



NOV 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|-----------------------------------|--------|--------|------------------------------------|
| | | | | TRACK 9: CORE ALL X3 |
| 1. | TOUCH HAND X2 + TOUCH SHOULDER X2 | X4 | 125 | |
| | TOUCH HAND X2 + TOUCH SHOULDER X2 | X4 | 150 | |
| | | | | |
| 2. | CLIMBERS | X32C | 160 | |
| | | | | |
| | PAUSE | X16C | 80-120 | |
| | | | | |
| 3. | DIAGONAL CRUNCH CONTINUOS | X8 | 120 | |
| | DIAGONAL CRUNCH CONTINUOS | X8 | 130 | |
| | DIAGONAL CRUNCH CONTINUOS | X8 | 140 | |
| | DIAGONAL CRUNCH CONTINUOS | X8 | 150 | |



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| N° | STEPS | REPEAT | BPM | INFO |
|----|--------------------|--------|-----|---|
| | | | | TRACK 10: STRETCHING SEE YOU IN THE NEXT WORKOUT 😊 |
| 1. | STRETCH LEGS FRONT | X2 | 100 | |
| 2. | ARMS BACK - FRONT | X1 | 100 | |
| 3. | STRETCH LEGS FRONT | X2 | 100 | |
| | | | | |
| 1. | STRETCH LEGS FRONT | X2 | 100 | |
| 2. | ARMS BACK - FRONT | X1 | 100 | |
| 3. | STRETCH LEGS FRONT | X2 | 100 | |
| | | | | |
| 4. | BREATH | X4 | 100 | |