

BATMAN



9 JUMP SQUATS
WALK TO ROBIN

ROBIN



7 SECONDS-SIDE PLANK
RUN TO SINESTRO

SINESTRO



**8 SECONDS-STAR PLANK
SKIP TO JOKER**

JOKER



**10 SECONDS-WALL SIT
JOG TO ALFRED**

ALFRED



6 SIDE TO SIDE LUNGES
POWER WALK TO BRUCE WAYNE

BRUCE WAYNE



5 SIT-UPS
GALLOP TO CAPTAIN COLD

CAPTAIN COLD



11 STEAM ENGINES
SIDE-SLIDE TO RED HOOD

RED HOOD



4 STAR JUMPS
CRAB WALK TO ARMORED BATMAN

ARMORED BATMAN



3 BURPEES
LEAP TO KATANA

KATANA



2 JUMPING T'S
HOP TO BIZARRO

BIZARRO



1 PUSH-UP
ARMY CRAWL TO CATWOMAN

CATWOMAN



12 SQUATS
WALKING LUNGE TO BANE

BANE



13 JUMPING JACKS
INCHWORM CRAWL TO DOOMSDAY

DOOMSDAY



14 SCISSOR JUMPS
HIGH KNEES TO LOIS LANE

LOIS LANE



15 BOTTOM KICKERS
ELEPHANT WALK TO WONDER WOMAN

WONDER WOMAN



16 HIGH KNEES
FROG JUMP TO BATMAN