

# SUPER HERO

## MWR FITNESS SERIES SUPERMAN



1 MIN RUN IN PLACE



10 CHEST FLYS



10 JUMP SQUATS



10 SUPERMAN'S



20 FLUTTER KICKS



10 REVERSE FLYS



10 SPLIT LUNGES



1 MIN. STAR PLANK

MWR TRAINER TIP: ADVANCED EXERCISERS DO 10 ROUNDS; 2 MIN REST BETWEEN ROUNDS. BEGINNERS START WITH 1-2 ROUNDS, INCREASE ROUNDS AS YOU GROW STRONGER.