Bat******Man Workout to Music

**Information**: For this workout, you will need a bend or box to help you complete. If you are completing this workout with others, please ensure you are **2 m** away from each other. Stick on some music and carry out each activity for **45** seconds with **30** seconds rest in between each one. Repeat the routine **2/3** times. Get ready…and off you go!

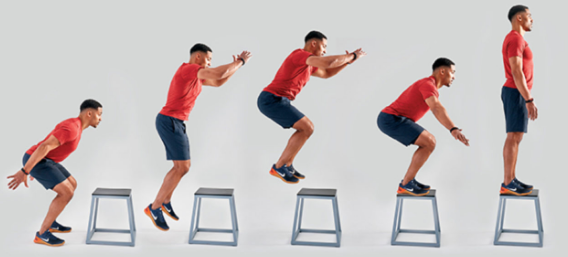
1. Repeated Straddle Jump 2. Power Step Up



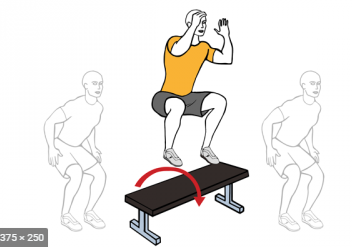


3. Box / Bench Jump 4. One Leg Box / Bench Jump

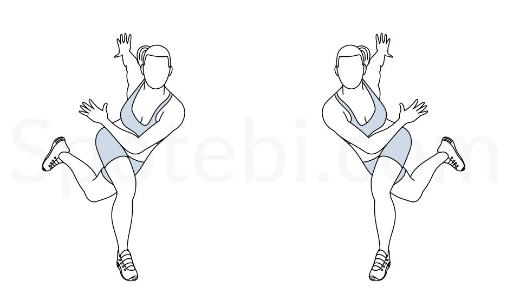


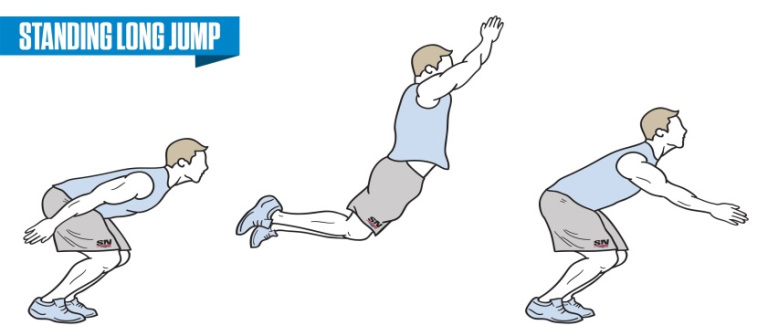


5. Reactive Drop Jumps 6. Jump over Bench

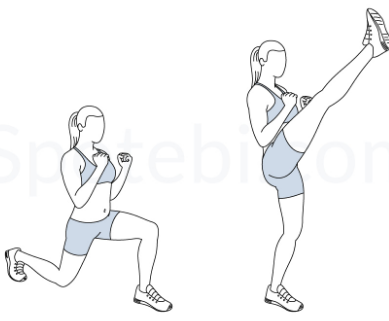


7.Standing Long Jump 8. Flying Skaters



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9. Front Kicks 10. Forward Push Up



11. Forward Push Up 12. Power Skipping



