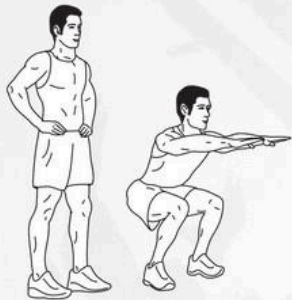


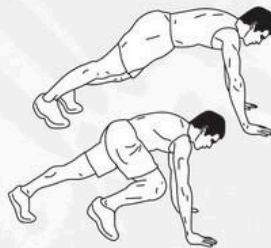
# WOLVERINE

NEILAREY WORKOUT @ [neilarey.com](http://neilarey.com)

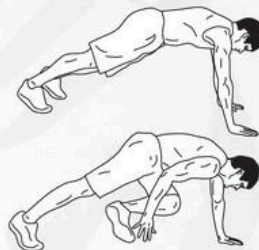
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



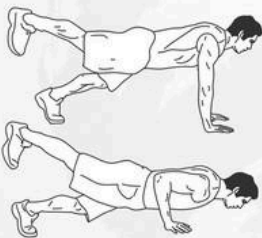
**24** squats



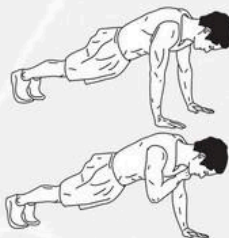
**24** climbers



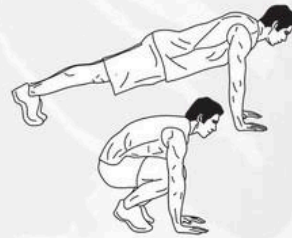
**24** climber taps



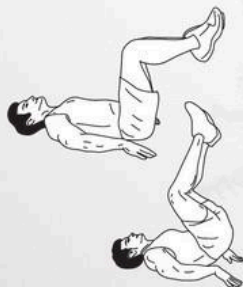
**10** raised-leg push-ups



**10** shoulder taps



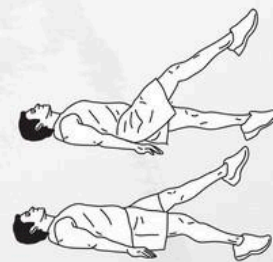
**10** plank jump-ins



**12** reverse crunches



**12** sitting twists



**24** flutter kicks