

SEAT 1 - Quick Reference (Music from WIM Original Wave 32)

1	Warm-Up	Queen of the Night							
I	March								
V	MARCH 3 LIFT								
C	STEP OUT AND PUNCH UP								
B	ROW AND LIFT								
F	Punch up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2	Sit to Stand	She Sets The City On Fire							
I	One arm up								
V	SIT TO STAND CLAP								
C	DBL CROSS COUNTRY								
B	JACK STROKE								
F	Reach Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

3	Cardio	A-Yo							
I	Wide Jog								
V	DANCE THE CHAIR KICK								
C	STEP TOUCH DELT RAISE								
B	HINGE ROW								
F	Reach Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4	Upper body	This Ones For You							
I	Alternating pulls								
V	ROW AND ARROW								
C	LATERAL PULL DOWN								
B	PUNCH JACK FAST								
F	Row								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5	Total Body	Boogie Nights							
I	Point Flex								
V	BAND SQUEEZE								
C	BAND TRICEPS R/L								
B	SIT TO STAND ABDUCT LEG								
F	Extend Elbow								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6	Seated Flexibility	Hymn For The Weekend						
I	Reach R/L							
V	PART THE SEAS							
C	STAND QUAD STRETCH							
B	CAT COW							
F	Deep Breath & Prayer Pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3