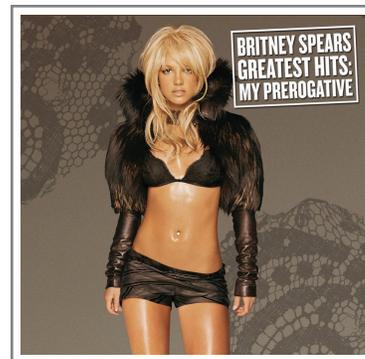


STRONGER

ARTIST: Britney Spears
TRACK LENGTH: 3:24
TRACK SPEED: 100 BPM | 0%



FORMULA: [ABC ABC *DE* CBC]

MOVE A: Plank hold: knee into chest, cross straight leg over opposite foot, knee to chest, hover at starting. Repeat 4x, then alternate.

MOVE B: Plank hold on elbows as you alternate knee taps to the ground.

MOVE C: Side plank hold with repeating hip lifts. Refer to notes on which hip you lift.

MOVE D: On your back with legs straight up and feet stacked: lower straight legs X4, lift legs X4. Alternate which foot is in front on stack.

MOVE E: On your back with knees bent at 90 degrees as you pilates pulse the hands.

MOVE	LYRICS	REPS/CT	NOTES
Into	Ooh hey, yeah	24 cts	
A	Hush, just stop	2x/32 cts	
B	You might think that I won't make it on my own	16x/16 cts	
C	Stronger than yesterday	16x/32 cts	Right hip lift
A	stronger	2x/32 cts	
B	You might think that I can't take it	16x/16 cts	
C	Stronger than yesterday	16x/32 cts	Left hip lift
Filler	Stronger	8 cts	Move to back
D	Come on now...	5x/40 cts	
E	Here I go, here I go	32x/32 cts	
Filler	<i>Music fades and comes back</i>	2 cts	Set up side plank
C	Stronger than yesterday	16x/32 cts	Right hip lift
B	Stronger than yesterday	28x/28 cts	
C	Stronger than yesterday	16x/32 cts	Left hip dip

