

FEBRUARY 2024 | CHAIR | SALSA WITH WEIGHTS

VAMO' A VER SI EL GAS PELA | VICTOR MANUELLE

2X8±4 INTRO

6X8 1) FWD CUCARACHA/SIDE CUCARACHA ±

DOUBLE CUBAN BREAKS

6X8 2) ON-THE-SPOT ± 8 ANGLE EXERCISE

6X8 1) REPEAT

6X8 2) REPEAT

6X8 1) REPEAT

6X8 2) REPEAT

