

**Welcome to “The Ultimate Spider-Man Fitness Adventure”, where we swing into action to harness the swift and nimble nature of the web-slinging hero! Get ready to channel your inner Spider-Man with exercises that will test your agility, flexibility, and overall endurance. If you're eager to climb to new heights in your fitness journey.**

1. **Web Slinger Plie Squats:** (3 sets of 15 reps)

- Mimic shooting webs while performing toe pointed out squats with calf raise.

2. **Spider Crawl:** (3 sets for 20 reps Forward)

- Get into a plank position and crawl like Spiderman, moving your arms and legs simultaneously.

3. **Rooftop Leaps:** (3 sets of 12 jumps)

- Perform broad jumps forward, landing in a low squat, as if leaping over tall buildings.

4. **Peter Parker Oblique Twists:** (3 sets of 20 reps)

- Sit with your feet off the ground and twist your torso, touching the ground on each side with your hands.

5. **Spidey Sense Side Planks:** (3 sets of 30 sec. each side)

- Hold a side plank, focusing on balance and core strength, as if tuning into your Spidey senses.

6. **Green Goblin Glute Bridges:** (3 sets of 15 reps)

- Lay on your back with knees bent, lifting your hips to strengthen your glutes, ready to face the Green Goblin.

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| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| Woman doing plie squat calf raise exercise. Flat vector illustration ...**Plie**  **Squats w/**  **Calf Raise** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing push ups  Description automatically generated**Spider**  **Crawl** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Broad Jumps - Exercise How-to - Workout Trainer by Skimble**Forward**  **Broad**  **Jumps** | **3 sets** |  |  |  |  |  |  |  |
| **12 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Man doing man twists exercise. Abdominals excercise flat vector ...**Oblique**  **Twists** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Side Plank Illustrations, Royalty-Free Vector Graphics & Clip Art - iStock**Side**  **Planks** | **3 sets** |  |  |  |  |  |  |  |
| **30 sec.** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| glute bridge | Runners workout, Core workout, Running training**Glute**  **Bridges** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Well done on completing the **Ultimate Spiderman Fitness Adventure**! Just like Spiderman, you've pushed your limits, demonstrating not only physical strength but also mental resilience. Remember, every day is an opportunity to improve and become your own version of a superhero. Keep challenging yourself and swinging higher!

**A red cape with a yellow sign

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