



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	2 BASIC + GO TO SQUAT	X2	130	WARM UP ALL X 2
	2 BASIC + GO TO SQUAT	X2	145	
2.	2 MAMBO + GO TO FRONT LUNGE	X2	135	
	2 MAMBO + GO TO FRONT LUNGE	X2	150	
3.	3 REPS CLOSED SQUAT	X4	110	
	3 REPS CLOSED SQUAT	X4	160	
4.	4 ALTERN TAP + 2 DOUBLE TAP	X1	140	
	4 ALTERN TAP + 2 DOUBLE TAP	X1	150	
	4 ALTERN TAP + 2 DOUBLE TAP	X1	160	
	4 ALTERN TAP + 2 DOUBLE TAP	X1	170	
				MIX 130



JULY 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	3 KNEE REPS + 3 TAP FRONT + JUMPING JACK	X2	130	50-70% CARDIO INTENSITY ALL X 3
	3 KNEE REPS + 3 TAP FRONT	X2	145	
2.	SINGLE KNEE + SINGLE TAP + JUMP TO OPEN	X4	135	
	SINGLE KNEE + SINGLE TAP + JUMP TO OPEN	X4	150	
3.	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	135	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	150	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	165	
	DOUBLE TAP TO CLOSE + DOUBLE KNEE UP	X1	180	
4.	3 REPS OPEN + 2 SINGLE SQUAT	X4	100	
				MIX 130-120