

**MARCH 2025 | KIDS FITNESS | MAMBO
I GOT YOU (FEAT JOVI ROCKWELL) | SHAGGY**

4X8 INTRO

8X8 1) 3X KNEE LIFT BASIC ON-THE-SPOT (JUMPED)

8X8 2) 3X KICK CUCARACHAS (SQUATS)

8X8 3) 3X POINTS CHASSE

8X8 4) COMBO 3X CHASSE

8X8 1) REPEAT

8X8 2) REPEAT

8X8 3) REPEAT

8X8 4) REPEAT