



**APRIL 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 7: LUNGES</b>  ALL X3
1.	4 SINGLE LUNGES	X2	95	
	4 SINGLE LUNGES	X2	125	
2.	7 REPEATERS	X2	125	
	PAUSE	X16C	80-125	
3.	LUNGES FRONT 1 1 3	X2	125	
	LUNGES FRONT 1 1 3	X2	145	



**APRIL 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 8: SHOULDERS</b>  ALL X3
1.	ROW 3 REPEATERS	X8	110 - 185	
	PAUSE	X16C	80-140	
2.	2/2	X4	140	
	2/2	X4	90	