

LES MILLS BARRE 07

MUSIC AND FORMATS

01. WARM

02. DEEPEN

03. EXTEND

04. PEAK

Workout for Water:

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS

B7. ESCAPE

BONUS

B6. POWER

BONUS

B5. STRENGTHEN

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MUSIC

- 01

Work (4:26)

Crawling Sun

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Written by: Stephenson, Fenty, Graham, Moir, Samuels
- 02

Woman Like Me (3:48)

Little Mix feat. Nicki Minaj

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Written by: Maraj, Mac, Sheeran, Glynne
- 03

Talk Dirty (2:55)

Jason Derulo feat. 2 Chainz

© 2013, 2014 Warner Bros. Records Inc.
Written by: Douglas, Desrouleaux, Epps, Frederic, Evigan, Muskat, Yosef, Karlan
- 04

Born To Be Yours (3:12)

Kygo & Imagine Dragons

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Written by: Reynolds, Sermon, McKee, Platzman, Kygo
- Workout
for Water

05

Heads Up (3:31)

JAIN

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Written by: Jain
- 06

Odyssey Pt.1 (KRANE Remix) (6:36)

Big Gigantic

© 2016 Big Gigantic.
Written by: Lalli
- 07

Stay (4:04)

Rihanna feat. Mikky Ekko

Courtesy of the Universal Music Group.
Written by: Parker, Ekko
- 08

breathin (3:17)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: ILYA, Grande, Kotecha, Martin

- BONUS
B6

We The Funk (3:08)

One Sew

© 2019 Les Mills Music Licensing Ltd.
Written by: Francis, Duran, Rushent

BONUS
B5

Electricity (3:59)

Count Project

© 2019 Les Mills Music Licensing Ltd.
Written by: Madley, Lipa, Gordon, Ronson, Pentz, Blender, Jarami, C. Picard, M. Picard
- BONUS
B7

*****Flawless** (3:40)

Little Cloud

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Written by: Hollis, Knowles, Reel, Nash, Muhammad
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L-R: Summer Bradley, Diana Archer Mills.

PRESENTERS

Diana Archer Mills (New Zealand) is choreographer for LES MILLS BARRE, LES MILLS TONE and CXWORX, Creative Director for BODYCOMBAT, BODYJAM, BODYPUMP and RPM, and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.

Summer Bradley (New Zealand) is a LES MILLS BARRE teacher, based in Auckland. She is trained in Ballet, Jazz, Tap, Contemporary and Hip Hop. She has competed both nationally and internationally in dance.

CREDITS

Choreography – Diana Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultants – Andrew Newmarch and Bryce Hastings

Program Coach – Kylie Gates

Production Coordinator – Alex Pugh



BONUS TRACKS

Get creative with the bonus tracks!

For the 45-minute option, you can perform them directly after their respective track eg a B6 Power directly after track 06 Power. Or you can add them on to the end of the class, but it must be before track 08 Burn, as below.

For the 30 minute option, you can swap the bonus tracks in to create a different overall feel for the workout.

Please note: The bonus tracks are not in chronological order this round. This does not effect the class formats.

45-MINUTE OPTION		30-MINUTE OPTION 1	
Track 01	Warm	Track 01	Warm
Track 02	Deepen	Track 02	Deepen
Track 03	Extend	Track 03	Extend
Track 04	Peak	Track 04	Peak
Track 05	Strengthen	Track 06	Power
Track B5	Strengthen	Track 07	Escape
Track 06	Power	Track 08	Burn
Track B6	Power	Total Time	28:18
Track 07	Escape		
Track B7	Escape		
Track 08	Burn		
Total Time	42:36		

30-MINUTE OPTION 2		30-MINUTE OPTION 3	
Track 01	Warm	Track 01	Warm
Track 02	Deepen	Track 02	Deepen
Track 03	Extend	Track 03	Extend
Track 04	Peak	Track 04	Peak
Track B5	Strengthen	Track 05	Strengthen
Track B6	Power	Track B6	Power
Track 07	Escape	Track 07	Escape
Track 08	Burn	Track 08	Burn
Total Time	28:21	Total Time	28:53

30-MINUTE OPTION 4	
Track 01	Warm
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track 05	Strengthen
Track B6	Power
Track B7	Escape
Track 08	Burn
Total Time	24:59

KEY

B up	Build Up	Br	Bridge (non-chorus)
C	Chorus (music column)	QC	Quiet Chorus
ct/cts	Musical Counts	W.	With
Instr	Instrumental	HOH	Hands on hips
Intro	Introduction	L	Left
Mins	Minutes	O/H	Over head
OTS	On the spot	R	Right
Outro	Last few bars of music	PC	Pre-chorus
Ref	Refrain (recurring phrase or song lines)	Rep	Reprise (part of the chorus repeated)
F&B	Forward and Backward	Reps Xx	Perform the Sequence/ Exercise x times
ROM	Range of motion	V	Verse
↑	Advanced Option	↓	Low Option
👁	Preview		

COUNTS

1/1	2 counts down, 2 counts up	1/3	2 counts down, 6 counts up
1/1/2	2 counts down, 2 counts hold, 4 counts up	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
2/2	4 counts down, 4 counts up	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1	6 counts down, 2 counts up	4/4	8 counts down, 8 counts up
1/2/1	2 counts down, 4 counts hold, 2 counts up	8/8	16 counts down, 16 counts up



01. WARM

TRACK FOCUS

The people in my class will feel welcomed and ready to work hard, as I set them up to be successful throughout the class.

MUSIC		EXERCISE		CTS	REPS
0:06	Intro /	1x8	Set up 1st Position with HOH	8	
0:11	Instr /	1x8	A 1st Position Demi Plié w. HOH Demi Plié Straighten legs	4 4	
0:17	Instr /	1x8	A ¹ 1st Position Grand Plié w. HOH Grand Plié Straighten legs	4 4	
0:22	V1 / Join me	5x8	A ² 1st Position Grand Plié w. Relevé , HOH Grand Plié Straighten legs Relevé Lower heels	4 4	5x
0:48	V2 / Wanted from	3x8	A ³ 1st Position Grand Plié w. Relevé, Port de Bras Arms 3x Grand Plié Pulse, arms to 1st Position to 2nd Position Straighten arms to Bra Bas Relevé, arms Bra Bas Lower heels	4 2 1 1	3x
1:03	C / Work	8x8	B Tendu à la Seconde, Grand Plié Pulse with Port de Bras Arms L&R 4x Tendu à la Seconde, HOH 3x Grand Plié Pulse, Port de Bras Arms Straighten legs, arms to Bras Bas Repeat Grand Plié Pulse, Port de Bras Arms Repeat to R ⬆ Option: After 1 rep, Glissé or Grand Battement à la Seconde	8 3 1 4 16	2x
1:45	V3 / You need	4x8	C Tendu Tap Derrière , HOH L&R (Slow) 4x Tendu Pulse Derrière L, HOH L foot returns to 1st Position Repeat to R	7 1	8
2:06	V4 / Know you	4x8	C ¹ Tendu Tap Derrière , HOH L&R (Fast) 7x Tendu Pulse Derrière, L HOH L foot returns to 1st Position Repeat R	7 1 8	2x
2:27	PC / We just	2x8	C ² Tendu Tap Derrière w. 5th Position Arms L&R (Fast) 7x Tendu Pulse Derrière L, arms to 5th Position L foot returns to 1st Position, arms F to Bra Bas Repeat R	7 1 8	



01. WARM

MUSIC			EXERCISE		CTS	REPS
2:37	C / Work	12x8	C ³	Tendu Tap Derrière, Grand Plié Pulse w. Port de Bras Arms L&R		3x
				7x Tendu Pulse Derrière L, arms to 5th Position	12	
				L foot returns to 1st Position, arms F to Bras Bas	4	
				3x Grand Plié Pulse, Port de Bras Arms		
				Straighten legs, arms to Bras Bas		
				Repeat 3x Grand Plié Pulse, Port de Bras Arms		
				Straighten legs, arms to Bras Bas		
				Repeat whole sequence R		
3:40	Rep / Baby something	2x8		Step L foot 2nd Position Grand Plié		
				arms Bras Bas	8	
				3x Grand Plié Pulse, arms Bras Bas	8	
3:50	Outro / Never no	7x8	B ¹	2nd Position Grand Plié Pulse w. Port de Bras Arms	16	3½x
				8x Grand Plié Pulse, arms through 2nd Position to 5th, cross in front and down to Bras Bas		



01. WORK 4:26mins

TEACHING TIPS

Welcome to LES MILLS BARRE 07! Filmed on site in the lush environment of New Zealand, but don't let this distract you from the beautiful burn of this brand-new workout.

In our first track, we get to work straight away – warming up the body and finding a strong focus on our postural engagement. Throughout each sequence of movement, hone in on simple, concise cues – with a focus on great alignment and postural engagement, leaving space for breath cues and silence, to connect deeper to this scene setting music. Whilst the work is real in the execution of the movement, ensure that you set a warm and welcoming environment for your classes, using a gentle conversational voice.

Technically speaking, when you execute a tendu you are lengthening the leg as long as you can, rotating the leg from the hip, lifting out of your supporting hip and engaging the quads. Whilst there is a lot of technique involved in this simple movement, there is a huge workout factor. Ensure you find time to nail the technique of this basic move as it will ensure success for moving through the rest of the class with ease.

COACHING CUES

1ST POSITION DEMI PLIÉ WITH HOH

Layer 1

- Demi Plié
- Bend your knees
- Straighten

1ST POSITION GRAND PLIÉ WITH HOH

Layer 1

- Grand Plié
- Lift your heels to go deeper

1ST POSITION, GRAND PLIÉ WITH RELEVÉ, HOH

Layer 1

- Add your Relevé
- Stop your knees at 90 degrees

Layer 2

- Lift using your inner thighs
- Engage through your core
- Lift as tall as you can

1ST POSITION GRAND PLIÉ WITH RELEVÉ PORT DE BRAS ARMS

Layer 1

- Arms – to 1st, open to 2nd, back to Bras Bas

TENDU À LA SECONDE, GRAND PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Hands to hips
- Tendu à la Seconde – four times
- 2 Pliés

Layer 2

- Press out strongly through your toes
- Option to extend to Glissade or Grand Battement

TENDU TAP DERRIÈRE, HOH

Layer 1

- Tendu Derrière – to the back
- Tendu behind you, tap four times – 4, 3, 2, 1

Layer 2

- As you come back straighten your extended leg as much as you can
- Feel the work in your glutes

TENDU TAP DERRIÈRE WITH 5TH POSITION ARMS (FAST)

Layer 1

- Bring the arms to 5th

Layer 2

- Draw your shoulders down

TENDU TAP DERRIÈRE, GRAND PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- 7 taps, 2 Pliés
- Arms 1st, 2nd, Bras Bas

Layer 2

- Pull your shoulder blades back and down
- Feel your back body engage
- Stay very upright in your Pliés
- How straight and strong is your back leg?
- Feel the power of your leg muscles



01. WORK 4:26mins

2ND POSITION GRAND PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Take your feet wide into 2nd Position
- Pulse down
- Hips almost to knee height
- Reverse Port De Bras – arms 2nd, rise to 5th, cross in front to 1st

Layer 2

- Maintain your Ballet Tuck
- Keep breathing
- Feel the beautiful burn!



02. DEEPEN

TRACK FOCUS

The people in my class will build strength and power, whilst feeling a graceful beauty.

MUSIC		EXERCISE		CTS	REPS
Set up 1st Position, HOH					
0:00	V1 / Say what	16x8	A	Tendu en Croix w. HOH L&R (Slow) Tendu L leg F L foot returns to 1st Position Tendu L leg L L foot returns to 1st Position ⬆ Option: After 2 reps, Glissé or Grand Battement Repeat to R en Croix	4x 2 2 2 2
0:52	C / Woman	4x8	A ¹	Tendu en Croix w. HOH L&R (Fast) Tendu L leg F L foot returns to 1st Position Tendu L leg L L foot returns to 1st Position Tendu L leg B to diagonal L L foot returns to 1st Position Repeat R	2x 1 1 1 1 2 2 8
1:05	V2 / Mine for	16x8	A ²	Tendu en Croix with Port de Bras Arms L&R (Slow) Tendu L leg F, arms to 1st Position L foot returns to 1st Position, arms 1st Position Tendu L leg L, arms to 2nd Position L foot returns to 1st Position, arms 2nd Position Tendu L leg B to diagonal L, 1st Arabesque Arms L foot returns to 1st Position, Bras Bas Arms Repeat to R ⬆ Option: Grand Battement en Croix	4x 2 2 2 2 4 4 16
1:56	C / Woman	4x8	A ³	Tendu en Croix with Port de Bras Arms L&R (Fast) ⬇ Option: HOH	16 2x
2:09	V3 / Woman	2x8	B	Arabesque Tap w. HOH R Arabesque R, lift L foot 8x Arabesque Tap	1 1
2:15	V3 / Know all	2x8	B	Arabesque Tap in Fondu w. HOH R Bend R knee, foot lift L 8x Arabesque Tap ⬆ Option: Arabesque Lift Pulse	1 1
2:22	V4 / Bad Trini	4x8	B ²	Arabesque Tap in Fondu with 3rd Arabesque Arms R	32
2:34	V5 / _ A million	2x8	B	8x Arabesque Tap HOH L	2
2:41	V5 / Switch it	2x8	B ¹	8x Arabesque Tap in Fondu HOH L	2
2:47	V6 / Apple cut	4x8	B ²	16x Arabesque Tap in Fondu w. 3rd Arabesque Arms L	2
3:00	C / Woman	4x8	A	Tendu en Croix w. HOH L&R (Slow)	32
3:13	C / Said	12x8	A ²	Tendu en Croix w. Port de Bras Arms L&R (Slow)	32 3x



02. WOMAN LIKE ME 3:48mins

TEACHING TIPS

This track is the definition of “a beautiful burn”. Two very simple combinations of movement that, when executed with control, will build incredible strength and allow the ability to feel a fluid sense of beauty with the arms.

In the Tendu en Croix, focus on maintaining stability of the standing leg. Ensure that your weight is evenly spread across the tripod of the foot (under the big toe – or ball of the foot, the heel, and under the little toe), with quads and glutes are engaged. This can be assisted by strong postural and core alignment.

Finding opportunities to coach breath will allow the people in your class to experience the graceful beauty of the arms-lines, in marriage with the burn of the movements within the legs. Space to breathe, and allow the music speak will hopefully distract from the beautiful burn of this track.

COACHING CUES

TENDU EN CROIX WITH HOH

Layer 1

- Tendu en Croix – front, side, turn to the diagonal
- Turn your hips and shoulders to the diagonal
- Tendu Devant, à la Seconde, Arabesque

Layer 2

- Focus on control
- Power comes from the hip down through to the toes

TENDU EN CROIX WITH PORT DE BRAS ARMS

Layer 1

- Arms – 1st, 2nd, Arabesque
- Keep your hips really square
- Strong core brace

Layer 2

- Building strong athletic bodies.
- How strong do you want to get today?
- Can you lift higher, maintain control?

ARABESQUE TAP

Layer 1

- Arabesque Tap
- Tap the leg out the back

Layer 2

- Straighten out through the standing leg

ARABESQUE TAP IN FONDU

Layer 1

- Bend the knee, Fondu
- Knee tracks over toes

ARABESQUE TAP IN FONDU WITH 3RD ARABESQUE ARMS

Layer 1

- Lift arms to 3rd Arabesque
- Draw the shoulders back and down

Layer 2

- Elongate from fingers to toes



03. EXTEND

TRACK FOCUS

I will encourage the people in my class to be driven to work hard and have fun whilst being led by the music.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 3rd Position R (R foot front), HOH		32	
0:11	V1 / _ on that	8x8 A	Glissade, Tendu à la Seconde , HOH R&L			4x
			Glissade R		2	
			3rd Position L (L foot front)		2	
			Tendu à la Seconde L		2	
			L foot returns to 3rd Position L (L foot front)		2	
			Repeat L		8	
			↑ Option: After 2 reps, Glissé or Grand Battement à la Seconde			
0:30	PC / Around	4x8 A ¹	Glissade, Tendu à la Seconde with 2nd Position Arms R&L			2x
			Glissade R, arms to 2nd Position		2	
			3rd Position L, arms to Bras Bas		2	
			Tendu à la Seconde L, arms to 2nd Position		2	
			L foot returns to 3rd Position L, arms to Bras Bas		2	
			Repeat R		8	
0:40	C / (Instr)	4x8 B	Échappé Relevé 2nd Position HOH , L&R (Slow)			6x
			Échappé 2nd Position		2	
			3rd Position L (L foot front)		2	
			↓ Option: Relevé only			
			Repeat to R		4	
0:50	C / (Instr)	4x8 B ¹	Échappé Relevé 2nd Position HOH , L&R (Fast)		4	8x
0:59	V2 / _ You know	12x8 A ²	Glissade Tendu à la Seconde with Open 4th Position Arms R&L			6x
			Glissade R, arms to 2nd Position		2	
			3rd Position L, arms to 2nd Position		2	
			Tendu à la Seconde L, arms to Open 4th			
			Position, R arm O/H		2	
			L foot returns to 3rd Position L, arms to Bra Bas		2	
			Repeat L		8	
1:28	PC / Around	4x8 B ²	Échappé Relevé 2nd Position HOH , L&R (Fast)		4	8x
			Turn anticlockwise			
1:38	C / (Instr)	4x8 B ³	Échappé Relevé 2nd Position HOH , L&R (Fast)		4	8x
			Turn clockwise			
1:46	C / (Instr)	3½x8 C	Glissade, Arabesque Lift R&L			1½x
			Glissade R, arms to 2nd Position		2	
			3rd Position R (R foot front), arms 2nd Position		2	
			Arabesque Lift R (L leg lifts) 1st Arabesque Arms		2	
			3rd Position R (R foot front), arms to Bras Bas		2	
			Repeat L		8	
1:46	Br / Uno	12x8 C ¹	Glissade, Arabesque Lift Combo L&R			3x
			Glissade L, arms to 2nd Position		2	
			3rd Position L (L foot front) arms 2nd Position		2	
			Arabesque Lift L (R leg lifts) 1st Arabesque Arms		16	
			Repeat R		12	3x



03. EXTEND

MUSIC				EXERCISE	CTS	REPS
2:14	Br / _ Anyway	4x8	B	Échappé Relevé 2nd Position HOH L&R (Slow) ↑ Option: Échappé 2nd Position (Fast) ↑ Option: Changements	8	4x
2:33	C / (Instr)	4x8	B ²	Échappé Relevé 2nd Position, HOH L&R (Fast) Turn anticlockwise ↑ Option: 16x Changements	4	8x
2:43	C / (Instr)	4x8	B ³	Échappé Relevé 2nd Position, HOH L&R (Fast) Turn clockwise	4	8x



03. TALK DIRTY 2:55mins

TEACHING TIPS

It's time to get sweaty, and talk dirty in LES MILLS BARRE – and when we say dirty, we mean saying things like Glissade and Échappé ;)

This is a really simple track choreographically, and a great workout. This means that you will have lots of time to encourage your participants to push to their maximum effort after you've successfully coached them through concise and precise Layer 1 cues. A really great tool to help you refine the layers of coaching is scripting. Script this track in a way that allows you to discover how to coach the movements effectively without over-coaching or obstructing the music. Eliminate the fear for participants by providing plenty of options early on and giving each person control over their workout.

Use dynamic cues to encourage power and playfulness at the end of this track. As there are lots of Échappés, don't forget to keep the legs engaged as you jump to dynamically strengthen the quads and glutes, ensuring that you bend your knees and land soft.

COACHING CUES

GLISSADE, TENDU À LA SECONDE, HOH

Layer 1

- Glissade, Tendu
- Step to the side, to 3rd
- Step 3rd to 3rd

Layer 2

- Glissade or Grand Battement

GLISSADE, TENDU À LA SECONDE WITH 2ND POSITION ARMS

Layer 1

- Add the arms – 2nd to Bras Bas

ÉCHAPPÉ 2ND POSITION

Layer 1

- Échappé Relevé
- From 3rd to 3rd
- Replace the feet

Layer 2

- Maintain your beautiful posture

GLISSADE, TENDU À LA SECONDE WITH OPEN 4TH POSITION ARMS

Layer 1

- Arms from 2nd to Open 4th

Layer 2

- Keep your hips square

ÉCHAPPÉ 2ND POSITION

Layer 1

- Turn to face the back of the room
- Return to Plié each time
- Up, down, up, down

Layer 2

- Land softly
- Spring up through your feet

GLISSADE, ARABESQUE LIFT

Layer 1

- Glissade to Arabesque

GLISSADE, ARABESQUE LIFT COMBO

Layer 1

- Glissade, Arabesque 3, 2, 1

Layer 2

- Lengthen from fingers to toes
- Feel the glute squeeze



04. PEAK

TRACK FOCUS

The people in my class will fire up their heart rates whilst training turns and jumps.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ I know	2x8		Set up 4th Position R, (L leg B) HOH	16	
0:11	V2 / _ But I	5x8	A	4th Position, Retiré HOH L&R (Slow) Retiré L (L foot to R knee) 4th Position R (L leg B) Retiré L L foot to 1st Position Step R foot B to 3rd Position L Repeat Reset 4th Position R, HOH	4 4 4 2 2 16 8	
0:32	C / _ I never	2x8	A ¹	4th Position Retiré HOH L Retiré L 4th Position	2 2	4x
0:40	C / _ I know it	6x8	A ²	4th Position, Retiré Relevé with 5th Position Arms L Retiré Relevé L, arms to 5th Position 4th Position R, Demi 2nd Arms ↑ Option: After 4 reps, Retiré Sauté	2 2	12x
1:06	Instr /	4½x8	B	Retiré Relevé, Arabesque Combo L&R Retiré Relevé L, arms to 5th Position 3rd Position L (L foot front), arms to Bras Bas 2x Arabesque L (R leg lifts), 1st Arabesque Arms Repeat to R Reset 4th Position L, HOH	2 2 4 8 4	2x
1:25	V3 / _ Are you	2x8	A ¹	4th Position Retiré HOH R	4	4x
1:33	V4 / _ Are you	6x8	A ²	4th Position Retiré Relevé with 5th Position Arms R	4	12x
1:58	C / _ I never	4x8	B	Retiré Relevé, Arabesque Combo R&L	16	2x
2:15	Instr / (B up)	4x8		Preview options Retiré Relevé Arabesque Combo OR Pirouette, Arabesque Combo	32	
2:32	Instr /	8x8	B	Retiré Relevé, Arabesque Combo L&R ↑ Option: Pirouette, Arabesque Combo	16	4x



04. BORN TO BE YOURS 3:12mins

TEACHING TIPS

A simple track that requires efficiency in coaching and technique. Relevés and Retirés are incredible strength builders – and essential foundation moves for perfect Pirouettes. Correct alignment allows you to maintain balance and stay on Relevé – ensure you coach clear Layer 1 setup cues for alignment. Follow up with coaching power in and out of the floor with safe landing technique – working through the ball of the foot to the heel, softening through the knee as you land and maintaining strong Foundation Posture.

Pirouettes are not about force, and more about focus. Whilst sheer willpower can be helpful for a lot of things, demonstrating your determination to execute a beautiful pirouette by throwing as much force as you can behind the turn isn't the best way to show it (...or even to finish upright). In Ballet, turning requires a mix of strength and control. Take time to practice your technique to ensure that you have the perfect balance of strength and control. Through your technique rehearsals, you will then be able to draw authentically on Layer 2 and 3 cues to enhance your participants' experience during this track.

COACHING CUES

4TH POSITION, RETIRÉ

Layer 1

- Set your foot back into 4th Position
- Two slow Retirés
- Up, up, down, down
- Close in 1st, swap to the other side

Layer 2

- Draw the toes up the side of the leg to the knee

4TH POSITION, RETIRÉ RELEVÉ WITH 5TH POSITION ARMS L

Layer 1

- Arms rise to 5th, then Demi Second
- Rise up to Relevé

Layer 2

- Lift your heel high
- Option to jump
- Press down to go up
- Feel how lifting the heel draws the calf and thigh muscles
- Zip up through your core

RETIRÉ RELEVÉ, ARABESQUE COMBO

Layer 1

- 1 Relevé, 2 Arabesque
- Stay on flat, or find your Relevé

Layer 2

- Legs long and straight
- Building strength and cardio

PIROUETTE, ARABESQUE COMBO

Layer 1

- Come into 4th Position, try the Pirouette

Layer 2

- If you're doing the jump, work through the Plié
- Power out of the floor



05. STRENGTHEN

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

The people in my class will be educated about correct postural engagement and strengthening work through my clear coaching and Layer 2 cues.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	3x8	Set up 2nd Position, one weight plate in each hand, arms down, palms facing		
0:11	C / Up	8x8 A	2nd Position Grand Plié w. 2nd Position Arms (Slow) Plié, arms wide to 2nd Position, palms down Straighten legs, arms down	4 4	8x
0:40	V1 / Heads	4x8 A ¹	2nd Position Grand Plié Pulse w. 2nd Position Arms 2x Plié Pulse, arms wide to 2nd Position, palms down Straighten legs, arms down	6 8	4x
0:55	PC / Time for	4x8 A ²	2nd Position Grand Plié w. 2nd Position Arms (Fast)	4	8x
1:09	C / Up	8x8 A ³	2nd Position Grand Plié Pulse w. Arm Circles F&B 8x Plié Pulse, arms circle to the side F 8x Plié Pulse, arms circle to the side B	16 16	2x
1:38	V2 / Heads	1x8	Hold 2nd Position Grand Plié, bend elbows F, palms towards shoulders	8	
1:42	V2 / Away all	3x8 B	2nd Position Grand Plié, à la Seconde Lift L&R (Slow) Plié, hands facing shoulders À la Seconde Lift L (L leg lifts) hands facing shoulders Repeat R	4 4 8	1½x
1:53	PC / Time for	8x8 B ¹	2nd Position Grand Plié, à la Seconde Lift w. Arms R&L (Fast) Plié, hands facing shoulders À la Seconde Lift R, (R leg lifts), arms B, palms down Repeat L ⬆ Option: After 2 reps, Relevé à la Seconde lift ⬆ Option: After 4 reps Sauté à la Seconde Lift	2 2 4	8x
2:22	C / Up	4x8 B ²	2nd Position Grand Plié, à la Seconde Lift with Arms in High 'V' R&L (Fast) Plié, hands facing shoulders À la Seconde Lift R (R leg lifts,) arms in high 'V', palms F Repeat L	2 2 4	4x
2:36	Ref / Let's	2x8	Step feet into 1st Position, arms down, palms F	16	
2:43	Ref / Let's	2x8 C	1st Position Plié w. Pullback Arms Plié, tip torso F, lift plates B, palms down Straighten legs, lift torso, lower arms to side, palms F	4 4	2x
2:51	QC / Up	4x8 C ¹	1st Position Plié Pulse w. Pullback Arms 3x Plié Pulse, tip torso F, lift plates B, palms down Straighten legs, lift torso, lower arms to side, palms F	6 2	4x
3:05	C / Up	6x8 C ²	1st Position Plié Pulse w. Pullback Arms, à la Seconde Lift L&R 3x Plié Pulse, tip torso F, lift plates B, palms down À la Seconde Lift L (L leg lifts), arms at sides, palms F Repeat R	6 2 8	3x



Workout for Water

05. HEADS UP 3:31mins

TEACHING TIPS

This sharp, short track will have your body burning, sweating and LOVING LES MILLS BARRE.

Deliver clear Setup cues with correct alignment, particularly of the lower body – knees tracking directly over toes. Layer 2 cues focusing on control, stability and power will assist the people in your class to understand muscular feel and intensity. Including Layer 2 cues with a focus on a strong squeeze between the shoulder blades and drawing down the back muscles will bring attention to stability. Coaching a strong brace of the core will provide a rock-solid foundation to move the arms and legs with control and strength.

Whilst the intensity of the workout kicks in, particularly in the second half of the track, ensure you connect and use the fun and playful piece of music to help your participants finish strongly. Within your Layer 3, use lots of play and positivity to keep the class engaged and connected, and with you until the end!

COACHING CUES

2ND POSITION GRAND PLIÉ WITH 2ND POSITION ARMS

Layer 1

- Come into 2nd Position
- 8 full Pliés
- Down, down, up, up
- Plates stop at shoulder height
- Hips stop at 90 degrees

Layer 2

- Open up the chest

2ND POSITION GRAND PLIÉ PULSE WITH 2ND POSITION ARMS

Layer 1

- Pulse down, halfway up, down and rise

Layer 2

- Feel the breath in your arms
- Press the knees out over your toes, feel the engagement in your glutes
- Try and pulse at the depth of your Plié

2ND POSITION GRAND PLIÉ, À LA SECONDE LIFT

Layer 1

- Bring the arms into your chest
- Plié down, lift off to à la Seconde
- Down, up

Layer 2

- If you're ready, Relevé – lift up your bottom heel
- Another option is to jump
- Single-leg jump training, work through the foot to land
- Build strength to land softly
- True strength training here

2ND POSITION GRAND PLIÉ, À LA SECONDE LIFT WITH ARMS IN HIGH 'V'

Layer 1

- Arms raise up over head

Layer 2

- Take the choice that works for you
- Power and strength!
- Breathe through this

1ST POSITION PLIÉ WITH PULLBACK ARMS

Layer 1

- Come into 1st Position
- Tip forward from the hips, arms reach back
- Down, down, up, up

1ST POSITION PLIÉ PULSE WITH PULLBACK ARMS

Layer 1

- Triple Pulse
- Demi Plié, bend the knees
- 3, 2, 1 rise
- Squeeze the shoulder blades, brace the abs

1ST POSITION PLIÉ PULSE WITH PULLBACK ARMS, À LA SECONDE LIFT

Layer 1

- Triple Pulse, add on à la Seconde
- Stay on the floor, or Grand Battement with control

Layer 2

- Finish strongly!



06. POWER

TRACK FOCUS

The people in my class will experience deep strength training focusing on the benefits of single-leg work.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up Lunge L, R foot B, one weight plate in each hand, arms down, palms F ⬆ Option: Lift L heel into Pirouette Lunge L	32	
0:14	Instr / (Synth)	8x8	A Lunge L (Slow) Bend knees Extend legs	4 4	8x
0:40	Instr / (Guitar)	4x8	A ¹ Lunge L (Fast) Bend knees Extend legs	2 2	8x
0:53	Instr / (B up)	4x8	A ² Lunge Pulse L	2	16x
1:05	Instr / (Heavy)	4x8	B Lunge, Rear Leg Raise L Lunge L, plates to shoulders, elbows F Rear Leg Raise L, R leg lifts	2 2	8x
1:18	Instr / (Synth)	4x8	B ¹ Lunge, Rear Leg Raise w. Relevé L Lunge L, plates to shoulders elbows F Rear Leg Raise with Relevé L, R leg lifts ⬇ Option: No Relevé	2 2	8x
1:31	Instr / (Quiet)	4x8	B ² Hold Rear Leg Raise L , plates to shoulders, elbows in	32	
1:44	Instr / (B up)	8x8	C Rear Leg Raise w. Fondu L Bend L knee Straighten L knee ⬇ Option: R toes on floor behind	2 2	16x
2:09	Instr / (Drum)	4x8	C ¹ Fondu, Rear Leg Raise w. Pullback Arms L (Slow) Bend L knee, R toes touch floor behind, arms F, palms down Straighten L knee, lift R toes off floor behind, arms pull back, palms F	4 4	4x
2:22	Instr / (B up)	4x8	C ² Fondu, Rear Leg Raise w. Pullback Arms L (Fast)	4	8x
2:35	Instr / (Heavy)	4x8	C ³ Fondu, Rear Leg Raise w. Relevé and Bicep Curl Arms L Bend L knee, R toes touch floor behind, plates to shoulders Relevé L, lift R toes off the floor behind, arms B, palms F	2 2	8x
2:48	Instr / (Synth)	4x8	C ⁴ Fondu Rear Leg Raise w. Relevé and High 'V' Arms L Bend L knee, R toes touch floor behind, plates to shoulders Relevé L, lift R toes off the floor behind, arms reach in to a High 'V', palms F	2 2	8x



06. POWER

MUSIC			EXERCISE		CTS	REPS
3:01	Instr / (Quiet)	4x8	Set up Lunge R, L foot B, arms down, palms F ↑ Option: Lift R heel into Pirouette Lunge R		32	
3:14	Instr / (Synth)	8x8	A	Lunge R (Slow)	8	8x
3:39	Instr / (Guitar)	4x8	A ¹	Lunge R (Fast)	4	8x
3:52	Instr / (B up)	4x8	A ²	Pulse Lunge R	2	16x
4:05	Instr / (Heavy)	4x8	B	Lunge, Rear Leg Raise R (Slow)	4	8x
4:17	Instr / (Synth)	4x8	B ¹	Lunge Rear Leg Raise w. Relevé R	4	8x
4:30	Instr / (Quiet)	4x8	B ²	Hold Rear Leg Raise R, plates to shoulders, elbows in	32	
4:43	Instr / (B up)	8x8	C	Rear Leg Raise w. Fondu R	4	16x
5:09	Instr / (Drum)	4x8	C ¹	Fondu, Rear Leg Raise w. Pullback Arms R (Slow)	8	4x
5:21	Instr / (Bup)	4x8	C ²	Fondu, Rear Leg Raise w. Pullback Arms R (Fast)	4	8x
5:34	Instr / (Heavy)	4x8	C ³	Fondu Rear Leg Raise w. Relevé and Bicep Curl Arms R	4	8x
5:47	Instr / (Synth)	4x8	C ⁴	Fondu, Rear Leg Raise w. Relevé and High 'V' Arms R	4	8x
6:00	Outro / (Fade)	8x8	Put weights away			



06. ODYSSEY PT.1 (KRANE REMIX) 6:36mins

TEACHING TIPS

The focus for this track is on single-leg training. We include single-leg training in LES MILLS BARRE as it is an efficient way to strengthen our bodies with great technique. Benefits of single-leg training include: helping reduce strength imbalances between legs, enhance balance and proprioception, and improve explosive muscle power. Single-leg training and these benefits are most related to what ballet dancers do in their daily preparations for class and performance.

Each of the movements must be coached with precision and clarity to ensure targets are clear – particularly the new move: Fondu Rear Leg Raise with Pullback Arms. Follow up cues focus on the use of the back of the arms, and activation of the upper back when the plates pull back. Once the Rear Leg Raise, and Rear Leg Raise with Relevé are added, coach strong activation of the glutes and thighs. With these cues you will provide a strong base and foundation for your participants' safe movement quality.

COACHING CUES

LUNGE

Layer 1

- Step long into a Lunge
- Drop so your knees are at 90 degrees
- Front knee out
- Down, down, up, up
- Squeeze the shoulder blades together

Layer 2

- Option to lift the front heel
- Lunge with control
- Knee stops above the ankle

LUNGE PULSE

Layer 1

- Pulse down

Layer 2

- This is where the beautiful burn comes into play
- Pull the muscles in the hips together; this creates better alignment

LUNGE, REAR LEG RAISE

Layer 1

- Drop down, lift up
- Down, lift

Layer 2

- Let's fly
- Squeeze the glutes
- Almost all of the work is in the front glute

LUNGE, REAR LEG RAISE WITH RELEVÉ

Layer 1

- Relevé
- Lift up onto the ball of the foot

Layer 2

- Lengthen into the back leg as much as you can
- Keep pressing the front knee out
- Everything is controlled

REAR LEG RAISE WITH FONDU

Layer 1

- Square the hips
- Bend and straighten the knee
- Down, up
- Look 1 meter (3 feet) in front of you to lengthen spine

Layer 2

- Touch the back foot down for balance
- Keep your focus forward to help you balance
- Push the strength out through to your back toes

FONDU, REAR LEG RAISE WITH PULLBACK ARMS

Layer 1

- Drop the back leg, close the plates to the front
- Rise and open the plates
- Close and open
- Bend to close, straighten to open

Layer 2

- Squeeze shoulder blades together
- Feels like you're flying
- The plates are like your wings



06. ODYSSEY PT.1 (KRANE REMIX) 6:36mins

FONDU, REAR LEG RAISE WITH RELEVÉ AND BICEP CURL ARMS

Layer 1

- Bring the plates to chest
- Rise and plates go down

Layer 2

- It's like a Bicep Curl

FONDU, REAR LEG RAISE WITH RELEVÉ AND HIGH 'V' ARMS

Layer 1

- Plates reach over head
- Keep your shoulders down
- Everything square to the front

Layer 2

- A beautiful burn in the legs and shoulders
- Lift all the way to your fingertips
- This is how we create beautiful posture



07. ESCAPE

TRACK FOCUS

The people in my class will feel free to let go and enjoy the beauty of the music and movement through breath.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1st Position, facing R side with Bras Bas Arms	32	
0:17	V1 / _ All along	6x8	A Grand Battement Derrière, Soutenu, Relevé L&R		1½x
			Grand Battement Derrière L, L leg lifts, arms to 5th Position	4	
			Step B on L foot, Tendu R foot F, arms to 3rd Position, R arm F	4	
			Soutenu R, pivot 180° in 1st Position, arms to 1st Position	4	
			Add Relevé, arms pull back	4	
			Repeat to R	16	
0:43	V2 / If you	2x8	A¹ Grand Battement Derrière w. Relevé , Soutenu, Relevé R		
			Grand Battement Derrière Relevé R, arms to 5th Position	4	
			Step B on L foot, Tendu L foot F, arms to 3rd Position, L arm F	4	
			Soutenu L, pivot 180° in 1st Position, arms to 1st Position	4	
			Relevé, arms pull back (facing R side)	4	
			↓ Option: No Relevé		
0:52	Rep / Round	4x8	A² Grand Battement Derrière with Relevé, Double Soutenu, Relevé L&R		
			Grand Battement Derrière Relevé L, arms to 5th Position	4	
			Step B on L foot, Tendu R foot F, arms to 3rd Position, R arm F	4	
			Soutenu R, pivot 360° in 1st Position, arms to 1st Position	2	
			Step R, Soutenu R, pivot 180° in 1st Position, arms to 1st Position	2	
			Relevé, arms pull back (facing L side)	4	
			Repeat R	16	
			↓ Option: Single Soutenu		
1:09	V3 / _ Not really	4x8	A³ Arabesque Sissone Double Soutenu, Relevé L&R		
			Arabesque Sissone L, arms to 5th Position	4	
			Step B on L foot, Tendu R foot F arms to 3rd Position, R arm F	4	
			Soutenu R, pivot 360° in 1st Position, arms to 1st Position	2	
			Step R, Soutenu R, pivot 180° in 1st Position, arms to 1st Position	2	
			Relevé, arms pull back (facing L side)	4	
			Repeat to R	16	
			↓ Option: No Sauté		



07. ESCAPE

MUSIC		EXERCISE		CTS	REPS
1:26	C / Stay	2x8	B Hold Relevé , facing R side, arms wide to 5th Position Arms wide and down	8 8	
1:34	V3 / _ It's not	2x8	A ³ Arabesque Sissone Double Soutenu, Relevé L	16	
1:43	V4 / Not just	10x8	A ⁴ Arabesque Sissone Pirouette, Relevé R&L Arabesque Sissone R, arms to 5th Position Step B on R foot, Tendu L foot F, arms to 3rd Position, L arm F Pirouette L, turn to L 180° or 540° arms to 1st Position Relevé, arms pull back (facing R side) Repeat to L ↓ Options: No Pirouette, Single or Double Soutenu	4 4 4 4 4 16	2½x
2:26	C / Stay	2x8	B Hold Relevé , facing R side, arms wide to 5th Position Arms wide and down	8 8	
2:34	Br / Oh ,	12x8	A ⁴ Arabesque Sissone Pirouette, Relevé L&R	32	3x
3:26	Outro / Stay	6x8	B Hold Relevé , facing R side, arms wide to 5th Position Arms wide and down	8 40	



07. STAY 4:04mins

TEACHING TIPS

An amazing piece of music has inspired this beautiful choreography – it's an opportunity to enjoy the freeing feeling that dance can bring. We aim to bring this to our classes, as Summer does by asking us to “take a deep breath, bring ourselves into our bodies, learn a sequence we can dance together.”

Once you’ve established clear and simple Layer 1 cues, focus your Layer 2 on the combination of breath, music and movement. This allows the participants in your class to find the freedom and beauty, encouraging them to escape into this beautiful track. Imagine the feeling of dancing this track on a stage with water lapping against the edge, with luscious mountains behind you. Encourage the people in your class to “stop worrying about what they're doing and enjoying the beautiful movement.”

There are lots of turn options throughout this track, so encourage the people in your class to take the choice of turns that feels best for them, and tell them to play around with how many turns they want to try in each class.

COACHING CUES

GRAND BATTEMENT DERRIÈRE, SOUTENU, RELEVÉ

Layer 1

- Turn side-on, feet in first Position
- Front leg lifts up, step back, turn around the corner, small upper back bend, squeeze the glutes
- Grand Battement, turn around, open your chest

GRAND BATTEMENT DERRIÈRE WITH RELEVÉ, SOUTENU, RELEVÉ

Layer 1

- Add a Relevé, lift up your bottom heel

GRAND BATTEMENT DERRIÈRE WITH RELEVÉ, DOUBLE SOUTENU RELEVÉ

Layer 1

- Add a half turn, then a full turn to come into your small/baby back bend
- Turn and then turn again
- Add the jump if you feel able to

Layer 2

- Soften the landing through the Plié

HOLD RELEVÉ

Layer 1

- Hold, breathe the arms up to 5th

Layer 2

- Feel the energy in your fingertips
- Strong ankles

ARABESQUE SISSONE WITH RELEVÉ, DOUBLE SOUTENU RELEVÉ

Layer 1

- Add a Pirouette if that feels good for you
- Step onto your Retiré

Layer 2

- If you're jumping, use the Plié to lift
- Bend the knees and push out of the floor
- Enjoy the beautiful movement



08. BURN

TRACK FOCUS

The people in my class will stretch and strengthen their bodies with control through the core and glute activation.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Frog Pose facing front		16	
0:09	V1 / Some days	4x8	Frog Pose		32	
0:29	PC / _ Feel my	4x8	Hip Flexor Stretch L, facing R side		8	
			Kneeling Hamstring Stretch R		8	
			Hip Flexor Stretch R		8	
			Kneeling Hamstring Stretch L		8	
0:50	C / Breathin'	2x8	A	Kneeling Pointer Pulse L Last count, Horse Stance	2	8x
1:00	C / Breathin'	2x8	A	Kneeling Pointer Pulse R Last count, Horse Stance	2	8x
1:09	V2 / Sometimes	4x8	B	Kneeling Pointer to Diagonal Pulse L Kneeling Pointer Pulse L, L leg B Open L leg to diagonal Pulse L	2 2	8x
1:29	PC / _ Feel my	4x8	B	Kneeling Pointer to Diagonal Pulse R	4	8x
1:48	Br / _ Just keep	1½x8	Childs Pose		12	
1:55	Rep / Know	2x8	Roll onto back, facing L side, knees wide over hips, crunch up, reach hands to feet, palms together		8	
2:05	Rep / Know	5½x8	Pilates Frog, Legs & Arms Shoot out Extend legs to 45°, arms reach O/H, palms together Crunch up, bend knees wide over hips, reach hands between legs to feet, palms higher Last 4cts, arms wide, palms up		8 8 8	2½x
2:31	Rep / Breathin'	8¾x8	Aerial Changement L&R		2	35x



08. BREATHIN 3:17mins

TEACHING TIPS

The final challenge focuses on strengthening and stretching your body after this awesome workout. Bring attention and awareness to the glutes and posterior chain muscles of your core. Isolated glute work will get you stronger for the next class you attend, and allow you to move with more freedom.

In the Kneeling Pointer Pulse, focus your coaching on isolating the movement to the hips and legs. We do this by bracing strongly through the core and activating the movement by using the glutes. It is essential that the core remains switched on to maintain perfect posture and control.

Remember that each person who comes to your class is motivated by different needs. Script and practice different coaching cues, using a variety of language to create an environment where everyone can have fun, learns the benefits of what we are doing and understands that we are passionate about building strong bodies through Ballet-inspired fitness.

COACHING CUES

FROG POSE

Layer 1

- Come down to the floor
- Slide the knees out
- Bring the weight into your arms
- Brace your core

Layer 2

- Breathe into your inner thighs

HIP FLEXOR STRETCH & KNEELING HAMSTRING STRETCH

Layer 1

- Back leg steps forward
- Heel in line with the knee
- Draw the weight back, straighten the front leg

KNEELING POINTER PULSE

Layer 1

- Come onto all fours, Horse Stance
- Pulse the leg directly behind you
- Square the shoulders and hips to floor
- Brace the core

Layer 2

- Long spine, lengthened leg

KNEELING POINTER TO DIAGONAL PULSE L

Layer 1

- Leg reaches up and out
- Squeeze strongly through the glutes

Layer 2

- Feel how the glutes are activated

PILATES FROG, LEGS & ARMS SHOOT OUT

Layer 1

- Come onto your back
- Toes together
- Brace core, lower back towards floor
- Reach your fingertips to toes, reach away

Layer 2

- Exhale to extend, inhale to rise

AERIAL CHANGEMENT

Layer 1

- Arms out to the side
- Legs lengthen to 45 °
- Cross the legs

Layer 2

- Take the choice of intensity that works for you
- Extend the strength out through your toes





BONUS

B7. ESCAPE

PLEASE NOTE

The Bonus Tracks were not filmed in chronological order.

TRACK FOCUS

The people in my class will feel successful as they build flawless strength and cardio stamina at a level that suits them.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 2nd Position Plié with Bras Bas Arms	16	
0:09	Instr /	2x8	A	2nd Position Plié Pulse		8x
0:15	V1 / _ I know	8x8	A ¹	2nd Position Plié Pulse w. Cambré L&R (Slow)		4x
				2x Plié Pulse, Cambré L, R arm O/H	4	
				2x Plié Pulse, arms 2nd Position	4	
				2x Plié Pulse, Cambré R, L arm O/H	4	
				2x Plié Pulse, arms to 2nd Position	4	
0:42	Br / Bow down	4x8	A ²	2nd Position Plié w. Cambré L&R (Fast)	8	4x
0:56	C / H town	4x8	A ³	2nd Position Plié & Rise w. Cambré L&R		4x
				Plié, Cambré L, R arm O/H, L arm Bras Bas	2	
				Straighten legs, arms to 2nd Position	2	
				Plié, Cambré R, L arm O/H, R arm Bras Bas	2	
				Straighten legs, arms to 2nd Position	2	
1:09	Br / We teach	16x8		PREVIEW COMBINATION	112	
				Retiré Relevé F, Tendu à la Seconde B Combo		
				4x Retiré Relevé in 3rd Position F, L, R, L, R		
				4x Tendu à la Seconde in 3rd Position B, R, L, R, L		
				↓ Option: No Relevé		
				↑ Option: 4x Échappés Relevé 2nd Position B		
				↑ Option: Retiré on Demi Pointe F		
				Set up 3rd Position R, R foot F, HOH	16	
2:05	C / Wake up	8x8	B	Retiré Relevé F, Tendu à la Seconde B Combo		4x
				4x Retiré Relevé F, L, R, L, R	8	
				4x Tendu à la Seconde B, R, L, R, L	8	
2:33	C / I look	4x8	B ¹	Retiré Relevé F, Tendu à la Seconde B with Wave Arms Combo		2x
				4x Retiré Relevé F, arms wave L&R, L, R	8	
				4x Tendu à la Seconde B, HOH	8	
2:47	Br / Mama	14x8	B ²	Retiré Relevé F, Changement B with Wave Arms Combo		7x
				4x Retiré Relevé F, arms wave L, R, L, R	8	
				4x Changement B, L, R, L, R, HOH	8	



BONUS

B7. ***FLAWLESS 3:40mins

TEACHING TIPS

The first coaching objective for this track is to keep all your cues, especially Layer 1, uncluttered by saying only the essentials. Take time to script and refine your coaching, bring attention to clear Body Part and Direction cues. Ensure that as you do this you provide plenty of options within the sequences. This will allow the people in front of you to feel more successful with the quickly. For success, ensure everyone feels included and capable of moving through this track.

As you progress through the track, continue to coach cues that describe the feel of the movement, in conjunction with beautiful breath cues. Once you have layered this in, explore cues that describe why we are moving in this way – notice how Diana shares that this is an “incredible way to build strength in the lower body”, that this track is a “cardio blast”.

Look out and see what your participants need. What options do you need to revisit? Do you need to coach to other levels of intensity or complexity? Remember Coach what to do, how to do it and where they should be feeling it. Empower, encourage and let the people in your class feel FLAWLESS!

COACHING CUES

2ND POSITION PLIÉ PULSE

Layer 1

- Feet into 2nd Position
- Deep Plié, Pulse

Layer 2

- Get down into legs

2ND POSITION PLIÉ PULSE WITH CAMBRÉ

Layer 1

- Add the arms, Cambré up and over
- Press your knees out over your toes
- Strong squeeze of your glutes

Layer 2

- C-shape in the spine
- We're increasing mobility
- Hips and shoulders facing us
- Feel the movement all the way to your fingertips

2ND POSITION PLIÉ & RISE, WITH CAMBRÉ

Layer 1

- Plié down, rise up
- One arm in Bras Bas one arm over the head

Layer 2

- Reach the depth of the Plié

RETIRÉ RELEVÉ, TENDU À LA SECONDE COMBO

Layer 1

- Retiré, 1, 2, 3, 4 forward, Tendu 4 times back, or Relevé 4 times forward, Échappé back
- Or stay up on demi pointe coming forward, Échappé Relevé moving back

Layer 2

- Strengthening the lower body here
- Ensure your core is working for you

RETIRÉ RELEVÉ, TENDU À LA SECONDE WITH WAVE ARMS COMBO

Layer 1

- Add the arms – wave as you come forward

Layer 2

- Feel the flow of your breath with your arms



RETIRÉ RELEVÉ, CHANGEMENT WITH WAVE ARMS COMBO

Layer 1

- Final option to changement back
- Land softly in your Plié

Layer 2

- This is your cardio blast!
- How strong can you keep your body?



BONUS

B6. POWER

TRACK FOCUS

The people in my class will experience and understand how to build strength with control.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 2nd Position, one weight plate in each hand, plates to shoulders, elbows in	16	
0:11	V1 / _ Que talsi	4x8 A	2nd Position Plié Pulse Rond de Jambe Derrière in Fondu L&R		2x
			2x Plié Pulse	4	
			Rond de Jambe Derrière in Fondu L, R foot circles B	4	
			Repeat to R	8	
0:32	V2 / Mejor en	4x8 A ¹	2nd Position Plié Pulse, Arabesque Lift Pulse L&R		2x
			2x Plié Pulse	3	
			Rond de Jambe Derrière in Fondu L	1	
			2x Arabesque Lift Pulse R	4	
			Repeat R	8	
0:53	PC / Diferente con	16x8 A ²	2nd Position Plié Pulse Arabesque Lift Pulse, Développé à la Seconde Combo L&R		4x
			2x Plié Pulse	3	
			Rond de Jambe Derrière in Fondu L	1	
			2x Arabesque Lift Pulse R	4	
			Retiré R, R foot to L knee	4	
			Développé à la Seconde R, R leg lifts	4	
			Repeat R	16	
2:19	PC / Diferente con	8x8 A ³	2nd Position Plié Pulse, Arabesque Lift Pulse, Retiré Développé Devant, Rond de Jambe à la Seconde Combo L&R		2x
			2x Plié Pulse	3	
			Rond de Jambe Derrière in Fondu L	1	
			2x Arabesque Lift Pulse R	4	
			Retiré R, R foot to L knee	2	
			Développé Devant R, R leg lifts	2	
			Rond de Jambe à la Seconde R	4	
			Repeat R	16	
3:02	Outro /	1x8	Put weights away		



BONUS

B6. WE THE FUNK 3:08mins

TEACHING TIPS

This track is brilliant for intrinsic and intelligent strength building. The core focus of this track, technically speaking, is to use control. Control muscularly through the legs and your core. Fully straighten the knee on the recovery to à la Seconde and maintain a strong straight supporting leg. Think about lifting up and out of your hip to ensure that your pelvis remains aligned – the height of the leg is not as important as the control muscularly.

The music of this Bonus track evokes a sense of joy and playfulness, which directly contrasts to the intensity and ferocity of the strength work of the choreography. Bring the playfulness and joy to life through coaching and using silence to allow the music to speak. This means starting with simple Layer 1 cues: movement setup, execution cues, and choices first. Then allow space and silence after your Layer 1 for the joy and playfulness of the music to come through.

A great tip is to really get to know this piece of music before you start teaching it. Knowing the music intimately will help you discover the moments in the song where you could talk, when there are moments of extending the movement to the last count of music, and times where all that's needed is silence.

COACHING CUES

2ND POSITION PLIÉ PULSE ROND DE JAMBE DERRIÈRE IN FONDU L&R

Layer 1

- Plié Pulse in 2nd Position
- Down, down, Ronde De Jambe the leg Derrière, other side
- Keep the front knee in a Fondu

Layer 2

- By Fondu-ing in the front leg, we work deeply into the quads and glutes

2ND POSITION PLIÉ PULSE, ARABESQUE LIFT PULSE

Layer 1

- Double Pulse Plié, lift into Arabesque
- Square off the hips

Layer 2

- Isolate the work to the glutes

2ND POSITION PLIÉ PULSE ARABESQUE LIFT PULSE DÉVELOPPÉ À LA SECONDE

Layer 1

- Plié, extend to Arabesque, lift to Retiré, extend to à la Seconde
- Draw the toes up to the side of the knee

Layer 2

- Extend out to your maximum length
- The extra hold is where the workout intensifies
- Legs are straight to engage deeply into the muscles

2ND POSITION PLIÉ PULSE, ARABESQUE LIFT PULSE, RETIRÉ DÉVELOPPÉ DEVANT, ROND DE JAMBE À LA SECONDE COMBO

Layer 1

- Plié, Arabesque, extend Devant (forward), rond à la Seconde, plié
- Lengthen through your spine
- Squeeze through your shoulder blades

Layer 2

- Working range and strength through control



BONUS

B5. STRENGTHEN

TRACK FOCUS

The people in my class will understand how to activate their stability and postural muscles as they work through control.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	1x8	Set up 1st Position, on weight plate in each hand, arms down, palms F		
0:04	V1 / You	1x8	A Tendu Derrière L Tendu L leg B L foot returns to 1st Position	4 4	
0:08	V1 / Electricity	7x8	A ¹ Tendu Derrière with Fondu, Pullback Arms L Tendu with Fondu L, arms pull back L foot returns to 1st Position, plates to shoulders elbows in	4 4	7x
0:36	PC / You	4x8	B Tendu Taps Derrière Pullback Arms L ↓ Option: Arabesque Tap	2	16x
0:53	C / _ Even if	4½x8	C Retiré, Arabesque Lift L Retiré L, L foot to R knee, plates to shoulders, elbows in Arabesque Lift L, arms pull back ↓ Option: Tendu Derrière with Fondu Last 4cts, 1st Position, arms down	2 2	8x
1:11	V2 / You	8x8	A ¹ Tendu Derrière with Fondu, Pullback Arms R	8	8x
1:44	PC / You	4x8	B Tendu Taps Derrière R	2	16x
2:00	C / Even if	4x8	C Retiré Arabesque, Lift R		8x
2:16	Br / _ If feel	8x8	D Retiré, Développé Derrière L&R (Slow) Retiré L, L foot to R knee, arms to 1st Position Développé Derrière L, arms to Demi 2nd Position Retiré L, arms to 1st Position Développé Derrière L, arms to Demi 2nd Position Repeat R	8 8 8 8 32	
2:49	PC / You	4x8	D ¹ Retiré, Développé Derrière L (Fast) Retiré L, arms to 5th Position Développé Derrière L, arms to Demi 2nd Position	4 4	4x
3:05	C / _ Even if	4x8	D ² Retiré, Développé Derrière L (Faster) ↓ Option: Plates to shoulders, elbows in	4	8x
3:21	Rep / _ Feel electric	4x8	D ² Retiré, Développé Derrière R (Faster)	4	8x
3:38	Outro / _ I feel	4x8	D ¹ Retiré, Développé Derrière R (Fast)	8	4x



BONUS

B5. ELECTRICITY 3:59mins

TEACHING TIPS

We introduce a new concept of training into LES MILLS BARRE at the back end of this track: Pyramid training. Our Les Mills Barre version of Pyramid Training sees a collection of sets of the Retiré, Développé Derrière sequence that starts with a slow tempo building up to a faster tempo, then reducing back down to the slow tempo. This style of training challenges the strength and stability of your core and legs – and adds a slight cardio kick to finish the track off.

This track brings focus to the upper back postural muscles whilst challenging balance and control and building strength. The moves in this track can be challenging, so ensure to offer plenty of options early & throughout the track to allow the people in your class to personalize the workout that suits them. Coach great posture and lower leg alignment to maximize results. The standing leg works extremely hard to maintain alignment as the moving leg challenges balance and stability.

COACHING CUES

TENDU DERRIÈRE WITH FONDU, PULLBACK ARMS

Layer 1

- Tendu back
- Fondu the front knee, soft knee
- Arms pull back, draw in
- Work through your foot

Layer 2

- Squeeze the back of the body
- Find your postural muscles
- This is the time to reset your Ballet posture

TENDU TAPS DERRIÈRE

Layer 1

- Arabesque Tap
- Out and tap

Layer 2

- Feel how this activates the glutes
- Challenge your strength & balance

RETIRÉ, ARABESQUE LIFT

Layer 1

- Lift to Retiré, out to Arabesque
- Touch down at any point
- Strong core brace
- Open the knee to the side

Layer 2

- Lift & lengthen through your head to toes

RETIRÉ, DÉVELOPPÉ DERRIÈRE (SLOW)

Layer 1

- Retiré, extend to Arabesque, arms to Demi Seconde

Layer 2

- Training with control

RETIRÉ, DÉVELOPPÉ DERRIÈRE (FAST)

Layer 1

- Double time, up up, out out
- Arms lift to 5th to increase the range

Layer 2

- Stay in it, you've got it
- Sculpting both our leg and arm muscles



BALLET BASICS – GENERAL TERMS

FOUNDATION POSTURE

- Find your natural turn out
- Rock forward on to the balls of feet, then back onto the heels
- Using the external rotators, flick your toes out to the corners in one fluid movement. Do not force this movement

BALLET TUCK

- Tuck your tailbone under gently
- Tighten your core and lift your chest without flaring ribs
- Bring shoulders back and down, drawing the lats down

DEMI

- ‘Half’; eg ‘Demi Plié’ is a half Plié – a small bend of the knees

GRAND

- ‘Big’ or ‘great’; eg ‘Grand Plié’ is a full Plié – big bend in the knees, heels off the floor

DERRIÈRE

- ‘Behind’ or ‘to the back’

DEVANT

- ‘Front’

EN CROIX

- ‘Crossed’ or ‘in the shape of a cross’

POINTE

- On the toes; ‘Demi Pointe’ is on the balls of the feet

À la SECONDE

- ‘To the side’, or feet in 2nd Position



BALLET BASICS – POSITIONS

FIRST POSITION

- Feet flat on the floor
- Heels together, toes in natural turn out
- Weight evenly distributed between heels and balls of feet



SECOND POSITION

- Feet flat on the floor, at least shoulder-width apart
- Heels under the line of the shoulders
- Toes in natural turn out
- Weight evenly distributed between heels and balls of feet



THIRD POSITION

- Feet flat on the floor
- One heel is placed in front of the arch of the other foot
- Toes in natural turn out



LONG FOURTH POSITION

- Feet flat on the floor
- Feet step in similar alignment for 3rd position, but long
- Toes in natural turn out

BRAS BAS ARMS

- Arms down low with a slight bend in the elbows
- Hands in front of hips, palms face upward



1ST POSITION ARMS

- Arms out in front with a slight bend in the elbows
- Hands no higher than the breast bone



2ND POSITION ARMS

- Arms out to sides with a slight bend in the elbows
- Palms face forwards



DEMI 2ND POSITION ARMS

- Arms in a low V, with a slight bend in the elbows
- Palms face downward



5TH POSITION ARMS

- Arms over head with a slight bend in the elbows
- Palms face downward
- Elbows slightly forward of face



1ST ARABESQUE POSITION

- Stand on one leg, other leg lifts behind (just off the ground, or up to hip height)
- Both legs straight with natural turn out
- Same arm as standing leg reaches forward at eye level, other arm reaches back at same angle as lifted leg



3RD ARABESQUE POSITION ARMS

- Same arm as standing leg reaches forward at eye level, other arm reaches forward at shoulder height
- Arms shoulder width apart





BALLET BASICS – MOVEMENTS

ATTITUDE

- Lifted leg is bent in natural turn out

BATTEMENT

- ‘Beating’
- Working leg extends out and returns (single or repeated movement)

CAMBRÉ

- ‘Arched’
- Body bends from the waist

CHANGEMENT

- ‘Change’ with a jump
- Eg: Demi Plié in 3rd Position, jump to change legs, land in 3rd Position with other foot in front

DÉVELOPPÉ

- ‘To develop’
- Working leg draws up beside standing leg, then extends out straight in the air

ÉCHAPPÉ

- ‘To escape’
- Eg: Demi Plié in 1st or 3rd Position, slide/jump feet to 2nd Position

FONDU

- ‘To melt’
- Standing on one leg, bend standing knee
- Maintain natural turn out, therefore keeping correct knee alignment

GLISSADE

- ‘To glide’
- Transfer weight from one leg to another, traveling sideways

GLISSÉ

- Slide foot through Tendu, then lift toes just off the floor

PIROUETTE

- Turn/spin on one leg (other leg in Retiré)

PLIÉ

- Bend the knee or knees

PORT DE BRAS

- Carriage of the arms; moving arms gracefully from one position to the next (body can be still or moving)

RELEVÉ

- ‘To snatch’ or ‘raised’
- Eg: Demi Plié, then pull up quickly onto Demi Pointe
- Balls of the feet and toes replace position of heels (maintaining natural turn out)
- Strong, straight legs

RETIRÉ

- One leg raises to side (natural turn out)
- Knee bent
- Toe pointed next to the supporting knee (not on the joint)

ROND DE JAMBE

- Leg extends to Devant (front), moves through 2nd Position to Derrière (back) position (or Derrière, 2nd, Devant), forming a semi circle
- Can be on the ground or in the air

SAUTÉ

- To jump (on two feet)

SISSONNE

- Scissor action
- Eg: Demi Plié in 3rd Position, jump off two feet, traveling to the diagonal in Arabesque. Land one foot at a time closing back to 3rd Position in Demi Plié

TEMPS LEVÉ

- To hop on one leg

TENDU

- Leg and foot stretch out long, keeping toes on the floor



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

