

1 WARM UP		RUNNING ON EMPTY		WAVE 20		water@motion STRENGTH			
Intro	Run							16x	
Verse	'CHARIOTS OF FIRE' JOG HEEL / WIDE Chariot's of Fire Jog Heel 8, Jog Wide x8 (Arms: Reach Open Hand, Slice wide elbows)							1x	
Chorus	RUNNING ON Run 8 Turning 4x, Jump Rope 8, Twist 8 (Arms: Fists, Paddle)							1x	
Bridge	JACK 4 / DBL JACK 2 Jumping Jack 4, Double Jumping Jack 2 (Arms: Slice, Paddle)							2x	
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LOWER BODY 1		MEANT TO BE		WAVE 20		water@motion STRENGTH			
Intro	2 Aqua Dumbbells								
Verse	KARATE TRAVEL Karate B 8 TVL F / Frog Kick 4 TVL B (Arms: DBLs F / DBLs push down)							2x	
Chorus	QUAD KICKS DBL Neutral Quad Kick, Single Neutral Quad Kick (Arms: DBLs push down)							8x	
Bridge	JACKS Neutral Jack 2, Speed Jack 4 (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		water@motion STRENGTH			
Intro	2 Dbls								
Verse	JACK Rebound Jack (Arms: Out, ½ bicep curl)							16x	
Chorus	ROW & BOW Split Stance (Arms: Row, Sweep 8)							2x	
Bridge	BICYCLE ARMS Wide Stance (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		water@motion STRENGTH			
Intro	2 DBLs, Toes to back								
Verse	CIRCLE, TUCK Circle front, Tuck, Tap back (Arms: Wide)							8x	
Chorus	CROSS MOUNTAIN CLIMBER Neutral Plank - knee to opposite hand 8 (Arms: Reach to knee)							2x	
Bridge	SIDE BEND Anchored (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		water@motion STRENGTH			
Intro	Set DBLs to side								
Verse	SHUFFLE 8 Shuffle 8, CC 4 (Arms: Fists, reach)							4x	
Chorus	HOPSCOTCH Jack Hopscotch 2, Jack Hopscotch BFB (Arms: Reach to opposite heel)							4x	
Bridge	PENDULUM Pendulum 3, Side Karate 1 (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		water@motion STRENGTH			
Intro	1 Dbl								
Verse	HIP ROTATION Hip Rotation (in, out) 4, TVL 2nd Position Plié 4 (Arms: Hold Dbl at surface)							4x	
Chorus	KICK & CURL Wide Kick, Passé x8 (Arms: Dbl in one hand)							2x	
Bridge	KICK BACK Kick B, Angle, B, Rebound Kick Back 2 (Arms: Hold Dbl at surface)							4x	
Finish	Relax fingers								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

7 UPPER BODY 2		RIDE		WAVE 20		water@motion STRENGTH			
Intro	1 DBL								
Verse	DIAGONAL FLY Anchored - turn to side (Arms: Diagonal Fly 8 - float, pull down)							2x	
Chorus	CIRCLE DOWN Anchored - turn to side (Arms: Circle down 7)							2x	
Bridge	SWEEP BACK Anchored - turn to side (Arms: Palm up sweep B, curl, push F 4)							2x	
Finish	Push DBL front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

8 CORE 2		RUNAWAY TRAIN		WAVE 20		water@motion STRENGTH			
Intro	1 Dbl								
Verse	TUCK MOGUL Tuck Mogul (Arms: Dbl at surface)							16x	
Chorus	WOODCHOP Split Stance (Arms: Woodchop past hip 8)							2x	
Bridge	PIKE TRAVEL Pike TVL B 4, Tuck TVL F 4 (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	LEG SWING Leg Swing 8 (Arms: Reach)									2x
Chorus	RUN Run 8, Rocket Jack 4 (Arms: Fists, sides)									4x
Bridge	CROSS COUNTRY / JACK COMBO CC 8, Jack 4, Neutral CC/Jack alternating 8 (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	CALF STRETCH - SIGNED, SEALED, DELIVERED Calf Stretch (Arms: Reach front, sweep open, Front 2, chest 2, open)									2x
Chorus	QUAD / DANCER Quad Stretch, Dancers pose (Arms: Hand over knee to foot, Reach front)									2x
Bridge	FIGURE 4/ HAMSTRING Figure 4 / Hamstring (Arms: Scull down, Hold leg)									2x
Finish	Feet Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3		