

1 WARM UP OLD TIME ROCK & ROLL WAVE 19 waterinmotion STRENGTH										
Intro	Jog									16x
Verse	ANGLED ROCKING HORSE 4 / RUN 16 Angled Rocking Horse 4 / Run 16 (Arms: Disco roll / Running)									2x
Chorus	JACK KNEE UP Rebound Jack Knee Up (Arms: Reach under knee)									16x
Bridge	TWIST 4 / MOGUL 4 Rebound Twist 4 / Rebound Mogul 4 (Arms: Slice on the twist / Paddle on the Mogul)									4x
FINISH	Land wide, Guitar Solo									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2 LOWER BODY 1 WALKING ON BROKEN GLASS WAVE 19 waterinmotion STRENGTH										
Intro	2 Dumbbells, In Each Hand									
Verse	SOCCER KICKS Alternate Soccer Kicks (Arms: Hold in diagonal position under water)									16x
Chorus	WIDE SUSPENDED RUN In Suspended Position, Wide Run (Arms: Hold at shoulders or under armpits)									64x
Bridge	SYNCPATED JACKS Neutral Jacks – Out, In, Out, In, Out, In (Arms: Bend elbows, hold at surface)									16x
FINISH	Touch Down & Stand									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3 UPPER BODY 1 TURBULENCE WAVE 19 waterinmotion STRENGTH										
Intro	2 Dumbbells, In Hands									
Verse	L SQUEEZE (Rear Delt & Lat) 8 Grounded Stance (Arms: Right hand front, Left hand side – squeeze to torso & push out)									16x
Chorus	STIR THE POT Grounded Stance (Arms: Alternate stirring motion)									64x
Bridge	BICEPS & TRICEPS Grounded Lunge (Arms: Double biceps squeeze & triceps press)									16x
Finish	Stand Tall & Release Hands									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

4 CORE 1 TRAGEDY WAVE 19 waterinmotion STRENGTH										
Intro	2 Dumbbells, In Hands									
Verse	ANGLED ROLLS 16 / STANDING CRUNCH 4 Grounded, Dumbbells Rolls 16 / Standing Crunch 4 (Arms: Alternate dumbbell rolls – back arm starts first / Put dumbbells together, roll to legs)									2x
Bridge	SIDE BEND 8 / DOUBLE SIDE BEND 8 Grounded, Side Bend 8 / Double Side Bend 8 (Arms: Elbows Straight, push dumbbell down side)									2x
Chorus	PIKE 8 / DOUBLE HEEL BACK 8 Neutral, Pike 8 / Heels Slide Behind – Double Heel Lift To Glutes 8 (Arms: Sweep dumbbells toward feet / Extend dumbbells from shoulders)									16x
FINISH	Stand Tall & Relax									
V1	B1	C1	V2	B2	C2	V3	B3	C3		

5 ACTIVE RECOVERY 1 NIGHT FEVER WAVE 19 waterinmotion STRENGTH										
Intro	Put Dumbbells Aside									16x
Verse	KARATE SIDE 2 / LEG LIFT SIDE Alternate Rebound Karate kick side 2 / Grounded Leg Lift Side (Arms: Fists / Side sweep)									8x
Bridge	KICK FRONT 16 / PENDULUM 16 Alternate Rebound Front Kick 16 / Pendulum 16 (Arms: Breaststroke / Sweep)									1x
Chorus	ROCK 2 / KARATE BACK 4 Rocking Horse 2 / Alternate Karate Kick Back 4 (Arms: Push & pull / Fists)									4x
FINISH	Land wide									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

6 LOWER BODY 2 CAN'T REMEMBER TO FORGET WAVE 19 waterinmotion STRENGTH										
Intro	2 Dumbbells, In Hands									
Verse	TUCK 4 / MOGUL 8 Tuck Jump 4 / Neutral Mogul 8 (Arms: Push down side / Extend dumbbells from side)									4x
Chorus	BOW JACK Alternate Rebound Bow Jack (Arms: Simulate shooting a bow)									16x
Bridge	INSTEP SWEEP Neutral, Alternate Instep Sweep – Option To Go Fast (Arms: Sweep to opposite heel)									32x
FINISH	Bow & Arrow Pose									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

7 UPPER BODY 2 WRECKING BALL WAVE 19 waterinmotion STRENGTH										
Intro	2 Dumbbells, In Hands									
Verse	TRICEPS PRESS DOWN Flotation, In Seated Position (Arms: Position dumbbells at hips, double triceps press)									16x
Chorus	LAT PRESS DOWN Flotation, In Seated Position (Arms: Alternate lateral press down – straight elbows)									8x
Bridge	EXTERNAL INTERNAL ROTATIONS Grounded Position, Stand Tall (Arms: Open dumbbells – elbows to ribs, then close dumbbells)									16x
Finish	Stand Tall – Punch Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

8 CORE 2 ONLY HUMAN WAVE 19 waterinmotion STRENGTH										
Intro	1 Dumbbell, In Front Of Chest									
Verse	ROUNDHOUSE ROTATION 8 Lift Knee Side, Sweep Knee Forward & Backward (Arms: Sweep dumbbell toward ankle & back to chest)									2x
Bridge	DUMBBELL TUCK Tuck (Arms: Sweep dumbbell under BOTH knees – option to sweep under 1 knee)									16x
Chorus	HEEL TOUCH BEHIND 8 Grounded Stance – Alternate Heel Lift (Arms: Touch Right heel 8 – switch hands – touch left heel)									16x
FINISH	Relax Arms									
V1	B1	C1	V2	B2	C2	V3	B3	C3		

9 ACTIVE RECOVERY 2 GONNA PARTY WAVE 19 waterinmotion STRENGTH										
Intro	Put Dumbbells Aside									
Verse	CROSS COUNTRY 4 / ANGLED PENDULUM 4 Cross Country 4 / Angled Pendulum 4 (Arms: Paddle / Sweep across chest)									4x
Chorus	SKATE 4 / PARTY HEELS 4 Skate 4 / Rebound Jump 4 – Alternate Heel Touch Front & Back (Arms: Sweep / Touch heel front & back)									4x
Bridge	RUN CIRCLE 16 Run & Circle Right 16 (Arms: Running)									4x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

10 FLEXIBILITY SUNSHINE REGGAE WAVE 19 waterinmotion STRENGTH										
Intro	Lunge & Sway									
Verse	BOWLER LUNGE Bowler Lunge / Cross Leg Behind (2) (Arms : External shoulder rotation / Reach up & down)									2x
Chorus	CALF STRETCH / HAMSTRING STRETCH Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch, Point, Flex & Lower Heel (Arms: Circle overhead / Reach under leg)									2x
Bridge	LUNGE & SWAY SSD Lunge & Sway Single Single Double (Arms: Sweep right/left single single double)									4x
FINISH	Sunshine Arms									
V1	C1	B1	V2	C2	B2	V3	C3	B3		