

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

2X8 INTRO

8X8 1) SINGLE KICK ± DOUBLE KICKS ACROSS

8X8 2) CHASSES ± RHYTHMICAL JUMPING JACKS

10X8 3) SQUATS ± SIDE LUNGES ± FRONT LUNGES

8X8 1) REPEAT

8X8 2) REPEAT