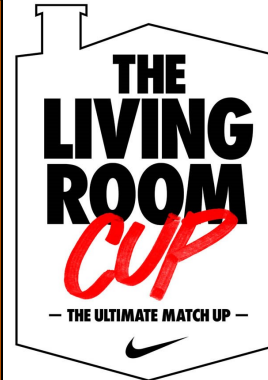


### Why is exercise important?

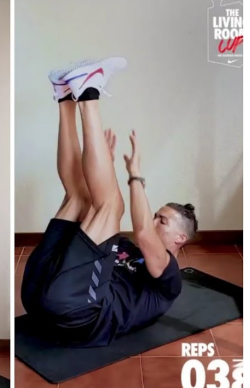
- \* Helps you sleep better.
- \* Releases endorphins (cells that make you happy!)
- \* Proven to help people with mild depression & low self-esteem.
- \* Helps people lose weight
- \* Reduces the risk of diseases, such as; obesity, diabetes & high blood pressure.
- \* Helps increase the strength of your bones
- \* Consistent exercise will allow you to stay active for longer when you get older



Ronaldo managed to achieve a huge 142 toe-touch sit ups in just 45 secs!

Can you beat CR7?

Email Mr Carlow to let us know how you get on!



### THIS WEEK'S CHALLENGE : TRAIN LIKE AN AVENGER!

We love super heroes and we're sure you do too! Everyone has at least one in particular that's their favourite. Therefore, this week, our exercise challenge has been inspired by many of our favourite Avengers! So, either pick your favourite hero or try to beast yourself by taking them all on!

### THE STRENGTH OF ASGARD

## THOR

NEILAREY WORKOUT @ neilarey.com

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

20 squats
 20 lunges
 40 side-to-side chops

20 climber taps
 10 push-ups
 20 shoulder taps

20 sit-ups
 20 sitting twists
 20 get-ups

## IRONMAN

NEILAREY WORKOUT @ neilarey.com

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

30 jumping jacks
 20 squats
 10 sit-up punches

10 planks with rotations
 10 plank arm raises
 10 push-ups

10 wall climbers
 20 bicep curls

## CAPTAIN AMERICA

NEILAREY WORKOUT @ neilarey.com

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

120 steps / 30sec run on the spot
 80 punches
 10 knee tuck jumps

20 sit-ups
 10 butt-ups
 10 raised leg circles

10 push-ups
 10 back rotations
 20 doorframe rows

## BLACK WIDOW

NEILAREY WORKOUT @ neilarey.com

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

60 punches
 10 push-ups
 20 squats

20 basic burpees
 20 climbers

20 back kicks
 20 triangle crunches
 20 bridge taps

## THE HULK

NEILAREY WORKOUT @ neilarey.com

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

20 split squats
 10 pike shoulder presses

10 leg raises
 6 staggered push-ups
 6 tricep extensions

20sec leg hold
 20 towel bicep curls