

LES MILLS BARRE

08

MUSIC AND FORMATS

01. WARM UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
02. DEEPEN

BONUS
06. POWER

BONUS
07. ESCAPE

ALT
06. POWER

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MUSIC

01.

thank u, next (3:59)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: Parks, Anderson, Brown, Foster, Grande, Monet
02.

Eastside (2:51)

benny blanco, Halsey & Khalid

Courtesy of the Universal Music Group.
Written by: Sheeran, Perez, Levin, Frangipane, Robinson
03.

Youngblood (3:23)

5 Seconds of Summer

Courtesy of the Universal Music Group.
Written by: Tamposi, Watt, Hemmings, Hood, Irwin
04.

Call On Me (2:49)

Eric Prydz

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Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Winwood, Jennings, Prydz
05.

Nothing Breaks Like A Heart (Don Diablo Remix) (3:36)

Mark Ronson feat. Miley Cyrus

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Written by: Ronson, Cyrus, Juber, Brenneck, M. Picard, C. Picard, Szymanski
06.

Take It Off (3:15) Explicit

Two Friends

© 2019 Dos Amigos Music.
Written by: Holiday, Young, Wilson, Taupin, John
07.

Happy Now (R3HAB Remix) (3:44)

Kygo feat. Sandro Cavazza

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Written by: Gorvell-Dahll, Cavazza
08.

Say You'll Be There (4:01)

Campsite Dream

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Written by: Chisholm, Kennedy, Buck, Beckham, Halliwell, Bunton, Brown
- BONUS
02.

7 rings (2:55)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: Krysiuk, Monet, Rodgers, Vitia

- BONUS
06.

Burning (3:32)

Maggie Rogers

Courtesy of the Universal Music Group.
Written by: Frederic, Rogers
- BONUS
07.

Want To (4:59)

Dua Lipa

© 2018 Dua Lipa Limited under exclusive license to Warner Music UK Limited.
Written by: Lipa, Jackson, Patel

ALTERNATIVE TRACKS

- ALT
06.

Over There (3:15)

Quantic

© Black Lotus 2017.
Written by: Eliesa



L–R: Bram Prima Halim (shadow), Hannah Ellis, 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 instructor, based in Auckland. She is trained in Ballet, Jazz, Tap, Contemporary and Hip Hop. She has competed in dance both nationally and internationally.

Hannah Ellis (New Zealand) is a LMNO Presenter for LES MILLS BARRE, BODYBALANCE/ BODYFLOW and LES MILLS TONE. She is based in Dunedin.

Special thanks to:

Bram Prima Halim (United Kingdom)
Gandalf "G " Archer Mills (New Zealand)
Anthony G Deyn (New Zealand)

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** – Ashlee Young

BONUS TRACKS

Get creative with the bonus tracks!

For the 45-minute option, you can either add them on to the end of the full release, or perform them directly after their respective track, e.g. a Bonus 06 Power directly after track 06 Power.

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

45-MINUTE OPTION		30-MINUTE OPTION	
Track 01	Warm Up	Track 01	Warm Up
Track 02	Deepen	Track 02	Deepen
Track B2	Deepen	Track 03	Extend
Track 03	Extend	Track 04	Peak
Track 04	Peak	Track 05	Strengthen
Track 05	Strengthen	Track 06	Power
Track 06	Power	Track 07	Escape
Track B6	Power	Track 08	Burn
Track 07	Escape	Total Time	27:38
Track B7	Escape		
Track 08	Burn		
Total Time	39:04		



KEY

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

TRACK FOCUS

I want my participants to experience a warming and welcoming environment as we prepare our bodies for the workout ahead.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	2x8	Set up 1st Position, HOH	16	
0:18	V1 / Sean	4x8	A Tendu á la Seconde, Tendu Arabesque L Tendu á la Seconde, HOH Tendu Arabesque L, HOH	4 4	4x
0:36	PC / Love	4x8	A ¹ Tendu á la Seconde, Tendu Arabesque with Arms L Tendu á la Seconde, arms to 2nd Position 1st Position, arms to Bras Bas Tendu Arabesque L, 1st Arabesque Arms 1st Position, arms to Bras Bas	 4 4 4	4x
0:54	C / _ Thank you	4x8	B 1st Position Plié Pulse with Relevé 3x Plié Pulse, arms to 1st, 5th, 2nd Position Relevé, arms to Bras Bas ↑Option: After 2 reps, Grand Plié Pulse	6 2	4x
1:12	V2 / Friends	4x8	A Tendu á la Seconde, Tendu Arabesque R	8	4x
1:30	PC / Love	4x8	A ¹ Tendu á la Seconde, Tendu Arabesque with Arms R	8	4x
1:48	C / _ Thank you	6x8	B 1st Position Plié Pulse with Relevé	8	6x
2:15	V3 / Aisle	4x8	C Tendu Derrière in Fondu L&R Tendu Derrière L, bend R knee, HOH 1st Position Repeat to R	4 4 8	2x
2:32	PC / Love	4x8	C ¹ Tendu Derrière in Fondu with Tap L&R 3x Tendu Derrière with Tap L, bend R knee, arms to 1st Position 1st Position, arms to Bras Bas Repeat to R ↓Option: HOH	6 2 8	2x
2:50	C / _ Thank you	8x8	C ² Tendu Derrière in Fondu with Tap L&R 7x Tendu Derrière with Tap L, bend R knee, arms F to 5th Position 1st Position, arms F and down to Bras Bas Repeat to R ↓Option: HOH	14 2 16	2x
3:26	Instr /	2x8	Step feet out to 2nd Position, arms to Bras Bas		
3:35	Outro / _ Thank you	6x8	2nd Position, Plié Pulse with Port de Bras Arms 4x Plié Pulse, arms cross F to open 5th 4x Plié Pulse, arms cross F and down to Demi 2nd Position	8 8	3x



01. THANK U, NEXT 3:59mins

TEACHING TIPS

We begin LES MILLS BARRE 08 with one of the hottest songs of 2018/19, and it sets us up for an incredible workout! Throughout this release, there are tracks that teach you love, tracks that teach you patience, and tracks that teach you pain (but only the beautiful burn we love in LES MILLS BARRE, right?!) Anyway, enough about the witty lyrical puns – let's get into this release.

With your coaching, come into this track with a positive, respectful and playful attitude. Acknowledge that the people in your class have come in at various stages of their Les Mills Barre journey – so ensure that you cater for each and every person, providing authentic coaching & connection.

While the movements in Les Mills Barre can be technically challenging and complex, your class will not hear you if you over-crowd the music and workout by talking non-stop (remember, the music is there for a reason). Keep your coaching simple, concise and effective: set up each movement up with 2 to 4 cues, focusing on Naming the move, Body Part and Direction. Teach any necessary options, and then follow up with a response to what you see. If you are talking all the time, often the follow-up cues become scripted and unnecessary – take time to pause, reflect and respond.

COACHING CUES

TENDU Á LA SECONDE, TENDU ARABESQUE

Layer 1

- Start in 1st Position – heels together, toes turned out slightly
- Tendu á la Seconde
- Turn hips to an Arabesque line
- Foot to the side, turn to the diagonal

Layer 2

- Press out through to the tips of your toes
- Feel the glutes working, core is engaged
- Knee stays over toes
- Everything in line

TENDU Á LA SECONDE, TENDU ARABESQUE WITH ARMS

Layer 1

- Add arms – float to 2nd, then 1st Arabesque

Layer 2

- Turn the hips and shoulders to be in line with toes

- Squeeze between the shoulder blades at all times
- All the work in the upper body comes from our posterior chain

1ST POSITION PLIÉ PULSE WITH RELEVÉ

Layer 1

- Plié, arms to 1st, 5th, 2nd, Bras Bas and Relevé
- Lift to a full Plié, lifting the heels

Layer 2

- Stop the knees at 90 degrees
- Maintain beautiful upright posture

TENDU DERRIÈRE IN FONDU

Layer 1

- Hands to hips
- Fondu, Tendu Derrière
- Press the front knee out over toes

Layer 2

- Lengthen leg back long, and in
- Hips remain square to front

TENDU DERRIÈRE IN FONDU WITH TAP

Layer 1

- Stay back, pulse 3, 2, 1
- Arms forward to 1st

Layer 2

- Reach as far forward as you can
- Maintain strong posture

TENDU DERRIÈRE IN FONDU WITH TAP

Layer 1

- Pulse 7, 6, 5, 4, 3, 2, 1
- Keep the knee pressing out over toes

Layer 2

- Glutes engaging
- Feel the whole back of your body starting to warm

2ND POSITION, PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Step out to 2nd Position
- Toes turning out slightly, knees over toes
- Pulse Plié
- Arms up through center, open

Layer 2

- Fluid movement with breath



02. DEEPEN

TRACK FOCUS

I want my participants to feel energized and strong as they build strength and stability through their legs.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 1st Position, HOH Retiré L, L foot to R knee	12 4	
0:11	V1 / _ When I was	2x8 A	Tendu Derrière in Fondu, Retiré L Tendu Derrière L, bend R knee, HOH Retiré L, HOH	2 2	4x
0:21	V2 / _ Oh no	2x8 A ¹	Tendu Derrière in Fondu, Retiré with Arms L Tendu Derrière L, bend R knee, arms to 2nd Position Retiré L, arms to 1st Position	2 2	4x
0:32	C / Eastside	4x8 B	Développé Devant, Développé Derrière with Arms L Développé Devant L, arms to 5th Position Retiré L, arms F to 1st Position Développé Derrière L, arms to 2nd Position Retiré L, arms to 1st Position ↓Option: Développé Tendu Devant, Développé Tendu, Derrière, HOH	2 2 2 2	4x
0:53	V3 / _ We can do	4x8 B ¹	Développé Devant, Développé Derrière with Cambré B&F L Développé Devant L, Cambré B, arms to 5th Position Retiré L, arms F to 1st Position Développé Derrière L, Cambré F, arms to 2nd Position Retiré L, arms to 1st Position Last rep, 1st Position, Retiré R, HOH, on last 2cts	2 2 2 2	4x
1:15	V4 / _ Seventeen	2x8 A	Tendu Derrière in Fondu, Retiré R	4	4x
1:25	V5 / Dead end	2x8 A ¹	Tendu Derrière in Fondu, Retiré with Arms R	4	4x
1:36	C / Eastside	4x8 B	Développé Devant, Développé Derrière with Arms R	8	4x
1:57	V6 / _ We can do	4x8 B ¹	Développé Devant, Développé Derrière with Cambré B&F R Last rep, 1st Position arms to Bras Bas on last 2 cts	8	4x
2:19	Br / _ Run away	2x8 B ²	Développé Devant, Développé Derrière with Relevé L Développé Devant L, arms to 5th Position, Relevé R Retiré L, arms F to 1st Position Développé Derrière L, arms to 2nd Position, Relevé R Retiré L, arms to 1st Position Last rep, 1st Position, arms to Bras Bas on last 2cts ↓Option: No Relevé	2 2 2 2	2x
2:29	Rep / Eastside	2x8 B ²	Développé Devant, Développé Derrière with Relevé R	8	2x
2:40	Rep / Eastside	2x8	1st Position Relevé , arms F to 5th Position Arms open to Demi 2nd Position	8 8	



02. EASTSIDE 2:51mins

TEACHING TIPS

Don't be fooled by the innocent sound of this song. The workout is far from innocent – it might even be one of the strongest Track 2's we've ever had.

This track has two movement combinations, which need to be coached with precision. There's a lot of opportunity to coach intelligent follow-up cues – people will naturally follow your movement, especially if you are nailing your Layer 1 coaching. Choose Layer 2 cues that describe the feel or detail of the movement that they may not be able to see; for example *“Press the air away with the backs of your arms”* or *“open your chest to engage your back”*.

Relevés within LES MILLS BARRE are a great way to build and enhance strength in the feet and entire legs, including the calves and thighs. While there will be a lot of burn happening in your legs, it's really important to maintain the integrity of your spine and upper body. Ensure that you maintain postural alignment as you execute this track.

COACHING CUES

TENDU DERRIÈRE IN FONDU, RETIRÉ

Layer 1

- Hands on hips
- Leg lifts to Retiré
- Touch down Derrière, back to Retiré
- Down, up

Layer 2

- Press out the supporting knee over toes
- Squeeze the glutes

TENDU DERRIÈRE IN FONDU, RETIRÉ WITH ARMS

Layer 1

- Arms open and close
- 2nd to 1st

Layer 2

- Press the air away with the backs of your arms

DÉVELOPPÉ DEVANT, DÉVELOPPÉ DERRIÈRE WITH ARMS

Layer 1

- Extend forward, back through Retiré, extend Derrière
- Touch the foot down if you need to
- Arms rise to 5th, then open to 2nd

Layer 2

- Find stability within your legs

DÉVELOPPÉ DEVANT, DÉVELOPPÉ DERRIÈRE WITH CAMBRÉ B&F

Layer 1

- Lean back, lean forward

Layer 2

- Open your chest to engage your back
- Feel how this engages your core more

DÉVELOPPÉ DEVANT, DÉVELOPPÉ DERRIÈRE WITH RELEVÉ

Layer 1

- Add the Relevé – Relevé Devant, Relevé Derrière
- Up, out and through

Layer 2

- Feel the strength in your legs



03. EXTEND

TRACK FOCUS

I want my participants to work at their own individual level to get their (young)blood pumping and reaching a cardio high.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Remember	2x8		Set up 2nd Position, HOH	16	
0:09	V2 / Surrender	2x8	A	2nd Position Plié, Tendu á la Seconde R&L (Slow) Plié, HOH Tendu á la Seconde R, HOH Repeat to L	4 4 8	
0:17	V3 / You	4x8	A	2nd Position Plié, Tendu á la Seconde R&L (Fast) Plié, HOH Tendu á la Seconde R, HOH Repeat to L	2 2 4	4x
0:33	PC / Push	2x8	A ²	2nd Position Plié Tendu en L'air á la Seconde, with Arms R&L (Fast) Plié, arms to Bras Bas Tendu en L'air á la Seconde R, R foot off floor, arms to 2nd Position Repeat to L	2 2 4	2x
0:41	C / Youngblood	8x8	A ³	2nd Position Plié Tendu Tap á la Seconde R&L Plié, arms to Bras Bas 15x Tendu Tap á la Seconde R, arms to 2nd Position Repeat to L ⬆Option: Tendu Tap foot off floor	2 30 32	
1:13	V4 / Lately	4x8	A ¹	2nd Position Plié, Tendu á la Seconde R&L (Fast)	8	4x
1:29	V5 / Who	4x8	A ⁴	2nd Position Plié, Tendu Tap, Arabesque Tap R&L Plié, HOH Tendu Tap á la Seconde R, HOH 2x Arabesque Tap R, HOH Repeat to L	2 2 4 8	2x
1:45	C / Youngblood	20x8	A ⁵	2nd Position Plié, Tendu Tap, Arabesque Tap with Arms R&L Plié, arms to Bras Bas Tendu Tap á la Seconde R, arms to 2nd Position 2x Arabesque Tap, 1st Arabesque Arms Repeat to L ⬆Option: After 3 reps, Arabesque Relevé ⬆Option: After 6 reps, Arabesque Sauté	2 2 4 8	10x
3:05	PC / Push	4x8		Sissonne Relevé, Sissonne L&R 3x Sissonne Relevé L, R leg lifts, 1st Arabesque Arms Sissone L Repeat to R ⬇Option: 4x Arabesque Relevé	6 2 8	2x



03. YOUNGBLOOD 3.23mins

TEACHING TIPS

A dynamic song and simple choreography combine to ensure that this Extend track will bring a significant physical challenge.

One evolving movement sequence that starts from the floor up, executed slowly at first, then with some additions and speed brings you the ultimate in cardio training. Throughout the track, make sure you provide choices for all abilities, so everyone reaches their cardio peak at their level.

As with every track, bring focus to simple and effective Layer 1 cues, to allow the people in your class to follow along and learn the combination blocks with ease. As the track progresses, continue with clear coaching while adding focus on range of motion, and arm-lines. Give participants time to learn the sequence and explore the movement themselves.

Allow them to feel the energy and freedom of moving their body in time to a powerful song by focusing on creating space for the music to be heard. Coach them to explore different levels of intensity and give them the freedom to explore arm-lines and encourage them to embrace the cardio challenge.

COACHING CUES

2ND POSITION PLIÉ, TENDU Á LA SECONDE

Layer 1

- Step feet wide to 2nd Position
- Slow Plié, stretch the left leg, Plié, stretch the other side
- Down, up

Layer 2

- Press the knees wide
- Keep your hips level as you tap
- Can you feel the heat in your legs?
- If it feels okay, come a little deeper

2ND POSITION PLIÉ TENDU EN L'AIR Á LA SECONDE

Layer 1

- Push the leg off the floor
- Add the arms, Bras Bas to 2nd

2ND POSITION PLIÉ TENDU TAP Á LA SECONDE

Layer 1

- Keep your leg in the air
- Tap down and up
- 15, 14, 13...
- Spine lengthens
- Core engaged

Layer 2

- If you can, hover the foot off the floor

2ND POSITION PLIÉ, TENDU TAP, ARABESQUE TAP

Layer 1

- Plié, 3 Taps
- 1 Side Tap, 2 Arabesque Taps

Layer 2

- Rotate to face the corner

2ND POSITION PLIÉ, TENDU TAP, ARABESQUE TAP WITH ARMS

Layer 1

- Bring the arms in, Bras Bas, open to 2nd, 1st Arabesque
- When you turn, move the hips and shoulders as one to maintain alignment
- If you'd like to work the legs more, try a Relevé

Layer 2

- Explore the movement with your arms
- Beautiful extension through the back of the body
- Maybe try a jump
- Land softly, if you're jumping
- Freedom in your upper body

3X SISSONNE RELEVÉ, SISSONNE

Layer 1

- Arabesque to the side
- 4, 3, 2, jump the last one

Layer 2

- Final burst of cardio



04. PEAK

TRACK FOCUS

I want my participants to use their Plié power to find freedom in their jumps as they reach this fun cardio peak.

MUSIC		EXERCISE		CTS	REPS
		Set up 1st Position, HOH			
0:00	Intro /	12x8	A	Glissade, Relevé R&L	3x
				2x Glissade R, HOH	4
				Relevé	4
				2x Glissade R, HOH	4
				Relevé	4
				Repeat to L	16
0:45	Instr /	4x8	A ¹	Glissade, Arabesque R&L	
				2x Glissade R, HOH	4
				Arabesque R, L Leg Lift,	2
				1st Position	2
				2x Glissade R	4
				Arabesque R, L Leg Lift	2
				1st Position	2
				Repeat to L	16
1:00	C / Me , call	12x8	A ²	Glissade, Arabesque with Arms R&L	3x
				2x Glissade R, arms to 2nd Position	4
				Arabesque R, arms cross F to open 5th Position	2
				1st Position, arms cross F and down to Demi 2nd Position	2
				2x Glissade R, arms to 2nd Position	4
				Arabesque R, arms cross F to open 5th Position	2
				1st Position, arms cross F and down to Demi 2nd Position	2
				Repeat to L	16
				↓Option: HOH	
				↑Option: After 1 rep, Arabesque Relevé	
1:46	C / Me , call	16x8	A ³	Glissade, Arabesque, Échappé Relevé 2nd Position R&L	4x
				2x Glissade R, arms to 2nd Position	4
				Arabesque Relevé R, arms cross to F to open 5th Position	2
				Échappé Relevé 2nd Position, arms to Demi 2nd Position	1
				1st Position, arms to Bras Bas	1
				2x Glissade R, arms to 2nd Position	4
				Arabesque Relevé R, arms cross F to open 5th Position	2
				Échappé Relevé 2nd Position, arms to Demi 2nd Position	1
				1st Position, arms to Bras Bas	1
				Repeat to L	16
				↓Option: Arabesque	
				↓Option: HOH	
				↑Option: After 1½ reps, Arabesque Sissone	



04. CALL ON ME 2:49mins

TEACHING TIPS

Leotards – check. Leg warmers – check. Banging sound – check. That must mean only one thing: we’ve turned back time and headed into peak '80s Aerobics vibes for the ultimate cardio peak in LES MILLS BARRE!

Keep things simple by choosing one objective for members to achieve in each version of the sequence of movement. Let this choreography and objective settle in as we build upon it as the track progresses. Look out at the floor and see what your participants need. Remember – less is more! This track has a great opportunity to bring in Layer 3 coaching. Try adding some play and celebration to your coaching – whatever it is that feels good to you and makes the workout more fun!

Tap into the music (how could you not!) and use a positive, dynamic tone. There are lots of opportunities to play with the contrast of the music – you’ll notice how this has been choreographed in – so ensure you complement this with your voice. When the music, your voice and the execution of your movement is dynamic and authentic, it will certainly increase the fitness magic of the exhilarating physical intensity for all your participants.

Celebrate together at the end of this track – celebrate each other, and the incredible workout!

COACHING CUES

GLISSADE, RELEVÉ

Layer 1

- 2 Glissades
- Glissade, out, in, up, down, same direction
- Glissade, Glissade, Relevé lower

Layer 2

- Stay low and long across the floor
- Press into the floor to find power

GLISSADE, ARABESQUE

Layer 1

- 2 Glissades, Arabesque
- Turn to the corner and close

Layer 2

- Hips and shoulders square off to the diagonal

GLISSADE, ARABESQUE WITH ARMS

Layer 1

- Add the arms
- Out, out, cross up and down

Layer 2

- Feel how the arms help the leg to lift
- Lift your supporting heel high to activate the calf muscle
- Feel the heart rate lift now

GLISSADE, SISSONNE RELEVÉ, ÉCHAPPÉ RELEVÉ 2ND POSITION

Layer 1

- Add on the Échappé
- Glissade, Glissade, Arabesque, Échappé
- Feet jump out, in

Layer 2

- Feel the music building; when the peak hits, sissone
- Last cardio hit – make it count
- Use the Plié power from glutes to quads
- Find freedom in your jumps



05. STRENGTHEN

TRACK FOCUS

I want my participants to strengthen and tone the entire back of their body with a deeper understanding of how and why we’re doing these movements.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / World	4x8	Set up 1st Position, one weight plate in each hand, arms down, palms F Tendu Derrière L in Fondu, bend R knee, arms reach B, palms F	16 16	
0:17	V2 / Heard	2x8 A	Arabesque Tap L 8x Arabesque Tap L, arms B, palms F	16	
0:25	V3 / Silver	6x8 A ¹	Arabesque Tap with Port de Bras Arms L 4x Arabesque Tap L, arms cross F to open 5th Position 4x Arabesque Tap L, arms cross F and down to Demi 2nd Position Last rep, 1st Position, Tendu Dèrriere R on last 2cts	8 8	3x
0:48	PC / Broken	6x8 A ¹	Arabesque Tap with Port de Bras Arms R Last rep, 1st Position, arms down, palms F on last 2cts	16	3x
1:11	C (B up) / Heart	4x8 B	Tendu Derrière with Fondu, Bicep Curl Arms L&R Tendu Derrière L, bend R knee, arms B, torso F 1st Position, Bicep Curl Arms Repeat to R	4 4 8	2x
1:27	C / Heart	4x8 B ¹	Arabesque Lift Pulse, Bicep Curl Arms L&R 3x Arabesque Lift Pulse L, arms B, torso F 1st Position, Bicep Curl Arms Repeat to R ↓Option: Arabesque Tap	6 2 8	2x
1:42	Instr /	4x8 B ²	Arabesque, Bicep Curl Arms L&R Arabesque L, arms B, torso F 1st Position, Bicep Curl Arms Repeat to R	2 2 4	4x
1:58	V4 / Leave	6x8 A ¹	Arabesque Tap with Port de Bras Arms L	16	3x
2:21	PC / Broken	6x8 A ¹	Arabesque Tap with Port de Bras Arms R	16	3x
2:44	C (B up) / Heart	4x8 B ²	Arabesque, Bicep Curl Arms L&R	8	4x
3:00	C / Heart	4x8 B ³	Arabesque Lift Pulse, Bicep Curl Arms L&R 3x Arabesque Lift Pulse L, arms F to O/H, palms F 1st Position, arms F to Bicep Curl Arms Repeat to R ↓Option: Bicep Curl Arms	6 2 8	2x
3:15	Instr /	4x8 B ⁴	Arabesque Relevé, High 'V' Arms L&R Arabesque Relevé L, arms F to O/H, palms F 1st Position, arms F to Bicep Curl Arms Repeat to R ↓Option: Tendu Derrière in Fondu, arms B, torso F	2 2 4	4x
3:31	Outro / (Fade)	1x8	1st Position, arms open wide and down	8	



05. NOTHING BREAKS LIKE A HEART (DON DIABLO REMIX) 3:36mins

TEACHING TIPS

This track is all about strengthening and toning the entire back of the body.

In your Layer 2 coaching, increase awareness of breath. Coaching breath enhances every movement! Focusing on breath not only brings awareness of the present movement, but it also assists us to move with more fluidity, control and grace.

Throughout this track, focus your Layer 2 coaching on educating effective and safe movement patterns. This may include the use of frequent postural cues such as: a lifted chest for a long spine, abs braced tightly for lower back support, shoulders drawing down your back to enhance posture, and knees pressing out over toes to maintain the activation of the glutes. Often with our Layer 2 coaching, we focus on the first half and not the latter. Ensure you keep the “WHY” focus in there too. These types of educational cues or tips are key for movement stabilization and control of movement. Educate them about the benefits we gain from this kind of training, including full posterior chain activation (from shoulders to glutes) which also enhances posture and improves quality of movement.

With a strong, driving beat and big, challenging movements, coach with flair, fun and authority to have your class engaged, focused and challenged.

COACHING CUES

ARABESQUE TAP

Layer 1

- Set up in 1st Position
- Plates down, palms facing the front
- Leg extends long, Arabesque Tap
- Lift up, down

ARABESQUE TAP WITH PORT DE BRAS ARMS

Layer 1

- Add Port de Bras Arms
- Arms cross up in front of the body, cross back down
- Supporting leg is soft on a Fondu

Layer 2

- 4 Taps for the arms to lift, 4 back down
- The challenge is to keep the shoulders down and back as the arms cross
- Keep opening up the chest
- Connect your breath to the movement

TENDU DERRIÈRE WITH FONDU, BICEP CURL ARMS

Layer 1

- Slow Tendu with a Fondu
- Down, down, Bicep Curl to rise
- Tilt the body forward
- Squeeze your glutes as you rise

Layer 2

- Long, lengthened spine
- Squeeze your glutes tightly

ARABESQUE LIFT PULSE, BICEP CURL ARMS

Layer 1

- Triple Pulse Arabesque
- 3, 2, 1 return in

Layer 2

- Arms and legs working together to build strength

4 ARABESQUE, BICEP CURL ARMS

Layer 1

- Single time
- Out and in

Layer 2

- Come back to 1st Position as your home base

ARABESQUE LIFT PULSE, BICEP CURL ARMS

Layer 1

- Triple Pulse
- Arms reach up, close in
- Supporting leg on Fondu

Layer 2

- Shoulders draw away from your ears

ARABESQUE RELEVÉ, BICEP CURL ARMS

Layer 1

- Single time
- Out, in

Layer 2

- Send energy through to the ball of your foot to find stability



06. POWER

Please note: This track contains explicit content. Alternative Track 06 can be used in place of this track.

TRACK FOCUS

I want my participants to experience both strength and cardio training, taking the level of intensity that suits them best.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / Flashing	1x8	Set up 2nd Position, one weight plate in each hand	8	
0:07	V2 / _ Like you	3x8 A	2nd Position Grand Plié , arms down	24	
0:21	PC / Vintage	2x8 A ¹	2nd Position Grand Plié Pulse with 2nd Position Arms Grand Plié Pulse, arms wide, palms down	2	8x
0:31	C / Features	4x8 A ²	2nd Position Grand Plié Pulse with Cambré L&R 2x Grand Plié Pulse, arms wide, palms down 2x Grand Plié Pulse, Cambré L, R arm O/H Repeat to R Last rep, step feet in 1st Position, both plates to shoulders, elbows in on last 2cts	2 2 4	4x
0:50	Instr /	4x8 B	1st Position Relevé, Shoulder Press Relevé, arms extend O/H, palms facing in Plié, plates to shoulders, elbows in ↓Option: Plates at shoulders, elbows in	1 1	16x
1:09	V3 / Sleepless	1x8 A	2nd Position Grand Plié , arms down	8	
1:14	V4 / _ When the	1x8 A ¹	2nd Position Grand Plié Pulse with 2nd Position Arms Grand Plié Pulse, arms wide, palms down	2	4x
1:19	V5 / You show	8x8 A ²	2nd Position Grand Plié Pulse with Cambré L&R	8	8x
1:57	Instr /	4x8 B	1st Position Relevé, Shoulder Press ↑Option: After 8 reps, Échappé Relevé 2nd Position	2	16x
2:16	V6 / _ I kinda	4x8 B ¹	Changement 4x 1st Position Relevé, plates at shoulders 4x 1st Position Relevé, 2nd Position Shoulder Press 4x Échappé Relevé, Shoulder Press 4x Changement L, R, L, R, arms stay extended O/H, palms facing in	8 8 8 8	
2:35	C / Features	7x8 B ²	Changement L&R Changement, arms to 5th Position ↓Option: Échappé Relevé 2nd Position, Shoulder Press ↓↓Option: 1st Position Relevé, Shoulder Press ↓↓↓Option: 1st Position Relevé, plates at shoulders	2	28x
3:09	Outro / _ And babe	1x8	1st Position, arms down, palms F	8	



06. TAKE IT OFF 3:15mins

TEACHING TIPS

Keep your coaching simple with clear, concise and uncluttered Layer 1 cues. Your focus in Layer 2 coaching is to reinforce stability and control, and then enhance through muscular feel and educate your class about the benefits.

Ensure you role-model the choices of intensity towards the second half of the track, so your participants can enhance their strength and cardio training. It is essential to encourage them to listen to their bodies. If they are fatiguing (or failing to maintain perfect postural technique), there are plenty of options for them to take.

It is important to remember that as the plates extend and push over head, they remain in front of the body. This keeps the body in a safe alignment and reduces risk of injury.

COACHING CUES

2ND POSITION GRAND PLIÉ, ARMS DOWN

Layer 1

- Step wide into 2nd Position
- Sink into a deep Plié
- Press your knees out over your toes
- Pulse down

2ND POSITION GRAND PLIÉ PULSE WITH 2ND POSITION ARMS

Layer 1

- Arms open out to 2nd

Layer 2

- Squeeze between the shoulder blades
- Feel the burn deep in your legs

2ND POSITION GRAND PLIÉ PULSE WITH CAMBRÉ

Layer 1

- Cambré – lift and curve
- C-shape through the spine

Layer 2

- Feel the obliques engage
- Soft breath as you curve over
- Arms soft and graceful

1ST POSITION RELEVÉ, SHOULDER PRESS

Layer 1

- Step into 1st Position
- Rise and lift
- Push the plates up as you Relevé
- Keep the plates forward of your face

Layer 2

- Squeeze your glutes at the top
- Échappé out and in to increase intensity

CHANGEMENT, ARMS O/H

Layer 1

- Changement, swap legs
- Land softly into your Plié
- Shoulders away from your ears

Layer 2

- Take the option that works best for you



07. ESCAPE

TRACK FOCUS

I want my participants to surrender to the freedom of movement and music.

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / _ We don't	2x8	Set up 1st Position, with Bras Bas Arms		16	
0:08	V2 / Down	6x8	A	Tendu Devant in Fondu, Arabesque L&R Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, arms to Bras Bas Repeat to R	4 2 2 8	3x
0:31	PC / _ You	4x8	A ¹	Tendu Devant in Fondu, Arabesque Lift L&R Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, 1st Arabesque Arms Arabesque L, R leg lifts, 1st Arabesque Arms 1st Position, arms to Bras Bas Repeat to R ↓Option: HOH	4 1 1 1 1 8	2x
0:47	C (B up) / _ I hope	4x8	A ²	Tendu Devant in Fondu, Arabesque Relevé L&R Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, 1st Arabesque Arms Arabesque Relevé L, 1st Arabesque Arms 1st Position, arms to Bras Bas Repeat to R	4 1 1 1 1 8	2x
1:02	Instr / (Heavy beat)	8x8	A ³	Tendu Devant in Fondu, Arabesque Sauté L&R Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position Demi Plié, arms to Bras Bas Arabesque Sauté L, 1st Arabesque Arms 1st Position Demi Plié, arms to Bras Bas Repeat to R ↓Option: No Sauté	4 1 1 1 1 8	4x
1:33	V3 / _ I thought	8x8	B	Tendu Devant in Fondu, Arabesque Retiré L&R (Slow) Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, arms to Bras Bas Retiré R, R foot to L knee, arms F to 5th Position 1st Position, arms wide and down to Bras Bas Repeat to R	4 2 2 4 4 16	2x
2:05	PC / _ You	4x8	B ¹	Tendu Devant in Fondu, Arabesque, Retiré L&R (Fast) Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, arms to Bras Bas Retiré R, R foot to L knee, arms F to 5th Position 1st Position, arms wide and down to Bras Bas Repeat to R	2 1 1 2 2 8	2x



07. ESCAPE

MUSIC		EXERCISE		CTS	REPS
2:20	C (B up) / _ I hope	12x8 C	Tendu Devant in Fondu, Arabesque, Retiré, Arabesque L&R Tendu Devant R, bend L knee, arms cross F Arabesque L, R leg sweeps B, 1st Arabesque Arms 1st Position, arms to Bras Bas Retiré R, R foot to L knee, arms F to 5th Position 1st Position, arms wide and down to Bras Bas 3x Arabesque Relevé L, 1st Arabesque Arms 1st Position, arms to Bras Bas Repeat to R ↓Option: 3x Arabesque Lift ↑Option: After 1 rep, 2x Arabesque Relevé, 1x Arabesque Sauté	2 1 1 2 2 6 2 16	3x
3:07	Br / (Quiet)	1x8	Hold 1st Position , arms to Bras Bas	8	
3:11	Outro / (Heavy beat)	8x8 C	Tendu Devant in Fondu, Arabesque, Retiré, Arabesque L&R	32	2x



07. HAPPY NOW (R3HAB REMIX) 3:44mins

TEACHING TIPS

This track has a beautiful sequence of movement that takes incredible strength and control.

Encourage the people in your class to be kind to themselves as they learn the sequence and to then truly let go and enjoy the magic and freedom of this movement. There's no right or wrong way to dance this track – whatever feels good in your body.

As you progress through the combination, Layer 1 and Layer 2 coaching is essential to your participants success. Once they have established the movement, spend the majority of this track in Layer 3. In this layer, focus on enhancing their experience. You've given them all the tools to achieve a great workout – now it's about bringing the freedom, the dance, to life! Play, celebrate and make it your own.

COACHING CUES

TENDU DEVANT IN FONDU, ARABESQUE

Layer 1

- Start in 1st Position
- Sweep leg forward, lift to Arabesque
- Cross arms in front

Layer 2

- Leg can come back to any height you like

TENDU DEVANT IN FONDU, ARABESQUE RELEVÉ

Layer 1

- 2 Arabesques
- Sweep, 2 Arabesques

Layer 2

- If it feels good, add a Relevé on the 2nd Arabesque
- Press high into your Demi Pointe

TENDU DEVANT IN FONDU, ARABESQUE SAUTÉ

Layer 1

- Add a jump
- Forward, lift, take flight

Layer 2

- Connect your breath to your movement
- So beautiful and strong in all of the options

TENDU, DEVANT IN FONDU, ARABESQUE RETIRÉ

Layer 1

- Sweep, Arabesque, leg to Retiré, arms rise, open

Layer 2

- Use this to catch your breath
- Add a little tempo – let's go faster!

TENDU DEVANT IN FONDU, ARABESQUE, RETIRÉ, ARABESQUE

Layer 1

- Sweep forward, Arabesque, Retiré, 3 Arabesques

Layer 2

- Let's dance it!
- Breathe
- You might like to jump the last Arabesque



08. BURN

TRACK FOCUS

I want my participants to experience an uplifting and celebratory end to this workout, with a combination of core strengthening and stretching.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up lying supine, facing R side; extend legs to vertical Open legs wide	8 8	
0:09	V1 / _ Last time	2x8	A	Supine Adductor Stretch Hands inside of legs, above or below knees	16	
0:17	V2 / _ But now	6x8	A ¹	PNF Supine Adductor Stretch Press legs into hands Relax legs	8 16	2x
0:43	C / I'm giving	4x8		Happy Baby Pose Hold insides or outside of feet ↓Option: Hold B of thighs ↑Option: Hold toes Rock Happy Baby Pose ↑Option: Extend legs	8 24	
1:01	Instr / (B up)	4x8	B	Wide-Legged Abdominal Curl Pulse Abdominal Curl Pulse, reach arms between legs	2	16x
1:18	(Beat)	4x8	B ¹	Abdominal Curl Pulse Legs to 45 degrees, arms reach up to feet ↓Option: Bend knees	2	16x
1:36	V3 / _ If you	2x8	C	Supine Hamstring Stretch R ↑Option: Extend L leg on floor	16	
1:45	V4 / _ If you	2x8	D	Supine Glute Stretch R Bend R knee, R foot across body, press R knee F ↓Option: R foot on L knee, press R knee F	16	
1:53	C / I'm giving	2x8	C	Supine Hamstring Stretch L	16	
2:02	C / And all	2x8	D	Supine Glute Stretch L	16	
2:11	Instr / (B up)	4x8	E	C-Crunch	4	8x
2:28	(Beat)	4x8	E ¹	Pulse C-Crunch	2	16x
2:46	Br / (Quiet)	2½x8		Roll over to prone, elbows under shoulders	20	
2:57	V5 / _ If you	2x8	F	Hover , on knees	16	
3:05	C / I'm giving	8x8	F ¹	Hover , on toes	64	
3:40	Outro / (Beat)	4x8	F ²	Hover with Leg Extension R&L Extend R leg to diagonal R leg in Extend L leg to diagonal L leg in ↓Option: On knees, leg extends on floor	1 1 1 1	8x



08. SAY YOU'LL BE THERE 4:01mins

TEACHING TIPS

To bring home this Pop-inspired release, this is a groovy remake of one of the world's best girl groups – how could we go past it?

As you reach the end of this spicy workout, express authentic gratitude and joy with a feel-good attitude. Celebrate the beautiful burn that this well-rounded, challenging and uplifting release has brought us.

COACHING CUES

SUPINE ADDUCTOR STRETCH

Layer 1

- Lie down on your back
- Bring your legs up to vertical
- Open out to a wide-leg stretch

PNF SUPINE ADDUCTOR STRETCH

- Hands can be above or below the knees
- To add some resistance, try pushing the legs up towards the ceiling
- Resist back down with the hands
- Release to sink deeper into your stretch
- Make sure this is pain free

HAPPY BABY POSE

- Take hold of your feet
- Bend your knees
- Gently rock side to side
- Feel the nice release across your hips

WIDE-LEGGED ABDOMINAL CURL PULSE

- Leave the legs extended
- Reach arms through
- Pulse
- Core braced
- Shoulder blades pressing down and back

ABDOMINAL CURL PULSE

- Draw the legs together
- Reach arms to feet and pulse
- Feel the deep abdominals engage

SUPINE HAMSTRING STRETCH

- Extend one leg into a Hamstring Stretch
- Other leg remains bent, or if it feels good, stretch it out

SUPINE GLUTE STRETCH

- Bend the knee
- Turn the leg out for a Glute Stretch

C-CRUNCH

- Lift up and down
- C-Crunch, ribs towards hips
- Fingertips to temples
- Toes lightly tap the floor

PULSE C-CRUNCH

- Stay up and pulse
- Legs at a 90-degree angle
- Fist distance between chin and chest

HOVER

- Roll over onto your stomach
- Clasp your fists individually, then bring your fists together
- Shoulders over elbows
- Lift your hips in line with shoulders
- If you want to, tuck the toes under and extend
- Neck is long and extended

HOVER WITH LEG EXTENSION

- Front leg lift
- Point the toes to lengthen the leg
- Squeeze the butt to avoid bounce through the body



BONUS

02. DEEPEN

TRACK FOCUS

I want my participants to understand how to control and stabilize their bodies as they feel the beautiful burn through two simple yet effective sequences of movement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1st Position, HOH Retiré L, L foot to R knee	16 16	
0:13	V1 / Breakfast	8x8	A Développé en Croix with HOH L Développé Devant L Retiré L Développé á la Seconde L Retiré L 2x Développé Derrière L, Retiré L ↓Option: Tendu en Croix	 2 2 2 2 8	4x
0:41	V2 / Wrists	8x8	A ¹ Développé en Croix with Port de Bras Arms L Développé Devant L, arms F to 5th Position Retiré L Développé á la Seconde L, arms open to 2nd Position Retiré L 2x Développé Derrière L, Retiré L, arms to 1st Position ↓Option: HOH	 2 2 2 8	4x
1:09	V3 / Wearing	8x8	A Développé en Croix with HOH R	16	4x
1:36	V4 / Smile	8x8	A ¹ Développé en Croix with Port de Bras Arms R	16	4x
2:04	V5 / Receipts	4x8	B Tendu Tap Derrière L Tendu Tap Derrière L, HOH L foot returns to 1st Position	 2 1	15x
2:17	V6 / Shoot	4x8	B Tendu Tap Derrière R Tendu Tap Derrière R, HOH R foot returns to 1st Position	 2 1	15x
2:31	Rep / Want it	3¾x8	B Repeat Tendu Tap Derrière L	2	15x
2:45	Outro / (Instr fade)	3¾x8	B Repeat Tendu Tap Derrière R	2	15x



BONUS

02. 7 RINGS 2:55mins

TEACHING TIPS

You want it, you got it! This track is about to run (7) rings around you and ensure you get a grande old booty burn – OK, enough with the Ariana puns...

This track is super simple choreographically, but don't be fooled by how easy it looks – you need a lot of strong, foundational control through the core and supporting leg to maintain great technique to be successful in this track. A common fault that can be seen during the Développé en Croix sequence is the notion of 'throwing' the leg into the positions, rather than controlling the movement with strength. Remind your class that it's more important to stay posturally and technically sound and strong, rather than trying to whack your leg up to great heights. The 'freedom' of the swing of the leg has to be supported by strength and control of the core and supporting or standing leg. Otherwise the force of the swing will pull you off-balance.

Ensure you coach strong Layer 1 foundational cues to allow the people in your class to understand the control and technique needed. Look out to your participants, observe and question what they may need to be able to maintain control – after all, we are there for the people in our classes!

When the music fades out, keep counting and ensure you squeeze out every last rep!

COACHING CUES

DÉVELOPPÉ EN CROIX WITH HOH

Layer 1

- Feet in 1st Position, shift your weight onto the left leg
- Make this a really strong foundation
- Right leg to Retiré
- Swing the leg forward, side, two swings to the back
- Forward, side, back (out, in, out, in)

Layer 2

- Really tough for the supporting leg
- If it feels good, and strong, lift higher
- Feel the leg long
- Push down through the supporting heel

DÉVELOPPÉ EN CROIX WITH PORT DE BRAS ARMS

Layer 1

- Add the arms
- Lift to 5th, 2nd and 1st
- Brace the core tightly, for a strong anchor to move the leg

Layer 2

- Stay strong in your foundation
- Great contrast through the body, an effortless swing through the leg, a strong foundation

TENDU TAP DERRIÈRE

Layer 1

- Up tap, up tap
- Squeeze the shoulder blades back and down
- Squeeze the butt

Layer 2

- All for the posterior chain
- Feel the energy out through your toes
- Can you feel the wonderful burn?



BONUS

06. POWER

TRACK FOCUS

I want my participants to experience a butt-blasting track, understanding the technique required for either the band or plate work.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up L foot on middle of band, R foot steps F through band, handles on shoulders, elbows lift F, lift L foot off floor Option: Weight plates at hips or on glutes, elbows B	32	
0:21	V1 / I've been	8x8	A Resisted Leg Extension Derrière and Diagonal L Extend L leg B L foot in behind R ankle Extend L leg diagonally B L foot in behind R ankle	2 2 2 2	8x
0:56	C / Say	4x8	A ¹ Resisted Leg Extension Pulse Derrière and Diagonal L 3x Leg Extension Pulse Derrière L L foot in behind R ankle 3x Leg Extension Pulse Diagonal L L foot in behind R ankle	6 2 6 2	2x
1:14	Instr /	2x8	Set up R foot on middle of band, L foot steps F through band, handles on shoulders, elbows F, lift R foot off floor	16	
1:22	V2 / I was	8x8	A Resisted Leg Extension Derrière and Diagonal R	8	8x
1:57	C / Say	4x8	A ¹ Resisted Leg Extension Pulse Derrière and Diagonal R	16	2x
2:15	Instr /	4x8	Set up feet inside of handles, kneel and bring hands inside of band in Horse Stance ↓Option: No band	32	
2:32	Br / _ And if	6x8	B Resisted Kneeling Leg Extension Pulse Derrière and Diagonal L Leg Extension Pulse Derrière L Leg Extension Pulse Diagonal L	2 2	12x
2:58	Rep / _ Let me	6x8	B Resisted Kneeling Leg Extension Pulse Derrière and Diagonal R	4	12x



BONUS

06. BURNING 3:32mins

TEACHING TIPS

In this track, we bring in a serious strength focus by working two different alignments to target different muscles of the glutes and hamstrings. There is the option to either use the band or light weight plates for this track.

Ensure that you understand the technique required for both the band and the plate options so that you can coach from a place of authenticity. Provide succinct, clear and direct coaching for both options, so that the people in your class feel confident with whatever they have chosen.

When we rotate our legs into a turnout, we engage our external hip rotators. These muscles are placed deep inside the back of the hips and sit underneath the gluteus maximus. When we stand or work in parallel, you should be able to notice your internal hip rotators engaging. These are a series of muscles that include your gluteus minimus and your adductors. Working through these two positions in this track allows us to strengthen our entire glute muscles in a deeper and more rounded way.

COACHING CUES

SET-UP

Using band:

- Step one foot onto your band, bring the other leg forward
- Lift handles up onto your shoulders
- Take the foot off the floor

Using plates:

- Bring the plates to your hips
- Or take the plates onto your glutes for extra strength work

RESISTED LEG EXTENSION DERRIÈRE AND DIAGONAL

Layer 1

- Take the foot Derrière, diagonal
- Out and in, to the diagonal
- Flex the foot
- Fondu through the supporting leg
- Strong brace through your core

Layer 2

- Drive through the heel
- Maintain upright posture
- Ensure your knee is tracking over your toes (on supporting leg)

RESISTED LEG EXTENSION PULSE DERRIÈRE AND DIAGONAL

Layer 1

- Triple pulse to the back, 3, 2, 1 and in
- To the diagonal
- Keep the hips square to the front

Layer 2

- Supporting leg maintains Fondu

RESISTED KNEELING LEG EXTENSION PULSE DERIÈRE AND DIAGONAL

Set up with band:

- Come down to the floor
- Place the feet into the handles
- Take the band into your hands
- Stretch out the band

Layer 1

- Pulse Derrière
- Up and out
- Square off hips and shoulders to the floor
- Strong brace through your core

Layer 2

- Working through parallel and turnout
- Press the floor away
- Lengthen your legs long



BONUS

07. ESCAPE

TRACK FOCUS

I want my participants to let go of any expectations and enjoy their bodies moving through the use of breath and athletic yet beautiful Ballet moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 1st Position, HOH		16	
0:10	V1 / _ I'm young	8x8	A	Retiré, Fondu, Rond de Jambe, Développé á la Seconde, HOH L&R		4x
				Retiré L, L foot to R knee	2	
				Fondu Devant L, L foot F	2	
				Rond de Jambe Derrière L, L foot B	1	
				L foot behind R ankle	1	
				Développé L leg á la Seconde	1	
				1st Position	1	
				Repeat to R	8	
0:52	PC / _ I'll dance	½x8	3rd Position L, L foot F, HOH		4	
0:55	C / (Instr)	4x8	B	Dance Variation 1 L&R		
				2x Échappé Relevé 2nd Position, HOH	4	
				Échappé Relevé 2nd Position, arms to 2nd Position	2	
				3rd Position R, R foot F, arms to Bras Bas	2	
				Arabesque L, R leg lifts, 1st Arabesque Arms	2	
				Step R foot B, Tendu Devant L, arms to 3rd Position L	2	
				Soutenu L, step L, R, L, arms to 1st Position	3	
				3rd Position R, R foot F, arms to Bras Bas	1	
				Repeat to R	16	
1:16	V2 / _ Some people	8x8	A¹	Retiré, Fondu, Rond de Jambe, Développé á la Seconde with Port de Bras Arms L&R		4x
				Retiré L, L foot to R knee, arms to 1st Position	2	
				Fondu Devant L, L foot F, arms 1st Position	2	
				Rond de Jambe Derrière L, L foot B, arms to 2nd Position	1	
				L foot behind R ankle, arms to Bras Bas	1	
				Devéloppé L leg á la Seconde, arms to Open 5th Position	1	
				1st Position, arms to Bras Bas	1	
				Repeat to R	8	
1:57	PC / _ I'll dance	½x8	3rd Position L, L foot F, arms to Bra Bas		4	
2:00	C / (Instr)	4x8	B¹	Dance Variation 2 L&R		
				2x Échappé Relevé 2nd Position, arms to Demi 2nd Position	4	
				Échappé Relevé 2nd Position, arms to 2nd Position	2	
				3rd Position R, R foot F, arms to Bras Bas	2	
				Arabesque Sissone L, 1st Arabesque Arms	2	
				Step R foot B, Tendu Devant L, arms to 3rd Position	2	
				Pirouette L, turn to L 180 degrees, arms to 1st Position	3	
				3rd Position R, R foot to front, arms to Bras Bas	1	
				Repeat to R	16	
				↓Option: Arabesque, Soutenu		
				↑Option: Pirouette, arms to 5th Position		



BONUS

07. ESCAPE

MUSIC		EXERCISE		CTS	REPS
2:21	Br / Gimme release	4x8	A ¹ Retiré, Fondu, Rond de Jambe, Développé á la Seconde with Port de Bras Arms L&R	16	2x
2:42	PC / _ I'll dance	½x8	3rd Position L, L foot F, arms to Bras Bas	4	
2:44	C / (Instr)	8x8	B ² Dance Variation 3 L&R 4x Changement, R, L, R, L, arms to Bras Bas Split Sauté R&L, arms to 2nd Position Arabesque Sissone L, 1st Arabesque Arms Step R foot B, Tendu Devant L, arms to 3rd Position Pirouette L, turn to L 180 degrees, arms to 5th Position 3rd Position R, R foot F, arms to Bras Bas Repeat to R ↓Option: Echappé Relevé 2nd Position Arabesque, Soutenu	4 4 2 2 3 1 16	2x
3:26	PC / _ I'll dance	½x8	Hold 3rd Position L, L foot front, arms to Bras Bas	4	
3:29	C / (Instr)	4x8	B ² Repeat Dance Variation 3 L&R	32	
3:50	Br / Gimme release	4x8	A ¹ Retiré, Fondu, Rond de Jambe, Développé á la Seconde with Port de Bras Arms L&R	16	2x
4:10	PC / _ I'll dance	½x8	3rd Position L, L foot F, arms to Bras Bas	4	
4:13	C / (Instr)	8x8	B ² Repeat Dance Variation 3 L&R	32	2x



BONUS

07. WANT TO 4:59mins

TEACHING TIPS

There is nothing holding you back in this track, so immerse yourself in the beauty of this choreography and music to enjoy the freedom, power and expression that comes with moving our bodies in this way.

There is quite a lot of Layer 1 coaching to be done, so find the perfect balance between coaching the moves, encouraging breath, and expressing the music through movement. Really show your enjoyment of the moves in this track and this will encourage your participants to find their own enjoyment.

COACHING CUES

RETIRÉ, FONDU, ROND DE JAMBE, DÉVELOPPÉ À LA SECONDE

Layer 1

- Feet in 1st position
- Lift, Fondu forward, circle, flick
- Fondu, knee tracks over toes
- This is our Rond de Jambe sequence

Layer 2

- This is all about allowing recovery
- Find a softness in your movements
- Use your breath to find softness

DANCE VARIATION 1

Layer 1

- 2 Échappé, 1 slow, right corner Arabesque, turn over your shoulder
- Other side

RETIRÉ, FONDU, ROND DE JAMBE, DÉVELOPPÉ À LA SECONDE WITH PORT DE BRAS ARMS

Layer 1

- Back to the Rond de Jambe combo
- Add the arms

Layer 2

- Enjoy the lightness of your legs
- Explore the freedom of your upper body
- Breath can assist the lightness of your arms
- Allow recovery

DANCE VARIATION 2

Layer 1

- 2 Échappé, 1 slow, jump the Arabesque, step or turn
- Arms any way you like
- Land softly, then turn

DANCE VARIATION 3

Layer 1

- 2 Échappé or 4 Changement, Split Sauté, jump the Arabesque, step or turn

Layer 2

- Keep the momentum going with the jump
- This is your body
- Explore your own expression through the music



ALT

06. POWER
OVER THERE 3:15mins

TRACK FOCUS

I want my participants to experience both strength and cardio training, taking the level of intensity that suits them best.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up 2nd Position, one weight plate in each hand	8	
0:07	Instr /	3x8 A	2nd Position Grand Plié , arms down	24	
0:21	C / _ It's made	2x8 A ¹	2nd Position Grand Plié Pulse with 2nd Position Arms Grand Plié Pulse, arms wide, palms down	2	8x
0:31	C / _ It's made	4x8 A ²	2nd Position Grand Plié Pulse with Cambré L&R 2x Grand Plié Pulse, arms wide palms down 2x Grand Plié Pulse, Cambré L, R arm O/H Repeat to R Last rep, step feet in 1st Position, both plates to shoulders, elbows in on last 2cts	2 2 4	4x
0:50	C (B up) / _ It's made	4x8 B	1st Position Relevé, Shoulder Press Relevé, arms extend O/H, palms facing in Plié, plates to shoulder, elbows in ↓Option: Plates at shoulders, elbow in	1 1	16x
1:09	Instr / (Quiet)	1x8 A	2nd Position Grand Plié , arms down	8	
1:14	Instr / (Quiet)	1x8 A ¹	2nd Position Grand Plié Pulse with 2nd Position Arms Grand Plié Pulse, arms wide, palms down	2	4x
1:19	Instr / (B up)	8x8 A ²	2nd Position Grand Plié Pulse with Cambré L&R	8	8x
1:57	C / _ It's made	4x8 B	1st Position Relevé, Shoulder Press ↑Option: After 8 reps, Échappé Relevé 2nd Position	2	16x
2:16	Instr / (Quiet)	4x8 B ¹	Changement Set Up 4x 1st Position Relevé, plates at shoulders 4x 1st Position Relevé, 2nd Position Shoulder Press 4x Échappé Relevé, 2nd Position, Shoulder Press 4x Changement L, R, L, R, arms to 5th Position	8 8 8 8	
2:35	C / _ It's made	7x8 B ²	Changement Changement L&R, arms to 5th Position ↓Option: Échappé Relevé 2nd Position, Shoulder Press ↓↓Option: 1st Position Relevé, Shoulder Press ↓↓↓Option: 1st Position Relevé, plates at shoulders	2	28x
3:09	Outro /	1x8	1st Position, arms down, palms F	8	



BALLET BASICS – GENERAL TERMS

FOUNDATION POSTURE

- Find your natural turn out
- Rock forward onto the balls of your 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 tail bone 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

1ST POSITION

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



2ND 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



3RD 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 4TH 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 forward



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 floor, 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 semicircle
- Can be on the floor or in the air

SAUTÉ

- To jump (on both feet)

SISSONNE

- Scissor action
- Eg: Demi Plié in 3rd Position, jump off both 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



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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.

