

**Section: Upper Body (Chest, Shoulders, Biceps)****Song: Beggin'- Måneskin: 3:31****BPM: 134****Equipment: 1-3lb weights****Setup: Legs Hip Distance Parallel with weights in hands**

Time	Music Cue	Move	Counts	Reps
	<u>Intro</u> "Put your loving hand out, baby"	Raise arms, connect palms and bend the elbows.		
:16	<u>Intro</u> Instrumental	Elbow squeeze in	16	8
:24	<u>Chorus</u> "I'm beggin', beggin' you"	Elbow squeeze in with arm pulse down	32	16
:39	<u>Verse 1</u> "Riding high when I was king"	Full range lunge with arms lowering and lifting. Palms face up.	32	8
:53	<u>Verse 2</u> "So, anytime I bleed, you let me go"	Full range lunge with arms lowering and lifting. Palms face up. Add knee lift front.	32	8
1:08	<u>Chorus</u> "I'm beggin', beggin' you"	Elbow squeeze in with arm pulse down	32	16
1:22	<u>Verse 3</u> "I need you to understand"	Full range lunge (second side) with arms lowering and lifting. Palms face up.	32	8
1:36	<u>Verse 4</u> "An empty shell, I used to be"	Full range lunge with arms lowering and lifting. Palms face up. Add knee lift front.	32	8
1:50	<u>Verse 5</u> "What we doin'? What we chasin'?"	Alternate palms up/palms down with arms in front of the body at shoulder height.  Add in calf raises	48	48
2:13	<u>Chorus</u> "I'm beggin', beggin' you"	Elbow squeeze in with arm pulse down	32	16
2:28	<u>Bridge</u> "I'm fighting hard to hold my own"	Alternating straight arm lower/lift with palms up. Arms to the front diagonal corners.	32	16

2:43	<u>Chorus</u> "I'm beggin', beggin' you"	Arm swings side to side – palms together and elbows wide. Bringing weight to one shoulder then the other. Pulse legs low in lunge.  Change legs halfway through.	64	24
3:11	<u>Outro</u> "I'm beggin', beggin' you"	Alternating straight arm lower/lift with palms up. Arms to the front diagonal corners.	32	16