JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	BASIC CRUNCH	X8	130	ABDOMINALS ALL X 2
2.	3 REPEATERS	X4	130	
3.	COMBO 1 1 3	X1	130	
	COMBO 1 1 3	X1	140	
	COMBO 1 1 3	X1	150	
	COMBO 1 1 3	X1	160	
	PAUSE	32C	120	
4.	BIKE 3 & STOP	X16	130-170	MIX 115

JAN 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	BUTTERFLY	X32C	115	STRETCHING ALL X 1
2.	CLOSED	X32C	115	
3.	OPEN	X32C	115	
1.	BUTTERFLY	X32C	115	
2.	CLOSED	X32C	115	
3.	OPEN	X32C	115	
4.	STAND UP	X32C	115	
5.	QUADRICEPS	X4	115	
6.	BREATH	X4	115	**SEE YOU IN THE NEXT WORKOUT** 😊