

20 minutes. Your playlist. Your movement.

A music-independent Go-Go movement routine. Follow the one-minute blocks and simple counts; play the Go-Go songs you choose on your own device.

THE MUSIC STAYS YOURS

No songs are included, edited, or matched to the moves. Use the suggested titles on page 7 or play any Go-Go track. The timer sets the workout; the beat is yours.

THE 20-MINUTE ROUTE

01-03

Warm up

Shoulders, low arms, weight shifts

04-08

Find the pocket

Heel digs, march, step-touch

09-14

Build patterns

Side steps, toe taps, reaches

15-17

Your groove

Repeat your comfortable moves

18-20

Cool down

Slow taps and easy breathing

WHAT YOU NEED

- A clear, non-slip space
- A timer or clock
- Comfortable shoes if needed
- A stable chair / locked wheelchair for seated options
- Fixed support for supported standing

WHAT YOU DO NOT NEED

- Weights, bands, or a gym
- A dance partner or special shoes
- A specific BPM or song order
- Edited songs, a medley, or embedded audio
- All four movement options at once

PARTICIPATION OPTIONS

FULL

Stand and use a comfortable range.

LOW

Keep steps small and smooth; no bouncing or jumping.

SUPPORTED

Use a fixed, stable support or your prescribed mobility aid; do not pull on a rolling chair.

SEATED

Use a stable chair; lock wheelchair brakes. Move feet, arms, or both.

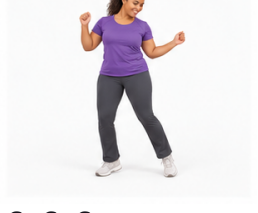
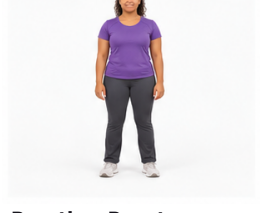
HEART-SAFETY NOTE

This is a general movement guide, not medical clearance. Anyone with heart disease, an ICD, a recent heart event or procedure, or a heart-rhythm condition should follow their clinician or cardiac-rehab team's personal activity limits before starting. Do not use a generic heart-rate target.

Stop for chest pressure, unusual shortness of breath, dizziness, confusion, an unusually fast or uneven heartbeat, or severe fatigue. Follow your care plan and contact your health team; call emergency services for severe or persistent symptoms.

ONE LOOK AT THE FULL ROUTINE

The same fictional demonstrator appears throughout. Full directions and seated / supported options follow.

 1 Shoulder Rolls	 2 Low Arm Open + Close	 3 Side-to-Side Weight Shift	 4 Alternating Heel Digs
 5 Easy March	 6 Step-Touch	 7 Forward Toe Taps	 8 Side Toe Taps
 9 Double Step-Touch	 10 Side Two-Step	 11 Heel Dig + Hand Pulse	 12 March + Soft Clap
 13 Forward Tap + Low Reach	 14 Side Tap + Low Reach	 15 Step-Touch + Clap or Pulse	 16 Toe Tap + Hand Press
 17 Your Go-Go Groove	 18 Slow March or Toe Taps	 19 Slow Step-Touch + Shoulder Release	 20 Easy Breath + Reset

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

01 Shoulder Rolls

MINUTE 1

Roll shoulders gently; keep neck relaxed.



FOUR-COUNT MOVEMENT PHRASE

1

Back x4



2

Forward x4



- FULL** Stand tall; roll back 4, forward 4.
- LOW** Keep circles small and easy.
- SUPPORT** Stand by fixed support; hands stay free.
- SEATED** Sit tall; same shoulder circles.

02 Low Arm Open + Close

MINUTE 2

Open arms comfortably to the sides, then return.



FOUR-COUNT MOVEMENT PHRASE

1

Open



2

Close



3

Open



4

Close

- FULL** Arms stay below shoulder height.
- LOW** Use a short reach; shoulders relaxed.
- SUPPORT** Keep one hand near stable support.
- SEATED** Open and close arms from the chair.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

03 Side-to-Side Weight Shift

MINUTE 3

Shift gently right and left; keep both feet grounded.



FOUR-COUNT MOVEMENT PHRASE

1

R shift



2

Center



3

L shift



4

Center

FULL

Small side-to-side shifts.

LOW

Keep the shift very small.

SUPPORT

Hold fixed support; no leaning.

SEATED

Shift torso gently or tap feet R/L.

04 Alternating Heel Digs

MINUTE 4

Place one heel forward, return, then switch.



FOUR-COUNT MOVEMENT PHRASE

1

R heel



2

Back



3

L heel



4

Back

FULL

Heel forward; toes lift naturally.

LOW

Short reach; keep weight centered.

SUPPORT

Hold support; tap heel lightly.

SEATED

Slide one heel forward, then switch.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

05 Easy March

MINUTE 5

Alternate gentle steps in place.



FOUR-COUNT MOVEMENT PHRASE

1

R step



2

L step



3

R step



4

L step

FULL

Lift feet only as comfortable.

LOW

Use toe lifts; feet stay close to floor.

SUPPORT

One hand on fixed support.

SEATED

Alternate foot lifts or toe taps.

06 Step-Touch

MINUTE 6

Step right and tap in; step left and tap in.



FOUR-COUNT MOVEMENT PHRASE

1

R out



2

L tap



3

L out



4

R tap

FULL

Repeat the four-part pattern.

LOW

Use short steps; no bounce.

SUPPORT

One hand on support; stay upright.

SEATED

Slide one foot out and tap the other in.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. “Tap” means a light touch; do not force a step or balance shift.

07

Forward Toe Taps

MINUTE 7

Tap one toe forward, return, then change feet.



FOUR-COUNT MOVEMENT PHRASE

1

R tap



2

Back



3

L tap



4

Back

FULL

Tap forward without lunging.

LOW

Keep taps close to your body.

SUPPORT

Hold support; keep torso upright.

SEATED

Reach one foot forward and tap.

08

Side Toe Taps

MINUTE 8

Tap a toe to the side and return; alternate.



FOUR-COUNT MOVEMENT PHRASE

1

R side



2

Center



3

L side



4

Center

FULL

Tap out, return, switch.

LOW

Toe stays near the floor.

SUPPORT

Use support; do not lean toward tap.

SEATED

Slide feet apart and together.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

09 Double Step-Touch

MINUTE 9

Two small steps right; two small steps left.



FOUR-COUNT MOVEMENT PHRASE

1

R step



2

L close



3

R step



4

L tap

FULL

Repeat to the left.

LOW

Keep the double steps compact.

SUPPORT

Hold support; shorten the pattern.

SEATED

Tap feet R-L-R, then L-R-L.

10 Side Two-Step

MINUTE 10

Step, close, step, tap; reverse direction.



FOUR-COUNT MOVEMENT PHRASE

1

R step



2

L close



3

R step



4

L tap

FULL

Repeat left with smooth steps.

LOW

Use a small step-close pattern.

SUPPORT

Hold support; move within reach.

SEATED

Tap R-L-R, then L-R-L.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

11 Heel Dig + Hand Pulse

MINUTE 11

Alternate heel digs with a gentle forward hand pulse.



FOUR-COUNT MOVEMENT PHRASE

1

R heel



2

Hands pulse



3

L heel



4

Hands pulse

FULL

Keep hand pulse below shoulder level.

LOW

Use tiny heel taps; arms optional.

SUPPORT

Hold support with one hand; pulse free hand.

SEATED

Alternate heel slides and hand pulses.

12 March + Soft Clap

MINUTE 12

March or tap feet; clap softly when comfortable.



FOUR-COUNT MOVEMENT PHRASE

1

R step



2

L step



3

Clap



4

Clap

FULL

Keep claps relaxed and low.

LOW

Toe taps replace marching.

SUPPORT

Hold support; skip claps if balance shifts.

SEATED

Tap feet and clap or pat thighs.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

13 Forward Tap + Low Reach

MINUTE 13

Tap a toe forward while reaching hands gently forward.



FOUR-COUNT MOVEMENT PHRASE

1

R tap/reach



2

Return



3

L tap/reach



4

Return

FULL

Reach only within easy range.

LOW

Shorten toe tap and reach.

SUPPORT

Hold fixed support; use free hand only.

SEATED

Tap one foot forward; reach one or both hands.

14 Side Tap + Low Reach

MINUTE 14

Tap one foot out as the same-side hand reaches low.



FOUR-COUNT MOVEMENT PHRASE

1

R tap/reach



2

Center



3

L tap/reach



4

Center

FULL

Keep torso facing forward.

LOW

Small tap; arm movement optional.

SUPPORT

Hold support; keep reach short.

SEATED

Slide foot out and reach the same-side hand.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

15 Step-Touch + Clap or Pulse

MINUTE 15

Repeat step-touch; add an easy clap or hand pulse.



FOUR-COUNT MOVEMENT PHRASE

1

R out



2

L tap



3

L out



4

R tap

FULL

Clap only if it feels comfortable.

LOW

Keep feet close; skip the clap.

SUPPORT

One hand stays on fixed support.

SEATED

Slide feet R/L; pat thighs to the count.

16 Toe Tap + Hand Press

MINUTE 16

Tap forward while pressing one hand gently forward.



FOUR-COUNT MOVEMENT PHRASE

1

R tap/press



2

Return



3

L tap/press



4

Return

FULL

Use light hand pressure; no force.

LOW

Tap close; hands can rest.

SUPPORT

Keep a hand on support; alternate toes only.

SEATED

Alternate toe taps with gentle palm presses.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. "Tap" means a light touch; do not force a step or balance shift.

17 Your Go-Go Groove

MINUTE 17

Choose two comfortable patterns from moves 4-16.



FOUR-COUNT MOVEMENT PHRASE

1

Pick 1



2

Repeat



3

Pick 2



4

Repeat

FULL

Keep both patterns easy to control.

LOW

Choose the smallest-range options.

SUPPORT

Choose only patterns steady with support.

SEATED

Choose two seated foot or arm patterns.

18 Slow March or Toe Taps

MINUTE 18

Reduce the pace; keep steps or taps gentle.



FOUR-COUNT MOVEMENT PHRASE

1

R easy



2

L easy



3

R easy



4

L easy

FULL

Let the movement settle gradually.

LOW

Use small taps; rest as needed.

SUPPORT

Hold support; keep the feet close.

SEATED

Alternate slow toe taps.

One minute per move. Repeat the four-part pattern at your own comfortable pace.

R = right, L = left. “Tap” means a light touch; do not force a step or balance shift.

19 Slow Step-Touch + Shoulder Release

MINUTE 19

Small step-touch; relax shoulders between sides.



FOUR-COUNT MOVEMENT PHRASE

1
R out

2
Tap

3
L out

4
Tap

- FULL** Shorten the step as you slow down.
- LOW** Small side taps only.
- SUPPORT** Hold support; keep posture upright.
- SEATED** Slide feet gently; drop shoulders softly.

20 Easy Breath + Reset

MINUTE 20

Finish with comfortable breathing and relaxed movement.



FOUR-COUNT MOVEMENT PHRASE

1
In easy

2
Out easy

3
In easy

4
Out easy

- FULL** Stand or sit; breathe naturally.
- LOW** Keep feet still or tap lightly.
- SUPPORT** Sit or stand by stable support.
- SEATED** Rest feet; relax arms and shoulders.

HOW TO USE THE ROUTINE

1. Set a 20-minute timer. Each numbered movement is a one-minute block; pause the timer when you need a break.
2. Pick one participation option for each move. Change options whenever you want; seated and supported versions count fully.
3. Count the four boxes as a simple phrase, then repeat it as comfortable. The count is not tied to the song tempo.
4. Start any Go-Go music on your own device. The tracklist below is a suggestion only; do not cut, mix, or match songs to moves.
5. Stop or rest when needed. Keep the steps smooth, the range comfortable, and the music at a volume where you can hear your surroundings.

OPTIONAL GO-GO TRACKLIST

These are recommendations, not required workout tracks. Play the original recordings through your own music service or collection. No audio is embedded or edited in this guide.

- | | |
|--|---|
| ● Bustin' Loose
Chuck Brown & The Soul Searchers | ● Da Butt
E.U. (Experience Unlimited) |
| ● Drop the Bomb
Trouble Funk | ● Overnight Scenario
Rare Essence |
| ● Pump Me Up
Trouble Funk | ● The Word
The Junkyard Band |
| ● Body Moves
Rare Essence | ● Sexy Lady
UCB |

HEART-SAFETY REMINDER

This general routine does not set anyone's personal exercise limits. People with heart disease, an ICD, a recent cardiac event or procedure, or a heart-rhythm condition should use the limits given by their healthcare or cardiac-rehab team before trying it. Do not use a generic heart-rate goal.

Stop for chest pressure, unusual shortness of breath, dizziness, confusion, an unusually fast or uneven heartbeat, or severe fatigue. Follow the care plan and contact the health team. Call emergency services for severe or persistent symptoms.

SOURCES

American Heart Association, "Develop a Physical Activity Plan for You"

<https://www.heart.org/en/health-topics/cardiac-rehab/getting-physically-active/develop-a-physical-activity-plan-for-you>

American Heart Association, "Living With Your Implantable Cardioverter Defibrillator (ICD)"

<https://www.heart.org/en/health-topics/arrhythmia/prevention--treatment-of-arrhythmia/living-with-your-icd>

DMY, "The 10 Best Go-Go Records, According to Joey Negro" (track-title references)

<https://dmy.co/10-best/go-go-funk>

The New Yorker, "Go-Go Music as a Rallying Call to Resist Gentrification" (track-title references)

<https://www.newyorker.com/culture/culture-desk/go-go-music-as-a-rallying-call-to-resist-gentrification>

WORKOUT DESIGN

The guide is designed around one-minute prompts, small repeatable movement phrases, and participant choice. It is not choreographed to specific recordings. Track suggestions are credited by artist and title.