

Crazy Combos Template

Inspired by the Crazy Combos video with Stephanie Newberry/AquaGym Fitness

Warm-up

Choose the 3-minute warm-up of your choice

Crazy Combo #1

Move #1

Move #2

Combo of Moves #1 & #2

Time: 1:30

Crazy Combo #2

Move #1

Move #2

Combo of Moves #1 & #2

Add Combo #1

Time: 3:00

Crazy Combo #3

Move #1

Move #2

Combo of Moves #1 & #2

Add Combo #2

Add Combo #1

Time: 4:30

Crazy Combo #4

Move #1

Move #2

Combo of Moves #1 & #2

Add Combo #3

Add Combo #2

Add Combo #1

Time: 6:00

Crazy Combo #5

Move #1
Move #2
Combo of Moves #1 & #2
Add Combo #4
Add Combo #3
Add Combo #2
Add Combo #1
Time: 7:30

Crazy Combo #6

Move #1
Move #2
Combo of Moves #1 & #2
Add Combo #5
Add Combo #4
Add Combo #3
Add Combo #2
Add Combo #1
Time: 9:00

Crazy Combo #7

Move #1
Move #2
Combo of Moves #1 & #2
Add Combo #6
Add Combo #5
Add Combo #4
Add Combo #3
Add Combo #2
Add combo #1
Time: 10:30

Cool Down

Choose the 3-minute cool down of your choice

The above timing is an approximate 55-minute class