

Ever wonder how superheroes stay in shape? And more importantly, ever wonder how you can get into superhero shape? Well, now we have some tips from the fitness enthusiasts of the NR Project. Headed up by Neila Rey, the NR Project describes itself as an “independent fitness resource” to make fitness accessible and fun. To [...]

Read more: <http://robot6.comicbookresources.com/2015/01/how-to-work-out-the-comic-book-way/>