

JUNE 2025 | CHAIR FITNESS | RUMBA WITH WEIGHTS
WHEN YOU NEED ME | BRUCE SPRINGSTEEN

8X8 INTRO

8X8 1) HALF BOXES FWD/BACK ± SIDE CUCARACHAS

8X8 2) SIDE CHASSE ± FWD/SIDE/FWD CUCARACHAS

8X8 1) REPEAT

8X8 2) REPEAT