



OCT 25

Nº	STEPS	REPEAT	BPM	TRACK 1:	
1.	4 ALTERN LUNGES SIDE + MAMBO	X2	130	WARM UP ALL X 2	
	4 ALTERN LUNGES SIDE + MAMBO	X2	145		
2.	2 ALTERN LUNGES SIDE + MAMBO	X4	135		
	2 ALTERN LUNGES SIDE + MAMBO	X4	150		
3.	4 V STEP SAME LEG & CHANGE	X2	130		
	4 V STEP SAME LEG & CHANGE	X2	145		
4.	3 CLOSED SQUAT	X2	130		
5.	15 REPEATERS	X1	155		MIX 130



OCT 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