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WHAT'S INCLUDED IN YOUR CERTIFICATION

Lectures

Music

Videos

Notes

Assessment

App

1 WARM UP
RUNNING ON EMPTY — WAVE 20 — water in motion STRENGTH

Intro	Run	16x
Verse	**'CHARIOTS OF FIRE' JOG HEEL / WIDE** Chariot's of Fire Jog Heel 8, Jog Wide x8 (Arms: Reach Open Hand, Slice wide elbows)	1x
Chorus	**RUNNING ON** Run 8 Turning 4x, Jump Rope 8, Twist 8 (Arms: Fists, Paddle)	1x
Bridge	**JACK 4 / DBL JACK 2** Jumping Jack 4, Double Jumping Jack 2 (Arms: Slice, Paddle)	2x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LOWER BODY 1
MEANT TO BE — WAVE 20 — water in motion STRENGTH

Intro	2 Aqua Dumbbells	
Verse	**KARATE TRAVEL** Karate B 8 TVL F / Frog Kick 4 TVL B (Arms: DBLs F / DBLs push down)	2x
Chorus	**QUAD KICKS** DBL Neutral Quad Kick, Single Neutral Quad Kick (Arms: DBLs push down)	8x
Bridge	**JACKS** Neutral Jack 2, Speed Jack 4 (Arms: DBLs at surface)	4x
Finish	Stand Neutral	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 UPPER BODY 1
FAITH — WAVE 20 — water in motion STRENGTH

Intro	2 Dbls	
Verse	**JACK** Rebound Jack (Arms: Out, ½ bicep curl)	16x
Chorus	**ROW & BOW** Split Stance (Arms: Row, Sweep 8)	2x
Bridge	**BICYCLE ARMS** Wide Stance (Arms: Bicycle forward 8, wide 8, reverse bicycle 8, forward 8)	1x
Finish	Push DBLs wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4 CORE 1
HEARTBREAK ANTHEM — WAVE 20 — water in motion STRENGTH

Intro	2 DBLs, Toes to back	
Verse	**CIRCLE, TUCK** Circle front, Tuck, Tap back (Arms: Wide)	8x
Chorus	**CROSS MOUNTAIN CLIMBER** Neutral Plank - knee to opposite hand 8 (Arms: Reach to knee)	2x
Bridge	**SIDE BEND** Anchored (Arms: Lateral Flexion 8)	2x
Finish	Push Front	

V1	C1	B1	V2	C2	B2	V3	C3	B3

5 ACTIVE RECOVERY 1
WHIP IT — WAVE 20 — water in motion STRENGTH

Intro	Set DBLs to side	
Verse	**SHUFFLE 8** Shuffle 8, CC 4 (Arms: Fists, reach)	4x
Chorus	**HOPSCOTCH** Jack Hopscotch 2, Jack Hopscotch BFB (Arms: Reach to opposite heel)	4x
Bridge	**PENDULUM** Pendulum 3, Side Karate 1 (Arms: Sweep in opposition, fists)	8x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

6 LOWER BODY 2
LOOK WHAT YOU MADE ME DO — WAVE 20 — water in motion STRENGTH

Intro	1 Dbl	
Verse	**HIP ROTATION** Hip Rotation (in, out) 4, TVL 2nd Position Plié 4 (Arms: Hold Dbl at surface)	4x
Chorus	**KICK & CURL** Wide Kick, Passé x8 (Arms: Dbl in one hand)	2x
Bridge	**KICK BACK** Kick B, Angle, B, Rebound Kick Back 2 (Arms: Hold Dbl at surface)	4x
Finish	Relax fingers	

V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

7 UPPER BODY 2
RIDE — WAVE 20 — water in motion STRENGTH

Intro	1 DBL	
Verse	**DIAGONAL FLY** Anchored - turn to side (Arms: Diagonal Fly 8 - float, pull down)	2x
Chorus	**CIRCLE DOWN** Anchored - turn to side (Arms: Circle down 7)	2x
Bridge	**SWEEP BACK** Anchored - turn to side (Arms: Palm up sweep B, curl, push F 4)	2x
Finish	Push DBL front	

V1	C1	B1	V2	C2	B2	V3	C3	B3

8 CORE 2
RUNAWAY TRAIN — WAVE 20 — water in motion STRENGTH

Intro	1 Dbl	
Verse	**TUCK MOGUL** Tuck Mogul (Arms: Dbl at surface)	16x
Chorus	**WOODCHOP** Split Stance (Arms: Woodchop past hip 8)	2x
Bridge	**PIKE TRAVEL** Pike TVL B 4, Tuck TVL F 4 (Arms: Sweep down F 4, Scoop 4)	2x
Finish	Push DBL front	

V1	C1	B1	V2	C2	B2	V3	C3	B3

9 ACTIVE RECOVERY 2
LIONHEART — WAVE 20 — water in motion STRENGTH

Intro	Set Dbl to side	
Verse	**LEG SWING** Leg Swing 8 (Arms: Reach)	2x
Chorus	**RUN** Run 8, Rocket Jack 4 (Arms: Fists, sides)	4x
Bridge	**CROSS COUNTRY / JACK COMBO** CC 8, Jack 4, Neutral CC/Jack alternating 8 (Arms: Reach, sides, hold hands)	1x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

10 FLEXIBILITY
SIGNED, SEALED, DELIVERED — WAVE 20 — water in motion STRENGTH

Intro	Shoulder Rolls	
Verse	**CALF STRETCH - SIGNED, SEALED, DELIVERED** Calf Stretch (Arms: Reach front, sweep open, Front 2, chest 2, open)	2x
Chorus	**QUAD / DANCER** Quad Stretch, Dancers pose (Arms: Hand over knee to foot, Reach front)	2x
Bridge	**FIGURE 4/ HAMSTRING** Figure 4 / Hamstring (Arms: Scull down, Hold leg)	2x
Finish	Feet Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3

water in motion STRENGTH

STRENGTH WAVE 20
CHOREOGRAPHY