

LES MILLS BARRE

10

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
04. PEAK

BONUS
05. STRENGTHEN

BONUS
05. STRENGTHEN

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MUSIC

01. **If I Can't Have You** (3:15)
Shawn Mendes
Courtesy of the Universal Music Group.
Written by: Mendes, Mercereau, Geiger, Harris

02. **Call You Mine** (3:36)
The Chainsmokers & Bebe Rexha
© 2019 Disruptor Records/Columbia Records
Under license from Sony Music Commercial Music Group,
a division of Sony Music Entertainment.
Written by: Taggart, Pall, Tamposi, Wotman, Mac, Ann,
Whitfield

03. **mother tongue (Sub Focus Remix)**
(3:13)
Bring Me The Horizon
© 2019 Sony Music Entertainment UK Limited
Under license from Sony Music Commercial Music Group,
a division of Sony Music Entertainment.
Written by: Sykes, Fish, Malia, Nicholls, Kean

04. **Say What You Wanna** (2:55)
Tujamo
© 2018 SpininRecords.com.
Written by: Richter, van Day, Martin, Bullimore, Persson

05. **Crown** (3:28)
Dawn Of Knights
© 2020 Les Mills Music Licensing Ltd.
Written by: Owuo, Coleman, Napier

06. **International Anthem** (4:01)
Flux Pavilion feat. Doktor
© 2015 Circus Records.
Written by: Sreele, Virgin

07. **I'm Kissing You** (4:58)
Last Kiss
© 2020 Les Mills Music Licensing Ltd.
Written by: Weekes, Attack

08. **Run Game** (3:23)
Lupe Fiasco
© 2019 1st & 15th Productions.
Written by: Jaco, Johnson

BONUS
04. **Tough Love** (3:13)
Avicii feat. Agnes & Vargas & Lagola
Courtesy of the Universal Music Group.
Written by: Bergling, Alverus, Al Fakir, Pontare

BONUS
05. **We Be Burnin'** (3:36)
Sean Paul
© 2005 Atlantic Recording Corporation.
Written by: Cunningham, Marsh, Thomas, Jarrett

BONUS
05. **Don't Lie (EXPLICIT)** (4:59)
Tisoki feat. KARRA
© 2019 Dim Mak Records, Inc.
Written by: Edwards, Madden, Stefanick, Wild

ALT
05. **Don't Run To Me** (4:59)
Carlberg
© Black Lotus 2018.
Written by: Knudson-Hollebon



L–R: Cambria Camillo Smith, Diana Archer Mills, Summer Bradley, James Thomas, Hannah Ellis

PRESENTERS

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

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.

James Thomas (United States) is a LES MILLS BARRE, LES MILLS GRIT™ and LES MILLS SPRINT™ Trainer/Presenter and an RPM Presenter. He works for Les Mills U.S., where he is a Customer Experience Specialist overseeing regional partnerships for New Jersey and New York.

Cambria Camillo Smith (United States) is a LES MILLS BARRE, BODYBALANCE/BODYFLOW and BODYPUMP Trainer/Presenter. Based in Minneapolis, she is also a U.S. Program Specialist for LES MILLS BARRE.

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.

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

45-MINUTE OPTION

Track 01	Warm-Up
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track Bonus 04	Peak
Track 05	Strengthen
Track Bonus 05	Strengthen
Track Bonus 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn
Total Time	40:37

30-MINUTE OPTION

Track 01	Warm-Up
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn
Total Time	28:49

RELEASE FEEDBACK

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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		



01. WARM-UP

TRACK FOCUS

I want my participants to feel their muscles warming and working as they’re invited to share in the joy of this incredible workout.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	½x8	Set up 2 nd Position, HOH	4	
0:03	C / I can’t	4x8 A	2nd Position Plié, HOH (Slow) Plié Straighten legs	8 8	2x
0:18	V / I’m in	4x8 A ¹	2nd Position Plié, HOH (Fast) Plié Straighten legs	2 2	8x
0:34	PC / Oh I’m good	4x8 A ²	2nd Position Plié with Port de Bras Arms Plié, arms to 2 nd Position Straighten legs, arms to 5 th Position Plié, arms to 2 nd Position Straighten legs, arms to Bras Bas	2 2 2 2	4x
0:49	C / I can’t	4x8 A ³	2nd Position Plié Pulse with Port de Bras Arms 4x Plié Pulse, arms 2 nd , 5 th , 2 nd to Bras Bas Last rep, hold arms 2 nd Position	8	4x
1:05	C / I can’t	4x8 A ⁴	2nd Position Plié Pulse with Cambré 2x Plié Pulse, Cambré L, R arm O/H, arms to 2 nd Position 2x Plié Pulse, Cambré R, L arm O/H, arms to 2 nd Position	4 4	4x
1:21	V2 / I’m so	4x8 B	1 st Position facing R diagonal, HOH Tendu Derrière L 12x Arabesque Tap, HOH L	4 4 2	
1:36	PC / Oh , I’m	4x8 B	1 st Position facing L diagonal, HOH Tendu Derrière R 12x Arabesque Tap, HOH R	4 4 2	
1:51	C / I can’t	4x8 B ¹	8x Arabesque Tap with 1st Arabesque Arms R 8x Arabesque Tap in Fondu with 1st Arabesque Arms R	2 2	
2:07	C / I can’t	4x8 B ¹	8x Arabesque Tap with 1st Arabesque Arms R 8x Arabesque Tap in Fondu with 1st Arabesque Arms R	2 2	
2:22	Br / I’m trying	4x8 C	1st Position Grand Plié with Relevé, HOH (Slow) Demi Plié Grand Plié Demi Plié Straighten legs Relevé	4 4 4 2 2	2x
2:38	Rep / I can’t	4x8 C ¹	1st Position Grand Plié with Relevé, HOH (Fast) Demi Plié Grand Plié Demi Plié Straighten legs Relevé	2 2 1 1 2	4x
2:53	Outro / I can’t	4x8 C ²	1st Position Grand Plié with Relevé, Port de Bras Arms Demi Plié, arms to 1 st Position Grand Plié, arms to 5 th Position Demi Plié, arms to 1 st Position Straighten legs, arms to Bras Bas Relevé, arms sweep B	2 2 1 1 2	4x



01. IF I CAN'T HAVE YOU 3:15mins

TEACHING TIPS

Welcome to LES MILLS BARRE Release 10. This release is about “all the feels” – activating muscles to feel the burn of strength and cardio training in our bodies, as well as letting go in the music and the moment to feel the freedom and joy of Ballet-inspired movement. Participants will come back to our classes when they feel autonomy or control over their own workout, when they feel competent and confident that they're nailing it, and when they feel connected to us and each other. We can give them autonomy by offering lots of options – and celebrating them for choosing whatever level feels best for them (remember to DO those low options with them too!). We can give participants a sense of competence and confidence by focusing our coaching less on 'teaching Ballet' and more on what, where, and how we feel the workout in our bodies. Instead of leaving intimidated or discouraged by how they look as they tackle these challenging Ballet-inspired moves, they will leave motivated by their success in feeling their muscles 'burn' and by the beautiful feeling of freely enjoying the movement and music without expectations. We can create an amazing feeling of connection when we tune into how our bodies and hearts feel, make ourselves aware of how our participants are feeling, and become vulnerable enough to share “all the feels” of LES MILLS BARRE 10 with them

In this track, script clear and inviting Layer 1 cues to get your participants moving safely and effectively and make them feel welcome in class. State the name of the move, then work from the floor up to help them set good Foundation Posture. Follow up with just a couple of simple Layer 2 cues that confirm where your participants will be feeling the work in their bodies. As you script, focus on using inclusive language that invites everyone to join together in the movement and experience – and leave some space for the music to share its warmth and joy too!

How can you tap into the way your body feels and what you hear in the music to deliver some authentic Layer 3 moments in this track?

COACHING CUES

2nd POSITION PLIÉ

Layer 1

- Let's step out to 2nd Position and start with a Plié
- Slowly down and slowly rise
- Pressing the knees out over the toes
- Maintaining a Ballet Tuck
- Let's speed up – down, up, down, up
- Brace your core
- Lift the chest high
- Try to bring your butt almost to your knee line

2nd POSITION PLIÉ WITH PORT DE BRAS ARMS

Layer 1

- Let's add some arms
- 2nd to 5th, 2nd, Bras Bas – to the side, up, side, and down
- Keep those shoulders back and down

2nd POSITION PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Let's pulse
- Down, down, down, down
- Keep the arms moving
- Squeeze the glutes

2nd POSITION PLIÉ PULSE WITH CAMBRÉ

Layer 1

- Hold the arms open; Cambré, left arm
- Over, open, over, open

Layer 2

- Feel the work in your obliques as you warm up into the C-curve

ARABESQUE TAP

Layer 1

- Arabesque Taps
- Come to the diagonal, extend your leg long, and lift
- Up, down, up, down, up, down
- Square your hips and shoulders to the corner
- Shoulders down and back

Layer 2

- Feel the glutes squeeze to lift the leg



01. IF I CAN'T HAVE YOU 3:15mins

ARABESQUE TAP IN FONDU

Layer 1

- Arms to 1st Arabesque
- Slowly unfold the arms
- Let's add a Fondu – bend your supporting knee
- Knee over toes

Layer 2

- Our quads and glutes are awake now

1st POSITION GRAND PLIÉ WITH RELEVÉ

Layer 1

- Let's try 1st Position and a Plié
- Demi Plié, press the knees out
- Now come to full by lifting the heels, press the heels down
- Rise to Relevé
- Knees stop at 90 degrees
- Little faster – Demi, Full, Demi, Relevé
- Chest lifted
- Core is on

1st POSITION GRAND PLIÉ WITH RELEVÉ AND PORT DE BRAS ARMS

Layer 1

- Arms up
- 1st, 5th, 1st, open
- Two more

Layer 2

- We're bringing you the beautiful burn in the very first track of this release



02. DEEPEN

TRACK FOCUS

I want my participants to feel their lower body muscles engaging for stability and strength as they feel soft and expressive in their upper body movement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 3 rd Position R (R foot F), HOH		
0:09	V1 / Two kids	8x8 A	Pas de Bourrée, HOH L&R Step L foot to 2 nd Position on Demi Pointe Step R foot behind L to 3 rd Position on Demi Pointe Step L foot to 2 nd Position on Demi Pointe Close R foot in front to 3 rd Position R, Demi Plié Repeat to R	2 2 2 2 8	4x
0:46	PC / Hey whatcha	4x8 A ¹	Pas de Bourrée, HOH L&R (Fast) Last rep, finish facing L diagonal	8	4x
1:04	C / (Instr) / Mine	4x8 B	Arabesque Lift, HOH R&L 3x Arabesque Lift R, 3 rd Position L (R foot B) Arabesque Lift, Derrière R R foot in front to 3 rd Position R, facing R diagonal Repeat to L	4 2 2 8	2x
1:23	V2 / Broke kids	4x8 C	Arabesque Lift, Pas de Bourrée, HOH R&L 3x Arabesque Lift R, 3 rd Position L (R foot B) Arabesque Lift R Pas de Bourrée L Repeat to L	4 1 3 8	2x
1:41	PC / Hey whatcha	4x8 C ¹	Arabesque Lift with Relevé, Pas de Bourrée, HOH R&L 3x Arabesque Lift, Relevé R, 3 rd Position L (R foot B) Arabesque Lift, Relevé R Pas de Bourrée L Repeat to L	4 1 3 8	2x
2:00	C / (Instr) / Mine	8x8 C ²	Arabesque Lift with Relevé, Pas de Bourrée, Port de Bras Arms R&L 3x Arabesque Lift, Relevé R, arms to 1 st Arabesque Arabesque Lift, Relevé R, arms to Open 5 th Position Pas de Bourrée L, arms down sides of body to Bras Bas Repeat to L	4 1 3 8	4x
2:37	Q / PC / Hey what	4x8 B ¹	Arabesque Lift, HOH R	2	16x
2:55	B up / C / Mine	4x8 B ¹	Arabesque Lift, HOH L	2	16x
3:14	C / (Instr) / Mine	4x8 C ²	Arabesque Lift with Relevé, Pas de Bourrée with Port de Bras Arms R&L	16	2x



02. CALL YOU MINE 3:36mins

TEACHING TIPS

What an incredible way to deepen into the experience of LES MILLS BARRE 10 – with a dynamic, emotive song and movement sequences that are both strong and elegant! You’ve already introduced your participants to Foundation Posture and the joy of moving to the music in the Warm-Up; now you’ve got the opportunity to connect them even more powerfully with their muscles and invite them deeper into the magic of class.

To do this, you’ll need to be aware of how your own body feels so you can coach in an authentic and helpful way. Practise the new Pas de Bourrée move slowly, thinking about where you feel instability or weakness and what muscles you need to use to feel more stable and strong. You’ll find that this track is all about the quads, glutes, hamstrings, and even the calves! Since this is a new move, use your practice to develop super simple, super clear Layer 1 cues that your participants will be able to follow – and then Layer 2 cues that will help them feel their lower body muscles engaging and working too. As you practise the new Port de Bras Arms, think about how it feels in your upper body and what changes about your whole movement as you add the arms. Then script times during the track to simply 'shut up' and let your participants explore and enjoy this movement in their own way!

Remember to also spend time with the music so you become comfortable letting your body, face, and voice team-teach with the song. Listen with your eyes closed and pay attention to both the sound and lyrics, explore the ups and downs of the song’s journey, play it on repeat in the shower and in the car, maybe even move your body creatively to it. What images or emotions come to you? Can you channel any of those into coaching cues? How can you express them in the way you move, your expressions, or the volume/tone/pace/etc of your voice?

COACHING CUES

PAS DE BOURRÉE

Layer 1

- Let’s learn a Pas de Bourrée sequence
- Step, behind, step, close front
- 3, 2, 1 little steps – that’s your Pas de Bourrée
- Let’s try a little faster – step, behind, step, close

Layer 2

- Think of pressing down through the balls of your feet for strong, stable ankles
- Check in with your Foundation Posture: strong glutes and core to keep your Ballet Tuck, shoulders back and down
- This might be challenging for your balance, and that’s OK
- Think back to what you might need to engage to maintain stability



ARABESQUE LIFT

Layer 1

- 3, 2, hold – then set
- Press the knees out
- Keep the chest lifted

ARABESQUE LIFT & PAS DE BOURRÉE COMBO

Layer 1

- Let’s add both moves together, starting with Arabesque
- 3, 2, and up, behind, step, close front
- Use your Plié for each Arabesque

ARABESQUE LIFT & PAS DE BOURRÉE COMBO WITH RELEVÉ

Layer 1

- If you’d like to, add a Relevé
- Up, up, and up, behind, step, close front

Layer 2

- Push and land off the floor in Plié
- Squeezing your glutes and thighs for lower body strength



02. CALL YOU MINE 3:26mins

ARABESQUE LIFT & PAS DE BOURRÉE COMBO WITH PORT DE BRAS ARMS

Layer 1

- Are we ready for some arms?
- We go 3, 2, 1
- Lift, lift, and just feel it

Layer 2

- Think of your arms like wings; let them lift you higher and higher

ARABESQUE LIFT

Layer 1

- We’re going to pulse the Arabesque
- Bend the knee
- Check back with your core

Layer 2

- Engage the core so you feel strong and upright
- Think into your hamstring and glutes; engage these muscles to have a long and strong leg
- Just pause and listen here – what I love about this track is how well it connects to the music

ARABESQUE LIFT & PAS DE BOURRÉE COMBO WITH PORT DE BRAS ARMS

Layer 1

- Back to our combo, to the right
- 3, 2, 1...

Layer 2

- Surrender to the music and just make it yours





03. EXTEND

TRACK FOCUS

I want my participants to activate the muscles that support athletic movement – from taking strong, steady steps to powering strong, high jumps!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	½x8	Set up 1 st Position, HOH		4	
0:03	V1 / Coming	4x8	A	Grand Battement Sequence, HOH L&R (Slow) Step L foot F to Long 4 th Position Sweep L foot through 1 st Position to Grand Battement Derrière L L foot in to 1 st Position Grand Battement à la Seconde L Close 1 st Position L foot steps to 2 nd Position Plié R foot closes 1 st Position Repeat to R	4 3 1 2 2 2 2 16	
0:25	V2 / When the	8x8	A ¹	Grand Battement Sequence with Port de Bras Arms L&R (Slow) Step L foot F to Long 4 th Position, arms sweep B Sweep L foot through 1 st Position to Grand Battement Derrière L, arms through 1 st Position to 5 th Position L foot closes 1 st Position, arms through 1 st Position to Bras Bas Grand Battement à la Seconde L, arms to 2 nd Position Close 1 st Position, arms to Bras Bas L foot steps to 2 nd Position Plié, arms wide to Open 5 th Position R foot in to 1 st Position, arms wide and down to Bras Bas Repeat to R	4 3 1 2 2 2 2 16	2x
1:09	Instr /	4x8	A ²	Grand Battement Sequence with Port de Bras Arms L&R (Fast) Step L foot F to Long 4 th Position, arms sweep B Sweep L foot through 1 st Position to Grand Battement Derrière L, arms through 1 st Position to 5 th Position L foot in to 1 st Position, arms through 1 st Position to Bras Bas Grand Battement à la Seconde L, arms to 2 nd Position Close 1 st Position, arms to Bras Bas L foot steps to 2 nd Position Plié, arms wide to Open 5 th Position R foot in to 1 st Position, arms wide and down to Bras Bas ⬆ Option: Replace 2 nd Position Plié with Glissade	2 1 1 1 1 1 1 1 1	2x
1:31	Instr / (Quiet)	8x8	A ¹	Grand Battement Sequence with Port de Bras Arms L&R (Slow)	32	2x
2:15	C / B up / No amount	10x8	A ²	Grand Battement Sequence with Port de Bras Arms L&R (Fast) ⬆ Option: After 1 rep, Grand Battement Derrière Temps Levé	16	5x



03. MOTHER TONGUE 3:13mins

TEACHING TIPS

This track will physically extend you and your participants in every direction with its dynamic athletic training – but it will also extend your skills as a teacher by challenging you to deliver the right cues and options at the right time with the right attitude. One sequence of four movements repeats, building towards an increasing muscular demand as well as a higher heart rate. Participants will experience the full benefits of this track (and feel the freedom to enjoy it) when they can see what's coming and have much faith in the results that come from this training.

Use the first slow repetitions to deliver a simple, uncluttered Layer 1 – give your participants clarity and space to grasp the movement sequence, plus remind them to start engaging their whole bodies in the work. At each progression point, script inclusive cues to ensure participants feel free choosing between the options of arms, Glissades, Sautés – or not! If most or many of them are struggling, support and celebrate returning to the lower options by bringing your hands back to your hips and your feet back to the floor too. Later in the track, use Layer 2 to encourage constant engagement of the quads and hamstrings, glutes and core, and upper body – helping your participants feel the burn. Bring in some great motivation by educating them about how those muscles help them move front, back, side, down, and up with more stability or power – check out who's in front of you and tailor your benefits cues to them. Celebrate the wins of athletic training for basic stability and strength as well as high-level performance!

What can you say and do so that your participants feel free to choose the options that work best for them? What different goals might new or elderly participants have vs. regular attendees, and how can you celebrate these goals as you teach?

COACHING CUES

GRAND BATTEMENT SEQUENCE

Layer 1

- Take the right leg, step forward; sweep the right leg back; to the side; step wide into Plié
- Move forward, knee in line with toes
- Sweep back
- To the side
- Press the knees out to transition

GRAND BATTEMENT SEQUENCE WITH PORT DE BRAS ARMS

Layer 1

- Add arms if you'd like to
- Sweep back, open to 5th, arms come to 2nd as we lift, and lift them as we move into Plié
- Squeeze the shoulders and backs of your arms here
- Open through your chest

Layer 2

- This is going to be our holding pattern through the remainder of this track
- We want to feel the muscles engage through every transition we make
- Brace really tightly and start to create some tension here

GRAND BATTEMENT SEQUENCE WITH PORT DE BRAS ARMS

Layer 1

- We're going to move a little faster this time
- Forward, back, side, and down
- If you'd like to, you have the option to add a small leap to the side
- Slow it way down: come forward, take it back, to the side, and Plié
- Hold this control and try faster: forward, back, side, Plié

Layer 2

- Focus on the weight shift: as we come forward, ball of the foot, then sweep and lift
- Now let's really take our time, so we can feel the muscles really working and engaging in our bodies
- As you step forward, feel the front quad – then the entire back and glutes – core strongly squeezes – grace and lightness in the upper bodies
- We're creating strong bodies today through this amazing burn

GRAND BATTEMENT SEQUENCE WITH PORT DE BRAS ARMS AND SAUTÉ

Layer 1

- On the Arabesque, we lift – jump here
- Come to the side, leap across

Layer 2

- Load the front leg and use that to power through the back
- Bringing strength and momentum into our movements
- Do you feel that strength building?
- For me, strength feels like my muscles moving in sync – this helps me perform!



04. PEAK

TRACK FOCUS

I want my participants feel to free to experiment with the new Flick and turn movements so they can enjoy giving any and all options a go.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 1 st Position, HOH		
0:10	V1 / Show me	4x8 A	Retiré Grand Battement Devant, Retiré, Grand Battement Derrière, HOH L		2x
			Retiré L	2	
			1 st Position	2	
			Grand Battement Devant L	2	
			1 st Position	2	
			Retiré L	2	
			1 st Position	2	
			Grand Battement Derrière L	2	
			1 st Position	2	
0:30	PC / Don't go	2x8 A ¹	Flick Retiré, Grand Battement Devant, Flick Retiré, Grand Battement Derrière HOH L		
			Flick leg to 45° à la Seconde L	1	
			Retiré L	1	
			1 st Position	2	
			Grand Battement Devant L	2	
			1 st Position	2	
			Flick leg to 45° à la Seconde L	1	
			Retiré L	1	
			1 st Position	2	
			Grand Battement Derrière L	2	
			1 st Position	2	
0:39	C / If you wanna	4x8 A ²	Flick Retiré, Grand Battement Devant & Derrière with Port de Bras Arms L		2x
			Flick leg to 45° à la Seconde L, arms to 1 st Position	1	
			Retiré L, arms to 1 st Position	1	
			1 st Position, arms to Bras Bas	2	
			Grand Battement Devant L, arms F to 5 th Position	2	
			1 st Position, arms F to Bras Bas	2	
			Flick leg to 45° à la Seconde L, arms to 1 st Position	1	
			Retiré L, arms to 1 st Position	1	
			1 st Position, arms to Bras Bas	2	
			Grand Battement Derrière L, arms sweep B	2	
			1 st Position, arms to Bras Bas	2	
			Last rep, L foot in behind R to 3 rd Position R		



04. PEAK

MUSIC		EXERCISE		CTS	REPS
0:59	Instr /	4x8 B	Échappé Relevé 2nd Position, Flick Retiré L 4x Échappé Relevé 2nd Position, arms to Bras Bas Flick leg to 45° à la Seconde L, arms to 1st Position Retiré L, arms to 1st Position L foot behind R to 3rd Position R, arms to Bras Bas Flick leg to 45° à la Seconde L, arms to 1st Position Retiré L, arms to 1st Position L foot in front of R to 3rd Position L, arms to Bras Bas ⬆ Option: Changement ⬆⬆ Option: Flick leg to 45° à la Seconde, arms to 2 nd Position, Retiré Relevé L, arms to 1 st Position ⬆⬆⬆ Option: Flick leg to 45° à la Seconde, arms to 2 nd Position, Pirouette R, turn R 360°, L foot to Retiré, arms to 1 st Position	8 1 1 2 1 1 2	2x
1:19	V2 / I can feel	4x8 A ³	Retiré, Grand Battement Devant, Retiré, Grand Battement Derrière with Port de Bras Arms R	16	2x
1:39	C / If you wanna	4x8 A ²	Flick Retiré, Grand Battement Devant, Flick Retiré, Grand Battement Derrière with Port de Bras Arms R	16	2x
1:59	Instr /	4x8 B	Échappé Relevé 2nd Position, Flick Retiré R ⬆ Option: Changement ⬆⬆ Option: Flick leg to 45° à la Seconde, arms to 2 nd Position, Retiré Relevé L, arms to 1 st Position ⬆⬆⬆ Option: Flick leg to 45° à la Seconde, arms to 2 nd Position, Pirouette R, turn R 360°, L foot to Retiré, arms to 1 st Position	16	2x



04. SAY WHAT YOU WANNA 2:55mins

TEACHING TIPS

Just like the song says, we ain't got time for holding back – not in the cardio Peak! This fast and fierce track is designed to raise our participants' heart rates, but make that exertion fun with a playful and sassy new move. If you wanna get their love – you'll need to create an atmosphere where there are zero expectations and lots of encouragement, so that this wildest dream of a track feels uplifting (not defeating) for them.

Hone your script down to single words wherever possible, focusing on Layer 1. The sequences move quickly, so plan the simplest way to cue the options. The transitions also happen quickly, so script when and how to pre-cue what's coming next. Memorize your Layer 1 and practise cueing while you do the choreography – make sure you can deliver crisp, clear cues with confidence. This helps your participants feel safe following you and enables them to grasp what's going on and take ownership – which means they're more likely to try something new!

Help participants let go of any feelings of intimidation or failure as they learn the new Flick and Flick turn – by dialing down from Improve Execution in Layer 2. Instead, dial up your Play and Celebrate, plus leave space for the empowering beat of the song to team-teach with you! By relaxing your coaching a bit and allowing the music to motivate your participants, you'll set the tone of playfulness and freedom that encourages them to experiment with and enjoy this fun new move.

COACHING CUES

RETIRÉ, GRAND BATTEMENT DEVANT, RETIRÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Right leg lifts to Retiré, Grand Battement forward, same leg Retiré, Grand Battement behind
- Stay with the right leg – toes to knee, Grand Battement Devant, toes to knee, Grand Battement Derrière

FLICK RETIRÉ, GRAND BATTEMENT DEVANT, FLICK RETIRÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Try flick the Retiré – out, in, then come forward; flick it again, go back
- You can bring in the arms now

Layer 2

- This Flick is going to help us Pirouette today

ÉCHAPPÉ RELEVÉ, FLICK RETIRÉ

Layer 1

- 8 Changement or 4 Échappé with me
- 4, 3, now flick your right leg
- Retiré or turn
- Go again – Échappé or Changement
- Land with heels down in Plié
- Right leg Flick, one more

RETIRÉ, GRAND BATTEMENT DEVANT, RETIRÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Left side – Retiré, Battement front, slide toe to knee, Battement back

Layer 2

- That was a little wild!
- It's a good thing we've got one more time to try this out

FLICK RETIRÉ, GRAND BATTEMENT DEVANT, FLICK RETIRÉ, GRAND BATTEMENT DERRIÈRE

Layer 1

- Flick
- Reset by zipping up your core

Layer 2

- By squeezing your core to catch, you find your balance and control – right in time for your turn sequence

ÉCHAPPÉ RELEVÉ, FLICK RETIRÉ

Layer 1

- Out, in – or up, down, up, down
- Now left leg, up – and again left
- Échappé
- Retiré or turn
- Do it again
- One more to try it; let's go with the left leg

Layer 2

- Using your Plié
- Zip it up!
- If you haven't tried a Changement yet, just give one a go
- Just try a low turn, it's OK!





05. STRENGTHEN

TRACK FOCUS

I want my participants to feel the muscles of their Foundation Posture and lower body working while understanding the benefits of this strength training 'burn'.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 90/90 Lunge L, R foot B, one weight plate in each hand, arms to 1 st Position	16	
0:09	C / Searchin'	8½x8	A 90/90 Lunge with Port de Bras Arms L Bend knees, arms to 5 th Position Straighten legs, arms 2 nd to 1 st Position ⬆ Option: L heel lift to Carousel Lunge	4 4	8½x
0:46	V1 / Amen	8x8	A ¹ 90/90 Lunge Pulse with Port de Bras Arms L 2x Lunge Pulse L, arms open wide, palms up 2x Lunge Pulse L, arms to 5 th Position Last 2 cts, step R foot F, L foot B to Long Lunge R, arms remain in 5 th Position	4 4	8x
1:21	C / Searchin'	8½x8	A 90/90 Lunge with Port de Bras Arms R	8	8½x
1:58	V2 / Amen	8x8	A ¹ 90/90 Lunge Pulse with Port de Bras Arms R	8	8x
2:33	C / Searchin'	12x8	2nd Position Plié, 1st Arabesque L&R L foot steps to 2 nd Position Plié, arms remain in 5 th Position 1st Arabesque L, R leg lifts Repeat to R ⬇ Option: 2 nd Position Plié Tendu Derrière L, arms to 1 st Arabesque	4 4 8	6x
3:25	Outro / (Fade)	½x8	Finish in 2 nd Position Plié, arms in 5 th Position	4	

05. CROWN 3:28mins

TEACHING TIPS

From the smooth, cool, relentless mood of the song to the sharp, burning, also relentless moves of the workout – this Track 5 delivers real-life STRENGTH. This a special combination of music and movement that speaks to our bodies, minds, and hearts – so make it your goal to share it with your participants in a way that leaves them feeling strong on the outside and on the inside.

As you prepare to teach, spend time practising the entire track from beginning to end. Check your form in the mirror and even film yourself from different angles, working to ensure that you can role-model strong Foundation Posture and lower body alignment. Check the range of motion in each move to make sure all your muscle fibers are fully activated – the more pressure builds in those muscle fibers, the stronger and more sculpted your legs and glutes will be. Check that the knee is pressing out, aligned over the middle two toes – this ensures that your side glutes are strengthening, sculpting, and protecting your joint. Maintain a Ballet Tuck and a braced core with hips and glutes holding tight together and shoulder blades are squeezing in and anchored down. Engaging the posterior chain this strongly forms protection around your spine reducing risk to injury and increases your body’s tone and poise. 3½ minutes of nonstop strength training is tough, even uncomfortable – but the rewards are practical, tangible, and amazing!

As you prepare to teach, also immerse yourself in the music. Open your heart to find what this song says to you and consider how it might speak to others. Allow the sincerity and the empowerment of the song to guide the way you move, your scripting, and how you present yourself in class. How can you get real with your participants by bringing your authentic you to class?

COACHING CUES

LUNGE WITH PORT DE BRAS

Layer 1

- Take a long step back with your left leg to Lunge
- Lunge down for 2, plates to 5th – now 2nd and 1st to rise
- Down and up
- If it feels good, you can lift the front heel
- Everything’s at 90 degrees
- Everything’s straight and square to the front

Layer 2

- Imagine everything in your hips – all of the little muscles are working together to squeeze you in tightly, balanced and keep you strong



LUNGE PULSE WITH PORT DE BRAS ARMS

Layer 1

- Hold down; we’re going to pulse
- Out to 2nd and back to 5th
- Out, out, up, and up

Layer 2

- Pull the shoulder blades down and back
- Feel the work in your back and not just in your shoulders
- Now can you come one inch deeper?
- Maintaining that real balance between your hips
- This is creating such power, such strength

LUNGE WITH PORT DE BRAS

Layer 1

- Plates stay up, switch sides
- Down, down, up, up
- Reset your Lunge
- This time, let’s hold – and pulse

Layer 2

- Squeeze your glutes and hips together, like you’re holding your body in
- Abs are braced like steel
- Shoulder blades squeeze in and tuck them down
- Your whole body like armor around your spine: protecting you and powering your movements



05. CROWN 3:28mins

LUNGE PULSE WITH PORT DE BRAS

Layer 1

- Hold, and let's pulse
- Out, out, up, up

Layer 2

- This type of strength training gives us strong, capable bodies – for anything and everything we do
- Carrying our babies, lifting some heavier weights, or maybe just making it through a tough day. When we've got our armor on, we're strong

2nd POSITION PLIÉ, 1st ARABESQUE LIFT

Layer 1

- Step out to a 2nd Plié, sit, and now rise to a 1st Arabesque
- Plié, other side, 1st Arabesque
- Sit back and now check your knee line – are they still over your toes?

Layer 2

- Reset that beautiful, powerful armor
- So much power – what are we going to do with it?
- A little deeper
- Draw up your core from the base





06. POWER

TRACK FOCUS

I want my participants to activate their posterior chain muscles so they feel pressure building to a burn – and be motivated to stay in the pressure to the end of the track!

MUSIC		EXERCISE		CTS	REPS
		Set up 2 nd Position, one weight plate in each hand, arms to Bras Bas			
0:00	Intro /	8x8	A	2nd Position Plié, 1st Arabesque L&R	4x
				2 nd Position Plié, arms to Bras Bas	4
				1 st Arabesque L, R leg lifts	4
				Repeat to R	8
0:26	PC / Pull it up	4x8	A ¹	2nd Position Plié, 1st Arabesque L&R (Tempo)	2x
				2 nd Position Plié, arms to Bras Bas	1
				Hold	3
				1 st Arabesque L, R leg lifts	1
				Hold	3
				Repeat to R	8
0:39	C / Oh my	2x8	B	Arabesque Tap, HOH R	2 8x
0:45	C / Everybody	3x8	B ¹	Arabesque Tap in Fondu, HOH R	2 12x
0:55	C / (Instr)	2x8	B ²	Arabesque Tap in Fondu, Pullback Arms R	2 8x
				Arms reach B, palms down	
1:01	C / (Instr)	3x8	B ¹	Arabesque Tap in Fondu, HOH L	2 12x
1:11	C / (Instr)	3x8	B ²	Arabesque Tap in Fondu, Pullback Arms L	2 12x
				Last rep, 1st Position, arms to Bras Bas	
1:20	C / (Instr) / Anthem	16x8	C	Développé Devant, Rond de Jambe L&R	4x
				Retiré L, arms to 1st Position	2
				Développé Devant L	2
				Rond de Jambe Derrière L, arms to 2nd Position	4
				Arabesque Lift L, Pullback Arms, palms down	6
				1st Position, arms to Bras Bas	2
				Repeat to R	16
				⬆ Option: After 1 rep, Développé Devant en l’Air and Rond de Jambe en l’Air	
2:12	C / This international	1x8		Hold 1st Position, arms to Bras Bas	8
2:15	C / (Instr)	8x8	C	Développé Devant, Rond de Jambe L&R	32 2x
				⬆ Option: 3x Arabesque Lift Pulse, Pullback Arms	



06. POWER

MUSIC		EXERCISE		CTS	REPS
2:40	Br / Anthem	8x8	D	1st Position Plié, Arabesque Lift L&R (Slow) 1st Position Plié, Bicep Curl Arms Arabesque Lift L, Pullback Arms, palms down Repeat to R ↓ Option: Hold Bicep Curl Arms	4x 4 4 8
3:06	C / Oh my	7x8	D ¹	1st Position Plié, Arabesque Lift L&R (Fast) 1st Position Plié, Bicep Curl Arms Arabesque Lift L, Pullback Arms, palms down Repeat to R ↑ Option: After 2 reps, Bicep Curl Arms, High 'V' Arms, palms F	7x 2 2 4
3:28	C / (Instr)	8x8	D ²	1st Position Plié, Arabesque Relevé L&R 1st Position Plié, Bicep Curl Arms Arabesque Relevé L, High 'V' Arms, palms F Repeat to R ↑ Option: After 2 reps, Arabesque Sauté	8x 2 2 2



06. INTERNATIONAL ANTHEM 4:01mins

TEACHING TIPS

Four fantastic movement sequences build pressure in our posterior chain muscles throughout this powerful, high-energy track. You and your participants' bodies will feel the burn quickly, and it will get seriously hot – so keep things simple and truly dial in to the people in front of you, so you can offer the right options and coach the benefits that will motivate them to keep going till to the end.

We continue working the glutes and shoulders with the Plié, 1st Arabesque combo from the previous track. The music is quieter, the movement is familiar, and we can feel the anticipation – it's a great time to let your participants know there's hard work ahead, and reassure them why it's worth it. The Arabesque Tap sequence progressively increases work and pressure in the glutes, back body, and shoulders – this contributes to great posture. Be sure to clearly cue how your participants can activate those muscles, and acknowledge where everyone is already feeling the burn! The Rond de Jambe sequence brings movement complexity to struggling bodies – but the mobility, stability, and coordination challenge delivers great flexibility, strength, and balance rewards. Coach Layer 1 basics in single-word cues so that your participants first understand timing and then options, then allowing some space to make the movement their own. Follow-up with some Layer 2 cues affirming the muscular feel and training benefits. Approach the final sequence of Pliés and Arabesques the same way: set the sequence, timing, and options with simple and clear cues. Then allow the peak of the music to drive them, choosing just one or two simple praise and celebrate, or benefit motivators to help them finish strongly!

When you look at your participants during class (before and during this track), how will you know which options to offer and which ones to do? What motivation will speak to the participants who are in front of you today?

COACHING CUES

2nd POSITION PLIÉ, 1st ARABESQUE

Layer 1

- Same combo, but arms to Bras Bas
- Pull the knees back
- Keep your chest lifted
- Drop and hold – up and hold
- Catch with your glutes, push the floor away

Layer 2

- Are you ready to sculpt and tone your muscles?
- Let's turn up the pressure gauge for strong bodies

ARABESQUE TAP

Layer 1

- Hold here for Arabesque Taps
- Plates come to the hips
- Roll the shoulders back
- Switch sides, plates into hips

Layer 2

- Fire up the backside

ARABESQUE TAP IN FONDU (WITH PULLBACK ARMS)

Layer 1

- We're going to bend, or Fondu, the knee
- Press the knee in line with toes
- Plates – press them past the hips
- Plates back

Layer 2

- Now squeeze the triceps, back and shoulders into your spine
- We start high, then start to sink into the strength of your standing leg
- Draw the shoulders back and feel really steady here



06. INTERNATIONAL ANTHEM 4:01mins

DÉVELOPPÉ DEVANT, ROND DE JAMBÉ

Layer 1

- Hips and feet together
- Lift, forward, side, back, hold – and reset
- Retiré, Devant, à la Seconde, Derrière, lift and hold
- We have options here: we can be à terre (on the floor) or en l'air (lifted)
- Just squeeze your glutes to make sure you keep the hips level

Layer 2

- By now you should be feeling that strength and mobility challenge through your hips
- Really try to squeeze the back muscles together and engage as much as you can here

DÉVELOPPÉ DEVANT, ROND DE JAMBE, ARABESQUE LIFT

Layer 1

- Either dive deeply or come with me for 3 small Pulses
- 3, 2, 1, and set

Layer 2

- Try to feel the strength transfer from legs – into your arms – and then creeping up to your upper back

1st POSITION PLIÉ, ARABESQUE LIFT

Layer 1

- 1st Position
- Plié, Arabesque right; Plié, Arabesque left
- Press your knees wide
- Squeeze your glutes and shoulder blades together
- If you'd like to, you can lift higher
- If you feel pressure in your shoulders, just hold the plates
- Single time – down, up, down, up

Layer 2

- If you'd like more pressure, raise your hands high
- Elbows visible
- You can feel the pressure building
- Pressure makes diamonds – strong, elegant muscles

1st POSITION PLIÉ, ARABESQUE RELEVÉ (SAUTÉ)

Layer 1

- Let's add a Relevé
- Down, up, down, up
- Use your Plié to cushion the landing and to push off the floor
- Chest stays high

Layer 2

- Try a jump!
- Feel the power!



07. ESCAPE

TRACK FOCUS

I want my participants to let go of any expectations or inhibitions and explore whatever options and tempos feel best for them, so they can freely immerse themselves in the beauty of the music and movements.

MUSIC		EXERCISE		CTS	REPS
		Set up 3 rd Position L, L foot F, Bras Bas Arms			
0:00	Intro /	24½x8	A	Retiré, Grand Battement Devant, Retiré, Grand Battement Derrière in Fondu, Long 4th Position with Port de Bras Arms L&R	1½x
			Retiré L, arms to 1 st Position	3	
			3 rd Position L, L foot F, arms to Bras Bas	3	
			Grand Battement Devant L, arms F to 5 th Position	3	
			3 rd Position L, L foot F, arms F to Bras Bas	3	
			Retiré L, arms to 1 st Position	3	
			3 rd Position R, L foot B, arms to Bras Bas	3	
			Grand Battement Derrière L, R knee bends, arms sweep B	3	
			Hold	3	
			Long 4 th Position R, L leg B, arms cross F to O/H	6	
			Arms open wide and down	6	
			Cambré F, arms cross F to O/H	6	
			Arms open wide and down	4	
			3 rd Position R, L foot B, arms to Bras Bas	2	
			Repeat to R	48	
			Hold last 3cts		
1:30	C / I'm kissing	24x6	A ¹	Retiré, Grand Battement Devant, Retiré, Grand Battement Derrière in Fondu, Long 4th Position with Port de Bras Arms R&L	96
			↑ Option: Replace Retiré with Pirouette		
			Option: Perform sequence at own speed		
2:56	Instr / (Piano)	8x6		Arabesque Relevé L&R	4x
			3x Arabesque Relevé L, R leg lifts, arms through 1 st		
			Arabesque to High 'Wing' Arms	6	
			Repeat to R	6	
			↓ Option: Arabesque Lift		
3:24	Instr /	23½x6	A ¹	Retiré Grand Battement Devant, Retiré, Grand Battement Derrière in Fondu, Long 4th Position with Port de Bras Arms L&R	96



07. I'M KISSING YOU 4:58mins

TEACHING TIPS

Because of the beauty of the song and movement, it is especially important that we pay careful attention to Layer 1 coaching for this track. Delivering a clear and simple Layer 1 in single-word cues with lots of space will allow your participants to understand the movement sequence easily and give them space to embrace it for themselves. The more simply and clearly we cue, the less they have to think about what they're doing – the less words we cue, the more they can get lost in the feeling journey of this track. Pull back on Layer 2. Allow this track to be primarily about personal exploration and experience, tapping into emotions and expressing them from the inside out.

Your participants will get the most from this Track when they feel safe, welcome, and affirmed for choosing the options and timing that they like best. Let go of your expectations based on past Ballet experience, or expectations based on what you prefer as you perform the track. Instead, open your heart and lift your voice to coach in a way that gives your participants the freedom to be exactly who/where they are today... and feel loved in this space.

COACHING CUES

RETIRÉ, GRAND BATTEMENT DEVANT, RETIRÉ, GRAND BATTEMENT DERRIÈRE AND LONG 4th POSITION WITH PORT DE BRAS ARMS

Layer 1

- Right leg, Retiré, lift Devant; Retiré, lift Derrière, hold
- Land in a long Lunge
- Both arms wrap over head and gently open
- Fold forward, **draw the belly in**, lift and open again
- Retiré, Devant, Retiré, Derrière
- Land long
- Open and release, now lengthen and release again
- Try it with a turn
- Back to the sequence, any leg you like

Layer 2

- This is our beautiful sequence for this track, so if the music is asking you to go a little faster or at your own tempo – just listen
- We invite you to move with your breath in any way you like
- Let's unveil the true beauty of our movement today
- How does it feel to move this way, any way you like?
- With us, with this beautiful piece of music – just keep moving
- This is your moment, your body, and your breath
- So beautiful to move this way
- Almost there, keep going

ARABESQUE RELEVÉ

Layer 1

- Start to collect yourselves
- 3 Arabesques to the right corner
- 3, 2, 1 – other side

Layer 2

- Enjoy this little break
- Don't be afraid to be expressive with your upper body



08. BURN

TRACK FOCUS

I want my participants to feel a release through their hips as we stretch and feel the support and strength of their core and glutes as we work.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up lying supine, facing L side, open legs wide, arms out wide, palms up	32	
0:20	V1 / Uh , I ain't	4x8 A	Supine Adductor Stretch, Flex and Point Feet Hands inside or outside of thighs 6x Flex feet Point feet ↓ Option: Bend knees	8 2 2	
0:40	V2 / So in	4x8 A ¹	Supine Adductor Stretch ↓ Option: Bend knees	32	
1:00	C / Uh , I just	4x8 B	Wide-Legged Abdominal Crunch Pulse 16x Abdominal Crunch Pulse, hands together reach between legs ↓ Option: Bend knees, feet together, toes on floor	2	
1:20	V3 / Playboys	2x8 C	Supine Hamstring Stretch L Extend L leg, R foot on floor knee bent ↑ Option: Extend R leg on floor	16	
1:30	V4 / Happy to	2x8 C	Supine Hamstring Stretch R	16	
1:40	V5 / Rendevous	4x8 C ¹	Hamstring, Hip Stretch Sequence R&L Hamstring Stretch Pulse R Hip Stretch Pulse R, bend R knee to chest Hamstring Stretch Pulse R Scissor Legs R, L leg vertical, hands to L thigh Repeat to L	2 2 2 2 8	2x
2:00	C / Just came	4x8	Aerial Changement L&R Legs extend to 45°, arms at sides, palms up ↓ Option: Bend knees	2	16x
2:20	V6 / Reality	4x8 B ¹	Frog Abdominal Crunch Pulse Bend knees wide, feet together, hands together ↓ Option: Toes on floor	2	16x
2:40	V7 / Need you	2x8 C	Plank Pose , facing R side ↓ Option: On knees	16	
2:50	V8 / Make you	6x8 C ¹	Plank Pose with Leg Circles L&R Circle L leg out to 45° on the floor Return to Plank Pose Repeat to R ↓ Option: On knees Finish in Childs Pose	2 2 4	6x



08. RUN GAME 3:23mins

TEACHING TIPS

At the end of an athletic workout like LES MILLS BARRE 10, this track is the perfect way to finish off the 'beautiful burn'. Our participants' bodies are craving the release that comes from stretching their thighs, hips, and glutes – it feels as celebratory as a sip of champ-ay-i-nee!

Stay cool and smooth yourself out during the stretches, offering options and encouraging your participants to find their own way to feel the release in their bodies. During the core training, set clear Layer 1 safety cues and then follow up with Layer 2 'feel' cues so your participants stay comfortable in the right places (neck, spine) and uncomfortable in the right places (abs, glutes). Cheer them on along with this cheeky, upbeat song so they finish this final “Burn” strong and smiling!

Where can you leave space in your coaching – and how can you match your voice to the music – so that the spunky sound and sing-song feel of the track drive the movement and motivate your participants?

COACHING CUES

SUPINE ADDUCTOR STRETCH

Layer 1

- Keep your lower back towards the floor
- Bring your arms out wide; now bring the legs out wide
- Let's try to flex and point the feet
- Try to keep the tail bone down against the floor
- It might feel good to bend the knees

Layer 2

- Let's stretch our inner thighs
- Feel the opening through the hips
- Feel all those little muscles start to loosen in your hips
- We need this after that workout

WIDE-LEGGED ABDOMINAL CRUNCH PULSE

Layer 1

- Let's crunch up; hands between the legs
- Tuck in the chin
- Press your lower back into the floor, belly button to spine
- Slide ribs towards hips
- Crunch, Crunch, Crunch

Layer 2

- Now try to bring your shoulder blades off the floor and keep them there

SUPINE HAMSTRING STRETCH

Layer 1

- Back leg up, hold above or below the knee

Layer 2

- You can lengthen the underneath leg for a bit more
- Gently pull your leg towards you for a bit more intensity

HAMSTRING, HIP STRETCH

Layer 1

- Combination, Triple Pulse
- In, bend, straight, and swap
- Straight, bend, straight, swap

Layer 2

- Feel the movement into your hip

AERIAL CHANGEMENT

Layer 1

- Extend the legs to 45 degrees
- Cross, cross, cross
- Press your lower back into the floor, belly button to spine

Layer 2

- Really stretch every muscle in your legs – can you feel it?

FROG ABDOMINAL CRUNCH PULSE

Layer 1

- Pulse up, reach your fingers past your toes
- Ribs to hips, tuck in the chin

Layer 2

- We're toning and sculpting our abs
- Try keeping your shoulder blades off the floor

PLANK, LEG CIRCLES

Layer 1

- Shoulders over wrists
- On knees or toes
- Hips are square to floor and front leg comes out; other leg, to the back and in
- Out, out, in, in

Layer 2

- Like you're drawing a semicircle
- Hips stay square to the floor; nothing moves except that leg
- Feel the work in your core and your glutes
- Brace that core super tightly
- This is the beautiful burn



BONUS

04. PEAK

TRACK FOCUS

I want my participants to choose the options that allow them to feel the playful, joyful spirit of this song and keep moving to increase their heart rate!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up 3rd Position R, R foot F, HOH	8	
0:06	Instr /	5x8	A Tendu à la Seconde, HOH R&L Tendu à la Seconde R 3rd Position L, R foot B Repeat to L ⬆️ Option: After 6 reps, Échappé Relevé 2nd Position R&L ⬆️⬆️ Option: After 8 reps, Changement R&L	1 1 2	10x
0:28	V1 / Weight is	4x8	B Arabesque Lift Pulse, Rond de Jambe, Lunge HOH L&R 2x Arabesque Lift Pulse L Hold Arabesque L Rond de Jambe en l’Air Devant L Long 4th Position L, L leg F Repeat on R ⬇️ Option: Rond de Jambe a Terre	3 1 3 1 8	2x
0:46	C / Tough love	4x8	A Tendu à la Seconde, HOH R&L Options: 8x Échappé Relevé 2nd Position R&L 16x Changement R&L	4	8x
1:04	Instr /	4x8	B Arabesque Lift Pulse, Rond de Jambe, Lunge with Port de Bras L&R After 1 rep, add arms 2x Arabesque Lift Pulse L, arms wide to High 'Wings' Arms Hold Arabesque L, High 'Wings' Arms Rond de Jambe en l’Air Devant L, arms wide and down with bent elbows Long 4th Position L, L leg F, arms to Demi 2nd Position	3 1 3 1	2x
1:22	Instr /	3x8	A Tendu à la Seconde, HOH R&L	4	6x
1:35	V2 / Weight is	4x8	B ¹ Arabesque Lift Pulse, Rond de Jambe, Lunge with Port de Bras Arms L&R ⬇️ Option: No arms	16	2x
1:53	C / Tough love	4x8	A Tendu à la Seconde, HOH R&L	4	8x
2:10	Rep / Tough love	4x8	B ¹ Arabesque Lift Pulse, Rond de Jambe, Lunge with Port de Bras Arms L&R	16	2x
2:28	Instr /	4x8	A Tendu à la Seconde, HOH R&L	4	8x
2:46	Outro / (Instr)	4x8	B ¹ Arabesque Lift Pulse, Rond de Jambe, Lunge with Port de Bras Arms L&R	16	2x



BONUS

04. TOUGH LOVE 3:13mins

TEACHING TIPS

LES MILLS BARRE is a workout, not a Ballet class. It's a fitness program designed with athletic training principles – that uses Ballet inspiration to bring joy and expressiveness to the workout. And this track is an example of LES MILLS BARRE at its best, offering options that will feel safe and confident for participants at every fitness level and music that will help them let go and simply move with freedom and joy.

Make the most of this track by choosing the options that are right for the people in front of you. Start coaching and doing Tendus for the moving back sequence – and wait to offer Échappé or Changement until your participants look ready. This might mean you actually don't coach or do these higher options at all today – or it might mean you coach and do them briefly for your regulars, but return to Tendus with the participants who need your encouragement and support. Start coaching the moving forwards sequences without arms – and wait to add the Port de Bras until the people in front of you look comfortable and confident with the movement. Throughout the track, remind everybody they can return hands to hips at any time.

By coaching and doing what's right for the participants in front of us, we actually free them to engage fully in the workout. That way, going to work harder, enjoy the music more, and get more of the results we promise! By supporting and validating whatever feels best for their bodies, we allow our participants to feel comfortable and confident in our class. They'll want to keep coming back to this space where they are welcome and celebrated exactly where they're at, simply working, playing, and – don't forget – smiling!

COACHING CUES

TENDU À LA SECONDE

Layer 1

- Set your left foot in front, 3rd Position
- Tendu
- Out, in, out, in
- Alternating legs, closing behind
- Press through the floor to stretch the leg
- Plié to land

Layer 2

- We have an option – Échappé
- Relevé out, Plié in
- Or you can jump – Changement

ARABESQUE LIFT PULSE, ROND DE JAMBE, LUNGE

Layer 1

- Moving forwards – right leg Arabesque, up hold, circle, and Lunge
- Bend your bottom knee and press it back
- Squeezing your glutes

TENDU À LA SECONDE

Layer 1

- Moving back again
- Tendu, Échappé, or Changement

Layer 2

- You have three options in this track, try each of them out, see which one of them feels best in your body
- Then take it to that cardio peak
- Whatever option you choose, soften your Plié
- Just have fun with it
- See if you can make your heart rate match the music
- You've got the choreography now, make it your own
- I can feel the burn – the burn in my glutes
- I can feel the beat
- Keep working that Plié like a rubber band – when we release the tension, we have the power

ARABESQUE LIFT PULSE, ROND DE JAMBE, LUNGE WITH PORT DE BRAS

Layer 1

- Moving forward – right leg up, up, circle, and land
- Squeeze your glutes
- Lift up, down, up, circle, Fondu

Layer 2

- Keep your hips level all the way around
- And if you want to, add arms
- Arms or no arms, make it a big, beautiful movement



BONUS

05. STRENGTHEN

TRACK FOCUS

I want my participants to use the resistance of the SMARTBAND™ or plates to find stability and increase the strength of their legs, hips, and glutes.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2½x8	Set up R foot on middle of band, cross handles, arms to 1 st Position, Long 4 th Position R, L foot B Option: One weight plate in each hand, Long 4 th Position R, L foot B, arms to 1 st Position		20	
0:10	V1 / Sippin’	2x8	A	Long 4th Position, Retiré with 1st Position Arms L (Slow) Retiré L, L foot to R knee, arms to 1 st Position Long 4 th Position R, L leg B arms to 1 st Position ↓ Option: Weight plates to 1 st Position to Bras Bas Arms	4 4	2x
0:18	V2 / S P floatin’	4x8	A ¹	Long 4th Position, Retiré Relevé with 1st Position Arms L (Slow) Retiré Relevé L, L foot to R knee, arms to 1 st Position Long 4 th Position R, L leg B, arms to 1 st Position ↓ Option: No Relevé	4 4	4x
0:35	C / Everyday	4x8	A ²	Long 4th Position, Retiré Relevé with 1st Position Arms L (Fast)	4	8x
0:51	V3 / Girls them	2x8	Set up band behind R thigh, feet together, bend knees. Facing L diagonal, hold handles in L hand out to side with elbow in, R hand on hip Option: One weight plate in each hand, HOH		16	
0:59	V4 / Gal dem	4x8	B	Resisted Knee Abduction, Retiré in Fondu R Lift R knee F Open R knee to Retiré R R knee F Lower R foot to floor	2 2 2 2	4x
1:16	V5 / Girls	2x8	B ¹	Resisted Knee Abduction, Retiré in Fondu with Port de Bras Arms R Lift R knee F, R arm to 1 st Position Open R knee to Retiré R, R arm to 2 nd Position R knee F, R arm to 1 st Position Lower R foot to floor, R arm to Bras Bas ↓ Option: Weight plates to 1 st Position, open R arm to side, 1 st Position, lower to Bras Bas	2 2 2 2	2x
1:24	C / Again	4x8	B ²	Resisted Knee Abduction, Retiré Pulse in Fondu with Port de Bras Arms R Lift R knee F, R arm to 1 st Position Open R knee to Retiré R, R arm to 2 nd Position ↓ Option: Resisted Knee Abduction, Retiré in Fondu with Port de Bras Arms (no Pulse)	2 2	8x
1:40	V6 / Just gimme	2x8	Set up L foot on middle of band, cross handles, arms to 1 st Position, Long 4 th Position L, R foot B		16	
1:48	V7 / Sippin’	2x8	A	Long 4th Position, Retiré with 1st Position Arms R (Slow)	8	2x
1:57	V8 / S P floatin’	4x8	A ¹	Long 4th Position, Retiré Relevé with 1st Position Arms R (Slow)	8	4x
2:13	C / Everyday	4x8	A ²	Long 4th Position, Retiré Relevé with 1st Position Arms R (Fast)	4	8x



BONUS

05. STRENGTHEN

MUSIC		EXERCISE		CTS	REPS
2:30	C / Again	2x8	Set up band behind L thigh, feet together, knees bent, facing R diagonal, hold handles in R hand at side, L hand on hip Option: One weight plate in each hand, HOH	16	
2:38	C / Pay	4x8	B Resisted Knee Abduction, Retiré in Fondu HOH L	8	4x
2:54	C / Pay	2x8	B ¹ Resisted Knee Abduction, Retiré in Fondu with Port de Bras Arms L	8	2x
3 :02	V9 / Just gimme	4x8	B ² Resisted Knee Abduction, Retiré Pulse in Fondu with Port de Bras Arms L	4	8x
3 :19	Outro / (Fade)	4x8	2nd Position Plié Pulse with Pulldown Arms Step feet to 2 nd Position, hold handles in each hand arms O/H 12x 2 nd Position Plié Pulse with Pulldown Arms (Note: Track finishes without music)	8 2	



BONUS

05. WE BE BURNIN' 3:36mins

TEACHING TIPS

This Strengthen track is designed like cross-training for the work we and our participants do in LES MILLS BARRE, to ensure our bodies are healthy and can maintain longevity with the program. The track is also designed to benefit us and our participants in everyday life, stabilizing and strengthening muscles that support the important joints of our hips and spine.

Adding resistance to the Retiré brings our core, glutes, and back into the muscular and balance challenge. Practise this movement in front of a mirror or filming device – take note of where you feel the work in your body and where you need to activate muscles to keep from wobbling. Use this in your coaching, to help your participants bring their whole bodies into the workout.

Moving from parallel to turnout with just one leg at a time makes sure that we work our external rotators, glutes, and hip muscles equally on both sides. This is important for keeping our bodies balanced and avoiding too much wear and tear on any specific body part. Staying deep in a Fondu and holding the body square to front while we work the turnout makes sure that we safely and deeply work the muscles we need for external rotation. This is an amazing way to develop more mobility and strength in our hips and glutes. Smile a lot and show your participants how much you enjoy this track as you teach – it's basically a 'Bonus' 4 minutes of self-care!

COACHING CUES

LONG 4th POSITION, RETIRÉ

Layer 1

- Cross the band under your left foot, bring the arms up to 1st Position
- Set Lunge
- Elbows up
- 2/2 Retiré
- Up, up, down, down – nice and slowly



LONG 4th POSITION, RETIRÉ RELEVÉ

Layer 1

- When you're ready Relevé – lift the underneath heel
- Squeeze your glutes
- Brace your abs

- Let's speed it up – up, down, up, down
- If you're working with the plates, bring them up in front of the chest, then down

Layer 2

- Bring the weight forward over the supporting leg
- Let's create some tension with our band so we can bring our weight forward over the ball of our foot and find that balance
- Feel how your leg muscles have to draw up towards your hip to stabilize your body

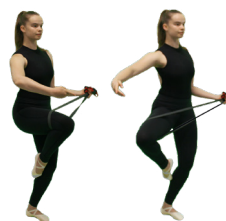
RESISTED KNEE ABDUCTION AND RETIRÉ IN FONDU

Layer 1

- Release the band, bring it under your thigh, come to the right diagonal, handles in the back hand
- Lift up, open out, in, down
- Squeeze the glute to open the leg
- Hips and shoulders square to front
- Supporting leg on a Fondu – press the knee out
- Add the arm when you're ready
- If you're working the plates, squeeze the shoulder blades together

Layer 2

- Let's have a challenge, stay up, just work the openings
- Anchor on your supporting side, engaging the lats
- Work the plates by squeezing the back and opening the chest
- Feel that glute squeeze
- This movement works our whole body 360 degrees – abs to our back, quads to our hamstrings



2nd POSITION PLIÉ PULSE

Layer 1

- Release the band, come out into a Plié Pulse, over head
- Pulse, pulse
- 5, 4, 3, 2, 1

Layer 2

- Beautiful strength training!



BONUS

05. STRENGTHEN

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use 'Don't Run To Me' with the same choreography.

TRACK FOCUS

I want my participants to feel the stabilizing and strengthening work in their posterior chain muscles – from their thighs, hips, and glutes, all the way to the postural muscles in their back and shoulders.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up R foot inside on handle of band, hold other handle in both hands O/H, facing L diagonal, Tendu Derrière R Option: Hold weight plates stacked together O/H		32	
0:12	V1 / You say	4x8	A	Assisted Arabesque in Fondu L R leg lifts, Fondu L	32	
0:25	V2 / A lot of	4x8	A ¹	Assisted Arabesque Pulse in Fondu L Arabesque Pulse L Tap L toes to floor ↑ Option: No Tap to floor	2 2	8x
0:38	PC / Ooh coming	8x8	A ²	Assisted Arabesque Pulse in Fondu with 4th Position Arms L R arm opens to 2nd Position	4	16x
1:04	C / Lie	4x8	A	Assisted Arabesque in Fondu L R arm to hold handle O/H	32	
1:17	Instr /	8x8	A ¹	Assisted Arabesque Pulse in Fondu L Option: Weight plates Tricep Extension O/H	4	16x
1:42	Rep / Lie	4x8	Set up L foot inside one handle of band, hold other handle in both hands O/H, facing R diagonal, Tendu Derrière L Option: Hold weight plates stacked together O/H		32	
1:55	V3 / You say	4x8	A	Assisted Arabesque in Fondu R	32	
2:08	V4 / A lot of	4x8	A ¹	Assisted Arabesque Pulse in Fondu R	4	8x
2:21	PC / Ooh coming	8x8	A ²	Assisted Arabesque Pulse in Fondu with 4th Position Arms R	4	16x
2:46	C / Lie	4x8	A	Assisted Arabesque in Fondu R	32	
2:59	Instr /	8x8	A ¹	Assisted Arabesque Pulse in Fondu R	4	16x



BONUS

05. STRENGTHEN

	MUSIC		EXERCISE	CTS	REPS
3:24	V5 / Let's skip	4x8	Set up 1 st Position, hold handles, band O/H Option: One weight plate in each hand, arms O/H	32	
3:37	PC / Ooh coming	16x8	Grand Battement en Croix with Pulldown Arms L&R Grand Battement Devant L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement à la Seconde L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement Derrière L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement à la Seconde L, Pulldown Arms L foot returns to 1 st Position, arms O/H Repeat to R After 2 reps, Pulldown Arms behind Option: Weight plates open to side, close to O/H	2 2 2 2 2 2 2 2 2 16	4x
4:29	C / Lie	1x8	Set up band under feet, hip-width apart and parallel, hold handles in each hand, arms at sides, palms F	8	
4:32	Outro / Lie	7x8	Resisted Standing Cobra Pulse 3x Cobra Pulse, arms pull B, torso F Lift torso, arms at sides	6 2	7x



ALT

05. STRENGTHEN

DON'T RUN TO ME 4:59mins

Please use this song in place of 'Don't Lie' when teaching Bonus Track 5.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	4x8		Set up R foot inside on handle of band, hold other handle in both hands O/H, facing L diagonal, Tendu Derrière R Option: Hold weight plates stacked together O/H	32	
0:12	V1 / I'm just	4x8	A	Assisted Arabesque in Fondu L R leg lifts, Fondu L	32	
0:25	PC / but you revive	4x8	A ¹	Assisted Arabesque Pulse in Fondu L Arabesque Pulse L Tap L toes to floor ⬆ Option: No Tap to floor	2 2	8x
0:38	C / I'm all	8x8	A ²	Assisted Arabesque Pulse in Fondu with 4th Position Arms L R arm opens to 2nd Position	4	16x
1:04	C / I'm all	4x8	A	Assisted Arabesque in Fondu L R arm to hold handle O/H	32	
1:17	Instr / Up	8x8	A ¹	Assisted Arabesque Pulse in Fondu L Option: Weight plates Tricep Extension O/H	4	16x
1:42	Instr / (Piano)	4x8		Set up L foot inside one handle of band, hold other handle in both hands O/H, facing R diagonal, Tendu Derrière L Option: Hold weight plates stacked together O/H	32	
1:55	V2 / I'm just	4x8	A	Assisted Arabesque in Fondu R	32	
2:08	PC / But you revive	4x8	A ¹	Assisted Arabesque Pulse in Fondu R	4	8x
2:21	C / I'm all	8x8	A ²	Assisted Arabesque Pulse in Fondu with 4th Position Arms R	4	16x
2:46	C / I'm all	4x8	A	Assisted Arabesque in Fondu R	32	
2:59	Instr / Up	8x8	A ¹	Assisted Arabesque Pulse in Fondu R	4	16x



ALT

05. STRENGTHEN

DON'T RUN TO ME 4:59mins

MUSIC			EXERCISE	CTS	REPS
3:24	PC / Revive	4x8	Set up 1 st Position, hold handles, band O/H Option: One weight plate in each hand, arms O/H	32	
3:37	C / I'm all	16x8	Grand Battement en Croix with Pulldown Arms L&R Grand Battement Devant L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement à la Seconde L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement Derrière L, Pulldown Arms L foot returns to 1 st Position, arms O/H Grand Battement à la Seconde L, Pulldown Arms L foot returns to 1 st Position, arms O/H Repeat to R After 2 reps, Pulldown Arms behind Option: Weight plates open to side, close to O/H	2 2 2 2 2 2 2 2 16	4x
4:29	Instr / (Piano)	1x8	Set up band under feet, hip-width apart and parallel, hold handles in each hand, arms at sides, palms F	8	
4:32	Outro (Instr)	7x8	Resisted Standing Cobra Pulse 3x Cobra Pulse, arms pull B, torso F Lift torso, arms at sides	6 2	7x



BONUS

05. DON'T LIE 4:59mins

TEACHING TIPS

We won't lie – you and your participants can (and will) struggle to maintain safe and effective upper back and glute activation through the fiery burn of this posterior chain training track. Focus your attention on showing and coaching safe, effective technique from your set up and Layer 1 all the way to the last rep. Also, encourage everybody through by offering the options that are right for them and by showing them that you're struggling and feeling it too – because this track will literally give you and your participants “all the feels” you can handle!

Remember that the results are only as good as the work, so only purposefully choose to stay within the range of motion that allows you to remain stable and strong. Avoid the temptation to fling your leg or use your shoulders to get higher, as this loads the wrong body parts and disengages the right ones! Set everyone up with super clear Fondu knee alignment, ab and glute squeeze, and posture that's lifted through the chest and squeezed/tucked through the upper back. Continue to watch for and encourage the use of the core, glutes, and upper back muscles throughout the track, making sure your participants stay safe and work effectively.

How can you show and speak to when/where you're feeling the fire in your muscles?

COACHING CUES

ASSISTED ARABESQUE IN FONDU

Layer 1

- Place the band over your left foot
- Bring both arms up – elbows forward and in
- Arabesque line
- We're lifting off – squeeze the glute
- Hips and shoulders square to the corner
- Fondu on the supporting side – pressing your knee out

Layer 2

- Set your foundation through the Fondu leg
- Lift the chest and really squeeze the abs tightly
- Drop the shoulders back – lower them away from the ears
- Fondu deeper, fight the fatigue!

ASSISTED ARABESQUE PULSE IN FONDU

Layer 1

- Shall we add a Pulse?
- Up, down, up, down
- Draw your shoulders down and back
- If you're with me with the plates, we can add a Tricep Extension
- Use your elbows to frame your face and keep them squeezing in far enough so you can still see your elbows in front of you
- Back, tap, back, tap
- If you have the plates, you can also add the triceps in here
- Brace the abs to maintain this position

Layer 2

- When you have your balance, keep the leg off the floor
- You should be feeling a lot of tension building into the glutes – that's a good thing; we really want that here



WITH PLATES

ASSISTED ARABESQUE PULSE IN FONDU WITH 4TH POSITION ARMS

Layer 1

- Front arm to 4th Position
- Relax the shoulders back, especially if you're holding the plates

Layer 2

- Feel the width across your chest
- It's the beautiful burn
- Try reducing your turnout a little bit, so we train the muscles we want to work
- The entire posterior chain is active
- Drop into the lat, feel it sink down your back
- We want to feel the hamstring and glutes tightening and toning here





BONUS

05. DON'T LIE 4:59mins

GRAND BATTEMENT EN CROIX WITH PULLDOWN ARMS

Layer 1

- Loop the band around your hands a few times, lift up
- Grand Battement en Croix – front, side, back, side
- Front, side, back, side
- If you have a band, draw down in front of your face, keeping the chest wide and shoulder blades squeezed together
- If you have plates, keep them above shoulder height with a soft bend to your elbows
- Behind your head – draw down and back

Layer 2

- Feel how this works the back of your body
- Relax the ribs, squeeze the shoulder blades together
- We're nearly there – anchor on your supporting side



RESISTED STANDING COBRA PULSE

Layer 1

- Bring the band down into a Cobra
- Triple Pulse – 3, 2, 1
- Tip forward from the hips
- Squeeze the glutes
- Brace the abs

Layer 2

- Connect back to your breath



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



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.

