

Track 1	WARM-UP		Shake Your Groove Thing						
Intro	Jog							16x	
Verse	JOG Jog x16, Run x32							1x	
Chorus	JOG HEEL Jog heel x16, Run heel x32							1x	
Bridge	JACK JJ x8, Fast JJ x16 (Arms: Long lever, then short lever)							16x	
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LOWER BODY 1		Believer						
Intro	Get ADBs, Flick Kicks, ADBs down at sides							16x	
Verse	FLICK KICK ALT Flick kick (Arms: ADB in hands, down by sides)							32x	
Bridge	KICKSTANDS GND hamstring curl x16, R then L (Arms: Punch R, then L)							1x	
Chorus	SLIDING JACK GND Jack x1, fast jack x2							8x	
FINISH	Land wide, arms forward								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 3	UPPER BODY 1		True Feeling					
Intro	ADBs in hands, wide stance							
Verse	CHEST PRESS Chest press both/R press, chest press both/L press			8x				
Bridge	BOW & ARROW JACKS Neutral Bow & Arrow JJ (Arms: Elbow strike B x8 R, x8 L)			1x				
Chorus	PIKE & BACKSTROKE Pike TVL B x4, ¼ turn R (Arms: Backstroke x4))			4x				
FINISH	Land wide, push front							
V1	B1	C1	V2	B2	C2	V3	B3	C3



Track 4	CORE 1		Your Love Keeps Lifting Me Higher					
Intro	ADB under arms							
Verse	SKATEBOARD RIGHT Skateboard tuck x8 R, x8 Ls			1x				
Chorus	SUPERMAN Tuck, plank, tuck, stand			8x				
Bridge	TUCK & JACK KNIFE ALT tuck & JK (Arms: Hug knees, then Alt knee)			16x				
FINISH	Hold tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 5		LOWER BODY 2				Weak			
Intro		ADBs in a cross							
Verse		DIAMOND JUMPS Diamond jumps (Arms: Push ADBs down)						16x	
Chorus		ROCKING HORSE Rocking horse x7, hop to change, R/L (Arms: ADB push F/B)						1x	
Bridge		SWEEP SIDE ALT Abd/Adduction x8 R, x8 L (Arms: Hold in Front)						1x	
FINISH		Stand, ADBs push forward							
V1	C1	B2	V2	C2	B2	V3	C3	B4	B4

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Track 6		UPPER BODY 2				What About Us			
Intro		ADBs under knees, seated flotation							
Verse		CURL & PRESS ALT Bi/Triceps slow, quick, quick						8x	
Bridge		FLY & CURL Fly & curl TVL x8 R, x8 L						1x	
Chorus		SCOOP & SPIN Biceps curl (spin BWD in circle) x8 R, x8 L						4x	
FINISH		Hold tuck							
V1	B1	C1	V2	B2	C2	V3	B3	B3	B3

Track 7	CORE 2		Witness						
Intro	ADBs under arms, seated position								
Verse	TWIST ALT twist			32x					
Bridge	RUNNING MAN ALT knee crunch x8, ALT pedal push x8 ALT knee crunch x8, ALT mountain climber x8			1x					
Chorus	TUCK CROSS UNDER ALT tuck/1 leg cross under touch			16x					
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

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Track 8	FLEXIBILITY		Listen To Your Heart					
Intro	No equipment, roll shoulders, stretch hands							
Verse	HAMSTRING STRETCH Hamstring stretch point/flex Quad stretch, chest stretch (Right, then Left)			1x				
Bridge	FIGURE 4 Figure 4, calf stretch R, then L			1x				
Chorus	BACK STRETCH CROSS Arms cross to thighs R/L, L arm circles to stretch chest and shoulder			16x				
FINISH	Arms cross to thighs							
V1	B1	C1	V2	B2	C2	V3	B3	C3