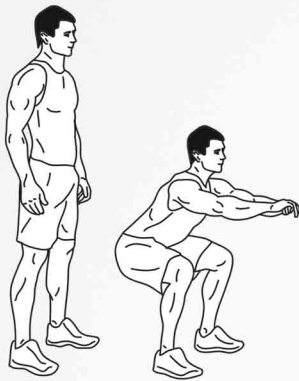


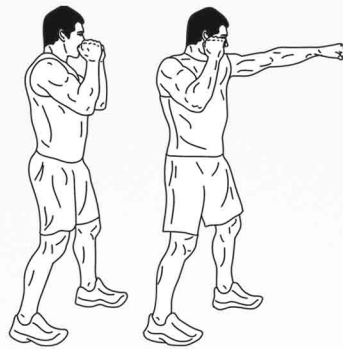
BATCAVE FRIENDLY

TRIBUTE WORKOUT by DAREBEE @ darebee.com

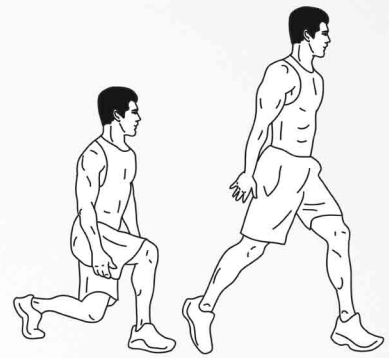
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



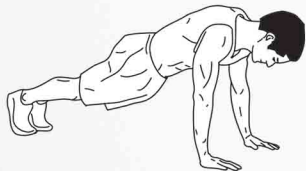
20 squats



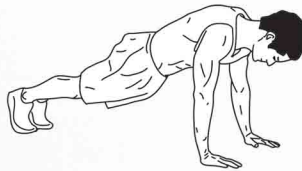
40 punches



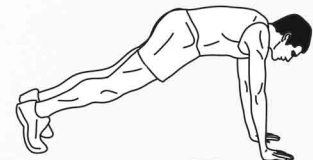
10 jumping lunges



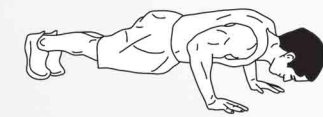
10 push-ups



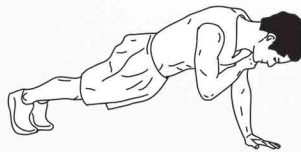
20 shoulder taps



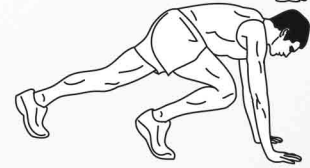
20 slow climbers



10 sit-up punches



10 leg raises



10 sitting twists

