

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

8X8 INTRO

8X8 1) HALF BOXES FWD/BACK ± FWD/BACK LUNGES

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

8X8 1) REPEAT

8X8 2) REPEAT