

Track 1		WARM-UP Old Time Rock & Roll							
Intro		Jog							16x
Verse		<u>ANGLED ROCKING HORSE 4 / RUN 8</u> (Arms: Disco roll / Running)							2x
Chorus		<u>JACK KNEE UP</u> Rebound Jack Knee Up (Arms: Disco point / Reach under knee)							16x
Bridge		<u>TWIST 4 / MOGUL 4</u> Twist 4 / Mogul 4 (Arms: Bend elbows / Paddle)							4x
FINISH		Land wide, Disco Point							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2		LOWER BODY 1 Walking On Broken Glass							
Intro		2 Dumbbells, In Each Hand							
Verse		<u>SOCCER KICKS</u> Alternate Soccer Kicks (Arms: Hold in diagonal position under water)							16x
Chorus		<u>WIDE SUSPENDED RUN</u> (Arms: Hold at shoulders or under armpits)							32x
Bridge		<u>SYNCHOPATED JACKS</u> Neutral Jacks – Out, In, Out, In, Out, In (Arms: Bend elbows, hold at surface)							16x
FINISH		Touch Down & Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	UPPER BODY 1							Turbulence
Intro	2 Dumbbells, In Each Hand							
Verse	<u>L SQUEEZE (Rear Delt & Lat) 8</u> Grounded Stance (Arms: Right hand front, Left hand side – squeeze to torso & push out)							16x
Chorus	<u>STIR THE POT</u> Grounded Stance (Arms: Alternate stirring motion)							64x
Bridge	<u>BICEPS & TRICEPS</u> Grounded Stance (Arms: Double biceps squeeze & triceps press)							16x
Finish	Stand Tall & Release Hands							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 4	CORE							Tragedy
Intro	2 Dumbbells, In Hands							
Verse	<u>ANGLED ROLLS 16 / STANDING CRUNCH 4</u> Grounded, Dumbbells Rolls 16 / Standing Crunch 4 (Arms: Alternate dumbbell rolls – back arm starts first / Put dumbbells together, roll to legs)							2x
Bridge	<u>SIDE BEND 8 / DOUBLE SIDE BEND 8</u> Grounded, Side Bend 8 / Double Side Bend 8 (Arms: Elbows Straight, push dumbbell down side)							2x
Chorus	<u>PIKE 8 / DOUBLE HEEL BACK 8</u> Neutral, Pike 8 / Heels Slide Behind – Double Heel Lift To Glutes 8 (Arms: Sweep dumbbells toward feet / Extend dumbbells from shoulders)							16x
FINISH	Stand Tall & Relax							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 5		ACTIVE RECOVERY 1 Night Fever							
Intro		Put Dumbbells Aside							16x
Verse		<u>KARATE SIDE 2 / LEG LIFT SIDE</u> Alternate Rebound Karate kick side 2 / Grounded Leg Lift Side (Arms: Fists / Side sweep)							8x
Bridge		<u>KICK FRONT 16 / PENDULUM 16</u> Alternate Rebound Front Kick 16 / Pendulum 16 (Arms: Breaststroke / Sweep)							1x
Chorus		<u>ROCK 2 / KARATE BACK 4</u> Rocking Horse 2 / Alternate Karate Kick Back 4 (Arms: Push & pull / Fists)							4x
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 6		LOWER BODY 2 Can't Remember To Forget							
Intro		2 Dumbbells, In Each Hand							
Verse		<u>TUCK 4 / MOGUL 8</u> Tuck Jump 4 / Neutral Mogul 8 (Arms: Push down side / Extend dumbbells from side)							4x
Chorus		<u>BOW JACK</u> Alternate Rebound Bow Jack (Arms: Simulate shooting a bow)							16x
Bridge		<u>INSTEP SWEEP</u> Neutral, Alternate Instep Sweep – Option To Go Fast (Arms: Sweep to opposite heel)							2x
FINISH		Bow & Arrow Pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	UPPER BODY 2							Wrecking Ball
Intro	2 Dumbbells, In Each Hand							
Verse	<u>TRICEPS PRESS DOWN</u> Flotation, In Seated Position (Arms: Position dumbbells at hips, double triceps press)							2x
Chorus	<u>LAT PRESS DOWN</u> Flotation, In Seated Position (Arms: Alternate lateral press down – straight elbows)							8x
Bridge	<u>EXTERNAL INTERNAL ROTATIONS</u> Grounded Position, Stand Tall (Arms: Open dumbbells – elbows to ribs, then close dumbbells)							8x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	CORE 2							Only Human
Intro	1 Dumbbell, In Front Of Chest							
Verse	<u>ROUNDHOUSE ROTATION 8</u> Lift Knee Side, Sweep Knee Forward & Backward (Arms: Sweep dumbbell toward ankle & back to chest)							2x
Bridge	<u>DUMBBELL TUCK</u> Tuck (Arms: Sweep dumbbell under BOTH knees – option to sweep under 1 knee)							16x
Chorus	<u>HEEL TOUCH BEHIND 8</u> Grounded Stance – Alternate Heel Lift (Arms: Touch Right heel 8 – switch hands – touch left heel)							16x
FINISH	Relax Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9		ACTIVE RECOVERY 2								We're Gonna Party	
Intro		Put Dumbbells Aside, Jog Heel									
Verse		<u>CROSS COUNTRY 4 / ANGLED PENDULUM 4</u> Cross Country 4 / Angled Pendulum 4 (Arms: Paddle / Sweep across chest)								4x	
Chorus		<u>SKATE 4 / PARTY HEELS 4</u> Skate 4 / Rebound Jump 4 – Alternate Heel Touch Front & Back (Arms: Sweep / Touch heel front & back)								4x	
Bridge		<u>RUN CIRCLE 16</u> Run & Circle Right 16 (Arms: Running)								4x	
FINISH		Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 10		FLEXIBILITY					Sunshine Reggae		
Intro		Lunge & Sway							
Verse		<u>BOWLER LUNGE (2)</u> External Rotation / Cross Leg Behind (2) (Arms : External shoulder rotation / Reach up & down)							1x
Chorus		<u>CALF STRETCH / HAMSTRING STRETCH</u> Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch, Point, Flex & Lower Heel (Arms: Circle overhead / Reach under leg)							1x
Bridge		<u>LUNGE & SWAY SSD</u> Lunge & Sway Single Single Double (Arms: Sweep right/left single single double)							4x
FINISH		Stand Tall, Lower Arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3	