



NOV 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|----------------------|--------|--------|---------------------------------------|
| 1. | 1/1 [X2] + 2/2 [X1] | X1 | 125 | TRACK 5: TRICEPS ALL X3 |
| | 1/1 [X2] + 2/2 [X1] | X1 | 110 | |
| | 1/1 [X2] + 2/2 [X1] | X1 | 95 | |
| | 1/1 [X2] + 2/2 [X1] | X1 | 80 | |
| | PAUSE | X16C | 80-120 | |
| 2. | DIAMONDS 7 REPEATERS | X1 | 120 | |
| | DIAMONDS 7 REPEATERS | X1 | 135 | |
| | DIAMONDS 7 REPEATERS | X1 | 150 | |
| | DIAMONDS 7 REPEATERS | x1 | 165 | |



NOV 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|-------------|--------|--------|--------------------------------------|
| 1. | 3/1 | X8 | 130-90 | TRACK 6: BICEPS ALL X3 |
| | PAUSE | X16C | 90-110 | |
| 2. | 7 REPEATERS | X1 | 110 | |
| | 7 REPEATERS | X1 | 125 | |
| | 7 REPEATERS | X1 | 140 | |
| | 7 REPEATERS | X1 | 155 | |