

**MARCH 2024 | CHAIR FITNESS | JIVE
HEART STILL BEATING | NATHAN DAWE**

2X8 INTRO

8X8 1) SINGLE KICK ≠ DOUBLE KICKS ACROSS

8X8 2) CHASSES ≠ RHYTHMICAL JUMPING JACKS

10X8 3) BREATHING ≠ STRETCHING

8X8 1) REPEAT

8X8 2) REPEAT