NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	OVER	X32C	120-130	50-60% CARDIO INTENSITY
				ALL X 3
2.	SINGLE OVER KNEE + 2 ALTERN TAP FRONT	X4	130	
	SINGLE OVER KNEE + 2 ALTERN TAP FRONT	X4	145	
3.	3 KNEE CROSS + 2 ALTERN TAP FRONT	X2	135	
	3 KNEE CROSS + 2 ALTERN TAP FRONT	X2	150	
4.	STRUDDLE + GO TO PLANK + MARCH	X2	120	
	STRUDDLE + GO TO PLANK + MARCH	X2	150	
5.	COMBO ARMS	X1	135	
	COMBO ARMS	X1	145	
	COMBO ARMS	X1	155	
	COMBO ARMS	X1	165	MIX 130-120

NOV 25

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X4	120	HIGH CARDIO INTENSITY
				ALL X 3
2.	CROSS TAP [X3] + OPEN MARCH	X4	130	
	CROSS TAP [X3] + OPEN MARCH	X4	145	
3.	3 DOUBLE CROSS TAP [X3] + OPEN MARCH	X2	135	
	3 DOUBLE CROSS TAP [X3] + OPEN MARCH	X2	150	
4.	UP ARMS [X14] + CLOSE	X1	130	
5.	SKIPPING	X32C	130	
	SKIPPING	X32C	140	
6.	3 MARCH STOP	X32C	130	
5.	SKIPPING	X32C	130	
	SKIPPING	X32C	140	MIX 130 - 115