

JULY 2025 | CHAIR FITNESS | SALSA WITH WEIGHTS

EL QUE ESPERA | ANITTA, MELUMA

2X8 INTRO

8X8 1) CUCARACHAS FWD/SIDE/BACK

4X8±4 2) QUADRUPLE CUBAN BREAKS

8X8 1) REPEAT

8X8 2) REPEAT

