



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	FROM OPEN TAP D D S [4]	X4	120	MIXED TONING & CARDIO ALL X 3 MIX 130
2.	STEP T. FRONT + SINGLE SQUAT	X4	130	
	STEP T. FRONT + SINGLE SQUAT	X4	145	
3.	3 STEP T. + 2 OPEN SQUAT	X2	135	
	3 STEP T. + 2 OPEN SQUAT	X2	150	
4.	TAP CLOSED S S D	X4	130	
5.	2 REPEATERS + SINGLE SQUAT JUMP	X4	130	
	2 REPEATERS + SINGLE SQUAT JUMP	X4	145	



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	DOUBLE LUNGES	X32C	130	TONING GLUTEUS ALL X 3 MIX 130
2.	2 SINGLE	X4	130	
3.	3 REPS	X4	130	
4.	COMBO 2 SINGLE + 3 REPS	X2	140	
	COMBO 2 SINGLE + 3 REPS	X2	160	
5.	ISO	X2	115	
6.	3 BASIC + 4 JUMPS SIDE TO SIDE	X2	145	
	3 BASIC + 4 JUMPS SIDE TO SIDE	X2	165	