

| 1 WARM UP FEEL THIS MOMENT | | WAVE 13 | water@motion STRENGTH |
|-------------------------------|---|---------|--------------------------|
| Intro | Jog | 16x | |
| Chorus | JOG & KARATE KICK SIDE 4 / WIDE JOG 8 Jog & Karate Kick Side 4 / Wide Jog 8 (Arms: Fists / Push to knee, open fingers) | 2x | |
| Verse | RUN 7 / HEEL BACK / RUN 3 / HEEL BACK Run 7 / Lift Heel Back (4) / Run 3 / Lift Heel Back (8) (Arms: Running / Running) | 1x | |
| Bridge | FLICK KICK SSD 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 |


| 2 LOWER BODY 1 I DROVE ALL NIGHT | | WAVE 13 | water@motion STRENGTH |
|-------------------------------------|---|---------|--------------------------|
| Intro | 2 Dumbbells in Hands | | |
| Verse | POWER MOGULS Strong Lateral Moguls (Arms: Push both dumbbells into water OPP direction) | 16x | |
| Chorus | CROSS COUNTRY COMBO Cross Country 8 TVL Forward, ¼ Turn Right (4) (Arms: Double ski rolls) | 1x | |
| Bridge | JACK TUCK 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 | water@motion STRENGTH |
|----------------------------|---|---------|--------------------------|
| Intro | 2 Dumbbells in Hands | | |
| Verse | SQUAT TO STAND / T-PULLDOWN Squat To Stand (Arms: Surface on squat, push down on stand / V-pulldown) | 16x | |
| Chorus | STATIC SWIM Lunge Stance (Arms: Alternate swim) | 32x | |
| Bridge | REVERSE TRICEPS PULLDOWN 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 | water@motion STRENGTH |
|----------------------|--|---------|--------------------------|
| Intro | 2 Dumbbells Held at Shoulders | | |
| Verse | TUCK SHOOT / SCISSOR 2 Tuck Shoot Side / Scissor 2 (Arms: Hold dumbbells at shoulders) | 4x | |
| Chorus | MOUNTAIN CLIMBERS 2 / HOLD In Flotation - Mountain Climbers (Option to Touch) (Arms: Push dumbbells underwater – in line under shoulders) | 16x | |
| Bridge | PEDAL PUSHER SSD 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 |


| 5 ACTIVE RECOVERY 1 SURVIVOR | | WAVE 13 | water@motion STRENGTH |
|---------------------------------|--|---------|--------------------------|
| Intro | Pendulum | 16x | |
| Verse | PENDULUM SSD Pendulum Single Single Double (Arms: Sweep across) | 8x | |
| Chorus | KARATE BACK 4 / KARATE SIDE 4 Alternate Karate Back 4 / Karate Side 4 (Arms: Triceps back / Triceps side) | 4x | |
| Bridge | TUCK 4 / JACK 4 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 |

| 6 LOWER BODY 2 PYROMANIA | | WAVE 13 | water@motion STRENGTH |
|-----------------------------|--|---------|--------------------------|
| Intro | 2 Dumbbells Under Arms | | |
| Verse | SCISSOR CROSS SSD In Flotation – Legs Extend Front, Scissor Single Single Double (Arms: Maintain flotation) | 16x | |
| Chorus | SEATED DOUBLE LEG KICK 4 / V-SIT 4 In Flotation – Alternate seated leg kick 4 / In Flotation - V-Sit 4 (Arms: Maintain flotation) | 4x | |
| Bridge | BICYCLE AROUND 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 |

|  7 UPPER BODY 2 SHE DRIVES ME CRAZY WAVE 13 | | | | | | | | | | |
|---|---|----|----|----|----|----|----|----|----|-----|
| Intro | 2 Dumbbells in Hands | | | | | | | | | |
| Verse | DOUBLE SKI ROLL 2 / TRICEPS PRESS Grounded Narrow Stance (Arms: Double roll forward / Elbow extends & bends) | | | | | | | | | 8x |
| Chorus | PUNCH & STRIKE 8 Grounded Lunge Left (Arms: Punch right into water, elbow strike back) | | | | | | | | | 1x |
| Bridge | BEAT THE DRUM 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 | |

|  9 ACTIVE RECOVERY 2 TURN UP THE MUSIC WAVE 13 | | | | | | | | | | |
|--|---|----|----|----|----|----|----|----|----|-----|
| Intro | Jog Heel | | | | | | | | | 16x |
| Verse | TUCK 2 / TWIST 4 Small Tuck Jump 2 / Neutral Twist 4 (Arms: Push down / Hands overhead) | | | | | | | | | 4x |
| Chorus | KICK COUNTDOWN Kick Front 4 / Kick Back 4 (2) Kick Front 2 / Kick Back 2 (4) (Arms: Scoop / Push front) | | | | | | | | | 1x |
| Bridge | JOG HEEL CIRCLE 8 Jog Heel Circle 8 (Arms: Breaststroke) | | | | | | | | | 4x |
| Finish | Land Wide, Hands Overhead | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 | |

|  8 CORE 2 SAVE TONIGHT WAVE 13 | | | | | | | | | | |
|---|---|----|----|----|----|----|----|----|--|-----|
| Intro | 2 Dumbbells in Hands | | | | | | | | | |
| Verse | FIGURE 8 Grounded Wide Stance (Arms: Figure 8 right, relax left) | | | | | | | | | 2x |
| Chorus | LEG PULLDOWN WITH LAT SQUEEZE 7 Grounded Stance, Lift Right Leg (Arms: Palms face forward, pull down to hips)) | | | | | | | | | 2x |
| Bridge | SCOOP & CRUNCH Grounded Wide Stance (Arms: Alternate dumbbell scoop & crunch) | | | | | | | | | 32x |
| Finish | Stand Tall & Relax | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | |

|  10 FLEXIBILITY HALL OF FAME WAVE 13 | | | | | | | | | | |
|---|---|----|----|----|----|----|----|----|--|----|
| Intro | Lift & Roll Shoulders Back | | | | | | | | | 2x |
| Verse | CALF STRETCH / CHEST STRETCH Grounded Lunge Left (Arms: Alternate sweep open / Fists to chest / Extend the chest stretch) | | | | | | | | | 2x |
| Chorus | QUAD STRETCH / HAMSTRING STRETCH Grounded Stance, Lift Heel To Glute / Lift Knee Front & Down (Arms: Reach back for foot, sweep other arm up / Hold under leg) | | | | | | | | | 2x |
| Bridge | LUNGE PRESS / GLUTE STRETCH 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 | | |