

water *in* motion[®]

STRENGTH

**STAY
STRONG**

wave **5**

WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45 minute workout using aqua dumbbells. Use the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME	BPM
1	Uptight	Stevie Wonder	Warm Up	4:54	140
2	Blow	Ke\$Ha	Lower Body 1	5:04	136
3	Ain't Nobody	Rufus And Chaka Khan, Felix Jaehn Ft Jasmine Thompson	Upper Body 1	4:41	132
4	I Lived	OneRepublic	Core 1	4:45	132
5	I'm On A Roll	Stefano Ft New Boyz And Rock Mafia	Lower Body 2	4:56	140
6	What Is Love	Haddaway	Upper Body 2	4:57	140
7	Drag Me Down	One Direction	Core 2	4:57	140
8	Fight Song	Rachel Platten	Flexibility	3:57	n/a

*Songs not performed by the original artist



Choreographer: Cheri Kulp

Education Author: Sara Kooperman

Education Presenter: Sara Kooperman

Music: Yes! Fitness Music®

Presenters: Cheri Kulp
Mac Carvalho

Support Team: Adam Buttacavoli
Mike Leber
Carter Anderson

Eight diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of and are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class— we leave you with room to focus on your students!

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Produced exclusively for Water in Motion® by Yes! Fitness Music

Abbreviation Key

****Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP Opposite

B Back

ALT Alternating

DBL Double

CC Cross Country

SSD Single – Single – Double

L Left

TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge





WATERinMOTION® Strength takes advantage of the aqua environment to build muscular endurance, power and overall tone in a 45 minute workout using aqua dumbbells. WATERinMOTION® Strength uses the unique properties of water to build lean muscle through the creative use of drag, resistance, and buoyancy. Water minimizes the strain of gravity on the joints and ligaments to prevent overuse on the muscles while enhancing recovery time and improving flexibility and power. Experience WATERinMOTION® Strength's unique choreographed formula to keep your training fresh, new, and challenging.

Refreshing member experience every three months through our Wautoship program, WATERinMOTION® Strength provides new choreography, new music, and new marketing to inspire this growing fitness community.

- Cardiovascular health
- Strength
- Endurance
- Range of motion
- Balance
- Coordination
- Flexibility

Take the guess-work out of your aqua classes with this program that has a combined educational background of over 100 years of field experience and educational leadership.

Choreography Notes

Track # 1
 Track Focus Warm up
 Track Length 4:54
 Song Title Uptight
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	JJ	16	R		
0:14	Verse 1	4 x 8	SINGLE LEG JACKS JJ R leg x1, JJ L leg x1 JJ x8, rebound	2	R	I'm a poor man's son	MOVE Start with a right side jack, then left, now both
0:42	Chorus 1	1 x 8	JOG & JOG HEEL Jog x4, Jog heel x4	1	R	It's alright, so brand	4 Jogs, 4 Jog heels
		1 x 8	Run x8, Run heel x8	1	R	Baby, everything is	Now speed up
		1 x 8	Jog x4, Jog heel x8	1	R	Baby, everything is	Short levers on the knees
		1 x 8	Run x8, Run heel x8	1	R	Baby, everything is	Can you lift your heels to you glutes?
1:09	Bridge 1	4 x 8	ALT SOCCER KICKS Soccer kick R x1, Soccer kick L x1	16	R	Instrumental	Heel and kick through
1:37	Verse 2	4 x 8	SINGLE LEG JACKS	1	RL	She's a pearl of a	MUSCLE Hello adductor and abductors
2:04	Chorus 2	4 x 8	JOG & JOG HEEL	1	RL	It's alright	Time to warmup the hamstrings
2:32	Bridge 2	4 x 8	ALT SOCCER KICKS	1	RL	Instrumental	Now the quads
2:59	Verse 3	4 x 8	SINGLE LEG JACKS	1	RL	He's a poor man's	MOTIVATION Give me more
3:27	Chorus 3	4 x 8	JOG & JOG HEEL	1	RL	It's alright	Water speed vs. land speed
3:54	Bridge 3	4 x 8	ALT SOCCER KICKS	1	RL	Instrumental	
4:22	Chorus 4	4 x 8	JOG & JOG HEEL	1	RL	It's alright	We are ready to work!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Lots of short lever movements and soccer kicks in this warmup will prepare your class for the great work ahead in Track 2

Choreography Notes

Track # 2
 Equipment 2 Aqua Dumbbells
 Track Focus Lower Body 1
 Track Length 5:04
 Song Title Blow
 BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	2 Aqua dumbbells, easy jog	16	R		
0:16	Verse 1	4 x 8	ROCK 'N SOCCER ALT Rocking horse x1, Soccer kick x1 (Arms: Push F, hold on Soccer kick)	8	RL	Back door cracked we	MOVE One Rocking horse, one Soccer kick
0:44	Chorus 1	4 x 8	JUMP & TUCK Small jumps x2, big tuck x1 (Arms: Push dumbbells F, then O/H on tuck)	8		This place about to blow	2 Small jumps, now one big, arms out of the water
1:12	Bridge 1	4 x 8	SPEED SHUFFLE Fast shuffles (Arms: ALT small punches)	32	R	Go insane go insane	Fast shuffles
1:40	Verse 2	4 x 8	ROCK 'N SOCCER	1	RL	New what we're taking	MUSCLE Feel your glutes, hamstrings, and quads
2:08	Chorus 2	4 x 8	JUMP & TUCK	1		This place about to	Heart rate is high
2:37	Bridge 2	4 x 8	SPEED SHUFFLE	1	R	Go insane	Keep punching
3:05	Verse 3	4 x 8	ROCK 'N SOCCER	1	RL	Back door cracked we	MOTIVATION Let the crazy out
3:33	Chorus 3	4 x 8	JUMP & TUCK	1		This place about to	Let's blow this up!
4:01	Bridge 3	4 x 8	SPEED SHUFFLE	1	R	Go insane go insane	Can you get all 32?
4:30	Chorus 4	4 x 8	JUMP & TUCK	1		This place about	Power your glutes!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Use the great lyrics in this track to motivate your class to explode out of the water and be powerful. Be mindful of your voice levels to create the intensity and then recovery.

Choreography Notes

Track # 3
 Equipment 2 Aqua Dumbbells
 Track Focus Upper Body 1
 Track Length 4:41
 Song Title Ain't Nobody
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	2 Aqua dumbbells, in hands				
0:15	Verse 1	4 x 8	TRICEPS PRESS Neutral stance (Arms: DBL press down x8, ALT x16)	1	R	Captured effortlessly	MOVE Straighten and bend elbows to hit your triceps
0:45	Chorus 1	2 x 8	ROCKIN' LATS R leg crosses L, slight rock (Arms: Lat pulldown w/bent elbow)	8	R	Ain't nobody loves	Cross your leg and pull arm down
		2 x 8	ROCKIN' LATS L leg crosses R, slight rock (Arms: Lat pulldown w/bent elbow)	8	L	Ain't nobody loves	Switch sides
1:13	Bridge 1	4 x 8	RUNNING ARMS Lunge R x16, Lunge L x16 (Arms: Running arms)	1	R	Instrumental	Lunge and small running motion with arms
1:43	Verse 2	4 x 8	TRICEPS PRESS	1	R	I've been waitin' for	MUSCLE Back of the arms are heating up
2:12	Chorus 2	4 x 8	ROCKIN' LATS	1		Ain't nobody	Move the focus to your lats
2:41	Bridge 2	4 x 8	RUNNING ARMS	1		Instrumental	Now shoulders!
3:10	Verse 3	4 x 8	TRICEPS PRESS	1	R	At first you put your	MOTIVATION Give your body some love
3:39	Chorus 3	4 x 8	ROCKIN' LATS	1		Ain't nobody	Can you pull to your leg?
4:08	Bridge 3	4 x 8	RUNNING	1		Instrumental	Finish this race!
	Finish	1 x 1	Running arms and HOLD				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Remind your class to really engage the core muscles and keep the running arms small and controlled in this track in order to protect the shoulder joint while still feeling the drag effects on the upper body.

Choreography Notes

Track # 4
 Equipment 2 Aqua Dumbbells
 Track Focus Core 1
 Track Length 4:45
 Song Title I Lived
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2 x 8	2 Aqua dumbbells in hands						
0:15	Verse 1	2 x 8	KNEE & TWIST Knee lift R, sweep dumbbell across to knee	8	R	Hope when you take	MOVE Lift knee, sweep dumbbell through the water to your knee		
		2 x 8	Knee lift L, sweep dumbbell across to knee	8	L	Hope when the crowd	Change the lead		
0:44	Chorus 1	4 x 8	SHOOT THROUGH Tuck, shoot legs F, tuck, shoot legs B (Arms: Dumbbells at surface)	8		I, I did it all	Shoot through keeping aqua dumbbells at surface		
1:14	Bridge 1	2 x 8	POSTERIOR PULL Extend R leg B & hold (Arms: Pull to hips 1/3)	4	R	Oh	Pull dumbbells to hips and return to surface slowly		
		2 x 8	POSTERIOR PULL Extend L leg B & hold (Arms: Pull to hips 1/3)	4	L	Oh	Switch sides		
1:43	Verse 2	4 x 8	KNEE & TWIST	1	RL	Hope that you fall	MUSCLE Rotation and obliques		
2:12	Chorus 2	4 x 8	SHOOT THROUGH	1		I, I did it all	Let's use the core muscles to do this		
2:41	Bridge 2	4 x 8	POSTERIOR PULL	1	RL	Oh	Posterior chain		
3:10	Verse 3	4 x 8	KNEE & TWIST	1	RL	Hope that you spend	MOTIVATION Reset tall posture		
3:39	Chorus 3	4 x 8	SHOOT THROUGH	1		I, I did it all	Keep shoulders down		
4:08	Bridge 3	4 x 8	POSTERIOR PULL	1	RL	Oh	Balance challenge!		
	Finish	1 x 1	Land wide						
	V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Encourage your participants to go the distance and fully extend on the shoot throughs.

Choreography Notes

Track # 5
 Equipment 2 Aqua Dumbbells
 Track Focus Lower Body 2
 Track Length 4:56
 Song Title I'm On A Roll
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	2 Aqua dumbbells, position under arms				
0:14	Verse 1	4 x 8	DOUBLE POWER SKI DBL Cross Country ski (floating)	16	RL	I got a fast pass to the front of the line	MOVE feet off the bottom and power ski
0:42	Chorus 1	4 x 8	V-SIT ROLL V-sit x3, barrel roll R x1 V-sit x3, barrel roll L x1	4	RL	I'm on a roll, I'm hittin' nearly every green	3 V-sit and then roll 360 degrees, repeat
1:10	Bridge 1	4 x 8	JACK & PUSH Neutral jack (Arms: Push both dumbbells F/B)	16		Like it's the best night of my life	Grab the dumbbells, now jack and push
1:37	Verse 2	4 x 8	DOUBLE POWER SKI	1	RL	Life's good, you know	MUSCLE Fire your glutes
2:04	Chorus 2	4 x 8	V-SIT ROLL	1	RL	I'm on a roll	Inner and outer thighs
2:31	Bridge 2	4 x 8	JACK & PUSH	1		Like it's the best night	Use your core to roll
3:00	Verse 3	4 x 8	DOUBLE POWER SKI	1	RL	I'm gonna roll like	MOTIVATION Fully engage your lower body
3:26	Chorus 3	4 x 8	V-SIT ROLL	1	RL	I'm on a roll	We're rolling now
3:54	Bridge 3	4 x 8	JACK & PUSH	1		Like it's the best night	Slide and push, big turbulence
4:21	Chorus 4	4 x 8	V-SIT ROLL	1	RL	I'm on a roll	Nothing can stop me now!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: The fun lyrics in this song will help create a memorable lower body track. For those participants who may not want to roll, give them the option of doing all V-sits during the Chorus block.

Choreography Notes

Track # 6
 Equipment 2 Aqua Dumbbells
 Track Focus Upper Body 2
 Track Length 4:57
 Song Title What Is Love
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	Cross aqua dumbbells and hold	8			
0:16	Verse 1	4 x 8	ROTATING ROW DBL Neutral leg curl x16, toes on bottom (Arms: Rotate L/R, dumbbells in water)	16	R	I don't know why you're not fair	MOVE: Toes on pool bottom and rotate the dumbbells
0:42	Chorus 1	4 x 8	LAT SWEEP Wide stance, grounded (Arms: Lat sweep to OPP leg x8), Switch	1		What is love?	Now ground down and touch OPP instep with dumbbell
1:09	Bridge 1	4 x 8	JUGGLER Run x32 (Arms: Small dumbbell tosses O/H)	8	R	Instrumental	Run and juggle
1:37	Verse 2	4 x 8	ROTATING ROW	1	RL	I don't know	MUSCLE Obliques and stabilizers
2:05	Chorus 2	4 x 8	LAT SWEEP	1		What is love	Lats are working
2:33	Bridge 2	4 x 8	JUGGLER	1	RL	Instrumental	Shoulders and coordination
3:00	Verse 3	4 x 8	ROTATING ROW	1	RL	I don't know	MOTIVATION A little more white water?
3:27	Chorus 3	4 x 8	LAT SWEEP	1		What is love	Push down
3:55	Bridge 3	4 x 8	JUGGLER	1	RL	Instrumental	Can you juggle faster?
4:22	Chorus 4	4 x 8	LAT SWEEP	1		What is love	Do you feel the love on you body?
	Finish	1 x 1	Land wide, punch front				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Be sure to give your class the option to keep aqua dumbbells uncrossed if crossing creates too much resistance. The water depth and individual skills will help determine this.

Choreography Notes

Track # 7
 Equipment 1 Aqua Dumbbell
 Track Focus Core 2
 Track Length 4:57
 Song Title Drag Me Down
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	2 Aqua dumbbells, neutral position				
0:16	Verse 1	4 x 8	RUNNING MAN HOLD Run, run, hold	16	R	I've got a fire for a heart	MOVE Run, run, hold
0:42	Chorus 1	4 x 8	MOUNTAIN CLIMBERS ALT knees to ribs & extend	32	R	All my life you stood	Fast mountain climbers
1:10	Bridge 1	4 x 8	DIAMOND DRAG Wide knees, pull to neutral diamond and drag legs back up to wide knees	16		Drag me down Nobody, no-body	Lift knees wide and high, then lower and drag
1:37	Verse 2	4 x 8	RUNNING MAN	1	R	I got a fire for a heart	MUSCLE Rectus abdominus
2:05	Chorus 2	4 x 8	MOUNTAIN CLIMBERS	1	R	All my life	Back and front ABs
2:33	Bridge 2	4 x 8	DIAMOND DRAG	1		Drag me down	Obliques and pelvic floor
3:00	Verse 3	4 x 8	RUNNING MAN	1	R	I got a fire for a heart	MOTIVATION Fast and stop
3:27	Chorus 3	4 x 8	MOUNTAIN CLIMBERS	1	R	All my life	Keep climbing!
3:55	Bridge 3	4 x 8	DIAMOND DRAG	1		Drag me down	Nothing can drag us down
4:22	Chorus 4	4 x 8	MOUNTAIN CLIMBERS	1	R	All my life	Finish with a strong core
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Sharp, precise cueing and moves in this track will help to engage the core muscles and create stronger abdominals.

Choreography Notes

Track # 8
 Track Focus Flexibility
 Track Length 3:57
 Song Title Fight Song
 BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2 x 8	Sweep open/close				
0:11	Verse 1	1 x 8	LEG SWING Leg swing F/B/F, hamstrings stretch	1	R	Like a small boat on the ocean	MOVE Leg swing to hamstrings stretch
		1 x 8	Hip rotation, muscle arms and rotate	1	R	Sending big	Let's rotate the hips
		1 x 8	Leg swing Leg swing F/B/F, hamstrings stretch	1	L	Like how a single	Repeat other side
		1 x 8	Hip rotation, muscle arms and rotate	1	L	I might only have	Twist and rotate
0:33	Bridge 1	1 x 8	WARRIOR 3 Warrior 3, triceps press	1	R	And all those things	Lengthen your body
		1 x 8	Quads stretch, arm reaches up	1	R	I will scream then	Front of the leg
		1 x 8	Warrior 3, triceps press	1	L	And all those things	Triceps press back
		1 x 8	Quads stretch, arm reaches up	1	L	I will scream then	Other side please
0:55	Chorus 1	1 x 8	WARRIOR 2 Warrior 2 to sun warrior (muscle arm)	1	R	This is my fight song	Step out to Warrior 2
		1 x 8	Calf stretch & sweep F (chest)	1	R	Prove I'm alright	Calf stretch
		1 x 8	Warrior 2 to sun warrior (muscle arm)	1	L	I'll sing my fight song	Other side
		1 x 8	Calf stretch & sweep F (chest)	1	L	believes	Feel the chest open
1:16	Verse 2	4 x 8	LEG SWING	1	RL	Losing friends	MUSCLE Hamstrings and hips
1:38	Bridge 2	4 x 8	WARRIOR 3	1	RL	And all those things	Lengthen the hip flexors
2:00	Chorus 2	4 x 8	WARRIOR 2	1	RL	This is my fight song	Open the body and reach up
2:22	Verse 3	4 x 8	LEG SWING	1	RL	Like a small boat on	MOTIVATION We stretch to come back stronger
2:44	Bridge 3	4 x 8	WARRIOR 3	1	RL	And all those things	Congratulate yourself
3:05	Chorus 3	4 x 8	WARRIOR 2	1	RL	This is my fight song	Job well done
	Finish	1 x 1	Stand wide and open arms wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: The lyrics say it all in this track! Encourage your students to always stay for the stretch so they can recover, become more flexible, and live to "fight" another day.



WATERinMOTION® Strength 5 - YES2243
Yes! Fitness Music

Songs Courtesy Of:

Uptight (Everything's Alright) ~ Written by: Cosby, Moy , Wonder ; Published by: Black Bull Music, Jobete Music

Blow ~ Written by: Ahlund, Gottwald, Grigg, Levin , K. Sandberg, Sebert ; Published by: Universal Music

Ain't Nobody (Loves Me Better) ~ Written by: Wolinski ; Published by: EMI Full Keel Music

I Lived ~ Written by: Tedder, Zancanella ; Published by: Songs Of Patriot Games

I'm On A Roll ~ Written by: Langone ; Published by: Copyright Control

What Is Love ~ Written by: Torello ; Published by: Coconut Records

Drag Me Down ~ Written by: Scott, Ryan, J. Bunetta ; Published by: EMI Blackwood Music Inc, Holy Cannoli Music, BMG Platinum Songs, Damien Leroy Music (BMI)

Fight Song ~ Written by: Platten, Bassett ; Published by: Platten Music Publishing, EMI Blackwood Music Inc.

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