

BATCAVE

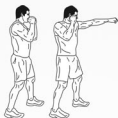
FRIENDLY

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