

Track 1		WARM-UP				What's Up			
Intro		Jog						16x	
Verse		RUN Run x8, Jump rope x4 Run x8, JJ x2						2x	
Chorus		LEAPS SIDE Side leap, x4, Tire run x4, lift knee, change legs (Arms: EXT/INT ROT) (R/L)						2x	
Bridge		ROCK & SKATE Rocking horse x4, Skater x7, lift knee, change legs (Arms: Cross F, pull back, Sweep on Skater) (R/L)						2x	
FINISH		Land wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2		LOWER BODY 1				How Bad Do You Want It			
Intro		2 aqua dumbbells, position under arms							
Verse		SEATED KICKS Dolphin kicks x4 Seated NTL single leg kick R x8 (R/L)						2x	
Chorus		V-SIT PULSE V-sit, pulse legs out x8 (Flex ankles) V-sit, cross legs in x8 (point toes)						2x	
Bridge		REVERSE BICYCLE ALT Leg curl back, down, front						16x	
FINISH		Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3		UPPER BODY 1				Invincible			
Intro		2 aqua dumbbells in hands							
Verse		LUNGE & PRESS Lunge R x8, then L x8 (Arms: Triceps press L x8) (R/L)						1x	
Bridge		JOG Jog x8, Run x16 (Arms: Punch dumbbells F, then ALT x16)						2x	
Chorus		CROSS PUNCH ROTATE GRD Punch R across body, rotate back to hip Repeat L						1x	
FINISH		Stand tall							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 4		CORE 1				Pompeii			
Intro		2 aqua dumbbells in hands							
Verse		DUMBBELL CROSS GRD wide stance, lift L foot, push dumbbell behind x8 Repeat L						1x	
Chorus		KNEE CHOP Lunge R x8, then L x8 (Arms: Cross dumbbell to lifted knee)						1x	
Bridge		CORKSCREW TWIST Feet together, dumbbells to hips, twist low x4, hold x4 Twist back up x4, hold x4						2x	
FINISH		Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	LOWER BODY 2				Feel It Still					
Intro	1 aqua dumbbell, hold horizontally									
Verse	REBEL KICKS SSD Flick kicks (rebound) (Arms: Push dumbbell F/B on DBL kick)								8x	
Chorus	POWER LEAP & SCOOP Side leap R x8, change sides & leap L x8 (Arms: Push dumbbell down to F leg)								1x	
Bridge	SKATE & ROTATE ALT Skaters (Arms: Figure 8 w/dumbbell)								32x	
FINISH	Stand and punch front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 6	UPPER BODY 2				Bad					
Intro	1 aqua dumbbell, hold in right hand									
Verse	JAB & PULL GRD stance, jab F, grasp w/L, pull back to L side, Repeat w/ L hand, pull to R side NOTE: Option to move faster								8x	
Chorus	TRAY OPENER EXT/INT shoulder rotation, slow x1, fast x2, pass Repeat L								4x	
Bridge	STIR THE POT GRD stance, circle dumbbell R to L x4, then L to R, Repeat								2x	
FINISH	Relax hands									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

Track 7	CORE 2				I'm Alive				
Intro	2 aqua dumbbells at surface							8x	
Verse	SIDE TUCK & PUSH Tuck side R x8, tuck side L x8 (Arms: Push dumbbell under R hip)							1x	
Chorus	TUCK & PLUNGE Tuck x2, then extend legs B & suspend (Arms: Plunge dumbbells down by sides)							4x	
Bridge	BIRD DOG Extend L leg B, pull down x8 (Arms: Extend R arm F, L arm side, then pull down) Repeat L							2x	
FINISH	Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 8	FLEXIBILITY				RISE UP			
Intro	Inhale, arms up							
Verse	FIGURE 4 Cross R leg over L knee, then calf stretch (Arms: OPP hand scoops, press B/sweep F) (R/L)							1x
Chorus	SUN WARRIOR Warrior 1, move to Quad stretch (Arms: Lift O/H, reach back for foot) (R/L)							1x
Bridge	STAR POSE Lean R, lift L leg side (Arms: Open & close hands, rotate hands & ankles) Hamstring stretch, Ext. leg stretch							1x
FINISH	Lift arms in V							
V1	C1	B1	V2	C2	B2	V3	C3	B3