

BATMAN

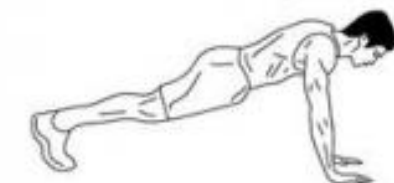
WORKOUT

10 REPS EACH

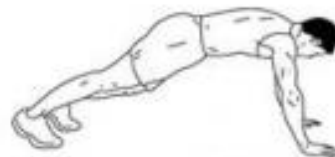
10 SETS



squats



push ups



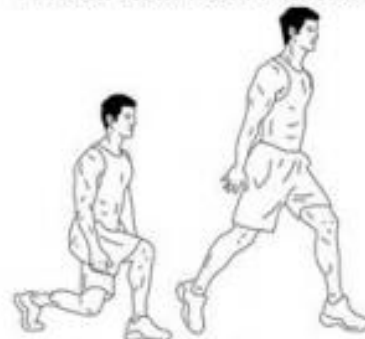
mountain climbers



tricep dips



cross punch sit ups



jumping lunges



side plank crunches



leg raises



bicycle crunches

REST BETWEEN SETS UP TO 30 SEC



BATCAVE FRIENDLY