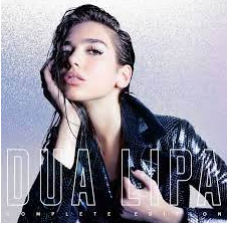
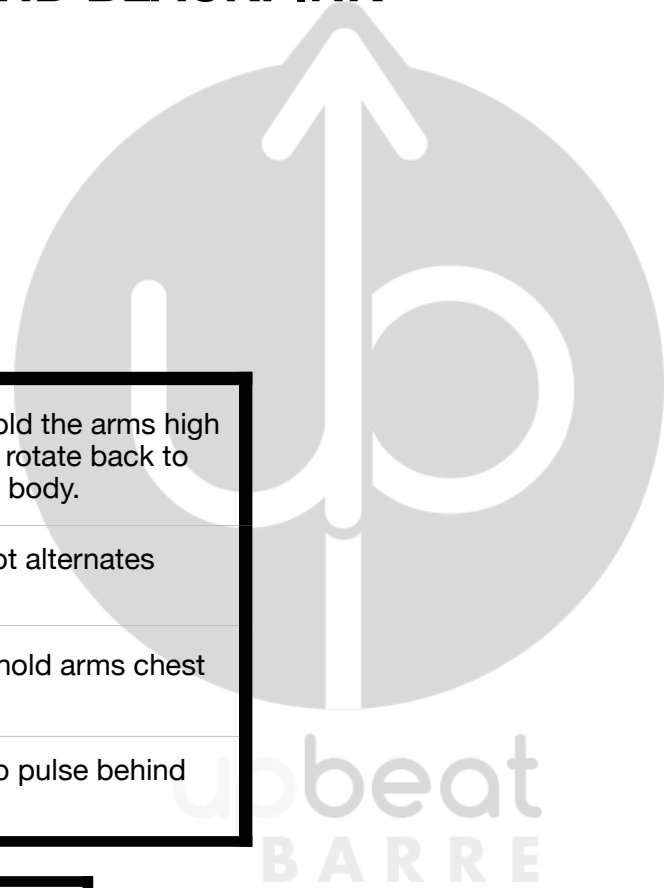


KISS AND MAKE UP by DUA LIPA AND BLACKPINK

3:09 **UPPER WEIGHTS** (TRICEPS)



Learn Level			
Burn Level			



1	Lunge to the side while pressing arms straight back. Hold the arms high behind you in a tricep raise, rotate palms to the ceiling, rotate back to hammer position, then return back to center with entire body.
2	Hold side lunge and pulse straight arms back. Front foot alternates relevé then pressing the heel down.
3	Hold side lunge with flat feet. Tricep kickback 6x, then hold arms chest center and lift heel up, press down, lift up, press down.
4	Alternating side to side lunges with a straight arm tricep pulse behind body.

QUICK LOOK	123 123 4 33
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MOVE	LYRICS	REPS/COUNTS	NOTES
Intro	Instrumental	16 cts	
1	We haven't talked all morning...	8x / 32 cts	Right side lunge
2	, , , , , , ,	16 cts	
3	Time...touch me like you touch nobody...	3 rounds / 48 cts	
1	그게 뭐가 되었건 다 필요 없어 너면	8x / 32 cts	Left side lunge
2	, , , , , , ,	16 cts	
3	Time...touch me like you touch nobody...	3 rounds / 48 cts	
4	게 뭐가 되었건 다 필요 없어 너면	16x / 32 cts	
Filler	outttt....	4 cts	reset
3	Up.... Touch me like you touch nobody...	2 rounds / 32 cts	Right side lunge
3	K kiss kiss and make up...	2 rounds / 32 cts	Left side lunge