

1 WARM UP		WAVE 21		water@motion STRENGTH					
BELIEVE									
Intro	Jog			16x					
Verse	<b>FLICK KICK / JOG HEEL</b> Flick Kick 4, Jog Heel 4 (Arms: Scoop 4, Slice 2)			4x					
Chorus	<b>JACK 2 &amp; RUN 8</b> Jumping Jack 2, Run 8 (Arms: Open fingers wide, Fist)			4x					
Bridge	<b>ANGLE ROCKING HORSE</b> Angled Rocking Horse 4 (Arms: Figure 8)			4x					
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LOWER BODY 1		WAVE 21		water@motion STRENGTH					
DANZA KUDRO									
Intro	1 Aqua Dumbbell								
Verse	<b>DBL WIDE KICK</b> Dbl Leg Wide Kick 4, Run Heel 16 (Arms: DBL push down, DBL front)			2x					
Chorus	<b>SINGLE LEG KARATE BACK</b> Single Leg Karate Back, Tuck 8 (Arms: DBL push front)			2x					
Bridge	<b>QUAD KICKS</b> Alt Neutral Quad Kick 8, Single Leg Quad Kick 4 (Arms: DBL front)			4x					
Finish	Push front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 UPPER BODY 1		WAVE 21		water@motion STRENGTH					
LOVE MYSELF									
Intro	1 Aqua Dumbbell								
Verse	<b>LAT PULL</b> Anchored (Arms: Single arm lat pull 8)			2x					
Chorus	<b>PUNCH</b> Split Stance (Arms: Single arm punch, pull, double punch 8)			2x					
Bridge	<b>TRICEP PRESS</b> Wide Stance (Arms: Double arm tricep press - slow, quick, quick)			8x					
Finish	Push Dumbbell Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

4 CORE 1		WAVE 21		water@motion STRENGTH					
PERM									
Intro	1 Aqua Dumbbell								
Verse	<b>FRONT CRUNCH</b> Alternating Wide Knee Tuck, Upper Body Crunch (Arms: Push DBL to feet, Push DBL down)			8x					
Chorus	<b>INSTEP SWEEP</b> Anchored Wide Feet - Heel Sweep F 8 (Arms: DBL to opposite heel)			2x					
Bridge	<b>FIGURE 8</b> Anchored (Arms: Figure 8 - quick, quick slow)			8x					
Finish	Push Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

5 ACTIVE RECOVERY 1		WAVE 21		water@motion STRENGTH					
RUN TO YOU									
Intro	Set DBL to side								
Verse	<b>COMBO</b> CC 4, Jump Rope 2, Jack 1 (Arms: Reach, paddle, jack)			4x					
Chorus	<b>RUN CHAOS</b> Run (Arms: Fists)			32x					
Bridge	<b>LEAP SIDE</b> Leap Side 4 (Arms: Reach & pull)			4x					
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 LOWER BODY 2		WAVE 21		water@motion STRENGTH					
LUCKY STRIKE									
Intro	2 Aqua Dumbbells								
Verse	<b>DBL HAMSTRING CURL</b> Double Hamstring Curl 2, Karate Side 4 (Arms: Push DBLs down, Hold DBLs at chest)			4x					
Chorus	<b>POWER CROSS COUNTRY</b> Neutral Power Cross Country (Arms: DBLs wide at surface)			16x					
Bridge	<b>BICYCLE TRAVEL</b> Bicycle Travel F 8, Kick F Travel B 8 (Arms: Push DBLs down, DBLs front at surface)			2x					
Finish	DBLs push front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

7 UPPER BODY 2		WAVE 21		water@motion STRENGTH					
I NEED HELP									
Intro	2 Aqua Dumbbells								
Verse	<b>HOPSCOTCH</b> Jack Hopscotch (Arms: Reach behind to opp foot)			8x					
Chorus	<b>PUSHUP</b> Neutral Plank (Arms: Pushup slow, quick, quick)			8x					
Bridge	<b>TRICEP PRESS</b> Alternating Tuck, Anchored (Arms: Tricep press)			8x					
Finish	Push DBLs front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

8 CORE 2		WAVE 21		water@motion STRENGTH					
DIE YOUNG									
Intro	2 Aqua Dumbbells under arms								
Verse	<b>TRIPLE TUCK</b> Tuck 3, Stand (Arms: Dbls under arms)			8x					
Chorus	<b>DIAMOND HULA HOOP</b> Rotating Diamond Hip Circle (Arms: Dbls under arms)			8x					
Bridge	<b>TUCK &amp; SHOOT</b> Tuck, Shoot, Tuck, Stand (Arms: Dbls under arms)			8x					
Finish	Push DBL front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

**9 ACTIVE RECOVERY 2**  
SO MANY MEN WAVE 21



Intro	Set Dbls to side									
Verse	<b>KICK AROUND THE WORLD</b> Kick Front 4, Wide 4, Pendulum 4, Back 4 (Arms: Reach F, Arms wide, Sweep in opposition, Push F)									2x
Chorus	<b>FOUR CORNERS</b> Jog Heel 8, ¼ turn (Arms: Breaststroke)									4x
Bridge	<b>JACK COUNTDOWN</b> Jack 4, Tuck Jump 8 (Arms: Jack, Push down)									2x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

**10 FLEXIBILITY**  
SCARS TO YOUR BEAUTIFUL WAVE 21



Intro	Shoulder Rolls									
Verse	<b>HEEL 2 &amp; HAMSTRING</b> Heel Front - Push Hips Back, Hamstring Point/Flex (Arms: Press hands front 2, hold leg)									2x
Chorus	<b>FIGURE 4 / ROTATE</b> Figure 4 (Arms: Scoop 4, torso rotation)									2x
Bridge	<b>STAR TO REVERSE</b> Star pose, Reverse warrior (Arms: Open, Reach up)									2x
Finish	Feet Wide, arms overhead									
V1	C1	B1	V2	C2	B2	V3	C3	B3		