



NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	ALTERN V STEP	X8	130	WARM UP ALL X 2
2.	DOUBLE LUNGES	X8	130	
3.	COMBO V + DOUBLE LUNGES	X4	130	
	COMBO V + DOUBLE LUNGES	X4	145	
4.	7 CLOSED SQUAT	X2	100	
	7 CLOSED SQUAT	X2	160	
5.	JOGGING S S D	X4	140	
	JOGGING S S D	X4	150	
	JOGGING S S D	X4	160	
	JOGGING S S D	X4	170	
				MIX 130



NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 2:	
1.	3 KNEE UP + DOUBLE HEELS	X2	130	50-70% CARDIO INTENSITY ALL X 3	
	3 KNEE UP + DOUBLE HEELS	X2	145		
2.	1 KNEE UP + ALTERN HEELS	X4	135		
	1 KNEE UP + ALTERN HEELS	X4	150		
3.	3 BASIC + 4 JUMPS ONE LEG	X2	135		
	3 BASIC + 4 JUMPS ONE LEG	X2	150		
4.	3 REPEATERS OPEN SQUAT	X4	95		
	3 REPEATERS OPEN SQUAT	X4	160		
					MIX 130