

# 12 COOLDOWN

## CONTENTS

What Do You Got > 3:54 mins

	MUSIC	SEQUENCE/EXERCISE	CTS
0:00	Intro	2x8 Roll onto back. Relax	16
0:12	V1 <b>Everybody</b>	2x8 L knee to chest, roll foot	16
	<b>Rich man</b>	2x8 Lying Hamstring Stretch L	16
0:37	C <b>What</b> do you	2x8 Lying Gluteal Stretch L	16
	<b>Who</b> do you	2x8 Lower Back Release – knees to back	16
1:02	V2 <b>If</b> you	2x8 R knee to chest, roll foot	16
	<b>Maybe</b> I'm	2x8 Lying Hamstring Stretch R	16
1:28	C <b>What</b> do you	2x8 Lying Gluteal Stretch R	16
	<b>Who</b> do you	2x8 Lower Back Release – knees to front	16
1:53	V3 <b>If</b> you	2x8 Roll over to knees Face F Kneeling Hip Flexor Stretch L	8
		Kneeling Hip Flexor & Shoulder Stretch L	8
2:05	I don't want	2x8 Kneeling Hip Flexor Stretch R	8
		Kneeling Hip Flexor & Shoulder Stretch R	8
2:18	<b>Someday</b>	1x8 Stand up	8
2:24	Instr (Guitar)	2x8 Iliotibial Band Stretch L	16
2:37	QC <b>What</b> do you	2x8 Iliotibial Band Stretch R	16
2:49	C <b>Who</b> do you	2x8 Standing Calf & Tricep Stretch L	16
	<b>If</b> you	2x8 Standing Quadricep Stretch L. <i>R arm out to side</i>	16
3:14	Outro <b>Woah</b>	2x8 Standing Calf & Tricep Stretch R	16
	<b>Woah</b>	2x8 Standing Quadricep Stretch R. <i>L arm out to side</i>	16
3:37	Fade	1x8 Step wide – <i>open arms wide</i>	8

## GLOBAL TRENDS

### BODYATTACH™ STRENGTH DIMENSION

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	<b>Only Girl In The World (E-Nergy Remix)</b> © 2010 LNG Music. Written by: Eriksen, Hermansen, Johnson, Wilhelm	Nick Skitz vs DJ Lotus	4:52
2 MIXED IMPACT	<b>Dirtee Disco</b> © 2011 Les Mills Music Licensing Ltd. Written by: Mills, Denton, Pearce	Freenote	4:16
3 AEROBIC	<b>Raise Your Glass</b> © 2011 Les Mills Music Licensing Ltd. Written by: Max Martin for Maratone, Pink, Shellback	Marlee Hines	4:51
4 PLYOMETRIC	<b>Shake It</b> © 2011 Les Mills Music Licensing Ltd. Written by: Hernandez, D'Abencio, Hula, Mayberry	Timeless Kru	4:57
5 UPPER BODY CONDITIONING	<b>I Got My Eye On You</b> © 2011 Les Mills Music Licensing Ltd. Written by: Zofski, Marchi, Sandrini, Tacchina, Caporaso, Clow	Pack 'n Pop feat. Binz	5:22
6 RUNNING	<b>Wherever You Will Go (Starsweeper Remix)</b> © 2010 Power Music, Inc. Written by: Band, Karim	Spike	4:40
7 AGILITY	<b>Head, Shoulders, Kneez &amp; Toez</b> © 2011 Les Mills Music Licensing Ltd. Written by: Fleming, Osborne, Roberts	Beat Soldiers	5:05
8 INTERVAL	<b>We Dance On</b> © 2011 Les Mills Music Licensing Ltd. Written by: Bridges, Caporaso, Clow, D. Contostavlos, T. Contostavlos, Peam, Rawson	Subz Project	4:45
9 POWER	<b>Are You Ready For This</b> © 2011 Les Mills Music Licensing Ltd. Written by: DeCoster, Slingsgaard, Wilde	Sweat, Sweat, Hoodie	5:16
10 LOWER BODY CONDITIONING	<b>Higher</b> © 2011 Les Mills Music Licensing Ltd. Written by: Birgeason, Wroldsen	Global Nation	4:02
11 CORE CONDITIONING	<b>Yeah 3x</b> © 2010 JIVE Records, a unit of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Brown, Justin, McCall, Streeter	Chris Brown	4:01
12 COOLDOWN	<b>What Do You Got</b> © 2011 Les Mills Music Licensing Ltd. Written by: Bon Jovi, James, Sambora	Hiroshi Free	3:54

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