# MARCH 26

| Nº | STEPS | REPEAT | BPM | TRACK 3: |
|---|---|---|---|---|
| | | | | |
| 1. | CLOSED SINGLE | X32C | 130 | MIXED TONING & CARDIO |
| | | | | ALL X 3 |
| 2. | 2 MAMBO FRONT + 2 OPEN SQUAT | X2 | 130 | |
| | 2 MAMBO FRONT + 2 OPEN SQUAT | X2 | 145 | |
| | | | | |
| 3. | SAME SINGLE | X4 | 135 | |
| | SAME SINGLE | X4 | 150 | |
| | | | | |
| 4. | CLOSED DOUBLE | X32C | 130 | |
| | | | | |
| 5. | OPEN JUMP + 3 REPEATERS | X8 | 130-165 | MIX 130 |

# MARCH 26

| Nº | STEPS | REPEAT | BPM | TRACK 4: |
|---|---|---|---|---|
| | | | | |
| 1. | STEP UP KICK RELAX | X32C | 130 | TONING GLUTEUS |
| | | | | ALL X 3 |
| 2. | 2 REPEATERS SINGLE | X4 | 130 | |
| | 2 REPEATERS SINGLE | X4 | 160 | |
| | | | | |
| 3. | 3 REPEATERS X2 | X2 | 130 | |
| | 3 REPEATERS X2 | X2 | 160 | |
| | | | | |
| 4. | ISOMETRIC X 7 | X2 | 130 | |
| | ISOMETRIC X 7 | X2 | 100 | |
| | | | | |
| 5. | JUMPS OPEN - CLOSE - OPEN | X2 | 140 | |
| | JUMPS OPEN - CLOSE - OPEN | X2 | 160 | MIX 130-120 |