

APRIL 2024 | FITNESS | PASO DOBLE

LET'S WORK | KOYOTIE

2X8 INTRO

8X8 1) SEPARATION ± CUBAN BREAKS ± SQUAT

8X8 2) SLOW BOTAFOGOS FWD ± MARCHES BACK

8X8 1) REPEAT

8X8 2) REPEAT

8X8 1) REPEAT