



AUG 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



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	4 KNEE UP + LUNGE BACK	X2	130	50-70% CARDIO INTENSITY ALL X 3
	4 KNEE UP + LUNGE BACK	X2	145	
2.	X2 + 4 SINGLE KNEE UP	X1	135	
	X2 + 4 SINGLE KNEE UP	X1	150	
3.	JOGGING 1-1-2 [X3] + 1 BASIC	X2	145	
	JOGGING 1-1-2 [X3] + 1 BASIC	X2	160	
4.	JUMP TO OPEN 3 REPEATERS	X4	100	
5.	SINGLE	X8	165	
				MIX 130-120