

# Assessment Track

## 5

 Transition / Up Body

Hold My Hand - 5:21

MUSIC			EXERCISE		REPS
c	With a little love & some	4x8	1 x Roll Down, set up box position	32ct	
0:21	Cause I've got a hand for you	4x8	2/2 Pin point swimming (alternating)	4	
0:43	Yesterday, I saw you standing	4x8	Sit back and release wrists	32ct	
1:04	Cause I've got a hand for you	4x8	2/2 Pin point swimming - side 1	4	
1:25	Hold my hand	4x8	2/2 Swimming with lift - side 1	4	
1:47	Cannnnn__ Instrumental	4x8	Sit back and release wrists	32ct	
2:08	See, I was wasted	4x8	2/2 Push Up	4	
2:30	Cause I've got a hand for you	4x8	2/2 Pin point swimming - side 2	4	
2:50	Hold my hand	4x8	2/2 Swimming with lift - side 2	4	
3:12	Cannnnn__ Instrumental	4x8	Sit back and release wrists	32ct	
3:33	See, I was wasted	4x8	2/2 Push Up	4	
3:54	Cause I've got a hand for you	4x8	2/2 Pin point swimming (alternating)	4	
4:16	Hold my hand	4x8	2/2 Swimming with lift (alternating)	4	
4:36	Cannnnn__ Instrumental	4x8	Sit back and release wrists	32ct	
4:57	Instrumental / mix	4x8	Transition to back ready for T6	32ct	

Notes: