FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	SINGLE KNEE	X32C	130	MIXED TONING & CARDIO
				ALL X 3
2.	2 BASIC + 2 SINGLE SQUAT	X2	130	
	2 BASIC + 2 SINGLE SQUAT	X2	145	
3.	COMBO	X4	135	
	COMBO	X4	150	
4.	MAMBO SIDE	X32C	130	
5.	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	130	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	140	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	150	
	JUMP TO OPEN [X2] + JUMP TO CLOSE [X2]	X1	160	MIX 130

FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	STEP UP KICK RELAX	X32C	130	TONING GLUTEUS
				ALL X 3
2.	2 REPEATERS SINGLE	X4	130	
	2 REPEATERS SINGLE	X4	160	
3.	3 REPEATERS X2	X2	130	
	3 REPEATERS X2	X2	160	
4.	ISOMETRIC X 7	X2	130	
	ISOMETRIC X 7	X2	100	
5.	JUMPS OPEN - CLOSE - OPEN	X2	140	
	JUMPS OPEN - CLOSE - OPEN	X2	160	MIX 130