

1 WARM UP CONFIDENT											WAVE 14		water@motion STRENGTH	
Intro	Jog										16x			
Verse	ROCK 3 / INSTEP 2 Rocking Horse 3 / Instep Touch 2 (Arms: Double scoop / Lat press 2 to OPP foot)										4x			
Chorus	JACK / RUN HEEL 4 Jack / Run Heel 4 (Arms: Shoulder rotation / Running)										8x			
Bridge	RUN RUN HOLD Run Run Hold (Arms: Running, open hand on hold)										16x			
FINISH	Land Wide, Thumbs Up													
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4					


2 LOWER BODY 1 GERONIMO											WAVE 14		water@motion STRENGTH	
Intro	2 Dumbbells Under Arms										16x			
Verse	BICYCLE AROUND 16 In Flotation, Bicycle 16, ¼ Turn Right (Arms: Maintain flotation)										1x			
Chorus	FLUTTER KICK 8 / V-SIT 2 In Flotation, Flutter Kick 8 / V-Sit 2 (Arms: Maintain flotation)										2x			
Bridge	SCISSOR SIDE 7 / TUCK 1 In Flotation, Scissor 7 / Tuck 1 (Arms: Maintain flotation)										1x			
FINISH	Tuck & Hold													
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4					


3 UPPER BODY 1 URGENT											WAVE 14		water@motion STRENGTH	
Intro	2 Dumbbells In Hands													
Verse	SWEEP 1 / GORILLA CURL 1 (4) Grounded Wide Stance (Arms: Sweep dumbbell across front & back / Gorilla curl 2)										2x			
Chorus	CHEST PRESS / TRICEPS PRESS BACK 2 Lunge Stance (Arms: Chest press / Triceps press back 2)										8x			
Bridge	TRICEPS PRESS BACK / CHEST PRESS 2 Lunge Stance (Arms: Triceps press back / Chest press 2)										8x			
FINISH	Stand Tall, Push Dumbbells Front													
V1	C1	B1	V2	C2	B2	V3	C3	B3						


4 CORE 1 OPPOSITES ATTRACT											WAVE 14		water@motion STRENGTH	
Intro	2 Dumbbells Held At Chest Or Under Arms													
Verse	DIAMOND TICK TOCK In Flotation, Swing Lower Body – Knees open, Feet Together (Arms: Dumbbells held at chest or under armpits)										8x			
Chorus	SHOOT THROUGH F/B / CROSS COUNTRY LEAN 4 In Flotation, Shoot Through Front/Back / Cross Country Lean 4 (Arms: Dumbbells held at chest or under armpits)										4x			
Bridge	MOUNTAIN CLIMB TWIST In Flotation Or Toes On Bottom, Alternate Knee Crunch To Dumbbell (Arms: Push dumbbells underwater, directly under shoulders)										16x			
FINISH	Stand Tall, Relax Hands													
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4					


5 ACTIVE RECOVERY 1 PROUD MARY											WAVE 14		water@motion STRENGTH	
Intro	Put Dumbbells Aside, Run										32x			
Verse	RUN 7 / KARATE SIDE 4 Run 7 / Karate Kick Side 4 (Arms: Running / Fists)										4x			
Chorus	DISCO JACK / FAST JACK 2 Rebound Jack / Fast Jack 2 (Arms: Disco point / Disco roll)										8x			
Bridge	CROSS COUNTRY 3 / TUCK 1 Cross Country 3 / Tuck 1 (Arms: Paddle / Push down)										8x			
FINISH	Land Wide, Disco Point													
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4					

6 LOWER BODY 2 NEVER BE THE SAME											WAVE 14		water@motion STRENGTH	
Intro	2 Dumbbells In Hands													
Verse	KARATE KICK SIDE 4 / KARATE KICK BACK 4 Alternate Karate Kick Side 4 / Alternate Karate Kick Back 4 (Arms: Hold dumbbells in front / Push Front)										4x			
Chorus	CROSS COUNTRY 16 / KICK FRONT 16 Rebound Cross Country 16 / Kick Front 16 (Arms: Small running / Extend elbows – push up & down)										1x			
Bridge	TUCK 4 / JACK CROSS 4 Tuck Jump 4 / Jack Cross 4 (Arms: Overhead / External shoulder rotation)										2x			
FINISH	Land Wide, Relax Hands													
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4					

7 UPPER BODY 2 <small>SAVING MY LIFE</small> WAVE 14 										
Intro	2 Dumbbells In Hands									
Verse	PUNCH FRONT / STIR THE POT (4) Grounded Lunge Stance (Arms: Punch noodle Front / Circle noodle to side) (4)								2x	
Bridge	OPEN THE DOOR 8 Grounded Stance (Arms: Row back with rotation)								2x	
Chorus	LAT PULLDOWN COMBO 4 Grounded Lunge Stance (Arms: Alternate pulldown, pulse, reset)								2x	
FINISH	Stand Tall, Push Noodle Front									
V1	B1	C1	V2	B2	C2	V3	B3	C3		

8 CORE 2 <small>HEROES (WE COULD BE)</small> WAVE 14 										
Intro	2 Dumbbells In Hands									
Verse	STANDING BIRD DOG 8 Grounded Hip Extension 8 (Arms: Dumbbell sweep forward & back – opposite arm)								2x	
Chorus	CROSS BACK & TWIST PULSE 15 Cross Leg Behind – Square Hips (Arms: Dumbbell twist pulse 15 – Slight rotation)								2x	
Bridge	TUCK & PUNGE Neutral Tuck & Stand (Arms: Double Plunge – dumbbells at chest)								8x	
FINISH	Stand Tall, Push Dumbbells Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

9 ACTIVE RECOVERY 2 <small>EDGE OF MIDNIGHT</small> WAVE 14 										
Intro	Put Dumbbells Aside, Kick Front								16x	
Verse	KICK 2 / DOUBLE FLICK KICK 1 Alternate Kick 2 / Double Flick Kick 1 (Arms: Scoop)								8x	
Chorus	POWER TUCK 4 / RUN 16 Power Tuck 4 Travel Forward, Run 8 Travel Backward (Arms: Breaststroke / Push front)								2x	
Bridge	JOG HEEL CIRCLE 8 Jog Heel 8 Turn In Circle (Arms: Breaststroke)								4x	
FINISH	Stand Tall, Breaststroke & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

10 FLEXIBILITY <small>THE CURE</small> WAVE 14 										
Intro	Gentle Shoulder Rolls, Relax Wrists								4x	
Verse	LUNGE 5 & SWEEP OPEN Alternate Lunge Side 5 & Hold (Arms: Sweep side to side / Open chest)								1x	
Bridge	KNEE LIFT / GLUTE & KNEE LIFT 2 Knee Lift & Hold 4 / Figure 4 To Knee Lift 2 (Arms: Reach under leg / Open chest)								1x	
Chorus	QUAD STRETCH / AIRPLANE Lift Heel To Glute / Extend Leg Back (Arms: Reach for heel / Extend arms side)								1x	
FINISH	Stand Tall, Lower Arms									
V1	B1	C1	V2	B2	C2	V3	B3	C3		