



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	FROM OPEN SINGLE LOUNGE	X4	125	TRACK 7: LUNGES ALL X3
2.	ISO [X2] + 6 REPEATERS	X8	190	
	PAUSE	X16C	80-95	
3.	SINGLE LUNGES FRONT [X4] + 7 REPEATERS	X2	95/145	



AUG 26

N°	STEPS	REPEAT	BPM	INFO
1.	FRONT ROW 1-1-3 ISOMETRIC	X1	125	TRACK 8: SHOULDERS ALL X3
	FRONT ROW 1-1-3 ISOMETRIC	X1	110	
	FRONT ROW 1-1-3 ISOMETRIC	X1	105	
	FRONT ROW 1-1-3 ISOMETRIC	X1	95	
	PAUSE	X16C	95-120	
2.	SINGLE UP	X16	120-185	