



**MARCH 26**

N°	STEPS	REPEAT	BPM	INFO
1.	PLANK	X32C	115	<b>TRACK 9: CORE</b> ALL X3
2.	TOUCH SIDE	X8	125	
3.	HIPS	X32C	130	
	PAUSE	X16C	80-130	
4.	CRUNCH 3 REPEATERS X1 + SINGLE X2	X1	130	
	CRUNCH 3 REPEATERS X1 + SINGLE X2	X1	145	
	CRUNCH 3 REPEATERS X1 + SINGLE X2	X1	160	
	CRUNCH 3 REPEATERS X1 + SINGLE X2	X1	175	



**MARCH 26**

N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH DOWN	X32C	100	<b>TRACK 10: STRETCHING</b>
2.	HANDS DOWN	24C	100	
3.	ARMS BACK - FRONT	X1	100	
4.	BODY SIDE	X4	100	
1.	STRETCH DOWN	X32C	100	
2.	HANDS DOWN	24C	100	
3.	ARMS BACK - FRONT	X1	100	
4.	BODY SIDE	X4	100	
5.	BREATH	X4	110	<b>SEE YOU IN THE NEXT WORKOUT 😊</b>