



JULY 26

N°	STEPS	REPEAT	BPM	INFO
1.	1/1	X8	125	TRACK 3: CHEST ALL X3
2.	3 REPEATERS	X8	125-190	
	PAUSE	X16C	80-135	
3.	PUSH UPS 3/1	X8	135-80	



JULY 26

N°	STEPS	REPEAT	BPM	INFO
1.	3 REPEATERS	X1	135	TRACK 4: BACK ALL X3
	3 REPEATERS	X1	150	
	3 REPEATERS	X1	165	
	3 REPEATERS	X1	180	
2.	14 REPEATERS	X1	145	
	PAUSE	X16C	80-145	
3.	SINGLE REVERSE	X4	145	
	SINGLE REVERSE	X4	180	