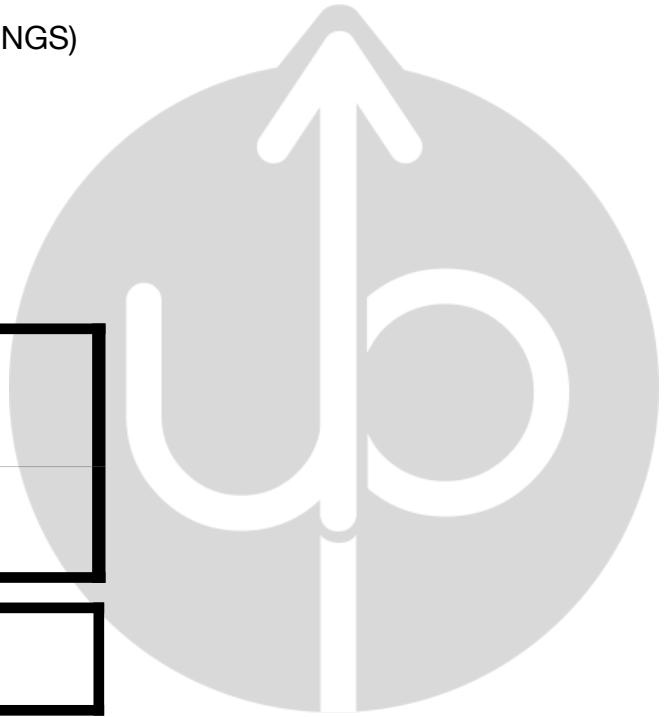


# NEXT BIG THING by WEST ROSE

2:30 **SUPERSET LOWER** (GLUTES/HAMSTRINGS)



Learn Level			
Burn Level			



<b>1</b>	Alternating curtsy lunges.
<b>2</b>	Hinged 2 by 2 Romanian Deadlifts.

Quick Look	<b>12 12 12</b>
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Instrumental	16 cts	
1	Turn it up real loud...	12x / 48 cts	
2	I'm coming out with a bang...	4x / 32 cts	
1	I run with the wolves...	12x / 48 cts	
2	I'm coming out with a bang...	4x / 32 cts	
1	Instrumental (do-do you like me now?)	12x / 48 cts	
2	I'm coming out with a bang...	4x / 32 cts	