



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	DIAMOND REPEATERS	X15	145	TRACK 5: TRICEPS ALL X3
2.	FRENCH CLOSED 2 ISO DOWN + 2 REPEATERS	X4	110	
	PAUSE	X16C	90-110	
3.	3 REPS DIAMOND	X8	110-145	



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	2 REPEATERS + DOUBLE DOWN	X8	110-170	TRACK 6: BICEPS ALL X3
	PAUSE	X16C	80-140	
2.	1/1	X8	140	
	1/1	X8	170	