



JULY 26

Nº	STEPS	REPEAT	BPM	INFO
				<b>TRACK 9: CORE</b> ALL X3
1.	PLANK SIDE TO SIDE	X8	125	
2.	CONTINUOS	X16	140	
3.	CLIMBERS	X32C	150	
	PAUSE	X16C	80-125	
4.	7 REPEATERS	X1	125	
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Nº	STEPS	REPEAT	BPM	INFO
				<b>TRACK 10: STRETCHING</b>
1.	STRETCH QUADRICEPS	X4	115	
2.	DOWN - UP - SHPULDERS BACK	X2	115	
3.	STRETCH NECK SIDE	X4	115	
4.	STRETCH ARMS BACK & FRONT	X2	115	
				<b>SEE YOU IN THE NEXT WORKOUT 😊</b>
5.	BREATH	X4	110	