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WARM UP GET READY

STRENGTH 16



Intro	Run	32x							
Verse	<u>RUN 8 / RUN HEEL 8 / RUN 4 / RUN HEEL 4</u> Run 8 / Run Heel 8 (2) Run 4 / Run Heel 4 (4) (Arms: Running)	1x							
Chorus	<u>SKATER 4 / ROCK 2</u> Skater 4 / Rock 2 (Arms: Sweep across / Double Ski Poles)	4x							
Bridge	<u>JUMP ROPE 2 / MOGUL</u> 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	<u>INSTEP SWEEP 8 / ROCK 4</u> Alternate Instep Heel / Rocking Horse 4(Change on 4) (Arms: Sweep dumbbell to OPP heel / Roll forward)								2x
Chorus	<u>RUN 16 / RUN HEEL 16</u> Run 16 / Run Heel 16 (Arms: Push F/B / Push down)								2x
Bridge	<u>JACK 2 / JACK CROSS 4</u> 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	<u>JACK 2 / MOGUL 2</u> Jack 2 / Mogul 2 (2) (Arms: Sweep side / Paddle side)								2x
Bridge	<u>CROSS COUNTRY SSD</u> Cross Country SSD (Arms: Paddle w/open fingers)								8x
Chorus	<u>PENDULUM 6 / ROCKET 1</u> 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	<u>BICYCLE 16 / DOLPHIN 4</u> In Flotation, Bicycle 16 / Dolphin Kick 4 / Seated kick 16 / Dolphin Kick 4 (Arms: Maintain flotation)								2x
Bridge	<u>WIDE KICK 8 / DOUBLE WIDE KICK 4</u> In Neutral, Alternate Wide Kick 8 / DBL Wide Kick 4 (Arms: Maintain flotation)								2x
Chorus	<u>STOMP 2 / HIP CIRCLE</u> 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	<u>BREASTSTROKE 4 / REVERSE 4</u> In Flotation (Arms: Breaststroke / Reverse Breaststroke)							2x
Bridge	<u>SIDE PADDLE 8</u> In Flotation (Arms: Reach side & paddle)							2x
Chorus	<u>TRICEPS PRESS 3 / BICEPS</u> 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	<u>TWISTED TUCK COMBO</u> Tuck, Twist Cross Country, Tuck, Stand (Arms: Maintain flotation)							8x
Bridge	<u>TUCK SHOOT SIDE 3</u> In Flotation, Tuck Shoot Side 3, Stand (Arms: Maintain flotation)							4x
Chorus	<u>REVERSE PLANK DROP</u> 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	<u>JACK 2 SPIN</u> Neutral JJ x2, Tuck and Spin full circle R (Arms: Running / Sweep to circle)								4x
Verse	<u>KICK 8 / FLICK 4 / KICK BACK 8 / KARATE BACK 4</u> 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	<u>SUSPENDED CROSS COUNTRY 8</u> 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	<u>LUNGE 8 / WARRIOR 2</u> Lunge 8 / Warrior 2 (R/L) (Arms: Tai Chi Ball / Open wide, heart center)							2x
Bridge	<u>ANGLE QUAD STRETCH / DANCER</u> Quad Stretch – Lift Heel Back / Dancer (Arms: Reach for heel)							2x
Chorus	<u>HAMSTRING / KNEE & ROTATE</u> 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

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BONUS: CARDIO

TAKE ON ME

ORIGINAL 58



Intro	Pendulum								16x
Verse	<u>DOUBLE MOGUL 8 / MOGUL 16</u> Double Mogul 8 / Mogul 16 (Arms : Paddle 2 / Ski)								1x
Chorus	<u>ROCKET JACK 4 / CROSS COUNTRY 4</u> Rocket Jack 4 / Cross Country 4 (Arms: Lateral adduction / Paddle)								4x
Bridge	<u>PENDULUM 6 DOUBLE</u> Pendulum 6 Double (Arms: Sweep side to side / Punch 2)								4x
FINISH	Land Wide, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4