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| Track 1 | WARMUP Get Ready |
| Intro | Run  | 32x |
| Verse | **RUN 8 / RUN HEEL 8 / RUN 4 / RUN HEEL 4**Run 8 / Run Heel 8 (2) Run 4 / Run Heel 4 (4)(Arms: Running) | 1x |
| Chorus | **SKATER 4 / ROCK 2**Skater 4 / Rock 2(Arms: Sweep across / Push & pull)) | 4x |
| Bridge | **JUMP ROPE 2 / MOGUL**Jump Rope 2 / Mogul Right (4)(Arms: Circle 2 / Paddle) | 4x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 |  LOWER BODY 1 Working for the Weekend |
| Intro | 1 Dumbbell In Hands, Jog | 16x |
| Verse | **INSTEP SWEEP 8 / ROCK 4**Alternate Instep Heel / Rocking Horse 4(Change on 4)(Arms: Sweep dumbbell to OPP heel / Push down) | 2x |
| Chorus | **RUN 16 / RUN HEEL 16**Run 16 / Run Heel 16(Arms: Push F/B / Push down) | 2x |
| Bridge | **JACK 2 / JACK CROSS 4**Jack 2 / Fast Jack Cross 4(Arms: Alternate sweep side / Hold in front) | 4x |
| FINISH | Land Wide, Push Dumbbell Forward |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 | UPPER BODY 1 Waiting For Tonight |
| Intro | 1 Dumbbell, In Right Hand |  |
| Verse | **PUNCH 2 / ROTATE 2**Grounded Split Stance(Arms: Punch F 2 / External rotation 2) (2) | 2x |
| Bridge | **TRICEPS PRESS 7 / SLOW UP**Grounded Stance(Triceps press down 7 / Slow rise) | 4x |
| Chorus | **BUBBLES**Grounded Stance(Arms: Biceps scoops – dumbbell on surface) |  64x |
| FINISH | Grab Dumbbell, Stand Tall |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 4 | CORE 1 Addicted to a Memory |
| Intro | 1 Dumbbell, In Hands |  |
| Verse | **GOLFER’S PUTT 4**Grounded Stance, Hip Hinge & Rise(Arms: Press dumbbell down, slight swing & reset) | 2x |
| Chorus | **WOODCHOP 8**Grounded Stance, Lift Knee 8(Arms: Sweep dumbbell over lifted knee) | 2x |
| Bridge | **CHEERLEADER JUMP**Neutral Wide ”V” Crunch (Arms: Press down between legs) | 16x |
| FINISH | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 5 | ACTIVE RECOVERY 1 All I Need is a Miracle |
| Intro | Put Dumbbells Aside, Jack |  8x |
| Verse | **JACK 2 / MOGUL 2**Jack 2 / Mogul 2 (2)(Arms: Sweep side / Paddle side) | 2x |
| Bridge | **CROSS COUNTRY SSD**Cross Country SSD(Arms: Paddle w/open fingers) | 8x |
| Chorus | **PENDULUM 6 / ROCKET 1**Pendulum 6 / Rocket 1(Arms: Sweep in OPP / Sweep together in front) | 4x |
| FINISH | Land Wide |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 6 | LOWER BODY 2 Funkytown |
| Intro | 2 Dumbbells, Under Arms |   |
| Verse | **BICYCLE 16 / V-SIT 4**In Flotation, Bicycle 16 / Dolphin Kick 4 / Seated kick 16 / Dolphin Kick 4(Arms: Maintain flotation) | 2x |
| Bridge | **WIDE KICK 8 / DOUBLE WIDE KICK 4**In Flotation, Alternate Wide Kick 8 / DBL Wide Kick 4(Arms: Maintain flotation) | 2x |
| Chorus | **STOMP 2 / HIP CIRCLE**Grounded Stance, Stomp 2 / Hip Abduction (4)(Arms: Hold dumbbells at chest) | 2x |
| FINISH | Stand Tall, Release Fingers |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 7 | UPPER BODY 2 Moves Like Jagger |
| Intro | 2 Dumbbells, Place Behind Knees |  |
| Verse | **BREASTSTROKE 4 / REVERSE 4**In Flotation(Arms: Breaststroke / Reverse Breaststroke) | 2x |
| Bridge | **SIDE PADDLE 8**In Flotation(Arms: Reach side & paddle) | 2x |
| Chorus | **TRICEPS PRESS 3 / BICEPS**In Flotation(Arms: Press palms back 3 / Scoop) | 8x |
| FINISH | Release Dumbbells & Stand |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 8 | CORE 2 Got to be Real |
| Intro | 2 Dumbbells, Under Arms |  |
| Verse | **TWISTED TUCK COMBO**Tuck, Twist Cross Country, Tuck, Stand(Arms: Maintain flotation) | 8x |
| Bridge | **TUCK SHOOT SIDE 4**In Flotation, Tuck Shoot Side 4, Stand (Arms: Maintain flotation)  | 4x |
| Chorus | **REVERSE PLANK LIFT**Set Up Reverse Plank, Lift Right Leg, Lower, Lift Left Leg, Lower – Small Lift, Glute Squeeze(Arms: Maintain Flotation) | 16x |
| FINISH | Stand Up |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 9 | ACTIVE RECOVERY 2 Party Rock Anthem |
| Intro | Put Dumbbells Aside |  |
| Chorus | **JACK 2 SPIN**Neutral JJ x2, Tuck and Spin full circle R(Arms: Running / Sweep to circle) | 4x |
| Verse | **KICK 8 / FLICK 4 / KICK BACK 8 / KARATE BACK 4**Alternate Kick F / Flick Kick 4 R/L / Kick Back 8 / Karate Back 4 R/L(Arms: Scoop / Scoop / Push front / Fists back) | 1x |
| Bridge | **SUSPENDED CROSS COUNTRY 8**Suspended Cross Country 8, ¼ Turn Right | 4x |
| Finish | Stand Tall |
| C1 | V1 | B1 | C2 | V2 | B2 | C3 | V3 | B3 | C4 |

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| Track 10 | FLEXIBILITY Someone Like You |
| Intro | Step Wide, Lift & Lower Arms |  |
| Verse | **LUNGE 8 / WARRIOR 2**Lunge 8 / Warrior 2 (R/L)(Arms: Tai Chi Ball / Open wide, heart center) | 1x |
| Bridge | **ANGLE QUAD STRETCH / WARRIOR 3**Quad Stretch – Lift Heel Back / Warrior 3(Arms: Reach for heel / Cobra) | 1x |
| Chorus | **HAMSTRING / KNEE & ROTATE**Lift Leg / Bend Leg & Rotate Torso(Arms: Reach under leg / Reach outside knee) | 1x |
| FINISH | Step Wide, Lower Arms |
| V1 | B1 | C1 | V2 | B2 | C2 |  V3 |  B3 | C4 |