



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	3 REPS CRUNCH	X4	130	ABDOMINALS ALL X 2
2.	CRUNCH + ARMS	X4	130	
	CRUNCH + ARMS	X4	130	
	PAUSE	32C	115-130	
3.	3 RUSSIAN TWIST (X3)	X2	130	
	3 RUSSIAN TWIST (X3)	X2	150	MIX 105



AUG 26

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	OPEN	X32C	110	STRETCHING ALL X 1
2.	CLOSED	X32C	110	
3.	STRETCH ARMS	X1	110	
4.	BODY SIDE	X4	110	
1.	OPEN	X32C	110	
2.	CLOSED	X32C	110	
3.	STRETCH ARMS	X1	110	
4.	BODY SIDE	X4	110	
5.	STAND UP	X32C	110	
6.	BREATH	X4	110	

SEE YOU IN THE NEXT WORKOUT 🍷