FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	BASIC CRUNCH	X8	130	ABDOMINALS ALL X 2
2.	3 REPEATERS	X4	130	
3.	COMBO 1 1 3	X1	130	
	COMBO 1 1 3	X1	140	
	COMBO 1 1 3	X1	150	
	COMBO 1 1 3	X1	160	
	PAUSE	32C	120	
4.	BIKE 3 & STOP	X16	130-170	MIX 70

FEB 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	COMBO ARMS	X2	70	STRETCHING ALL X 1
2.	STRETCH ARMS FRONT BACK	X1	70	
3.	OPEN LEGS	16C	70	
4.	CLOSED	16C	70	
1.	COMBO ARMS	X2	70	
2.	STRETCH ARMS FRONT BACK	X1	70	
3.	OPEN LEGS	16C	70	
4.	CLOSED	16C	70	
5.	STAND UP	16C	70	
6.	BREATH	X2	70	**SEE YOU IN THE NEXT WORKOUT**