

Contents: Weightless Training

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22	Blade Runner
23	8 weeks to 5k (running program)

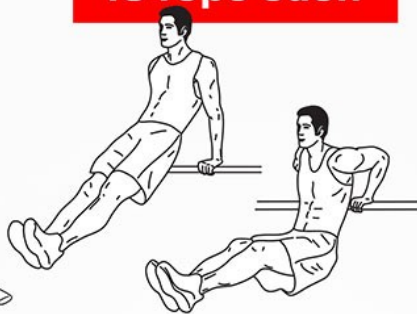
THOR

THE STRENGTH OF ASGARD

10 reps each



1. forward lunges



2. tricep dips



3. one legged squats



4. push-ups



5. renegade rows



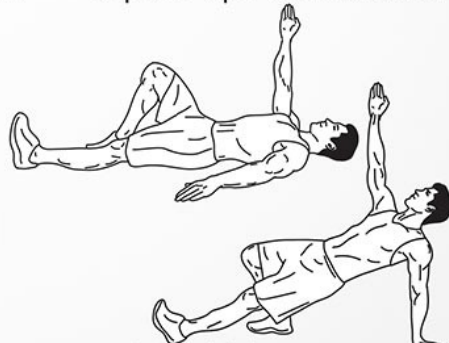
6. push-ups with rotation



7. sit-ups



8. Russian twists



9. Turkish get-ups

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

BATMAN

10 sets
or as many as
you can do

WORKOUT

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rest between sets
up to 3 minutes

10 reps each



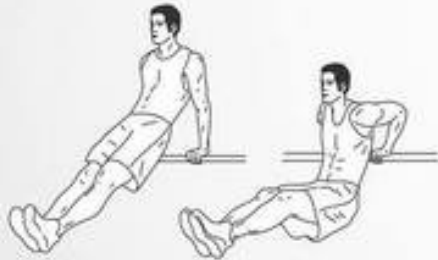
1. squats



2. push-ups



3. climbers



4. tricep dips



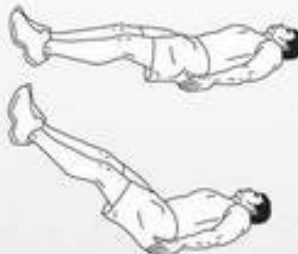
5. cross punch sit-ups



6. jumping lunges



7. side plank crunches



8. leg raises

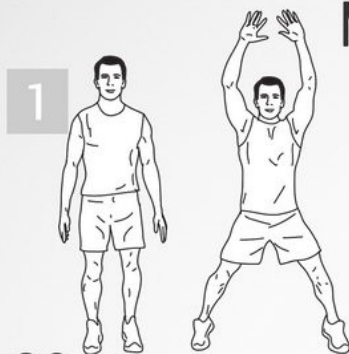


9. bicycle crunches

IRONMAN

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30 jumping jacks



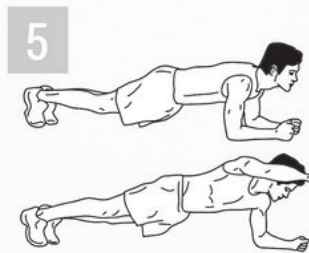
20 squats



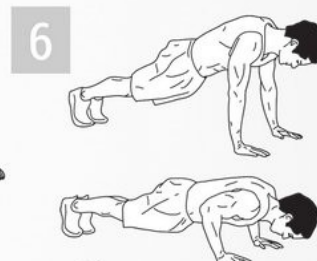
10 cross punch sit-ups



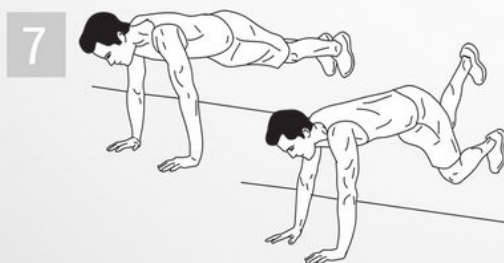
10 planks w/rotations



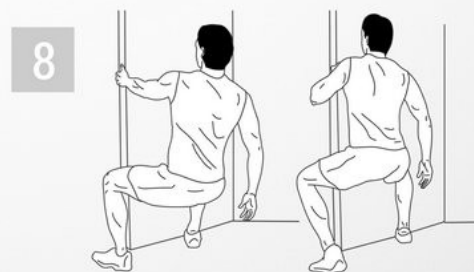
10 elbow plank arm lifts



6 push-ups



12 wall mountain climbers



12 doorframe rows

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

AVENGER

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20 squats



20 climbers



20 flowsteps



10 push-ups



30 renegade rows



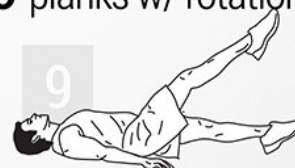
20 planks w/ rotations



20 side planks w/ rotations



20 alt lowering drills



40 flutter kicks

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



NEILA REY WORKOUT

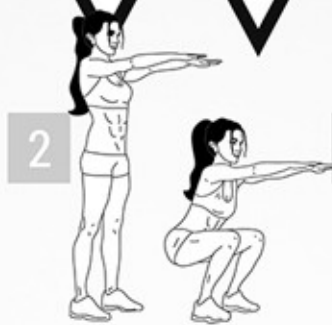
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10 sets

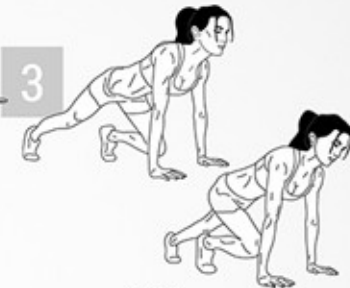
or as many as you can do
rest between sets
up to 2 minutes



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



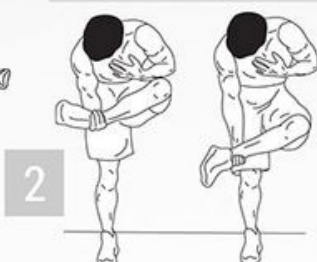
DEADPOOL

NEILA REY WORKOUT

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40 side leg raises



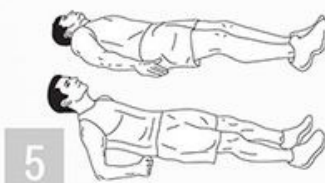
40 biceps curls



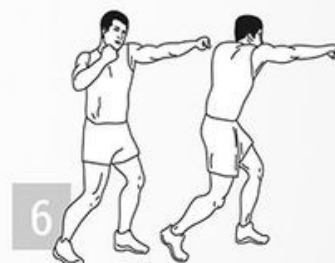
20 floor taps



10 reverse plank kicks



10 elbow lifts



80 punches



20 plank leg rolls



10 push-ups

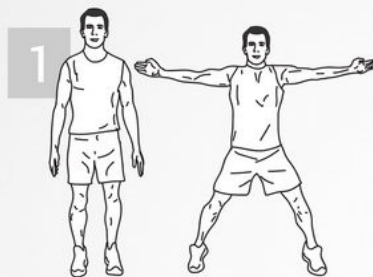


10 seagulls

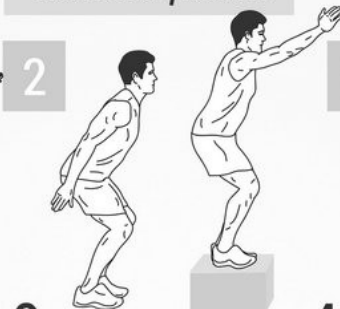
level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

ASSASSIN'S workout

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40 jumping Ts



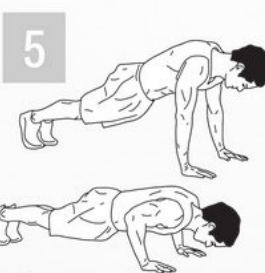
10 box jumps



40 high knees



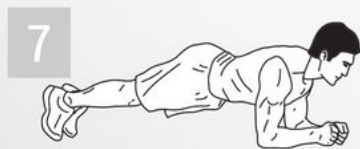
30sec wall-sit



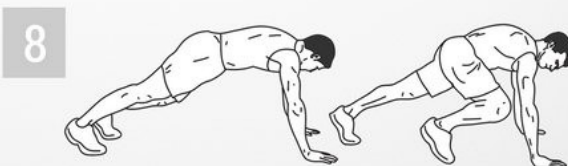
10 push-ups



10 high jumps



30sec elbow plank



20 mountain climbers

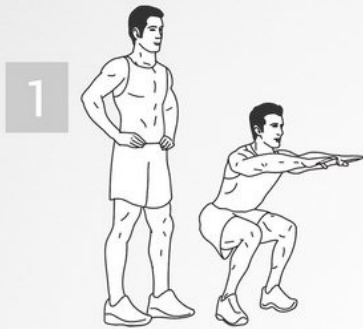
level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes



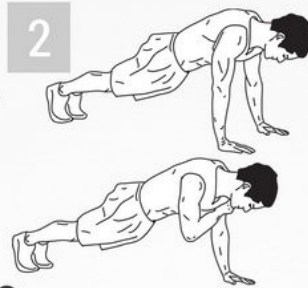
AQUAMAN

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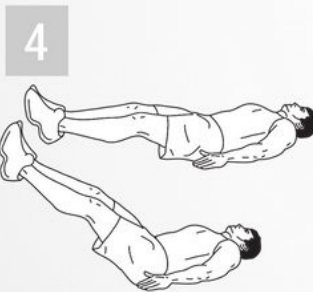
20 squats



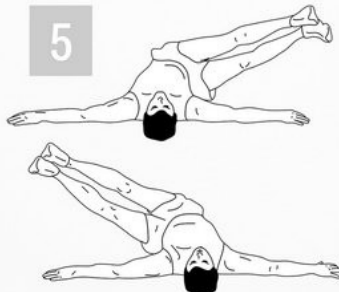
10 shoulder touches



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

MATRIX

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"I KNOW KUNG FU"



20 side lunges



20 high knees



20 squats



20 front kicks



20 side kicks



40sec one leg stand



10 alt plank leg/arm raises



20 climbers



10 planks w/ rotations

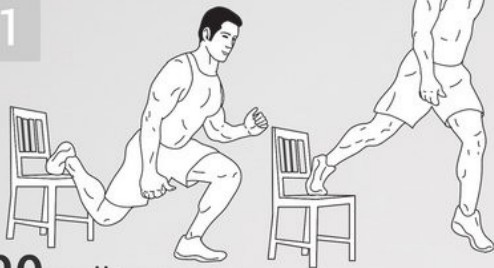
level I 3 sets level II 5 sets level III 7 sets rest between sets up to 2 minutes

THE HULK

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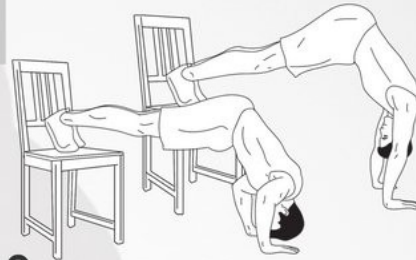
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1



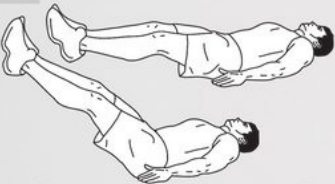
20 split squats

2



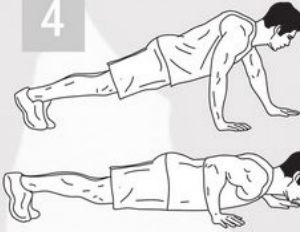
10 pike shoulder presses

3



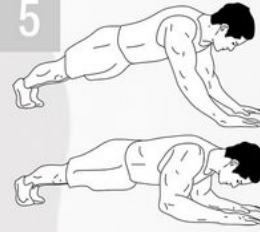
10 leg raises

4



6 staggered push-ups

5



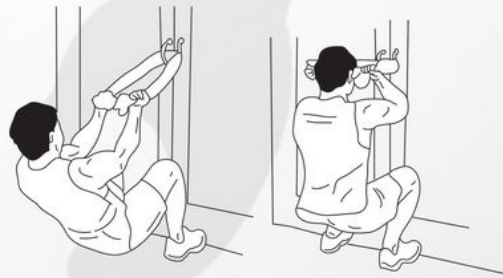
6 tricep extensions

6



20sec leg hold

7



20 towel bicep curls

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

JEDI

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~ May the force be with you ~



20

high jumps



30
sec

push-up plank



10

raised leg push-ups



20

woodchoppers



20

side-to-side lunges



60
sec

one leg stand
30sec each leg



20

sit-ups



20

side jackknives



20

planks w/ rotations

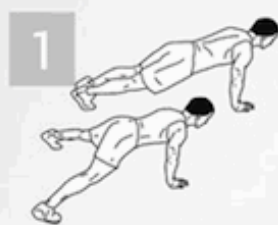
level I 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes

HUNGER GAMES

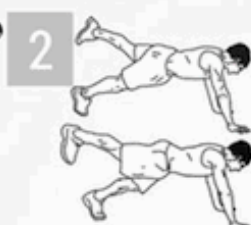
TRIBUTE WORKOUT



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10 plank jacks



8 plank leg raises



8 plank jump-ins



10 climbers



5 jump knee tucks



10 lunges



5 push-ups



10 knee-to-elbows



10 half jacks



10 leg raises



10 squats



10 high knees

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

SPIDERMAN

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20 climbers

10 spiderman push up
+ side crunches

10 plank jump-ins



10 squats

45sec push-up plank

20 alt arm/leg planks



20 Russian twists

10 knee crunches

level I 4 sets level II 6 sets level III 8 sets rest between sets up to 60 seconds



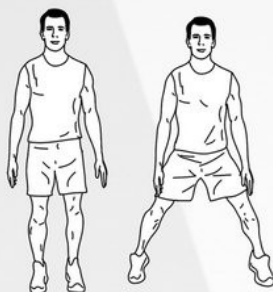
STORM TROOPER

NEILA REY WORKOUT

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1. high knees



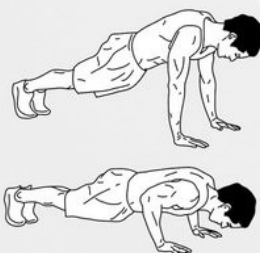
2. half jacks



3. standing leg raises



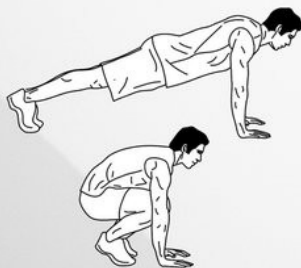
4. squats



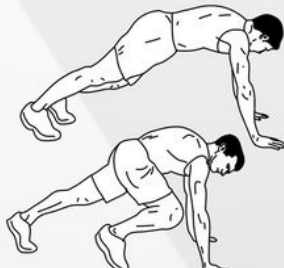
5. push-ups



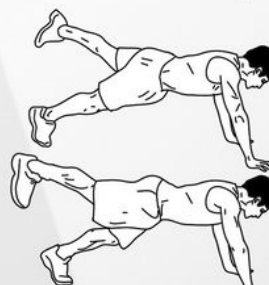
6. forward lunges



7. plank jump-ins



8. mountain climbers



9. plank leg raises

10 reps each

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



10 sets

or as many
as you can do

rest between sets
up to 2 minutes

NEILA REY
WORKOUT

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40 high knees



20 fly steps



20 squats



10 push-ups



30sec elbow plank



10 arm lifts



40 climbers



20sec star plank



10 superman



"ALWAYS DOES HIS REPS"

LANNISTER

NEILA REY WORKOUT

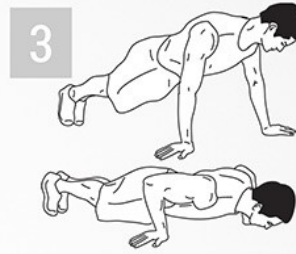
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4 push-ups



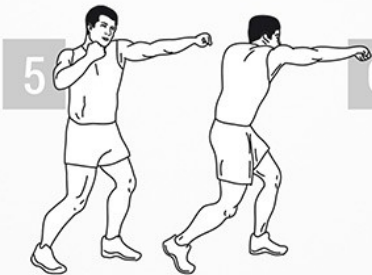
20 climbers



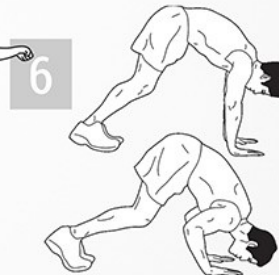
4 reverse hand push-ups



4 wide grip push-ups



20 punches



4 shoulder presses



10 up and down plank



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

FLASH

NEILA REY WORKOUT

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round 1



40 fast high knees



10 squats



20 push-ups

round 2



20 fast high knees



20 lunges



20 plank jacks

round 3



40 fast high knees



10 push-ups



20 plank leg raises

round 4



20 fast high knees



20 flutter kicks



20 scissors

repeat 5 times or as many as you can rest between sets up to 2 minutes



NEILA REY WORKOUT

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1

30 squats



2

5 jump knee-tucks



3

20 climbers



4

10 push-ups



5

30sec elbow plank



6

20 lunges



7

10 leg raises



8

10 sit-ups



9

10 windshield wipers

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

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1
wall sit



2
plank



3
plank push-up



4
static V



5
static raised legs



6
superman

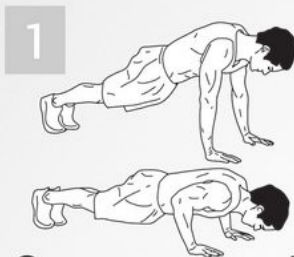
30 seconds each | no rest between exercises

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

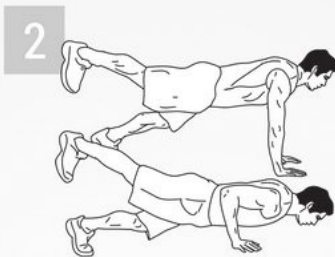
SUPER SAIYAN

NEILA REY WORKOUT

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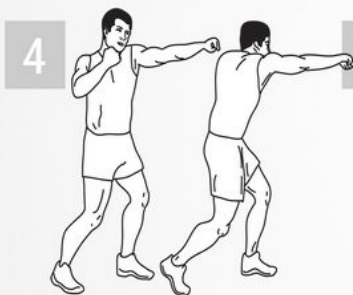
6 push-ups



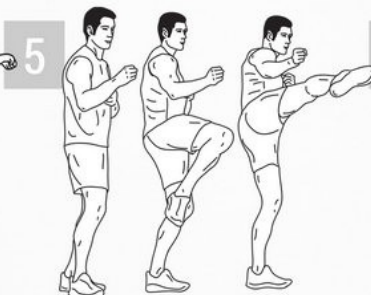
4 raised leg push-ups



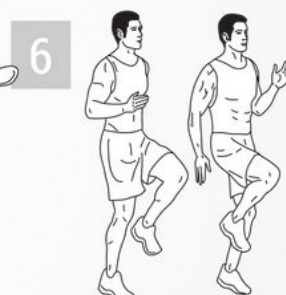
4 wide grip push-ups



60 punches



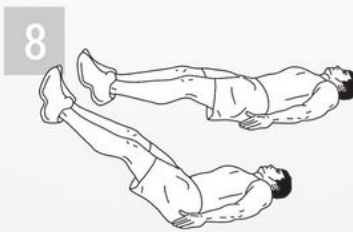
40 turning kicks



30 high knees (sprint)



10 sit-ups



10 leg raises



10 sitting twists

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

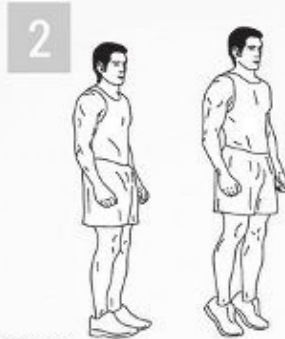
BLADE RUNNER

NEILA REY WORKOUT

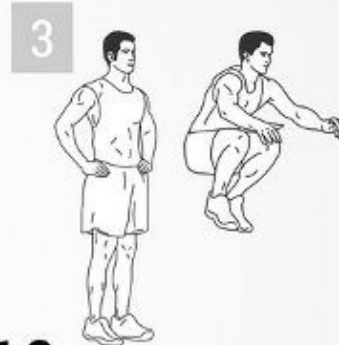
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60 high knees



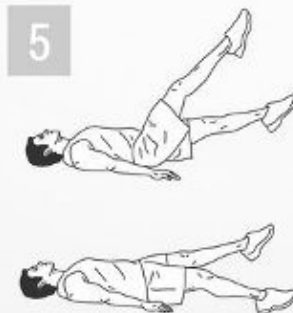
20 calf raises



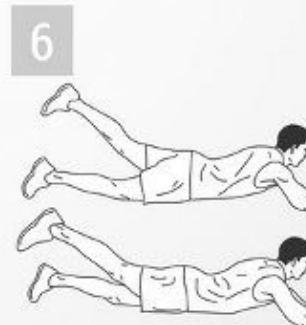
10 jump knee tucks



20 scissors



10 flutter kicks



10 reverse flutter kicks

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

8 weeks to 5K running program

	day1	day2	day3	day4	day5	day6	day7
week1	1km walk (time yourself)	10 squats 10 calf raises	1km run (time yourself)	10 squats 10 calf raises	1km walk	10 squats 10 calf raises	rest
week2	1km walk 10% off the original time	20 squats 20 calf raises	1km run 10% off the original time	20 squats 20 calf raises	1km walk 10% off the original time	20 squats 20 calf raises	rest
week3	2km walk (time yourself)	30 squats 30 calf raises	2km run (time yourself)	30 squats 30 calf raises	2km walk	30 squats 30 calf raises	rest
week4	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km run 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	2km walk 10% off the original time	2 sets / 20 squats 2 sets / 20 calf raises	rest
week5	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	1km run	2 sets / 25 squats 3 sets / 20 calf raises	rest
week6	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	1km run 15% off the original time	3 sets / 20 squats 3 sets / 20 calf raises	rest
week7	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	3km run	2 sets / 35 squats 4 sets / 15 calf raises	rest
week8	3km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	4km run	4 sets / 20 squats 4 sets / 20 calf raises	rest	5km run