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| Track 1 | | WARMUP Feel This Moment | | | | | | | | | |
| Intro | | Jog | | | | | | | | 16x | |
| Chorus | | **JOG & KARATE KICK SIDE 4 / WIDE JOG 8**  Jog & Karate Kick Side 4 / Wide Jog 4  (Arms: Fists / Push to knee, open fingers) | | | | | | | | 4x | |
| Verse | | **RUN 7 / HEEL BACK / RUN 3 / HEEL BACK**  Run 7 / Heel Back (4) / Run 3 / Flick Heel Back (8)  (Arms: Running / Running) | | | | | | | | 1x | |
| Bridge | | **FLICK KICK SSD**  Flick Kick Single Single Double  (Arms: Scoop) | | | | | | | | 8x | |
| Finish | | Push Forward | | | | | | | | | |
| C1 | V1 | | B1 | C2 | V2 | B2 | C3 | V3 | B3 | | C4 |

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| Track 2 | | LOWER BODY 1 I Drove All Night | | | | | | | | | |
| Intro | | 2 Dumbbells in Hands | | | | | | | |  | |
| Verse | | **POWER MOGULS**  Strong Lateral Moguls  (Arms: Push both dumbbells into water OPP direction) | | | | | | | | 16x | |
| Chorus | | **CROSS COUNTRY**  Cross Country 8 TVL Forward, ¼ Turn Right (4)  (Arms: Double ski rolls) | | | | | | | | 1x | |
| Bridge | | **JACK TUCK**  Jack Tuck  (Arms: Extend to sides, sweep to chest) | | | | | | | | 16x | |
| Finish | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 3 | | UPPER BODY 1 Titanium | | | | | | | | |
| Intro | | 2 Dumbbells in Hands | | | | | | |  | |
| Verse | | **SQUAT TO STAND / T-PULLDOWN**  Squat To Stand  (Arms: Surface on squat, push down on stand / V-pulldown) | | | | | | | 4x | |
| Chorus | | **STATIC SWIM**  Lunge Stance  (Arms: Alternate swim) | | | | | | | 32x | |
| Bridge | | **REVERSE TRICEPS PULLDOWN**  Wide Stance  (Arms: Cross dumbbells, underhand grip, pulldown) | | | | | | | 16x | |
| Finish | | Stand Tall, Relax Hands | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 4 | | CORE 1 Daylight | | | | | | | | |
| Intro | | 2 Dumbbells Held at Shoulders | | | | | | |  | |
| Verse | | **TUCK SHOOT / SCISSOR 2**  Tuck Shoot Side / Scissor 2  (Arms: Hold dumbbells at shoulders) | | | | | | | 4x | |
| Chorus | | **MOUNTAIN CLIMBERS 2 / HOLD**  In Flotation - Mountain Climbers (Option to Touch)  (Arms: Push dumbbells underwater – in line with shoulders) | | | | | | | 8x | | |
| Bridge | | **PEDAL PUSHER SSD**  In Flotation - Pedal Pushers Single Single Double  (Arms: Hold dumbbells at shoulders) | | | | | | | 8x | | |
| Finish | | Stand Tall | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 | |

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| Track 5 | | ACTIVE RECOVERY 1 Survivor | | | | | | | | | |
| Intro | | Pendulum | | | | | | | | 16x | |
| Verse | | **PENDULUM SSD**  Pendulum Single Single Double  (Arms: Sweep across) | | | | | | | | 8x | |
| Chorus | | **KARATE BACK 4 / KARATE SIDE 4**  Alternate Karate Back 4 / Karate Side 4  (Arms: Triceps back / Triceps side) | | | | | | | | 4x | |
| Bridge | | **TUCK 4 / JACK 4**  Tuck 4 Travel Forward / Jack 4 Travel Backward  (Arms: Scoop / Reverse breaststroke) | | | | | | | | 4x | |
| Finish | | Karate Side, Push Arms Front | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 6 | | LOWER BODY 2 Pyromania | | | | | | | | | |
| Intro | | 2 Dumbbells Under Arms | | | | | | | |  | |
| Verse | | **SCISSORS FRONT SSD**  In Flotation – Legs Extend Front, Scissor Single Single Double  (Arms: Maintain flotation) | | | | | | | | 8x | |
| Chorus | | **DOLPHINS 4 / V-SIT 4**  In Flotation – Dolphin Kick 4 / V-Sit 4  (Arms: Maintain flotation) | | | | | | | | 4x | |
| Bridge | | **BICYCLE AROUND**  In Flotation – Bicycle 16 TVL Forward, ¼ Turn Right  (Arms: Maintain flotation) | | | | | | | | 4x | |
| Finish | |  | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 7 | | UPPER BODY 2 She Drives Me Crazy | | | | | | | | |
| Intro | | 2 Dumbbells in hands | | | | | | |  | |
| Verse | | **DOUBLE SKI ROLL 2 / TRICEPS PRESS**  Grounded Narrow Stance  (Arms: Double roll forward / Elbow extends & bends) | | | | | | | 8x | |
| Chorus | | **PUNCH & STRIKE 8**  Grounded Lunge Left  (Arms: Punch right into water, elbow strike back) | | | | | | | 2x | | |
| Bridge | | **BEAT THE DRUM**  Grounded Wide Stance  (Arms: Alternate circles out – like beating a drum) | | | | | | | 16x | | |
| Finish | | Stand Tall, relax hands | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 | |

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| Track 8 | | | | CORE 2 Save Tonight | | | | | | | | |
| Intro | | | | 2 Dumbbells in Hands | | | | | | |  | |
| Verse | | | | **FIGURE 8**  Grounded Wide Stance  (Arms: Figure 8 right, relax left) | | | | | | | 2x | |
| Chorus | | | **LEG PULLDOWN WITH LAT SQUEEZE 8**  Grounded Stance, Lift Right Leg  (Arms: Palms face forward, pull down to hips)) | | | | | | | | 2x | |
| Bridge | | | **SCOOP & CRUNCH**  Grounded Wide Stance  (Arms: Alternate dumbbell scoop & crunch) | | | | | | | | 32x | |
| Finish | | Stand Tall & Relax | | | | | | | | | | |
| V1 | C1 | | | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 9 | | ACTIVE RECOVERY 2 Turn Up The Music | | | | | | | | | |
| Intro | | Jog Heel | | | | | | | | 16x | |
| Verse | | **TUCK 2 / TWIST 4**  Small Tuck Jump 2 / Neutral Twist 4  (Arms: Push down / Hands overhead) | | | | | | | | 4x | |
| Chorus | | **KICK COUNTDOWN**  Kick Front 4 / Kick Back 4 (2)  Kick Front 2 / Kick Back 2 (4)  (Arms: Scoop / Push front) | | | | | | | | 1x | |
| Bridge | | **JOG HEEL CIRCLE 8**  Jog Heel Circle 8  (Arms: Breaststroke) | | | | | | | | 4x | |
| Finish | | Land Wide, Hands Overhead | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 10 | | | | FLEXIBILITY Hall of Fame | | | | | | | | | |
| Intro | | | | | Lift Arms Overhead & Down | | | | | | | 2x | |
| Verse | | | | | **CALF STRETCH / CHEST STRETCH**  Grounded Lunge Left  (Arms: Alternate sweep open / Fists to chest / Extend the chest stretch) | | | | | | | 2x | |
| Chorus | | | **QUAD STRETCH / HAMSTRING STRETCH**  Grounded Stance, Heel To Glute / Sweep Leg Front & Down  (Arms: Reach back for foot, sweep other arm up / Hold under leg) | | | | | | | | | 2x | | |
| Bridge | | | **LUNGE PRESS / GLUTE STRETCH**  Grounded Lunge Side  (Arms: Small pushes to side / Scull) | | | | | | | | | 2x | | |
| Finish | | Turn Front, Stand Tall | | | | | | | | | | | | |
| V1 | C1 | | | | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 | |