



WARM UP

AIN'T NO MOUNTAIN HIGH (ENOUGH)

WAVE 1



Intro	Run								32x
Verse	<u>RUN 16 / WIDE RUN 16</u> Run 16 – Core Engaged, Full Range / Wide Run 16 (Arms: Running Arms to Alternate scoops 16)								2x
Chorus	<u>TUCK 4 / TRIPLE TUCK & EXTEND</u> Tuck 4 / Triple Tuck & Leg Extension (Arms: Push down at side / “T”)								2x
Bridge	<u>HAMSTRINGS 8 / DOUBLE HAMSTRINGS 4</u> 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	<u>TUCK & EXTEND 4 / TUCK & JACK 4</u> Tuck & Extend Legs Down 4 / Tuck Up & Sweep To Jack 4 (Arms: Push down / Fists & sweep out)								2x
Chorus	<u>JOG 2 / KICK 2</u> Alternate Jog 2 / Straight Kick Front 2 (Arms: Scoop / Reach toward opposite foot)								8x
Bridge	<u>KNEE SKI 4 / CROSS COUNTRY 4</u> 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



LONG LEVERS

JUMP (FOR MY LOVE)

WAVE 1



Intro	Jacks								8x
Verse	<u>JACK 4 / PULSE OUT 16 / JACK 4 / PULSE IN 16</u> Jack 4 / Pulse Legs Out 16 / Jack 4 – In First / Pulse Legs In 16 (Arms: Sweep side / Goalpost – hands out of water)								1x
Bridge	<u>FIGURE 8s</u> Legs Sweep In & Out – Lift To 90 (4), Lower To Vertical (4) (Arms: “T” or scull, if needed)								4x
Chorus	<u>LONG JUMP 4 / SEATED FLUTTERS 16</u> 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



TRAVEL

WALKING ON SUNSHINE

WAVE 1



Intro	Cross Country								8x
Verse	<u>CROSS COUNTRY SSD POWER</u> Cross Country Single Single Double Power (Arms: Goalpost – hands out of water)								8x
Chorus	<u>RUN 16 / ROTARY KICK 16 / 180 TURN</u> Run 16 – Travel Forward / Rotary Kick 16 / 180 Turn (Arms: Running / Stabilize)								2x
Bridge	<u>FLUTTER SIDE 16</u> 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	<u>INSTEP TOUCH SSD</u> Instep Touch Single Single Double (Arms: Reach for opposite foot)								8x
Chorus	<u>BICYCLES WIDE 16 / DOLPHINS 4</u> Alternate Bicycles Wide 16 / Knees Together, Dolphins 4 (Arms: Wide scoops / Push back)								2x
Bridge	<u>HAMSTRINGS</u> 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	<u>KNEE SWINGS</u> Bring Heels Toward Glutes – Small Swings R/L (Arms: Scull to stabilize)								16x
Chorus	<u>PUSHUPS SSD</u> Get Into Prone Position – Legs Extend Back (Arms: Push Noodle Under Shoulders – Pushups Up, Then Down Single Single Double)								8x
Bridge	<u>“V” PULSE BEHIND</u> 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	<u>LATERAL SHOOT THROUGH</u> Tuck Knees To Chest – Shoot Legs Side								16x
Chorus	<u>SUPINE CRUNCH</u> Lying On Back, Small Crunch & Release (Arms: Squeeze noodle ends toward thighs & release)								16x
Bridge	<u>LOW TO HIGH TWIST 4</u> 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	<u>FLEX / QUAD STRETCH</u> Bring Knees To Chest, Flex spine / Extend One Leg Back (Arms: Push noodle to knees & release)								2x
Chorus	<u>FIGURE 4 & TWIST</u> Cross One Leg Over Knee – Glute Stretch (Arms: Push noodle on angle)								2x
Bridge	<u>HAMSTRING STRETCH</u> 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