



WARM UP

AIN'T NO MOUNTAIN HIGH (ENOUGH)

WAVE 1



Intro	Run									32x
Verse	RUN 16 / WIDE RUN 16 Run 16 – Core Engaged, Full Range / Wide Run 16 (Arms: Running Arms to Alternate scoops 16)									2x
Chorus	TUCK 4 / TRIPLE TUCK & EXTEND Tuck 4 / Triple Tuck & Leg Extension (Arms: Push down at side / “T”)									2x
Bridge	HAMSTRINGS 8 / DOUBLE HAMSTRINGS 4 Alternate Heels Back 8 – Pull Heel Toward Glutes / Double Heels Back 4 (Arms: Biceps/Triceps)									2x
FINISH	Run									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SHORT LEVERS

KEEP IT COMING LOVE

WAVE 1



Intro	Tucks									8x
Verse	TUCK & EXTEND 4 / TUCK & JACK 4 Tuck & Extend Legs Down 4 / Tuck Up & Sweep To Jack 4 (Arms: Push down / Fists & sweep out)									2x
Chorus	JOG 2 / KICK 2 Alternate Jog 2 / Straight Kick Front 2 (Arms: Scoop / Reach toward opposite foot)									8x
Bridge	KNEE SKI 4 / CROSS COUNTRY 4 Cross Country 8 – Bent Knees / Cross Country 8 – Long Legs – Strong Core Engagement – 2 nd & 3 rd – ¼ Turn (Arms: Running / Long paddles)									4x
FINISH	Jog									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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LONG LEVERS

JUMP (FOR MY LOVE)

WAVE 1



Intro	Jacks	8x							
Verse	JACK 4 / PULSE OUT 16 / JACK 4 / PULSE IN 16 Jack 4 / Pulse Legs Out 16 / Jack 4 – In First / Pulse Legs In 16 (Arms: Sweep side / Goalpost – hands out of water)	1x							
Bridge	FIGURE 8s Legs Sweep In & Out – Lift To 90 (4), Lower To Vertical (4) (Arms: “T” or scull, if needed)	4x							
Chorus	LONG JUMP 4 / SEATED FLUTTERS 16 Tuck To Long Legs 4 – Travel Forward / Seated Flutter Kicks 16 – Travel Backward (Arms: Strong paddles / Biceps Scoops)	2x							
FINISH	Jog								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

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TRAVEL

WALKING ON SUNSHINE

WAVE 1



Intro	Cross Country	8x							
Verse	CROSS COUNTRY SSD POWER Cross Country Single Single Double Power (Arms: Goalpost – hands out of water)	8x							
Chorus	RUN 16 / ROTARY KICK 16 / 180 TURN Run 16 – Travel Forward / Rotary Kick 16 / 180 Turn (Arms: Running / Stabilize)	2x							
Bridge	FLUTTER SIDE 16 Lying On Side, Flutter 16 – Travel Side (Arms: Scull)	4x							
FINISH	Jog								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

DON'T STOP BELIEVIN'

WAVE 1



Intro	Run									32x
Verse	<u>BICYCLES 8 / BICYCLE SPIN 16</u> Bicycles 8 – Vertical / Lying On Side, Spin 16 (Arms: Scull / Control spin)									2x
Bridge	<u>RUN THE STREETS</u> Run Anywhere Around The Pool – Entire Block (Arms: Running)									64x
Chorus	<u>TUCK & SIDE PADDLE 4</u> Tuck Position, Facing Front – Travel Side (Arms: Extend from shoulder & scoop to side)									4x
FINISH	Jog									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	



UPPER BODY

DOCTOR'S ORDERS

WAVE 1



Intro	Reset Posture & Alignment									
Verse	<u>UPPER BODY COMBO</u> In Tuck Position – Travel Forward On Breaststroke & Reverse Breaststroke (Arms: Breaststroke 4 / Alternate biceps & triceps 8 / Reverse breaststroke 4 / Alternate biceps & triceps 8)									1x
Chorus	<u>SHOULDER ROTATION SSD</u> In Tuck Position -Stabilize Lower Body (Arms: External/internal shoulder rotation SSD)									16x
Bridge	<u>WIDE RUN</u> In Tall Posture, Wide Run – Flexed Feet (Arms: Alternate triceps press down)									64x
FINISH	Jog									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LOWER BODY

INSTANT REPLAY

WAVE 1



Intro	Reset Posture & Alignment									
Verse	INSTEP TOUCH SSD Instep Touch Single Single Double (Arms: Reach for opposite foot)									8x
Chorus	BICYCLES WIDE 16 / DOLPHINS 4 Alternate Bicycles Wide 16 / Knees Together, Dolphins 4 (Arms: Wide scoops / Push back)									2x
Bridge	HAMSTRINGS Double Heels Back 4 / Alternate Heels Back 16 (Arms: Scull)									2x
FINISH	Jog									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



BALANCE/STABILITY

GET DOWN ON IT

WAVE 1



Intro	Place NOODLE Under Knees									
Verse	KNEE SWINGS Bring Heels Toward Glutes – Small Swings R/L (Arms: Scull to stabilize)									16x
Chorus	PUSHUPS SSD Get Into Prone Position – Legs Extend Back (Arms: Push Noodle Under Shoulders – Pushups Up, Then Down Single Single Double)									8x
Bridge	“V” PULSE BEHIND In Prone Position, Extend Legs Back – “V” Pulses (Arms: Isometric noodle push & hold)									32x
FINISH	Hold Prone Position									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



CORE

RESCUE ME

WAVE 1



Intro	Place NOODLE Around Back & Under Arms								
Verse	LATERAL SHOOT THROUGH Tuck Knees To Chest – Shoot Legs Side								16x
Chorus	SUPINE CRUNCH Lying On Back, Small Crunch & Release (Arms: Squeeze noodle ends toward thighs & release)								16x
Bridge	LOW TO HIGH TWIST 4 Twist & Crunch Knees To Chest 4, Then Extend Down 4 (Arms: Maintain stability)								8x
FINISH	Lengthen Legs								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MOBILITY

IT MUST HAVE BEEN LOVE

WAVE 1



Intro	Bring NOODLE Around To Front								
Verse	FLEX / QUAD STRETCH Bring Knees To Chest, Flex spine / Extend One Leg Back (Arms: Push noodle to knees & release)								2x
Chorus	FIGURE 4 & TWIST Cross One Leg Over Knee – Glute Stretch (Arms: Push noodle on angle)								2x
Bridge	HAMSTRING STRETCH Extend Leg Front Toward Noodle – Flex Ankle, Lower Leg (Arms: Extend noodle front, then overhead)								2x
FINISH	Hold Noodle Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4