



**JUNE 26**

| N° | STEPS                         | REPEAT | BPM    | INFO                            |
|----|-------------------------------|--------|--------|---------------------------------|
| 1. | 4/4                           | X2     | 105    | <b>TRACK 3: CHEST</b><br>ALL X3 |
| 2. | SINGLE - SINGLE - 3 REPEATERS | X1     | 135    |                                 |
|    | SINGLE - SINGLE - 3 REPEATERS | X1     | 150    |                                 |
|    | SINGLE - SINGLE - 3 REPEATERS | X1     | 165    |                                 |
|    | SINGLE - SINGLE - 3 REPEATERS | X1     | 180    |                                 |
|    | PAUSE                         | X16C   | 80-120 |                                 |
| 3. | PUSH UPS [X3] + 2 SMALL       | X1     | 120    |                                 |
|    | PUSH UPS [X3] + 2 SMALL       | X1     | 135    |                                 |
|    | PUSH UPS [X3] + 2 SMALL       | X1     | 150    |                                 |
|    | PUSH UPS [X3] + 2 SMALL       | X1     | 165    |                                 |



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| N° | STEPS          | REPEAT | BPM    | INFO                           |
|----|----------------|--------|--------|--------------------------------|
| 1. | 3 REPEATERS    | X1     | 135    | <b>TRACK 4: BACK</b><br>ALL X3 |
|    | 3 REPEATERS    | X1     | 150    |                                |
|    | 3 REPEATERS    | X1     | 165    |                                |
|    | 3 REPEATERS    | X1     | 180    |                                |
| 2. | 14 REPEATERS   | X1     | 145    |                                |
|    | PAUSE          | X16C   | 80-145 |                                |
| 3. | SINGLE REVERSE | X4     | 145    |                                |
|    |                | X4     | 180    |                                |