

### R3 2017 Music List Jazzercise|helvetica|font size 11 format

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[25-Minute Hip-Hop Tabata Workout](#)

25-Minute Hip-Hop Tabata Workout von POPSUGAR Fitness vor 1 Jahr 24 Minuten 3.429.967 Aufrufe Hip-hop Tabata creator Keaira LaShae is back with an all-new workout! This HIIT workout will have you going all out for 20 ...

[Slaying our Go To Moves Jazzercise Inc](#)

Slaying our Go To Moves Jazzercise Inc von Michi Thurner vor 1 Monat 10 Minuten, 58 Sekunden 3.683 Aufrufe Hips, Ribs \u0026 Circles. Ein toller Mix aus Bewegungen f\u00fcr den ganzen K\u00f6per. Du lernst die Bewegungen richtig und intensiv ...

[Beginner Low-Impact Cardio | 15 Minutes](#)

Beginner Low-Impact Cardio | 15 Minutes von POPSUGAR Fitness vor 3 Jahren 17 Minuten 3.686.117 Aufrufe Looking for more beginner's workouts? Purchase our 21 Days to Kickstart Your Fitness plan, created for beginners to help you get ...

[A 30-Minute Tabata Session to Burn Some Serious Calories](#)

A 30-Minute Tabata Session to Burn Some Serious Calories von POPSUGAR Fitness vor 4 Jahren 31 Minuten 14.140.524 Aufrufe Join Raneir Pollard for a live 30-minute Tabata workout on Wednesday, April 1, at 5 p.m. PT on our Instagram, @popsugarfitness.

[30-Minute Low-Impact Dance Grooves Workout](#)

30-Minute Low-Impact Dance Grooves Workout von POPSUGAR Fitness vor 1 Jahr 30 Minuten 1.162.402 Aufrufe Low impact doesn't have to mean low intensity. Your blood will be pumping and your heart rate will peak through this dance ...

[30-Minute Feel Good Dance Cardio Workout To Burn Calories](#)

30-Minute Feel Good Dance Cardio Workout To Burn Calories von POPSUGAR Fitness vor 3 Jahren 31 Minuten 3.003.651 Aufrufe Tone your body and dance away calories with Amanda Kloots, creator of The Dance. You can find more videos from Amanda on ...

[30-Minute Hip-Hop Tabata to Torch Calories](#)

30-Minute Hip-Hop Tabata to Torch Calories von POPSUGAR Fitness vor 2 Jahren 30 Minuten 26.702.475 Aufrufe Dance away calories with this hip-hop Tabata from Keaira LaShae. Tuck jumps have never been so fun. You can purchase ...

[Burn 600 Calories in a 60-Minute Workout With Jeanette Jenkins](#)

Burn 600 Calories in a 60-Minute Workout With Jeanette Jenkins von POPSUGAR Fitness vor 3 Jahren 1 Stunde, 2 Minuten 23.201.571 Aufrufe Try Jeanette's new 15-minute ab-burner workout on: <https://fb.watch/2e7iMwM55w/> Get ready to torch calories with this ...

[We try an 80's Jazzercise video \(THEY ARE HARD\) - 10 Minute Power Hour](#)

We try an 80's Jazzercise video (THEY ARE HARD) - 10 Minute Power Hour von The Grumps vor 7 Monaten 11 Minuten, 40 Sekunden 555.322 Aufrufe Dan and Arin aren't ready for this. . Jazzercise , is a life style, not a fad. Get ready to jump on the train or get run over! HERE COMES ...