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**Welcome to the Dark Knight's Vigilante Workout: a training regimen inspired by Batman's legendary strength, agility, and resilience. Channel your inner superhero as you embark on this intense journey to build a physique worthy of Gotham's caped crusader.**

1. **Gotham City Parkour (Side to Side Jumps):** 3 sets of 20 jumps

- Jump from side to side, simulating urban parkour. Embracing the agility required to navigate Gotham's rooftops.

2. **Batarang Throws (Medicine Ball Slams):** 3 sets of 15 reps

- Grab a medicine ball, raise it overhead, and slam it to the ground with force.

3. **Batmobile Push (Sled Push):** 3 sets of down and back

- Push a sled loaded with weights across a distance or a towel, mimicking the strength needed to move the Batmobile.

4. **Grappling Hook Pull-ups:** 3 sets of 10 reps

- Perform pull-ups, imagining you're scaling the side of a building with Batman's trusty grappling hook.

5. **Arkham Asylum Core Crunches:** 3 sets of 20 reps

- Lie on your back and perform crunches, envisioning the need for a strong core to navigate through Arkham Asylum's challenges.

6. **Gotham City Stealth F/B Lunges:** 3 sets of 10 each side

- Perform Forward/Backward lunges while focusing on one leg balance and control, honing the stealth required for patrolling Gotham's shadows.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| Three moves for full-body muscle**Side to**  **Side**  **Jumps** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Man doing Medicine ball slams exercise. Flat vector illustration ...**MB Ball**  **Slams** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| **A person pushing a machine  Description automatically generatedSled**  **Push** | **3 sets** |  |  |  |  |  |  |  |
| **D/B** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Pull up - Free people icons**Pull-ups** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Woman doing crunches flat vector illustration isolated on white ...**Crunches** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Woman doing front and back lunges exercise. Flat vector illustration ...**Forward/**  **Backward**  **Lunges** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Congratulations, Gotham's new protector! You've completed the **Dark Knight's Vigilante Workout**, embodying the strength and determination of Batman himself. Remember, the journey to superhero status is ongoing – stay committed, stay vigilant. Gotham is counting on you!

**A red cape with a yellow sign

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