

1 WARM UP EVERYBODY WAVE 15											
water@motion STRENGTH											
Intro	Jog										16x
Verse	<b>JOG 8 / FLICK KICK 8</b> Jog 8 / Flick Kick 8 (Arms: Fingertips to temples & extend / Scoop)										2x
Chorus	<b>ROCK SIDE 4</b> Rocking Horse Side 4 – Lift Knee To Change Legs (Arms: Extend to knee & scoop)										4x
Bridge	<b>MOGULS SSD</b> Moguls Single Single Double (Arms: Paddle single single double)										8x
FINISH	Land Wide, Hands Up										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

4 CORE 1 NATURALLY WAVE 15											
water@motion STRENGTH											
Intro	1 Dumbbell Between Legs										
Verse	<b>TUCK &amp; CURL F/B</b> In Flotation, Tuck Knees To Chest, Then Curl Heels To Glutes (Arms: Scull)										8x
Chorus	<b>TUCK / TWIST 2 / TOUCH</b> Tuck / Twist Knees Right, Then Center / Touch Down (Arms: Scull)										8x
Bridge	<b>CHAIR SWING R/L</b> Lift Hip Right, Then Left (Arms: Scull)										8x
FINISH	Release dumbbell & Stand Tall										
V1	C1	B1	V2	C2	B2	V3	C3	B3			

2 LOWER BODY 1 THAT DON'T IMPRESS ME WAVE 15											
water@motion STRENGTH											
Intro	1 Dumbbell In Hands										
Verse	<b>HEEL TOE 4 / DOUBLE INSTEP SWEEP 4</b> Alternate Rebound Heel Toe F/B 4 / Double Instep Sweep 4 (Arms: Hold dumbbell at chest / Push to lifted heel)										2x
Chorus	<b>JUMP ROPE 2 / JACK 1</b> Jump Rope 2 / Jack 1 (Arms: Circle front / Push down)										8x
Bridge	<b>CROSS COUNTRY 8</b> In Neutral Position, Cross Country 8 / Rebound Cross Country 8 (Arms: Hold dumbbell at ends / Push front & back)										2x
FINISH	Land Wide, Push Dumbbell Front										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

5 ACTIVE RECOVERY 1 SHOUT WAVE 15											
water@motion STRENGTH											
Intro	Put Dumbbells Aside										
Verse	<b>POWER JACK 2 / FAST JACK CROSS 4</b> Neutral Power Jack 2 / Fast Jack Cross 4 (Arms: Push side & cross center / Shoulder abduction)										4x
Chorus	<b>DOUBLE KARATE BACK 2 / KICK FRONT 4</b> Rebound Double Karate Back 2 / Kick Front 4 (Arms: Triceps press back / Punch to opposite foot)										4x
Bridge	<b>PENDULUM 6 / DOUBLE 1</b> Pendulum 6 / Double 1 (Arms : Sweep across)										4x
FINISH	Land Wide										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

3 UPPER BODY 1 LIKE A PRAYER WAVE 15											
water@motion STRENGTH											
Intro	1 Dumbbell In Right Hand										
Verse	<b>SCOOP 8 / CHEST FLY 4</b> Grounded Lunge Stance (Arms: Scoop 8 right / Chest fly 4 – switch hands on 4)										2x
Chorus	<b>DIAMOND PRESS</b> Grounded Stance (Arms: Press dumbbell between hand down/up)										16x
Bridge	<b>PUNCH 16</b> Grounded Lunge Stance (Arms: Punch 16 right)										2x
FINISH											
V1	C1	B1	V2	C2	B2	V3	C3	B3			

6 LOWER BODY 2 LA COPA DE LA VIDA WAVE 15											
water@motion STRENGTH											
Intro	2 Dumbbells In Hands										
Verse	<b>DOUBLE V – KICK(POWER)</b> Neutral Power Double V – Kick (Arms: Hold at chest)										16x
Chorus	<b>RUN 8</b> Run 8 Travel Forward / Jump Travel Backward (Arms: Alternate punch front / Overhead)										4x
Bridge	<b>NEUTRAL SLIDE IN</b> Neutral Adduction Slide In (Arms: Hold dumbbells out from side)										32x
FINISH	Stand Tall, Relax Fingers										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

**7 UPPER BODY 2**  
WAIT WAVE 15

Intro	2 Dumbbells									
Verse	<b>RUNNING ARMS 32</b> Grounded Lunge Stance (Arms: Alternate running 32)									1x
Chorus	<b>SHOULDER ROTATION 8 / PULSE 4</b> Grounded Wide Stance (Arms: Internal/External Rotation 8 / Pulse 4 (4))									1x
Bridge	<b>BREASTSTROKE 8</b> Grounded Lunge Stance – Change Legs After 8 (Arms: Breaststroke)									2x
FINISH	Stand Tall, Push Dumbbells Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

**8 CORE 2**  
SLOW DOWN WAVE 15

Intro	2 Dumbbells Held At Chest									
Verse	<b>PEDAL PUSH 8 / RUNNING MAN 8</b> In Flotation, Lean Back, Pedal Push 8 / Running Man 8 (Arms: Maintain control)									4x
Chorus	<b>DOUBLE TUCK / DOUBLE WIDE TUCK</b> In Flotation, Double Pulse Tuck / Double Pulse Wide Tuck (Arms: Maintain control)									8x
Bridge	<b>V – ADDUCTION</b> Neutral Stance, Legs Angle Back, Slow V – Adduction (Arms: Push dumbbells underwater)									16x
FINISH	Stand Tall, Relax Hands									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

**9 ACTIVE RECOVERY 2**  
ONLY THE YOUNG WAVE 15

Intro	Put Dumbbells Aside									
Verse	<b>SINGLE LEG SHOOT THROUGH 4</b> In Suspension, Tuck 1 leg & Single Leg Shoot Through (Arms: Move to maintain flotation)									2x
Chorus	<b>LEG SWING 4</b> Rebound Single Leg Swing 4 (Arms: Sweep F/B with leg swing)									4x
Bridge	<b>WIDE JOG 8 / RUN 16</b> Wide Jog 8 / Run 16 (Arms: Alternate shoulder rotation / Breaststroke)									2x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

**10 FLEXIBILITY**  
TAKE YOUR TIME WAVE 15

Intro	Gentle Shoulder Circles									4x
Verse	<b>TREE POSE / STAR POSE</b> (Arms: Bend elbows / Extend)									1x
Bridge	<b>QUAD STRETCH / OPEN HIP</b> Lift Heel Back / Lift Knee To Side & Step Behind (Arms: Reach for foot / Reach under leg)									1x
Chorus	<b>ROPE PULL 4(HAMSTRING) / CALF STRETCH</b> Hamstring Stretch / Calf Stretch (Arms: Rope pull 4 / Roll forward – look at watch)									1x
FINISH	Stand Tall, Lower Arms									
V1	B1	C1	V2	B2	C2	V3	B3	C3		