



FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	TAP IN	X32C	130	50-60% CARDIO INTENSITY ALL X 3
2.	2 BASIC STRADDLE + 4 KNEE UP	X2	130	
	2 BASIC STRADDLE + 4 KNEE UP	X2	145	
3.	1 BASIC STRADDLE + 2 KNEE UP	X4	135	
	1 BASIC STRADDLE + 2 KNEE UP	X4	150	
4.	PLANK & STAND UP	X8	110-170	
	PLANK & STAND UP	X8	110-170	
5.	SWIM 1 1 3	X8	130-180	



FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X4	115	HIGH CARDIO INTENSITY ALL X 3
2.	2 LEG CURL + 2 TAP CROSS	X4	130	
	2 LEG CURL + 2 TAP CROSS	X4	145	
3.	DOUBLE LEG CURL + DOUBLE TAP CROSS	X2	135	
	DOUBLE LEG CURL + DOUBLE TAP CROSS	X2	150	
4.	JOGGING KNEE	X16C	150	
	JOGGING KNEE	X16C	170	
	JOGGING KNEE	X16C	190	
	JOGGING KNEE	X16C	210	
5.	3 MARCH + TAP SIDE	X32C	130	
4.	JOGGING KNEE	X16C	150	
	JOGGING KNEE	X16C	170	
	JOGGING KNEE	X16C	190	
	JOGGING KNEE	X16C	210	
				MIX 130 - 115