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WARM UP

GET READY

STRENGTH 16



Intro	Run									32x
Verse	RUN 8 / RUN HEEL 8 / RUN 4 / RUN HEEL 4 Run 8 / Run Heel 8 (2) Run 4 / Run Heel 4 (4) (Arms: Running)									1x
Chorus	SKATER 4 / ROCK 2 Skater 4 / Rock 2 (Arms: Sweep across / Double Ski Poles)									4x
Bridge	JUMP ROPE 2 / MOGUL Jump Rope 2 / Mogul Right (4) (Arms: Circle 2 / Paddle)									4x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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LOWER BODY 1

WORKING FOR THE WEEKEND

STRENGTH 16



Intro	1 Dumbbell In Hands, Jog									16x
Verse	INSTEP SWEEP 8 / ROCK 4 Alternate Instep Heel / Rocking Horse 4(Change on 4) (Arms: Sweep dumbbell to OPP heel / Roll forward)									2x
Chorus	RUN 16 / RUN HEEL 16 Run 16 / Run Heel 16 (Arms: Push F/B / Push down)									2x
Bridge	JACK 2 / JACK CROSS 4 Jack 2 / Fast Jack Cross 4 (Arms: Alternate sweep side / Hold in front)									4x
FINISH	Land Wide, Push Dumbbell Forward									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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UPPER BODY 1

WAITING FOR TONIGHT

STRENGTH 16



Intro	1 Dumbbell, In Right Hand							
Verse	<u>PUNCH 2 / ROTATE 2</u> Grounded Split Stance (Arms: Punch F 2 / External rotation 2) (2)							2x
Bridge	<u>TRICEPS PRESS 7 / SLOW UP</u> Grounded Stance (Triceps press down 7 / Slow rise)							4x
Chorus	<u>BUBBLES</u> Grounded Stance (Arms: Biceps scoops – dumbbell on surface)							64x
FINISH	Grab Dumbbell, Stand Tall							
V1	B1	C1	V2	B2	C2	V3	B3	C3

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CORE 1

ADDICTED TO A MEMORY

STRENGTH 16



Intro	1 Dumbbell, In Hands							
Verse	<u>GOLFER'S PUTT 4</u> Grounded Stance, Hip Hinge & Rise (Arms: Press dumbbell down, slight swing & reset)							2x
Chorus	<u>WOODCHOP 8</u> Grounded Stance, Lift Knee 8 (Arms: Sweep dumbbell over lifted knee)							2x
Bridge	<u>CHEERLEADER JUMP</u> Neutral Wide" V" Crunch (Arms: Press down between legs)							16x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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ACTIVE RECOVERY 1

ALL I NEED IS A MIRACLE

STRENGTH 16



Intro	Put Dumbbells Aside, Jack									8x
Verse	JACK 2 / MOGUL 2 Jack 2 / Mogul 2 (2) (Arms: Sweep side / Paddle side)									2x
Bridge	CROSS COUNTRY SSD Cross Country SSD (Arms: Paddle w/open fingers)									8x
Chorus	PENDULUM 6 / ROCKET 1 Pendulum 6 / Rocket 1 (Arms: Sweep in OPP / Sweep together in front)									4x
FINISH	Land Wide									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

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LOWER BODY 2

FUNKYTOWN

STRENGTH 16



Intro	2 Dumbbells, Under Arms									
Verse	BICYCLE 16 / DOLPHIN 4 In Flotation, Bicycle 16 / Dolphin Kick 4 / Seated kick 16 / Dolphin Kick 4 (Arms: Maintain flotation)									2x
Bridge	WIDE KICK 8 / DOUBLE WIDE KICK 4 In Neutral, Alternate Wide Kick 8 / DBL Wide Kick 4 (Arms: Maintain flotation)									2x
Chorus	STOMP 2 / HIP CIRCLE Grounded Stance, Stomp 2 / Hip Abduction (4) (Arms: Hold dumbbells at chest)									2x
FINISH	Stand Tall, Release Fingers									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

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UPPER BODY 2

MOVES LIKE JAGER

STRENGTH 16



Intro	2 Dumbbells, Place Behind Knees							
Verse	BREASTSTROKE 4 / REVERSE 4 In Flotation (Arms: Breaststroke / Reverse Breaststroke)							2x
Bridge	SIDE PADDLE 8 In Flotation (Arms: Reach side & paddle)							2x
Chorus	TRICEPS PRESS 3 / BICEPS In Flotation (Arms: Press palms back 3 / Scoop)							8x
FINISH	Release Dumbbells & Stand							
V1	B1	C1	V2	B2	C2	V3	B3	C3

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CORE 2

GOT TO BE REAL

STRENGTH 16



Intro	2 Dumbbells, Under Arms							
Verse	TWISTED TUCK COMBO Tuck, Twist Cross Country, Tuck, Stand (Arms: Maintain flotation)							8x
Bridge	TUCK SHOOT SIDE 3 In Flotation, Tuck Shoot Side 3, Stand (Arms: Maintain flotation)							4x
Chorus	REVERSE PLANK DROP Set Up Reverse Plank, Lower Right Leg, Lower Left Leg, Lower – Small Lift, Glute Squeeze (Arms: Maintain Flotation)							16x
FINISH	Stand Up							
V1	B1	C1	V2	B2	C2	V3	B3	C3

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ACTIVE RECOVERY 2

PARTY ROCK ANTHEM

STRENGTH 16



Intro	Put Dumbbells Aside								
Chorus	JACK 2 SPIN Neutral JJ x2, Tuck and Spin full circle R (Arms: Running / Sweep to circle)								4x
Verse	KICK 8 / FLICK 4 / KICK BACK 8 / KARATE BACK 4 Alternate Kick F / Flick Kick 4 R/L / Kick Back 8 / Karate Back 4 R/L (Arms: Scoop / Scoop / Push front / Fists back)								1x
Bridge	SUSPENDED CROSS COUNTRY 8 Suspended Cross Country 8, ¼ Turn Right								4x
Finish	Stand Tall								
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4

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FLEXIBILITY

SOMEONE LIKE YOU

STRENGTH 16



Intro	Step Wide, Lift & Lower Arms								
Verse	LUNGE 8 / WARRIOR 2 Lunge 8 / Warrior 2 (R/L) (Arms: Tai Chi Ball / Open wide, heart center)								2x
Bridge	ANGLE QUAD STRETCH / DANCER Quad Stretch – Lift Heel Back / Dancer (Arms: Reach for heel)								2x
Chorus	HAMSTRING / KNEE & ROTATE Lift Leg / Bend Leg & Rotate Torso (Arms: Reach under leg / Reach outside knee)								2x
FINISH	Step Wide, Lower Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C4	