

N°	STEPS	REPEAT	BPM	INFO
				TRACK 1: WARM UP ALL X2
1.	4 ALTERN KNEE UP + 3 CLOSED SQUAT REPEATERS	X2	125	
	4 ALTERN KNEE UP + 3 CLOSED SQUAT REPEATERS	X2	145	
2.	4 JUMPING OPEN + 3 OPEN SQUAT REPEATERS	X2	130	
	4 JUMPING OPEN + 3 OPEN SQUAT REPEATERS	X2	145	
	PAUSE	X16C	125	
3.	SINGLE ROW + 2 RISE UP	X1	125	
	SINGLE ROW + 2 RISE UP	X1	140	
	SINGLE ROW + 2 RISE UP	X1	155	
	SINGLE ROW + 2 RISE UP	X1	170	
4.	6 SQUAT FROM CLEEN	X1	115	
	6 SQUAT FROM CLEEN	X1	130	
	6 SQUAT FROM CLEEN	X1	145	
	6 SQUAT FROM CLEEN	X1	160	

N°	STEPS	REPEAT	BPM	INFO
				TRACK 2: LEGS ALL X3
1.	OPEN SQUAT 2/2	X4	110	
2.	7 REPEATERS	X1	120	
	7 REPEATERS	X1	130	
	7 REPEATERS	X1	140	
	7 REPEATERS	X1	150	
	PAUSE	X16C	80-140	
3.	SINGLE CLOSED SQUAT	X4	140	
	SINGLE CLOSED SQUAT	X4	155	
	SINGLE CLOSED SQUAT	X4	170	
	SINGLE CLOSED SQUAT	X4	185	