



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	SINGLE ROW FROM PLANK	X16	125	TRACK 9: CORE ALL X3
2.	SHOULDERS [X4] + CLIMBERS [X6]	X1	125	
	SHOULDERS [X4] + CLIMBERS [X6]	X1	140	
	SHOULDERS [X4] + CLIMBERS [X6]	X1	155	
	SHOULDERS [X4] + CLIMBERS [X6]	X1	170	
	PAUSE	X16C	80-130	
3.	7 REPEATERS	X1	130	
	7 REPEATERS	X1	130	
	7 REPEATERS	X1	130	
	7 REPEATERS	X1	130	



OCT 25

N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH LEGS FRONT	X2	100	TRACK 10: STRETCHING
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	SEE YOU IN THE NEXT WORKOUT 😊