



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	3 REPS CRUNCH	X4	130	ABDOMINALS ALL X 2
2.	CRUNCH + ARMS	X4	130	
	CRUNCH + ARMS	X4	130	
	PAUSE	32C	115-130	
3.	3 RUSSIAN TWIST (X3)	X2	130	
	3 RUSSIAN TWIST (X3)	X2	150	MIX 105



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	BUTTERFLY	X32C	105	STRETCHING ALL X 1
2.	OPEN LEGS	X32C	105	
3.	LEG BACK	X2	105	
4.	STRETCH ARMS FRONT - BACK	X1	105	
1.	BUTTERFLY	X32C	105	
2.	OPEN LEGS	X32C	105	
3.	LEG BACK	X2	105	
4.	STRETCH ARMS FRONT - BACK	X1	105	
5.	STAND UP	X32C	105	
6.	BREATH	X4	105	
				SEE YOU IN THE NEXT WORKOUT 😊