



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 5:
1.	OVER	X32C	120-130	50-60% CARDIO INTENSITY ALL X 3 MIX 130-120
2.	SINGLE OVER KNEE + 2 ALTERN TAP FRONT	X4	130	
	SINGLE OVER KNEE + 2 ALTERN TAP FRONT	X4	145	
3.	3 KNEE CROSS + 2 ALTERN TAP FRONT	X2	135	
	3 KNEE CROSS + 2 ALTERN TAP FRONT	X2	150	
4.	STRUDDLE + GO TO PLANK + MARCH	X2	120	
	STRUDDLE + GO TO PLANK + MARCH	X2	150	
5.	COMBO ARMS	X1	135	
	COMBO ARMS	X1	145	
	COMBO ARMS	X1	155	
	COMBO ARMS	X1	165	



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 6:
1.	BREATH	X32C	120	HIGH CARDIO INTENSITY ALL X 3 MIX 130 - 115
2.	1 BASIC + 1 STEP LEG CURL	X4	130	
	1 BASIC + 1 STEP LEG CURL	X4	145	
3.	2 BASIC + 3 STEP LEG CURL	X2	135	
	2 BASIC + 3 STEP LEG CURL	X2	150	
4.	JOGGING KNEE	X32C	165	
	JOGGING KNEE	X32C	195	
5.	MAMBO SIDES	X32C	130	
4.	JOGGING KNEE	X32C	165	
	JOGGING KNEE	X32C	195	