DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 1:
1.	ALTERN V STEP	X8	130	WARM UP ALL X 2
2.	DOUBLE LUNGES	X8	130	
3.	COMBO V + DOUBLE LUNGES	X4	130	
	COMBO V + DOUBLE LUNGES	X4	145	
4.	7 CLOSED SQUAT	X2	100	
	7 CLOSED SQUAT	X2	160	
5.	JOGGING S S D	X4	140	
	JOGGING S S D	X4	150	
	JOGGING S S D	X4	160	
	JOGGING S S D	X4	170	MIX 130

DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 2:
1.	1 LIFT + 1 MAMBO DIAGONAL	X4	130	50-70% CARDIO INTENSITY ALL X 3
	1 LIFT + 1 MAMBO DIAGONAL	X4	145	
2.	3 LIFT + 2 MAMBO DIAGONAL	X2	135	
	3 LIFT + 2 MAMBO DIAGONAL	X2	150	
3.	2 TAP + 2 JUMPING JACKS	X4	140	
	2 TAP + 2 JUMPING JACKS	X4	160	
4.	7 OPEN SQUAT REPEATERS	X1	100	
	7 OPEN SQUAT REPEATERS	X1	125	
	7 OPEN SQUAT REPEATERS	X1	150	
	7 OPEN SQUAT REPEATERS	X1	175	MIX 130