

You To Me

Song by: Dave Barnes

Equipment: None (can add weight to make more challenging)

Instructor: Kara Osborne

Section 1:

Front lunge with pulse R

Side lunge with pulse R

Reverse lunge with pulse R

Chair squat with pulse

Front lunge with pulse L

Side lunge with pulse L

Reverse lunge with pulse L

Chair squat with pulse

Diagonal lunge R leg x 2

Diagonal lunge L leg x 2

REPEAT Section 1 but repeat the Diagonal lunges an additional time

BRIDGE:

Front leg lift pulse R x 2

Side leg lift pulse R x 2

Reverse leg lift pulse R x 4

Front leg lift pulse L x 2

Side leg lift pulse L x 2

Reverse leg lift pulse L x 4

REPEAT SECTION 1

Repeat Bridge to end

*Miscue on video- follow notes vs video