

Strength 4: Quick Reference

Track 1 - WARM-UP All Over the World									
Intro	Jog Heel								
Verse	SKATER Skater x8, Moguls x8 (Arms: Reach side L/R, sweep in to chest)								
Chorus	HEEL STRIKE AROUND Karate kick FSBS, Repeat L (Arms: In Karate fists)								
Bridge	JOG RUN RUN Jog x1, slight TVL side, Run x2, Repeat L								
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5 - LOWER BODY 2 Only Love									
Intro	2 aqua dumbbells, at shoulders								
Verse	POWER Vs Neutral power V kicks, dumbbells at shoulders								
Chorus	CROSS COUNTRY SLIDE Neutral CC x7, slide together, dumbbells F Repeat LRL								
Bridge	KARATE KICK FRONT BACK Karate kick F/B x2 R, karate kick F/B x2 L (Arms DBL punch front and down)								
FINISH	Land wide, relax hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2 - LOWER BODY 1 Same Old Love									
Intro	2 Aqua Dumbbells, At Chest								
Verse	TARGET KICKS ALT Kick F (Punch aqua dumbbell to OPP foot)								
Chorus	KARATE BACK REPEATER Karate kick B x16, punch F, Repeat L								
Bridge	TUCK & TURN Tuck jump x4, ¼ R, Tuck jump x4, ¼ turn L Tuck jump x4, ¼ turn L, Tuck jump x4, ¼ turn R								
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6 - UPPER BODY 2 Levels									
Intro	2 aqua dumbbells, lower to neutral								
Verse	TRIPLE TRI PRESS Triceps press x3, up x1, (x4), R heel F, Repeat L								
Chorus	LUNGE & FRONT RAISE Lunge L, sweep R arm down x8, Repeat L								
Bridge	BICEPS/TRICEPS SWEEP Neutral wide stance ALT Biceps/triceps at shoulder level								
FINISH	Stand wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 3 - UPPER BODY 1 Deeper Love									
Intro	2 Aqua Dumbbells								
Verse	ROW & BOW Lunge L, Bow & arrow arms R x8, Repeat L								
Chorus	LAT TUCK Jack Tuck x16 (Arms: Lateral pulldown under the hamstrings)								
Bridge	JOG & ROTATE Jog X32 (Bend elbows & ALT row, torso rotation)								
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7 - CORE 2 Don't Be So Hard on Yourself									
Intro	1 aqua dumbbell, position between thighs								
Verse	FLOATING CHAIR Floating chair, ALT lean R to L								
Chorus	REVERSE TUCK Tuck/touch toes behind x8								
Bridge	TOUCH MOGULS Touch down mogul/tuck								
FINISH	Tuck								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 4 - CORE 1 Get Down On It									
Intro	Wide plank position, aqua dumbbells in hands								
Verse	MOUNTAIN CLIMBER CROSS Neutral wide ALT mountain climb to OPP aqua dumbbell								
Chorus	GET DOWN CRUNCH Standing side crunch, R knee lift, push aqua dumbbell down, Repeat L								
Bridge	PLANK SWEEP Anchored plank, Sweep aqua dumbbells B/F								
FINISH	Land wide, punch front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 8 - FLEXIBILITY When We Were Young									
Intro	Open and close arms								
Verse	QUAD STRETCH Quad stretch, lift arm, Warrior 3, reach arms F Repeat other side								
Chorus	HAMSTRING & ROTATE Hamstring stretch, rotate hip out and in x2 Repeat other side								
Bridge	MOUNTAIN POSE Sweep arms up, then muscle arms, calf stretch L, twist R, Repeat other side								
FINISH	Heart center								
V1	C1	B1	V2	C2	B2	V3	C3	B3	