

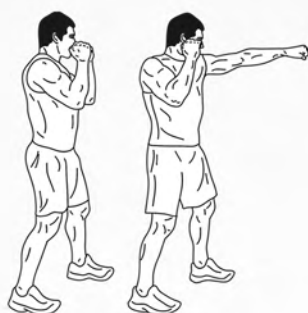
BATCAVE FRIENDLY

WORKOUT by DAREBEE @ darebee.com

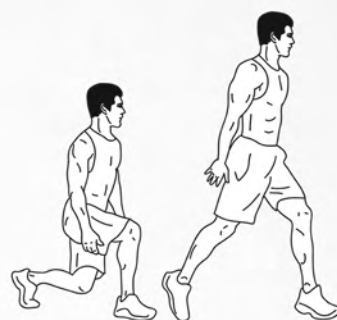
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



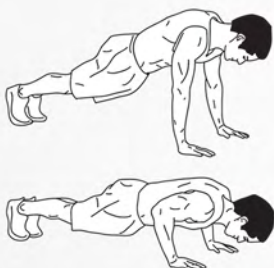
10 squats



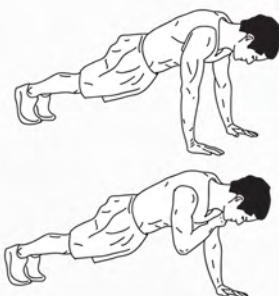
20 punches



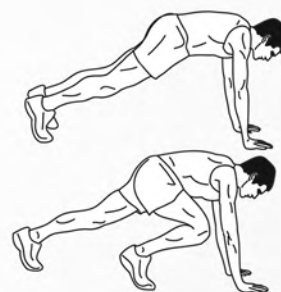
4 jumping lunges



4 push-ups



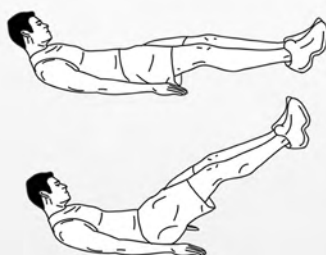
20 shoulder taps



10 slow climbers



10 sit-up punches



4 leg raises



10 sitting twists