



JUNE 26

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	TAP IN	X32C	130	50-60% CARDIO INTENSITY ALL X 3 MIX 130
2.	SINGLE KNEE + 3 REPEATERS	X2	130	
	SINGLE KNEE + 3 REPEATERS	X2	145	
3.	SAME LIFT	X2	130	
	SAME LIFT	X2	145	
4.	DOWN TOPLANK	X4	130	
	DOWN TOPLANK	X4	160	
5.	3 BOXING & STOP	X64C	130-190	



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Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH + ARMS	X2	130	HIGH CARDIO INTENSITY ALL X 3 MIX 130 - 115
2.	3 ALTERN LEG CURL	X4	130	
	3 ALTERN LEG CURL	X4	145	
3.	DOUBLE LEG CURL + MARCH	X2	135	
	DOUBLE LEG CURL + MARCH	X2	150	
4.	JOGGING + SKIPPING	X2	150	
5.	MAMBO SIDE	X32C	130	
4.	JOGGING + SKIPPING	X2	150	