

**Welcome to Catwoman's Clawed Conquest! Prepare to embrace your inner villainess and sculpt a physique as sleek and deadly as Gotham's infamous feline prowler. You'll unleash your agility, strength, and stealth to dominate the urban jungle.**

1. **Cat Burglar Crawl:** 3 sets of 10 Forward/10 Backward Bear Crawls (20 Total reps)

-Channel your inner cat burglar as you crawl stealthily forward and backward on all fours.

2. **Claw Slash Step Up w/Knee Drive:** 3 sets of 15 reps each side

-Stand tall and step up on bench with a powerful knee drive and arms forward as if swiping with claws.

3. **Stealthy Overhead Tricep Extension:** 3 sets of 10 reps

-Hold the weight in both hands, lift it overhead, extending your arms fully.

4. **Pouncing 180° Jump Squats:** 3 sets of 10 jumps

-Start in a squat position, then explode upward turning 180 degrees, facing the other direction.

5. **Catnip Crunches:** 3 sets of 25 reps

-Lie on your back, then lift your shoulders off the ground as you crunch upward reaching for an imaginary piece of catnip.

6. **Feline Flexibility (Cat-Cow Stretch):** 3 sets of 5 rounds

- Inhale into cow position (arched spine, belly button low) and exhale into cat position (rounded spine, belly button high).

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| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| A person doing push ups  Description automatically generated**Bear**  **Crawls** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person standing on a bench  Description automatically generated**Step Up**  **w/Knee**  **Drive** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| mujer haciendo ejercicio de extensión de tríceps con mancuernas ...**Overhead**  **Tricep**  **Extension** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing squats  Description automatically generated**180°**  **Jump**  **Squats** | **3 sets** |  |  |  |  |  |  |  |
| **10 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Man doing crunches. Abdominals exercise. Flat vector illustration ...  **Crunches** | **3 sets** |  |  |  |  |  |  |  |
| **25 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| **Cat-Cow**  A person doing yoga on a mat  Description automatically generated**Stretch** | **3 sets** |  |  |  |  |  |  |  |
| **5 rounds** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Congratulations, fierce feline! You've conquered **Catwoman's Clawed Conquest**, embodying the strength, agility, and allure of Gotham's most notorious anti-heroine. Keep honing your skills and may your prowling prowess continue to inspire fear and admiration in equal measure. Until next time, stay sleek and deadly!

**A red cape with a yellow sign

Description automatically generatedName When Completed:**