



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 3:
1.	FROM OPEN TAP D D S [4]	X4	120	MIXED TONING & CARDIO ALL X 3 MIX 130
2.	STEP T. FRONT + SINGLE SQUAT	X4	130	
	STEP T. FRONT + SINGLE SQUAT	X4	145	
3.	3 STEP T. + 2 OPEN SQUAT	X2	135	
	3 STEP T. + 2 OPEN SQUAT	X2	150	
4.	TAP CLOSED S S D	X4	130	
5.	2 REPEATERS + SINGLE SQUAT JUMP	X4	130	
	2 REPEATERS + SINGLE SQUAT JUMP	X4	145	



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 4:
1.	LUNGES	X32C	130	TONING GLUTEUS ALL X 3 MIX 130
2.	4 SINGLE	X2	130	
	4 SINGLE	X2	160	
3.	2 SINGLE	X4	130	
	2 SINGLE	X4	160	
4.	ISO 7	X2	130	
	ISO 7	X2	100	
5.	BASIC + 2 KNEE UP	X4	135	
	BASIC + 2 KNEE UP	X4	150	