OCT 25

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	ALTERN LUNGES SIDE	X32C	130	50-60% CARDIO INTENSITY
				ALL X 3
2.	1 KNEE UP + STRUDDLE + 3 JUMPS BACK	X4	130	
	1 KNEE UP + STRUDDLE + 3 JUMPS BACK	X4	145	
3.	3 STRUDDLE KNEE UP + 3 JUMPS BACK	X2	135	
	3 STRUDDLE KNEE UP + 3 JUMPS BACK	X2	150	
4.	DOWN TO PLANK + 2 TOUCH SHOULDERS	X1	120	
	DOWN TO PLANK + 2 TOUCH SHOULDERS	X1	135	
	DOWN TO PLANK + 2 TOUCH SHOULDERS	X1	150	
	DOWN TO PLANK + 2 TOUCH SHOULDERS	X1	165	
5.	3 ROUND ARMS + BICEPS	X4	140	
	3 ROUND ARMS + BICEPS	X4	165	MIX 130-120

OCT 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