



MAY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 7: LUNGES ALL X3
1.	PREPARE TO LOUNGE	X4	125	
	PREPARE TO LOUNGE	X4	150	
2.	SINGLE	X8	190	
	PAUSE	X16C	80-125	
3.	3 REPEATERS FRONT	X4	125	
	3 REPEATERS FRONT	X4	145	



MAY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 8: SHOULDERS ALL X3
1.	FRONT ROW 1-1-3 ISOMETRIC	X1	125	
	FRONT ROW 1-1-3 ISOMETRIC	X1	110	
	FRONT ROW 1-1-3 ISOMETRIC	X1	105	
	FRONT ROW 1-1-3 ISOMETRIC	X1	95	
	PAUSE	X16C	95-120	
2.	SINGLE UP	X16	120-185	