

Track 1		WARM-UP								Borderline	
Intro		Jog								16x	
Verse		JOG CURL IN Jog (Arms: DBL biceps curl F, DIAG, DIAG, S)								32x	
Chorus		JACK SLICE OUT JJ (Arms: Slice side, in, down, in)								16x	
Bridge		JOG HEEL PUSH Jog heel (Arms: Push F x4, push side x4)								4x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		



Track 2		LINEAR								Physical	
Intro		Low Kick								16x	
Verse		FLICK KICK 4 Flick kick R x4, ALT straight kick x4 (gradually higher) Repeat L								2x	
Chorus		CROSS COUNTRY 6 CC X6, CC shuffle X4, TVL F (Arms: Scoop curl x6, push F x4)								4x	
Bridge		KARATE FRONT BACK Karate kick F/B, Touch tuck x2, TVL B								8x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 3		LATERAL TRAVEL								It's Not Right, But It's Ok	
Intro		Pendulum								16x	
Verse		SWING CROSS Side leg swing/ALT cross F/B, Repeat L (Arms: Cross out/in)								2x	
Chorus		JACK CROSS JJ x4, Pendulum x8 TVL R, Repeat L (Arms: Cross punch/slice open)								2x	
Bridge		SIDE JUMP KARATE 2 Side tuck jump R x1/karate kick L x2 Repeat L								4x	
FINISH		Land wide, cross punch									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 4		SPEED								On Top of the World	
Intro		Run								32x	
Verse		RUN FRONT JACKS Run TVL F x8, fast JJ x4 (Repeat TVL B) (Arms: Punch down F/B)								4x	
Chorus		POWER ROCKETS JJ wide low/Power ADD jump x8 Rocket JJ x16								1x	
Bridge		JOG HEEL CIRCLE RIGHT Jog Heel x8, TVL in R circle w/Breaststroke arms) Repeat L								4x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 5	GROUP Simply Irresistible								
Intro	Jog, form 2 lines, facing each other								16x
Verse	LINE 1 COMBO Line 1: JJ (Arms: Play guitar) x16 Line 2: Jog through Line 1 and around x32								1x
Chorus	LINES SWITCH COMBO Line 1: Jog through Line 2 and around x32 Line 2: JJ (Arms: Play guitar) x16								1x
Bridge	CROSS COUNTRY TOGETHER CC x7 ½ turn, face together, CC x7 ½ turn, face away								2x
FINISH	Land wide, play guitar								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6	SUSPENSION Burning Love								
Intro	Kick F								8x
Verse	GROUNDED KICKS GND straight kick F x8 (Arms: OPP reach to foot) Neutral straight kick F x16								1x
Chorus	GROUNDED SIDE SWEEP ALT GND Leg sweep side x8 Neutral sliding JJ x8								1x
Bridge	NEUTRAL CROSS COUNTRY Neutral CC x16, then SUSP CC x16								1x
FINISH	Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	UPPER BODY		What A Man Gotta Do					
Intro	Wide stance, noodle held shoulder width							
Verse	CHEST PRESS FAST Chest press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneeling)							4x
Chorus	TRICEPS PRESS FAST Triceps press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneeling)							4x
Bridge	NOODLE CROSS PUSH ALT sweep B, push noodle across to OPP side							16x
FINISH	Grab noodle, push across							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Invincible					
Intro	NO NOODLE, Brace core, lift R knee							
Verse	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR Repeat other side							2x
Chorus	SEATED KICK & STAND ALT seated kick x4, ALT kick x4							4x
Bridge	LOW JACK POW POW Neutral JJ out x1, touch together to the bottom x2							16x
FINISH	Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	MUSCLE 3 (CORE) Better Be Good To Me							
Intro	Position noodle under R knee, hold							
Verse	RIGHT LEG CRUNCH Crunch F to lifted knee x8 Lateral crunch to lifted knee x7, change sides							1x
Chorus	LEFT LEG CRUNCH Crunch F to lifted knee x8 Lateral crunch to lifted knee x7, lower to SUSP							1x
Bridge	TWIST & KICK ALT Twist x3/Karate kick B Reposition noodle under R knee							14x
FINISH	Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 10	FLEXIBILITY TRAINING Lean On Me							
Intro	ALT Step, Cross touch							4x
Verse	STEP CROSS SIT Step R, cross L, hips back, slide leg up to Figure 4 Repeat L							1x
Chorus	LUNGE RIGHT SWEEP ALT Lunge R/L, ALT Reach up & over, OPP knee up Repeat L							1x
Bridge	SHOULDER POP Wide stance, shoulder pop SSD, curl B L Kick F, hold hamstring stretch Repeat L							1x
FINISH	Strike a jammin' pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS	BONUS-CARDIO								So Am I
Intro	JJ								16x
Verse	JACK SWEEP RIGHT JJ (Arms: ALT Breaststroke) x8 JJ (Arms: ALT pull FWD) x8								1x
Chorus	WIDE JOG Wide jog x7, TVL R, hop x1 Repeat L Side leap x4, TVL R, hop x1 Repeat L								1x
Bridge	KICK 3 CURL ALT Kick x3, hop curl Repeat L								4x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

BONUS	(Christmas)LOWER BODY					Last Christmas			
Intro	NO NOODLE, Brace core, lift R knee								
Verse	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR Repeat other side								2x
Chorus	SEATED KICK & STAND ALT seated kick x4, ALT kick x4								4x
Bridge	LOW JACK POW POW Neutral JJ out x1, touch together to the bottom x2								16x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	