

Raise Your Glass > 4:51 mins

		MUSIC	E L		SEQUENCE/EXERCISE	CTS	REPS	GE
0:00	Instr		4x8		Run OTS. RA	32		1
			4x8		Run OTS. Bent Arm Side Raise	2	16x	
					RUN & HOP COMBO			2
0:24	С	Raise	8x8		Run F. Double Arm Punch F x8	16		п
					Hop B L, R x4. Double Arm Bicep Curl x4	16	2x	Ш
0:48	V1	Right	4x8	Α	Single Knee L, R. Single Arm Punch F	4	8x	1
0:59		Party	4x8	В	Double Knee L, R. Single Arm Punch Up x2	8	4x	
1:11	PC	So raise	4x8	С	Run & Hop Combo S 360° Turn	32		2
		***************************************			RUN & HOP COMBO WITH 360° TURN			
1:24	Instr		8x8	C1	Run F. Double Arm Reach Up x8	16		
					Hop B L, R x2. Double Arm Bicep Curl x2	8		
					Hop B L, R x2. Double Bicep Curl x2. Turn 360°	8	2x	
1:48	С	So raise	4x8	D	Jumping Jack. Double Arm Reach Up	2	16x	3
1:59		Raise	4x8	Ε	4x Superman R, L. Diagonal Arm Punch	16	2x	
2:11	V2	Right	28x8		REPEAT SEQUENCES A to E			
3:35	Instr		4x8	Α	Single Knee L, R. Single Arm Punch F	4	8x	1
3:47		(Builds)	4x8	В	Double Knee L, R. Single Arm Punch Up x2	8	4x	
3:59		(Louder)	8x8	C1	Run & Hop Combo with 360° Turn	32	2x	2
4:23	С	So raise	8x8	D	Jumping Jack. Double Arm Reach Up	2	32x	3

(0/M)

OPHONS TO OFTER >>>>>>>

- Run March
- Double Knee No bounce/Double Knee On The Spot
- Jumping Jack Side Flick or Tap
- Superman 4 Side Step
- Hop/Step Curl No Jump/Stay grounded

SPORTS TRAINING



