INTERMEDIATE/ ADVANCED 45-MINUTE SET LIST A

WARM UP: _____

SET L1: _____

LUNGE L1: _____

KIT L1: _____

SET L2: _____

LUNGE L2: _____

SET L2: _____

KIT L2: _____

T&A L2: _____

SET L1: _____

SET L3: _____

COOL DOWN: _____

POUND®
ROCKOUT. WORKOUT.

INTERMEDIATE/ ADVANCED 45-MINUTE SET LIST B

WARM UP: _____

SET L1: _____

SET L2: _____

KIT L1: _____

LUNGE L1: _____

SET L3: _____

SET L2: _____

KIT L2: _____

T&A L2: _____

SET L1: _____

LUNGE L2: _____

COOL DOWN: _____

POUND®
ROCKOUT. WORKOUT.