

# Muscle Tango

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STBDancing.com

Everyone knows that dancers are  
**ATHLETES** and **STRONG**, yet  
**EXPRESSIVE**. Dancers are  
**PROFESSIONAL** and **INCREDIBLE**.  
**PRECISE. TECHNICAL.** Often **VERSATILE**.

Embody all of these admirable qualities,  
but don't lift a finger. Be at ease. Your  
dance shall be one of effortlessness and  
controlled vigor.

Perform for five minutes.

Rest for six.

4 reps.