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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 |