



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 7:
1.	LIFT LEG SIDE & ARM FRONT	X2	115	BALANCE COOL DOWN ALL X 1 MIX 130-110
2.	SAME IN 2 C	X4	115	
3.	UP ARMS UP	X2	115	
1.	LIFT LEG SIDE & ARM FRONT	X2	115	
2.	SAME IN 2 C	X4	115	
3.	UP ARMS UP	X2	115	
4.	LIFT LEG BACK	X4	115	
3.	UP ARMS UP	x4	115	



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 8:
1.	SINGLE	X8	110-150	PUSH UPS & TRICEPS ALL X 2 MIX 130
2.	16 REPS	X1	150	
	PAUSE	16C	120-110	
1.	SINGLE	X8	110-150	
2.	16 REPS	X1	150	
	PAUSE	32C	115-130	
3.	DIPS 3 REPEATERS	x4	130	
	DIPS 3 REPEATERS	x4	155	