

Track: Step Up - 3:27

Time Stamp	Move	Reps
0:00	March	
0:14	Speed bag + 4 punches front	4
0:28	Right side rotation arms up, Left arms down. (x3) speed bag up & down (x1)	2
0:41	R tap front, L tap back (optional, 8 with hip rotation)	16
1:08	Squats (on heavy drum beat), slowly take hands to floor.	16
1:36	L tap front, R tap back. (optional, 8 with hip rotation)	16
2:03	Squat pulse (on whistles)	16
2:17	Squat, with oblique crunches, hands behind head.	8
2:30	Speed bag + 4 punches front	4
2:44	Left side rotation arms up, Left arms down. (x3) speed bag up & down (x1)	8
2:57	R tap front (4) alt to L tap front.	8

Track: Jungle Bae - 3:28

0:00	Side tap	
0:15	Hands Up Combo (R hand up, L hand up, bicep curls... with step touch)	4
0:45	R hand up, L hand up, R & L palm strikes	2
0:52	- same move faster	3
0:59	Side rotation with knee lift, R & L (8 per side)	16
1:30	Hands Up Combo	4
2:00	R hand up, L hand up, R & L palm strikes	2
2:07	- same move faster	3
2:15	Side rotation with knee lift (8 per side) + add elbow strikes	16
2:45	Hands Up Combo	4
3:15	(on low voice) Hands up quick (single, single double)	4

Track: All Di Girls - 2:58

0:07, 0:24	Bob/weave (single, single, double) X3 add 2 forward punch. Bob/weave (S,S,D travel) X3 add 4 forward punches.	2 4
0:42	Prepare for floor work, (get down into planks, slowly.)	4
0:59, 1:17	Bob/weave sequence (cardio section)	2 + 4 = 6
1:35	Standing squat, with oblique crunch (arms reach down each side: 2R, 2L, slow, 1R, 1L then squat. ... then 2 plank walkouts.	2 2
2:09, 2:26	Bob/weave sequence	2 + 4 = 6
2:44	Step touch	6