

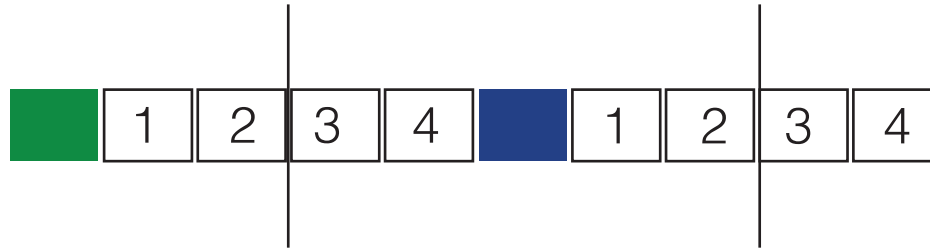


DELTA MODEL

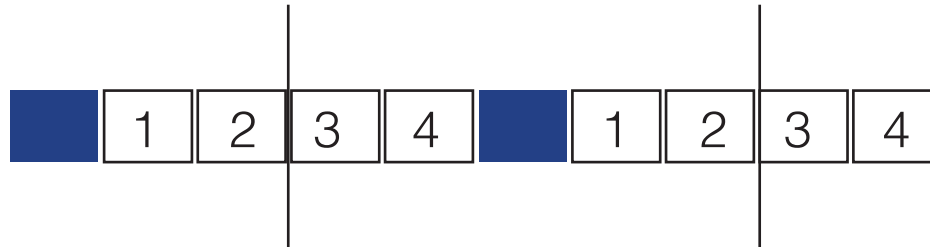
Each box is a 32 count block

-  Intro
-  Transition
-  Outro (optional)

Step & touch



Cardio



Toning

