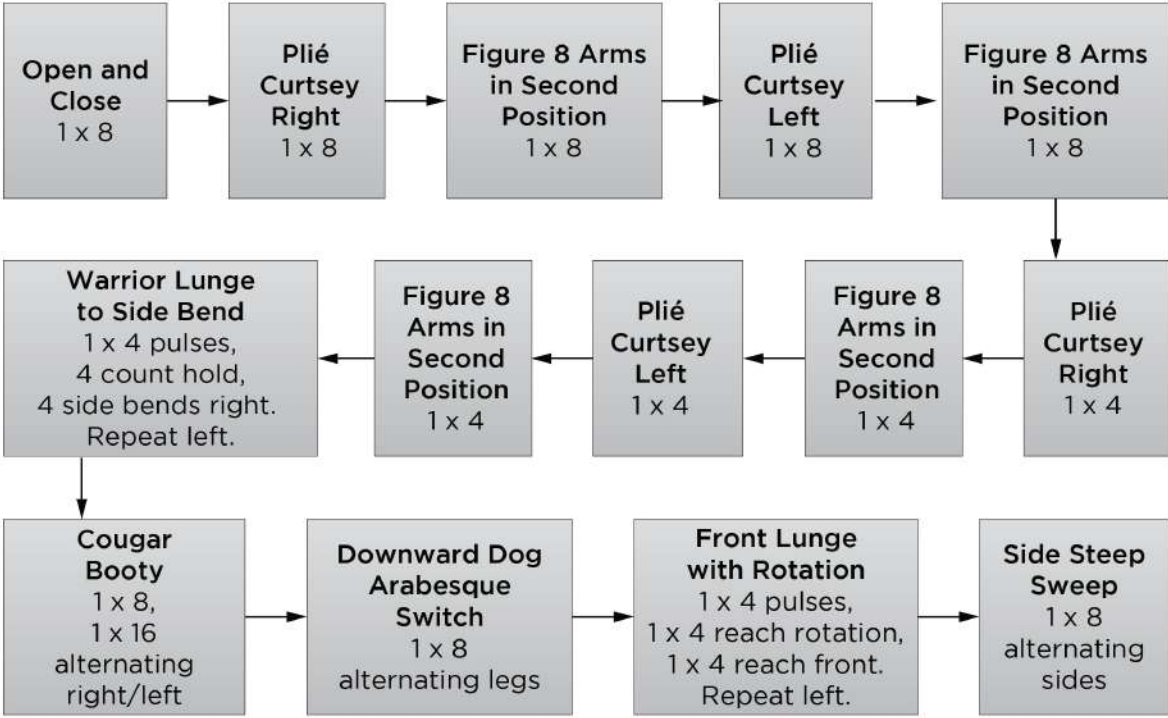


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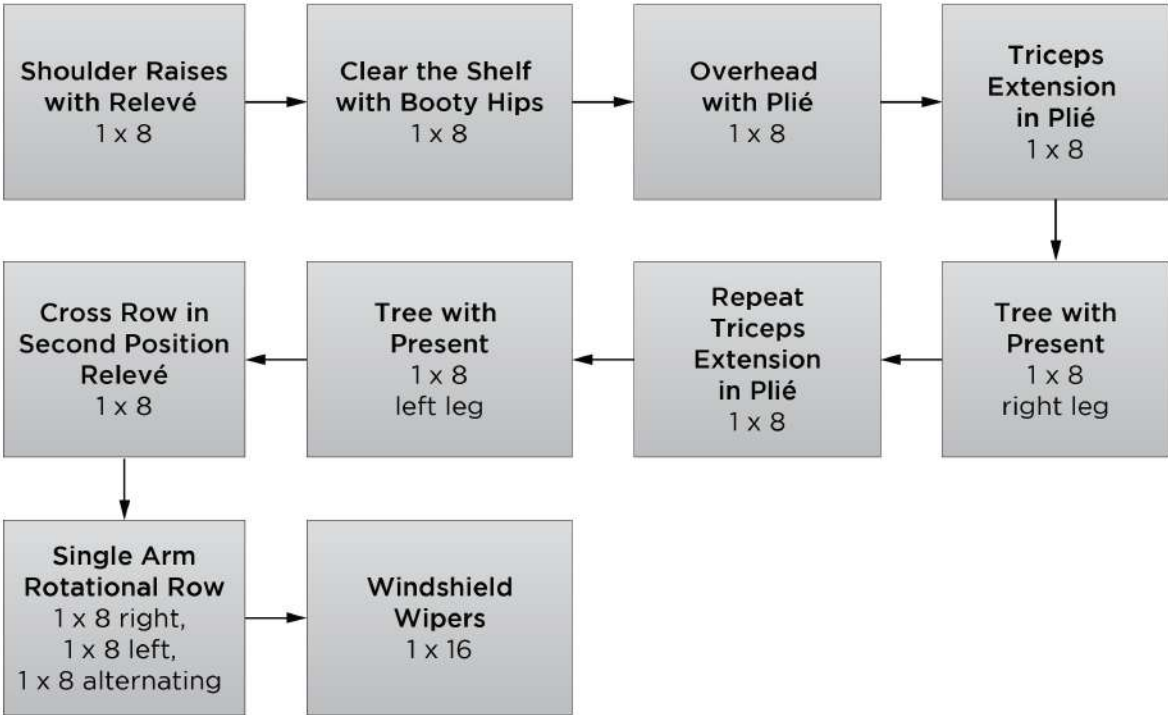
Segment: Warm-Up



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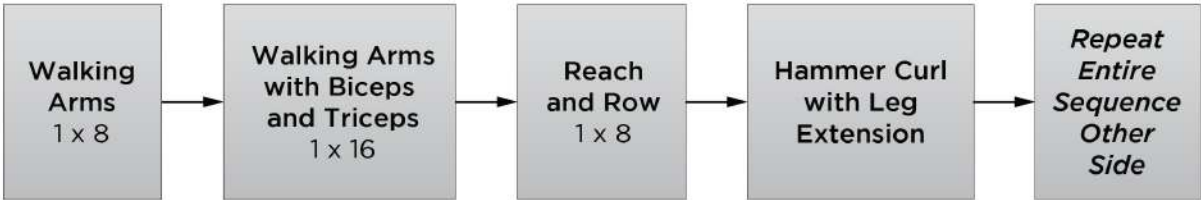
Segment: Arms

Arm Circuit 1



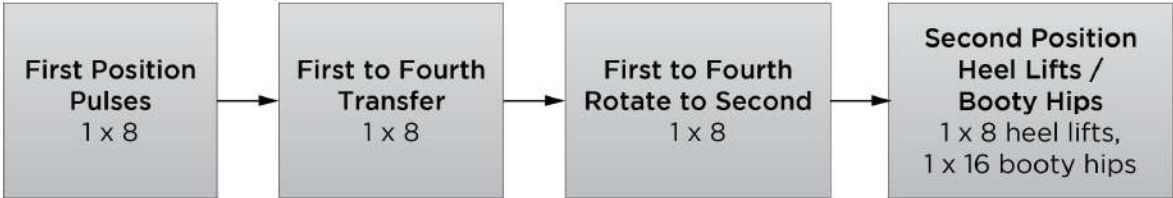
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Segment: Arms
Arm Circuit 2



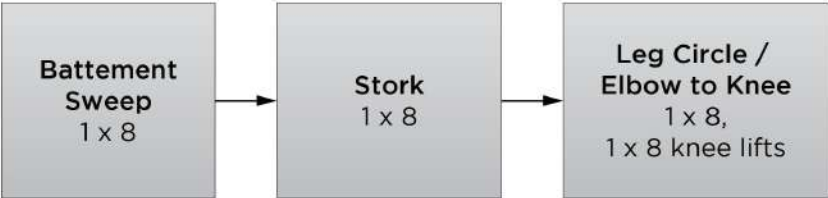
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Segment: Isometric



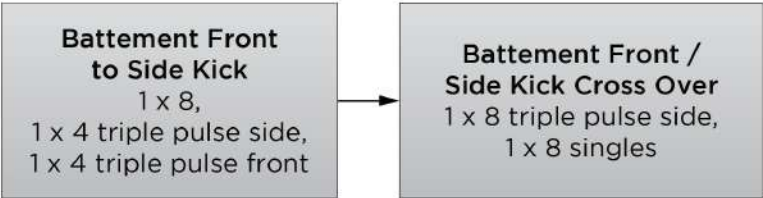
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Segment: Flexibility



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Segment: Side Line



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Segment: Cardio 1

Boxing / Speed Bag

1 x 8 alternate punch.

1 x 8 alternating legs for speed bag

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Segment: Facing the Barre



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Segment: Cardio 2

Vaudville Shuffle

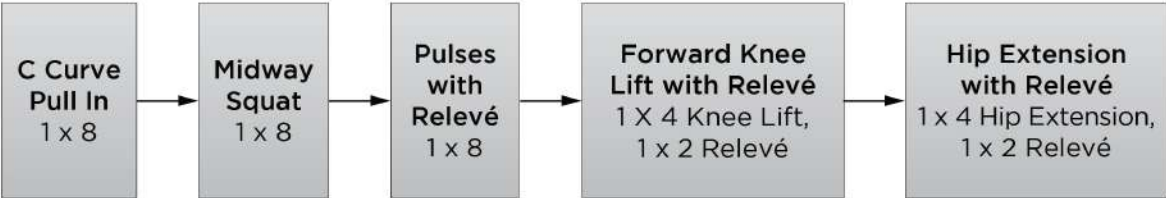
1 x 8,
1x16 singles

BOOTYBARRE PRO SERIES 14

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Segment: Pure Booty



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Segment: Abs

