

SEPTEMBER 2023 | FITNESS | DISCO

PADAM PADAM | KYLIE MINOGUE

4X8 INTRO

8X8±8 1) PUNCHES ± CHEST PUMP/THE ROW

**8X8±4 2) ASYMMETRIC PATTERN: PUNCHES ±
CHEST PUMP/THE ROW**

8X8±8 1) REPEAT

8X8 2) REPEAT

4X8 1) REPEAT

