



ROUTINE CARD: TO THE CORE *intermediate*

YouTube Link: <https://youtu.be/g-LF9CvwBrQ>
Music provided by Hip Hop Public Health – HHPH.org

MOVEMENT	COUNT
Sitting on Bucket: Alternate Single Taps on Front of Bucket	32 counts
Sitting on Bucket: Double Tap Thighs + Click	32 counts
Stand Up and Alternate Single Taps on Top of Bucket	32 counts
Single Taps on Sides of Bucket (alternating right and left)	16 counts
Alternate Single Taps on Floor, Then Side of Bucket (do this on left side, then on right side)	4 counts/4 counts
Start back at top and repeat!	