



JULY 26

N°	STEPS	REPEAT	BPM	INFO
1.	DIAMOND REPEATERS	X15	145	TRACK 5: TRICEPS ALL X3
2.	FRENCH CLOSED 2 ISO DOWN + 2 REPEATERS	X4	110	
	PAUSE	X16C	90-110	
3.	3 REPS DIAMOND	X8	110-145	



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N°	STEPS	REPEAT	BPM	INFO
1.	3 REPEATERS	X4	130	TRACK 6: BICEPS ALL X3
	3 REPEATERS	X4	160	
	PAUSE	X16C	80-140	
2.	4/4	X8	140-70	