



**APRIL 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	



**APRIL 26**

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X32C	120	HIGH CARDIO INTENSITY ALL X 3
2.	3 V STEP + DOUBLE KNEE	X2	130	
	3 V STEP + DOUBLE KNEE	X2	145	
3.	1 V STEP + DOUBLE KNEE	X4	135	
	1 V STEP + DOUBLE KNEE	X4	150	
4.	JUMP OPEN CLOSE + 1 SCISSORS	X8	150	
	JUMP OPEN CLOSE + 1 SCISSORS	X8	170	
5.	STEP T.	X32C	130	
4.	JUMP OPEN CLOSE + 1 SCISSORS	X8	150	
	JUMP OPEN CLOSE + 1 SCISSORS	X8	170	