

water *in* motion[®]
STRENGTH

wave **1**

STRONG
Reimagined

WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45 minute workout using aqua dumbbells. Use the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME	BPM
1	Shake Your Groove Thing	Peaches & Herb	Warm Up	5:01	136
2	Believer	Imagine Dragons	Lower Body 1	4:56	140
3	True Feeling	Galantis	Upper Body 1	4:41	132
4	(Your Love Keeps Lifting Me) Higher	Ajr	Core 1	4:43	132
5	Weak	Pink	Lower Body 2	4:54	140
6	What About Us	Katy Perry	Upper Body 2	4:45	132
7	Witness	Jackie Wilson	Core 2	4:57	140
8	You Look Good	Lady Antebellum	Flexibility	3:57	n/a

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Eight diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class— we leave you with room to focus on your students!

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Education Author: Connie Warasila

Education Presenter: Connie Warasila

Music: Yes! Fitness Music®

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Produced exclusively for Water in Motion® by Yes! Fitness Music

Abbreviation Key

****Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP Opposite

B Back

ALT Alternating

DBL Double

CC Cross Country

SSD Single – Single – Double

L Left

TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge



About WATERinMOTION® Strength



WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45 minute workout using aqua dumbbells. WATERinMOTION® Strength uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION® Strength's unique choreographed formula to keep your training fresh, new, and challenging.

Refreshing member experience every three months through our Wautoship program, WATERinMOTION® Strength provides new choreography, new music, and new marketing to inspire this growing fitness community.

- Cardiovascular health
- Strength
- Endurance
- Range of motion
- Balance
- Coordination
- Flexibility

Take the guess-work out of your aqua classes with this program that has a combined educational background of over 100 years of field experience and educational leadership.

Choreography Notes

Track # 1
Track Focus Warm up
Track Length 5:01
Song Title Shake Your Groove Thing
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
	Intro	2 x 8	Intro 2 x 8 Jog(teach rebound)							
0:16	Verse 1	2 x 8	JOG Jog	16	R	Show the world	MOVE Jog, pull the knee up			
		2 x 8	Run	32			Run, change tempo			
0:44	Chorus 1	2 x 8	JOG HEEL Jog heel	16	R	Shake your groove	Jog Heel, heel back and sweep arms, rebound			
1:12	Bridge 1	2 x 8	JACK JJ	8		Shake it	Jumping jack, feet come together and push out			
		2 x 8	Fast JJ	16			Fast jacks, small & fast			
1:40	Verse 2	4 x 8	JOG	1	R	We've got the rhythm	MUSCLE Jog, feel the quads, hip hinge			
2:08	Chorus 2	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, hamstrings			
2:37	Bridge 2	4 x 8	JACK	1		Shake it	Jacks, adductors			
3:05	Verse 3	4 x 8	JOG	1	R	Show the world	MOTIVATION Jog, lift, move it loose			
3:33	Chorus 3	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, kick the butt			
4:00	Bridge 3	4 x 8	JACK	1		Shake it	Big rebound jack			
4:30	Chorus 4	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, serve the water, finish big			
	Finish	1 x 1	Land wide							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This simple, but effective warmup allows the time to teach each move in detail and for students to master each move. Use this to your advantage and give your students lots of information about rebounding, joint action, and plenty of opportunity to get set for the strength work ahead.

Choreography Notes

Track # 2
Track Focus Lower Body 1
Track Length 4:56
Song Title Believer
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2 x 8	Flick kicks, ADBs in hands	16	R				
0:14	Verse 1	4 x 8	FLICK KICK ALT Flick kick (Arms: ADB in hands, down by sides)	32	R/L	1st things 1st	MOVE Flick kicks, shoulders down and back		
0:42	Bridge 1	2 x 8	KICKSTANDS GRD Hamstring curl (Arms: Punch R)	16	R	I was broken from a young age	Grd curl and punch down on diagonal		
		2 x 8	GRD Hamstring curl (Arms: Punch L)	16	L		Switch sides		
1:10	Chorus 1	1x8	SLIDING JACK GRD Jack x1, fast Jack x2	8		Hey, you made me a	Sliding jacks, both legs slow then fast		
1:37	Verse 2	4 x 8	FLICK KICK	1	R/L	2nd things 2nd	MUSCLE Quads Pointed toe		
2:05	Bridge 2	4 x 8	KICKSTANDS	1	R	I was broken from a	Kickstand, ground and go!		
2:33	Chorus 2	4 x 8	SLIDING JACK	1		Hey, you made me a	Squeeze your thighs		
3:00	Verse 3	4 x 8	FLICK KICK	1	R/L	Last thing last	MOTIVATION More turbulence		
3:27	Bridge 3	4 x 8	KICKSTANDS	1	R	I was broken from a	Pile driver		
3:55	Chorus 3	4 x 8	SLIDING JACK	1		Hey, you made me a	Slide, long levers		
4:22	Chorus 4	4 x 8	SLIDING JACK	1		Hey, you made me a	Accelerator on now!		
	Finish	1 x 1	Land wide, arms forward						
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Take some time during this first track using the aqua dumbbells to direct your class to reset posture and relax hands as often as needed, especially during blocks when the ADBs are not actively engaged.

Choreography Notes

Track # 3
Track Focus Upper Body 1
Track Length 4:41
Song Title True Feeling
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	ADB in hands, wide stance				
0:15	Verse 1	4 x 8	CHEST PRESS Arms: Both Chest press/R Chest press Both Chest press/L Chest press	8	R/L	It's cold out	MOVE Chest Press, Dbl arm and single
0:45	Bridge 1	2 x 8 2 x 8	ELBOW STRIKE JACKS GND JJ (Arms: Elbow strike B) GND JJ (Arms: Elbow strike B)	8	R	It might get hard	Elbow strike jack
1:13	Chorus 1	4 x 8	PIKE & BACKSTROKE Pike TVL B x4, ¼ R Arms: Backstroke x4	4		Me & you, true feeling	Pike & backstroke, 4 and ¼ turn to right
1:43	Verse 2	4 x 8	CHEST PRESS	1	R/L	Go 'head, let your	MUSCLE Chest muscles engage
2:12	Bridge 2	4 x 8	BOW & ARROW JACKS	1	R/L	It might get hard	Posterior delts, inner thighs
2:41	Chorus 2	4 x 8	PIKE & BACKSTROKE	1		Me & you, true feeling	Chest, hamstrings, and core
3:10	Verse 3	4 x 8	CHEST PRESS	1	R/L	It's cold out	MOTIVATION Reset and go!
3:39	Bridge 3	4 x 8	BOW & ARROW JACKS	1	R/L	It might get hard	Let go, remember it's grounded
4:08	Chorus 3	4 x 8	PIKE & BACKSTROKE	1		Me & you, true feeling	Keep intensity
	Finish	1x1	Land wide, push front				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Keep the upper body movements sharp and powerful in this track. Really encourage the backward travel using strong, sweeping strokes during the third block.

Choreography Notes

Track # 4
Track Focus Core 1
Track Length 4:43
Song Title Your Love Keeps Lifting Me Higher
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2 x 8	ADB under arms						
0:15	Verse 1	2 x 8	SKATEBOARD RIGHT Skateboard tuck	8	R	Once I was down	MOVE Skateboard right		
		2 x 8	Skateboard tuck	8	L		Lift legs to side		
0:44	Chorus 1	4 x 8	SUPERMAN Tuck, plank, tuck, stand	8		Your love is lifting	Tuck, fly, tuck, and stand Both legs		
1:14	Bridge 1	4 x 8	TUCK & JACK KNIFE Hug noodle, arms hug knees/ALT release leg	16	R	instrumental	Tuck and jack knife reach for your knees		
1:43	Verse 2	4 x 8	SKATEBOARD RIGHT	1	R/L	When you wrap your	Muscle Hello obliques		
2:12	Chorus 2	4 x 8	SUPERMAN	1		Your love keeps lift	Entire core area		
2:41	Bridge 2	4 x 8	TUCK & JACK KNIFE	1	R	instrumental	Ribs to hips		
3:10	Verse 3	4 x 8	SKATEBOARD RIGHT	1	R/L	Once I was down	Can you jump a little higher?		
3:39	Chorus 3	4 x 8	SUPERMAN	1		Your love is lifting	Feel the extension		
4:08	Bridge 3	4 x 8	TUCK & JACK KNIFE	1	R	instrumental	Tiny then long		
	Finish	1x1	Hold tuck						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Use the familiar movement terminology of each block to create visualization of the moves for your class. Then encourage them to use those core muscles to bring the movements to life.

Choreography Notes

Track # 5
Track Focus Lower Body 2
Track Length 4:54
Song Title Weak
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
	Intro	2 x 8	ADB in a cross							
0:14	Verse 1	4 x 8	DIAMOND JUMPS Diamond jumps (Arms: push ADBs down)	16		No thank you is what I should've said	Bottom of feet together and knees apart			
0:42	Chorus 1	2 x 8	PENDULUMS Pendulums SSD (Arms: opposite to legs)	8	R	One sip, bad for me One hit, bad for me	Rocking horse 7, knee and change sides			
		2 x 8	Rocking horse x7, hop knee to change	8	L					
1:09	Bridge 1	1 x 8	SWEEP SIDE ALT Ab/Adduction (Arms: hold in F)	8	R	I'm weak, ah-y	Side sweep, relax fingers and reset posture			
		1 x 8	ALT Ab/Adduction	8	L	I'm weak, ah-y				
1:37	Verse 2	4 x 8	DIAMOND JUMPS	1	R	No thank you	MUSCLE Glutes, core, inner thighs			
2:04	Chorus 2	4 x 8	ROCKING HORSE	1	R/L	One sip	Chest and back, glutes			
2:32	Bridge 2	4 x 8	SWEEP SIDE	1	R/L	I'm weak, ah-y	Inner thigh			
2:59	Verse 3	4 x 8	DIAMOND JUMPS	1	R	No thank you	What can you bring?			
3:27	Chorus 3	4 x 8	ROCKING HORSE	1	R/L	One sip	What's wrong with being strong?			
3:54	Bridge 3	4 x 8	SWEEP SIDE	1	R/L	I'm weak, ah-y				
4:22	Chorus 4	4 x 8	SWEEP SIDE	1	R/L	I'm weak, ah-y	Let's keep it going			
	Finish	1x1	Stand, ADBs push forward							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Crossing the aqua dumbbells brings in an added intensity especially during the ROCKING HORSE block. Use motivational cueing to have your class create big turbulence during this block, then give them the opportunity to relax the upper body during block 3.

Choreography Notes

Track # 6
Track Focus Upper Body 2
Track Length 4:45
Song Title What About Us
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue										
	Intro	2 x 8	ADBs under knees, seated flotation														
0:15	Verse 1	4 x 8	TRICEPS PRESS ALT Bi/Tri (slow quick quick)	16	R	We are search lights	Triceps, slow, fast, fast										
0:45	Bridge 1	2 x 8	REACH & CURL Reach R out/in - Curl L in/out	8	R	Sticks and stones	Reach right and curl										
1:13	Chorus 1	1 x 8	SCOOP & SPIN Biceps curl (Spin BWD in a circle)	8	R	What about us	Scoop and spin, biceps curl takes you backward										
		1 x 8	Biceps curl (Spin BWD in a circle)	8	L												
		1 x 8	Biceps curl (Spin BWD in a circle)	8	R												
		1 x 8	Biceps curl (Spin BWD in a circle)	8	L												
1:43	Verse 2	4 x 8	TRICEPS PRESS	1	R	We are problems	Triceps, full extension										
2:12	Bridge 2	4 x 8	REACH & CURL	1	R/L	Sticks and stones	Shoulders, lats										
2:41	Chorus 2	4 x 8	SCOOP & SPIN	1	R/L	What about us	All about biceps										
3:10	Verse 3	4 x 8	TRICEPS PRESS	1	R	We are search lights	Elbows extend a little more										
3:39	Bridge 3	4 x 8	REACH & CURL	1	R/L	Sticks and stones	Through the rapids										
4:08	Chorus 3	4 x 8	SCOOP & SPIN	1	R/L	What about us	Two spins?										
	Finish	1x1	Hold Tuck														
V1		B1		C1		V2		B2		C2		V3		B3		C3	

Trainer's Tip: Use the third block in this track to teach the law of action/reaction and then ask for more...movement, turbulence, muscle engagement.

Choreography Notes

Track # 7
Track Focus Core 2
Track Length 4:57
Song Title Witness
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	ADB under arms				
0:16	Verse 1	4 x 8	TWIST ALT twist	32	R	If I lost it all today	MOVE Seated twist, right to left
0:42	Bridge 1	1 x 8	RUNNING MAN ALT knee crunch	8	R	We're all just looking	ALT knee crunch
		1 x 8	Pedal pusher	8	R		Lean back
		1 x 8	ALT knee crunch	8	R		
		1 x 8	Mountain climber	8	R		Mountain climber
1:10	Chorus 1	4 x 8	TUCK CROSS UNDER ALT tuck/1-leg cross under touch	16	R	Can I get a witness	Tuck then touch
1:37	Verse 2	4 x 8	TWIST	1	R	When you	MUSCLE Side to side, focus on core
2:05	Bridge 2	4 x 8	RUNNING MAN	1	R	We're all just looking	Gluteals
2:33	Chorus 2	4 x 8	TUCK CROSS UNDER	1	R	Can I get a witness	Midsection, adductors
3:00	Verse 3	4 x 8	TWIST	1	R	Could you go with	MOTIVATION Wring out your swim suit
3:27	Bridge 3	4 x 8	RUNNING MAN	1	R	We're all just looking	Mt. Everest
3:55	Chorus 3	4 x 8	TUCK CROSS UNDER	1	R	Can I get a witness	A little higher
4:22	Chorus 4	4 x 8	TUCK CROSS UNDER	1	R	Can I get a witness	I'm witnessing great efforts
	Finish	1 x 1	Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Cue your participants to really control their entire core section to allow for maximum movement in the twists, running man block, and the tuck cross under. The more control, the bigger the ROM.

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 3:57
Song Title You Look Good
BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	Roll shoulders, stretch hands				
0:13	Verse 1	1 x 8	HAMSTRING STRETCH Hamstring stretch, point/flex	1	R	On a boat on the	Toe heel, hamstring stretch, quad stretch
		1 x 8	Quad stretch, chest stretch	1	R		
		1 x 8	Hamstring stretch, point/flex	1	L	I'm thinking every	
		1 x 8	Quad stretch, chest stretch	1	L	They need to know	
0:37	Bridge 1	1 x 8	FIGURE 4 Figure 4	1	R	Listen to your heart when is calling for	You can always hold your leg or not to challenge your balance
		1 x 8	Calf Stretch	1	R		Heel back
		1 x 8	Figure 4	1	L	Baby, you look good	
		1 x 8	Calf Stretch	1	L		
1:02	Chorus 1	1 x 8	BACK STRETCH CROSS R arm crosses, L arm crosses, L arm opens B	1	R	Baby, you look good	Touch opposite hand to thighs, round the back
		1 x 8	L arm crosses, R arm crosses, R arm opens B	1	L		
		1 x 8	R arm crosses, L arm crosses, L arm opens B	1	R		
		1 x 8	L arm crosses, R arm crosses, R arm opens B	1	L		
1:26	Verse 2	4 x 8	HAMSTRING STRETCH	1	RL	Black dress, 2 the 9s	Back of leg, then front
1:50	Bridge 2	4 x 8	FIGURE 4	1	RL	Hey, who that there	Pull arm up and back
2:14	Chorus 2	4 x 8	BACK STRETCH CROSS	1		Baby, you look good	
2:39	Verse 3	4 x 8	HAMSTRING STRETCH	1	RL	On a boat on the	
3:04	Bridge 3	4 x 8	FIGURE 4	1	RL	Hey, who that there	Lift chest
3:27	Chorus 3	4 x 8	BACK STRETCH CROSS	1		Baby, you look good	Reach and celebrate
	Finish		Arms cross to thighs				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Use the lyrics in this great flexibility track to celebrate the amazing work completed and acknowledge how well your participants performed in this first release!

Music Credits



WATERinMOTION® Strength 1 - YES2226-2

Yes! Fitness Music

Songs Courtesy Of:

Shake Your Groove Thing ~ Written by: S. Barker, Fame ; Published by: Copyright Control

Believer ~ Written by: Reynolds, Larsson, Tranter, Fredriksson ; Published by: Warner Tamerlane, Justin S School For Girls

True Feeling ~ Written by: C. Karlsson, Jonback, Shields, Eklow, Wrabel, J. Koitzsch ; Published by: Kobalt Music, Universal Music

(Your Love Keeps Lifting Me) Higher And Higher ~ Written by: Smith, Jackson, Miner ; Published by: Mijac Music, Warner Tamerlane

Weak ~ Written by: Metzger ; Published by: Amab Songs

What About Us ~ Written by: S. Mac, Moore, Mcdaid ; Published by: Emi Blackwood Music Inc., Pink Inside Publishing

Witness ~ Written by: M. Martin, Perry, Kotecha, Payami ; Published by: Warner Chappell Music, Mxm Music Ab, Wolf Cousins, Warner Bros Inc

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