

Fitmotivation®

Deep Revive with Mark Grevelding

Music bpm: 124 bpm

Classical Strength & Super Strings Step Power Mix. Both available through Power Music. <https://www.powermusic.com/>

Segment 1: Warm-up

All moves taught for 15 seconds or one 32-count phrase

Jogs

Wide jogs

Recumbent bicycle

Side-lying cycle R

Side lying cycle L

Flutter kick

CC Ski

Jacks

Tread with breaststroke

Tread with Side Arm Circles

Tread with The Chop

Tread with Side wrist bends

Choreography: All moves taught for 15 seconds or one 32-count phrase

Segment 2: Deep Revive – Act 1

#1 Wide straddle jog (R lead) with L arm sweep > hip turnout R > Wide straddle jog (L lead) with R arm sweep > hip turnout L

#2 Wooden soldier w/ thumbs to Shoulder > Knee swing R > Wooden soldier with thumbs to shoulder > knee swing L

Add-on: 1 & 2

:30 Joint interlude: Tread water with Side Neck Bend & Head turn

#3 Recumbent Bicycle R lead w/ Front arm circle – Butterfly with shoulder rotator > Recumbent Bicycle L lead with front arm circle > Butterfly with shoulder rotator

Add-on: 1,2 & 3

: 30 Joint interlude: Tread water with Side Arm Lift and Diagonal Arm Reach Variation A

#4 Jack Circles > flutter kick R & L > Jack Circles > Flutter kick L & R

Add-on: 1, 2, 3 & 4

Segment 3: Deep Revive – Act 2

:30 Joint interlude: Tread water with Elbow bend & turn & Door opener

#5 Jack cross > cross over R > Jack cross > cross over L

Add-on: 1,2,3,4 & 5

#6 Cross country w/ The Row > Jack ski > Cross country ski w/ The row > Jack ski

Add-on: 1,2,3,4,5 & 6

: 30 second: Tread water with Wrist bends & Wrist rotation

Segment 3 – Deep Revive – Act 3

:30 Joint interlude: Tread water with Knuckle wave & Piano

#7 Twist R & center > Pull through > Twist L & center > Pull through

Add-on: 1, 2, 3, 4, 5, 6 & 7

:30 Joint interlude: Tread water with Ankle circle & point & flex toes

Stretch & Relaxation

Scapula > opposing scapula & chest > scapula > opposing scapula & chest > arm sweeps > chest

Rhythmic arm sweeps & hold across with arm over head – R & L

V-sit knee hold, vertical Dancer & extended leg R – repeat L

V-sit inner thigh & vertical cradle R – repeat L

Rhythmic movement

Fitmotivation.com has over **325 videos for instructors**. All videos include class notes, similar to these, that can be customized (edited), printed and downloaded.

Not an instructor? [Please visit Poolfit.tv](http://Poolfit.tv) and the [Poolfit App](#) for over 160 pool workouts that you can exercise along with in a pool that you have access to.