SEPTEMBER 2023 | CHAIR FITNESS | MERENGUE (WEIGHTS)

BABY, DON'T HURT ME | DAVID GUETTA

2X8 INTRO

8X8 1) 8-ANGLES DELTOIDS IN NEUTRAL STANCE

8X8 2) 8-ANGLES TURNED

6X8 3) 8-ANGLES BICEP/DELTOID/TRICEP IN NEUTRAL STANCE

4X8 4) 8-ANGLES BICEP/DELTOID/TRICEP ONE ARM

8X8 5) 8-ANGLES BICEP/DELTOID/TRICEP TURNED TWO ARMS

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