MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	2 BASIC + 3 OPEN SIDE	X2	130	WARM UP
	2 BASIC + 3 OPEN SIDE	X2	145	ALL X 2
2.	2 V STEP + 3 OPEN ROUND	X2	130	
	2 V STEP + 3 OPEN ROUND	X2	145	
3.	CLOSED SQUAT 4C - 2C - 1C	X1	130	
4.	15 REPEATERS	X1	140	
5.	3 SCISSORS + 2 KNEE UP	X2	140	
	3 SCISSORS + 2 KNEE UP	X2	150	
	3 SCISSORS + 2 KNEE UP	X2	160	
	3 SCISSORS + 2 KNEE UP	X2	170	MIX 130

MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	KNEE UP - BACK - UP	X4	130	50-70% CARDIO INTENSITY
	KNEE UP - BACK - UP	X4	145	ALL X 3
2.	DOUBLE + MARCH	X2	135	
	DOUBLE + MARCH	X2	150	
3.	3 JUMPING JACKS + OPEN ARMS	X4	140	
	3 JUMPING JACKS + OPEN ARMS	X4	160	
4.	3 LUNGES BACK REPEATERS	X4	100	
5.	SINGLE LUNGES BACK	X8	140	MIX 130