



The Hulk

- Wall squat
- Mountain Climb push up combo
- V-ups
- Walking lunges with/without weight
- Plank
- Chair dips
- Decline chair press ups (feet on chair)
- Plank shoulder taps

30 sec on
30 sec off
3-5 circuits
2 min recovery between each circuit



Spider-Man

- Squat jumps
- Clap push ups
- Jumping lunges
- Russian twist with weight
- Burpees
- High knees running on spot
- Side plank (L)
- Side plank (R)

30 sec on
30 sec off
3-5 circuits
2 min recovery between each circuit



Captain America

- 2 min Run (80% intensity)
- 1 min walk
- 1 min jog (50% intensity)

= 1 set
5-8 sets



Wonder Woman

- Split squats
- Single arm medicine ball push-up (or with any weighted object)
- Reverse lunges
- Single leg squat hold
- Single leg bodyweight straight leg deadlift
- Single leg glute bridge on chair
- Side plank (L)
- Side plank (R)

40 sec on (Single leg split time i.e. 20 sec each leg)
30 sec off
3-5 circuits
2 min recovery between each circuit



The Human Torch

- 1 min (90% intensity)
- 1 min (walk)
- 1 min (90% intensity)
- 1 min (walk)
- 1 min (90% intensity)
- 1 min (walk)
- 1 min (90% intensity)
- 1 min (walk)
- 1 min (90% intensity)
- 1 min (walk)

= 1 set
3-4 sets
3 min recovery between sets



The Super Hero

- Close to wide push ups
- Superman
- Hamstring walkout
- Walking plank
- Running on the spot
- Squat press with weight
- Angled downward push-ups (get hips in the air)
- Reverse Lunge

30 sec on
15 sec off
3-5 circuits
2 min recovery between each circuit