

BATMAN

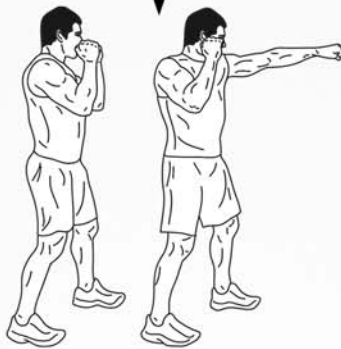
WORKOUT

10 sets
or as many as
you can do

@ neilarey.com
rest between sets
up to 2 minutes



20 squats



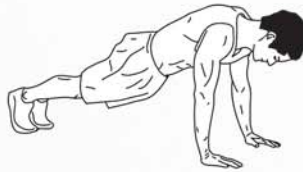
40 punches



10 jumping lunges



10 push-ups



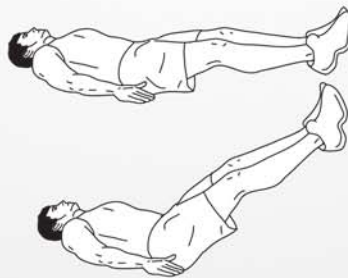
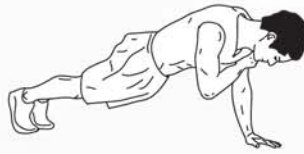
20 shoulder taps



20 climbers



10 sit-up punches



10 leg raises



10 sitting twists