



FEB 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	PREPARE TO SINGLE LUNGE	X4	125	
2.	PREPARE + 3 REPS	X2	125	
	PREPARE + 3 REPS	X2	145	
	PAUSE	X16C	80-125	
3.	7 REPEATERS FRONT	X2	125	
	7 REPEATERS FRONT	X2	150	



FEB 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	OPEN - CLOSE FRONT - OPEN - DOWN	X8	130-90	
	PAUSE	X16C	80-120	
2.	7 REPEATERS	X1	120	
	7 REPEATERS	X1	130	
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	150	