



MAY 26

N°	STEPS	REPEAT	BPM	INFO
1.	PLANK 28C + STAND UP	X1	100	<b>TRACK 9: CORE</b> ALL X3
2.	CROSS SHOULDERS 1-1-2	X4	100	
	CROSS SHOULDERS 1-1-2	X4	135	
3.	HIPS	X32C	130	
	PAUSE	X16C	80-115	
4.	DIAGONAL CRUNCH 2 REPEATERS	X4	115	
	DIAGONAL CRUNCH 2 REPEATERS	X4	100	
	DIAGONAL CRUNCH 2 REPEATERS	X4	85	
	DIAGONAL CRUNCH 2 REPEATERS	X4	70	



MAY 26

N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH DOWN	32C	96	<b>TRACK 10: STRETCHING</b>
2.	TOUCH FLOOR	X4	96	
3.	ARMS SIDE	X4	96	
4.	STRETCH ARMS BACK & FRONT	X1	96	
1.	STRETCH DOWN	32C	96	<b>SEE YOU IN THE NEXT WORKOUT 😊</b>
2.	TOUCH FLOOR	X4	96	
3.	ARMS SIDE	X4	96	
4.	DOWN OPEN LEGS	X2	110	
5.	BREATH	X4	110	