

20-minute Dance Party

Workout of the month: July



Warm-up (3 minutes)

- Song: *"Can't Stop the Feeling"* – Justin Timberlake
- Moves: Step touch, shoulder rolls, hip circles, light grapevines

Main workout (3 songs, 4 minutes each)

1. **Latin Pop Jam** – *"Bailando"* – Enrique Iglesias
 - a. Moves: Salsa steps, side lunges, arm waves
2. **Reggaeton Burn** – *"Danza Kuduro"* – Don Omar
 - a. Moves: Knee lifts, body rolls, squat pulses
3. **Afrobeat Energy** – *"Jerusalema"* – Master KG
 - a. Moves: Step taps, cross-body punches, hip isolations

Cool down (3-5 minutes)

- Song: *"Havana"* – Camila Cabello
- Moves: Slow side steps, deep breaths, shoulder and hamstring stretches