

N°	STEPS	REPEAT	BPM	INFO
				TRACK 1: WARM UP ALL X2
1.	4 KNEE UP + 2 CLOSED SQUAT	X1	125	
	4 KNEE UP + 2 CLOSED SQUAT	X1	135	
	4 KNEE UP + 2 CLOSED SQUAT	X1	145	
	4 KNEE UP + 2 CLOSED SQUAT	X1	155	
2.	8 JOGGING + 2 OPEN SIDE SQUAT	X1	125	
	8 JOGGING + 2 OPEN SIDE SQUAT	X1	135	
	8 JOGGING + 2 OPEN SIDE SQUAT	X1	145	
	8 JOGGING + 2 OPEN SIDE SQUAT	X1	155	
	PAUSE	X16C	125	
3.	2 RISE UP + 2 CLOSED SQUAT	X1	125	
	2 RISE UP + 2 CLOSED SQUAT	X1	140	
	2 RISE UP + 2 CLOSED SQUAT	X1	155	
	2 RISE UP + 2 CLOSED SQUAT	X1	170	
4.	2 ROW + 1 REVERSE BICEPS	X1	125	
	2 ROW + 1 REVERSE BICEPS	X1	140	
	2 ROW + 1 REVERSE BICEPS	X1	155	
	2 ROW + 1 REVERSE BICEPS	X1	170	

N°	STEPS	REPEAT	BPM	INFO
				TRACK 2: LEGS ALL X3
1.	HALF SQUAT	X8	140-190	
2.	3/1	X8	140-90	
	PAUSE	X16C	80-135	
3.	3 CLOSED SQUAT REPEATERS	X4	135	
	3 CLOSED SQUAT REPEATERS	X4	165	