



APRIL 26

N°	STEPS	REPEAT	BPM	INFO
1.	PLANK	X32C	115	TRACK 9: CORE 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	



APRIL 26

N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH ARMS BACK - FRONT	X1	110	TRACK 10: STRETCHING
2.	ARMS SIDE	X4	110	
3.	STRETCH QUADRICEPS	X2	110	
1.	STRETCH ARMS BACK - FRONT	X1	110	
2.	ARMS SIDE	X4	110	
3.	STRETCH QUADRICEPS	X2	110	
4.	DOWN OPEN LEGS	X2	110	
5.	BREATH	X4	110	

SEE YOU IN THE NEXT WORKOUT 😊