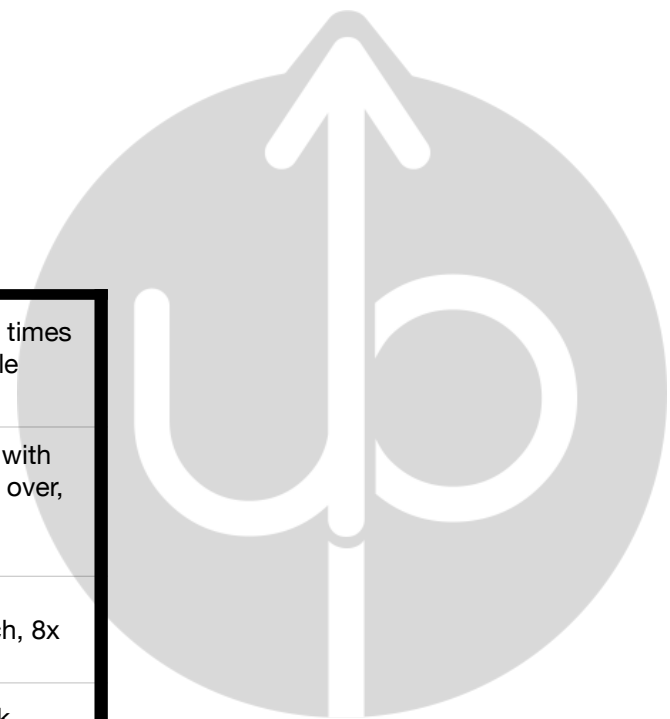


# PULL ME DEEP by LOGAN HENDERSON

3:38 **TRANSITIONAL**



<b>Learn Level</b>			
<b>Burn Level</b>			



<b>1</b>	Setup in wide turned out stance with arms out to a T, lunge 3 times to one side, press to stand as arms reach overhead, 4x. Single alternating side lunges, 8x.
<b>2</b>	Flat back fold over, 4 cts, hold 4 cts, bend knee to yogi pose with feet turned out, 4 cts, hold 4 cts. Straighten legs back to fold over, 4 cts, hold 4 cts, transitions back to yogi 4 cts, hold 4 cts. Straighten legs then take 8 counts to roll up.
<b>3</b>	Transition to plank 8 cts, alternating spiderman with arm reach, 8x
<b>4</b>	Press to down dog, taking 4 counts, then roll forward to plank taking 4 counts.

<b>Quick Look</b>	<b>12 12 34</b>
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MOVE	LYRICS	REPS/ COUNTS	NOTES
Intro	Instrumental	8 cts	
1	I think I'm in over my head...	1 round / 32 cts	
2	You pull me deep...	1 round / 40 cts	
1	It feels like I'm losing my breathe...	1 round / 32 cts	
2	You pull me deep...	1 round / 32 cts	No full roll up
3	You pull me deep, deep, deep...	1 round / 32 cts	
4	You pull me deep...	6x / 48 cts	