

waterinmotion®
STRENGTH

\$100 OFF

Now Only \$159 (WAS \$259)

Use Code: WIM100



waterinmotion.com/strength

WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

Intro	Run								32x
Verse	<u>RUN 8 / RUN HEEL 8 / RUN 4 / RUN HEEL 4</u> Run 8 / Run Heel 8 (2) Run 4 / Run Heel 4 (4) (Arms: Running)								1x
Chorus	<u>SKATER 4 / ROCK 2</u> Skater 4 / Rock 2 (Arms: Sweep across / Double Ski Poles)								4x
Bridge	<u>JUMP ROPE 2 / MOGUL</u> Jump Rope 2 / Mogul Right (4) (Arms: Circle 2 / Paddle)								4x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Intro	1 Dumbbell In Hands, Jog								16x
Verse	<u>INSTEP SWEEP 8 / ROCK 4</u>								2x
	Alternate Instep Heel / Rocking Horse 4(Change on 4) (Arms: Sweep dumbbell to OPP heel / Roll forward)								
Chorus	<u>RUN 16 / RUN HEEL 16</u>								2x
	Run 16 / Run Heel 16 (Arms: Push F/B / Push down)								
Bridge	<u>JACK 2 / JACK CROSS 4</u>								4x
	Jack 2 / Fast Jack Cross 4 (Arms: Alternate sweep side / Hold in front)								
FINISH	Land Wide, Push Dumbbell Forward								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Intro	1 Dumbbell, In Right Hand								
Verse	PUNCH 2 / ROTATE 2 Grounded Split Stance (Arms: Punch F 2 / External rotation 2) (2)								2x
Bridge	TRICEPS PRESS 7 / SLOW UP Grounded Stance (Triceps press down 7 / Slow rise)								4x
Chorus	BUBBLES Grounded Stance (Arms: Biceps scoops – dumbbell on surface)								64x
FINISH	Grab Dumbbell, Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Intro	1 Dumbbell, In Hands								
Verse	<u>GOLFER'S PUTT 4</u> Grounded Stance, Hip Hinge & Rise (Arms: Press dumbbell down, slight swing & reset)								2x
Chorus	<u>WOODCHOP 8</u> Grounded Stance, Lift Knee 8 (Arms: Sweep dumbbell over lifted knee)								2x
Bridge	<u>CHEERLEADER JUMP</u> Neutral Wide" V" Crunch (Arms: Press down between legs)								16x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Intro	Put Dumbbells Aside, Jack					8x			
Verse	JACK 2 / MOGUL 2 Jack 2 / Mogul 2 (2) (Arms: Sweep side / Paddle side)					2x			
Bridge	CROSS COUNTRY SSD Cross Country SSD (Arms: Paddle w/open fingers)					8x			
Chorus	PENDULUM 6 / ROCKET 1 Pendulum 6 / Rocket 1 (Arms: Sweep in OPP / Sweep together in front)					4x			
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Intro	2 Dumbbells, Under Arms								
Verse	BICYCLE 16 / DOLPHIN 4							2x	
	In Flotation, Bicycle 16 / Dolphin Kick 4 / Seated kick 16 / Dolphin Kick 4 (Arms: Maintain flotation)								
Bridge	WIDE KICK 8 / DOUBLE WIDE KICK 4							2x	
	In Neutral, Alternate Wide Kick 8 / DBL Wide Kick 4 (Arms: Maintain flotation)								
Chorus	STOMP 2 / HIP CIRCLE							2x	
	Grounded Stance, Stomp 2 / Hip Abduction (4) (Arms: Hold dumbbells at chest)								
FINISH	Stand Tall, Release Fingers								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Intro	2 Dumbbells, Place Behind Knees								
Verse	BREASTSTROKE 4 / REVERSE 4 In Flotation (Arms: Breaststroke / Reverse Breaststroke)								2x
Bridge	SIDE PADDLE 8 In Flotation (Arms: Reach side & paddle)								2x
Chorus	TRICEPS PRESS 3 / BICEPS In Flotation (Arms: Press palms back 3 / Scoop)								8x
FINISH	Release Dumbbells & Stand								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Intro	2 Dumbbells, Under Arms								
Verse	TWISTED TUCK COMBO								8x
	Tuck, Twist Cross Country, Tuck, Stand (Arms: Maintain flotation)								
Bridge	TUCK SHOOT SIDE 3								4x
	In Flotation, Tuck Shoot Side 3, Stand (Arms: Maintain flotation)								
Chorus	REVERSE PLANK DROP								16x
	Set Up Reverse Plank, Lower Right Leg, Lower Left Leg, Lower – Small Lift, Glute Squeeze (Arms: Maintain Flotation)								
FINISH	Stand Up								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Intro	Put Dumbbells Aside								
Chorus	JACK 2 SPIN Neutral JJ x2, Tuck and Spin full circle R (Arms: Running / Sweep to circle)								4x
	<u>KICK 8 / FLICK 4 / KICK BACK 8 / KARATE BACK 4</u> Alternate Kick F / Flick Kick 4 R/L / Kick Back 8 / Karate Back 4 R/L (Arms: Scoop / Scoop / Push front / Fists back)								1x
Verse									
Bridge	<u>SUSPENDED CROSS COUNTRY 8</u> Suspended Cross Country 8, ¼ Turn Right								4x
	Stand Tall								
Finish	Stand Tall								
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4

Intro	Step Wide, Lift & Lower Arms							
Verse	<u>LUNGE 8 / WARRIOR 2</u> Lunge 8 / Warrior 2 (R/L) (Arms: Tai Chi Ball / Open wide, heart center)							2x
Bridge	<u>ANGLE QUAD STRETCH / DANCER</u> Quad Stretch – Lift Heel Back / Dancer (Arms: Reach for heel)							2x
Chorus	<u>HAMSTRING / KNEE & ROTATE</u> Lift Leg / Bend Leg & Rotate Torso (Arms: Reach under leg / Reach outside knee)							2x
FINISH	Step Wide, Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C4