

JUNE 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	BASIC CRUNCH	X8	130	ABDOMINALS ALL X 2
2.	2 REPEATERS + 2 DOWN	X4	130-70	
	PAUSE	32C	120	
3.	BIKE	64C	125-175	
				MIX 105

JUNE 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	BUTTERFLY	X32C	105	STRETCHING ALL X 1
2.	OPEN LEGS	X32C	105	
3.	LEG BACK	X2	105	
4.	STRETCH ARMS FRONT - BACK	X1	105	
1.	BUTTERFLY	X32C	105	
2.	OPEN LEGS	X32C	105	
3.	LEG BACK	X2	105	
4.	STRETCH ARMS FRONT - BACK	X1	105	
5.	STAND UP	X32C	105	SEE YOU IN THE NEXT WORKOUT 🤗
6.	BREATH	X4	105	