



water in motion®
deep



waterinmotion.com/deep

\$60 OFF

Now Only \$199 (WAS \$259)

Use Code: WIM60

WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

1 WARM UP		ALMT NO MOUNTAIN HIGH (REROUN) WAVE 1		water@motion		deep	
Intro	Run						32x
Verse	RUN 16 / WIDE RUN 16 Run 16 - Core Engaged, Full Range / Wide Run 16 (Arms: Running Arms to Alternate scoops 16)						2x
Chorus	TUCK 4 / TRIPLE TUCK & EXTEND Tuck 4 / Triple Tuck & Leg Extension (Arms: Push down at side / "T")						2x
Bridge	HAMSTRINGS 8 / DOUBLE HAMSTRINGS 4 Alternate Heels Back 8 - Pull Heel Toward Glutes / Double Heels Back 4 (Arms: Biceps/triceps)						2x
FINISH	Run						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

4 TRAVEL		WALKING ON SUNSHINE WAVE 1		water@motion		deep	
Intro	Cross Country						8x
Verse	GROSS COUNTRY SSD POWER Cross Country Single Single Double Power (Arms: Goalpost - hands out of water)						8x
Chorus	RUN 16 / ROTARY KICK 16 / 180 TURN Run 16 - Travel Forward / Rotary Kick 16 / 180 Turn (Arms: Running / Stabilize)						2x
Bridge	FLUTTER SIDE 16 Lying On Side / Flutter 16 - Travel Side (Arms: Scull)						4x
FINISH	Jog						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

7 LOWER BODY		INSTANT REPLY WAVE 1		water@motion		deep	
Intro	Reset Posture & Alignment						
Verse	INSTEP TOUCH SSD Instep Touch Single Single Double (Arms: Reach for opposite foot)						8x
Chorus	BICYCLES WIDE 16 / DOLPHINS 4 Alternate Bicycles Wide 16 / Knees Together, Dolphins 4 (Arms: Wide scoops / Push back)						2x
Bridge	HAMSTRINGS Double Heels Back 4 / Alternate Heels Back 16 (Arms: Scull)						2x
FINISH	Jog						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

10 FLEXIBILITY		IT MUST HAVE BEEN LOVE WAVE 1		water@motion		deep	
Intro	Bring NOODLE Around To Front						
Verse	FLEX / QUAD STRETCH Bring Knees To Chest, Flex spine / Extend One Leg Back (Arms: Push noodle to knees & release)						2x
Chorus	FIGURE 4 & TWIST Cross One Leg Over Knee - Glute Stretch (Arms: Push noodle on angle)						2x
Bridge	HAMSTRING STRETCH Extend Leg Front Toward Noodle - Flex Ankle, Lower Leg (Arms: Extend noodle front, then overhead)						2x
FINISH	Hold Noodle Overhead						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

2 CARDIO 1		KEEP IT COMING LOVE WAVE 1		water@motion		deep	
Intro	Tucks						8x
Verse	TUCK & EXTEND 4 / TUCK & JACK 4 Tuck & Extend Legs Down 4 / Tuck Up & Sweep To Jack 4 (Arms: Push down / Fists & sweep out)						2x
Chorus	JOG 2 / KICK 2 Alternate Jog 2 / Straight Kick Front 2 (Arms: Scoop / Reach toward opposite foot)						8x
Bridge	KNEE SKI 4 / GROSS COUNTRY 4 Cross Country 8 - Bent Knees / Cross Country 8 - Long Legs - Strong Core Engagement - 2 nd & 3 rd - ¼ Turn (Arms: Running / Long paddles)						4x
FINISH	Jog						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

5 SPEED		DON'T STOP BELIEVIN' WAVE 1		water@motion		deep	
Intro	Run						32x
Verse	BICYCLES 8 / BICYCLE SPIN 16 Bicycles 8 - Vertical / Lying On Side, Spin 16 (Arms: Scull / Control spin)						2x
Bridge	RUN THE STREETS Run Anywhere Around The Pool - Entire Block (Arms: Running)						64x
Chorus	TUCK & SIDE PADDLE 4 Tuck Position, Facing Front - Travel Side (Arms: Extend from shoulder & scoop to side)						4x
FINISH	Jog						
V1	B1	C1	V2	B2	C2	V3	B3
							C3
							C4

8 STABILITY		GET DOWN ON IT WAVE 1		water@motion		deep	
Intro	Place NOODLE Under Knees						
Verse	KNEE SWINGS Bring Heels Toward Glutes - Small Swings R/L (Arms: Scull to stabilize)						16x
Chorus	PUSHUPS SSD Get Into Prone Position - Legs Extend Back (Arms: Push Noodle Under Shoulders - Pushups Up, Then Down Single Double)						8x
Bridge	"V" PULSE BEHIND In Prone Position, Extend Legs Back - "V" Pulses (Arms: Isometric noodle push & hold)						32x
FINISH	Hold Prone Position						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

3 CARDIO 2		JUMP (FOR MY LOVE) WAVE 1		water@motion		deep	
Intro	Jacks						8x
Verse	JACK 4 / PULSE OUT 16 / JACK 4 / PULSE IN 16 Jack 4 / Pulse Legs Out 16 / Jack 4 - In First / Pulse Legs In 16 (Arms: Sweep side / Goalpost - hands out of water)						1x
Bridge	FIGURE 8s Legs Sweep In & Out - Lift To 90 (4), Lower To Vertical (4) (Arms: "T" or scull, if needed)						4x
Chorus	LONG JUMP 4 / SEATED FLUTTERS 16 Tuck To Long Legs 4 - Travel Forward / Seated Flutter Kicks 16 - Travel Backward (Arms: Strong paddles / Biceps Scoops)						2x
FINISH	Jog						
V1	B1	C1	V2	B2	C2	V3	B3
							C3
							C4

6 UPPER BODY		DOCTOR'S ORDERS WAVE 1		water@motion		deep	
Intro	Reset Posture & Alignment						
Verse	UPPER BODY COMBO In Tuck Position - Travel Forward On Breaststroke & Reverse Breaststroke (Arms: Breaststroke 4 / Alternate biceps & triceps 8 / Reverse breaststroke 4 / Alternate biceps & triceps 8)						1x
Chorus	SHOULDER ROTATION SSD In Tuck Position - Stabilize Lower Body (Arms: External/Internal shoulder rotation SSD)						16x
Bridge	WIDE RUN In Tall Posture, Wide Run - Flexed Feet (Arms: Alternate triceps press down)						64x
FINISH	Jog						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4

9 CORE		RESCUE ME WAVE 1		water@motion		deep	
Intro	Place NOODLE Around Back & Under Arms						
Verse	LATERAL SHOOT THROUGH Tuck Knees To Chest - Shoot Legs Side						16x
Chorus	SUPINE CRUNCH Lying On Back, Small Crunch & Release (Arms: Squeeze noodle ends toward thighs & release)						16x
Bridge	LOW TO HIGH TWIST 4 Twist & Crunch Knees To Chest 4, Then Extend Down 4 (Arms: Maintain stability)						8x
FINISH	Lengthen Legs						
V1	C1	B1	V2	C2	B2	V3	C3
							B3
							C4



DEEP WAVE 1
CHOREOGRAPHY