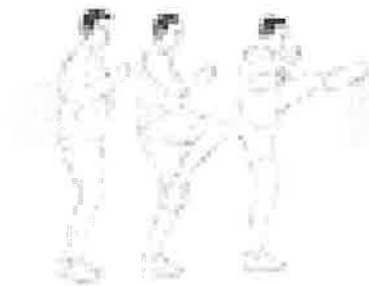


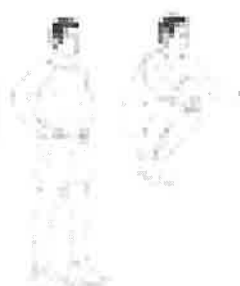


AVATAR

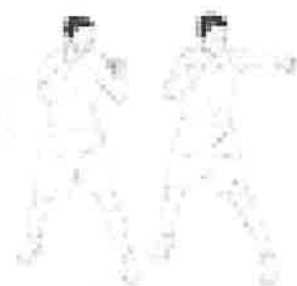
NEILA REY WORKOUT © neilarey.com



20 turning kicks



10 jump knee-tucks



20 punches



20 elbow strikes



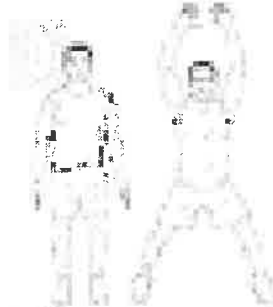
10 squat kicks



20 arm circles



10 chest squeezes



10 jumping jacks



10 diver push-ups

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

HARLEY QUINN

DAREBEE TRIBUTE WORKOUT darebee.com

10 sets or as many as you can do

REST up to 2 minutes



10 jump squats



10 squat punches



10 squat cross steps



20 punches



10 side kicks



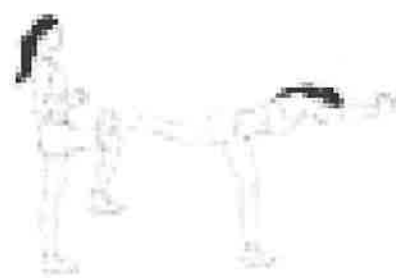
10 hook kicks



20 high knees



10 front kicks

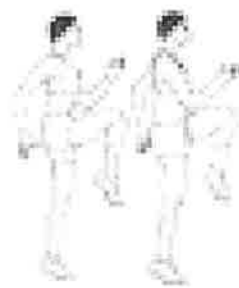


10 back kick extensions

G.I. JANE

DAREBEE WORKOUT © darebee.com

LEVEL I 2 sets LEVEL II 3 sets LEVEL III 7 sets REST UP TO 2 minutes



20 high knees (sprint)



10 lunges



10 reverse lunges



to failure push ups



5 upward dogs



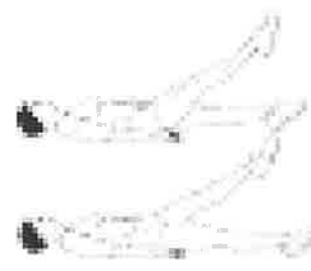
5 army crawl



10 sit ups



10 reverse crunches

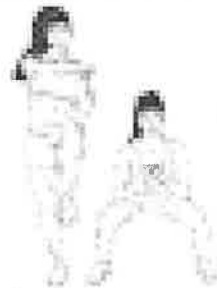


20 flutter kicks

XENA

DAREBEE WORKOUT © darebee.com

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



10 kicks + ducks



10 side kick + duck



20 punches



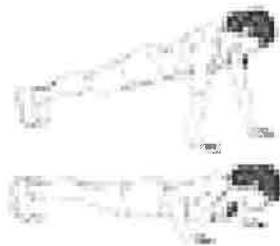
10 hop feet clicks



20 lunge punches



10 front snap kicks



10 push-ups



10 sit up punches



10 siting/walks

THE HULK

NEILA REY WORKOUT

nellarey.com



20 split squats

10 pike shoulder presses



10 leg raises

6 staggered push-ups

6 tricep extensions



20sec leg hold

20 towel bicep curls

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

MILITARY FIT

@darebee.com

Day 1 | Recruit

Level I 3 sets

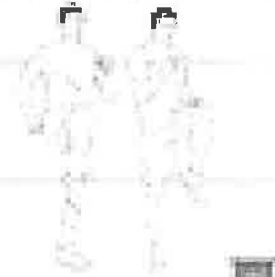
Level II 5 sets

Level III 7 sets



up to 2 minutes rest between sets

1 mile high knees - to be done lap around a field at the beginning of every set



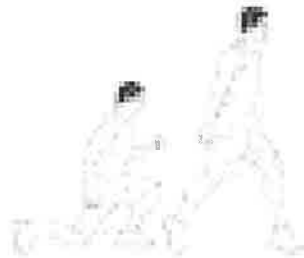
20 push-ups



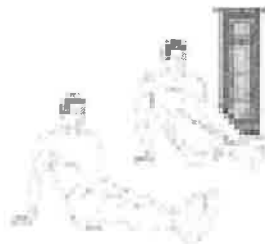
20 shoulder taps



20 countercurl



20 jumping lunges



20 trap bar deadlift



20 walking leg extension



20 leg and down plank

THE WRATH OF ODIN

DAREBEE WORKOUT @ darebee.com

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



20 combos squat • plank • plank w/ lift • jump squat



10-count each side • side w/ lift • side w/ lift



20 combos 10 • 10 • 10 • 10

RAGNARÖK

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets REST up to 2 minutes rest



20 count sets



20-count plank hold



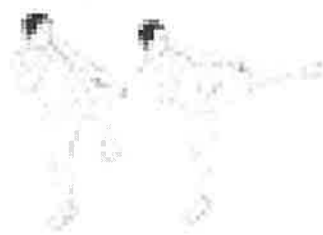
20 sets + 30sec



20 counts



20-count squat kick



20 sets L&H



20 counts kick



20-count 12sec leg hold



20 sets sets

THE STRENGTH OF ASGARD
THOR

DAREBEE WORKOUT @ darebee.com

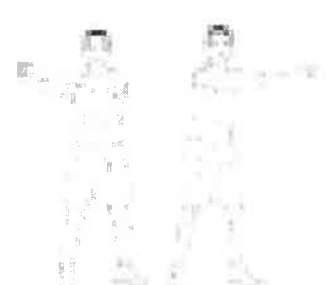
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 1:00 TO 2 minutes



20 squats



20 lunges



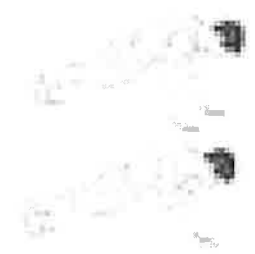
40 side-to-side chops



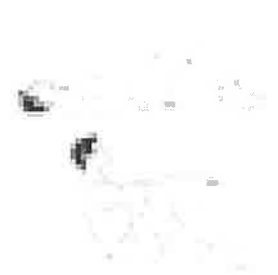
20 lumber taps



10 push-ups



20 shoulder taps



20 sit-ups



20 sitting twists



20 get-ups

MULAN

NEILA REY WORKOUT @ neilarey.com



10 squat chops



10 side lunge chops



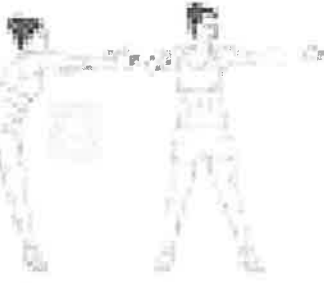
20 punches



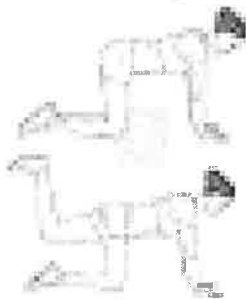
10 lunge punches



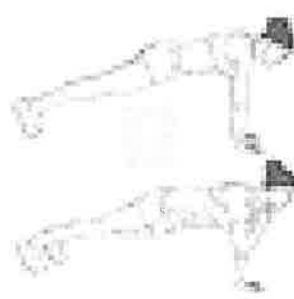
10 side kicks



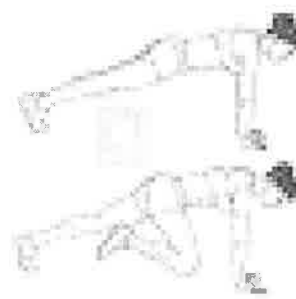
20 archers



10 donkey kicks



10 shoulder taps



10 climbers

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



CAPTAIN AMERICA

NEILAREY WORKOUT @ neilarey.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST upto 2 minutes



120 steps / 30sec run



60 punches



10 jump knee tucks



20 sit-ups



10 burr-ups



10 raised leg circles



10 push-ups



10 back rotations



10 bicep curls