



**JUNE 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 1: WARM UP</b> ALL X2
1.	CLOSED SQUAT S S D	X1	125	
	CLOSED SQUAT S S D	X1	135	
	CLOSED SQUAT S S D	X1	145	
	CLOSED SQUAT S S D	X1	155	
2.	KNEE UP [X4] + 2 DOUBLE	X1	125	
	KNEE UP [X4] + 2 DOUBLE	X1	135	
	KNEE UP [X4] + 2 DOUBLE	X1	145	
	KNEE UP [X4] + 2 DOUBLE	X1	155	
	PAUSE TAKE BURBELL	X16C	125	
3.	OPEN SQUAT + SHOULDER PRESS	X4	125	
	OPEN SQUAT + SHOULDER PRESS	X4	150	
4.	SINGLE ROW + SINGLE BICEPS REVERSE	X1	125	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	135	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	145	
	SINGLE ROW + SINGLE BICEPS REVERSE	X1	155	



**JUNE 26**

N°	STEPS	REPEAT	BPM	INFO
				<b>TRACK 2: LEGS</b> ALL X3
1.	SINGLE OPEN SQUAT + 1 CLOSED SQUAT	X2	125	
2.	3 REPEATERS OPEN	X4	130	
	3 REPEATERS OPEN	X4	155	
	PAUSE	X16C	80-125	
3.	2 CLOSED SQUAT GO TO OPEN	X4	125	
	2 CLOSED SQUAT GO TO OPEN	X4	150	