

1 Warm-Up Brave		Wave 9		water@motion STRENGTH					
Intro	Jog					16x			
Verse	JOG 3 / KICK BACK Jog 3 / Kick Back (Arms: Scoop / Fists)					8x			
Chorus	BRAVE JACKS Jacks 16 (Arms: Cross in & open to goalpost)					1x			
Bridge	JOG HEEL 3 / KICK FRONT Jog Heel 3 / Kick Front (Arms: Scoop)					8x			
Finish	Land Wide, Goalpost Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 Lower Body 1 Lose Control		Wave 9		water@motion STRENGTH					
Intro	Pick Up 2 Dumbbells, in Hands								
Verse	TIRE RUNS Run – Out, Out, In, In, 15, Knee Lift to Change Sides (Arms: Hold dumbbells at shoulders)					2x			
Chorus	HAMSTRING CURL & CIRCLE Rebound Hamstring Curl – Turn in Circle (Arms: Push dumbbell to side - same arm as the curling leg)					4x			
Bridge	JACK / SWEEP 3 Jack 1 / Leg Sweeps – Adductor 3 (Arms: Sweep side / Sweep to opposite instep)					8x			
Finish	Land Wide, Push Dumbbells to Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 Upper Body 1 Gimme All Your Lovin'		Wave 9		water@motion STRENGTH					
Intro	Pick Up 2 Dumbbells, In Hands								
Verse	PUNCH & SWEEP 8 Grounded, Lunge Left / Repeat Other Side (Arms: Punch right arm front & sweep back)					2x			
Chorus	BICEPS & TRICEPS SWEEP 8 / SYNCOPATED 8 Grounded, Sweep Dumbbells Into Chest & Out 8 / Syncopated – In Out In, Out In Out 8 (Arms: Biceps & triceps)					4x			
Bridge	ARM CIRCLES BACK Grounded Wide Front Stance (Arms: Circle dumbbell front 15, change 1)					2x			
Finish	Punch to the Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

4 Core 1 One Dance		Wave 9		water@motion STRENGTH					
Intro	2 Dumbbells, Crossed (Option to use only one)								
Verse	TUCK / EXTEND LEG F / TUCK / EXTEND LEG B Tuck / Extend Leg Back / Tuck / Extend Leg Front 8 (Arms: Hug dumbbells to chest)					1x			
Chorus	SINGLE KNEE CRUNCH Grounded, Lift Knee – Forward Flexion Crunch 16 (Arms: Push dumbbells down – inside the knee)					1x			
Bridge	FIGURE 8 Grounded Wide Stance, Figure 8 (Arms: Create a figure 8 with the dumbbells)					32x			
Finish	Stand Tall, Push Dumbbells Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

5 Lower Body 2 Thunderstruck		Wave 9		water@motion STRENGTH					
Intro	2 Dumbbells, Hold in Hands								
Verse	SHUFFLE 3 / HOLD Alter Shuffle 3 / Hold (Arms: Small punches front)					16x			
Chorus	KARATE SIDE 8 Karate Kick Side & In – Slow 8 (Arms: Punch to side)					1x			
Bridge	COUNTDOWN KICK Alternate Kick Front 8 / Kick Back 8 / Kick Front 4 / Kick Back 4 / Kick Front 2 / Kick Back 2 (Arms: Punch forward opposite leg)					2x			
Finish	Step Wide, Push Dumbbells Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 Upper Body 2 Manic Monday		Wave 9		water@motion STRENGTH					
Intro	2 Dumbbells, Position in Back at Knees								
Verse	BICEPS 2 / TRICEPS PRESS SINGLE SINGLE Floating: Toes on Pool Bottom (Arms: Biceps curl right 2 / Alternate triceps press 2 - paddle hands)					4x			
Bridge	SWIM FRONT 8 / REVERSE BREASTSTROKE 4 Floating: Toes on Pool Bottom (Arms: Swim front 8 / Reverse breaststroke 4)					2x			
Chorus	SHOULDER ROTATION 16 / SSD Floating: Toes on Pool Bottom (Arms: External, Internal Rotation 16 / Single single double 8 elbows in at sides, paddle hands)					1x			
Finish	Push Arms to Sides								
V1	B1	C1	V2	B2	C2	V3	B3		

7 Core 2 Walk Me Home		Wave 9		water@motion STRENGTH					
Intro	2 Dumbbells, Hold in Front of Shoulders								
Verse	DIAMOND CRUNCH 3 / STAND Diamond Crunch Front – Extend & Bend Legs 3 / Stand 1 (Arms: Hold dumbbells out from shoulders)					4x			
Bridge	TUCK & SHOOT Remain In Flotation -Tuck, Shoot Back, Tuck, Stand (Arms: Hold dumbbells at chest)					8x			
Chorus	WIDE CROSS COUNTRY CRUNCH Wide Cross Country Freeze – Side Crunch 8 (Arms: Push dumbbell down to side)					1x			
Finish	Step Wide, Push Noodle Down								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

8 Flexibility Take Your Time		Wave 9		water@motion STRENGTH					
Intro	Open & Close Arms								
Verse	STEP CROSS 2 / HIP ROTATION 4 Step Side Cross Front 2 / Hip Rotation Out In 4 (Arms: Open & close)					2x			
Bridge	HAMSTRING STRETCH / GLUTES Extend Leg Front - Point, Flex, Point / Bend Knee To Chest & Lean (Arms: Hold leg / Reach overhead & lean)					2x			
Chorus	WARRIOR 3 / QUAD STRETCH IN & OUT Extend Leg B / Quad Stretch – Bend & Straighten Knee 2 (Arms: Sweep front)					2x			
Finish	Stand Tall, Reach Arms Overhead V								
V1	B1	C1	V2	B2	C2	V3	B3	C3	