

MARCH 2025 | FITNESS | SAMBA
GO DOWN DEH (FEAT. SEAN PAUL & SHAGGY) | SPICE

2X8 INTRO

8X8 1) VOLTA CROSSOVERS SLOW ± JUMPING JACKS FAST

8X8±4 2) BATUCADAS ± FWD/SIDE LUNGES

8X8 1) REPEAT

2X8 2) REPEAT