



JULY 26

N°	STEPS	REPEAT	BPM	TRACK 5:
1.	KNEE UP S S D	X32C	130	50-60% CARDIO INTENSITY ALL X 3
2.	CHASSE MAMBO BACK	X32C	130	
3.	KNEE CROSS	X32C	130	
4.	COMBO: 2 CHASSE MAMBO + 2 KNEE CROSS	X2	135	
	COMBO: 2 CHASSE MAMBO + 2 KNEE CROSS	X2	150	
5.	8 OPEN MARCH + PLANK	X2	115	
	8 OPEN MARCH + PLANK	X2	135	
6.	3 BALANCE + ROUND ARMS	X4	135	
	3 BALANCE + ROUND ARMS	X4	160	
				MIX 130



JULY 26

N°	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH + ARMS	X2	130	HIGH CARDIO INTENSITY ALL X 3
2.	3 ALTERN LEG CURL	X4	130	
	3 ALTERN LEG CURL	X4	145	
3.	DOUBLE LEG CURL + MARCH	X2	135	
	DOUBLE LEG CURL + MARCH	X2	150	
4.	JOGGING + SKIPPING	X2	150	
5.	MAMBO SIDE	X32C	130	
4.	JOGGING + SKIPPING	X2	150	
				MIX 130 - 115