



FEB 26

N°	STEPS	REPEAT	BPM	INFO
1.	15 REPEATERS	X1	110	TRACK 3: CHEST ALL X3
2.	1/1	X16	125-200	
	PAUSE	X16C	80-125	
3.	PUSH UPS 3/1	X8	125-80	



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N°	STEPS	REPEAT	BPM	INFO
1.	SINGLE ROW	X4	160	TRACK 4: BACK ALL X3
	SINGLE ROW	X4	100	
	SINGLE ROW	X4	160	
	PAUSE	X16C	80-120	
2.	CLOSED REVERSE 6 REPEATERS	X1	120	
	CLOSED REVERSE 6 REPEATERS	X1	135	
	CLOSED REVERSE 6 REPEATERS	X1	150	
	CLOSED REVERSE 6 REPEATERS	X1	165	