

# BATMAN

10 sets  
or as many as  
you can do

WORKOUT

@ nellyany.com  
rest between sets  
up to 3 minutes

10 reps each



1. squats



2. push-ups



3. climbers



4. tricep dips



5. cross punch sit-ups



6. jumping lunges



7. side plank crunches



8. leg raises



9. bicycle crunches