

| Track 1      |  | <b>WARM-UP<br/>BELIEVE</b> |    |    |    |    |    |    |     |
|--------------|--|----------------------------|----|----|----|----|----|----|-----|
| Intro        | Jog  |                            |    |    |    |    |    |    | 16x |
| <u>Verse</u> | <b><u>HITCH KICK JOG</u></b><br>Hitch Kick, Jog 2<br>(Arms: Scoop)                 |                            |    |    |    |    |    |    | 8x  |
| Chorus       | <b><u>JACKS &amp; JOG</u></b><br>Jack 2, Wide Jog 4<br>(Arms: Jack, Sweep wide)    |                            |    |    |    |    |    |    | 4x  |
| Bridge       | <b><u>ROCKING HORSE</u></b><br>Angled Rocking Horse 4<br>(Arms: Sweep front, open) |                            |    |    |    |    |    |    | 4x  |
| Finish       | Land Wide  |                            |    |    |    |    |    |    |     |
| V1           | C1   | B1                         | V2 | C2 | B2 | V3 | C3 | B3 | C4  |

| Track 2      |   | <b>LOWER BODY 1<br/>DANZA KUDRO</b> |    |    |    |    |    |    |    |
|--------------|---|-------------------------------------|----|----|----|----|----|----|----|
| Intro        | 1 Aqua Dumbbell   |                                     |    |    |    |    |    |    |    |
| <u>Verse</u> | <b><u>DBL WIDE KICK</u></b><br>Dbl Leg Wide Kick 4, Run Heel 16<br>(Arms: DBL push down, DBL front) |                                     |    |    |    |    |    |    | 2x |
| Chorus       | <b><u>SINGLE LEG KARATE BACK</u></b><br>Single Leg Karate Back, Tuck 8<br>(Arms: DBL front)         |                                     |    |    |    |    |    |    | 2x |
| Bridge       | <b><u>QUAD KICKS</u></b><br>Alt Neutral Quad Kick 8, Single Leg Quad Kick 4<br>(Arms: DBL front)    |                                     |    |    |    |    |    |    | 2x |
| Finish       | Push front  |                                     |    |    |    |    |    |    |    |
| V1           | C1  | B1                                  | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

| Track 3 |    | UPPER BODY 1<br>LOVE MYSELF  |    |    |    |    |    |    |    |
|---------|----|--|----|----|----|----|----|----|----|
| Intro   |    | 1 Aqua Dumbbell  |    |    |    |    |    |    |    |
| Verse   |    | <b>LAT PULL</b><br>Anchored<br>(Arms: Single arm lat pull 8)                               |    |    |    |    |    | 2x |    |
| Chorus  |    | <b>PUNCH</b><br>Split Stance<br>(Arms: Single arm punch, pull, double punch 8)             |    |    |    |    |    | 2x |    |
| Bridge  |    | <b>TRICEP PRESS</b><br>Wide Stance<br>(Arms: Double arm tricep press - slow, quick, quick) |    |    |    |    |    | 8x |    |
| Finish  |    | Push Dumbbell Front  |    |    |    |    |    |    |    |
| V1      | C1 | B1   | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

| Track 4 |    | CORE 1<br>PERM  |    |    |    |    |    |    |  |
|---------|----|---|----|----|----|----|----|----|--|
| Intro   |    | 1 Aqua Dumbbell   |    |    |    |    |    |    |  |
| Verse   |    | <b>FRONT CRUNCH</b><br>Alternating Wide Knee Tuck, Upper Body Crunch<br>(Arms: Push DBL to feet, Push DBL down) |    |    |    |    |    | 8x |  |
| Chorus  |    | <b>INSTEP SWEEP</b><br>Anchored Wide Feet - Heel Sweep F 8<br>(Arms: DBL to opposite heel)                      |    |    |    |    |    | 2x |  |
| Bridge  |    | <b>FIGURE 8</b><br>Anchored<br>(Arms: Figure 8 - quick, quick slow)   |    |    |    |    |    | 8x |  |
| Finish  |    | Push Front  |    |    |    |    |    |    |  |
| V1      | C1 | B1  | V2 | C2 | B2 | V3 | C3 | B3 |  |

Strength 21

|         |  |    |    |    |    |    |    |    |     |
|---------|--|----|----|----|----|----|----|----|-----|
| Track 5 | <b>ACTIVE RECOVERY 1<br/>RUN TO YOU</b>                                  |    |    |    |    |    |    |    |     |
| Intro   | Set DBL to side  |    |    |    |    |    |    |    |     |
| Verse   | <b>COMBO</b><br>CC 4, Jump Rope 2, Jack 1<br>(Arms: Reach, paddle, jack) |    |    |    |    |    |    |    | 4x  |
| Chorus  | <b>RUN CHAOS</b><br>Run<br>(Arms: Fists)                                 |    |    |    |    |    |    |    | 32x |
| Bridge  | <b>LEAP SIDE</b><br>Leap Side 4<br>(Arms: Reach wide)                    |    |    |    |    |    |    |    | 4x  |
| Finish  | Land Wide  |    |    |    |    |    |    |    |     |
| V1      | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 | B4  |

|         |   |    |    |    |    |    |    |    |     |
|---------|---|----|----|----|----|----|----|----|-----|
| Track 6 | <b>LOWER BODY 2<br/>LUCKY STRIKE</b>  |    |    |    |    |    |    |    |     |
| Intro   | 2 Aqua Dumbbells  |    |    |    |    |    |    |    |     |
| Verse   | <b>DBL HAMSTRING CURL</b><br>Double Hamstring Curl 2, Karate Side 4<br>(Arms: Push DBLs down, Hold DBsL at chest) |    |    |    |    |    |    |    | 4x  |
| Chorus  | <b>POWER CROSS COUNTRY</b><br>Neutral Power Cross Country<br>(Arms: DBLs wide at surface)                         |    |    |    |    |    |    |    | 16x |
| Bridge  | <b>BICYCLE TRAVEL</b><br>Bicycle Travel F 8, Kick F Travel B 8<br>(Arms: Push DBLs down, DBLs front at surface)   |    |    |    |    |    |    |    | 2x  |
| Finish  | DBLS push front   |    |    |    |    |    |    |    |     |
| V1      | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |     |

| Track 7 | UPPER BODY 2<br>I NEED HELP   |    |    |    |    |    |    |    |
|---------|---|----|----|----|----|----|----|----|
| Intro   | 2 Aqua Dumbbells  |    |    |    |    |    |    |    |
| Verse   | <b>HOPSCOTCH</b><br>Jack Hopscotch<br>(Arms: Reach behind to opp foot)    |    |    |    |    |    |    | 8x |
| Chorus  | <b>PUSHUP</b><br>Neutral Plank<br>(Arms: Pushup slow, quick, quick)       |    |    |    |    |    |    | 8x |
| Bridge  | <b>TRICEP PRESS</b><br>Alternating Tuck, Anchored<br>(Arms: Tricep press) |    |    |    |    |    |    | 8x |
| Finish  | Push DBLs front   |    |    |    |    |    |    |    |
| V1      | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

| Track 8 | CORE 2<br>DIE YOUNG  |    |    |    |    |    |    |    |    |
|---------|--|----|----|----|----|----|----|----|----|
| Intro   | 2 Aqua Dumbbells under arms  |    |    |    |    |    |    |    |    |
| Verse   | <b>TRIPLE TUCK</b><br>Tuck 3, Stand<br>(Arms: Dbls under arms)                     |    |    |    |    |    |    | 8x |    |
| Chorus  | <b>DIAMOND HULA HOOP</b><br>Rotating Diamond Hip Circle<br>(Arms: Dbls under arms) |    |    |    |    |    |    | 8x |    |
| Bridge  | <b>TUCK &amp; SHOOT</b><br>Tuck, Shoot, Tuck, Stand<br>(Arms: Dbls under arms)     |    |    |    |    |    |    | 8x |    |
| Finish  | Push DBL front   |    |    |    |    |    |    |    |    |
| V1      | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

| Track 9 | <b>ACTIVE RECOVERY 2<br/>SO MANY MEN</b>   |    |    |    |    |    |    |    |    |
|---------|--|----|----|----|----|----|----|----|----|
| Intro   | Set Dbls to side   |    |    |    |    |    |    |    |    |
| Verse   | <b><u>KICK AROUND THE WORLD</u></b><br>Kick Front 2, Wide 2, Pendulum 2, Back 2<br>(Arms: Reach F, Arms wide, Sweep in opposition, Push F) |    |    |    |    |    |    |    | 4x |
| Chorus  | <b><u>FOUR CORNERS</u></b><br>Jog Heel 8, ¼ turn<br>(Arms: Breaststroke)   |    |    |    |    |    |    |    | 4x |
| Bridge  | <b><u>JACK COUNTDOWN</u></b><br>Jack 4, Tuck Jump 8<br>(Arms: Jack, Push down)   |    |    |    |    |    |    |    | 2x |
| Finish  | Land Wide  |    |    |    |    |    |    |    |    |
| V1      | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 |    |

| Track 10 | <b>FLEXIBILITY<br/>SCARS TO YOUR BEAUTIFUL</b>  |    |    |    |    |    |    |    |    |
|----------|---|----|----|----|----|----|----|----|----|
| Intro    |   |    |    |    |    |    |    |    |    |
| Verse    | <b><u>SIT BACK &amp; HAMSTRING</u></b><br>Heel Front - Push Hips Back 2, Leg Front<br>(Arms: Press hands front 2, hold leg) |    |    |    |    |    |    |    | 2x |
| Chorus   | <b><u>FIGURE 4</u></b><br>Figure 4<br>(Arms: Scoop 4, torso rotation)   |    |    |    |    |    |    |    | 2x |
| Bridge   | <b><u>STAR TO REVERSE</u></b><br>Star pose, Reverse warrior<br>(Arms: Open, Reach up)                                       |    |    |    |    |    |    |    | 2x |
| Finish   | Feet Wide   |    |    |    |    |    |    |    |    |
| V1       | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |    |