

# BATMAN



**9 JUMP SQUATS**  
**WALK TO ROBIN**

# ROBIN



**7 SECONDS-SIDE PLANK**  
**RUN TO SUPERMAN**

# **SUPERMAN**



**8 SECONDS-STAR PLANK**  
**SKIP TO WONDER WOMAN**

# **WONDER WOMAN**



**10 SECONDS-WALL SIT**  
**JOG TO DICK GRAYSON**

# DICK GRAYSON



**6 SIDE TO SIDE LUNGES**  
**POWER WALK TO THE FLASH**

# THE FLASH



**5 SIT-UPS**  
**GALLOP TO BLUE BEETLE**

# BLUE BEETLE



**11 STEAM ENGINES**  
**SIDE-SLIDE TO GREEN LANTERN**

# GREEN LANTERN



**4 STAR JUMPS**  
**CRAB WALK TO SPACE BATMAN**

# SPACE BATMAN



**3 BURPEES**  
**LEAP TO BEAST BOY**

# BEAST BOY



**2 JUMPING T'S**  
**HOP TO STARFIRE**

# STARFIRE



**1 PUSH-UP**  
**ARMY CRAWL TO POISON IVY**

# POISON IVY



**12 SQUATS**  
**WALKING LUNGE TO BATMAN-BLACK HOOD**

**BATMAN**



**13 JUMPING JACKS**  
**INCHWORM CRAWL TO MOTH**

**MOTH**



**14 SCISSOR JUMPS**  
**HIGH KNEES TO SCARECROW**

# SCARECROW



**15 BOTTOM KICKERS**  
**ELEPHANT WALK TO CAPTAIN BOOMERANG**

# CAPTAIN BOOMERANG



**16 HIGH KNEES**  
**FROG JUMP TO BATMAN-BLUE HOOD**