

## Key

R = right                      L = left                      ct = count(s)                      x = times  
alt = alternating              ctr = center                      diag = diagonal

## Tool: One (1) Handheld Weight

Set Up: Hold both ends of the weight. Begin with single weight in front of the chest and neutral wrists.

<b>32 Count Choreography</b> <ul style="list-style-type: none"> <li>Forward Press (4 ct) / cross body twist R (4 ct)</li> <li>Forward Press (4 ct) / cross body twist L (4 ct)</li> <li>Weighted arm circle R (8 ct)</li> <li>Weight arm circle L (8 ct)</li> </ul>	<b>Progressions/Regressions</b> <ul style="list-style-type: none"> <li>Choreography can be performed seated</li> <li>Cross body twist progression                             <ul style="list-style-type: none"> <li>– Heel lift, knee lift</li> </ul> </li> <li>Weighted arm circle progression                             <ul style="list-style-type: none"> <li>– Add 2 steps R / 2 steps L</li> </ul> </li> </ul>
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## Tool: Elastic Tubing with Handles

Set Up: Hold handles and place tubing securely underneath both feet.

<b>32 Count Choreography</b> <ul style="list-style-type: none"> <li>R lateral step out/in (4 ct) / R diag step back/ctr (4 ct)</li> <li>Squat (4 ct) / single arm biceps curl R (4 ct)</li> <li>R lateral step (4 ct) / R diag step back (4 ct)</li> <li>Squat (4 ct) / single arm lateral raise R (4 ct)</li> <li>REPEAT L</li> </ul>	<b>Progressions/Regressions</b> <ul style="list-style-type: none"> <li>Choreography can be performed seated</li> <li>Seated modifications                             <ul style="list-style-type: none"> <li>– Replace diag step with lateral step</li> <li>– Replace squat with gluteal squeeze</li> </ul> </li> <li>Biceps curl progression                             <ul style="list-style-type: none"> <li>– Both arms biceps curl</li> </ul> </li> <li>Lateral raise progression                             <ul style="list-style-type: none"> <li>– Both arms lateral raise</li> </ul> </li> </ul>
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## Tool: Soft Playball

Set Up: Begin with soft playball in the right hand, arm down by side and palm forward.

<b>32 Count Choreography</b> <ul style="list-style-type: none"><li>• R biceps curl – stop at shoulder (2 ct) / forward step L, forward reach R with shoulder rotation (2 ct) / step back, return ball to shoulder (2 ct) / lower ball to side (2 ct)</li><li>• Repeat (8 ct)</li><li>• Arms open to a “T” (2 ct) / arms forward (2 ct) / ball in L hand, arms open to a “T” (2 ct) / Arms lower to sides (2 ct)</li><li>• Lateral bend L 2x (8 ct)</li><li>• REPEAT L</li></ul>	<b>Progressions/ Regressions</b> <ul style="list-style-type: none"><li>• Choreography can be performed seated</li><li>• Regression<ul style="list-style-type: none"><li>– Remove forward step</li></ul></li><li>• Progression<ul style="list-style-type: none"><li>– Add single heel raise to arms forward</li></ul></li></ul>
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