

AUGUST 2023 | FITNESS | QUICKSTEP

GONNA BE A GOOD DAY | RAYELLE

4X8 INTRO

4X8 1) WOOD PECKER PENDULUM JUMPS

8X8 2) TURNED SCATTER CHASSES ± SQUATS/LUNGES

4X8 1) REPEAT

8X8 2) REPEAT

4X8 1) REPEAT

8X8 2) REPEAT

4X8 1) REPEAT

4X8 2) REPEAT

