



**JAN 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 1: WARM UP</b> ALL X2
1.	3 ALTERN LUNGES + ROUND ARMS	X2	125	
	3 ALTERN LUNGES + ROUND ARMS	X2	135	
	3 ALTERN LUNGES + ROUND ARMS	X2	145	
	3 ALTERN LUNGES + ROUND ARMS	X2	155	
2.	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	130	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	140	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	150	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	160	
	PAUSE	X16C	125-110	
3.	OPEN TO SQUAT ALTERN R/L + 3 REPEATERS CLOSE	X1	110	
	OPEN TO SQUAT ALTERN R/L + 3 REPEATERS CLOSE	X1	140	
4.	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	120	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	110	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	100	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	90	



**JAN 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 2: LEGS</b> ALL X3
1.	OPEN SQUAT SINGLE	X8	120	
2.	OPEN SQUAT 3/1	X1	120	
	OPEN SQUAT 3/1	X1	110	
	OPEN SQUAT 3/1	X1	100	
	OPEN SQUAT 3/1	X1	90	
	PAUSE	X16C	80-130	
3.	3 REPS CLOSED SQUAT	X2	130	
	3 REPS CLOSED SQUAT	X2	140	
	3 REPS CLOSED SQUAT	X2	150	
	3 REPS CLOSED SQUAT	X2	160	