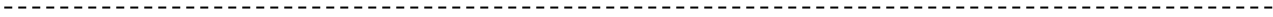


Track 1	WARMUP All Over the World								
Intro	Jog Heel								16x
Verse	SKATER Skater x8, Moguls x8 (Arms: Reach side L/R, sweep in to chest)								2x
Chorus	HEEL STRIKE AROUND Karate kick FSBS, Repeat L (Arms: In Karate fists)								4x
Bridge	JOG RUN RUN Jog x1, slight TVL side, Run x2, Repeat L								16x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LOWER BODY 1 Same Old Love								
Intro	2 aqua dumbbells, at chest								
Verse	TARGET KICKS ALT Kick F Punch aqua dumbbell to OPP foot								32x
Chorus	KARATE BACK REPEATER Karate kick B x16, punch F, Repeat L								1x
Bridge	TUCK & TURN Tuck jump x4, ¼ R, Tuck jump x4, ¼ turn L Tuck jump x4, ¼ turn L, Tuck jump x4, ¼ turn R								1x
FINISH	Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3		WARM-UP Deeper Love								
Intro		2 aqua dumbbells								
Verse		ROW & BOW Lunge L, Bow & arrow arms R x8 Repeat L								1x
Chorus		LAT TUCK Jack Tuck x16 (Arms: Lateral pulldown under the hamstrings)								16x
Bridge		JOG & ROTATE Jog X32 Bend elbows & ALT row, torso rotation								32x
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 4		CORE 1 Get Down On It								
Intro		Wide plank position, aqua dumbbells in hands								4x
Verse		MOUNTAIN CLIMBER CROSS Neutral wide ALT mountain climb to OPP aqua dumbbell								16x
Chorus		GET DOWN CRUNCH Standing side crunch, R knee lift, push aqua dumbbell down Repeat L								1x
Bridge		PLANK SWEEP Anchored plank, Sweep aqua dumbbells B/F								16x
FINISH		Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 5	LOWER BODY 2 Only Love								
Intro	2 aqua dumbbells, at shoulders								
Verse	POWER Vs Neutral power V kicks, dumbbells at shoulders								16x
Chorus	CROSS COUNTRY SLIDE Neutral CC x7, slide together, dumbbells F Repeat LRL								2x
Bridge	KARATE KICK FRONT BACK Karate kick F/B x2 R, karate kick F/B x2 L Arms DBL punch front and down								4x
FINISH	Land wide, relax hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6	UPPER BODY 2 Levels								
Intro	2 aqua dumbbells, lower to neutral								
Verse	TRIPLE TRI PRESS Triceps press x3, up x1, (x4), R heel F Repeat L								1x
Chorus	LUNGE & FRONT RAISE Lunge L, sweep R arm down x8 Repeat L								1x
Bridge	BICEPS/TRICEPS SWEEP Neutral wide stance ALT Biceps/triceps at shoulder level								32x
FINISH	Stand wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 7	CORE 2 Don't Be So Hard On Yourself							
Intro	1 aqua dumbbell, position between thighs							
Verse	FLOATING CHAIR Floating chair, ALT lean R to L							16x
Chorus	REVERSE TUCK Tuck/touch toes behind x8							1x
Bridge	TOUCH MOGULS Touch down mogul/tuck							16x
FINISH	Tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	FLEXIBILITY TRAINING When We Were Young							
Intro	Open and close arms							
Verse	QUAD STRETCH Quad stretch, lift arm Warrior 3, reach arms F Repeat other side							1x
Chorus	HAMSTRING & ROTATE Hamstring stretch, rotate hip out and in x2 Repeat other side							1x
Bridge	MOUNTAIN POSE Sweep arms up, then muscle arms, calf stretch L, twist R Repeat other side							1x
FINISH	Heart center							
V1	C1	B1	V2	C2	B2	V3	C3	B3