



DEC 25

N°	STEPS	REPEAT	BPM	INFO
1.	1/1 [X2] + 2/2 [X1]	X1	125	<b>TRACK 5: TRICEPS</b>  ALL X3
	1/1 [X2] + 2/2 [X1]	X1	110	
	1/1 [X2] + 2/2 [X1]	X1	95	
	1/1 [X2] + 2/2 [X1]	X1	80	
	PAUSE	X16C	80-120	
2.	DIAMONDS 7 REPEATERS	X1	120	
	DIAMONDS 7 REPEATERS	X1	135	
	DIAMONDS 7 REPEATERS	X1	150	
	DIAMONDS 7 REPEATERS	x1	165	



DEC 25

N°	STEPS	REPEAT	BPM	INFO
1.	1/1	X16C	125-180	<b>TRACK 6: BICEPS</b>  ALL X3
	PAUSE	X16C	80-135	
2.	1/3	X8	135-75	