

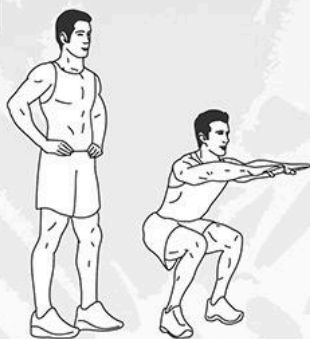
WOLVERINE

NEILA REY WORKOUT

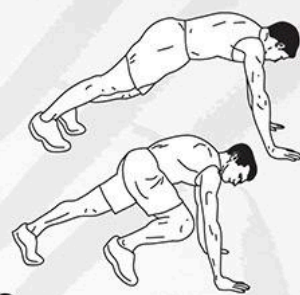
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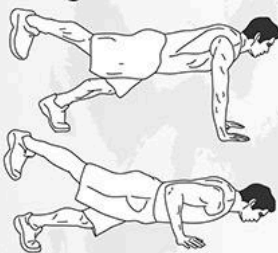
1. high knees



2. squats



3. mountain climbers



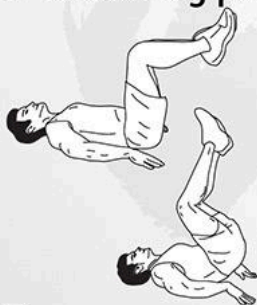
4. raised-leg push-ups



5. renegade rows



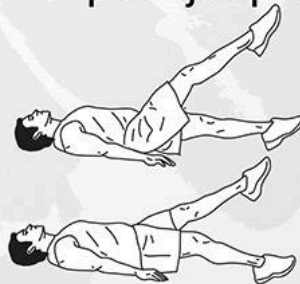
6. plank jump-ins



7. reverse crunches



8. sitting twists



9. flutter kicks

10 reps each

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