

# Don't Stop Believing 05/26 Gail Eaton

Intro 4 to Right Corner, 4 Back, 4 to Left Corner, 4 Back V 2X

Just A Knee Lifts with Arms Up & Down

Just A Knee Lifts with Arms Fwd & Back

Instrumental Squat –Arms Up Over Head, Criss Cross

Seen Triceps Push R Arms Out To Side, Single Leg 8X  
Triceps Push R Arms Out To Side, Single Leg 8X

Strangers Curls 16X

Street Life Reach, Stretch, Stretch, Reach

Instrumental Top, Side, Tub, Side 4X

Working Triceps Push R Arms Out To Back, Single Leg Back 8X

Some Will Triceps Push R Arms Out To Back, Single Leg Back 8X

Strangers Curls 16X

Street Life Reach, Stretch, Stretch, Reach

Instrumental Squats

Don't Stop Curls