

A stylized illustration of a superhero woman with long dark hair, wearing a black bodysuit and a long black cape. She is standing on the edge of a rooftop, looking out over a city skyline. The buildings are rendered in shades of purple and blue, with a low-angle perspective making them appear tall and imposing. The sky is a deep blue with some geometric shapes.

TRAIN LIKE A SUPERHERO

With an influx of comic book marvels everywhere from our cinema to our TV screens, we're feeling more inspired than ever to train like we can take over the world. We teamed up with Netflix and Fit Republik to bring you four superhero-inspired workouts to get you fighting fit.

*By Yi-Hwa Hanna and
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DAREDEVIL HIIT CIRCUIT

Blinded as a young boy but imbued with extraordinary senses, Matt Murdock (played by Charlie Cox) fights against injustice by day as a lawyer, and by night as the Super Hero “Daredevil” in modern-day Hell’s Kitchen, New York City. Fit Republik’s Coach Danny Cordero, who teaches everything from CrossFit, TRX, aero-kickboxing, and aerobics, to Tai-Chi and yoga, is a national champion who has represented his native country of the Philippines in various Mr. Universe contests, and he’s also a certified lifeguard with a black belt in Karate. Coach Danny takes us through this workout that’s designed to be done at 40 seconds per exercise with 20 seconds of rest—complete each circuit three times before moving to the next circuit. *The full first season (which consists of 13 episodes) of Marvel’s Daredevil, a Netflix Original series, is currently available on Netflix.*



Coach Danny in action

Circuit One

Suicide Burpees

Begin in a standing position with your feet together. Get down on your hands, and kick your feet back up so that you are in push-up position. Do one push-up, then jump up into the air, keeping your back and legs as straight as possible. Sprint to the other side of the room, complete a burpee, and sprint back to start position. Repeat this for 40 seconds, then rest for 20 seconds.

Farmer’s Carry

Lift two weights off the ground so they hang down by your sides. Stand as tall as you can and keep your core engaged. Start walking, keeping your steps relatively small. Repeat this for 40 seconds, then rest for 20 seconds.

Rest 30 seconds

Circuit Two

Box Jumps

Stand in front of a box or other suitable platform, with your feet shoulder-width apart. Jump onto the box and immediately jump back down to the same position. Immediately repeat. Perform the jumps as quickly as possible. Repeat for 40 seconds, then rest for 20 seconds.

Kettlebell Swings

Standing with your feet shoulder-width apart and your knees bent slightly, hold the kettlebell with both hands, between your upper thighs, allowing it to swing slightly behind the body. Lift the kettlebell up towards the front and swing the weight, squeezing the glutes and engaging the core, using the effort from the hip motion and

Marvel's Daredevil,
a Netflix Original series



not from your arms. Repeat this move for 40 seconds, then rest for 20 seconds.

Rest 30 seconds

Circuit Three

Broad Jump Burpees

Stand with your feet shoulder-width apart, with your toes pointing slightly outwards. Bend at the knees and lower your body until your knees are at a 90-degree angle. Explosively jump from your legs, and propel yourself forward as far as you can. Repeat for 40 seconds then rest for 20 seconds.

Classic Burpees

Begin in a standing position with your feet together. Get down on your hands and kick your feet back so that you are in push-up position. Do one push-up, then jump back up

into the air, keeping your back and legs as straight as possible, landing (as gently as you can!) on your feet so that you are back in standing position, where you started. Repeat this for 40 seconds, then rest for 20 seconds.

180/360 Jump

Stand with your feet shoulder-width apart, bending down until your knees are at a 90-degree angle. Explode from your knees upwards, using your arms to propel yourself. While you're doing this, at the same time, twist your core to propel yourself in a circular motion—so that you're jumping up while you're twisting from your core as well. The goal is for you to be able to land facing a different direction from where you started. Land at either a 180-degree turn, or a 360-turn, from your original starting position, making sure you land as softly and gently as you can,

and landing with bent knees. Repeat for 40 seconds and then rest for 20 seconds.

Rest 30 seconds

Circuit Four

Ball Slam

Begin by standing with your feet shoulder-width apart, your knees slightly bent, and the medicine ball overhead. Throw the ball down to the ground in front of your feet with as much force as possible. Lift the medicine ball back up and repeat. Repeat this move for 40 seconds and then rest for 20 seconds.

Frog Sit-Ups

Lying down with your back flat on the floor, bend at the knees and place your outer thighs near the floor, with the soles of your feet touching each other, so that you are in a diamond

shape. Flatten your lower back to the floor while curling your torso upwards. Hold at the top position for a second, then slowly lower yourself back down to the starting position. Repeat this move for 40 seconds, and then rest for 20 seconds.

Let's Get Social

Want to watch the entire workout in action? See the coaches do it move-by-move on our social media (Find us on Instagram @womenshealthme or Facebook at Facebook.com/WomensHealthME) in a video upload that will be released during this month! Tried it? Tag us and hashtag #WHMESuperheroes

BOX LIKE A BEAST TABATA

After a tragic ending to her short-lived Super Hero stint, Jessica Jones (played by Kristen Ritter)—who boasts superhuman strength and limited flight, suffers from PTSD and tends to focus on cases involving those with superhuman ability—is rebuilding her personal life and career as a detective who gets pulled into cases in New York City. Fit Republik's Coach Larissa Rank is an absolute ball of energy—she is a certified Personal Trainer, CrossFit Level 2 Trainer and has a deep understanding of CrossFit methodology. Larissa is truly passionate about what she does, competing in various competitions around the world such as Firestorm and Battle of the East. Coach Larissa takes us through this workout that's designed to be done as four rounds in a tabata style. *The full first season (which consists of 13 episodes) of Marvel's Jessica Jones, a Netflix Original series, is currently available on Netflix.*



Marvel's Jessica Jones, a Netflix Original series

Round One

20-second fast jabs on the right with a 3kg dumbbell

Get in the boxing stance, placing your right foot in front of your left, with your left foot angled out slightly and them both placed shoulder width apart. Put your hands up to protect your chin, tuck your elbows in, and make sure your hips and above your feet. Transfer your weight forward and then jab. This is a punch that comes straight out in front of you.

20 second jump rope

Hold the rope with your hands at hip height and keep elbows slightly bent. Make sure your upper arms are close to your sides. Jump one or two inches off the floor, and land on the balls of your feet. The movement of the rope should come from your wrists and forearms.

20 second fast jabs on the left with a 3kg dumbbell

Get in the boxing stance, placing your left foot in front of your right, with your right

foot angled out slightly and them both placed shoulder width apart. Put your hands up to protect your chin, tuck your elbows in, and make sure your hips and above your feet. Transfer your weight forward and then jab. This is a punch that comes straight out in front of you.

20 second jump rope

Repeat the jump-rope activity from the first time around, before you began the left jabs.

Round Two

20 second upper-cuts from right to left, with 3kg dumbbell

Get in the boxing stance, place right foot in front of your left. Shift your weight into your right leg. When punching, your arm will be coming at an upwards angle. Your shoulder, hips, leg and feet will all pivot the same way.

20 second Burpees

Begin in a standing position with your feet together. Get

down on your hands, and kick your feet back so that you are in push-up position. Do one push-up, then jump up into the air, keeping your back and legs as straight as possible.

20 second upper cuts from right to left, with 3kg dumbbell

Repeat this move again, as performed previously. There's no need to change sides here since you'll be doing upper-cuts on both the right and left.

20 second Burpees

Repeat this move again, as performed previously.

Round Three

20 second hook on the right with a 3kg dumbbell

Get into the boxing stance, and place your left foot in front of your right. Shift your right foot onto the toe and twist your torso, swinging your right arm locked at a 90-degree angle (as if you're intending to hit your opponent on the cheek). Keep your left hand at your chin as a guard.

20 second jacks

Begin with your feet together and arms by your side. Slightly bend your knees and jump in the air, bringing your legs outwards about shoulder width apart, as you move your legs outwards, raise your arms up over your head. Your feet should land shoulder width apart as your hands meet above your head. Quickly jump back to your starting position.

20 second hook on the left with a 3kg dumbbell

Get into the boxing stance, and place your right foot in front of your left. Shift your right foot onto the toe and twist your torso, swinging your right arm locked at a 90-degree angle (as if you're intending to hit your opponent on the cheek). Keep your right hand at your chin as a guard.

20 second jacks

Repeat this move again, as performed previously.



Round Four

20 second knee to body on the right, with a 3kg dumbbell

Begin in a standing position with your feet placed shoulder width apart and your hands held up to protect your chin. At a fast pace, bring one knee upwards, while at the same time moving your hands downwards. When you lower your leg, bring your hands back up to your chin.

20 second jumping lunges

Begin in a lunge position by placing one foot in front of the other and bending at the knees. Use your legs to push off in a jump. While in mid-air, switch the position of your feet, placing the forward leg behind you and the rear leg in front of you.

20 second knee to body on the left, with a 3kg dumbbell

Begin with your feet shoulder width apart and your hands up to protect your chin. Bring one knee upwards, while at the same time moving your hands downwards. When you lower your leg, bring your hands back up to your chin.

20 second jumping lunges

Repeat this move again, as performed previously. Oh, and give yourself a pat on the back!

IRON FIST MARTIAL ARTS

Billionaire Danny Rand (played by Finn Jones) returns to New York City after being missing for years, trying to reconnect with his past and his family legacy. He fights against the criminal element corrupting New York City with his kung-fu mastery and ability to summon the awesome power of the fiery Iron Fist. Fit Republik's Coach Alessandro Zanon (better known as 'Zanon') is a master when it comes to Martial Arts and Personal Training. Specialising in all things Martial Arts, including Women's Fitness and Junior Conditioning, he's coached Muay Thai for over 15 years and MMA over 5 years. Zanon has coached over 500 fights at different levels, but not only is he a pro in the Coaching world, Zanon is a Professional Fighter with a record of 26 fights, 25 wins, 16 by Knock-out! He's also got a Purple Belt in Brazilian Jujitsu. Coach Zanon takes us through this workout that's designed to be done in three sets, with a one-minute break between sets. *The full first season of Marvel's Iron Fist, a brand-new Netflix Original series, is set to be released worldwide on Netflix on March 17th.*



Coach Zanon in action

30 Air Squats

Stand with your shoulder-width apart and your toes pointed slightly outward. Bend your knees and lower your hips as though sitting down. Lower your hips until they are even with your knees. Keep them slightly forward. Push straight back up, lifting your hips up and forward. Don't curve your spine.

20 Push-Ups

Hold your torso up at arms length. Lower yourself with your elbows close to your body until your chest almost touches the floor as you inhale. Using your pectoral muscles, press your upper body back up to the starting position and squeeze your chest.

45 Second Wall-Sit

Stand with your back flat against a wall. Walk your feet out about 2 feet in front of you, spread about 6 inches apart. Until your knees are bent at a 90 degree angle. Hold this seated position contracting your abdominal muscles.

40 Leg Raises

Lay flat on the floor. Engage stomach muscles, slowly lift your legs to a 90-degree angle, keeping your legs straight and not bending at the knees. Pause for a second then slowly lower the legs back down.

20 Turning Kicks

Stand in the boxing stance, one foot in front of the other. Your kicking foot (back foot) comes round in a horizontal arc. Your top hip has to rotate up and over your bottom hip, and then extend forwards. As you turn

*Marvel's Iron Fist,
a new Netflix
Original series*



your standing foot with turn as well. Once the kick is completed, rotate back and land your kicking foot in start position.

40 Jab and Cross Punches

Get in the boxing stance, place right foot in front of your left, left angled out slightly and shoulder width apart. Put your hands up to protect your chin, tuck your elbows in, and make sure your hips and above your feet. Transfer weight forward and jab, this is a punch that comes straight out in front of you.

20 Knee-to-Body Moves

Begin with your feet shoulder width apart and your hands up to protect your chin. At a fast

pace, bring one knee upwards, while at the same time moving your hands downwards. When you lower your leg, bring your hands back up to your chin.

45 Second Elbow Plank

Get into a press up position. Bend your elbows and rest your weight onto your forearms and not on your hands. Your body should form a straight line from shoulders to ankles and engage your core. Hold this position for set time.

15 Plank Arm Lifts

Get into a press up position. Bend your elbows and rest your weight onto your forearms and not on your hands. Your body should form a straight line from shoulders to ankles and engage your

core. Without moving your torso, lift your left arm up and slightly to the left and hold for 1-2 seconds. Return to starting position and repeat with alternate arms.

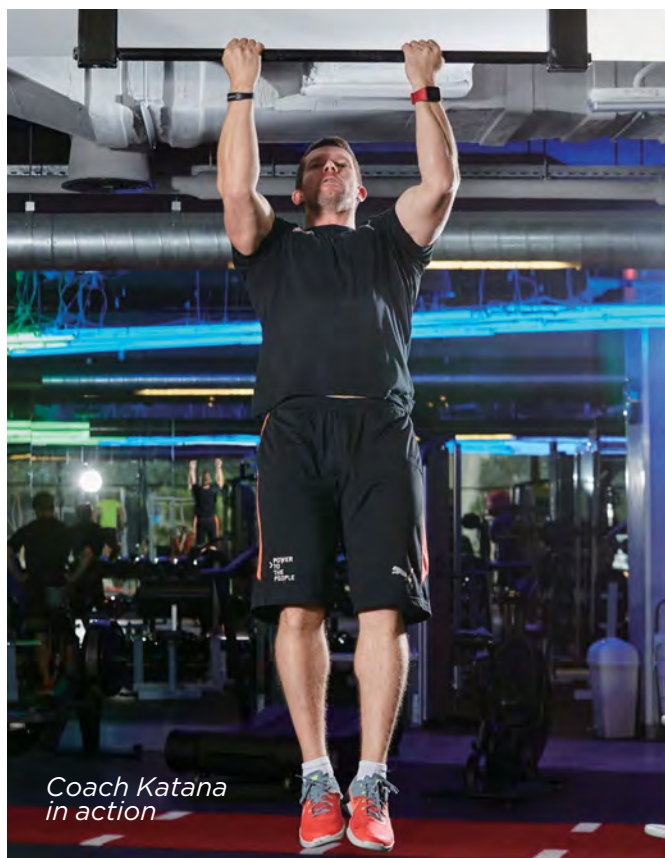
Fight Like A Girl

If you want to learn how to fight and train like a fighter, there are plenty of opportunities to learn how to do just that in the region, especially with the ever-increasing popularity of sports like boxing, Muay Thai and MMA. Channel your inner Ronda Rousey by heading to classes from traditional boxing to MMA and Muay Thai,

where you'll be able to run through a variety of both conditioning exercises as well as many styles of fighting techniques that will have you punching, kicking, dodging and weaving like a pro in no time. You can train with a coach (like Zanon!) one on one, or you can sign up for a group class. Fit Republik offers a number of Martial Arts classes, that include Boxing, Kickboxing, Muay Thai, MMA, and Brazilian Jiu-Jitsu, suitable for beginners as well as those looking to take it further, at 90 minutes a class. Visit FitRepublik.com.

LUKE CAGE'S BARBELL BOOM

After a sabotaged experiment leaves him with super strength and unbreakable skin, Luke Cage (played by Mike Colter) becomes a fugitive trying to rebuild his life in modern day Harlem, New York City. But he is soon pulled out of the shadows and must fight a battle for the heart of his city – forcing him to confront a past he had tried to bury. Fit Republik's Coach Denis Catana has more than 20 years of experience in the field of Olympic weightlifting. His personal bests are impressive, to say the least! His claim to fame began at age 16 when he bested much older competitors and was crowned with the first place win in a national weightlifting competition in Moldova. Further pursuing this field, Denis has since been declared the 3X UK tri-national weightlifting champion. Coach Katana takes us through this workout that's designed to be done in three sets, with 10 reps per exercise. He says to use the heaviest weights you can! *The full first season of Marvel's Luke Cage, a Netflix Original series, is out on Netflix.*



Coach Katana in action



Marvel's Luke Cage, a Netflix Original series

Chin Ups

Place your hands on a chin-up bar, with your palms facing your body. Raise your body until your chin is above the bar, and then lower yourself back down.

Barbell Clean

Begin with your feet shoulder-width apart and flat on the ground. Grasp a barbell that's slightly wider than shoulder-width apart. Squat down, keeping your arms fully extended with a flat back posture. Do the first pull by extending your knees and lift the bar straight up, thrusting your hips forward until your knees are under the bar. Your

torso should be close to vertical and erect. Perform the second pull by brushing the bar against your mid to upper thigh. Move the bar upwards by explosively pulling the bar as high as possible, keeping your wrist over the bar. Catch the bar as you rotate your elbows under the bar. Point your elbows forward, rack the bar against the front of your shoulders and flex your hips and knees to absorb the weight of the bar.

Snatch

Keep your feet hip-width apart, your knees slightly bent, with a wide hand grip on the bar. Chest is lifted and back is

neutral; arms are straight. Push with your legs to bring bar up towards knees. After the bar passes the knees, quickly re-bend to prepare to explode, accelerate bar up your thigh into your power position. In the power position, push with your legs explosively. The bar will continue to move up. Keep bar close to your body and elbows high. Catch the bar overhead by receiving the weight of the bar on straight arms overhead, in an overhead squat position.

Close Grip Bench Press

Lie back on a flat bench. Using a close grip (around shoulder width), lift the bar from the rack and hold it straight over

you with your arms locked. This will be your starting position. As you breathe in, come down slowly until you feel the bar on your middle chest. After a second, bring the bar back to the starting position as you breathe out and push the bar using your triceps muscles.

Push Ups

Hold your torso up at arm's length. Lower yourself with your elbows close to your body until your chest almost touches the floor as you inhale. Using your pectoral muscles, press your upper body back up to the starting position and squeeze your chest.