



AUG 26

Nº	STEPS	REPEAT	BPM	INFO
1.	PLANK SIDE TO SIDE	X8	125	TRACK 9: CORE ALL X3
2.	CONTINUOS	X16	140	
3.	CLIMBERS	X32C	150	
	PAUSE	X16C	80-125	
4.	7 REPEATERS	X1	125	
	7 REPEATERS	X1	125	
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AUG 26

Nº	STEPS	REPEAT	BPM	INFO
1.	STRETCH DOWN	32C	96	TRACK 10: STRETCHING
2.	TOUCH FLOOR	X4	96	
3.	ARMS SIDE	X4	96	
4.	STRETCH ARMS BACK & FRONT	X1	96	
1.	STRETCH DOWN	32C	96	
2.	TOUCH FLOOR	X4	96	
3.	ARMS SIDE	X4	96	
4.	DOWN OPEN LEGS	X2	110	
5.	BREATH	X4	110	SEE YOU IN THE NEXT WORKOUT 😊