APRIL 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	2 BASIC + 3 OPEN SIDE	X2	130	WARM UP
	2 BASIC + 3 OPEN SIDE	X2	145	ALL X 2
2.	2 V STEP + 3 OPEN ROUND	X2	130	
	2 V STEP + 3 OPEN ROUND	X2	145	
3.	CLOSED SQUAT 4C - 2C - 1C	X1	130	
4.	15 REPEATERS	X1	140	
5.	3 SCISSORS + 2 KNEE UP	X2	140	
	3 SCISSORS + 2 KNEE UP	X2	150	
	3 SCISSORS + 2 KNEE UP	X2	160	
	3 SCISSORS + 2 KNEE UP	X2	170	MIX 130

APRIL 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	2 KNEE UP + 2 CROSS TAP	X4	130	50-70% CARDIO INTENSITY
	2 KNEE UP + 2 CROSS TAP	X4	145	ALL X 3
2.	2 KNEE UP - DOWN - UP + SINGLE TAP	X2	135	
	2 KNEE UP - DOWN - UP + SINGLE TAP	X2	150	
3.	3 SCISSORS STOP	X8	140	
	3 SCISSORS STOP	X8	160	
4.	OPEN SIDE SQUAT	X8	100	
	OPEN SIDE SQUAT	X8	140	MIX 130