



JUNE 26

N°	STEPS	REPEAT	BPM	INFO
1.	PLANK 28C + STAND UP	X1	100	TRACK 9: CORE ALL X3
2.	CROSS SHOULDERS 1-1-2	X4	100	
	CROSS SHOULDERS 1-1-2	X4	135	
3.	HIPS	X32C	130	
	PAUSE	X16C	80-115	
4.	DIAGONAL CRUNCH 2 REPEATERS	X4	115	
	DIAGONAL CRUNCH 2 REPEATERS	X4	100	
	DIAGONAL CRUNCH 2 REPEATERS	X4	85	
	DIAGONAL CRUNCH 2 REPEATERS	X4	70	



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N°	STEPS	REPEAT	BPM	INFO
1.	STRETCH QUADRICEPS	X4	115	TRACK 10: STRETCHING
2.	DOWN - UP - SHOULDERS BACK	X2	115	
3.	STRETCH NECK SIDE	X4	115	
4.	STRETCH ARMS BACK & FRONT	X2	115	
5.	BREATH	X4	110	
				SEE YOU IN THE NEXT WORKOUT 😊