

Warm up

Higher Ground

- Hey class, let's get started
- **reach up**, reach up, reach up, reach up, reach, reach, reach, reach, reach, reach, reach, reach, 8 more 8 7 6 5 4 3 2 ..
- now **roll the shoulders** back 4 3 2 .., and to the front 4 3 2 .., back 4 3 2 and 1, front 4 3 2 .., back 4 3 2 and 1, and front 3 2 ..
- **round and squeeze**, round, squeeze, round, squeeze, round, squeeze, round, squeeze, 8 squeeze, 7 6 5 4 3 2 1
- **hold the arms wide, pulse** them to the back, pulse, pulse, pulse, pulse, pulse, pulse, pulse 8 7 6 5 4 3 2 ..
- **Palms up, pulse it up**, up, hold the arms wide pulse the palms up, pulse, pulse, pulse, pulse, pulse, last 8 7 6 5 4 3 2 and 1
- **now stretch the hands make a fist**, stretch the hands, make a fist, stretch, fist, stretch, fist 4 3 2 and 1
- **clasp with the hands, point the palms out, pulse it out**, pulse it out, pulse it out, pulse, pulse, pulse, 8 more 8 7 6 5 4 3 2 and 1
- now bring your palms in to face you, elbows out, **twist**, center, twist, center, twist the trunk, center, twist, center, twist, center, twist, center, twist, and center
- **slide the rib cage** to the right, center, left, center, arms wide, slide, center 4 3 2 and 1
- now give me a squat, squat and stand, come up on your toes and down, squat stand toes down, squat stand toes down, squat stand toes down, squat stand toes down, squat stand toes and down, one more stand toes and down.
- now push your **arms front front front, cross cross**, front front, cross cross, front front, cross cross, push push, cross cross, push push, cross cross, push push, cross cross, and push front, push front, cross and cross

Smooth

- very good, very good, alright, jog in place, jog, big deep breath in everybody, and jog
- now reach to your right-**scoop** it to the right, for 4 3 2 .., scoop it to the left, reach and scoop, 3 2 .., 1 more time, scoop it to the right, 3 2 and 1, and scoop it to the left 3 2 1
- now bring those feet out wide, **squat and reach the opposite heel**, squat reach, squat reach, squat reach, squat reach, squat reach, squat reach, squat and reach, squat and reach, squat and reach, squat and reach, keep going, squat reach, squat reach, squat reach, squat reach, squat and reach, squat and reach, 4 3 2 and 1
- now bring those feet together, **lunge** front, front, lunge side side, side side, to the back, back back, lunge side side, side side, to the front, front front, side side, side side, back, back back and to the side, side and side
- good job-now **squat and kick it to the front**, squat kick, squat kick, squat kick, squat kick, squat kick, squat kick, squat kick, squat kick, squat kick
- now add the arms, kick, open the arms, reach the toes, **squat kick and reach the toes**, squat and kick, reach those toes, squat kick, squat kick, squat kick
- now hold it here bring those feet closer together, squat, you're going to lift the leg to the side, **squat, leg to the side**, right, left, squat and lift, squat and lift, squat and lift, squat one more 8 count, squat lift it side, squat lift it side, squat and lift, squat and lift 4 3 2 1
- now squat and lift it to the back, **squat and lift it back**, squat lift, squat lift, squat lift, squat lift, 4 3 2 ..
- One more time - **scoop** it to the right 3 2 1, left, scoop, 3 2 .., scoop it to the right, give me 4, 3 2 1, and scoop it to the left 4 3 2 ..
- **squat and reach the heels**, squat reach, squat reach, squat reach, squat reach, 4 3 2 ..
- **squat and kick to the front**, squat kick, squat kick, reach the toes, kick, squat, kick, squat kick, squat and kick, and squat and kick, last one

Cardio

Express Yourself

Hopefully you guys are all warmed up now and ready to work out

- Knees up, **jog**, jog, jog, jog, jog, knee, knee, knee, knee. Bring those knees up nice and high, shoulders down, jog, jog, jog, jog, jog, jog, give me 8 more, 8 7 6 5 4 3 2 ..
- Now **travel forward** for 4 3 2 1, **back** 4 3 2, travel forward 4, 3, 2, 1, back 4, 3, 2
- **half Jack**, step out right together, left together, right, left, 4 more, 4 3 2 ..
- now **punt and kick**, right leg punt kick, left punt kick, right punt kick, left punt kick, 4 more 3 2 1
- **triple mogul**, side center, side center, side center, side center 4 3 2 1
- **Feet long, feet wide** - long wide, long wide, long wide, long wide, 4 3 2 1
- give me a **jog**, jog, 4 3 2 .., travel forward for 4 3 2 .. and take it back 4 3 2 .., 1 more time travel forward 3 2 .., and take it back 4 3 2 ..
- **half Jack** - step out right, feet together, left together, right together, left together, 4 3 2 ..
- **punt and kick** – right leg, left, punt kick, left, punt kick, 4 more 3 2 1
- **triple mogul** - side jump center, side jump center, side jump center, side jump center, 4 more 3 2 1
- **feet long feet wide** - long wide, long wide, long wide, long wide, last 4 3 2 1
- give me a **jog** 8 7 6 5 4 3 2 travel forward for 4 3 2 and take it back 4 3 2, 1 more time travel forward 3 2 .. and take it back 4 3 2
- **half Jack** right here 8 7 6 5 4 3 2 ..
- **punt and kick** - right leg, left, right, left, last four 3 2 and 1
- **triple mogul** – and center, side, center, side, center, side, center, side, and center 4 3 2 & 1
- **feet long feet wide** – long and wide, long and wide, long and wide, long and wide 4 3 2 1

The Power of Love

- Jog in place, one more 8 count
- give me a **T step** - jump forward, out, together, and back, and **mogul** 4 3 2 and 1, one T step forward, out, together, and back and mogul 4 3 2 and 1, one T step forward, out, together, back, mogul 4 3 2 .., last time one T step forward, out, together, back, mogul 4 3 2 and 1
- **ski** 3 2 .., quarter turn right, ski 3 2 .., and quarter turn right, ski 2 1 quarter turn right, ski 2 1 face the front, ski 4 3 2 .. and quarter turn left, ski ski ski, quarter turn left, ski ski ski, quarter turn left, ski ski ski, face the front
- **fast jacks** - out out out 4 3 2 .., take it lower, jacks 7 6 5 4 3 .., now slow it down, slide out, slide in, slide, slide, slide, slide, slide, slide out, slide in, 4 more 3 2 ..
- alternating **front kick back kick** - right front and back, left front, left back, right front, right back, left front, left back 4 more 3 2 ..
- from the top - give me a **T step** - jump forward out together and back, and **mogul** 4 3 2 .. and 1, T step forward out together and back, and mogul 4 3 2 and 1, T step forward out together back, mogul 4 3 2 and 1, last time one T step out together and back, mogul 4 3 2 and 1
- **ski** 3 2 1, quarter turn right, ski ski ski quarter turn right, ski ski ski quarter turn right, ski ski ski face the front, ski - ski ski ski quarter turn left, ski ski ski and quarter turn left, ski ski ski quarter turn, last one ski ski ski face the front
- **fast jacks** - out out out 4 3, 2 .., get low, fast jacks 8 7 6 5 4 3 .., now slow it down, slide out slide in - slide in, slide out, slide in, slide out, slide in, slide out, slide in, 4 more 3 2 ..
- alternating **front kick back kick**- right front right back, left front left back, right front right back, left front left back, 4 more 4 3 2 ..

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- last time from the top – **T step** - forward out together back, **mogul 4 3 2** and 1, 1 T step forward out together back, mogul 4 3 2 and 1, 1 T step forward out together back, mogul 4 3 2, last 1, 1 T step forward out together and back and mogul 4 3 2 ..
- **propelled ski** - ski ski ski quarter turn right, ski ski ski quarter turn right, ski ski ski quarter turn right, ski ski ski face the front, ski - ski ski ski quarter turn left, ski ski ski quarter turn left, ski ski ski quarter turn, last time ski ski ski face the front
- **fast Jacks** 7 6 5 4 3 2 .., get low, fast jacks 7 6 5 4 3 2 .., slow it down, slide out slide in, slide out slide in, slide, slide, 4 more 4 3 2 ..
- alternating **front kick back kick** - right front right back, left front left back, right front right back, left front left back, right front right back, left front left back, 2 more, last one

Shake Senora

- Jog in place, jog, jog, jog, keep jogging
- give me a **V step** - out out in in, out out in, walk forward 4 – 4 3 2 .., take it back 4 3 2 and 1, walk forward 4 3 2 .., take it back 4 3 2 and 1, 4 3 2 .., take it back 4 3 2 .., to the front 4 3 2 .., and back 4 3 2 ..
- **Hips single single double**, single single double, arms up, hips single single double, single single
- take it to the right, **side step** 4 3 2 and 1, side step left 3 2 .., side step to the right to the right 3 2 , and 1, side step left 3 2 ..
- let me see those arms - **bicep curls** to the right 2 and 1, to the left 4 3 2 ..
- **V step** right here - out out in in, one more, out out in, walk forward 4 - 4 3 2 .., take it back 4 3 2 .. and 1, 4 3 2 .., and back, forward, take it back, last one, forward, and back
- arms up, hip single single double – single double, single single double, single single double, last one
- **side step** to the right and 3 and 2 and 1, take it left 4 3 2 .., side step right 4, side step left 4 3 2 and 1, let me see those arms and 3 and 2 and 1, take it back for 4 3 2 ..
- **V step** right here - out out in in, one more out out in ..
- **Walk forward** 4 – 4 3 2 .., **take it back** 4 3 2 .., walk forward, take it back, forward, take it back, forward, take it back
- **Hips - single single double**, single single double, single single double, single single double
- hold it here - clap clap clap, **side step** and 3 and 2 and 1, take it left 4 3 2 .., add those **bicep arms** 4 3 2 and 1, take it left 4 3 2 1
- **V step** - out out in in, again out out in, walk forward 4 – 4 3 2 .., take it back, forward 4, back, forward, back, forward, back
- **Hips - single single double**, single single double, single single double, single single double
- **Side step** right and 3 and 2 and 1, take it left 4 3 2 and 1, go right 4 3 2 and 1, and left 4 3 2 and 1

Twist and Shout

- Now jog in place – jog jog jog jog
- **Ski tuck** single single double, single double, ski tuck single single double, 2 more, single double, last one single single double
- 1 Jack - **1 Jack mogul right and left** , 1 Jack mogul left and right, 1 Jack feet together mogul right mogul left, 1 Jack feet together mogul left mogul right
- **Twist** single single and double, twist single single and double, twist single single double, last one single single double
- **right corner rocking horse** for 8, right corner, four more 4 3 2 1
- feet together, **twist** single and single and double, single single double, twist single double, last one single single
- **left corner rocking horse** – left corner 7 6 5 4 3 2 1

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- **ski tuck** - single single double, single single double, single single double, last one single single double
- give me 1 **Jack**, out, feet together, **mogul** right and left, out, feet together, mogul left and right, out together, mogul right and left, out, feet together, mogul left and right
- **twist** - single single double, single single double, 2 more, last one
- **Right corner rocking horse** for 8, 4 more, 3 2 ..
- **twist** - single single double, single single double, 2 more, last one
- **Left corner rocking horse** 8 7 6 5 4 3 2 1
- **ski tuck** - single single double, double, single single double, single single double, last one
- 1 **Jack** take it out, feet together, **mogul** right mogul left, 1 Jack, feet together, mogul left mogul right, 1 Jack, feet together, mogul right mogul left, 1 Jack, feet together, mogul left and right
- Now **twist** - single single double, single single double, twist single single double, single single double, keep twisting, single single double, single single, double, single single double, last one, single single and double

Waterloo

- Jog in place - keep jogging
- now **reach the heels**, reach, reach, reach, reach, reach, reach, reach, reach keep reaching, 4 3 2 ..
- **big kicks** travel forward 3 2 .., and take it back 4 3 2 .., big kicks to the front 3 2 .., travel back 4 3 2 .., big kicks front 3 2 .., back 4 3 2 .., forward 4 3 2 .., and back 4 3 2 .., 1 more time 4 3 2 .., and back 4 3 2 ..
- **reach the heels** down low, reach reach reach reach 4 3 2 ..
- **big kicks** - travel forward and back 4 3 2 .., forward 4 3 2 .., back 4 3 2 .., forward 4 3 2 .., back 4 3 2 .. forward 4 3 2 .., and back 4 3 2 .., 1 more time 4 3 2 .. and back 4 3 2 ..
- **reach the heels** 4 3 2 1
- **big kicks** 3 2 .., take it back 4 3 2 .., forward 4 3 2 .., back 4 3 2 .., forward, back, forward, back, forward, and back

Let's Get Loud

- give me a jog
- let's **click those heels** together click click click click click click
- **double Jacks** - take it out out in in, out out in in, 4 singles 4 3 2 .., 2 double Jacks out out in in, out out in in, 4 singles 3 2 and 1, double jacks out out in in, out out in in, 4 singles 4 3 2 1
- now slow it down, **double ski**, double ski, 4 singles 3 2 and 1, double ski, double ski, 4 singles 3 2 and 1, double ski, double ski, 4 singles 3 2 and 1, double ski, double ski, 4 singles 3 2 ..
- adding on - double ski **double ski, travel forward** give me 4 3 2 .., hold it here double ski, double ski, travel back 4 3 2 .., and one whole double ski, double ski travel forward 4 3 2 and hold, double ski, double ski, travel back 4 3 2 ..
- **1 double jacks out out in in, out out in in, 4 singles** 4 3 2 and 1, take it out - out out in in out out in in 4 singles 3 2 ..
- now hold it here – give me a **log mogul combination** - right left front back, left right front back, right left front back, left right front back, right left front back, left and right
- now **click those heels** click click click click click, one more 8 count
- give me a **double ski** – double ski, double ski, 4 **singles** 3 ..- we're traveling forward, hold it here - double ski, double ski, take it back for 4 3 2 .., hold it here, double ski, double ski, travel forward 3 2 .., and hold it, double ski, double ski, travel back 4 3 2 ..
- up to tempo - **double Jacks** - out out in in, out out in in, 4 singles 4 3 2 and 1, take it out out in in, out out in in, 4 singles 4 3 2 and 1
- **log mogul combination** - right left front back, left right front back, right left front back, left and right 4 more front back, right left front back, left right front back, right and left and front back, left and right

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- Jog in place - jog, jog, jog. How's everybody doing?
- **double jog**, double jog, single, single, single, single, double, double, single, single, single, single, double, double, single, single, last one - double, double, single, single
- now give me a Jack - **Jack to a kick**, Jack to a kick, Jack to a kick, Jack to a kick 4 more 3 2 1
- 1 **triple mogul** side center jump, side center jump, now **ski** feet together, ski feet together, 1 triple mogul, now ski feet together, ski feet together, triple mogul, ski, ski, together ski, last one - triple mogul, and ski together
- **corner to corner lunge** 4 3 2 ..., corner to corner jump 4 3 2 1
- from the top - **double jog**, double jog, single, single, single, single, double, double, single, single, single, single, double, double, single, single, single, last one – double, double, single, single
- **Jack to a kick** - Jack kick, Jack kick, Jack kick, Jack kick 4 3 2 1
- give me 1 **triple mogul** – side center jump, side center jump, now **ski** feet together, ski feet together, triple mogul, ski together, ski together, ski, triple mogul, ski feet together, ski feet together, last one triple mogul, ski together, ski
- **corner to corner lunge** 3 more 2, **corner to corner jumps** 4 3 2, and 1
- from the top – **double jog**, double jog, double jog, single, single, single, single, double, double, single, single, single, single, double, double, single, single, single, last one – double, double, single, single
- **Jack to a kick** – Jack kick, Jack kick, Jack kick, Jack kick, last 4 3 2 1
- **triple mogul** - side center side, ski together, **ski** feet together, ski feet together, triple mogul, ski feet together, ski feet together, two more - triple mogul, ski together, ski, last one, triple mogul, and ski feet together
- **corner to corner lunge** 4 3 2 ..., corner to corner jumps 4 3 2 ..
- last time - **double jump** - double jump, double jump, single, single, single, single, double, double, single, single, single, single, double, double, single, single, single, double, double, single, single
- **Jack to a kick** - out kick, out and kick, Jack kick, Jack and kick, last 4 3 2 and 1

I Like it Like That

- Good – jog in place, keep jogging. Last one people, let's make it count!
- **ski forward** 4 3 2 ..., now **cha cha back**, single single double, single single, keep forward for 4 3 2, and cha cha back, single single double, single, single, ski forward for 4 3 2 ..., now cha cha back, single single double, single, single double, ski forward 3 2 .. and cha cha back, single single double, single single double
- give me 4 **Jacks, travel** to the right, 3 more 2 1, hold and jump the log 4 3 2 1, traveled left 4 3 2 1, hold jump the log 4 3 2 and 1
- **ski forward** for 4 3 2 ..., now **cha cha back** single single double, single single, ski forward 4 3 2 ..., and cha cha back single single double, single single double
- **stomp** your feet, stomp the heels, to the front stomp, stomp, stomp, stomp, stomp, stomp, stomp, stomp, heels to the front or you could just tap them if stomping is too much, keep going tap tap tap, nice high energy, pick up those knees people
- 4 **Jacks travel** right 4 3 2 1, hold, jump the log 4 3 2 1, 4 Jacks travel left 4 3 2 1, jump the log 4 3 2 ..., 4 Jacks travel right 4 3 2 1, hold, jump the log 4 3 2 1, 4 Jacks travel left 3 2 1, hold, jump the log, last 4 3 2 1
- **Ski forward** 4 3 2 ..., **cha cha back** single single double, single single double, forward 4 3 2 ..., and cha cha back single single double, single single ..., ski forward 4 3 2, now cha cha back single single double, single single ..., ski forward 4 3 2 ..., and cha back single single double, single single ..., two more times, ski 2 3 and 4, cha cha back, last one, ski forward 4 3 2 ..., and cha back single single double, single single double

Balance and Stretch In The Air

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- Done. Let's stretch.
- Alright everybody, let's breathe in, expand the abdominal wall, and exhale, contract, nice and tight, breathe in expand, and exhale contract, pull your abs all the way in, blow all your breath out. One more time breathe in, and then exhale, contract your abs nice and tight, and release. Good job.
- **Tilt your head** to the right and reach to the left, your left hand, slightly look up, keep tilting your head to the right, and down, and then look slightly to your right, and slowly bring it up center, tilt your head to the left reach right with your right hand, slightly look up, and down, and to your left slightly, and bring it up center. Very good.
- Now bring your feet together, tuck your right knee up to your chest, pull your abs in tight, **extend that right knee and bend**, extend and bend, extend and bend, one more time extend and bend, set that foot down, bring up that left knee, extend and bend, extend and bend, extend and bend, set it down
- bring that right leg up to the side, pull your abs in tight, lower that right leg to the right side, lift and lower, 2 more times, last one, set it down, left **leg lift and lower**, pull your abs in, lift and lower, 2 more, last one, very good
- now bring your right leg straight to the back, arms both arms reach front, drop your truck and reach, hold it, bring it back up to standing, and let's do that on the left side, extend that left leg back, reach both arms to the front, hold, pull in those abs, squeeze those glutes, nice strong balance, yes, and release, set that foot down
- pick up your right knee one more time for **circumduction** - we're going to circle that knee for 4 3 2 and 1, reverse that circle 4 3 2 and 1, set it down, pick up that left knee, circle that leg for 4 3 2 and 1, and reverse 3 2 .. nice big circles, good for the hips, right? and set it down
- bring your feet together, come up on your toes, heels, **toes heels**, toes heels, toes heels, toes heels, toes heels, one more time and heels
- reach up with both hands, pull it to the right, everybody said..... and bring it to the left, everybody said and release, big hug, great job everybody ...