

8 chacha + 1 mambo front L/P  
8 leg curl SSD L

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
8 chacha + 1 pivot L/P  
8 leg curl SSD L

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
16 mambo side L  
1-32 L/P

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
8 mambo side L  
8 march L/P  
1-32 L/P

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
8 mambo side L  
8 march L/P                      diagonal front/back  
1-32 L/P

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
4 mambo side L  
12 march + 2x knee up L/P                      diagonal front/back  
1-32 L/P

8 chacha + 1 pivot P/L  
8 leg curl SSD P  
4 mambo side L  
12 march + 2x knee up turn 180°                      diagonal front  
1-32 L/P

BLOK I. + II.

COOL DOWN - 2-3 minuty

FLOOR WORK - 5-7 minut

STREČINK - 5-7 minut