



# WARM UP

FEEL THIS MOMENT

## WAVE 13



Intro	Jog								16x
Chorus	<b><u>JOG &amp; KARATE KICK SIDE 4 / WIDE JOG 8</u></b> Jog & Karate Kick Side 4 / Wide Jog 8 (Arms: Fists / Push to knee, open fingers)								2x
Verse	<b><u>RUN 7 / HEEL BACK / RUN 3 / HEEL BACK</u></b> Run 7 / Lift Heel Back (4) / Run 3 / Lift Heel Back (8) (Arms: Running / Running)								1x
Bridge	<b><u>FLICK KICK SSD</u></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><u>POWER MOGULS</u></b> Strong Lateral Moguls (Arms: Push both dumbbells into water OPP direction)								16x
Chorus	<b><u>CROSS COUNTRY COMBO</u></b> Cross Country 8 TVL Forward, ¼ Turn Right (4) (Arms: Double ski rolls)								1x
Bridge	<b><u>JACK TUCK</u></b> Jack Tuck (Arms: Extend to sides, sweep to chest)								16x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# UPPER BODY 1

TITANIUM

WAVE 13



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



# CORE 1

DAYLIGHT

WAVE 13



Intro	2 Dumbbells Held at Shoulders							
Verse	<b><u>TUCK SHOOT / SCISSOR 2</u></b> Tuck Shoot Side / Scissor 2 (Arms: Hold dumbbells at shoulders)							4x
Chorus	<b><u>MOUNTAIN CLIMBERS 2 / HOLD</u></b> In Flotation - Mountain Climbers (Option to Touch) (Arms: Push dumbbells underwater – in line under shoulders)							16x
Bridge	<b><u>PEDAL PUSHER SSD</u></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><u>PENDULUM SSD</u></b> Pendulum Single Single Double (Arms: Sweep across)								8x
Chorus	<b><u>KARATE BACK 4 / KARATE SIDE 4</u></b> Alternate Karate Back 4 / Karate Side 4 (Arms: Triceps back / Triceps side)								4x
Bridge	<b><u>TUCK 4 / JACK 4</u></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

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# LOWER BODY 2

PYROMANIA

WAVE 13



Intro	2 Dumbbells Under Arms								
Verse	<b><u>SCISSOR CROSS SSD</u></b> In Flotation – Legs Extend Front, Scissor Single Single Double (Arms: Maintain flotation)								16x
Chorus	<b><u>SEATED DOUBLE LEG KICK 4 / V-SIT 4</u></b> In Flotation – Alternate seated leg kick 4 / In Flotation - V-Sit 4 (Arms: Maintain flotation)								4x
Bridge	<b><u>BICYCLE AROUND</u></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><u>DOUBLE SKI ROLL 2 / TRICEPS PRESS</u></b> Grounded Narrow Stance (Arms: Double roll forward / Elbow extends & bends)								8x
Chorus	<b><u>PUNCH &amp; STRIKE 8</u></b> Grounded Lunge Left (Arms: Punch right into water, elbow strike back)								1x
Bridge	<b><u>BEAT THE DRUM</u></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><u>FIGURE 8</u></b> Grounded Wide Stance (Arms: Figure 8 right, relax left)							2x
Chorus	<b><u>LEG PULLDOWN WITH LAT SQUEEZE 7</u></b> Grounded Stance, Lift Right Leg (Arms: Palms face forward, pull down to hips))							2x
Bridge	<b><u>SCOOP &amp; CRUNCH</u></b> Grounded Wide Stance (Arms: Alternate dumbbell scoop & crunch)							32x
Finish	Stand Tall & Relax							
V1	C1	B1	V2	C2	B2	V3	C3	B3





# ACTIVE RECOVERY 2

TURN UP THE MUSIC

WAVE 13



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



# FLEXIBILITY

HALL OF FAME

WAVE 13



Intro	Lift & Roll Shoulders Back							2x
Verse	<b><u>CALF STRETCH / CHEST STRETCH</u></b> Grounded Lunge Left (Arms: Alternate sweep open / Fists to chest / Extend the chest stretch)							2x
Chorus	<b><u>QUAD STRETCH / HAMSTRING STRETCH</u></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><u>LUNGE PRESS / GLUTE STRETCH</u></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