

**SEPTEMBER 2024 | CHAIR FITNESS | RUMBA (W)**

**HIGH HEELS | FLO RIDA & WALKER HAYES**

**2X8 INTRO**

**8X8 1) COMBO: BOX ± CUCARACHAS L**

**8X8 1) COMBO: BOX ± CUCARACHAS R**

**2X8±4 2) EXERCISE: STRETCHING**

**6X8 1) REPEAT 3X**

**8X8 1) REPEAT 4X**