

<u>IGTV</u>	<u>episode 1</u>	<u>episode 2</u>	<u>episode 3</u>	<u>episode 4</u>	<u>episode 5</u>
Song:	All the Time remix 4:09	10,000 Hours remix 3: 55	Nobody Like You remix 4:12	Lift Me Up remix 4:08	Boyfriend remix 4:19
Workout :	R/L punch out R/L punch up push up (verse) chest press combo chest/push up cross up "all the time" push out (verse) chest press combo chest/push out x2 cross out+faster combo chest/ push up combo chest/push out circle front punch R/L out punch R/L up row single row (fast chorus) pull down (chorus reprise) single pull down cross overhead cross travel	cross chest cross travel bi cep chest height cross chest (chorus) row (fast chorus) single row (ramble) try behind head cross chest (chorus) twist elbows up (slows)	cross front, then travel row single row twist elbows up R/L punch 30 sec RR/LL row single row twist elbows up R/L punch 30 sec RR/LL R/L 8, then 4- out/up	twist push up "lift" bi cep curl (verse) tri cep back (hi voice) tri pulse tri cross behind bi cep curl (verse) tri cep back (hi voice) push up "lift" push up faster tri cep back tri pulse tri cross behind single bi cep curl swing biceps R/L twist	elbow cross/push out elbow cross faster bi cep curl bi push out (hi voice) elbow cross/push out elbow cross +travel bi chest chest fly elbow cross/push out elbow cross+travel tri behind head elbow cross/push out elbow cross+travel elbow cross cross front

episode 6

episode 7

episode 8

The Other Side remix 3:30 Save a Little remix 3:57 Where Are You remix 4:20

circle front
push out
push up

tri behind head (chorus)
single tri

push up
push out

bi cep (chorus)
single bi cep

circle 4 count

cross arms front
cross+flip

bi drop
single bi drop faster
over drop
2x over drop

push up
single up faster

over up
2x over up

tri behind head
push up/tri combo
tri pulse

over bi drop to end
over push up to end

punch R/L
dbl R/dbl L

circle front

push out together (verse)
cross front "try"
punch R/L

push up together (verse)

cross up "try"
punch up R/L
punch out 4/up 4

circle front (breaks)

push out together (verse)
punch R/L
dbl R/ dbl L
punch R/L
punch up 4/out 4