

IRONMAN

NEILA REY WORKOUT

neilarey.com

1



30 jumping jacks

2



20 squats

3



10 cross punch sit-ups

4



10 planks w/rotations

5



10 elbow plank arm lifts

6



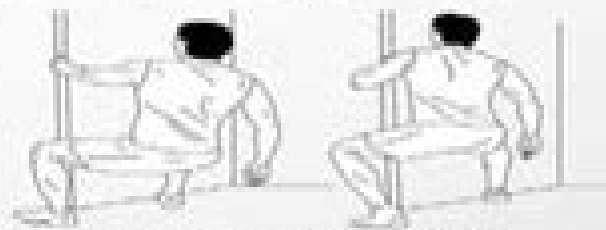
6 push-ups

7



12 wall mountain climbers

8



12 doorframe rows

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

Iron Gym Exercise Guide

JL Elias

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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