



MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 5:	
1.	TAP FRONT	X32C	120-130	50-60% CARDIO INTENSITY ALL X 3	
2.	1 BASIC + 3 ALTERN KNEE UP ON THE FLOOR	X2	130		
	1 BASIC + 3 ALTERN KNEE UP ON THE FLOOR	X2	145		
3.	2 BASIC + 3 REPEATERS	X2	135		
	2 BASIC + 3 REPEATERS	X2	150		
4.	JUMP TO PLANK & WALK BACK + 3 JUMPS	X1	130		
	JUMP TO PLANK & WALK BACK + 3 JUMPS	X1	140		
	JUMP TO PLANK & WALK BACK + 3 JUMPS	X1	150		
	JUMP TO PLANK & WALK BACK + 3 JUMPS	X1	160		
5.	BICEPS COMBO	X8	130-190		
					MIX 130-115



MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X4	115	HIGH CARDIO INTENSITY ALL X 3
2.	2 LEG CURL + 2 TAP CROSS	X4	130	
	2 LEG CURL + 2 TAP CROSS	X4	145	
3.	DOUBLE LEG CURL + DOUBLE TAP CROSS	X2	135	
	DOUBLE LEG CURL + DOUBLE TAP CROSS	X2	150	
4.	JOGGING KNEE	X16C	150	
	JOGGING KNEE	X16C	170	
	JOGGING KNEE	X16C	190	
	JOGGING KNEE	X16C	210	
5.	3 MARCH + TAP SIDE	X32C	130	
4.	JOGGING KNEE	X16C	150	
	JOGGING KNEE	X16C	170	
	JOGGING KNEE	X16C	190	
	JOGGING KNEE	X16C	210	MIX 130 - 115