



# WARM UP

FOLLOW YOU

WAVE 18



|        |                                                                                                                                     |    |    |    |    |    |    |    |     |
|--------|-------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | Jog heel                                                                                                                            |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>JOG HEEL 16 / JOG 16</u></b><br>Jog Heel 16 / Jog 16<br>(Arms: Push side / Push down )                                        |    |    |    |    |    |    |    | 1x  |
| Chorus | <b><u>NEUTRAL JACK 4 / REBOUND JACK 4</u></b><br>Neutral Jack 4 / Rebound Jack 4<br>(Arms: Bend elbows – lift & lower / Side sweep) |    |    |    |    |    |    |    | 2x  |
| Bridge | <b><u>ROCK 2 / EASY SKATE 4</u></b><br>Rocking Horse 2 / Skate 4<br>(Arms: Thumbs up / Sweep)                                       |    |    |    |    |    |    |    | 4x  |
| FINISH | Land wide thumbs up                                                                                                                 |    |    |    |    |    |    |    |     |
| V1     | C1                                                                                                                                  | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4  |



# LOWER BODY 1

RAIN ON ME

WAVE 18



|        |                                                                                                                                                               |    |    |    |    |    |    |    |     |
|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | 2 Dumbbells, Crossed, At Chest                                                                                                                                |    |    |    |    |    |    |    |     |
| Verse  | <b><u>FLEXXED FLUTTERS 8 / FAST FLUTTERS 14</u></b><br>Side Flotation, Flex Feet, Flutter 8 / Point Toes, Fast Flutter 14 – Some TVL<br>(Arms: Hug dumbbells) |    |    |    |    |    |    |    | 2x  |
| Chorus | <b><u>DIAMOND JUMPS</u></b><br>Neutral Or Suspended, Diamond Jumps<br>(Arms: Small push down on dumbbells)                                                    |    |    |    |    |    |    |    | 16x |
| Bridge | <b><u>KARATE BACK KICKS</u></b><br>Alternate Karate Kicks Back<br>(Arms: Hug dumbbells)                                                                       |    |    |    |    |    |    |    | 16x |
| FINISH | Land wide                                                                                                                                                     |    |    |    |    |    |    |    |     |
| V1     | C1                                                                                                                                                            | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4  |



# UPPER BODY 1

LOVE WILL SAVE THE DAY

WAVE 18



|        |                                                                                                                     |    |    |    |    |    |    |     |
|--------|---------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro  | 2 Dumbbells, In Each Hand                                                                                           |    |    |    |    |    |    |     |
| Verse  | <b><u>ROTATING PUNCHES</u></b><br>Grounded Lunge Stance<br>(Arms: Extend right – palm down & bend left – palm up)   |    |    |    |    |    |    | 32x |
| Bridge | <b><u>TRICEPS PRESS BACK</u></b><br>Grounded Lunge Stance – Option To Lift Leg<br>(Arms: Press both dumbbells back) |    |    |    |    |    |    | 16x |
| Chorus | <b><u>FRONT RAISE &amp; OPEN</u></b><br>Grounded Stance<br>(Arms: Lift front, open side, close, lower)              |    |    |    |    |    |    | 8x  |
| FINISH | Relax Hands & Shake Shoulders                                                                                       |    |    |    |    |    |    |     |
| V1     | B1                                                                                                                  | C1 | V2 | B2 | C2 | V3 | B3 | C3  |



# CORE 1

WALKING ON A DREAM

WAVE 18



|        |                                                                                                                                         |    |    |    |    |    |    |     |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro  | 2 Dumbbells, Underwater                                                                                                                 |    |    |    |    |    |    |     |
| Verse  | <b><u>DUMBBELL PULLDOWN QUICK-SLOW</u></b><br>In Diagonal Position – Legs Back<br>(Arms: Pull dumbbell toward thighs – straight elbows) |    |    |    |    |    |    | 16x |
| Chorus | <b><u>DIAGONAL SPIDERMAN</u></b><br>Alternate Knee lift Outside Dumbbell<br>(Arms: Hold dumbbell under shoulders)                       |    |    |    |    |    |    | 16x |
| Bridge | <b><u>WASHING MACHINE</u></b><br>Grounded Stance<br>(Arms: Strongly sweep dumbbell hip to center)                                       |    |    |    |    |    |    | 16x |
| Finish | Stand wide                                                                                                                              |    |    |    |    |    |    |     |
| V1     | C1                                                                                                                                      | B1 | V2 | C2 | B2 | V3 | C3 | B3  |



# ACTIVE RECOVERY 1

DON'T YOU WANT ME

WAVE 18



|        |                                                                                                                    |    |    |    |    |    |    |    |    |
|--------|--------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|
| Intro  | Put Dumbbells Aside                                                                                                |    |    |    |    |    |    |    |    |
| Verse  | <b><u>JACK SWEEP 3</u></b><br>Jack, Alternate Sweep Legs 3<br>(Arms: Sweep Side, sweep to opposite foot)           |    |    |    |    |    |    |    | 8x |
| Bridge | <b><u>PENDULUM / KARATE SIDE 3</u></b><br>Pendulum / Karate Side Kick 3<br>(Arms: Sweep opposite / Fists in front) |    |    |    |    |    |    |    | 2x |
| Chorus | <b><u>KICK FRONT 4 / KICK BACK 4</u></b><br>Kick Front 4 / Kick Back 4<br>(Arms: Scoop)                            |    |    |    |    |    |    |    | 4x |
| FINISH | Land Wide                                                                                                          |    |    |    |    |    |    |    |    |
| V1     | B1                                                                                                                 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |



# LOWER BODY 2

BURNIN' UP

WAVE 18



|        |                                                                                                                            |    |    |    |    |    |    |    |     |
|--------|----------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | 1 Dumbbell, In Left Hand                                                                                                   |    |    |    |    |    |    |    | 32x |
| Verse  | <b><u>ANGLED ROCKING KARATE B/F 7</u></b><br>On Angle, Rebound Rocking Karate Back/Front 7<br>(Arms: Angled punch & pull)  |    |    |    |    |    |    |    | 2x  |
| Bridge | <b><u>JACK &amp; UPRIGHT ROW</u></b><br>Jack<br>(Arms: Push dumbbell down & return to chest)                               |    |    |    |    |    |    |    | 16x |
| Chorus | <b><u>TIRE RUN 2 / RUN 7 HOLD</u></b><br>Tire Run 2 / Run 7 Hold TVL Side<br>(Arms: Hold dumbbell at chest / Extend Right) |    |    |    |    |    |    |    | 4x  |
| FINISH | Land Wide, Push Dumbbell Front                                                                                             |    |    |    |    |    |    |    |     |
| V1     | B1                                                                                                                         | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4  |



# UPPER BODY 2

STRIKE

WAVE 18



|        |                                                                                                                                                                  |    |    |    |    |    |    |     |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro  | Get Into Grounded Stance, 2 Dumbbell                                                                                                                             |    |    |    |    |    |    |     |
| Verse  | <b><u>JAB 2 / HOOK 2</u></b><br>Grounded – Wide Stance<br>Jab Right 2 / Hook 2<br>(Arms: Extend, bend from shoulder / Aim for midline -<br>Jab Right 2 / Hook 2) |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>TRICEPS / BICEPS</u></b><br>Grounded – Wide Stance<br>(Arms: Extend, then bend)                                                                            |    |    |    |    |    |    | 16x |
| Bridge | <b><u>BARREL ROLL 32 / REVERSE 32</u></b><br>Grounded Lunge<br>(Arms: Roll forward / Roll backward – white water)                                                |    |    |    |    |    |    | 2x  |
| FINISH | Stand Tall, Punch Front                                                                                                                                          |    |    |    |    |    |    |     |
| V1     | C1                                                                                                                                                               | B1 | V2 | C2 | B2 | V3 | C3 | B3  |



# CORE 2

LEVITATING

WAVE 18



|        |                                                                                                                     |    |    |    |    |    |    |    |
|--------|---------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|
| Intro  | 1Dumbbell, Placed Between Knees                                                                                     |    |    |    |    |    |    |    |
| Verse  | <b><u>DOUBLE GLUTE SQUEEZE</u></b><br>Flotation, Push Both Knees Down, Squeeze Glute<br>(Arms: Assist in flotation) |    |    |    |    |    |    | 8x |
| Chorus | <b><u>FIGURE 8s</u></b><br>Flotation, Create Figure 8 With Knees<br>(Arms: Assist in flotation)                     |    |    |    |    |    |    | 8x |
| Bridge | <b><u>REVERSE PLANK LIFT</u></b><br>Flotation, Reverse Plank, Lift Feet & Lower<br>(Arms: Sweep open & close)       |    |    |    |    |    |    | 8x |
| FINISH | Stand Tall, Punch Front                                                                                             |    |    |    |    |    |    |    |
| V1     | C1                                                                                                                  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |



# ACTIVE RECOVERY 2

CASTLE ON THE HILL

WAVE 18



|        |                                                                                                                                   |    |    |    |    |    |    |    |     |
|--------|-----------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | Put Dumbbells Aside, Cross Country                                                                                                |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>ROCK 2 / JACK 2</u></b><br>Rocking Horse 2 / Jack 2<br>(Arms: Push palms front / Push side}                                 |    |    |    |    |    |    |    | 4x  |
| Bridge | <b><u>CROSS COUNTRY 7 / 180 TURN</u></b><br>Cross Country 7 / 180 Turn To Back Of Pool<br>(Arms: Sweep forward & backward)        |    |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>BARREL JUMP 2 / RUN 7 HOLD</u></b><br>Barrel Jump 2 TVL Side / Run 7 Hold – Outside Foot<br>(Arms: Reach & sweep / Running) |    |    |    |    |    |    |    | 4x  |
| FINISH | Land wide                                                                                                                         |    |    |    |    |    |    |    |     |
| V1     | B1                                                                                                                                | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4  |



# FLEXIBILITY

CRAZY LOVE

WAVE 18



|        |                                                                                                                                        |    |    |    |    |    |    |    |
|--------|----------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|
| Intro  | Finger Pushes                                                                                                                          |    |    |    |    |    |    |    |
| Verse  | <b><u>MOUNTAIN / HAMSTRING / QUAD</u></b><br>Stand / Lift Leg / Sweep Heel To Glute<br>(Arms: Prayer to mountain / Open chest / Clasp) |    |    |    |    |    |    | 2x |
| Chorus | <b><u>WARRIOR 2</u></b><br>Alternate Warrior 2<br>(Arms: Warrior 2 to heart)                                                           |    |    |    |    |    |    | 2x |
| Bridge | <b><u>GLUTE STRETCH</u></b><br>Figure 4 – Cross Ankle Over Knee<br>(Arms: Eagle or prayer)                                             |    |    |    |    |    |    | 2x |
| FINISH | Land Wide Open Hands                                                                                                                   |    |    |    |    |    |    |    |
| V1     | C1                                                                                                                                     | B1 | V2 | C2 | B2 | V3 | C3 | B3 |