



JULY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 1: WARM UP ALL X2
1.	COMBO SQUAT [X3] + LUNGE BACK	X1	110	
	COMBO SQUAT [X3] + LUNGE BACK	X1	125	
2.	3 JOGGING	X8	145	
	3 JOGGING	X8	175	
	PAUSE TAKE BURBELL	X16C	125	
3.	1 ROW + 1 CLEAN & PRESS	X2	125	
	1 ROW + 1 CLEAN & PRESS	X2	155	
4.	CLEAN & SQUAT	X1	115	
	CLEAN & SQUAT	X1	125	
	CLEAN & SQUAT	X1	135	
	CLEAN & SQUAT	X1	145	



JULY 26

N°	STEPS	REPEAT	BPM	INFO
				TRACK 2: LEGS ALL X3
1.	SINGLE OPEN SQUAT + 1 CLOSED SQUAT	X2	125	
2.	3 REPEATERS OPEN	X4	130	
	3 REPEATERS OPEN	X4	155	
	PAUSE	X16C	80-125	
3.	2 CLOSED SQUAT GO TO OPEN	X4	125	
	2 CLOSED SQUAT GO TO OPEN	X4	150	