



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 9:
1.	RUNCH + TOUCH KNEE	X8	130-90	ABDOMINALS ALL X 2 MIX 100
2.	2 REPEATERS DIAGONAL + 2 CENTER CONTINUOS	X 64C	115-165	
	PAUSE	32C	130-120	
4.	RUSSIAN TWIST	X2	120	
	RUSSIAN TWIST	X2	130	
	RUSSIAN TWIST	X2	140	
	RUSSIAN TWIST	X2	150	



DEC 25

Nº	STEPS	REPEAT	BPM	TRACK 10:
1.	CLOSED (16 C) + OPEN (16C)	X1	85	STRETCHING ALL X 1 SEE YOU IN THE NEXT WORKOUT 😊
2.	LEG BACK	X2	85	
1.	CLOSED (16 C) + OPEN (16C)	X1	85	
2.	LEG BACK	X2	85	
3.	STAND UP	X32C	85	
4.	STRETCH ARMS BACK & FRONT	X32C	85	
5.	STRETCH BODY SIDE	X4	85	
6.	BREATH	X4	100	