

# WATERinMOTION®

## Strength 6

Quick Choreo reference

1	Warm-Up	What's Up
I	Jog	
V	RUN: Run x8, Jump rope x4 Run x8, JJ x2	
C	LEAPS SIDE: Side leap, x4, Tire run x4, lift knee, change legs (Arms: EXT/INT ROT) (R/L)	
B	ROCK & SKATE: Rocking horse x4, Skater x7, lift knee, change legs (Arms: Cross F, pull back, Sweep on Skater) (R/L)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Lower Body 1	How Bad Do You Want It
I	2 aqua dumbbell, position under arms	
V	SEATED KICKS: Dolphin kicks x4 Seated NTL single leg kick R x8 (R/L)	
C	V-SIT PULSE: V-sit, pulse legs out x8 (Flex ankles) V-sit, cross legs in x8 (point toes)	
B	REVERSE BICYCLE: ALT Leg curl back, down, front x16	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Upper Body 1	Invincible
I	2 aqua dumbbells in hands	
V	LUNGE & PRESS: Lunge R x8, then L x8 (Arms: Triceps press L x8) (R/L)	
B	JOG: Jog x8, Run x16 (Arms: Punch dumbbells F, then ALT x16)	
C	CROSS PUNCH ROTATE: GRD Punch R across body, rotate back to hip, Repeat L	
F	Land wide, high five	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

4	Core 1	Pompeii
I	2 aqua dumbbells in hands	
V	DUMBBELL CROSS: GRD wide stance, lift L foot, push dumbbell behind x8 Repeat L	
C	KNEE CHOP: Lunge R x8, then L x8 (Arms: Cross dumbbell to lifted knee)	
B	CORKSCREW TWIST: Feet together, dumbbells to hips, twist low x4, hold x4, twist back up x4, hold x4 (Repeat)	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Lower Body 2	Feel It Still
I	1 aqua dumbbell, hold horizontally	
V	REBEL KICKS: SSD Flick kicks (rebound)	
C	POWER LEAP & SCOOP: Side leap R x8, change sides & leap L x8 (Arms: Push dumbbell down to F leg)	
B	SKATE & ROTATE: ALT Skaters x32 (Arms: Figure 8 w/ dumbbell)	
F	Stand and punch front	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Upper Body 2	Bad
I	1 aqua dumbbell, hold in right hand	
V	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	
C	TRAY OPENER: EXT/INT shoulder rotation, slow x1, fast x2, pass (repeat L)	
B	STIR THE POT: GRD stance, circle dumbbell R to L x4, then L to R, (repeat)	
F	Relax hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core 2	I'm Alive
I	2 aqua dumbbells at surface	
V	SIDE TUCK & PUSH: Tuck side R x8, tuck side L x8 (Arms: Push dumbbell under R hip, repeat for L hip)	
C	TUCK & PLUNGE: Tuck x2, then extend legs B & suspend (Arms: Plunge dumbbells at sides)	
B	BIRD DOG: Extend L leg B, pull down x8, (Arms: Extend R arm, F, L arm side, pull down) Repeat L	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

8	Flexibility	Rise Up
I	Inhale, arms up	
V	FIGURE 4: Cross R leg over L knee, then calf stretch (Arms: OPP hand scoops, press B/sweep F) R/L	
C	SUN WARRIOR: Warrior 1, move to Quad stretch (Arms: Lift O/H, reach back for foot) (R/L)	
B	MOGUL & LEG LIFT: ALT Tuck/mogul/Leg lift/lower	
F	Lift arms in V	
V1	C1	B1 V2 C2 B2 V3 C3 B3