



DEC 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 9: CORE ALL X3
1.	TOUCH HAND X2 + TOUCH SHOULDER X2	X4	125	
	TOUCH HAND X2 + TOUCH SHOULDER X2	X4	150	
2.	CLIMBERS	X32C	160	
	PAUSE	X16C	80-120	
3.	DIAGONAL CRUNCH CONTINUOS	X8	120	
	DIAGONAL CRUNCH CONTINUOS	X8	130	
	DIAGONAL CRUNCH CONTINUOS	X8	140	
	DIAGONAL CRUNCH CONTINUOS	X8	150	



DEC 25

N°	STEPS	REPEAT	BPM	INFO
				TRACK 10: STRETCHING SEE YOU IN THE NEXT WORKOUT 😊
1.	STRETCH LEGS FRONT	X2	145	
2.	STRETCH QUADRICEPS	X2	145	
3.	STRETCH HAND	X2	145	
1.	STRETCH LEGS FRONT	X2	145	
2.	STRETCH QUADRICEPS	X2	145	
3.	STRETCH HAND	X2	145	
4.	BREATH	X4	145	