



Warm-up

Song: Red red wine (song is a little over 4 minutes so if you end before the song ends, just march in place again until song ends)

March in place- 30 seconds

Shoulder rolls forward- 15 seconds

Shoulder rolls backward- 15 seconds

Arm circles- 15 seconds (half forward/half backward)

Neck up/down- 15 seconds

Neck side to side- 15 seconds

Neck ear to shoulder-15 seconds

Squats over chair- 30 seconds

Hamstring curls- 30 seconds

Heel taps- 30 seconds

Calf raises- 30 seconds

Aerobics #1

Walk around the edge of the room- **Living on a prayer**

Songs: Surfing USA and Born in the USA

Step touch- 30 seconds

Step touch with angel arms- 30 seconds

Knee raise touch with elbow- 30 seconds

Toe tap back with shoulder press- 30 seconds

Heel tap in front with chest press- 30 seconds

Knee raise touch with elbow- 30 seconds

Toe tap back with shoulder press- 30 seconds

Heel tap in front with chest press- 30 seconds

Jabs- 30 seconds





Hooks- 30 seconds

Uppercut with quarter squat- 1 minute

If song is still going, go back to step touch until song is over

Aerobics #2

Walk around edge of the room for 1 full song- **The way you make me feel**

Songs: Takin care of business and Beat it

step touch with shoulder roll- 30 seconds

4 steps forward/backward- 30 seconds

step touch with shoulder roll- 30 seconds

4 steps forward/backward- 30 seconds

hamstring curls w/ arms- 30 seconds

heel taps w/ arms pushing down- 30 seconds

hamstring curls w/ arms- 30 seconds

heel taps w/ arms pushing down- 30 seconds

out out in in in step- 30 seconds

high knees- 30 seconds

out out in in in step- 30 seconds

high knees- 30 seconds

step touch with angel arms- 30 seconds

repeat from beginning until song is over

