

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
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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
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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
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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
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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
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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
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