

# SPIDERMAN WORKOUT

Tag yourself us on social media in a short video doing this workout.

**SPIDERMAN**  
neilarey.com



**1**



**20** climbers

**2**



**10** spiderman push-ups

**3**



**10** plank jump-ins

**4**



**20** squats

**5**



**20sec** push-up plank

**6**



**10** alt arm/leg planks

**7**



**20** sitting twists

**8**



**10** knee crunches

---

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