

ON DEMAND

PLAYLIST OPTIONS

www.shakeupmakeupllc.com

REQUIREMENTS & HELPFUL TIPS





REQUIREMENTS:

- Fusion Playlists** require a pair of light dumbbells and a resistance band loop. Using these will help you to get the best out of the music-driven strength focused songs.
- Dance Playlists** require an open space so you can move freely!
- Be sure to wear shoes for your workouts for proper support.

TIPS:

- Pause your workout and modify moves when necessary.
- Videos can be streamed on the tv, or done from a computer, phone or tablet.
- If choosing your own playlist, be sure to use a warm up and cool down.
- Stay hydrated and don't forget to breathe!
- HAVE FUN!

VIEWING FROM A PHONE OR TABLET? FOLLOW THESE INSTRUCTIONS:

-  Click the “x” in the top right corner of the video
-  Click the 3 dots in the top right corner of the video to get a drop down menu
-  Click visit channel to get to the playlist options
-  Click the drop down arrow next to all categories to pick your playlist

FUSION 20 MINUTES - A

- ✓ Warm Up 6
- ✓ Post Malone
- ✓ Core 1
- ✓ Head & Heart
- ✓ Still Bad
- ✓ Cool Down 5

FUSION 20 MINUTES - B

- ✓ Warm Up 1
- ✓ Fabulous
- ✓ Fitness
- ✓ Devil in a Dress
- ✓ Mind My Business
- ✓ Cool Down 1

FUSION 20 MINUTES - C

- ✓ Warm Up 3
- ✓ Boogie Shoes
- ✓ Give It To Me
- ✓ Good Company
- ✓ Black & Gold
- ✓ Squats 2
- ✓ Cool Down 4

FUSION 30 MINUTES - A

- | | |
|-------------|-------------------|
| ✓ Warm Up 4 | ✓ Black & Gold |
| ✓ Boa Me | ✓ No Diggity |
| ✓ Disturbia | ✓ Pre Cool Down 1 |
| ✓ Arms 5 | ✓ Cool Down 3 |

FUSION 30 MINUTES - B

- | | |
|----------------|---------------|
| ✓ Warm Up 2 | ✓ Squats 4 |
| ✓ Boys | ✓ Savage Love |
| ✓ Tricky | ✓ Cheerleader |
| ✓ Kickboxing 1 | ✓ Cool Down 1 |

FUSION 30 MINUTES - C

- | | |
|---------------|----------------|
| ✓ Warm Up 1 | ✓ Core 1 |
| ✓ Bailando | ✓ Head & Heart |
| ✓ Feels | ✓ Cool Down 2 |
| ✓ Post Malone | |

FUSION 40 MINUTES - A

- | | | |
|-------------|--------------------|-----------------|
| ✓ Warm Up 2 | ✓ Core 5 | ✓ Pause |
| ✓ Get Ready | ✓ Devil In A Dress | ✓ Pre Cool Down |
| ✓ Fabulous | ✓ Lean On | ✓ Cool Down 5 |
| ✓ Arms 2 | ✓ Move Up & Down | ✓ Still Bad |

FUSION 40 MINUTES - B

- | | | |
|------------------|-----------------|-------------------|
| ✓ Warm Up 5 | ✓ Give It To Me | ✓ Quedate Mas |
| ✓ Wild Mustang | ✓ Arms 1 | ✓ Pre Cool Down 4 |
| ✓ When I Grow Up | ✓ Black & Gold | ✓ Cool Down 2 |
| ✓ Bang Bang | ✓ Kickboxing 2 | |

FUSION 40 MINUTES - C

- | | | |
|-------------|----------------|-------------------|
| ✓ Warm Up 4 | ✓ I Feel Good | ✓ Uptown Funk |
| ✓ X | ✓ Boys | ✓ Pre Cool Down 2 |
| ✓ Dare | ✓ Arms 3 | ✓ Cool Down 3 |
| ✓ Banana | ✓ Head & Heart | |

FUSION 60 MINUTES - A

- | | | |
|----------------|------------------|-------------------|
| ✓ Warm Up 1 | ✓ Boys | ✓ Piensas |
| ✓ Slippin | ✓ Fabulous | ✓ Te Robare |
| ✓ Another One | ✓ Arms 4 | ✓ Treasure |
| ✓ Ta' Gozando | ✓ Black & Gold | ✓ Vida |
| ✓ It's Alright | ✓ Squats 1 | ✓ Pre Cool Down 4 |
| ✓ Bailar | ✓ La Isla Bonita | ✓ Cool Down 4 |

FUSION 60 MINUTES - B

- | | | |
|------------------|----------------------|-------------------|
| ✓ Warm Up 6 | ✓ Core 3 | ✓ La Vida Loca |
| ✓ Throw It Back | ✓ Head & Heart | ✓ No Voy a Llorar |
| ✓ 2 the Moon | ✓ Can't Stop Us | ✓ Respect |
| ✓ Been Like This | ✓ Diva | ✓ Don't Go Yet |
| ✓ Disturbia | ✓ Jump | ✓ Stayin Alive |
| ✓ Arms 6 | ✓ Me Quedare Contigo | ✓ Pre Cool Down 3 |
| | | ✓ Cool Down 2 |

FUSION 60 MINUTES - C

- | | | |
|------------------|--------------------|---------------------|
| ✓ Warm Up 2 | ✓ Dancing My Way | ✓ Dance |
| ✓ Kinsa | ✓ Arms 7 | ✓ Lifestyle |
| ✓ Despecha | ✓ Core 4 | ✓ Loco |
| ✓ Sway | ✓ Fitness | ✓ No Excuses |
| ✓ Work That Body | ✓ Devil In A Dress | ✓ Toma Pa Que Lleve |
| ✓ Hey Ma | ✓ Con Calma | ✓ Pre Cool Down 2 |
| | | ✓ Cool Down 1 |

DANCE 20 MINUTES - A

- | | |
|------------------|----------------|
| ✓ Warm Up 6 | ✓ Iko Iko |
| ✓ Ta Gozando | ✓ La Vida Loca |
| ✓ Dancing My Way | ✓ Cool Down 2 |

DANCE 20 MINUTES - B

- | | |
|------------------|-----------------|
| ✓ Warm Up 5 | ✓ Can't Stop Us |
| ✓ Been Like This | ✓ Stayin Alive |
| ✓ Another One | ✓ Cool Down5 |

DANCE 20 MINUTES - C

- | | |
|-------------|---------------|
| ✓ Warm Up 3 | ✓ Still Bad |
| ✓ Bailando | ✓ Wild |
| ✓ Hey Ma | ✓ Cool Down 3 |

DANCE 30 MINUTES - A

- | | |
|--------------|-----------------|
| ✓ Warm Up 5 | ✓ La Cinta Toja |
| ✓ 2 the Moon | ✓ Pause |
| ✓ Feels | ✓ Uptown Funk |
| ✓ Arms 6 | ✓ Cool Down 7 |
| ✓ Core 5 | |

DANCE 30 MINUTES - B

- | | |
|----------------|---------------|
| ✓ Warm Up 1 | ✓ Shenai |
| ✓ Wild Mustang | ✓ Squats 5 |
| ✓ I Feel Good | ✓ Diva |
| ✓ Arms 4 | ✓ Cool Down 4 |

DANCE 30 MINUTES - C

- | | |
|------------------|------------------|
| ✓ Warm Up 3 | ✓ Back It Up |
| ✓ When I Grow Up | ✓ Be My Baby |
| ✓ Arms 5 | ✓ La Isla Bonita |
| ✓ Core 1 | ✓ Cool Down 2 |

DANCE 40 MINUTES - A

- | | | |
|-------------|------------|--------------------|
| ✓ Warm Up 4 | ✓ Bailar | ✓ Get On Your Feet |
| ✓ Despecha | ✓ Arms 1 | ✓ Move Up & Down |
| ✓ Dare | ✓ Core 2 | ✓ Pre Cool Down 2 |
| ✓ Slippin | ✓ Squats 1 | ✓ Cool Down 4 |

DANCE 40 MINUTES - B

- | | | |
|------------------|--------------|-------------------|
| ✓ Warm Up 1 | ✓ Arms 2 | ✓ Quedate Mas |
| ✓ Boa Me | ✓ Core 3 | ✓ Pre Cool Down 3 |
| ✓ Work That Body | ✓ Back It Up | ✓ Cool Down 3 |
| ✓ Bang Bang | ✓ Jump | |

DANCE 40 MINUTES - C

- | | | |
|-----------------|-----------------|-------------------|
| ✓ Warm Up 2 | ✓ Arms 3 | ✓ Wild |
| ✓ Wild Mustang | ✓ Core 4 | ✓ Pre Cool Down 1 |
| ✓ Throw It Back | ✓ La Cinta Roja | ✓ Cool Down 2 |
| ✓ X | ✓ Treasure | |

DANCE 60 MINUTES - A

- | | | |
|------------------|--------------------|-------------------|
| ✓ Warm Up 1 | ✓ It's Alright | ✓ Don't Go Yet |
| ✓ Get Ready | ✓ Arms 7 | ✓ Uptown Funk |
| ✓ 2 The Moon | ✓ Core 2 | ✓ Vida |
| ✓ Been Like This | ✓ Squats 2 | ✓ Pre Cool Down 3 |
| ✓ X | ✓ Mind My Business | ✓ Cool Down 7 |
| ✓ Feels | ✓ No Voy a Lllolar | |

DANCE 60 MINUTES - B

- | | | |
|----------------|----------------------|-------------------|
| ✓ Warm Up 4 | ✓ Squats 3 | ✓ No Excuses |
| ✓ Wild Mustang | ✓ Still Bad | ✓ Savage Love |
| ✓ Jumpin | ✓ Dance | ✓ Cheerleader |
| ✓ Slippin | ✓ Get On Your Feet | ✓ Te Robare |
| ✓ Arms 6 | ✓ Me Quedare Contigo | ✓ Pre Cool Down 4 |
| ✓ Core 3 | ✓ No Diggity | ✓ Cool Down 4 |

DANCE 60 MINUTES - C

- | | | |
|----------------|------------------|---------------------|
| ✓ Warm Up 2 | ✓ Kickboxing 2 | ✓ Piensas |
| ✓ Kinsa | ✓ Squats 4 | ✓ Treasure |
| ✓ Boa Me | ✓ Con Calma | ✓ Wild |
| ✓ Dare | ✓ Iko Iko | ✓ Toma Pa Que Lleve |
| ✓ Boogie Shoes | ✓ Lean On | ✓ Pre Cool Down 2 |
| ✓ Core 5 | ✓ Move Up & Down | ✓ Cool Down 2 |