

**JULY 2023 | FITNESS | CHA CHA**

**SWEAT | CDM PROJECT**

**2X8 INTRO**

**16X8 1) COMBO: TIME STEP/DIAGONAL**

**BASIC/WALL TO WALL ≠ SQUAT**

**2X8 BREATH**

**16X8 1) REPEAT**

**4X8 BREATH/ENTERTAIN**

**12X8 1) REPEAT**

