



JUNE 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	JUMPING OPEN + 4 SINGLE TAP + 4 DOUBLE TAP	X1	130	WARM UP ALL X 2 MIX 130
	JUMPING OPEN + 4 SINGLE TAP + 4 DOUBLE TAP	X1	145	
2.	V STEP X2 + SLOW	X2	130	
	V STEP X2 + SLOW	X2	145	
3.	15 REPEATERS + 3 REPEATERS [X4]	X1	135	
4.	BASIC [X3] + ROUND ARMS	X2	135	
	BASIC [X3] + ROUND ARMS	X2	150	



JUNE 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	3 KNEE REPS + 3 TAP FRONT + JUMPING JACK	X2	130	50-70% CARDIO INTENSITY ALL X 3 MIX 130-120
	3 KNEE REPS + 3 TAP FRONT	X2	145	
2.	SINGLE KNEE + SINGLE TAP + JUMP TO OPEN	X4	135	
	SINGLE KNEE + SINGLE TAP + JUMP TO OPEN	X4	150	
3.	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	135	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	150	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	165	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	180	
4.	3 REPS OPEN + 2 SINGLE SQUAT	X4	100	