

# AEROBICS

grapevine, rocking horse	8
v-step x 2	8
* * * * *	
scoop fwd x 4	8
single knee x 4	8
single hamstring back x 4	8
step-touch x 2, double step-touch	8
* * * * *	
walk x 3 fwd, tap, step-touch x 2	8
gv x 2 diagonal back	8
* * * * *	
lunge side x 4	8
side squat x 2	8
mambo x 2	8
step-touch, single knee, double knee	8
* * * * *	