

This is the copy of a fax received from Lisa listing the new exercises

Update to this with more detailed descriptions will be coming soon.

## 2015 New Routine

### 1st Song Roar

Reach up Right and Left

Look right center look left

Look to the right look up look down

Look to the Left look up look down

Right armpit look down Left armpit look Down

Roll Shoulders together

Roll One at a time

Reach out side to side...reach right then reach left stretch work the obliques

Cross arms down in front and open out to the side wide in a figure 8

Reach Forward and then open out to the side

Pulse arms out to your sides...palms up, front, down, back

### Worth It 2nd Song

#### Circle Wrists

Fist and Open...make a fist then spread fingers wide

Touch fingers to your Thumb

Rake the water right then left

Roll both shoulders back

Hips...Front, Right side, back, left side, Front, Left Side, Back, right Side, repeat.

Lunges...Right foot Lunge...Left Foot Lunge, Lunge right to the side, Lunge Left to the side,

Lunge right to the back, lunge left to the back

Circle the ankle..with knee up Right and Left

Lift Knee and extend, bend knee and then extend

Lift Toes and Heels

Lift Hands up and inhale, drop hands and exhale, 2 times

### Uptown Funk 3rd Song

Jog..push hands forward - push and pull

Tick Tock Right foot out arms in slice from the left then left foot out arms in a slice from the right

Tick Tock legs out to your side wide reach the toes

Ski

Ski Tuck Ski

Jacks reach out, front, out back

Jacks push out push front

Repeat

Jog..push hands forward - push and pull

Tick Tock Right foot out arms in slice from the left then left foot out arms in a slice from the right

Tick Tock legs out to your side wide reach the toes

Ski

Ski Tuck Ski

Jacks reach out, front, out back

Jacks push out push front

Reach Heels

Front kicks reaching opposite foot with your hand

Frog Jumps

New Song

Squat, Feet wide, squat lift right foot out and up, squat lift left foot up and out

Bounce and squat, squat lift both arms up as you lift your right leg, then squat and lift both arms as you lift your left leg up kicking wide

T- Step... Jump forward, out (jack) jump together and jump back

Reach heels in front

Kick feet up in front

Frog Jumps reach the toes

Squat Lift it wide Right and Left

Bounce, squat and lift it wide right and left

T-Step... forward, out, together and back

Lunge side to side pushing arms forward as you lunge

Lunge side to side scooping arms Right to Left as you continue Lunging.

Feet Long (ski) feet wide (Jack) Feet Long, Feet wide

Jump the Log, Jump forward then Jump back

Mougle side to side

Jump forward, jump back, jump right, jump left, jump forward, jump back, jump left, jump right

Bang Bang song

Lunge side to side pushing arms forward as you lunge

Lunge side to side scooping arms Right to Left as you continue Lunging.

Feet Long (ski) feet wide (Jack) Feet Long, Feet wide

Jump the Log, Jump forward then Jump back

Mougle side to side

Jump forward, jump back, jump right, jump left, jump forward, jump back, jump left, jump right

Happy Song

Fast Cardio

Run Fast pushing hands to front

Football Feet upper cuts with your hands

Fast Jacks - out - in  
 Fold arms in front for tucks...jumping as you tuck  
 Fast Ski - push pull with your arms  
 Reach up both hands and jump as high as you can  
 Fast kicks - small  
 Lunge to the right and clap, Lunge to the Left and Clap

Run Fast pushing hands to front  
 Football Feet upper cuts with your hands  
 Fast Jacks - out - in  
 Fold arms in front for tucks...jumping as you tuck  
 Fast Ski - push pull with your arms

### New Song

Jog..push hands forward - push and pull  
 Tick Tock Right foot out arms in slice from the left then left foot out arms in a slice from the right  
 Tick Tock legs out to your side wide reach the toes  
 Ski  
 Ski Tuck Ski  
 Jacks reach out, front, out back  
 Jacks push out push front  
 Jog..push hands forward - push and pull  
 Tick Tock Right foot out arms in slice from the left then left foot out arms in a slice from the right  
 Tick Tock legs out to your side wide reach the toes  
 Ski  
 Ski Tuck Ski  
 Jacks reach out, front, out back

### I'm Burning Up Song

Reach heels in front  
 Kick feet up in front  
 Frog Jumps reach the toes  
 Squat Lift it wide Right and Left  
 Bounce, squat and lift It wide right and left  
 T-Step....forward, out, together and back  
 Lunge side to side pushing arms forward as you lunge  
 Lunge side to side scooping arms Right to Left as you continue Lunging.  
 Feet Long (ski) feet wide (Jack) Feet Long, Feet wide

## Groovey Song

Jump the Log Forward and Back  
 Jump Forward and Back, side to side  
 Reach heels in front  
 Frog Jumps reach the toes  
 Squat Lift it wide Right and Left  
 Bounce, squat and lift it wide right and left  
 T-Step....forward, out, together and back  
 Lunge side to side pushing arms forward as you lunge  
 Lunge side to side scooping arms Right to Left as you continue Lunging.  
 Feet Long (ski) feet wide (Jack) Feet Long, Feet wide

## Cool Down

Tap Wide bring knee up to opposite Elbow  
 Squat reach forward and then open out to side and stand  
 Travel to your right scooping with both hands and you travel Right, go left repeat.  
 Right leg to the back, then kick forward with your right leg, repeat  
 Left leg to the back then kick forward with your left leg, repeat  
 Scoop with feet wide, right and left

## Dance

Meringue March forward 123...walk it back 123...  
 Ski 4 Jack 2 repeat  
 Pivot to your right with feet going back and forth  
 Meringue March forward then back  
 Pivot to your left with your feet going left back and forth  
 Meringue March forward and back  
 Ski 4 Jack 2 repeat  
 Step Right half Jack, Step Left half jack  
 Circle Left  
 Step Left Half Jack, Step Right Half Jack  
 Circle Right  
 Meringue March Forward - Back  
 Ski 4, Jack 2  
 Pivot Right  
 Meringue March forward - Back  
 Pivot Left  
 Meringue March  
 Ski 4 Jack 2

Step Right half Jack, Step Left half jack  
 Circle Left  
 Step Left Half Jack, Step Right Half Jack  
 Circle Right  
 Meringue March Forward - Back

Shake it - Freestyle

All of Me Song/Sam Smith Ti Chi

Inhale hands in Front with backs together, Exhale and open hands out wide  
 Clasp Hands together - Figure 8  
 Windmill Slice in Front and open out go right then left  
 Soften knees Push Front Pull Back and Switch  
 Sea Saw. Squat center hands in front, turn reach with hands in front to your right, center and reach to the left. Opposite foot to the back.  
 Front Kick...Balance. Right leg goes back and right arm goes forward. Switch leg to the front and arm goes to the back. Repeat. Switch to the left leg. Repeat  
 Prayer Hands squat. Bring Right knee up in front then out to side hold, bring knee back in bend then squat. repeat on left side.  
 Flaming Kicks..Turn your right foot out to the right holding your body straight, tummy in standing tall, lift up in front of you as high as you can then back down, repeat. Now repeat on your left.  
 Figure four Stretch. Cross left ankle over right knee, arms out, sit back. Then other side.  
 Arms out to your side and reach as far right and then left  
 Extend Right leg back brings hands to front and stretch, then stand up. Then Left side.  
 Shake hands up, clasp over your head, reach right, center, left, center  
 Great Big Hug!