

LES MILLS BARRE

09

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
05. STRENGTHEN/POWER

BONUS
07. ESCAPE

BONUS
07. ESCAPE

BALLET BASICS

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MUSIC

01.

Single Ladies (3:17)

Take Me

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Written by: Stewart, Nash, Harrell, Knowles
02.

The Greatest Show (2:53)

Panic! At The Disco

© 2018 Atlantic Recording Corporation.
Written by: Pasek, Paul
03.

High On Life (3:49)

Martin Garrix feat. Bonn

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Written by: Garritsen, Tuinfort, Fogelmark, Nedler
04.

Side Effects (Fedde Le Grand Remix) (2:52)

The Chainsmokers feat. Emily Warren

© 2018 Disruptor Records/Columbia Records.
Written by: Sanders, An, Silverstein, Taggart, Warren
05.

Hit Your Heart (3:33)

Dagny & Steve Aoki

Courtesy of the Universal Music Group.
Written by: Aoki, Gazzo, Hodgson, Sandvik
06.

Listen To Your Momma (Extended Mix) (5:13)

Showtek feat. Leon Sherman

© 2019 Showtek Productions LLC / Skink under exclusive license to Central Station Records for Australia & New Zealand.
Written by: S. Janssen, W. Janssen, A. Sherman, L. Sherman
07.

What I Like About You (4:17)

Jonas Blue feat. Theresa Rex

Courtesy of the Universal Music Group.
Written by: Bjoernskov, Dissing, Robin
08.

No Scrubs (6:30)

TLC

© 1999 LaFace Records LLC.
Written by: Burruss, Cottle, Briggs
- BONUS

05.

Burnin' Up (Don Diablo Remix) (4:30)

Jessie J feat. 2 Chainz

Courtesy of the Universal Music Group.
Written by: Lewis, Angelides, Hindlin, Reed, Schuller, Goransson, Epps, Cornish

- BONUS

07.

Swan Lake, Op. 20, Act 2: No. 10, Scène (Moderato) (2:44)

Fluid Colours

© 2019 Les Mills Music Licensing Ltd.
Written by: Tchaikovsky
- BONUS

07.

The Nutcracker Suite, Op. 71a, TH 35: IIb. Danses caractéristiques. Danse de la fée dragée (1:50)

Tchaikovsky & Chicago Symphony Orchestra

© 1992 Sony Music Entertainment.
Written by: Tchaikovsky



L–R: Hannah Ellis, Vito Conversano, Summer Bradley.

PRESENTERS

Summer Bradley (New Zealand) is a LES MILLS BARRE Trainer/Presenter, who is based in Auckland.

Hannah Ellis (New Zealand) is a LES MILLS BARRE Trainer/Presenter, a BODYBALANCE™/ BODYFLOW® Presenter and a LES MILLS TONE™ Instructor. She is an early childhood educator based in Dunedin.

Vito Conversano (Italy) is a LES MILLS BARRE Trainer/Presenter. He is also a Ballet dancer and model based in Naples.

CREDITS

- Choreography** – Diana Archer Mills and Summer Bradley
- 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, eg a Bonus 06 Power directly after Track 06 Power.

For the 30-minute option, you can swap the bonus tracks 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 03	Extend	Track 03	Extend
Track 04	Peak	Track 05	Strengthen
Track 05	Strengthen	Track 06	Power
Track Bonus 05	Strengthen/Power	Track 07	Escape
Track 06	Power	Track 08	Burn
Track 07	Escape	Total Time	29:32
Track Bonus 07	Escape		
Track Bonus 07	Escape		
Track 08	Burn		
Total Time	41:28		

RELEASE FEEDBACK

Tell us what you think of this release. Visit lesmills.com/release-feedback



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 be encouraged to work at their capabilities throughout this track, as I role-model plenty of choices for intensity, complexity and impact.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / Single	2x8	Set up 2 nd Position Plié with Bras Bas Arms Lift arms F to 5 th Position	14 2	
0:16	V1 / Up	4x8 A	2nd Position Plié Pulse with Port De Bras Arms 4x Plié Pulse, arms to 5 th Position 4x Plié Pulse, arms to 2 nd Position 4x Plié Pulse, arms to Bras Bas 4x Plié Pulse, arms to 1 st Position	8 8 8 8	
0:36	PC / Like it	2x8 A ¹	2nd Position Plié Pulse with Port de Bras Arms 2x Plié Pulse, arms to 5 th Position 2x Plié Pulse, arms to 2 nd Position 2x Plié Pulse, arms to Bras Bas 2x Plié Pulse, arms to 1 st Position Feet to 1 st Position, HOH	4 4 4 3 1	
0:46	C / Oh, oh	4x8	1st Position Plié Combo, HOH Demi Straighten legs 3x Grand Plié Straighten legs 2x Grand Plié Straighten legs ↑Option: Add Relevé	4 4 4 4 4 4 4	
1:06	V2 / Glass	4x8 B	1st Position Grand Plié, Tendu à la Seconde, HOH L&R 2x Grand Plié Straighten legs Relevé 4x Tendu à la Seconde Repeat to R	2 1 1 8 16	
1:26	PC / Like it	8x8 B ¹	1st Position Grand Plié, Tendu à la Seconde, Port de Bras Arms L&R 2x Grand Plié Pulse, arms to 1 st Position, 5 th Position Straighten legs, arms to Bras Bas Relevé, arms to Bras Bas 4x Tendu à la Seconde, arms to Bras Bas Repeat to R ↑Option: Glissé or Grand Battement à la Seconde Last rep, feet to 2 nd Position, HOH	2 1 1 8 16	2x
2:06	Br / Oh	2x8 C	2nd Position Grand Plié, Tendu Derrière in Fondu, HOH (Slow) L&R Grand Plié Tendu Derrière in Fondu L, R leg B, to diagonal L Repeat to R	4 4 8	
2:15	Br / Deserve	2x8 C ¹	2nd Position Grand Plié, Tendu Derrière in Fondu HOH L&R (Fast) Grand Plié, arms to Bras Bas Tendu Derrière in Fondu L, R leg B, to diagonal L Repeat to R	2 2 4	2x



01. WARM-UP

MUSIC				EXERCISE	CTS	REPS
2:25	Br / Into you	2x8	C ²	2nd Position Grand Plié, Tendu Derrière in Fondu, Port de Bras Arms L&R (Fast) Grand Plié, arms to Bras Bas Tendu Derrière in Fondu L, R leg B, to diagonal L, 1 st Arabesque Arms Repeat to R	2 2 4	2x
2:35	C / Oh _ Oh	2x8	D	2nd Position Grand Plié Pulse, Arabesque Tap in Fondu L&R 4x Grand Plié Pulse, arms to Bras Bas 4x Arabesque Tap in Fondu L, lift R foot, 1 st Arabesque Arms Repeat to R	4 4 8	
2:44	C / Oh oh	6x8	D ¹	2nd Position Grand Plié Pulse, Arabesque Tap in Fondu, Port de Bras Arms L&R 4x Grand Plié Pulse, arms to 5 th Position 4x Arabesque Tap in Fondu L, lift R foot, 1 st Arabesque Arms Repeat to R Finish in 2 nd Position Grand Plié, HOH	4 4 8	3x



01. SINGLE LADIES 3:17mins

TEACHING TIPS

Welcome to LES MILLS BARRE Release 09. Throughout this release, you'll notice a strong focus on providing plenty of choices during the tracks – encourage the people in your classes to do what feels best for them and their bodies, and of course, to enjoy their workout. In your classes, provide lots of options and offer ways to increase or decrease intensity, complexity, or impact of a move or sequence. Ballet movements are already challenging for the average body; providing choices will ease people into this style of training and allow them to reap the benefits. Demonstrate these options early in a sequence and make sure you let people know that it's OK to take these throughout the class.

Use succinct and clear Layer 1 cues to allow your participants to move with accuracy, right from the 'get-go'. In this Warm-Up track there is plenty of opportunity to create mastery of coaching using the lyrics and dynamics of the song. Find space in your coaching to let this song really sing.

In LES MILLS BARRE, we aim to give people in our classes the feeling of Ballet without the seriousness! This track provides plenty of opportunities for you to bring the playfulness and joy of dancing, and to bring a bit of YOU to the class. Deliver Layer 3 coaching that is authentic to you and your classes – this will enhance the experience of the class, ease people into this style of movement, and ensure that they'll want to come back for more of that beautiful burn!

COACHING CUES

2nd POSITION PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Step to 2nd Position
- Set your Foundation Posture: core braced, slight tuck of your tail bone
- Find your full Plié
- Press your knees out over the toes
- Now put your hands up and pulse
- Arms move to 2nd
- Down to Bras Bas
- Arms to 1st

Layer 2

- Feel the engagement through your back and posture

1st POSITION PLIÉ COMBO

Layer 1

- Transition to 1st Position
- Heels together
- Plié down and up

Layer 2

- Down, down, up, up
- Deepen into a full Plié
- Heels lift

1st POSITION GRAND PLIÉ, TENDU À LA SECONDE

Layer 1

- Plié, down, down, up, up
- 4 Tendus out, in, out, in

Layer 2

- Work through your foot right into your toes

1st POSITION GRAND PLIÉ, TENDU À LA SECONDE, PORT DE BRA ARMS

Layer 1

- Add your Port de Bras Arms
- Tendu, Glissé, or Grand Battement
- Focus on keeping your hips square to the front

Layer 2

- Choose what height works best for you today
- Brace your core to find stability

2nd POSITION PLIÉ, TENDU DERRIÈRE IN FONDU

Layer 1

- Step out to 2nd Position
- Plié down, turn the hips and shoulders to the corner
- Maintain strong knee alignment
- Add the Port de Bras Arms

Layer 2

- Stay on a Fondu
- Keep pressing the knees out over toes
- Strong glute squeeze

2nd POSITION PLIÉ PULSE, ARABESQUE TAP IN FONDU

Layer 1

- 4 Pulses, Arabesque Tap
- Pulse, pulse, pulse, pulse, tap, tap, tap, tap



01. SINGLE LADIES 3:17mins

**2nd POSITION GRAND PLIÉ PULSE,
ARABESQUE TAP IN FONDU, PORT DE BRAS
ARMS**

Layer 1

- Hands up, to 5th Position
- Glute squeeze

Layer 2

- How tall can you make yourself?
- Rise into your posture
- Bodies should be feeling warmer now
- Feel the heat in your legs



02. DEEPEN

TRACK FOCUS

I want my participants to find their inner greatest showman or woman and perform with energy to fuel the beautiful burn in their bodies.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 2 nd Position Plié with Bras Bas Arms	16	
0:06	V1 / Whoa	8x8	A 2 nd Position Plié, Cambré L&R (Slow) Plié, arms to 2 nd Position Cambré L, R arm to 5 th Position, L arm to Bras Bas Repeat to R	4 4 8	4x
0:31	PC / _ Don't fight	8x8	A ¹ 2 nd Position Plié Pulse, Cambré L&R (Fast) Plié Pulse, arms to 2 nd Position Plié Pulse, Cambré L, R arm to 5 th Position, L arm to Bras Bas Repeat to R	2 2 4	8x
0:56	C / Go	8½x8	B 2 nd Position Plié with Cambré, Tendu Derrière Fondu L&R 2x Plié with Pulse, Cambré L&R Tendu Derrière in Fondu L, R leg B to diagonal L, 1 st Arabesque Arms Arms through to 5 th Position Arms F and reach B Repeat to R <i>Note: Hold Arms B for 12cts</i>	16 4 4 8 36	
1:22	V2 / Whoa	16x8	B ¹ 2 nd Position Plié with Cambré, Arabesque in Fondu L&R 2x Plié Pulse, Cambré L&R Arabesque in Fondu L, R leg lifts to diagonal L, 1 st Arabesque Arms Arms through to 5 th Position Arms F and reach B ⬆Option: Arabesque Penché Repeat to R	16 4 4 8 32	2x
2:12	Rep / Show	4x8	A ¹ 2 nd Position Plié with Cambré L&R	4	6x
2:25	Rep / Show	8x8	B ¹ 2 nd Position Plié with Cambré, Arabesque in Fondu L&R Finish in 2 nd Position Plié, arms to 2 nd Position, palms up	64	



02. THE GREATEST SHOW 2:53mins

TEACHING TIPS

Ladies and gents, this is the moment you've been waiting for! The Greatest Showman meets LES MILLS BARRE – and we've put on a show for you in this track. The people in your class may recognize this song from the very beginning. It's energetic, powerful and emotive, and the sequencing of movement has been choreographed to match that feel perfectly. To ensure the power of this track shines through, keep your cues uncluttered from any unnecessary 'chit chat' – keep it simple! Focus on clear, concise and simple coaching of Layer 1 cues. When we use simple and direct coaching, we can enable our participants to get maximum benefits from the simple but effective movements.

This song is incredibly uplifting and motivating – from the soaring, inspiring lyrics to the bold musicality, this track provides an opportunity to bring out your motivational, positive coaching style. Use bold, smiling facial expressions and perhaps even some singing to connect everyone to the uplifting feel of this awesome track. Hook into the lyrics, such as “we light it up!”, “it's taking over you”, and “you see the impossible is coming true”, to find fitness magic of motivation and lyrics coming together.

COACHING CUES

2nd POSITION GRAND PLIÉ, CAMBRÉ

Layer 1

- Set the feet in 2nd Position
- Plié down
- Knees stop at 90 degrees
- Cambré over
- One arm to 5th, one to Bras Bas

Layer 2

- Check in with your Foundation Posture

2nd POSITION PLIÉ PULSE, CAMBRÉ

Layer 1

- Pulse, double time

Layer 2

- Maintain the fluidity of your Cambré
- Feel how the curve in your spine works the center of your body, working through the obliques

2nd POSITION PLIÉ WITH CAMBRÉ, TENDU DERRIÈRE FONDU

Layer 1

- 4 single Cambré – 4, 3, 2, 1
- Turn your hips and shoulders to the corner
- Arabesque, Fondu deeper – bend your supporting knee

2nd POSITION PLIÉ WITH CAMBRÉ, ARABESQUE IN FONDU

Layer 1

- Cambré, turn, and if it feels good, lift the back leg off the floor
- Find your Arabesque line, Fondu into your Penché

Layer 2

- Keep your knee pressing out over your toes
- Open your chest to engage the back of your body
- Find your inner showman or woman – let's perform it!
- If you would like to focus on the leg work, keep the leg in the Arabesque line
- How much energy can you give it from your fingers to your toes?

2nd POSITION PLIÉ WITH CAMBRÉ

Layer 1

- Stay in the Cambré – 12 times

Layer 2

- We're right in the workout now
- Feel the little burn in your legs



03. EXTEND

TRACK FOCUS

I want my participants to experience athleticism through extension and understand how breath can enhance movement quality.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	6x8	Set up Long 4 th Position L, R leg B, lift L heel, arms B, palms F Lower L heel		44 4	
0:22	V1 / I just live	4x8	A	Arabesque Lift L Arabesque Lift L, R leg lifts, arms B, palms F Long Lunge L, arms B, palms F	4 4	4x
0:37	C / I'd walk	4x8	A ¹	Arabesque Lift with 5th Position Arms L Arabesque Lift L, R leg lifts, arms F to 5 th Position Long Lunge L, arms F&B, palms F	4 4	4x
0:52	Instr / (Guitar)	4x8	A ²	Arabesque Relevé with 5th Position Arms L Arabesque Relevé L, arms F to 5 th Position Long Lunge L, arms F&B, palms F ↓Option: Arabesque Lift	4 4	4x
1:07	Instr / (Keyboard)	4x8	A ³	Arabesque Relevé with 5th Position Arms, Tendu Devant L Arabesque Relevé L, arms F to 5 th Position Step B, Tendu Devant L, arms F, open to Demi 2 nd Position	4 4	4x
1:22	Instr / (Drum)	4x8	A ⁴	Arabesque Relevé with 5th Position Arms, Grand Battement Devant L Arabesque Relevé L, arms F to 5 th Position Step B, Grand Battement Devant L, arms F, open to Demi 2 nd Position ↓Option: Tendu Devant	4 4	4x
1:37	Instr / (Heavy beat)	4x8	A ⁵	Arabesque Sauté with 5th Position Arms, Grand Battement Devant L Arabesque Sauté L, arms to 5 th Position Step B, Grand Battement Devant L, arms F, open to Demi 2 nd Position ↓Option: Arabesque Relevé	4 4	4x
1:52	(Quiet)	5x8	Set up Long 4 th Position R, L leg B, lift R heel, arms B, palms F Lower R heel			
2:11	V2 / I just live	4x8	A ⁴	Arabesque Lift R	8	4x
2:26	C / I'd walk	4x8	A ¹	Arabesque Lift with 5th Position Arms R	8	4x
2:41	Instr / (Guitar)	4x8	A ²	Arabesque Relevé with 5th Position Arms R	8	4x
2:56	Instr / (Drum)	4x8	A ⁴	Arabesque Relevé with 5th Position Arms, Grand Battement Devant R ↓Option : Tendu Devant	8	4x
3:11	Instr / (Heavy beat)	6x8	A ⁵	Arabesque Sauté with 5th Position Arms, Grand Battement Devant R	8	6x
3:34	Rep / Oh I need	2x8	A ⁵	Arabesque Sauté with 5th Position Arms, Grand Battement Devant L	8	2x



03. HIGH ON LIFE 3:49mins

TEACHING TIPS

This track gives you a great opportunity to build up your layers of coaching with good organization. Within each intensity increase in the choreography, script a clear focus about what you want the people in your class to achieve. For the first two layers of choreography (Long 4th Position set-up and Arabesque Lift), focus on clear Layer 1 cues. Find simple and concise cues and easy-to-understand options to enable your participants to learn where and how they are moving.

As we progress through the sequence of movement, and the intensity of the athleticism starts to grow (no matter what choice or level they take), focus your cues on where to feel the athleticism and strength in their body. Script Layer 2 coaching to enhance your participants' understanding of intensity. Look out at the floor and see what they need. Keep things simple by choosing one objective for members to aim for in each set of choreography. Remember – less is more!

Throughout this track, we can focus on postural alignment and safe dance practice, but we can also bring focus to using breath to assist with generating strength and power. Purposeful, energetic breath can enhance the movement quality, the control and the generation of power.

COACHING CUES

LONG 4th POSITION

Layer 1

- Long 4th Position, step your leg back long
- Gently tuck your tail bone down
- Lift your front heel
- Bend your front knee a lot
- Press the knee out over your toes
- Arms back and wide

Layer 2

- Hold your strength here
- Invite your hips to come low, to strengthen the leg
- Working into the posterior chain
- Getting really warm in the back of your body

ARABESQUE LIFT

Layer 1

- Back leg lifts, up, up, down, down
- Land softly
- Squeeze your butt to lift the leg

Layer 2

- Arms continue to reach down and back

ARABESQUE LIFT WITH 5th POSITION ARMS

Layer 1

- Arms to 5th as we rise
- Lift together and release

Layer 2

- Keep the weight forward in your front leg, to help land softly

ARABESQUE RELEVÉ WITH 5th POSITION ARMS

Layer 1

- Try a Relevé, front heel lifts and lands
- Press the knee wide as you land

Layer 2

- Weight stays forward
- Find your breath

ARABESQUE RELEVÉ WITH 5th POSITION ARMS, TENDU DEVANT

Layer 1

- One lift, one step back
- Lift and step back
- You might like to try a low or a high lift

Layer 2

- Step right on top of your leg to find balance
- Can you feel your core engage?

ARABESQUE RELEVÉ WITH 5th POSITION ARMS, GRAND BATTEMENT DEVANT

Layer 1

- Lean back as you lift your leg
- Brace through your core
- Soften your back leg

Layer 2

- How much length can you find in your leg?
- Use your breath to find the power!

ARABESQUE SAUTÉ WITH 5th POSITION ARMS, GRAND BATTEMENT DEVANT

Layer 1

- Slow jump, down up, step and lean back
- Land softly

Layer 2

- It's a slow jump; load the Plié and press the floor away from you
- Explosive breath
- Load and explode!



04. PEAK

TRACK FOCUS

I want my participants to choose to experience an explosive cardio peak or a powerful strengthening peak as I coach and role-model both options with clarity and energy.

MUSIC		EXERCISE		CTS	REPS
		Set up Arabesque L, facing L diagonal, R leg B, HOH			
0:00	Intro /	4x8	A	Arabesque Tap in Fondu, HOH L Bend L knee, lift R leg 15x Tap R foot to floor <i>Note: Last count, step on R, L leg B, facing R diagonal</i>	1 1
0:16	V / _ My feet	4x8	A	Arabesque Tap in Fondu, HOH R Bend R knee, lift L leg 15x Tap L foot to floor <i>Note: Last count, step on L, 1st Position facing L diagonal</i>	2 1
0:31	C / Ooh girl	4x8	B	Retiré, Arabesque, Retiré, 2nd Position Plié HOH L&R (Slow) Retiré R, R foot lifts Arabesque L, R leg B Retiré R 2 nd Position Plié Repeat to R	4 4 4 4 16
0:46	C (B up) / Oohooh	4x8	B ¹	Retiré, Arabesque, Retiré, 2nd Position Plié with Port de Bras Arms L&R (Slow) Retiré R, arms to 1 st Position Arabesque L, 1 st Arabesque Arms Retiré R, arms to 1 st Position 2 nd Position Plié, arms to 2 nd Position Repeat to R	4 4 4 4 16
1:01	Instr /	8x8	B ²	Retiré, Arabesque Sauté, Retiré, Glissade with Port de Bras Arms L&R (Fast) Retiré R, arms to 1 st Position Arabesque Sauté L, 1 st Arabesque Arms Retiré R, arms to 1 st Position Glissade R, arms to 2 nd Position Repeat to R ↓Option: Retiré, Arabesque, Retiré, 2 nd Position Plie ↑Option: Retiré, Sauté	4x 2 2 2 2 8
1:32	C / Ooh girl	4x8	A	Arabesque Tap in Fondu HOH L	2
1:47	Br / Ooh I think	4x8	A	Arabesque Tap in Fondu HOH R	2
2:02	C (B up) / Oohooh	4x8	B ³	Retiré, Arabesque, Retiré, 2nd Position Plié with Port de Bras Arms L&R (Fast)	16 2x
2:18	Instr /	8x8	B ²	Retiré, Arabesque Sauté, Retiré, Glissade with Port de Bras Arms L&R (Fast)	16 4x



04. SIDE EFFECTS (FEDDE LE GRAND REMIX) 2:52mins

TEACHING TIPS

You'll be high on life and the wonderful endorphins that rush through our bodies when we move! This track provides the people in your class a choice – don't stress, it's not like Sophie's Choice, more a choose your own adventure for the focus of their workout. Your participants can choose an explosive, energetic cardio burst by springing and jumping their way through the sequence of movement or they can choose a strong, robust strengthening set by staying low and deep throughout the sequence.

In this track, your job is to physically role-model and coach the different options. Within your coaching, also find ways to connect and motivate in an inspirational manner. Take time to practise and refine the two different focuses and styles of movement, so you can role-model and coach from a place of understanding with authenticity.

Remind your participants that "This is your workout. We love when you do it your way!"

COACHING CUES

ARABESQUE TAP IN FONDU

Layer 1

- Turn to the corner, one leg back long
- Arabesque Tap
- Fondu, bend the supporting knee
- Press the knee out over your toes
- Squeeze the butt
- Lift your chest

Layer 2

- Defy gravity – control through the down action
- Elongate and elevate
- Come low into the legs
- Find your breath

RETIRÉ, ARABESQUE, RETIRÉ, 2nd POSITION PLIÉ WITH PORT DE BRAS ARMS

Layer 1

- Lift leg to Retiré, Arabesque, Retiré, Plié
- Lift, extend, lift, Plié

Layer 2

- Arm lifts, arms to 1st Arabesque
- Find stability and control

RETIRÉ, ARABESQUE SAUTÉ, RETIRÉ, GLISSADE WITH PORT DE BRAS ARMS

Layer 1

- Lift and jump
- Glissade or Plié to the other side
- If you're jumping today, land softly
- Press the knees out over toes on the Plié or Glissade

Layer 2

- You might like to stay low for the strength gains or explode to challenge your cardio
- You might like to jump every move



05. STRENGTHEN

TRACK FOCUS

I want my participants to experience and understand how breath can assist stability and control to generate a beautiful burn.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up 90°/90° Lunge R, L leg B one weight plate in each hand, HOH	8	
0:05	V1 / _ I could never	4x8	A 90°/90° Lunge HOH R Bend knees Straighten legs	2 2	8x
0:27	PC / Serious	2½x8	A¹ 90°/90° Lunge with Port de Bras Arms R Bend knees, arms to 2 nd Position Straighten legs, arms to 5 th Position Bend knees, arms to 2 nd Position Straighten legs, arms to Bras Bas Last rep, hold down on last 4cts ↑Option: Lift front heel for 2 nd rep	2 2 2 2 4	2x
0:41	C / _ You know	4x8	A² 90°/90° Lunge Pulse with Port de Bras Arms R 4x 90°/90° Lunge Pulse R, arms to 2 nd Position to 5 th Position 4x 90°/90° Lunge Pulse R, arms to 2 nd Position to Bra Bas Last 4cts, arms to 2 nd Position	4 4	4x
1:03	Instr /	2x8	A³ 90°/90° Lunge Pulse with Arm Circles R 8x 90°/90° Lunge Pulse R, arms circle to the side F 7x 90°/90° Lunge Pulse R, arms circle to the side B Feet under hips, HOH	8 7 1	
1:14	V2 / _ Never was	4x8	A 90°/90° Lunge HOH L	4	8x
1:35	PC / Serious	2½x8	A¹ 90°/90° Lunge with Port de Bras Arms L	8	2x
1:49	C / _ You know	4x8	A² 90°/90° Lunge Pulse with Port de Bras Arms L	8	4x
2:11	Instr /	2x8	A³ 90°/90° Lunge Pulse with Arm Circles L 8x 90°/90° Lunge Pulse L, arms circle to the side F 7x 90°/90° Lunge Pulse L, arms circle to the side B 1 st Position, hands facing shoulders	8 7 1	



05. STRENGTHEN

MUSIC		EXERCISE		CTS	REPS
2:22	Br / Speeding	2x8	B	Tendu Derrière in Fondu, Pullback Arms L&R Tendu Derrière in Fondu L, L leg B, lift plates B, palms F 1 st Position, hands facing shoulders Repeat to R	4 4 8
2:33	Br / Speeding	2x8	B ¹	Arabesque Tap in Fondu, Pullback Arms L&R (Slow) 4x Arabesque Tap in Fondu L, lift plates B, palms F 1 st Position Repeat to R	7 1 8
2:44	C / _ You know	4x8	B ²	Arabesque Tap in Fondu with Port de Bras Arms L&R (Fast) 4x Arabesque Tap in Fondu L, arms to 2 nd Position to 5 th Position 4x Arabesque Tap in Fondu L, arms to 2 nd Position to Bra Bas 4x Arabesque Tap in Fondu L, arms to 2 nd Position to 5 th Position 4x Arabesque Tap in Fondu L, arms to 2 nd Position to Bra Bas 1 st Position, arms to Bras Bas Repeat to R	4 4 4 3 1 16
3:05	Outro / (Instr)	4x8	B ³	Arabesque Pulse in Fondu with Port de Bras Arms L&R (Fast) 4x Arabesque Pulse L, arms to 2 nd Position to 5 th Position 4x Arabesque Pulse L, arms to 2 nd Position to Bras Bas 4x Arabesque Pulse L, arms to 2 nd Position to 5 th Position 4x Arabesque Pulse L, arms to 2 nd Position to Bras Bas 1 st Position, arms to Bras Bas Repeat to R ↓Option: Arabesque Tap ↓↓Option: Pullback Arms	4 4 4 3 1 16



05. HIT YOUR HEART 3:33mins

TEACHING TIPS

Stability and control is the name of the game in this Strengthen track. Simplicity in your coaching will be key. Once you've established clear and concise Layer 1 cues, assist your participants in muscular feel and intensity by focusing your Layer 2 cues on stability and control. Bring awareness to breath throughout this track – it will distract from the incredible burn, but also brings focus to controlling the movement with ease. Coach your participants on when to breathe to get the most out of each movement.

This track has a strong emphasis on posterior chain conditioning – from the shoulders and upper spine through to the glutes and hamstrings. During the Derrière (to the back) movements, it is essential to maintain a strong, long and lengthened spine by bracing the core and lifting tall.

Remember: with the micro-circles, size doesn't matter (in this instance at least). Keep it small and controlled. Combined with the Pulses, this exercise is a sure-fire way to feel the beautiful burn from top to bottom.

COACHING CUES

90°/90° LUNGE

Layer 1

- Step one leg back long
- Front knee tracks over toes
- Brings hands onto your hips
- Lunge, down down, up up
- Find strong posture

Layer 2

- Squeeze shoulder blades together, down and back
- Square shoulders and hips to front
- Press the floor away as you rise
- Find your breath to find stability and control

90°/90° LUNGE WITH PORT DE BRAS ARMS

Layer 1

- Add your Port de Bras Arms
- Reach out, and up to 5th

Layer 2

- Breathe and find flow of your arms
- Inhale as you take your arms up, exhale on the way down

90°/90° LUNGE PULSE WITH PORT DE BRAS ARMS

Layer 1

- Pulse down, down
- Arms to 5th and back to hips

Layer 2

- Open your arms from your chest
- Be strong in your legs, gentle in your arms
- Take your gaze to the ceiling to challenge your balance

90°/90° LUNGE PULSE WITH ARM CIRCLES

Layer 1

- Hold your Lunge, micro-circles with your arms
- Keep the circles small and controlled

Layer 2

- Feel your shoulder blades draw down your back

TENDU DERRIÈRE IN FONDU, PULLBACK ARMS

Layer 1

- Plate to chest
- Tendu Derrière

ARABESQUE TAP IN FONDU, PULLBACK ARMS

Layer 1

- Arabesque Tap back 4, 3, 2, 1
- Tip forward from your hips

ARABESQUE TAP IN FONDU WITH PORT DE BRAS ARMS

Layer 1

- Double-time the feet
- Brace your core to maintain stability
- Squeeze your glutes powerfully

Layer 2

- Fast feet, controlled arms
- Reconnect to your breath: inhale to rise, exhale to lower
- Lengthen the leg behind you as much as you can



06. POWER

TRACK FOCUS

I want my participants to fire up their cardio & strength stamina, endurance and fitness with strong technique.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up feet in 1 st Position, weight plates stacked together, arms O/H	32	
0:15	Instr / (Drum)	2x8	A	1st Position Plié O/H Tricep Extension Demi Plié, plates lower to base of neck Straighten legs, extend arms O/H Grand Plié, plates lower to base of neck Straighten legs, extend arms O/H ↓Option: Demi Plié	4 4 4 4
0:22	Instr / (B up)	14x8	A ¹	1st Position Grand Plié, Relevé with O/H Tricep Extension Grand Plié, plates lower to base of neck Straighten legs, extend arms O/H Relevé Lower heels ↓Option: Demi Plié	14x 4 2 1 1
1:15	Instr /	4x8	B	1st Position Demi Plié, Relevé, Grand Battement à la Seconde L&R (Slow) 2x Demi Plié, plates lower to chest Relevé, plates press O/H Grand Battement à la Seconde L, plates at chest 1 st Position, plates at chest Repeat to R ↓Option: Plates at chest	2 2 4 4 16
1:30	Instr / (Synth)	4x8	B ¹	1st Position Relevé, Grand Battement à la Seconde L&R (Fast) 2x Relevé, plates press O/H Grand Battement à la Seconde L, plates press O/H 1 st Position, plates to chest Repeat to R ↓Option: Tendu à la Seconde ↓↓Option: Plates at chest	2x 4 2 2 8
1:45	Rep / Mother	4x8	B ²	1st Position Échappé Relevé, Grand Battement à la Seconde L&R (Fast) 2x Échappé Relevé, plates press O/H Grand Battement à la Seconde L, plates press O/H 1 st Position, plates to chest Repeat to R ↓Option: Relevé ↓↓Option: Tendu à la Seconde ↓↓↓Option: Plates at chest	2x 4 2 2 8
2:00	Instr / (Heavy beat)	8x8	B ³	1st Position Sauté, Grand Battement à la Seconde L&R (Fast) 2x Sauté, plates to chest Grand Battement à la Seconde L, plates press O/H 1 st Position, plates to chest Repeat to R ↓Option: Échappé Relevé ↓↓Option: Relevé ↓↓↓Option: Tendu à la Seconde ↓↓↓↓Option: Plates at chest Last 2cts, hold plate in each hand	4x 4 2 2 8



06. POWER

MUSIC		EXERCISE		CTS	REPS
2:30	Instr / (Quieter)	2x8	C	1st Position Demi Plié with Pullback Arms Plié, tip torso F, lift plates B, palms F Straighten legs, lift torso, lower arms to side, palms F	2x 4 4
2:37	PC / Momma	10x8	C ¹	1st Position Plié Pulse with Pullback Arms 3x Plié Pulse, tip torso F, lift plates B, palms F Straighten legs, lift torso, lower arms to side, palms F Last 2cts, stack plates together to chest	10x 6 2
3:15	Instr / (Synth)	4x8	D	Tendu Derrière in Fondu L&R Tendu Derrière in Fondu L, R leg B, plates at chest 1 st Position, plates at chest Repeat to R	2x 4 4 8
3:30	Instr / (Bup)	4x8	E	1st Position Relevé, Tendu Derrière in Fondu L&R 2x Relevé, plates press O/H Tendu Derrière in Fondu L, L leg B, plates at chest 1 st Position, plates at chest Repeat to R ↑Option: Échappé Relevé ↑↑Option: Grand Battement Derrière	2x 4 2 2 8
3:45	Instr / (Bup)	1x8		Hold 1 st Position, plates at chest	8
3:49	Instr / (Heavy beat)	8x8	E ¹	1st Position Sauté, Grand Battement Derrière L&R 2x Sauté, plates to chest Grand Battement Derrière L, plates press O/H 1 st Position, plates to chest Repeat to R ↓Option: Échappé Relevé ↓↓Option: Relevé ↓↓↓Option: Tendu Derrière ↓↓↓↓Option: Plates to chest	4x 4 2 2 8
4:18	Instr / (Beat)	4x8	E ²	1st Position Échappé Relevé, Grand Battement Derrière L&R	16 2x
4:34	Instr / (Beat)	4x8	E ³	1st Position Relevé, Tendu Derrière in Fondu L&R	16 2x
4:48	Instr / (Quieter)	4x8	D	Tendu Derrière in Fondu L&R	16 2x
5:04	Outro / (Fade)	2x8		1 st Position, lower plates down	16



06. LISTEN TO YOUR MOMMA (EXTENDED MIX) 5:13mins

TEACHING TIPS

This is a strong Power track that will challenge your stamina and endurance while building strength and cardio fitness within your body.

Choreographically, this Power track is busy with lots of quick transitions and lots of movements. Keep your coaching clear, concise and uncluttered. Only say the essential things – remember to look out to the people in front of you and see what they need. Do not coach unnecessarily – the less clutter, the less talk, the more clarity there will be.

Physically, this track is tough! It's Ballet-inspired fitness at its finest. As the track progresses, focus on maintaining strong technique. The temptation will be to increase range of motion, "to push through it at maximum height". Instead, role-model training in a smart way with your body by choosing the level that's right for you – the level where you can maintain strong technique throughout the track. We encourage you to practise this track lots of times so that you are able to role-model this track physically!

COACHING CUES

1st POSITION GRAND PLIÉ, RELEVÉ WITH O/H TRICEP EXTENSION

Layer 1

- 1st Position
- Ballet tuck engaged
- Lift plates above your head
- Demi Plié, down down and rise
- Grand Plié, lift the heels as you lower
- Brace your core

Layer 2

- Find the power and control
- Use your core strength to maintain stability

1st POSITION DEMI PLIÉ, RELEVÉ, GRAND BATTEMENT À LA SECONDE

Layer 1

- Plié, down, up, down, up
- Grand Battement to the side

Layer 2

- Kick with control

1st POSITION RELEVÉ, GRAND BATTEMENT À LA SECONDE

Layer 1

- Increase the speed
- Choose to Grand Battement, or stay with the Tendu

Layer 2

- Find power in the Plié

1st POSITION ÉCHAPPÉ RELEVÉ, GRAND BATTEMENT À LA SECONDE

Layer 1

- Add the Échappé
- Rise high on your toes

Layer 2

- Escape your feet out from under you

1st POSITION SAUTÉ, GRAND BATTEMENT À LA SECONDE

Layer 1

- Add a jump
- Land softly through your feet
- Soft knee landing

Layer 2

- Challenge your cardio and strength with explosive jumps
- Power through your arms and legs

1st POSITION DEMI PLIÉ WITH PULLBACK ARMS

Layer 1

- 1st Position, Plié
- Knees bend out over toes
- Squeeze glutes

Layer 2

- Lean forward slightly to engage your posterior chain

1st POSITION PLIÉ PULSE WITH PULLBACK ARMS

Layer 1

- Pulse 3, 2, 1, lift up
- Engage your back and postural muscles

Layer 2

- Take this opportunity to breathe



06. LISTEN TO YOUR MOMMA (EXTENDED MIX) 5:13mins

TENDU DERRIÈRE IN FONDU

Layer 1

- Fondu Derrière, return to 1st
- Down and back, reset
- Stack your plates

1st POSITION RELEVÉ, TENDU DERRIÈRE IN FONDU

Layer 1

- Relevé, up, up, Fondu Derrière

Layer 2

- Find the control within the speed

1st POSITION SAUTÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Jump, jump, Battement Derrière
- Strong core brace

Layer 2

- Power and energy
- Use the floor to power up

1st POSITION ÉCHAPPE RELEVÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Back to your Échappé, then Battement Derrière

Layer 2

- Quick feet, power in the heels

1st POSITION RELEVÉ, TENDU DERRIÈRE IN FONDU

Layer 1

- Relevé, Derrière

Layer 2

- Feel the power in your legs



07. ESCAPE

TRACK FOCUS

I will encourage my participants to find their own artistic expression through the movement, after I have successfully coached the layering of the choreography.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1 st Position facing L diagonal, HOH		16	
			Tendu Devant, Arabesque, Glissade, HOH L&R		16	
0:18	PC / _ I tried	3x8	A	Tendu Devant, Arabesque, Glissade HOH L&R		1½x
				Tendu Devant in Fondu L, R foot F to L diagonal	2	
				Arabesque L, R leg B	2	
				3 rd Position L, R foot B	2	
				Glissade R	1	
				1 st Position, facing R diagonal	1	
				Repeat to R	8	
0:32	C / I've got	4x8	A ¹	Tendu Devant, Arabesque, Glissade with Port de Bras Arms R&L		2x
				Tendu Devant in Fondu R, arms cross in front	2	
				Arabesque R, 1 st Arabesque Arms	2	
				3 rd Position R, arms to Bras Bas	2	
				Glissade L, arms to Demi 2 nd Position	1	
				1 st Position, arms to Bras Bas	1	
				Repeat to L	8	
				↓Option: HOH		
0:50	C / _ but that's	5x8	A ²	Tendu Devant, Arabesque Sauté, Glissade with Port de Bras Arms R&L		2½x
				Tendu Devant in Fondu R, arms cross in front	2	
				Arabesque Sauté R, 1 st Arabesque Arms	2	
				3 rd Position R, arms to Bras Bas	2	
				Glissade L, arms to Demi 2 nd Position	1	
				1 st Position, arms to Bras Bas	1	
				Repeat to L	8	
				↓Option: Arabesque		
1:13	V2 / I don't care	6x8	B ²	Tendu Devant, Arabesque, Glissade, Soutenu L&R		1½x
				Tendu Devant in Fondu L, arms cross in front	2	
				Arabesque L, 1 st Arabesque Arms	2	
				3 rd Position L, arms to Bras Bas	2	
				Glissade R, arms to Demi 2 nd Position	1	
				1 st Position, arms to 3 rd Position, R arm F	1	
				Soutenu R, pivot 180° in 1 st Position, arms to 1 st Position	4	
				1 st Position, arms to Demi 2 nd Position	4	
				Repeat to R	16	
1:40	PC / I keep	4x8	B ¹	Tendu Devant, Arabesque, Glissade, Pirouette R&L		1½x
				Tendu Devant in Fondu R, arms cross in front	2	
				Arabesque R, 1 st Arabesque Arms	2	
				3 rd Position R, arms to Bras Bas	2	
				Glissade L, arms to Demi 2 nd Position	1	
				1 st Position, arms to 3 rd Position, L arm F	1	
				Pirouette L, turn to R 180° in Retiré, explore any arms that you like	4	
				1 st Position, arms to Demi 2 nd Position	4	
				Repeat to L	16	
				↓Option: Soutenu		
2:08	C / Ooh make me	2x8	B ²	Tendu Devant, Arabesque Sauté, Glissade, Pirouette L		16
				↓Option: Arabesque, Soutenu		



07. ESCAPE

MUSIC			EXERCISE		CTS	REPS
2:16	C / make me bad	6x8	C	Tendu Devant, Arabesque, Glissade, Pirouette, Échappé Relevé R&L		1½x
				Tendu Devant L, arms cross in front	2	
				Arabesque R, 1 st Arabesque Arms	2	
				3 rd Position R, arms to Bras Bas	2	
				Glissade L, arms to Demi 2 nd Position	1	
				1 st Position, arms to 3 rd Position, L arm F		
				Pirouette L, turn to L 180° in Retiré, explore any arms that you like	2	
				1 st Position, arms to Bras Bas	2	
				2x Échappé Relevé, arms to Bras Bas	4	
				Repeat to L	16	
2:53	Br / (Breathing)	½x8		Hold 1 st Position, arms to Bras Bas	4	
2:56	C / You're so	8x8	C ¹	Tendu Devant, Arabesque Sauté, Glissade, Pirouette, Changement R&L		2x
				Tendu Devant in Fondu L, arms cross in front	2	
				Arabesque Sauté R, 1 st Arabesque Arms	2	
				3 rd Position R, arms to Bras Bas	2	
				Glissade L, arms to Demi 2 nd Position	1	
				1 st Position, arms to 3 rd Position, L arm F	1	
				Pirouette L, turn to L 180° in Retiré, explore any arms that you like	2	
				1 st Position, arms to Bras Bas	2	
				4x Changement	4	
				Repeat to L	16	
				↓Option: Arabesque, Échappé Relevé		
3:32	Br / (Quiet)	½x8		Hold 1 st Position, arms to Bras Bas	4	
3:35	C / You're so	8x8	C ¹	Tendu Devant, Arabesque Sauté, Glissade, Pirouette, Changement R&L	64	2x



07. WHAT I LIKE ABOUT YOU 4:17mins

TEACHING TIPS

In this beautiful, calm Escape track, we have a simple sequence that enhances and evolves as we move through the music.

This track is all about freedom of self, freedom of movement, and freedom of individual expression. Throughout the layers of choreography, encourage the people in your class to move in a way that feels good for them. For example, you might like to encourage them to turn any way they like (as long as they end up facing the front again), and encourage them to explore their own arms-lines. Of course, we need to establish a safe working space for this to occur, which can only happen when you authentically bring yourself to life in the class – be raw, vulnerable and open to showing different possibilities within the choreography.

This track is essentially what we love about LES MILLS BARRE – the opportunity to escape into the freedom of dance, to take the opportunity to find your own artistic expression. We do this by providing plenty of options for everyone in our class to find their own inner Misty, Fonteyn, Sergei, Inge, James, Pavlova, Baryshnikov or Nureyev.

COACHING CUES

TENDU DEVANT, ARABESQUE, GLISSADE

Layer 1

- 1st Position, one cross, lift, slow Glissade
- Slow long Glissade
- Square the body off to the corner, then face the front

Layer 2

- Use your breath to find grace and calm with your movement

TENDU DEVANT, ARABESQUE, GLISSADE WITH PORT DE BRAS ARMS

Layer 1

- Let's add the arms
- Cross the wrists, lift, open as you Glissade

Layer 2

- If it gets too much with the arms, focus on the legs

TENDU DEVANT, ARABESQUE SAUTÉ, GLISSADE WITH PORT DE BRAS

Layer 1

- Jump the Arabesque
- Cross-jump, Glissade

Layer 2

- Eyes can follow your hands

TENDU DEVANT, ARABESQUE, GLISSADE, SOUTENU

Layer 1

- Cross, lift, Glissade, turn over your shoulder, face the front, hold

TENDU DEVANT, ARABESQUE, GLISSADE, PIROUETTE

Layer 1

- Pirouette, Retiré
- Lift tall into your Pirouette

TENDU DEVANT, ARABESQUE, GLISSADE, PIROUETTE, ÉCHAPPÉ RELEVÉ

Layer 1

- Cross, lift, turn anyway you like, Échappé on the spot

Layer 2

- Just keep moving with us

TENDU DEVANT, ARABESQUE SAUTÉ, GLISSADE, PIROUETTE, CHANGEMENT

Layer 1

- 2 Échappé or 4 Changement

Layer 2

- Feel your body moving to the music
- Explore the space
- Find the full expression – how big can you make this?
- Where can you escape to?



08. BURN

TRACK FOCUS

I want my participants to feel a sense of accomplishment as they bring home their workout by strengthening their core and increasing their flexibility.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	5x8	Set up lying supine facing R side, knees bent, feet on floor, hands on belly		40	
0:26	PC / No I don't	5x8	Crunch Pulse, Legs at 45° Crunch up, reach hands to feet Lower halfway down ↓Option: Legs to vertical ↓↓Option: Knees bent over hips			20x
0:51	V1 / Scrub	2x8	A	Crunch, Cross-Crawl (Slow) 2x Crunch, fingertips to temples Cross-Crawl L (Front) Knees over hips, lower down Cross-Crawl R (Back) Knees over hips, lower down ↓Option: Toe Tap	8 2 2 2 2	
1:02	PC / No I don't	6x8	A ¹	Crunch, Cross-Crawl (Fast) 4x Crunch, fingertips to temples 2x Cross-Crawl L&R	8 8	3x
1:33	Br / Have a	4x8	B	Aerial Changement Extend legs to 45°, arms wide on floor 14x Aerial Changement L&R ↓Option: Legs to vertical	4 2	
1:53	Rep / No scrub	4x8	B ¹	Aerial Changement with Port de Bras Arms 2x Aerial Changement L&R, arms wide to O/H 2x Aerial Changement L&R, arms cross in front and down ↓Option: Arms on floor	4 4	4x
2:14	C / No I don't	8x8	A ²	Crunch, Cross-Crawl Pulse (Fast) 4x Crunch, fingertips to temples 2x Cross-Crawl Pulse L&R ↓Option: Toe Tap and Pulse	8 8	4x
2:55	Instr / (Guitar)	1x8	B	Aerial Changement Extend legs to 45°, arms wide on floor 2x Aerial Changement L&R	4 4	
3:01	Instr / (Guitar)	1x8	B ¹	Aerial Changement with Port de Bras Arms	8	
3:06	V2 / Scrub	2x8	C	Hip Flexor, Hamstring Stretch R Hip Flexor Stretch R, bend R knee to chest, hold knee Hamstring Stretch R, extend R leg, hold B of thigh ↑Option: Extend L leg on floor	8 8	
3:16	PC / No I don't	4x8	C ¹	Hip Flexor, Hamstring Stretch Pulse R 2x Hip Flexor Pulse R, R knee to chest 2x Hamstring Stretch Pulse R, R leg extends ↓Option: L leg bent, foot on floor	4 4	4x
3:37	C / Me	2x8	C	Hip Flexor, Hamstring Stretch L	16	
3:47	V3 / Scrub	4x8	C ¹	Hip Flexor, Hamstring Stretch Pulse L	8	4x



08. BURN

MUSIC			EXERCISE		CTS	REPS
4:08	C / No I don't	4x8		Crunch Pulse with Adductor Stretch Crunch Pulse, legs wide, hands together, reach F	2	16x
4:29	Br / Have a	4x8	D	Happy Baby Pose, Adductor Stretch Happy Baby Pose, hold inside of feet ↓Option: Hold B of thigh Rock Happy Baby Pose Adductor Stretch ↓Option: Happy Baby Pose	8 8 16	
4:49	Rep / No scrub	4x8	D ¹	Dynamic Happy Baby Pose, Adductor Stretch Happy Baby Pose Adductor Stretch	4 4	4x
5:10	C / No I don't	2x8	E	Kneeling Hip Flexor Stretch L R foot F, hands on floor	16	
5:20	C / Me	2x8	F	Kneeling Hamstring Stretch R Extend R leg, hands on floor ↑Option: Splits Pose	16	
5:30	Rep / Me	2x8	E	Kneeling Hip Flexor Stretch R	16	
5:41	Rep / Me	2x8	F	Kneeling Hamstring Stretch L	16	
5:51	Rep / Me	4x8		Box Stretch , facing front	32	
6:12	Outro / Me	4x8		Seated 2nd Position Stretch	32	



08. NO SCRUBS 6:30mins

TEACHING TIPS

In this Burn track, we bring home the workout with a combination of core strength work and flexibility training.

Take time to breathe in the '90s nostalgia, let the sweat flow, and allow the breath to return to an even pace. Take this time and opportunity to show your respect and enjoyment of the class. Perhaps take a moment of gratitude with the people who have taken time out of their day to share LES MILLS BARRE with you, and to congratulate them on looking after their bodies and minds through this incredible workout.

COACHING CUES

CRUNCH PULSE, LEGS AT 45 DEGREES

Layer 1

- Lie on your back
- Draw belly button to spine
- Lower back pressed against the floor
- Extend the legs to 45 degrees
- Reach your arms towards legs
- Pulse up, up

Layer 2

- Ribs reaching towards hips

CRUNCH, CROSS-CRAWL

Layer 1

- 2 Crunches, 2 Cross-Crawls
- Up, down, up, down, front, in, back, in

Layer 2

- Rotate from the center of your body
- Brace the abs to stabilize hips

AERIAL CHANGEMENT

Layer 1

- Extend the legs to 45 degrees
- Cross or beat the legs
- Check your lower back is still pressed into the floor

Layer 2

- Like we're doing a Changement in the air
- To increase intensity, take the legs lower to the floor

AERIAL CHANGEMENT WITH PORT DE BRAS ARMS

Layer 1

- Port de Bras
- Take the arms over head, cross in front of the face

Layer 2

- A beautiful Port de Bras to complement the beautiful burn in the abs

HIP FLEXOR, HAMSTRING STRETCH

Layer 1

- Bring the back leg forward
- Pull the knee towards the chest
- If it feels good, extend the leg long
- Check your tail bone is on the floor

HIP FLEXOR, HAMSTRING STRETCH PULSE

Layer 1

- Pulse combo, 2 pulses in, 2 pulses up
- The extended leg can have a bent knee, or fully straightened

CRUNCH PULSE WITH ADDUCTOR STRETCH

Layer 1

- Open the legs wide
- Reach through to pulse
- Ribs reach towards hips

Layer 2

- Final core blast

HAPPY BABY POSE, ADDUCTOR STRETCH

Layer 1

- Take the feet into your hands, Happy Baby
- Rock side to side
- Feel the release in your hips
- If it feels good, extend the legs all the way out

DYNAMIC HAPPY BABY POSE, ADDUCTOR STRETCH

Layer 1

- Legs into Happy Baby, extend out
- Dynamic stretch to increase mobility in your hips



08. NO SCRUBS 6:30mins

KNEELING HIP FLEXOR STRETCH

Layer 1

- Sit up, bring your back leg forward
- Heel underneath the knee
- Weight into your hands

KNEELING HAMSTRING STRETCH

Layer 1

- Lengthen back into Hamstring Stretch
- Square off your shoulders and hips
- Slide back into your splits if that's for you today

BOX STRETCH

Layer 1

- Open your knees wide
- Knees in line with ankles
- Flex the side of the foot onto the floor
- Brace your core
- Feel the stretch across your inner thighs

SEATED 2nd POSITION STRETCH

Layer 1

- Take a seat
- Open your legs to 2nd
- Release yourself forward



BONUS

05. STRENGTH/POWER

TRACK FOCUS

The people in my class will understand the importance of using their core to stabilize movement control while working at speed.

MUSIC		EXERCISE		CTS	REPS
		Set up feet together facing L diagonal, one weight plate in each hand, arms down			
0:00	Intro /	8x8	A	Parallel Retiré, Développé Derrière in Fondu R&L (Slow) Parallel Retiré R, R foot to L knee facing L diagonal, arms to 1 st Position Retiré R, facing front, arms to 2 nd Position Développé Derrière R, L knee bends, Pullback Arms 2x Arabesque Pulse R, Pullback Arms 1 st Position, straighten knees, facing front, arms to Bras Bas Repeat to L	2x 4 4 4 3 1 16
0:31	Instr / (Quiet)	1x8		Hold 1 st Position, arms down, palms F	8
0:34	C / Up	8x8	A ¹	Parallel Retiré, Développé Derrière in Fondu R (Fast) Parallel Retiré R, R foot to L knee, facing L diagonal, arms to 1 st Position Retiré R, facing front, arms to 2 nd Position Développé Derrière R, L knee bends, Pullback Arms 2x Arabesque Pulse R, Pullback Arms <i>Note: Last rep, hold B</i>	8x 2 2 2 2
1:05	(Bup) / Up	4x8	B	Arabesque Pulse with Pullback Arms R 16x Arabesque Pulse, R leg B, Pullback Arms and Pulse	2
1:20	Instr / (Heavy Beat)	4x8	C	Retiré, Développé Derrière with Pullback Arms Retiré R, arms to 1 st Position Développé Derrière R, Pullback Arms ↓Option: Tendu Derriere	8x 2 2
1:35	Instr / (Heavy beat)	4x8	C ¹	Retiré, Développé Derrière with Press O/H R Retiré R, plates to shoulders, elbows in Développé Derrière R, Press O/H, palms F ↓Option: Pullback Arms	8x 2 2
1:50	Rep / Up up	8x8	D	2nd Position Plié, Sauté to 3rd Position L&R 2 nd Position Plié, plates to shoulders, elbows in Sauté to 3 rd Position L, L foot F Repeat to R	4x 7 1 8
2:21	C / Up	8x8	A ¹	Parallel Retiré, Développé Derrière L (Fast)	8 8x
2:52	(Bup) / Up	4x8	B	16x Arabesque Pulse with Pullback Arms L	2 16x



BONUS

05. STRENGTHEN/POWER

MUSIC				EXERCISE	CTS	REPS
3:07	Instr / (Heavy Beat)	4x8	C	Retiré, Développé Derrière with Pullback Arms	4	8x
3:22	Instr / (Heavy beat)	4x8	C ¹	Retiré, Développé Derrière with Press O/H L	4	8x
3:37	Rep / Up	2x8	D	2 nd Position Grand Plié, Sauté to 3 rd Position L&R	16	
3:45	Rep / Up	2x8	D ¹	2 nd Position Grand Plié, Sauté to 3 rd Position with O/H Press L&R		
				Plié, Press O/H, palms facing	7	
				Saute to 3 rd Position L, plates to shoulders, elbows in	1	
				Repeat to R	8	
3:52	Outro / (Beat)	8x8	D ²	Échappé Relevé 2 nd Position with O/H Press L&R (Fast)		16x
				Échappé Relevé 2 nd Position, Press O/H, palms facing		
				Sauté to 3 rd Position L, plates to shoulders, elbows in		
				↓Option: 2 nd Position Plié, Press O/H		



BONUS

05. BURNIN' UP (DON DIABLO REMIX) 4:30mins

TEACHING TIPS

Coach this track with clarity and precision, especially in Layer 1. This ensures clear movement direction and rhythm. Bring your focus to coaching strong cues for core engagement throughout this track. We move at speed, and with lots of work in Derrière position (to the back) – people can, and will, have a tendency to 'dump' or load all of the work into their lower back. Encourage the people in your class to continually squeeze their glutes and brace their core to protect the lower spine.

In this track, for the first time in LES MILLS BARRE, we start from a parallel position then work through to our turn out. By working in both positions, and flowing between the two, we work our interdependent muscle chains at a deeper level. When we work in turn out position, our deep external hip rotators are engaged. The six deep external rotators are used when rotating into turn out from parallel, and then maintaining turn out. These muscles are clear players when in turn out; however, they also play an important role in assisting our stability and alignment when we work in parallel. Our external rotator muscles stabilize us when we lunge, or move in parallel, preventing the collapse of our knees inwards or outwards. Whether turned out or parallel, these deep muscles assist in keeping our hips, knees, ankles, and feet tracking safely in alignment with each other!

COACHING CUES

PARALLEL RETIRÉ, DÉVELOPPÉ DERRIÈRE

Layer 1

- Parallel feet to the corner
- Plates to chest
- Lift knee to Retiré, open out, extend to Arabesque, pulse pulse
- Fondu the supporting leg

Layer 2

- Use your glutes to open the legs to turn out
- Feel your shoulder blades engage



ARABESQUE PULSE WITH PULLBACK ARMS

Layer 1

- Stay back and pulse

Layer 2

- Can you feel it burning up?

RETIRÉ, DÉVELOPPÉ DERRIÈRE WITH PULLBACK ARMS

Layer 1

- Turn out to Retiré, to Arabesque
- In and out
- Choice to tap down
- Brace the core, open the chest

RETIRÉ, DÉVELOPPÉ DERRIÈRE WITH O/H PRESS

Layer 1

- Plates press over head
- Plates in line with your head
- Engage the abs to stabilize

2nd POSITION GRAND PLIÉ, SAUTÉ TO 3rd POSITION

Layer 1

- Come to 2nd Position
- Plié, 3, 2 1, jump into 3rd

Layer 2

- Melt into your Plié
- How smooth can you make your Plié?



2nd POSITION GRAND PLIÉ, SAUTÉ TO 3rd POSITION WITH O/H PRESS

Layer 1

- Plates resist up towards the ceiling

ÉCHAPPÉ RELEVÉ 2nd POSITION WITH O/H PRESS

Layer 1

- Jump out and in

Layer 2

- Cardio hit to finish
- How low can you go in your Plié?



BONUS

07. ESCAPE

TRACK FOCUS

The people in my class will surrender to the magic and beauty of this incredible piece of music and choreography.

MUSIC		EXERCISE		CTS	REPS
0:00	Instr / (Harp)	4x8	A	Swan Lake Combo HOH R&L (Slow) 2x Arabesque Tap R, R leg B facing R diagonal Chassé L, L foot F to R diagonal Tendu Derrière R to R diagonal 4 th Position Demi Plié L, L foot F to R diagonal Tendu Devant L, L foot F to R diagonal Repeat L (to L diagonal)	4 2 2 2 6 16
0:28	Instr / (Strings)	4x8	A ¹	Swan Lake Combo HOH R&L (Fast) 2x Arabesque Tap R Chassé L Tendu Derrière R 4 th Position Demi Plié L Tendu Devant L ↑Option: After 1 rep, Arabesque, Grand Battement Devant	2x 4 1 1 1 1
0:50	Instr / (Strings)	½x8		Hold Tendu Devant R	4
0:54	Instr / (Horns)	4x8	A ²	Swan Lake Combo with Port de Bras Arms R&L 2x Arabesque Tap R, arms 2 nd Position to open 5 th Position Chassé L, arms to 2 nd Position R, arms to open 4 th Position R, R arm up 4 th Position Demi Plié L, arms through to 2 nd Position Grand Battement Devant L, arms cross in front ↓Option: Tendu Derrière, Tendu Devant Repeat to L	2x 4 1 1 1 8
1:18	Instr / (Fast tempo)	2x8	A ²	Swan Lake Combo with Port de Bras Arms R&L ↑Option: Arabesque Relevé	16 6x
2:10	Instr / (Slow tempo)	4x8	A ²	Swan Lake Combo with Port de Bras Arms R&L (Slow)	16
2:36	Outro / (Fade)	1x8		Curtsey or Bow	8



BONUS

07. SWAN LAKE, OP. 20, ACT 2: NO. 10 SCÈNE (MODERATO) 2:44mins

TEACHING TIPS

Very few words need to be said about (and during) this track. You simply need to experience it, to indulge in it and just dance it.

Clear, concise (the emphasis is on concise) Layer 1 coaching that allows your participants to move with ease is essential to this track. Find the balance between Layer 1 and 2 coaching and then leaving space for the people in your class to immerse themselves in the choreography and music. Once they are moving, let the music take over, let the breath take over, and completely indulge in the magic of this track.

COACHING CUES

SWAN LAKE COMBO

Layer 1

- Leg pattern: 2 Arabesque Taps, Chassé through, Tendu Derrière, Plié to transfer, Tendu Devant
- Square shoulders and hips to corner, Chassé through, stretch the back leg, Plié, stretch the front leg

Layer 2

- Pull the leg muscles up towards the hips
- If it feels good, lift the legs a little higher

SWAN LAKE COMBO WITH PORT DE BRAS ARMS

Layer 1

- Lift arms, open 4th, cross

Layer 2

- Feel how adding the Port de Bras engages the whole back of your body
- Everything is working in this beautiful Ballet movement
- Follow the music
- Add the Relevé on the Arabesque
- This is your chance to indulge in the movement



BONUS

07. ESCAPE

TRACK FOCUS

The people in my class will experience the joy of the connection of movement and music.

MUSIC		EXERCISE		CTS	REPS
		Set up Tendu à la Seconde L, L foot to side, HOH			
0:00	Intro / (Plucking violins)	6x8	A	Pas De Bourrée HOH R&L (Slow) Tendu à la Seconde in Fondu L Position Demi Pointe R, L foot B 2 nd Position Demi Pointe 3 rd Position L, L foot F Repeat to L	3x 2 2 2 2 8
0:25	Instr / (Oboe + Glockenspiel)	2x8	A ¹	Pas De Bourrée HOH R&L (Fast) Tendu à la Seconde in Fondu L 3 rd Position Demi Pointe R, L foot B 2 nd Position Demi Pointe 3 rd Position L, L foot F Repeat to L	2x 1 1 1 1 4
0:33	Instr / (Oboe)	2x8	A ²	Pas De Bourrée with Port de Bras Arms R&L Tendu à la Seconde in Fondu L, arms to 2 nd Position 3 rd Position Demi Pointe R, arms to open 5 th Position 2 nd Position Demi Pointe, arms to 2 nd Position 3 rd Position L, arms to Bras Bas Repeat to L	2x 1 1 1 1 4
0:42	Instr / (Violins + Glockenspiel)	4x8	B	Sissonne à la Seconde, Pas de Bourrée Combo Sissonne à la Seconde R&L, HOH 2x Pas de Bourrée R&L, Port de Bras Arms	2x 8 8
0:57	(Bup) Instr / (Violins + Glockenspiel)	2x8	B ¹	Sissonne à la Seconde, HOH	8 2x
1:05	Instr / (Glockenspiel)	2x8		1 st Position Relevé, arms F to 5 th Position, through 2 nd Position, to Bras Bas Reset 3 rd Position, R foot front, HOH	8 8
1:14	Instr / (Flute + Glockenspiel)	8x8	B ²	Sissonne à la Seconde, Pas de Bourrée Combo with Port de Bras Arms 2x Sissonne à la Seconde R&L, arms to open 4 th Position R&L 2x Pas de Bourrée R&L, Port de Bras Arms Finish in a pose	4x 8 8



BONUS

07. THE NUTCRACKER SUITE, OP. 71A, TH 35: IIB. DANSES CARACTÉRISTIQUES. DANSE DE LA FÉE DRAGÉE 1:50mins

TEACHING TIPS

We bring one of the most recognizable pieces of Ballet music into the group fitness studio, with our take on "The Dance of The Sugar Plum Fairy" from the classic Ballet, *The Nutcracker* – a favorite during the holiday season for most ballet companies around the world!

Enjoy the synergy of music and movement, find joy in your coaching, and express yourself through the beauty of Ballet.

COACHING CUES

PAS DE BOURRÉE

Layer 1

- Tendu à la Seconde
- Cross behind, open, close
- Out, back, side, front
- This is called a Pas de Bourrée

Layer 2

- Fondu on the Tendu, then pull up our leg muscles to find Demi Pointe
- Arms up and down



SISSONNE À LA SECONDE, PAS DE BOURRÉE

Layer 1

- Sissonne, jump, jump, 2 Pas de Bourrée
- Power off both legs in the Sissonne

Layer 2

- Add the arms
- Flow with breath
- Find the dance within your body





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)

RONDE 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



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.

