

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	RUNCH + TOUCH KNEE	X8	130-90	ABDOMINALS ALL X 2 MIX 100
2.	2 REPEATERS DIAGONAL + 2 CENTER CONTINUOS	X 64C	115-165	
	PAUSE	32C	130-120	
4.	RUSSIAN TWIST	X2	120	
	RUSSIAN TWIST	X2	130	
	RUSSIAN TWIST	X2	140	
	RUSSIAN TWIST	X2	150	

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	STRETCH ARMS FRONT - BACK	X1	100	STRETCHING ALL X 1 SEE YOU IN THE NEXT WORKOUT 😊
2.	SMALL - BIG	X1	100	
3.	OPEN LEG	X32C	100	
1.	STRETCH ARMS FRONT - BACK	X32C	100	
2.	SMALL - BIG	X32C	100	
3.	OPEN LEG	X32C	100	
4.	STAND UP	X32C	100	
5.	STRETCH QUADRICEPS	X2	100	
6.	BREATH	X4	100	