

AEROBIC CLASSICAL

BLOCK I

- 1-4 Jogging re diagonal
- 5-8 2x kick re
- 1-4 Jogging li auf einer Linie
- 5-8 2x kick li
- 1-4 Jogging back to start Arme Butterfly
- 5-8 Jumping Jack Arme Variation
- 1-8 step Repeater

BLOCK II

- 1-6 grapevine diagonal re li nach Vorne
- 7-8 Mambo
- 1-4 chacha re li mit Drehung back to start
- 5-8 Disco Jogging Arm Variation
- 1-4 V-step
- 5-8 step side knee lift
- 1-8 step side knee lift 2x

BLOCK III

- 1-8 Step knee 4x to the front
- 1-8 leg curl single single double
- 1-4 step touch 2x
- 5-8 Split + Mambo back
- 1-6 chacha 3x im Kreis back to start
- 7-8 march

DANKE

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