JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	TAP IN	X32C	130	50-60% CARDIO INTENSITY
				ALL X 3
2.	2 BASIC STRADDLE + 4 KNEE UP	X2	130	
	2 BASIC STRADDLE + 4 KNEE UP	X2	145	
3.	1 BASIC STRADDLE + 2 KNEE UP	X4	135	
	1 BASIC STRADDLE + 2 KNEE UP	X4	150	
4.	PLANK & STAND UP	X8	110-170	
	PLANK & STAND UP	X8	110-170	
5.	SWIM 1 1 3	X8	130-180	MIX 130-120

JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X32C	120	HIGH CARDIO INTENSITY
				ALL X 3
2.	3 V STEP + DOUBLE KNEE	X2	130	
	3 V STEP + DOUBLE KNEE	X2	145	
3.	1 V STEP + DOUBLE KNEE	X4	135	
	1 V STEP + DOUBLE KNEE	X4	150	
4.	JUMP OPEN CLOSE + 1 SCISSORS	X8	150	
	JUMP OPEN CLOSE + 1 SCISSORS	X8	170	
5.	STEP T.	X32C	130	
4.	JUMP OPEN CLOSE + 1 SCISSORS	X8	150	
	JUMP OPEN CLOSE + 1 SCISSORS	X8	170	MIX 130 - 115