



# WARM UP

FEEL THIS MOMENT

WAVE 13



Intro	Jog									16x
Chorus	<b>JOG &amp; KARATE KICK SIDE 4 / WIDE JOG 8</b> Jog & Karate Kick Side 4 / Wide Jog 8 (Arms: Fists / Push to knee, open fingers)									2x
Verse	<b>RUN 7 / HEEL BACK / RUN 3 / HEEL BACK</b> Run 7 / Lift Heel Back (4) / Run 3 / Lift Heel Back (8) (Arms: Running / Running)									1x
Bridge	<b>FLICK KICK SSD</b> Flick Kick Single Single Double (Arms: Scoop / Push front on double)									8x
Finish	Push Forward									
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4	



# LOWER BODY 1

I DROVE ALL NIGHT

WAVE 13



Intro	2 Dumbbells in Hands									
Verse	<b>POWER MOGULS</b> Strong Lateral Moguls (Arms: Push both dumbbells into water OPP direction)									16x
Chorus	<b>CROSS COUNTRY COMBO</b> Cross Country 8 TVL Forward, ¼ Turn Right (4) (Arms: Double ski rolls)									1x
Bridge	<b>JACK TUCK</b> Jack Tuck (Arms: Extend to sides, sweep to chest)									16x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

# 3

## UPPER BODY 1

TITANIUM

WAVE 13



Intro	2 Dumbbells in Hands								
Verse	<b>SQUAT TO STAND / T-PULLDOWN</b> Squat To Stand (Arms: Surface on squat, push down on stand / V-pulldown)								16x
Chorus	<b>STATIC SWIM</b> Lunge Stance (Arms: Alternate swim)								32x
Bridge	<b>REVERSE TRICEPS PULLDOWN</b> Wide Stance (Arms: Cross dumbbells, underhand grip, pulldown)								16x
Finish	Stand Tall, Relax Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

# 4

## CORE 1

DAYLIGHT

WAVE 13



Intro	2 Dumbbells Held at Shoulders								
Verse	<b>TUCK SHOOT / SCISSOR 2</b> Tuck Shoot Side / Scissor 2 (Arms: Hold dumbbells at shoulders)								4x
Chorus	<b>MOUNTAIN CLIMBERS 2 / HOLD</b> In Flotation - Mountain Climbers (Option to Touch) (Arms: Push dumbbells underwater – in line under shoulders)								16x
Bridge	<b>PEDAL PUSHER SSD</b> In Flotation - Pedal Pushers Single Single Double (Arms: Hold dumbbells at shoulders)								16x
Finish	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



# ACTIVE RECOVERY 1

SURVIVOR

WAVE 13



Intro	Pendulum									16x
Verse	<b>PENDULUM SSD</b> Pendulum Single Single Double (Arms: Sweep across)									8x
Chorus	<b>KARATE BACK 4 / KARATE SIDE 4</b> Alternate Karate Back 4 / Karate Side 4 (Arms: Triceps back / Triceps side)									4x
Bridge	<b>TUCK 4 / JACK 4</b> 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	



# LOWER BODY 2

PYROMANIA

WAVE 13



Intro	2 Dumbbells Under Arms									
Verse	<b>SCISSOR CROSS SSD</b> In Flotation – Legs Extend Front, Scissor Single Single Double (Arms: Maintain flotation)									16x
Chorus	<b>SEATED DOUBLE LEG KICK 4 / V-SIT 4</b> In Flotation – Alternate seated leg kick 4 / In Flotation - V-Sit 4 (Arms: Maintain flotation)									4x
Bridge	<b>BICYCLE AROUND</b> In Flotation – Bicycle 16 TVL Forward, ¼ Turn Right (Arms: Maintain flotation)									1x
Finish	Stand Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# UPPER BODY 2

SHE DRIVES ME CRAZY

WAVE 13



Intro	2 Dumbbells in Hands								
Verse	<b>DOUBLE SKI ROLL 2 / TRICEPS PRESS</b> Grounded Narrow Stance (Arms: Double roll forward / Elbow extends & bends)								8x
Chorus	<b>PUNCH &amp; STRIKE 8</b> Grounded Lunge Left (Arms: Punch right into water, elbow strike back)								1x
Bridge	<b>BEAT THE DRUM</b> Grounded Wide Stance (Arms: Alternate circles out – like beating a drum)								16x
Finish	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# CORE 2

SAVE TONIGHT

WAVE 13



Intro	2 Dumbbells in Hands								
Verse	<b>FIGURE 8</b> Grounded Wide Stance (Arms: Figure 8 right, relax left)								2x
Chorus	<b>LEG PULLDOWN WITH LAT SQUEEZE 7</b> Grounded Stance, Lift Right Leg (Arms: Palms face forward, pull down to hips))								2x
Bridge	<b>SCOOP &amp; CRUNCH</b> Grounded Wide Stance (Arms: Alternate dumbbell scoop & crunch)								32x
Finish	Stand Tall & Relax								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

# 9

## ACTIVE RECOVERY 2

TURN UP THE MUSIC

WAVE 13



Intro	Jog Heel								16x
Verse	<b>TUCK 2 / TWIST 4</b> Small Tuck Jump 2 / Neutral Twist 4 (Arms: Push down / Hands overhead)								4x
Chorus	<b>KICK COUNTDOWN</b> Kick Front 4 / Kick Back 4 (2) Kick Front 2 / Kick Back 2 (4) (Arms: Scoop / Push front)								1x
Bridge	<b>JOG HEEL CIRCLE 8</b> Jog Heel Circle 8 (Arms: Breaststroke)								4x
Finish	Land Wide, Hands Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

# 10

## FLEXIBILITY

HALL OF FAME

WAVE 13



Intro	Lift & Roll Shoulders Back								2x
Verse	<b>CALF STRETCH / CHEST STRETCH</b> Grounded Lunge Left (Arms: Alternate sweep open / Fists to chest / Extend the chest stretch)								2x
Chorus	<b>QUAD STRETCH / HAMSTRING STRETCH</b> Grounded Stance, Lift Heel To Glute / Lift Knee Front & Down (Arms: Reach back for foot, sweep other arm up / Hold under leg)								2x
Bridge	<b>LUNGE PRESS / GLUTE STRETCH</b> Grounded Lunge Side (Arms: Small pushes to side / Cross arms in & out)								2x
Finish	Stand Tall, External Shoulder Rotation								
V1	C1	B1	V2	C2	B2	V3	C3	B3	