



# WARM UP

RUNNING ON EMPTY

WAVE 20



|        |  |     |
|--------|--|-----|
| Intro  | Run  | 16x |
| Verse  | <b>'CHARIOTS OF FIRE' JOG HEEL / WIDE</b><br>Chariot's of Fire Jog Heel 8, Jog Wide x8<br>(Arms: Reach Open Hand, Slice wide elbows) | 1x  |
| Chorus | <b>RUNNING ON</b><br>Run 8 Turning 4x, Jump Rope 8, Twist 8<br>(Arms: Fists, Paddle)   | 1x  |
| Bridge | <b>JACK 4 / DBL JACK 2</b><br>Jumping Jack 4, Double Jumping Jack 2<br>(Arms: Slice, Paddle)   | 2x  |
| Finish | Land Wide  |     |
| V1     | C1   | B1  |
| V2     | C2   | B2  |
| V3     | C3   | B3  |
|        |  | C4  |



# LOWER BODY 1

MEANT TO BE

WAVE 20



|        |   |    |
|--------|---|----|
| Intro  | 2 Aqua Dumbbells  |    |
| Verse  | <b>KARATE TRAVEL</b><br>Karate B 8 TVL F / Frog Kick 4 TVL B<br>(Arms: DBLs F / DBLs push down) | 2x |
| Chorus | <b>QUAD KICKS</b><br>DBL Neutral Quad Kick, Single Neutral Quad Kick<br>(Arms: DBLs push down)  | 8x |
| Bridge | <b>JACKS</b><br>Neutral Jack 2, Speed Jack 4<br>(Arms: DBLs at surface)                         | 4x |
| Finish | Stand Neutral   |    |
| V1     | C1  | B1 |
| V2     | C2  | B2 |
| V3     | C3  | B3 |
|        |   | C4 |

# 3

## UPPER BODY 1

FAITH

WAVE 20



|        |   |    |    |    |    |    |    |    |    |     |
|--------|---|----|----|----|----|----|----|----|----|-----|
| Intro  | 2 Dbls  |    |    |    |    |    |    |    |    |     |
| Verse  | <b>JACK</b><br>Rebound Jack<br>(Arms: Out, ½ bicep curl)  |    |    |    |    |    |    |    |    | 16x |
| Chorus | <b>ROW &amp; BOW</b><br>Split Stance<br>(Arms: Row, Sweep 8 )   |    |    |    |    |    |    |    |    | 2x  |
| Bridge | <b>BICYCLE ARMS</b><br>Wide Stance<br>(Arms: Bicycle forward 8, wide 8, reverse bicycle 8, forward 8) |    |    |    |    |    |    |    |    | 1x  |
| Finish | Push DBLs wide  |    |    |    |    |    |    |    |    |     |
| V1     | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |     |

# 4

## CORE 1

HEARTBREAK ANTHEM

WAVE 20



|        |   |    |    |    |    |    |    |    |  |    |
|--------|---|----|----|----|----|----|----|----|--|----|
| Intro  | 2 DBLs, Toes to back  |    |    |    |    |    |    |    |  |    |
| Verse  | <b>CIRCLE, TUCK</b><br>Circle front, Tuck, Tap back<br>(Arms: Wide)                               |    |    |    |    |    |    |    |  | 8x |
| Chorus | <b>CROSS MOUNTAIN CLIMBER</b><br>Neutral Plank - knee to opposite hand 8<br>(Arms: Reach to knee) |    |    |    |    |    |    |    |  | 2x |
| Bridge | <b>SIDE BEND</b><br>Anchored<br>(Arms: Lateral Flexion 8)   |    |    |    |    |    |    |    |  | 2x |
| Finish | Push Front  |    |    |    |    |    |    |    |  |    |
| V1     | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |  |    |

# 5

## ACTIVE RECOVERY 1

WHIP IT WAVE 20



|        |  |    |    |    |    |    |    |    |    |    |
|--------|--|----|----|----|----|----|----|----|----|----|
| Intro  | Set DBLs to side   |    |    |    |    |    |    |    |    |    |
| Verse  | <b>SHUFFLE 8</b><br>Shuffle 8, CC 4<br>(Arms: Fists, reach)                                |    |    |    |    |    |    |    |    | 4x |
| Chorus | <b>HOPSCOTCH</b><br>Jack Hopscotch 2, Jack Hopscotch BFB<br>(Arms: Reach to opposite heel) |    |    |    |    |    |    |    |    | 4x |
| Bridge | <b>PENDULUM</b><br>Pendulum 3, Side Karate 1<br>(Arms: Sweep in opposition, fists)         |    |    |    |    |    |    |    |    | 8x |
| Finish | Land Wide  |    |    |    |    |    |    |    |    |    |
| V1     | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 | B4 |    |

# 6

## LOWER BODY 2

LOOK WHAT YOU MADE ME DO WAVE 20



|        |   |    |    |    |    |    |    |    |    |    |
|--------|---|----|----|----|----|----|----|----|----|----|
| Intro  | 1 Dbl   |    |    |    |    |    |    |    |    |    |
| Verse  | <b>HIP ROTATION</b><br>Hip Rotation (in, out) 4, TVL 2nd Position Plié 4<br>(Arms: Hold Dbl at surface) |    |    |    |    |    |    |    |    | 4x |
| Chorus | <b>KICK &amp; CURL</b><br>Wide Kick, Passé x8<br>(Arms: Dbl in one hand)                                |    |    |    |    |    |    |    |    | 2x |
| Bridge | <b>KICK BACK</b><br>Kick B, Angle, B, Rebound Kick Back 2<br>(Arms: Hold Dbl at surface)                |    |    |    |    |    |    |    |    | 4x |
| Finish | Relax fingers   |    |    |    |    |    |    |    |    |    |
| V1     | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 | B4 |    |



# UPPER BODY 2

RIDE

WAVE 20



|        |   |    |    |    |    |    |    |    |    |
|--------|---|----|----|----|----|----|----|----|----|
| Intro  | 1 DBL   |    |    |    |    |    |    |    |    |
| Verse  | <b>DIAGONAL FLY</b><br>Anchored - turn to side<br>(Arms: Diagonal Fly 8 - float, pull down) |    |    |    |    |    |    |    | 2x |
| Chorus | <b>CIRCLE DOWN</b><br>Anchored - turn to side<br>(Arms: Circle down 7)                      |    |    |    |    |    |    |    | 2x |
| Bridge | <b>SWEEP BACK</b><br>Anchored - turn to side<br>(Arms: Palm up sweep B, curl, push F 4)     |    |    |    |    |    |    |    | 2x |
| Finish | Push DBL front  |    |    |    |    |    |    |    |    |
| V1     | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |    |



# CORE 2

RUNAWAY TRAIN

WAVE 20



|        |   |    |    |    |    |    |    |    |     |
|--------|---|----|----|----|----|----|----|----|-----|
| Intro  | 1 Dbl   |    |    |    |    |    |    |    |     |
| Verse  | <b>TUCK MOGUL</b><br>Tuck Mogul<br>(Arms: Dbl at surface)                           |    |    |    |    |    |    |    | 16x |
| Chorus | <b>WOODCHOP</b><br>Split Stance<br>(Arms: Woodchop past hip 8)                      |    |    |    |    |    |    |    | 2x  |
| Bridge | <b>PIKE TRAVEL</b><br>Pike TVL B 4, Tuck TVL F 4<br>(Arms: Sweep down F 4, Scoop 4) |    |    |    |    |    |    |    | 2x  |
| Finish | Push DBL front  |    |    |    |    |    |    |    |     |
| V1     | C1  | B1 | V2 | C2 | B2 | V3 | C3 | B3 |     |

# 9

## ACTIVE RECOVERY 2 LIONHEART WAVE 20



|        |  |    |    |    |    |    |    |    |    |    |
|--------|--|----|----|----|----|----|----|----|----|----|
| Intro  | Set Dbl to side  |    |    |    |    |    |    |    |    |    |
| Verse  | <b>LEG SWING</b><br>Leg Swing 8<br>(Arms: Reach)   |    |    |    |    |    |    |    |    | 2x |
| Chorus | <b>RUN</b><br>Run 8, Rocket Jack 4<br>(Arms: Fists, sides)   |    |    |    |    |    |    |    |    | 4x |
| Bridge | <b>CROSS COUNTRY / JACK COMBO</b><br>CC 8, Jack 4, Neutral CC/Jack alternating 8<br>(Arms: Reach, sides, hold hands) |    |    |    |    |    |    |    |    | 1x |
| Finish | Land Wide  |    |    |    |    |    |    |    |    |    |
| V1     | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |    |

# 10

## FLEXIBILITY SIGNED, SEALED, DELIVERED WAVE 20



|        |  |    |    |    |    |    |    |    |  |    |
|--------|--|----|----|----|----|----|----|----|--|----|
| Intro  | Shoulder Rolls   |    |    |    |    |    |    |    |  |    |
| Verse  | <b>CALF STRETCH - SIGNED, SEALED, DELIVERED</b><br>Calf Stretch<br>(Arms: Reach front, sweep open, Front 2, chest 2, open) |    |    |    |    |    |    |    |  | 2x |
| Chorus | <b>QUAD / DANCER</b><br>Quad Stretch, Dancers pose<br>(Arms: Hand over knee to foot, Reach front)                          |    |    |    |    |    |    |    |  | 2x |
| Bridge | <b>FIGURE 4/ HAMSTRING</b><br>Figure 4 / Hamstring<br>(Arms: Scull down, Hold leg)   |    |    |    |    |    |    |    |  | 2x |
| Finish | Feet Wide  |    |    |    |    |    |    |    |  |    |
| V1     | C1   | B1 | V2 | C2 | B2 | V3 | C3 | B3 |  |    |