MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	CRUNCH 7 REPEATERS	X1	130	ABDOMINALS
	CRUNCH 7 REPEATERS	X1	140	ALL X 2
	CRUNCH 7 REPEATERS	X1	150	
	CRUNCH 7 REPEATERS	X1	160	
	PAUSE	16C	130	
2.	FLUTTERS	X32C	130-70	
	PAUSE	32C	120	
3.	3 RUSSIAN TWIST	X8	135	
	3 RUSSIAN TWIST	X8	155	MIX 70

MARCH 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	COMBO ARMS	X2	70	STRETCHING
				ALL X 1
2.	STRETCH ARMS FRONT BACK	X1	70	
3.	OPEN LEGS	16C	70	
4.	CLOSED	16C	70	
1.	COMBO ARMS	X2	70	
2.	STRETCH ARMS FRONT BACK	X1	70	
3.	OPEN LEGS	16C	70	
4.	CLOSED	16C	70	
5.	STAND UP	16C	70	
6.	BREATH	X2	70	**SEE YOU IN THE NEXT WORKOUT** 😊