



FEB 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 1: WARM UP ALL X2
1.	3 ALTERN LUNGES + ROUND ARMS	X2	125	
	3 ALTERN LUNGES + ROUND ARMS	X2	135	
	3 ALTERN LUNGES + ROUND ARMS	X2	145	
	3 ALTERN LUNGES + ROUND ARMS	X2	155	
2.	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	130	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	140	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	150	
	3 CLOSED JUMPS SIDE + SINGLE SQUAT	X2	160	
	PAUSE	X16C	125-110	
3.	OPEN TO SQUAT ALTERN R/L + 3 REPEATERS CLOSE	X1	110	
	OPEN TO SQUAT ALTERN R/L + 3 REPEATERS CLOSE	X1	140	
4.	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	120	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	110	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	100	
	SHOULDERS PUSH UPS + REVERSE BICEPS	X1	90	



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N°	STEPS	REPEAT	BPM	INFO
				TRACK 2: LEGS ALL X3
1.	OPEN SQUAT 2/2	X4	110	
2.	7 REPEATERS	X1	120	
	7 REPEATERS	X1	130	
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	150	
	PAUSE	X16C	80-140	
3.	SINGLE CLOSED SQUAT	X4	140	
	SINGLE CLOSED SQUAT	X4	155	
	SINGLE CLOSED SQUAT	X4	170	
	SINGLE CLOSED SQUAT	X4	185	