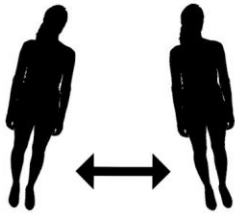


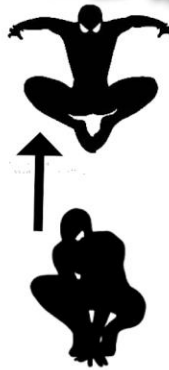
@MRC5AJKO



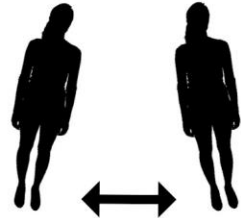
SPIDERMAN WARM-UP



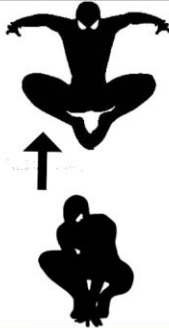
**SIDE TO SIDE JUMPS:
20 SECONDS**



10 SPIDEY JUMPS



**SIDE TO SIDE JUMPS:
20 SECONDS**



5 SPIDEY JUMPS



**MYSTERY EXERCISE:
CHOOSE YOUR OWN
EXERCISE...20 SECONDS**



**JOG IN PLACE:
30 SECONDS**



**SPIDEY REST:
15 SECONDS**

**WHO AM I?
I'M BATMAN, BUT
THAT'S NOT
IMPORTANT RIGHT
NOW.

1 MORE TIME WITH
THIS WARM UP**

