

the office

NEILA REY WORKOUT

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20 chair squats



20 chest squeezes



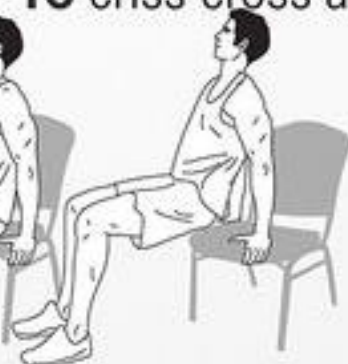
40 criss-cross arms



40 leg extensions



10 chair body lifts



10 knee pull-ins



20 oblique bends



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