FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	MAMBO STOP	X8	130	WARM UP ALL X 2
2.	MAMBO UP + MARCH	X4	130	
3.	COMBO	X2	130	
	COMBO	X2	145	
4.	3 REPEATERS OPEN SQUAT	X4	100	
	3 REPEATERS OPEN SQUAT	X4	160	
5.	JUMPS OPEN CLOSE	X1	130	
	JUMPS OPEN CLOSE	X1	140	
	JUMPS OPEN CLOSE	X1	150	
	JUMPS OPEN CLOSE	X1	160	MIX 130

FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	KNEE UP - BACK - UP	X4	130	50-70% CARDIO INTENSITY ALL X 3
	KNEE UP - BACK - UP	X4	145	
2.	DOUBLE + MARCH	X2	135	
	DOUBLE + MARCH	X2	150	
3.	3 JUMPING JACKS + OPEN ARMS	X4	140	
	3 JUMPING JACKS + OPEN ARMS	X4	160	
4.	3 LUNGES BACK REPEATERS	X4	100	
5.	SINGLE LUNGES BACK	X8	140	MIX 130