

LET'S DANCE!

SONG 1: WARM-UP DANCE

SONG 2: WALKING LUNGES

SONG 3: DANCE

SONG 4: KICK SQUAT R/L

SONG 5: DANCE

SONG 6: PUSHUPS & BICYCLES

SONG 7: DANCE

SONG 8: PLANKS & CRUNCHES

SONG 9: DANCE

SONG 10: STRETCH

**DSCC MWR TRAINER TIP:
TURN ON YOUR FAVORITE PLAYLIST,
COMPLETE THIS WORKOUT AND HAVE
FUN!**

