

WATER*in***MOTION**® Statement





Dive in and experience the newest wave in water exercise. Based on the principles of SCW Fitness Education's AQUATIC FUNDAMENTALS program, WATERinMOTION® is a pre-choreographed, vertical exercise program that can meet the cardiovascular and muscular training needs of your participants in under an hour.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME	ВРМ
1	Borderline	Madonna	Warm Up	5:04	136
2	Physical	Dua Lipa	Linear	4:54	140
3	It's Not Right But It's OK	Whitney Houston	Lateral Travel	4:57	140
4	Top of the World	Greek Fire	Speed	4:56	140
5	Simply Irresistible	Robert Palmer	Group	4:56	140
6	Burning Love	Elvis Presley	Suspension	4:54	140
7	What A Man Gotta Do	Jonas Brothers	Upper Body	4:41	132
8	Invincible	Skillet	Lower Body	4:45	132
9	Better Be Good To Me	Tina Turner	Core	4:43	132
10	Lean On Me	Club Nouveau, Bill Withers	Flexibility	3:51	n/a
11	So Am I	Ava Max	Bonus (Cardio)	4:53	140
12	Last Christmas	Wham!	Holiday	4:53	132

*Songs not performed by the original artist

Changing the Tide in Water Exercise





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Twelve 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, that 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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Education Author: Sara Kooperman

Education Presenter: Sara Kooperman

Music: Yes! Fitness Music®

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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



About WATER in MOTION®







WATERinMOTION® stays true to the fundamentals of aquatic fitness while incorporating choreography that is unique and pre-formatted to specifically match water tempo music. Even instructors find these more challenging tracks refreshing. The difference between WATERinMOTION® and other aqua fitness classes are innumerable. The integrity of this program, however, is maintained and respected with each new movement installment. WATERinMOTION® is at once similar to and different from any other aqua class you have ever experience and it is renewed 4 times a year in licensed facilities! Intelligent, ingenious movement prescribed to inspiring music frees instructors to integrate WATERinMOTION® seamlessly and reach a wide variety of audiences.

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Track #

Track Focus Warm - up Track Length 5:04
Song Title BPM 136 Borderline

	Song Part	Count	Movement		Reps	Lead	Music Cu	e	Verbal C	ue and Type	
	Intro	2 x 8	Jog								
0:16	Verse 1	4 x 8	JOG CURL IN Jog (Arms: DBL biceps cu	url F, DIAG, DIAG,	32 S)	R	Something me	in the way you lov	MOVE: B biceps cu	egin with a jog, sl rls	hort levers,
0:44	Chorus 1	4 x 8	JACK SLICE OUT JJ (Arms: Slice side, in,	down, in)	16		Just try to	understand	Jumping j	acks, slice arms	
1:12	Bridge 1	4 x 8	JOG HEEL PUSH Jog heel (Arms: push F x4, pu	heel ns: push F x4, push side x4)		R	Keep on p you know	ushing me baby, d	on't Bring hee then side	els to glutes and p	ush arms front,
1:40	Verse 2	4 x 8	JOG CURL IN		1	R	Something	j in your eye	MUSCLE	: Glutes are warn	ning up
2:08	Chorus 2	4 x 8	JACK SLICE OUT		1		Just try to understand		Inner, out	er legs	
2:37	Bridge 2	4 x 8	JOG HEEL PUSH		1	R	Keep on p	ushing me	Now warr	Now warm up the hamstrings	
3:05	Verse 3	4 x 8	JOG CURL IN		1	R	Something	in the way	MOTIVAT	TON: Lift the knee	es higher
3:33	Chorus 3	4 x 8	JACK SLICE OUT		1		Just try to	understand	Rebound	from the pool bot	tom
4:00	Bridge 3	4 x 8	JOG HEEL PUSH		1	R	Keep on p	ushing me	Heels to I	outt one more tim	е
4:30	Chorus 4	4 x 8	JACK SLICE OUT		1		Just try to	understand	Have a gi	eat workout!	
	Finish	Finish 1 x 1 Jack out wide									
	V1 C1 B1 V2		C2		B2	V3	C3	В3	C4		

Trainer's Tip: Welcome your class and get them singing to this classic song as they gently warm up the muscles and joints.





Track # 2

Track Focus Linear: forward/backward

Track Length 4:54 Song Title Physical BPM 140

	Song Part	Count	Movement		Reps	Lead	Music Cue		Verbal Cue and 1	Гуре	
	Intro	2 x 8	Low Kick		16	R					
0:15	Verse 1	1 x 8	FLICK KICK 4 Flick kick R x4, ALT 5 (gradually higher)	Straight kick x4	1	R	Common lo we created	ve isn't for us,	MOVE: Flick kicks higher	s R x4, then ALT k	cicks higher and
		1 x 8	Flick kick L x4, ALT S	straight kick x4	1	L	Don't you a	gree	4 flicks on the L, r	now straight	
		1 x 8	Flick kick R x4, ALT S	Straight kick x4	1	R	You got me	feeling	Let's repeat		
		1 x 8	Flick kick L x4, ALT S	traight kick x4	1	L	Don't you a	gree	Get ready to trave	el	
0:42	Chorus 1	4 x 8	CROSS COUNTRY (CC x6, CC shuffle x4 (Arms: scoop curl x6	, TVL F	4	R	All night I'll know you g	riot with you, I ot			shuffle x4
1:09	Bridge 1	4 x 8	KARATE FRONT BA Karate kick F/B, Touc		8	R	Hold on jus	t a little tighter	Travel back with karate kicks and tuck jumps		ıck jumps
1:37	Verse 2	4 x 8	FLICK KICK 4		1	RL	Adrenaline	keeps on	MUSCLE: Quads	and hamstrings	
2:04	Chorus 2	4 x 8	CROSS COUNTRY	6	1	R	All night I'll	riot with	Lengthen the hip	flexors	
2:32	Bridge 2	4 x 8	KARATE FRONT BA	CK	1	R	Hold on jus	t a little	Now the glutes!		
2:59	Verse 3	4 x 8	FLICK KICK 4		1	RL	Common lo	ve isn't for	MOTIVATION:		
3:27	Chorus 3	4 x 8	CROSS COUNTRY	3	1	R	All night I'll	riot with	Come On!! Come	on!!	
3:54	Bridge 3	4 x 8	KARATE FRONT BA	CK	1	R	Hold on jus	t a little	Jump back, jump	higher	
4:22	Chorus 4	4 x 8	CROSS COUNTRY	3	1	R	All night I'll	riot with	On more time, con	me on!	
	Finish	1 x 1	Land wide								
	V1	C1	B1	V2	C2		B2	V3	C3 B3 C4		C4

Trainer's Tip: Use your verbal and nonverbal cues to encourage your class to travel forward during BLOCK 2. This track will end to the front of the pool.





Track #

Track Focus Lateral Travel

Track Length 4:57

Song Title BPM It's Not Right But It's OK

	Song Part	Count	Movement		Reps	Lead	Music C	ue	Verbal Cue and	I Туре	
	Intro	2 x 8	Pendulum		16	R					
0:16	Verse 1	1 x 8	SWING CROSS Side leg swing/ALT	cross F/B	4	R		ght you and s went out	MOVE: Single le	eg swing, cross fr	ont, then behind
		1 x 8	Side leg swing/ALT	cross F/B	4	L	Then the	y hung out	Switch legs		
		1 x 8	Side leg swing/ALT	cross F/B	4	R	If six of y	'all	Keep your leg lo)W	
		1 x 8	Side leg swing/ALT	cross F/B	4	L	Cause or	nly two of you	Switch again		
0:42	Chorus 1	1 x 8	JACK CROSS JJ (Arms: Cross punch	/slice open)	4		It's not rig	ght but it's ok	Jumping jacks v	vith arm combo	
		1 x 8	Pendulum TVL R		8	R	Pack you	ır bags	Now travel right	w/pendulums	
		1 x 8	JJ (Arms: Cross punch/	/slice open)	4		It's not rig	ght but it's ok	Jack, cross and	slice arms	
		1 x 8	Pendulum TVL L		8	L	Close the	e door	Travel to the left	į	
1:09	Bridge 1	4 x 8	SIDE JUMP KARAT Side tuck jump R x1. Side tuck jump L x1/	/Karate kick L x2		RL	I've been before	through all this	Big tuck jump si	de, land and 2 ka	rate kicks side
1:37	Verse 2	4 x 8	SWING CROSS		1	RL	I'll pack y	our bags so	MUSCLES: Abo	d/adductors and b	alance work
2:04	Chorus 2	4 x 8	JACK CROSS		1	RL	It's not rig	ght but it's ok	A little chest and	d back too	
2:32	Bridge 2	4 x 8	SIDE JUMP KARAT	E 2	1	RL	I've been	through all	Now big glute m	nedius	
2:59	Verse 3	4 x 8	SWING CROSS		1	RL	Was it re	ally work you	MOTIVATION:	Third round	
3:27	Chorus 3	4 x 8	JACK CROSS		1	RL	It's not rig	ght but it's ok	Pack your bags	and GO	
3:54	Bridge 3	4 x 8	SIDE JUMP KARAT	E 2	1	RL	I've been	through all	Can you kick out the side of the pool?		oool?
4:22	Chorus 4	4 x 8	JACK CROSS		1	RL	It's not rig	ght but it's ok	We make it OK		
	Finish	1 x 1	Land wide, cross pu	nch							
\	/1	C1	B1	V2	C2		B2	V3	C3 B3 C4		C4

Trainer's Tip: Take advantage of the water resistance on this lateral track to really work the sides of the body, especially focusing on abductors/adductors.





Track # **Track Focus** Speed Track Length 4:56

Top of the World

Song Title BPM

	Song Part	Count	Movement			Reps	Lead	Music Cue		V	/erbal Cue	and Type	
	Intro	2 x 8	Run			32	R						
0:14	Verse 1	1 x 8	RUN FRONT JACKS Run TVL F x8, fast JJ		down F/B)	1	R	I remembe	r the nights	N	MOVE: Run	forward, fast jac	ks and punch
		1 x 8	Run TVL B x8, fast JJ	x4 (Arms: Punch	down F/B)	1	R	Cut out and	d	F	Run, travel	back, now fast ja	ck and punch
		1 x 8	Run TVL F x8, fast JJ	x4 (Arms: Punch	down F/B)	1	R	Watching t	he door	Т	Fravelling fo	orward again	
		1 x 8	Run TVL B x8, fast JJ	x4 (Arms: Punch	down F/B)	1	R	Than an or	dinary	Т	Take it back	, punch	
0:42	Chorus 1	2 x 8	POWER ROCKETS Jack wide low/Power muscle arms)	ADD jump (Arms:	reach up/	8		On top of t top of it all	he world, or	n N	New POWE	R jack move!	
		2 x 8	Rocket JJ			16				N	Now Rocket	t jacks	
1:09	Bridge 1	1 x 8	JOG HEEL CIRCLE RIGHT Jog heel TVL in R circle (Arms: breast stroke)			8	R	I hear the oneath me	crowds be-	J	log heel an	d circle to the rigl	nt
		1 x 8	Jog heel TVL in L circ	ele (Arms: breast st	troke)	8	R	I'm wishing	they	J	log heel an	d breast stroke, c	ircling left
		1 x 8	Jog heel TVL in R circ	cle (Arms: breast s	troke)	8	R	But I'm on	top of	L	₋et's take it	R	
		1 x 8	Jog heel TVL in L circ	ele (Arms: breast st	troke)	8	R	And I'm dy	ing	C	One more ti	me	
1:37	Verse 2	4 x 8	RUN FRONT JACKS			1	R	I remembe	r the lies	N	MUSCLE: U	Jse your whole be	ody on this
2:04	Chorus 2	4 x 8	POWER ROCKETS			1		On top of t	he world	F	eel your in	ner thighs	
2:32	Bridge 2	4 x 8	JOG HEEL CIRCLE F	RIGHT		1	R	I hear the	crowds	H	Hamstrings	and back	
2:59	Verse 3	4 x 8	RUN FRONT JACKS			1	R	I remembe	r the days	N	MOTIVATIO	N: Create turbule	ence this time
3:27	Chorus 3	4 x 8	POWER ROCKETS			1		On top of t	he world	N	Now explod	е	
3:54	Bridge 3	4 x 8	JOG HEEL CIRCLE RIGHT			1	R	I hear the	crowds	L	_et's circle		
4:22	Chorus 4	orus 4 4 x 8 POWER ROCKETS			1		On top of t	he world	Y	ou're on to	p of the world!		
	Finish	1 x 1	Land Wide										
	V1	C1	B1	V2	C2		B2		V3		C3	В3	C4

Trainer's Tip: New Power rocket jumps combined with regular rocket jacks will give your class an opportunity for huge cardio bursts in this speed track.





Track # Track Focus Group Track Length 4:56

Song Title BPM Simply Irresistible

	Song Part	Count	Movement			Reps	Lead	Music Cue	Verbal Cu	e and Type	
	Intro	2 x 8	Jog, form 2 lines, facin	g each other		16	R				
0:15	Verse 1	4 x 8	LINE 1 JACKS, LINE 2 Line 1: JJ (Arms: play Line 2: Jog through Lir	guitar)		16/32	R	How can it be permi sible	s- MOVE: Lin	ne one jacks, line one	two jog and
0:42	Chorus 1	4 x 8	LINES SWITCH MOVI Line 1: Jog through Lir Line 2: JJ (Arms: play	ne 2 and home		16/32	R	She's a craze you'd endorse	Now switc	h	
1:09	Bridge 1	1 x 8	CROSS COUNTRY TO CC x7 ½ turn, lines fac			1	R	She's so fine	CC x7, tur	n away from the l	ine
		1 x 8	CC x7 1/2 turn, lines fac	ce away		1	R	She's all mine	This time t	turn back in	
		1 x 8	CC, x7 1/2 turn, lines fa	ce together		1	R	She's so fine	Skis and to	urn	
		1 x 8	CC x7 1/2 turn ,lines fac	e away		1	R	She's all mine	Ready for	round two	
1:37	Verse 2	4 x 8	LINE 1 JACKS, LINE 2	JOG TRAVEL		1	R	Her loving is so	MUSCLE:	Glutes for line 1	
2:04	Chorus 2	4 x 8	LINES SWITCH MOVI	ES		1	R	She's a craze you'd	Inner, oute	er thighs line 2	
2:32	Bridge 2	4 x 8	CROSS COUNTRY TO	OGETHER		1	R	She's so fine	Hip flexors	and glutes	
2:59	Verse 3	4 x 8	LINE 1 JACKS, LINE 2	JOG TRAVEL		1	R	Her methods are	MOTIVAT	ION: Play your gu	itar
3:27	Chorus 3	4 x 8	LINES SWITCH MOVI	ES		1	R	She's a craze you'd	Do you kn	ow the words	
3:54	Bridge 3	4 x 8	CROSS COUNTRY TO	OGETHER		1	R	She's so fine	Double blo	ock of skis	
4:22	Chorus 4	4 x 8	CROSS COUNTRY TO	OGETHER		1	R	She's a craze you'd	Have fun!!		
	Finish	1 x 1	Land wide, play guitar								
	V1	C1	B1	V2	C2		B2	V3	C3	В3	C4

Trainer's Tip: Great song, great lyrics will make this track memorable. It's sure to be a class favorite. Play along with your class. This may be one to get wet...simply irresistible!





Track #

Track Focus Suspension

Track Length 4:54

Song Title BPM Burning Love 140

	Song Part	Count	Movement			Reps	Lead	Music Cue	Verbal Cu	ue and Type	
	Intro	2 x 8	Kick F			16	R				
0:14	Verse 1	2 x 8	GROUNDED KICKS GND straight kick F (Arms: OPP reach t			8	R	Lord almighty, I feel my temperature rising	MOVE: G reach to 0	Fround down and OPP foot	kick front,
		2 x 8	Neutral straight kick (Arms: OPP reach t			16	R	Girl, girl, girl	Now go to	o neutral	
0:42	Chorus 1	2 x 8	GROUNDED SIDE ALT GND Leg swee (Arms: sweep open	p side		8	R	Your kisses lift me higher	Ground de	own and sweep	the leg side
		2 x 8	GND Sliding JJ (Arms: sweep open side/down F)			8		Ah ah ah	Neutral sl	iding jacks	
1:09	Bridge 1	2 x 8	NEUTRAL CROSS COUNTRY Neutral CC			16	R	I'm just a hunk, a hunk	Neutral C	C slide x16	
		2 x 8	SUSP CC			16	R	Instrumental	Feet leave	e the bottom of t	he pool
1:37	Verse 2	4 x 8	GROUNDED KICKS	3		1	R	Ooh, I feel my temp	MUSCLE	: Lift leg and fee	l quads
2:04	Chorus 2	4 x 8	GROUNDED SIDE	SWEEP		1	R	Your kisses lift me	Outer thig	hs and obliques	
2:32	Bridge 2	4 x 8	GROUNDED CROS	S COUNTRY		1	R	I'm just a hunk	Front/bac	k of legs	
2:59	Verse 3	4 x 8	GROUNDED KICKS	6		1	R	It's coming closer	MOTIVAT	ION: Point your	toes
3:27	Chorus 3	4 x 8	GROUNDED SIDE	SWEEP		1	R	Your kisses lift me	Strong sic	de lift	
3:54	Bridge 3	4 x 8				1	R	I'm just a hunk	Extend th	e back leg fully	
4:22	Chorus 4	4 x 8	GROUNDED SIDE	SWEEP		1	R	Your kisses lift me	Finish stro	ong	
	Finish	1 x 1	Stand tall								
,	V1	C1	B1	V2	C2	B2		V3	C3	В3	C4

Trainer's Tip: This suspension track will challenge BOTH sinkers and floaters as we move back and forth from grounded to neutral to suspended.





Track # 7

Equipment Noodle Track Focus Upper Body

Track Length 4:41

Song Title What A Man Gotta Do

BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue)		Verbal C	ue and Type	
	Intro	2 x 8	Wide stance, noodle held shoulder width in hands	-							
0:15	Verse 1	4 x 8	CHEST PRESS FAST Chest press fast x4, slow x2 (Feet: Wide, narrow, R up, both kneeling)	up 4		Cut my hea	art about one, two	times	MOVE: (Chest press fast, the	en slow
0:44	Chorus 1	4 x 8	TRICEPS PRESS FAST Triceps Press fast x4, slow x2 (Feet: Wide, narrow, R up, both kneeling)	up 4		So what a	man gotta do		Press do	wn fast now slow	
1:14	Bridge 1	4 x 8	NOODLE CROSS PUSH ALT Sweep B,/push noodle acro to OPP side	16 oss	R	Ooh, whoa			Push noo	odle across to OPP	side
1:43	Verse 2	4 x 8	CHEST PRESS FAST	1		You ain't tr	yin' to be		MUSCLE	: Chest muscles	
2:12	Chorus 2	4 x 8	TRICEPS PRESS FAST	1		So what a	man gotta		Hello tric	eps	
2:41	Bridge 2	4 x 8	NOODLE CROSS PUSH	1	R	Ooh, who			Upper bo	ody rotation and dra	ıg
3:10	Verse 3	4 x 8	CHEST PRESS FAST	1		Cut my he	art about		MOTIVA	TION: Push forward	b
3:39	Chorus 3	4 x 8	TRICEPS PRESS FAST	1		So what a	man gotta		What we	gotta do for strong	arms
4:08	Bridge 3	4 x 8	NOODLE CROSS PUSH	1	R	Ooh, whoa			Push!!		
	Finish	1 x 1	Grab noodle, push across								
	V1	C1	B1	V2		C2 B2		V	'3	C3	В3

Trainer's Tip: Watch the different teaching options demonstrated by the presenters to show the four levels during the chest and triceps blocks. Use these teaching tools to help your class understand the wide, narrow, and kneeling levels.





Track # Equipment Track Focus

n/a Lower Body Track Length 4:45
Song Title Invin-Invincible

	Song Part	Count	Movement	Reps	Lead	Music Cue			Verbal Cue	e and Type	
	Intro	2 x 8	Put noodle aside, brace core								
0:15	Verse 1	1 x 8	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Target on n	ny back		MOVE: Leg	g curl x4, then ALT	
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	No surrend	er		Switch side	es	
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Hey, hey, h	ey		Back to sid	e one	
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	Hey, hey, hey			Now left le	9	
0:44	Chorus 1	4 x 8	SEATED KICK & STAND ALT Seated kick x4, ALT Kick x4	4	R	You make me feel invincible			Kick front x	4	
1:14	Bridge 1	4 x 8	LOW JACK POW POW Neutral JJ out x1, touch together to the bottom x2	16		I feel, I feel	it		Neutral jac	ks and jumps	
1:43	Verse 2	4 x 8	FAST KICKSTANDS	1	RL	Here we go	again		MUSCLE: legs	Feel the muscles I	the back of your
2:12	Chorus 2	4 x 8	SEATED KICK & STAND	1	R	You make r	ne feel		Working the	e quads	
2:41	Bridge 2	4 x 8	LOW JACK POW POW	1		I feel, I feel	it		Abd/Adduc	tors and glutes	
3:10	Verse 3	4 x 8	FAST KICKSTANDS	1	RL	Target on n	ny back		MOTIVATIO	ON: Kick your butt	
3:39	Chorus 3	4 x 8	SEATED KICK & STAND	1	R	You make r	ne feel		Feelin' stro	ng	
4:08	Bridge 3	4 x 8	LOW JACK POW POW	1		I feel, I feel it			Jack and P	OW	
	Finish 1 x 1 Stand Tall										
	V1 C1 B1 V			V2		C2	B2		V3	C3	В3

Trainer's Tip: Strong legs make us invincible for adult daily living activities.





Track #

Noodle

Equipment Track Focus Muscle 3 (Core)

Track Length 4:43

Song Title **Better Be Good To Me**

ВРМ 132

	Song Part	Count	Movement		Reps	Lead	Music Cue		Verbal Cue and Type	
	Intro	2 x 8	Position noodle under R	knee						
0:15	Verse 1	2 x 8	RIGHT LEG CRUNCH Crunch to lifted knee F		8	R	A prisoner of your	ove	MOVE: Lift knee and	crunch 8x
		2 x 8	Lateral crunch to lifted k	nee R, change legs	7	R	Whisper		Lateral crunch then ch	ange sides
0:45	Chorus 1	2 x 8	LEFT LEG CRUNCH Crunch to lifted knee F		8	L	You better be good	I to me	Crunch to the front	
		2 x 8	Lateral crunch to lifted k	nee L, lower to SUSP	7	L	You better be good	I	Now 7 to the side	
1:13	Bridge 1	4 x 8	TWIST & KICK ALT Twist x3/ Karate kic	k B	14	RL	And I really don't s	ee	Let's twist 3 times, kar	ate kick back
1:43	Verse 2	4 x 8	RIGHT LEG CRUNCH		1	R	And I think it's only	,	MUSCLE: Lateral flex	ion
2:12	Chorus 2	4 x 8	LEFT LEG CRUNCH		1	L	You better be good	I to	Rectus abdominus	
2:41	Bridge 2	4 x 8	TWIST & KICK		1	RL	And I really don't s	ee	Obliques and glutes	
3:10	Verse 3	4 x 8	RIGHT LEG CRUNCH		1	R	A prisoner of your		MOTIVATION: One m	ore big round
3:39	Chorus 3	4 x 8	LEFT LEG CRUNCH		1	L	You better be good	I to	Be good to your core	
4:08	Bridge 3	4 x 8	TWIST & KICK		1	RL	And I really don't s	ee	It works so hard for yo	u!
	Finish	1 x 1	Stand							
	V1 C1 B1 V2		С	2	B2	V3	C3	В3		

Trainer's Tip: Placing the noodle under the knee will challenge the entire core during this block, especially postural muscles and stabilizers. Option: No noodle to begin.





Track # 10

Track Focus Flexibility Training

Track Length 3:51

Song Title Lean On Me

BPM n/a

	Song Part	Count	Movement		Reps	Lead	Music Cue		Verbal	Cue and Type	
	Intro	2 x 8	ALT Step, Cross touch		4	R					
0:11	Verse 1	1 x 8	STEP CROSS SIT		1	R	Sometimes in ou	ır lives	MOVE:	Push hips back	
			Step R, cross L, hips back				we all have pain				
		1 x 8	Slide leg up to Figure 4 stre	etch	1	L	We all have sorr	ow	Take le	g up to figure 4	
		1 x 8	Step L, cross R, hips back		1	L	But if we are wis	e	Repeat	other side	
		1 x 8	Slide leg up to Figure 4 stre	etch	1	R	There's always		Sit lowe	er	
0:32	Chorus 1	1 x 8	LUNGE RIGHT SWEEP		1	R/L	Lean on me, wh	en you're	Lunge I	R/L, sweep arms in	OPP direction
			ALT Lunge R/L (Arms: sweep OPP)				not strong				
		1 x 8	ALT Reach up & over, OPP	knee up	1	R/L	And I'll be your f	riend	Knee lif	t and reach	
		1 x 8	ALT Lunge R/L		1	R/L	For it won't be lo	ng	Lunge a	again	
			(Arms: sweep OPP)								
		1 x 8	ALT Reach up & over, OPP	knee up	1	R/L	Somebody to lea	an on	Reach	a little higher	
0:54	Bridge 1	1 x 8	SHOULDER POP Wide stance, Shoulder pop	SSD Curl B I	1	R	We be jammin'		Shoulde	er POP	
		1 x 8	Kick F, hold hamstring stret		1	L	Instrumental		Lift you	r leg front	
		1 x 8	Wide stance, Shoulder pop		1	L	We be jammin'			er POP again	
		1 x 8	Kick F, hold hamstring stret		1	R	Instrumental			eg lifts up	
1:16	Verse 2	4 x 8	STEP CROSS SIT	ы	1	R	Please swallow	vour		_E : Big glute stretcl	h
1:37	Chorus 2	4 x 8	LUNGE RIGHT SWEEP		1	R	Lean on me	youi		s up the sides	
1:59	Bridge 2	4 x 8	SHOULDER POP		1	R	We be jammin'			en your hamstrings	
2:21	Verse 3	4 x 8	STEP CROSS SIT		1	R	Just call on me			ATION: Enjoy this f	
2:42	Chorus 3	4 x 8	LUNGE RIGHT SWEEP		1	R	Lean on me		To the r		inai stretch
3:04	Bridge 3	4 x 8	SHOULDER POP		1	R	We be jammin'			home with POPs	
3.04	Finish	1 x 1	Strike a jammin' pose		'	1	vvc be jaminin		Take it	nome with or 3	
	Fillish 1 x 1 Strike a janinini pose										
	V1	С	1 B1	V2	C2		B2	V3		C3	В3

Trainer's Tip: This is a great song with feel good vibes and moves. Send your class on their way knowing they will return to yet another great workout.





Track # BONUS

Track Focus Cardio (insert after Track 2)

Track Length 4:52 Song Title So Am I BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue			Verbal C	ue and Type	
	Intro	2 x 8	JJ	8							
0:14	Verse 1	2 x 8	JACK SWEEP RIGHT JJ (Arms: ALT breaststroke)	8		Can you hea	ar the whispers		MOVE: of stroke ar	Jumping jacks with ms	ALT breast-
		2 x 8	JJ (Arms: ALT pull FWD)	8		I know what	you're		Keep the	e jacks, change arı	ns
0:42	Chorus 1	1 x 8	WIDE JOG Wide jog x7, TVL R, hop x1	1	R	Do you ever	feel like a misfit		7 wide jo change	gs traveling right,	One hop to
		1 x 8	Wide jog x7, TVL L, hop x1	1	L	Its ok to be	different		Jog back	to the left	
		1 x 8	Side Leap x4, TVL R, hop x1	1	R	Do you ever	feel like		Leap 4x	, then hop travelin	g right
		1 x 8	Side Leap x4, TVL L, hop x1	1	L	Its ok to be	different		Repeat t	o the left	
1:10	Bridge 1	4 x 8	KICK 3 CURL ALT Kick x3, hop curl	8	RL	I, I, I, so am	I		3 kicks front, curl		
1:37	Verse 2	4 x 8	JACK SWEEP RIGHT	1		Dressed so	fancy		MUSCLI chest	E: Outer thighs an	d back, open the
2:05	Chorus 2	4 x 8	WIDE JOG	1	R	Do you ever	feel like		Use thos	e balance muscle	s now
2:33	Bridge 2	4 x 8	KICK 3 CURL	1	RL	I, I, I, so am	1		Big powe	er muscles	
3:00	Verse 3	4 x 8	JACK SWEEP RIGHT	1		Can you he	ar the		MOTIVA	TION: Show me w	hite water
3:27	Chorus 3	4 x 8	WIDE JOG	1	R	Do you ever	feel like		Can you	travel farther?	
3:55	Bridge 3	4 x 8	KICK 3 CURL	1	RL	I, I, I, so am	1		Toes up,	curl back	
4:22	Chorus 4	4 x 8	WIDE JOG	1	R	Do you ever	feel like		One mor	e chance!	
	Finish	1 x 1	Land wide								
V	1 (C1	B1 V2	C2		B2 V3		(C3	В3	C4

Trainer's Tip: This is your BONUS track! It should be inserted after Track 2 if you choose to use it and make your class a bit longer.





HOLIDAY (use in place of One Thing Right on Track 8) Lower Body Track #

Track Focus

Track Length 4:53 Song Title Last BPM 132 **Last Christmas**

	Song Part	Count	Movement		Reps	Lead	Music Cue		Verbal Cue and Type		
	Intro	2 x 8	Put noodle aside, brace core		8						
0:15	Verse 1	/erse 1		4, ALT Ham-	1	R	Last Christmas		MOVE: Leg curl x4, then ALT		
		1 x 8	Hamstring curl R x4, ALT Ham- string curl x4 LRLR		1	L	This year to save		Switch sides		
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR		1	R	Last Christmas		Back to side one		
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR		1	L	This year to save me		Now left leg		
0:45	Chorus 1	4 x 8	SEATED KICK & STAND ALT Seated kick x4, ALT Kick x4		4	R	Once bitten		Kick front x4		
1:13	Bridge 1	4 x 8	LOW JACK POW POW Neutral JJ out x1, touch in to the bottom x2		16		Instrumental		Neutral jacks and jumps		
1:43	Verse 2 4 x 8		FAST KICKSTANDS		1	RL	Last Christmas		MUSCLE : Feel the muscles I the back of your legs		
2:12	Chorus 2 4 x 8		SEATED KICK & STAND		1	R	Once bitten		Working the quads		
2:41	Bridge 2 4 x 8		LOW JACK POW POW		1		Instrumental		Abd/Adductors and glutes		
3:10	Verse 3	4 x 8	FAST KICKSTAND	AST KICKSTANDS		RL	Last Christmas		MOTIVATION: Kick your butt		
3:39	Chorus 3	4 x 8	SEATED KICK & STAND		1	R	Once bitten		Feelin' strong		
4:08	Bridge 3	4 x 8	LOW JACK POW POW		1		Instrumental		Jack and POW		
	Finish 1 x		Land wide								
V1		C1	B1	V2		C2	B2	V3		C3	В3

Trainer's Tip: If you choose to use this Christmas track, switch it out for track 8 (Lower Body).

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