

THANKFUL THIGHS

#	SONG	ACTIVITY	LAURA'S NOTES
1	Big Parade	Warmup	Warm up and loosen up your upper body.
2	All About That Bass	Jumps	4 count jumps at a medium resistance beginning at 0:15 for the entire song to the beat of the music. Add additional resistance halfway through but keep up the same pace.
3	Trumpets	Climb	Standing climb at medium/high resistance adding more resistance every 45 seconds.
4	Heroes (we could be)	Run/Sprint	Run at 0:09 at a medium resistance, lower resistance and sprint at 1:09, Run at 1:25 at a medium resistance, lower resistance and sprint at 2:25 (until the song ends.)
5	Antidote - Radio Edit	Jumps	4-count jumps at a medium resistance beginning at 0:30 for the entire song to the beat of the music.
6	We'll Be Coming Back	Run Intervals	Run beginning at 0:04 at medium resistance, crank the resistance to high and run at 0:34, back to medium resistance and run at 1:04, crank the resistance to high and run at 1:38, back to medium resistance and run at 2:08, crank the resistance to high and run at 2:45, back to medium resistance and run at 3:15 (until the song ends.)
7	So Good	Sprints	Sprint at 0:10 at low/medium resistance (30 seconds), Sprint at 1:13 at medium resistance (30 seconds), Sprint at 2:15 at low/medium resistance (30 seconds), Sprint at 3:17 at medium resistance (until the song ends.)
8	Paperthin Hymn	Climb	Standing climb at medium/high resistance adding more resistance every 45 seconds.
9	Good Feeling	Run/Sprint	Medium/high resistance on runs and medium resistance on sprints-Run at 0:07, Sprint at 0:37, Run at 1:07, Sprint at 1:43, Run at 2:13, Sprint at 2:49, Run at 3:19 (until the song ends.)
10	Right Here	Run/Hover	Medium resistance for the entire song-Run at 0:09, Hover at 0:40, Run at 1:12, Hover at 1:44, Run at 2:16, Hover at 2:48 (until the song ends.)
11	Safe and Sound	Run Intervals	Run at medium resistance at 0:18, crank the resistance to high and run at 0:42, back to medium resistance at 1:16, crank the resistance to high and run at 1:47, back to medium resistance at 2:04, crank the resistance to high and run at 2:52 (until the song ends.)
12	Hot in Herre	Jumps	4-count jumps at a medium resistance beginning at 0:15 for the entire song to the beat of the music.
13	Hometown Glory	Cooldown	Cool down and then stretch out your upper body and legs.