



SUPER HEROES

MWR FITNESS SERIES

BATMAN WORKOUT



15 JUMP SQUATS



15 TRICEPS DIPS



20 MT. CLIMBERS



20 PLANK PUNCH



20 CRUNCH PUNCH



20 BICYCLES

MWR TRAINER TIP: ADVANCED EXERCISERS DO 3-5 ROUNDS; BEGINNERS START WITH 1-2 ROUNDS, INCREASE ROUNDS AS YOU GROW STRONGER.