**ROUTINE CARD:**

**KEEP CLIMBIN’**

Music provided by Hip Hop Public Health – HHPH.org

|  |  |  |
| --- | --- | --- |
| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:  Single tap + Click L;  Single tap + Click R | Single tap L, then click L  Single tap R, then click R | 8x L  8x R |
| **Sequence 2**:  Alternate Double tap + Click | Double tap, then click alternating  L and R | 8x |
| **Sequence 3**:  Alternate Double tap +  Reach and Click | Double tap, then reach and click alternating L and R | 8x |
| **Sequence 4**:  Alternate Single tap | Single taps alternating L and R, 3x regular pace then 3x quick | 8x |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 3** | | |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 3** | | |
| **Sequence 5**:  Alternate Single tap | Single taps alternating L and R, 16x in squat position and 16x regular | 16x (squat)  16x (regular) |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 1** | | |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 3** | | |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 3** | | |
| **Sequence 6**:  Alternate Single tap | Single taps alternating L and R  in squat position | 20x |