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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 | |