



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	COMBO SQUAT [X3] + LUNGE BACK	X1	110	TRACK 1: WARM UP ALL X2
	COMBO SQUAT [X3] + LUNGE BACK	X1	125	
2.	3 JOGGING	X8	145	
	3 JOGGING	X8	175	
	PAUSE TAKE BURBELL	X16C	125	
3.	1 ROW + 1 CLEAN & PRESS	X2	125	
	1 ROW + 1 CLEAN & PRESS	X2	155	
4.	CLEAN & SQUAT	X1	115	
	CLEAN & SQUAT	X1	125	
	CLEAN & SQUAT	X1	135	
	CLEAN & SQUAT	X1	145	



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N°	STEPS	REPEAT	BPM	INFO
1.	SINGLE SQUAT	X8	145	TRACK 2: LEGS ALL X3
	SINGLE SQUAT	X8	100	
	SINGLE SQUAT	X8	145	
	PAUSE	X16C	80-125	
2.	7 CLOSED REPEATERS	X1	125	
	7 CLOSED REPEATERS	X1	140	
	7 CLOSED REPEATERS	X1	155	
	7 CLOSED REPEATERS	X1	170	