



## ROUTINE CARD: KEEP CLIMBIN'

Music provided by Hip Hop Public Health – HHPH.org

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