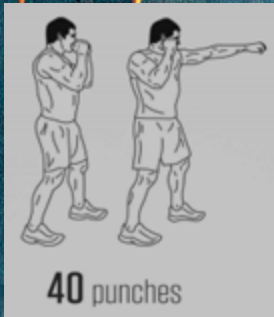




THE WORKOUT



THE WORKOUT



LEVEL ONE



ONE SET

LEVEL TWO



TWO SETS

LEVEL THREE



THREE SETS

LEVEL FOUR



FOUR SETS

LEVEL FIVE



FIVE SETS



THE WORKOUT

THE WORKOUT



20 squats



20-count one-arm plank



10 leg raises



10 lunges



20 overhead punches



10 superman



20 jumping jacks



10 knee-to-elbow

LEVEL ONE → ONE SET

LEVEL TWO → TWO SETS

LEVEL THREE → THREE SETS

LEVEL FOUR → FOUR SETS

LEVEL FIVE → FIVE SETS

THOR

THE WORKOUT



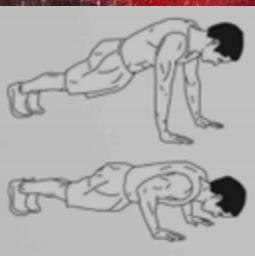
10-count side plank



20 jumping jacks



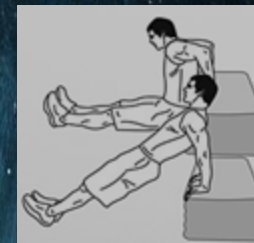
20 calf raises



10 push-ups



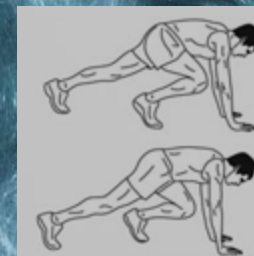
20 deep side lunges



5 tricep dips



10 sit-ups



10 climbers

LEVEL ONE → ONE SET

LEVEL TWO → TWO SETS

LEVEL THREE → THREE SETS

LEVEL FOUR → FOUR SETS

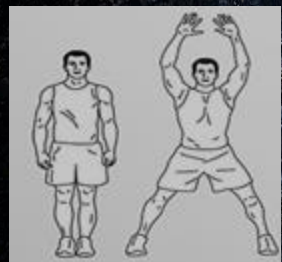
LEVEL FIVE → FIVE SETS



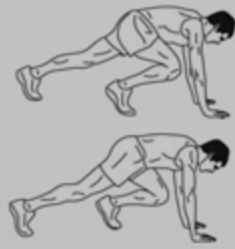


THE WORKOUT

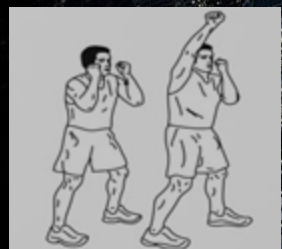
THE WORKOUT



20 jumping jacks



10 climbers



10 overhead punches



10 push-ups



20 high knees



10 basic burpees



10 sit-ups



20sec squat hold

LEVEL ONE



ONE SET

LEVEL TWO



TWO SETS

LEVEL THREE



THREE SETS

LEVEL FOUR



FOUR SETS

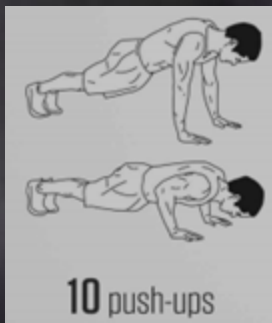
LEVEL FIVE



FIVE SETS

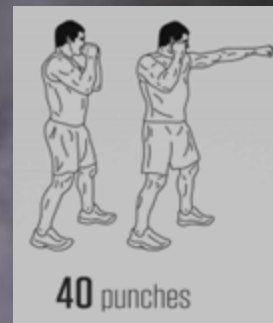
IRON MAN

THE WORKOUT



IRON MAN

THE WORKOUT



LEVEL ONE
LEVEL TWO



ONE SET
TWO SETS

LEVEL THREE
LEVEL FOUR



THREE SETS
FOUR SETS

LEVEL FIVE



FIVE SETS

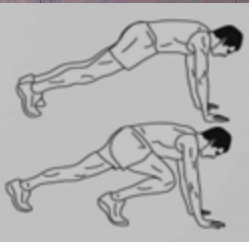


THE WORKOUT

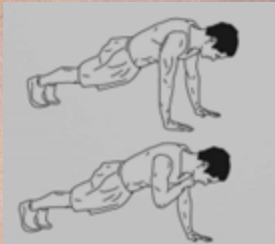
THE WORKOUT



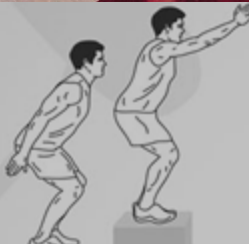
5 tricep dips



20 slow climbers



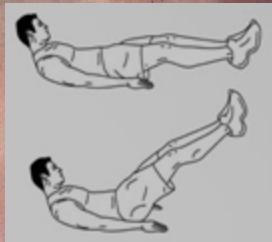
20 shoulder taps



20 box jumps



20 high knees



20 leg raises



10-count elbow plank



10 jump knee tucks

LEVEL ONE

→ ONE SET

LEVEL TWO

→ TWO SETS

LEVEL THREE

→ THREE SETS

LEVEL FOUR

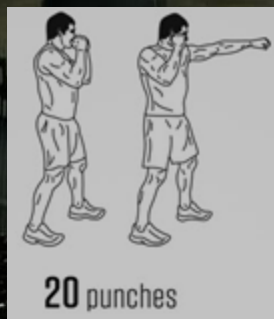
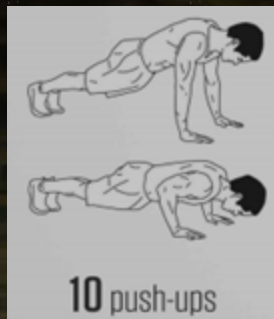
→ FOUR SETS

LEVEL FIVE

→ FIVE SETS

THE INCREDIBLE HULK

THE WORKOUT



THE INCREDIBLE HULK

THE WORKOUT



LEVEL ONE → ONE SET
LEVEL TWO → TWO SETS

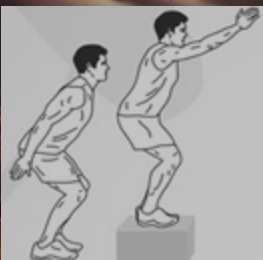
LEVEL THREE → THREE SETS
LEVEL FOUR → FOUR SETS

LEVEL FIVE → FIVE SETS



THE FLASH

THE WORKOUT



20 box jumps



20 jumping jacks



20 slow climbers



10 jumping squats



20 high knees



10 jump knee tucks



10 knee-to-elbow



10 lunges

LEVEL ONE



ONE SET

LEVEL TWO



TWO SETS

LEVEL THREE



THREE SETS

LEVEL FOUR



FOUR SETS

LEVEL FIVE



FIVE SETS