



MAY 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	BASIC CRUNCH	X8	130	ABDOMINALS ALL X 2 MIX 70
2.	2 REPEATERS + 2 DOWN	X4	130-70	
	PAUSE	32C	120	
3.	BIKE	64C	125-175	



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Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	OPEN	X32C	110	STRETCHING ALL X 1 SEE YOU IN THE NEXT WORKOUT 🥰
2.	CLOSED	X32C	110	
3.	STRETCH ARMS	X1	110	
4.	BODY SIDE	X4	110	
1.	OPEN	X32C	110	
2.	CLOSED	X32C	110	
3.	STRETCH ARMS	X1	110	
4.	BODY SIDE	X4	110	
5.	STAND UP	X32C	110	
6.	BREATH	X4	110	