



OCT 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|-------------------------|--------|--------|----------------------------------|
| 1. | PREPARE TO SINGLE LUNGE | X4 | 120 | TRACK 7: LUNGES ALL X3 |
| 2. | PREPARE + 3 REPS | X8 | 110 | |
| | PAUSE | X16C | 70-130 | |
| 3. | 3 REPEATERS FRONT | X4 | 115 | |
| | 3 REPEATERS FRONT | X4 | 150 | |
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OCT 25

| N° | STEPS | REPEAT | BPM | INFO |
|----|-----------------|--------|---------|-------------------------------------|
| 1. | 1/1 BACK FRONT | X16C | 120/180 | TRACK 8: SHOULDERS ALL X3 |
| | PAUSE | X16C | 90-115 | |
| 2. | 7 REPEATERS ROW | X1 | 115 | |
| | 7 REPEATERS ROW | X1 | 130 | |
| | 7 REPEATERS ROW | X1 | 145 | |
| | 7 REPEATERS ROW | X1 | 160 | |