



SUPER HEROES

MWR FITNESS SERIES

CAPTAIN AMERICA



DO 50 HIGH KNEES AFTER EACH EXERCISE BELOW :



50 PUNCH R/L



1 MIN. PLANK



30 BEAR CRAWL



20 PUSH UPS



10 BACK EXT.



20 SIT-UP PUNCH

MWR TRAINER TIP: ADVANCED EXERCISERS DO 3-5 ROUNDS; BEGINNERS START WITH 1-2 ROUNDS, INCREASE ROUNDS AS YOU GROW STRONGER.