

**OCTOBER 2023 | FITNESS | MAMBO**

**SWEET BUT PSYCHO | AVA MAX**

**4X8 INTRO**

**16X8 1) COMBO: BOX STEPS BACK ± CHASSES FWD**

**16X8 2) CIRCULAR CROSSOVERS**

**6X8 3) FITNESS**

**8X8 1) REPEAT**

