

MORE 2 Time Chart

More 2 Instructional	46 minutes
More 2 Workout	27 minutes
More 2 with Teresa and Berei	61 minutes
More 2 Chair	21:39
More 2 Step Away	6:54
More 2 Broom	12:37
More 2 with Teresa and Berei	
Primary Back Stretch	11:06
Plies	7:20
Reach Scoops	5:23
Jazz Twist	5:22
The Box	3:03
Oil Wells	5:17
T-Tapp Twist	8:32
Lunges	7:26
Balance	3:22
Hoe Downs	2:19

*All times are approximate, give or take a few seconds ☺