



OCT 25

N°	STEPS	REPEAT	BPM	TRACK 9:
1.	3 REPEATERS DIAGONAL	X4	130	ABDOMINALS ALL X 2
2.	3 REPEATERS FRONT	X4	130	
3.	COMBO 3 DIAGONAL + 3 FRONT	X2	135	
	COMBO 3 DIAGONAL + 3 FRONT	X2	150	
	PAUSE	32C	130-115	
4.	S S DOUBLE	X4	115	
	S S DOUBLE	X4	135	



OCT 25

N°	STEPS	REPEAT	BPM	TRACK 10:	
1.	STRETCH ARMS FRONT - BACK	X1	100	STRETCHING ALL X 1	
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		
					SEE YOU IN THE NEXT WORKOUT 😊