



JAN 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	PREPARE TO SINGLE LUNGE	X4	125	
2.	PREPARE + 3 REPS	X2	125	
	PREPARE + 3 REPS	X2	145	
	PAUSE	X16C	80-125	
3.	7 REPEATERS FRONT	X2	125	
	7 REPEATERS FRONT	X2	150	



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N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	ROW 3 REPEATERS	X8	110 - 185	
	PAUSE	X16C	80-140	
2.	2/2	X4	140	
	2/2	X4	90	