



JAN 26

N°	STEPS	REPEAT	BPM	INFO
1.	FROM OPEN CLOSED 1/1	X8	125	TRACK 9: CORE ALL X3
2.	SINGLE CROSS KNEE	X8	125	
	SINGLE CROSS KNEE	X8	125	
	PAUSE	X16C	80-125	
3.	SINGLE CRUNCH	X16	125-200	



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N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH ARMS BACK - FRONT	X1	110	TRACK 10: STRETCHING
2.	ARMS SIDE	X4	110	
3.	STRETCH QUADRICEPS	X2	110	
1.	STRETCH ARMS BACK - FRONT	X1	110	
2.	ARMS SIDE	X4	110	
3.	STRETCH QUADRICEPS	X2	110	
4.	DOWN OPEN LEGS	X2	110	
5.	BREATH	X4	110	SEE YOU IN THE NEXT WORKOUT 😊