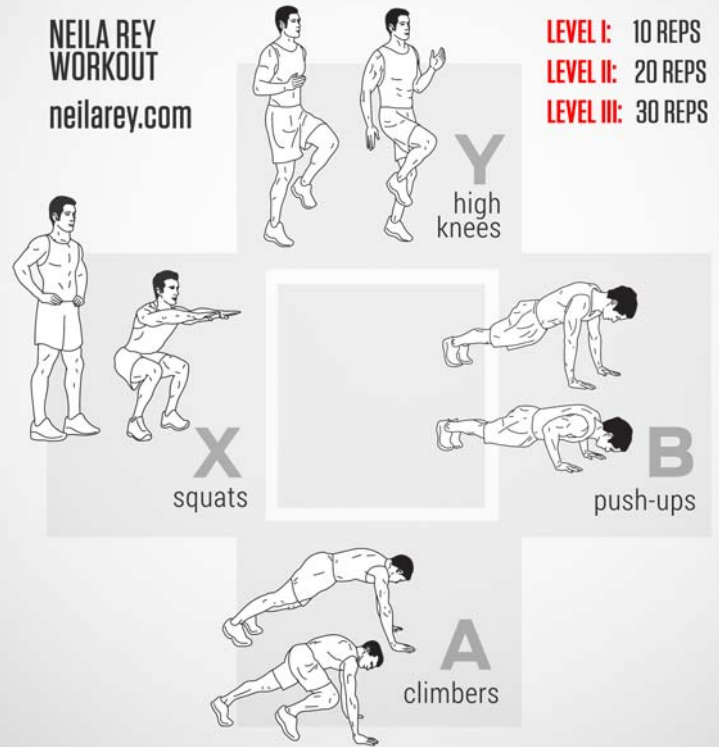
WHAT'S YOUR CODE?

GODMODE

Y, A, Y, A, X, X, B, X, B, X, Y, Y, A, A, B, X

NEILA REY WORKOUT

neilarey.com



LEVEL I: 10 REPS

LEVEL II: 20 REPS

LEVEL III: 30 REPS

GRIMM

NEILA REY WORKOUT

neilarey.com



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

GUARDSMAN

NEILA REY  WORKOUT

neilarey.com



1 20 half squats

2 20 slow front kicks

3 20 calf raises

4 to failure push-ups

5 20 side plank raises

6 40 flutter kicks

7 20 lowering drills

8 10 single leg bridges

9 10 raised leg circles

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

HARDCORE

NEILA REY WORKOUT

neilarey.com



1 20 flutter kicks

2 12 long arm crunches

3 14 sitting twists

4 10 side bridges

5 10 body saw

6 20 plank arm lifts

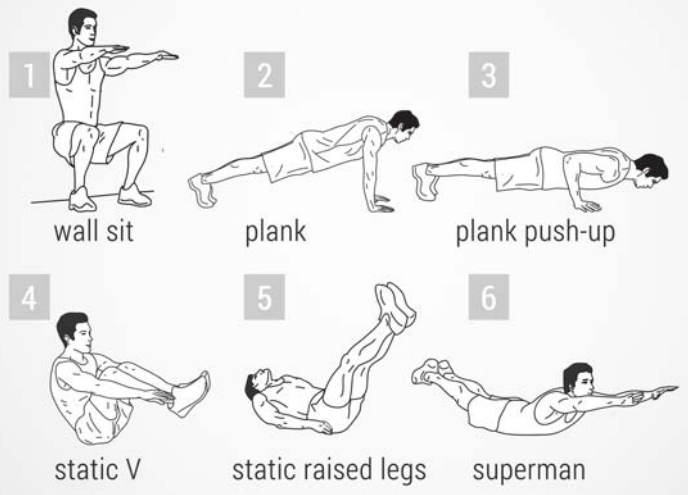
7 10 push-up to lunges

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

HERCULES

NEILA REY STATIC STRENGTH WORKOUT

neilarey.com



1 wall sit

2 plank

3 plank push-up

4 static V

5 static raised legs

6 superman

30 seconds each | no rest between exercises

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

HIGHLANDER

NEILA REY WORKOUT

neilarey.com



1 10 jump knee-tucks

2 10 shoulder presses

3 10 wide grip push-ups

4 20 climbers

5 20 side planks w/rotations

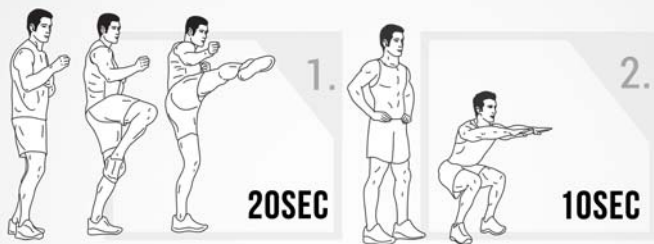
6 10 plank arm lifts

7 10 up & down planks

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

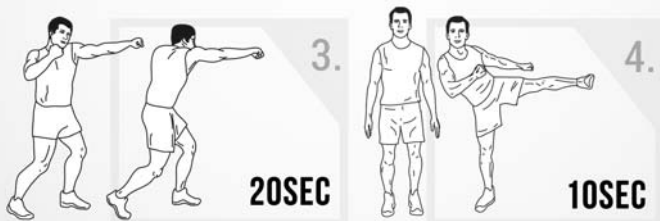
hitter

NEILA REY **HIT** WORKOUT neilarey.com



turning kicks

squats



fast punches

leg raises

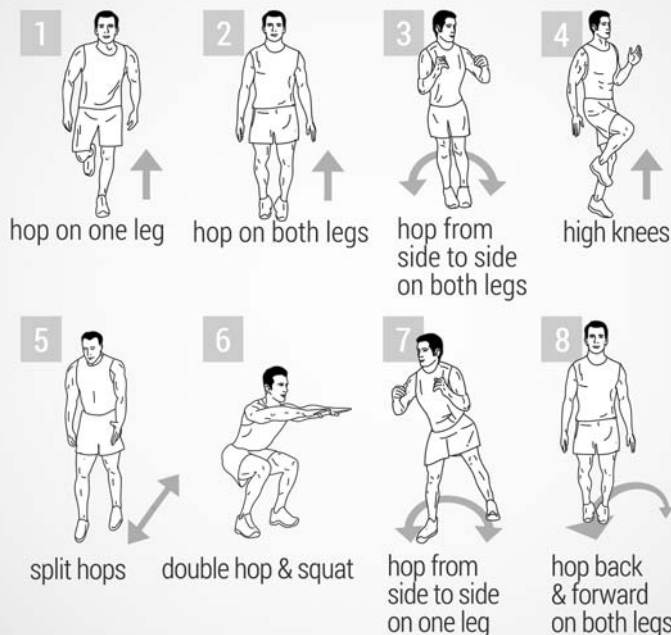
1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

HOPPER

NEILA REY WORKOUT

neilarey.com



20 seconds each exercise | no rest between exercises

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

THE HULK

NEILA REY WORKOUT

neilarey.com



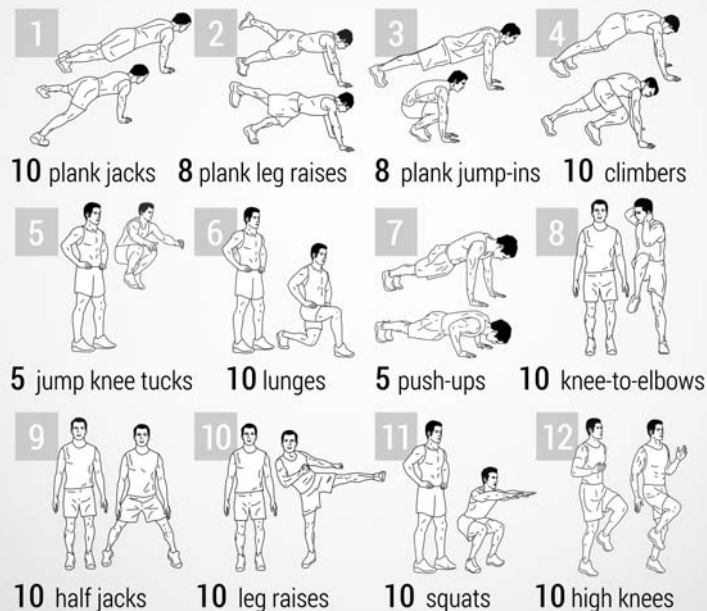
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

HUNGER GAMES

TRIBUTE WORKOUT



neilarey.com



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

IRONMAN

NEILA REY WORKOUT neilarey.com



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

ITHILIAN RANGER

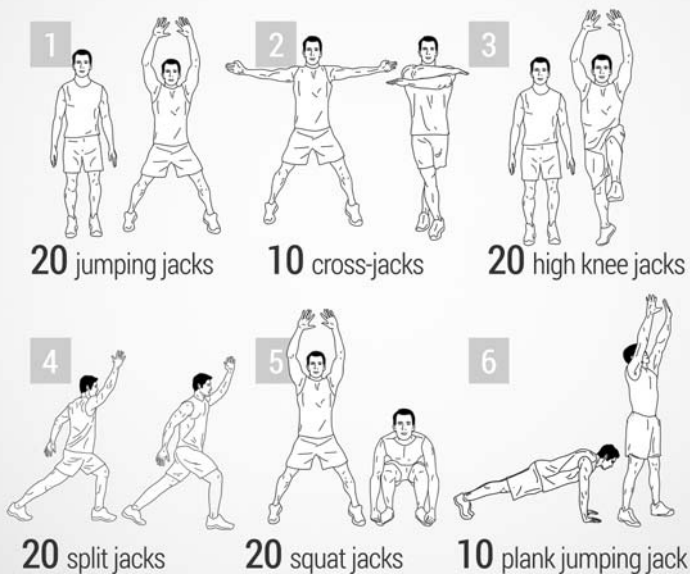
NEILA REY WORKOUT neilarey.com



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

jacks

NEILA REY WORKOUT neilarey.com



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

JEDI

neilarey.com

~ May the force be with you ~



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

LANNISTER

NEILA REY WORKOUT

neilarey.com

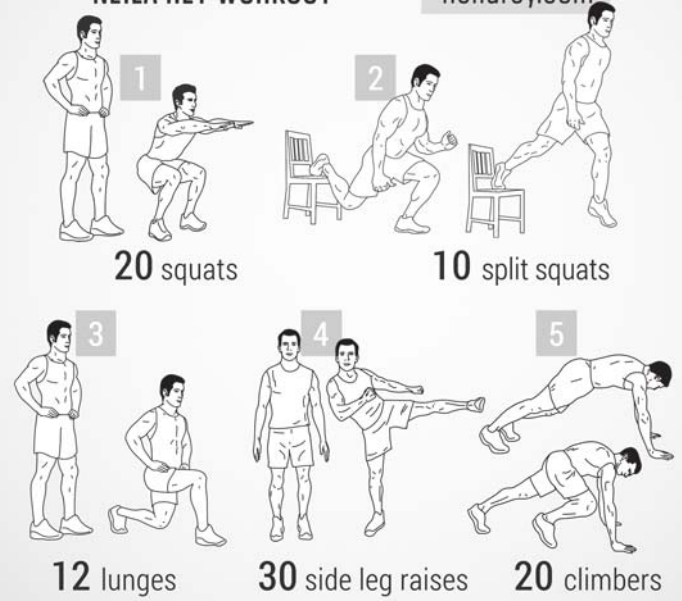


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

LEG DAY

NEILA REY WORKOUT

neilarey.com



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

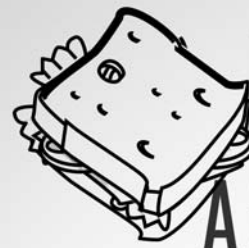
LOOP

set a timer for

10:00
minutes

repeat until
the time is up

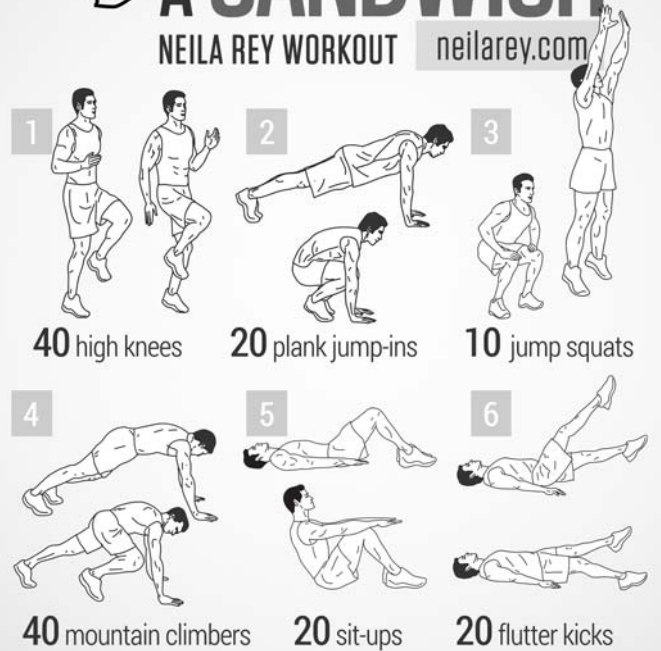
neilarey.com



MAKE ME A SANDWICH

NEILA REY WORKOUT

neilarey.com



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

mass blast

NEILA REY WORKOUT

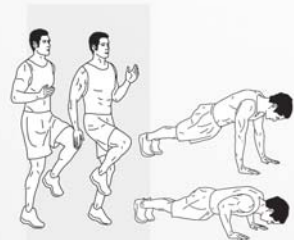
neilarey.com



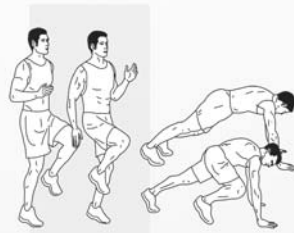
1 | 40 high knees
10 lunges



2 | 40 high knees
10 squats



3 | 40 high knees
10 push-ups



4 | 40 high knees
10 climbers

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

MATRIX

neilarey.com

"I KNOW KUNG FU"



1 20 side lunges



2 20 high knees



3 20 squats



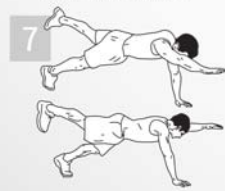
4 20 front kicks



5 20 side kicks



6 40sec one leg stand



7 10 alt plank leg/arm raises



8 20 climbers



9 10 planks w/ rotations

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

MAX HIT IMPACT

NEILA REY WORKOUT

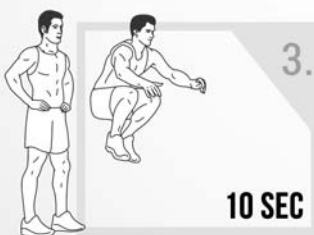
neilarey.com



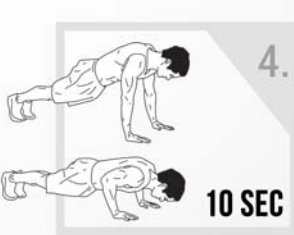
1. 20 SEC
jumping Ts



2. 20 SEC
high knees



3. 10 SEC
jumping knee tucks



4. 10 SEC
push-ups

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

STRENGTH
WORKOUT

MINE CRAFTER

neilarey.com



20 steps back



20 steps forward



1 40 squat, lift, walk & repeat
box weight min 22lb [10kg]



2 20 lunges



3 30sec elbow plank



4 10 push-ups



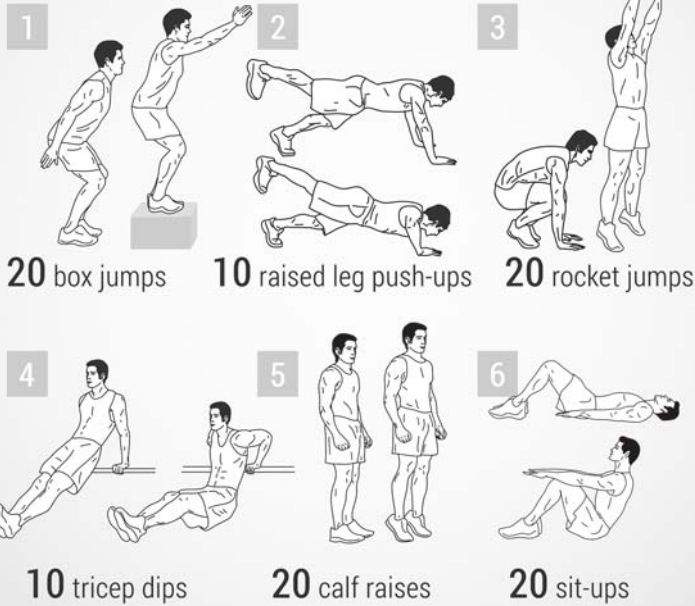
5 20 box jumps

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

MOONBASE

NEILA REY WORKOUT

neilarey.com



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

NEO

NEILA REY WORKOUT

neilarey.com



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

ninja SILENT WORKOUT

neilarey.com



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

the office

NEILA REY WORKOUT

neilarey.com

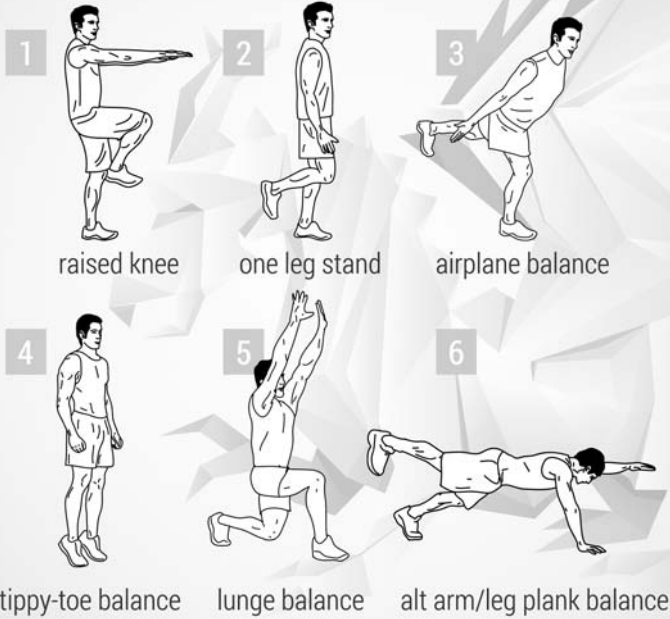


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

origami

NEILA REY WORKOUT

neilarey.com



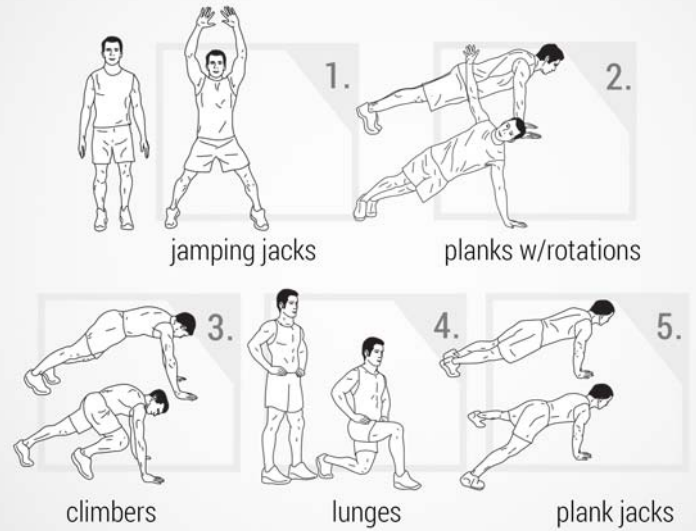
20 seconds each / no rest between exercises

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

PHOENIX **BURN** **HIT**

NEILA REY WORKOUT

neilarey.com



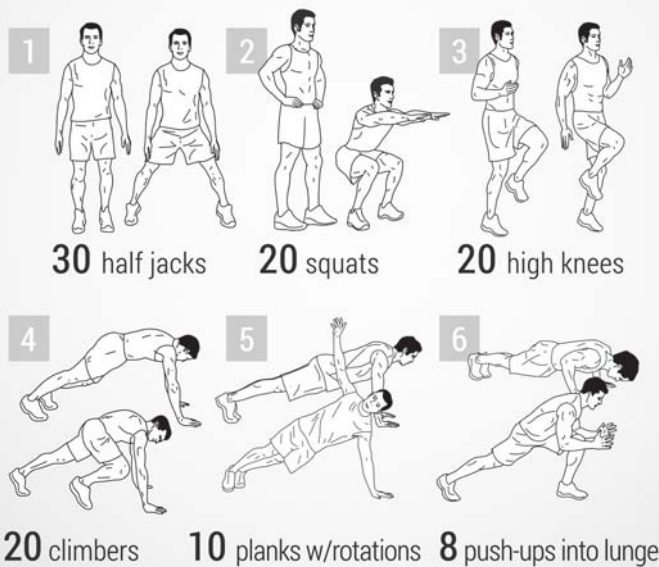
20 seconds each / 20 seconds rest between each exercise

Level I 3 rounds Level II 6 rounds Level III 9 rounds

BRING ME SOME **PIE**

NEILA REY **SUPERNATURAL** WORKOUT

neilarey.com

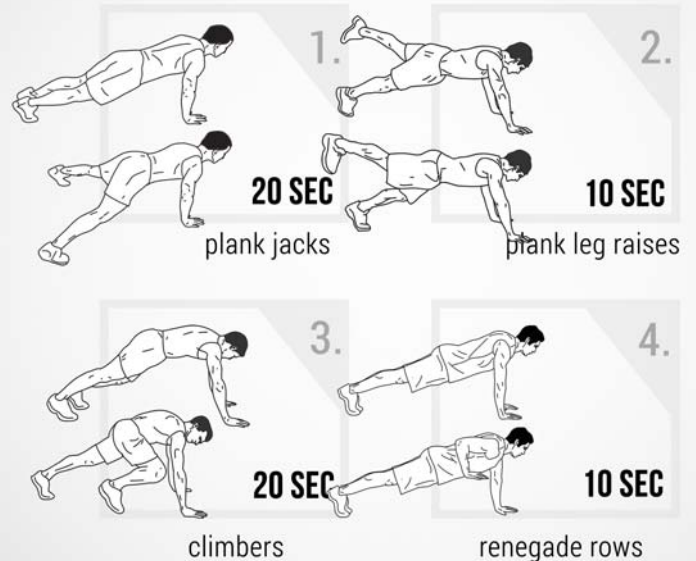


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

PINNER **HIT**

NEILA REY WORKOUT

neilarey.com



1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

PIXEL

1  **40 box step-ups**

2  **20 box jumps**

3  **10 decline push-ups**

4  **10 split squats**

5  **20 box lifts**

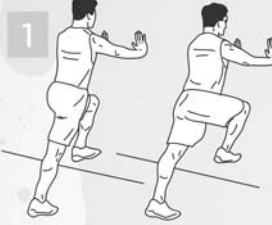
6  **10 leg pull-ins**


7  **20 flutter kicks**


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


POWER SPRINTER


40 seconds each / 20 second rest after each exercise


1  **wall high knees**

2  **wall sit**

3  **plank**


4  **sprinters**


5  **plank leg raises**


6  **plank jump-ins**


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


POWER UP


1  **20 high knees**

2  **20 lunge push-offs**

3  **20 reverse lunge kicks**

4  **10 jump knee-tucks**

5  **10 side-to-side lunges**

6  **10 squats**

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

PREDATOR

1  **10 wide grip push-ups**

2  **20 climbers**

3  **10 tricep extensions**

4  **40sec uneven plank**

5  **20 cross punch sit-ups**

6  **20 sitting twists**

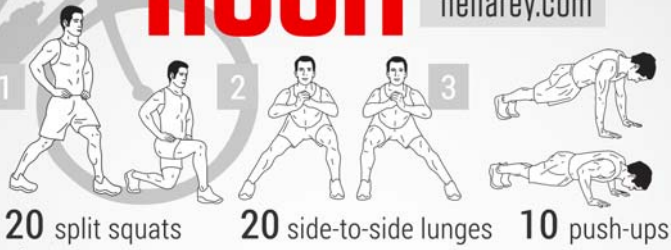
7  **20sec star plank**

8  **20 plank jump-ins**

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

PREMIUM RUSH

NEILA REY WORKOUT
neilarey.com



20 split squats 20 side-to-side lunges 10 push-ups



40 flutter kicks 20 scissors 10 glute bridges

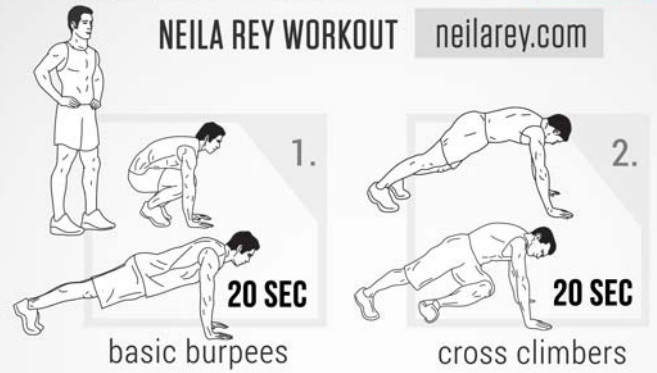


20 long-arm crunches 20 side planks w/rotations 30sec elbow plank

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

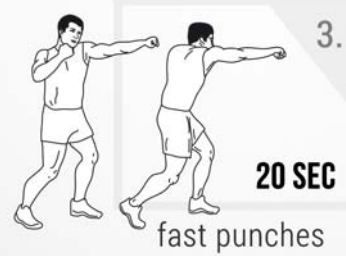
RAMBO HIIT

NEILA REY WORKOUT neilarey.com



20 SEC basic burpees

20 SEC cross climbers



20 SEC

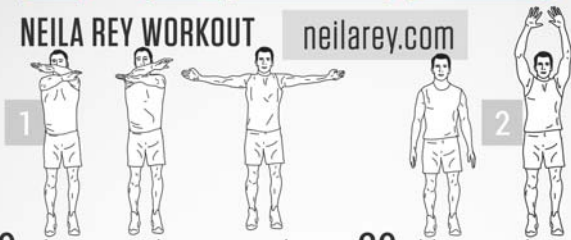
fast punches

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

RED

NEILA REY WORKOUT neilarey.com



20 criss-cross chest expansions 20 side arm raises



20 overhead punches 20 side leg raises 40sec one-leg stand

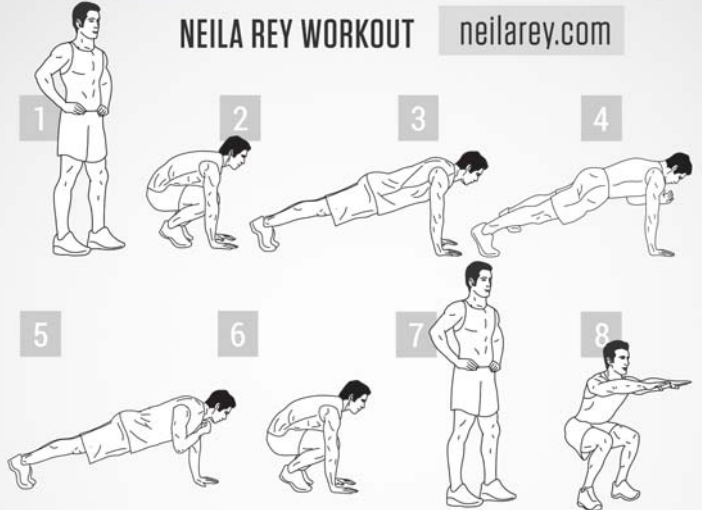


10 half squats 10 slow front kicks 10 calf raises

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

REMAKER

NEILA REY WORKOUT neilarey.com



60 SECONDS

jump into a plank
tap left shoulder
tap right shoulder
get up & squat

60 seconds rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

RIDDICK

NEILA REY WORKOUT

neilarey.com



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

ROCKY

NEILA REY WORKOUT

neilarey.com



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

Run, you clever boy; and remember

high intensity high burn cardio workout

neilarey.com



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

SHERLOCK

NEILA REY WORKOUT

neilarey.com

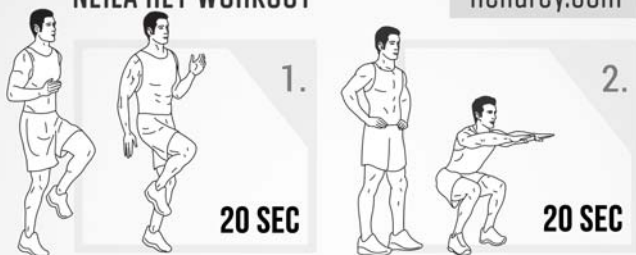


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

SHIFTER **HIT**

NEILA REY WORKOUT

neilarey.com



high knees

squats



basic burpees (no jump)

1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

SILVER SURFER

NEILA REY **WORKOUT**

neilarey.com



40 sprinters

40 high knees

20 side-to-side lunges

20 planks w/rotations

40 climbers

10 alt leg/arm raises

40 crunches

40 flutter kicks

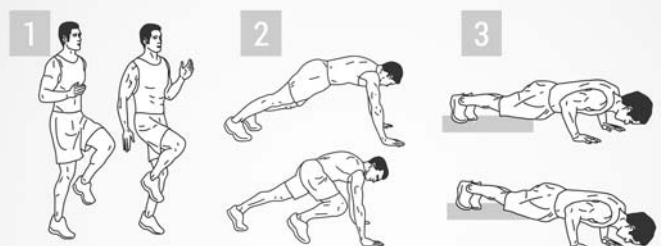
20 windshield wipers

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

SKYFALL

NEILA REY WORKOUT

neilarey.com



40 fast high knees

40 climbers

10 decline push-ups



40 squats

10 leg raises

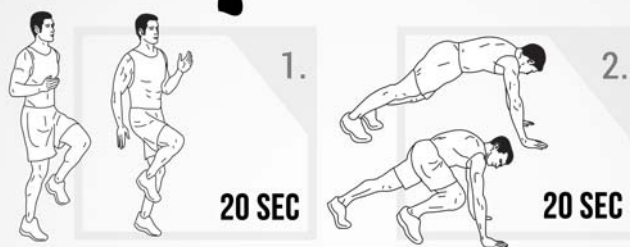
10 windshieldwipers

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

Slayer

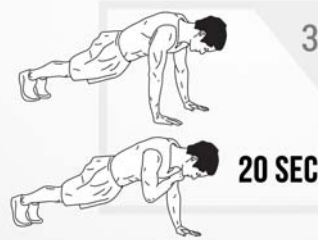
NEILA REY **HIT** WORKOUT

neilarey.com



high knees

climbers



shoulder taps

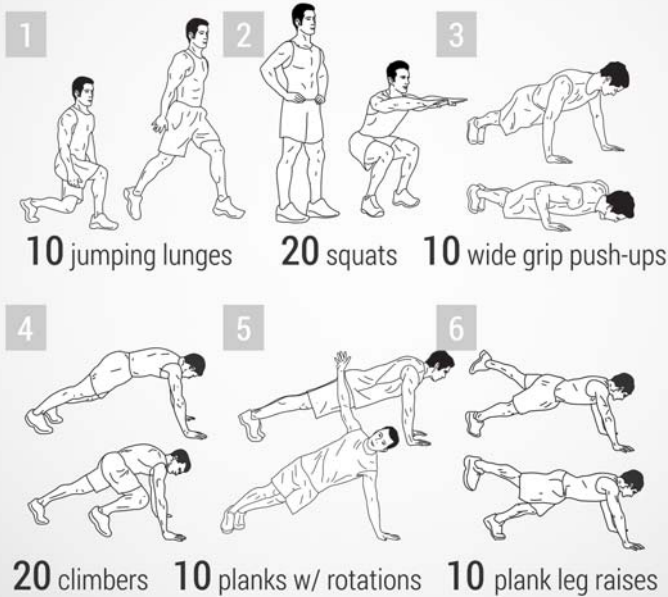
1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

SPARTAGUS

NEILA REY WORKOUT

neilarey.com



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

SPIDERMAN

neilarey.com

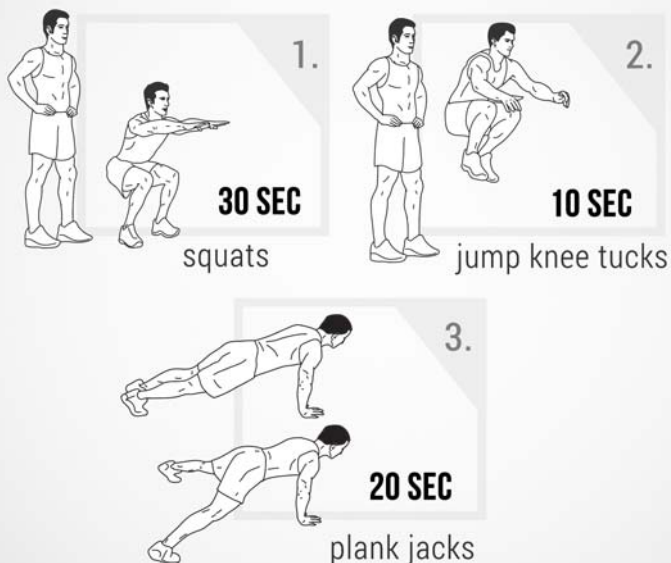


level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

SQUATTER HIIT

NEILA REY WORKOUT

neilarey.com



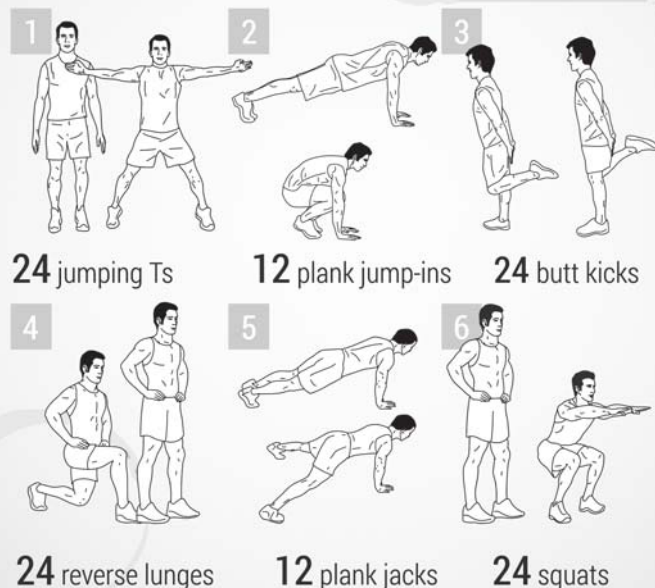
1 minute rest between rounds

Level I 5 rounds Level II 10 rounds Level III 15 rounds

STAY AWAKE!

NEILA REY WORKOUT

neilarey.com



every 60 minutes



STORM TROOPER

NEILA REY WORKOUT neilarey.com



40 high knees



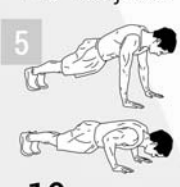
20 half jacks



20 side leg raises



20 squats



10 push-ups



20 forward lunges



10 plank jump-ins

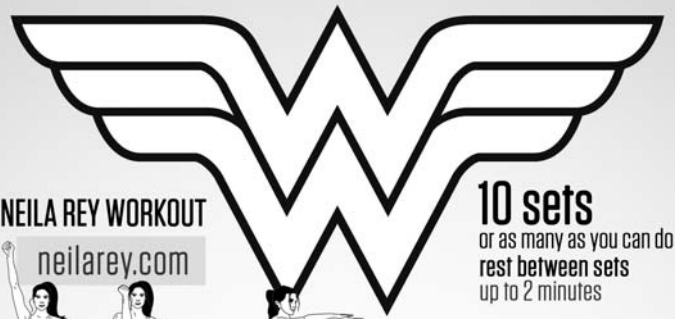


20 climbers



10 plank leg raises

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

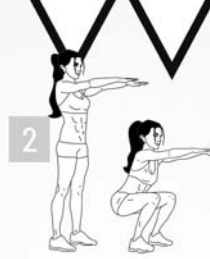


NEILA REY WORKOUT
neilarey.com

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



40 knee-to-elbow



20 squats



20 climbers



10 planks w/rotations



20 deep lunges



40sec elbow plank



10 sit-ups



20 sitting cross punches



10 push-ups



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

NEILA REY
WORKOUT
neilarey.com



40 high knees



20 fly steps



20 squats



10 push-ups



30sec elbow plank



10 arm lifts



40 climbers



20sec star plank



10 superman

SUPERNOVA

IN 5 MOVES

neilarey.com



MOVE 1
30 seconds plank



MOVE 2
10 reps alt arm/leg planks



MOVE 3
4 reps 90° moving plank



MOVE 4
30 reps mountain climbers



MOVE 5
10 reps push-ups

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

SUPER SAIYAN

NEILA REY WORKOUT neilarey.com



level I 3 sets level II 5 sets level III 7 sets **super saiyan** 10 sets
rest between sets up to 2 minutes

TERMINATOR

NEILA REY WORKOUT neilarey.com



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

THOR

THE STRENGTH OF ASGARD neilarey.com



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

TIGER, TIGER

NEILA REY WORKOUT neilarey.com



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

toaster

NEILA REY WORKOUT neilarey.com

- 10 burpees
 - 5 burpees
 - 2 burpees
 - 10 burpees
 - 5 burpees
 - 3 burpees
 - 10 burpees
 - 5 burpees
 - 4 burpees
 - 10 burpees
 - 5 burpees
 - 5 burpees
- 40 sec rest
 - 30 sec rest
 - 30 sec rest
 - 40 sec rest
 - 30 sec rest
 - 20 sec rest
 - 40 sec rest
 - 20 sec rest
 - 20 sec rest
 - 40 sec rest
 - 10 sec rest



total abs

NEILA REY WORKOUT neilarey.com

- 1 10 knee crunches
- 2 10 cross crunches
- 3 12 leg raises
- 4 20 bicycle crunches
- 5 20 flutter kicks
- 6 10 heel touches
- 7 60sec elbow plank
- 8 10 sitting twists

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

WOLVERINE

NEILA REY WORKOUT neilarey.com

- 1 24 high knees
- 2 24 squats
- 3 24 climbers
- 4 10 raised-leg push-ups
- 5 10 shoulder touches
- 6 10 plank jump-ins
- 7 12 reverse crunches
- 8 12 sitting twists
- 9 24 flutter kicks

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

uncharted

NEILA REY WORKOUT neilarey.com

- 1 20 high knees
- 2 14 lunges
- 3 14 side leg raises
- 4 14 plank jump-ins
- 5 20 climbers
- 6 14 wide grip push-ups
- 7 14 sit-ups
- 8 14 side planks w/ rotations
- 9 14 leg raises

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

UNPLUGGED

NEILA REY WORKOUT

neilarey.com



20 chest expansions 20 shoulder stretches 40 side leg raises



20 back rotations 20 back arches 20 cat stretches



10 supermen 10 bridges 10 body folds

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

VIKINGS

NEILA REY WORKOUT

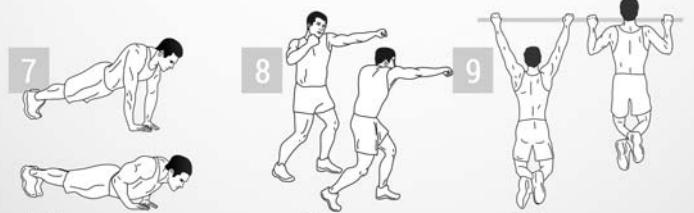
neilarey.com



20 jumping lunges 10 jump thrusts 10 one legged squats



20 cross-punch sit-ups 10 bicycle crunches 10 windshield wipers



to failure tricep push-ups 40 punches to failure pull-ups

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

WAKE UP!

& MAKE IT HAPPEN WORKOUT neilarey.com



1 20 climbers
2 10 push-ups
3 20 bicycle crunches
4 30sec plank
5 5 burpees

WALKERS

NEILA REY WORKOUT

neilarey.com



40 high knees 10 jump knee tucks 20 wood choppers



40 climbers 10 plank jump-ins 40sec one leg stand



20 sprinters 20 knee crunches 20 flutter kicks

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

Support the Project

If you found my work useful and you can afford to make a small donation, please, consider giving back. I keep every program and every single workout I design free and available to anyone who needs it because I believe that this kind of information should be free. I support this project on my own so if you can give back, please do – it'll make a big difference and help keep this project alive.

PayPal donate \$1 and help
to keep this project alive



+ other options

more free workouts and fitness programs at
neilarey.com