



APRIL 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	CRUNCH 7 REPEATERS	X1	130	ABDOMINALS ALL X 2
	CRUNCH 7 REPEATERS	X1	140	
	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	



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Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	BUTTERFLY	X32C	115	STRETCHING ALL X 1
2.	CLOSED	X32C	115	
3.	OPEN	X32C	115	
1.	BUTTERFLY	X32C	115	
2.	CLOSED	X32C	115	
3.	OPEN	X32C	115	
4.	STAND UP	X32C	115	
5.	QUADRICEPS	X4	115	
6.	BREATH	X4	115	