

LES MILLS BARRE 11

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
05. STRENGTHEN

BONUS
05. STRENGTHEN

BONUS
09. STRETCH

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MUSIC

01.

Good As Hell (2:40)

Lizzo

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Written by: Frederic, Jefferson
02.

hot girl bummer (3:04)

blackbear

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Written by: Goldstein, Musto
03.

Señorita (5:45)

Lust Shore

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Written by: Wotman, Aitchison, Cabello, Hoiberg, Levin, Mendes, Patterson, Tamposi
04.

Move Your Feet (3:01)

Junior Senior

© 2002 Crunchy Frog.

Written by: Mortensen
05.

Roots (3:03)

Valerie Broussard & Galantis

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Written by: Martin, Broussard, Fluiter, Karlsson, Lit, Postma
06.

Fire In Me (Sigala Remix) (3:39)

John Newman

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Written by: Newman. J. R, Morop, Fielder, Newman. J, Plested
07.

Elastic Heart (4:21)

Sia

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Written by: Pentz, Furler
08.

Baila Conmigo (2:46)

Yellow Claw feat. Saweetie, INNA & Jenn Morel

© Courtesy of the Universal Music Group.

Written by: van der Bruggen, Riley, Russell, J. Morel, G. Morel, Harper, Rondhuis, Taihuttu, Diaz
- BONUS

05.

Girl Gang (3:00)

Gin Wigmore

© Courtesy of the Universal Music Group.

Written by: Butler, Salmon

- BONUS

05.

Latido (3:06)

Daddy's Groove & Ferdy

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Written by: Grieco, Iacone, Bini, Palmieri
- BONUS

09.

Remind Me To Forget (3:36)

Raven Silk

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Written by: Pimentel, Gorvell-Dhall, Oriet, Phelan, Plested
- ALT

01.

Head On Out (2:40)

Closed In

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Written by: Newport, van de Geer, Langeveld



L–R: Diana Archer Mills, Summer Bradley

With the most radiant of smiles and a sassy Spanish flair, we welcome you to LES MILLS BARRE 11! This release centers on the music as a crucial motivator for our participants – and on muscle engagement and mind-body connection as training principles that provide our beautiful burn. From our teasing, playful Warm-up to our ‘Spanish-style’ Extend, to the soaring freedom of our Escape – the tracks are lighthearted, fun and expressive, and these positive emotions truly define every movement sequence. Allow the music to take over your class, because the drive and emotion of the music is your participants’ number one motivator. Participants want to keep coming back when they experience enjoyment while they’re hard at work – and it’s the beat and feeling of the music that delivers this experience!

This release delivers the beautiful burn through a high volume of repetitions of technical, yet simple movement sequences. With no big jumps or turns, our participants can develop competence and feel confidence in what they’re doing so they can explore their mind-body connection. As the repetitions get challenging, it’s important that we coach the correct options for the people in front of us, so they can feel successful – and when the going gets tough, simply smile, let the music play, and feel the motivation!

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 Sydney.

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		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 04	Peak
Track 05	Strengthen	Track 05	Strengthen
Track Bonus 05	Strengthen	Track 06	Power
Track Bonus 05	Strengthen	Track 07	Escape
Track 06	Power	Track 08	Burn
Track 07	Escape	Total Time	28:19
Track 08	Burn		
Track Bonus 09	Stretch		
Total Time	38:01		

RELEASE FEEDBACK

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KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	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

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Head On Out* with the same choreography.

TRACK FOCUS

I want my participants to enter the lighthearted, free and happy zone of this release while finding the alignment of Foundation Posture.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro	2x8	Set up 1 st Position, HOH		16	
0:16	V1 / Woo child	6x8	A	1st Position Grand Plié with Relevé, HOH		3x
				Grand Plié	8	
				Straighten legs	6	
				Relevé	2	
0:46	C / Hair toss	3x8	A ¹	1st Position Grand Plié Pulse with Cambré L&R		3x
				2x Grand Plié Pulse, arms to 2 nd Position, R arm to 5 th Position	4	
				2x Grand Plié Pulse, arms to 2 nd Position, L arm to 5 th Position	4	
1:01	V2 / Woo girl	4x8	B	Tendu Derrière with Fondu, HOH L&R		2x
				Tendu Derrière L, bend R knee	4	
				1 st Position	4	
				Repeat on R	8	
				Arabesque Tap in Fondu, HOH L&R		
				3x Arabesque Tap in Fondu	6	
				1 st Position	2	
				Repeat on R	8	
1:21	PC / He don't	8x8	B ¹	Arabesque Tap with Port de Bras L&R		3x
				3x Arabesque Tap, arms cross F to Open 5 th Position	6	
				1 st Position, arms cross F and down to Demi 2 nd Position	2	
				Repeat on R	8	
2:01	PC / He don't	2½x8		Set up 2 nd Position, HOH	8	
				Grand Plié, HOH	8	
				Open arms to 2 nd Position	4	
2:13	C / Hair toss	5x8		2nd Position Plié Pulse with Cambré L&R		5x
				2x Plié Pulse, arms to 2 nd Position, R arm to 5 th Position	4	
				2x Plié Pulse, arms open to 2 nd Position, L arm to 5 th Position	4	



ALT

01. WARM-UP

HEAD ON OUT 2:40mins

Please use this song in place of *Good As Hell* when teaching Track 01.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	2x8	Set up 1 st Position, HOH	16	
0:16	V1 / (Instr)	6x8	A 1 st Position Grand Plié with Relevé, HOH		3x
			Grand Plié	8	
			Straighten legs	6	
			Relevé	2	
0:46	C / (Instr)	3x8	A ¹ 1 st Position Grand Plié Pulse with Cambré L&R		3x
			2x Grand Plié Pulse, arms to 2 nd Position, R arm to 5 th Position	4	
			2x Grand Plié Pulse, arms to 2 nd Position, L arm to 5 th Position	4	
1:01	V2 / (Instr)	4x8	B Tendu Derrière with Fondu, HOH L&R		2x
			Tendu Derrière L, bend R knee	4	
			1 st Position	4	
			Repeat on R	8	
			Arabesque Tap in Fondu, HOH L&R		
			3x Arabesque Tap in Fondu	6	
			1 st Position	2	
			Repeat on R	8	
1:21	PC / (B up)	8x8	B ¹ Arabesque Tap with Port de Bras L&R		3x
			3x Arabesque Tap, arms cross F to Open 5 th Position	6	
			1 st Position, arms cross F and down to Demi 2 nd Position	2	
			Repeat on R	8	
2:01	PC / (B up)	2½x8	Set up 2 nd Position, HOH	8	
			Grand Plié, HOH	8	
			Open arms to 2 nd Position	4	
2:13	C / (Instr)	5x8	2 nd Position Plié Pulse with Cambré L&R		5x
			2x Plié Pulse, arms to 2 nd Position, R arm to 5 th Position	4	
			2x Plié Pulse, arms open to 2 nd Position, L arm to 5 th Position	4	



01. GOOD AS HELL 2:40mins

TEACHING TIPS

For this track, focus on keeping your Coaching to a minimum – so that your participants can catch on quickly to the alignment and muscle activation of Foundation Posture, plus enjoy space/time to connect with the feeling of the music. As you script Layer 1, consider the simplest and most direct way you provide Name of Pose, Body-Part Direction, and Timing or Options. Then double-check your script: what unnecessary terminology or 'fluff' words can you eliminate? Save Layer 2: Improving Execution, Coaching Intensity, Educating and Praising cues for the later blocks/sets of movement. Plan to be intentional in Layer 3: Shut Up and Perform. Double-check your script again – what cues can you eliminate to keep things basic, friendly and focused on the music?

COACHING CUES

FOUNDATION POSTURE SET-UP

Layer 1

- Let's find 1st Position
- Rock forward onto the balls of your feet. Now sit back on your heels and turn your toes out slightly; shift your weight forward

1ST POSITION GRAND PLIÉ WITH RELEVÉ

Layer 1

- Let's try a Plié
- Bend the knees out over the toes
- Lift the heels to a full Plié
- Press the heels back down
- Then lift the heels to Relevé
- Brace your core
- Squeeze your glutes, gently tuck your tail bone
- Lift the chest proud, slide the shoulders back and down

Layer 2

- This is your Ballet posture – maintain it throughout

1ST POSITION GRAND PLIÉ PULSE WITH CAMBRÉ

Layer 1

- Now let's hold the Plié and Pulse, Cambré
- From 2nd Position, Cambré

Layer 2

- Keep pulsing and squeezing your glutes

TENDU DERRIÈRE WITH FONDU

Layer 1

- Tendu Derrière
- Right leg
- Out, out, in, in to 1st Position
- Other side
- Fondu, knee over the toes

Layer 2

- Extend your Arabesque leg long and straight
- Feel the work in the muscles

ARABESQUE TAP

Layer 1

- 3 Arabesque Taps
- Tap, tap, third one closes to 1st Position

ARABESQUE TAP WITH PORT DE BRAS

Layer 1

- Let's add arms – Open 5th Position, cross in front of the face, Demi 2nd Position
- Back up
- 2 more

Layer 2

- Feel wide across your chest, squeeze your shoulder blades together
- Glute engages to lift the leg

2ND POSITION PLIÉ SET-UP

Layer 1

- Step out wide to a 2nd Plié
- Bring your heels well outside your hips, gently tuck the tail bone again and sit down
- Hips almost in line with knees
- Brace the core, lift the chest
- Arms to 2nd Position

2ND POSITION PLIÉ PULSE WITH CAMBRÉ

Layer 1

- Pulse and Cambré, Pulse, Cambré

Layer 2

- Slide the shoulder blades back down the spine if they've lifted
- Feel the opening through your side body
- Feels so good



02. DEEPEN

TRACK FOCUS

I want my participants to feel every fiber of their lower body muscles and core muscles engaging into the work.

MUSIC		EXERCISE		CTS	REPS
0:00	C / You	4x8	A	2nd Position Plié with Cambré L&R Plié, Cambré L, R arm to 5 th Position Straighten legs, arms to 2 nd Position Repeat on R	2x 4 4
0:16	V1 / Hot girl	8x8	A ¹	2nd Position Plié Pulse with Cambré, Port de Bras L&R 4x Plié Pulse, Cambré L, R arm to 5 th Position, across body down to Bras Bas, open to 2 nd Position 4x Plié Pulse, Cambré R, L arm to 5 th Position across body, down to Bras Bas, open to 2 nd Position Last 2cts, feet to 1 st Position, HOH	4x 8 8
0:46	C / You	8x8	B	Tendu en Croix, HOH L Tendu L leg F L foot returns to 1 st Position Tendu à la Seconde L L foot returns to 1 st Position 2x Tendu Derrière L After 2 reps: ⬆ Option: Glissé en Croix ⬆⬆ Option: Grand Battement en Croix	4x 2 2 2 2 8
1:15	V2 / Hot girl	8x8	A ²	2nd Position Plié Pulse with Cambré, Port de Bras L&R 4x Plié Pulse, Cambré L, arms to 5 th Position, arms cross F and down, open to 2 nd Position 4x Plié Pulse Cambré R, arms to 5 th Position, arms cross F and down, open to 2 nd Position	4x 8 8
1:45	C / You	8x8	B	Tendu en Croix, HOH R	16
2:14	V3 / College	4x8	B ¹	Tendu en Croix with Port de Bras L&R Tendu L leg F, arms to 1 st Position 1 st Position, arms to Bras Bas Tendu à la Seconde L, arms to 2 nd Position 1 st Position, arms to Bras Bas 2x Tendu Derrière L, arms to 5 th Position and Bras Bas Repeat on R ⬆ Option: Glissé en Croix with Port de Bras Arms ⬆⬆ Option: Grand Battement en Croix with Port de Bras	4x 2 2 2 2 8 18
2:29	Br / Stupid	1½x8		1st Position Relevé 1st Position, heels lift, arms to 5 th Position Heels lower, arms open through 2 nd Position to Bras Bas	8 4
2:35	C / You	8x8	B ¹	Tendu en Croix with Port de Bras L&R	32
					2x

02. HOT GIRL BUMMER 3:04mins

TEACHING TIPS

Three basic moves – two unique Port de Bras, and one catchy little tune – provide us with the opportunity to truly think about and feel muscle engagement more deeply as we advance into the workout.

The Plié Pulse encourages more glute activation to maintain the tail bone tuck and upright posture, activating the side glute for proper knee alignment, and building pressure through the quads and thighs. The Cambré deepens engagement through the core – relying on a strong abdominal brace to stabilize posture, while the obliques contract and extend to bring a graceful 'C' curve to the spine. Tendu (and its progressions) increases muscle activation of the lower limb, as we draw upon the quadriceps to help hold great knee alignment and the glutes to maintain a square hip. A strong, stable base to all limbs to move in every direction. These are simple, technical movements that can create amazing muscle strength and stability!

Our participants will need to see clear Positions and Execution of each movement, as well as coaching to how it feels when we engage the correct muscles. Check your Stances, Posture, Alignment, ROM and Control to ensure you are working safely and effectively for these foundation exercises. Identify the muscles that are working and describe to yourself how those muscles feel and how you can help to engage them even more.

As you script, use the information from your own body's practice and experience to develop a variety of helpful cues. What can you say that will help your participants engage and feel the correct muscles in their lower body and core?

COACHING CUES

2ND POSITION PLIÉ WITH CAMBRÉ

Layer 1

- Plié down, keep the Cambré
- Down, down, up, up
- Hips stop at 90 degrees
- Squeeze your glutes to press your knees out

2ND POSITION PLIÉ PULSE WITH CAMBRÉ AND PORT DE BRAS

Layer 1

- Let's pulse – down, pulse
- Arm circles round the face, then back to 2nd Position
- And follow with your head if it feels good
- Back out to Plié
- Pulse, Pulse, Pulse
- Arms both circle up and cross in front of the face

Layer 2

- Feel the C shape in your spine
- Brace your core to allow your head to move freely
- Feel wide across your back
- Can you feel the work in your obliques? One side extends, the other contracts



TENDU EN CROIX

Layer 1

- Tendu Sequence – forward, to the side, now 2 to the back – in, back
- Again – Devant, Tendu à la Seconde, Tendu Derrière
- Repeat
- You can lift a little higher by pressing out through the toes to your Glissé or Grand Battement
- Forward, to the side, 2 to the back
- Forward, side, back
- Hips are square

Layer 2

- Just keep the hips really square; let all of the work come from your lower body
- Do you want to lift off? Let's try
- Glissé, pressing out strongly through every fiber in that leg



02. HOT GIRL BUMMER 3:04mins

TENDU EN CROIX WITH PORT DE BRAS

Layer 1

- Let's put both sides together with an arm-line
- Right: to 1st; 2nd; 5th and 5th
- Other leg: 1st; 2nd; 5th and 5th
- Forward, out, up and back

Layer 2

- Feel the squeeze in the back body
- Squeeze the glute and square the hips
- Do you want to lift a little higher?
- Keep that Ballet posture going

1ST POSITION RELEVÉ

Layer 1

- Take a break; take a Relevé

Layer 2

- You got it – let's go for it!



03. EXTEND

TRACK FOCUS

I want my participants to feel the attitude of the music, so they are motivated to stick with the tough muscle engagement of the workout and motivated by the fun of expressing themselves freely!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	4x8		Set up Tendu Derrière R, facing L diagonal, HOH	32	
0:16	C / Call me	2x8	A	Arabesque Tap, HOH L Arabesque, Lift R foot Arabesque Tap L, R foot down	1 1	8x
0:24	C / Ooh la la	2x8	A ¹	Arabesque Tap with 1st Arabesque Arms L L arm F, R arm to 2 nd Position, palm down	2	8x
0:33	V1 / You , land	2x8	A ²	Arabesque Tap with 2nd Arabesque Arms L L arm reaches O/H and B, R arm sweeps F, palm down	2	8x
0:41	V2 / Name , la la	2x8	A ³	Arabesque Tap in Fondu with 2nd Arabesque Arms L Bend L knee	2	8x
0:49	V3 / Name , la la	4x8	A ⁴	Arabesque Tap in Fondu with 1st Arabesque Arms L R arm reaches O/H and B, palm up, L arm sweeps F, palm down	2	16x
1:05	C / Call me	8x8	B	Attitude Devant in Fondu, 1st Arabesque in Fondu L Attitude Devant R, R leg F, Fondu bottom knee, R arm to 5 th Position, L hand on hip 1 st Arabesque L, bottom knee stays in Fondu, sweep R leg B, R arm sweeps F and B to 1 st Arabesque ↓ Option: Attitude Devant, R toes on floor	8 8	4x
1:38	V4 / You , locked	2x8	A ²	Arabesque Tap with 2nd Arabesque Arms L ↓ Option: Rest, shake out legs 16cts	2	8x
1:46	V5 / Taste la la	2x8	A ³	Arabesque Tap in Fondu with 2nd Arabesque Arms L	2	8x
1:55	V6 / Ooh la la	2x8	A ⁴	Arabesque Tap in Fondu with 1st Arabesque Arms L	2	8x
2:03	C / Call me	8x8	B ¹	Attitude Devant in Fondu, 1st Arabesque Pulse in Fondu L Attitude Devant, R leg F, Fondu bottom knee, R arm to 5 th Position, L hand on hip 4x 1 st Arabesque Pulse L, bottom knee stays in Fondu, sweep R leg B, R arm sweeps F&B to 1 st Arabesque	8 8	4x
2:36	Instr	4x8		Set up Tendu Derrière L, facing R diagonal, HOH	32	
2:52	C / Call me	2x8	A	Arabesque Tap, HOH R	2	8x
3:00	C / Ooh la la	2x8	A ¹	Arabesque Tap with 1st Arabesque Arms R	2	8x
3:08	V7 / You , land	2x8	A ²	Arabesque Tap with 2nd Arabesque Arms R	2	8x
3:17	V8 / Name , la la	2x8	A ³	Arabesque Tap in Fondu with 2nd Arabesque Arms R	2	8x
3:25	V9 / Name , la la	4x8	A ⁴	Arabesque Tap in Fondu with 1st Arabesque Arms L	2	16x
3:41	C / Call me	8x8	B	Attitude Devant in Fondu, 1st Arabesque in Fondu R	16	4x



03. EXTEND

MUSIC		EXERCISE		CTS	REPS
4:14	V10 / You looked	2x8	A ²	Arabesque Tap in Fondu with 2nd Arabesque Arms R ↓ Option: Rest, shake out legs 16cts	2 8x
4:22	V11 / Taste la la	2x8	A ³	Arabesque Tap in Fondu with 2nd Arabesque Arms R	2 8x
4:31	V12 / Ooh when	2x8	A ⁴	Arabesque Tap in Fondu with 1st Arabesque Arms R	2 8x
4:39	C / Call me	8x8	B ¹	Attitude Devant in Fondu, 1st Arabesque Pulse in Fondu R	16 4x
5:12	Rep / You all along	8x8	B ²	Attitude Devant in Fondu, 1st Arabesque Pulse in Fondu R&L	32 2x

03. SEÑORITA 5:45mins

TEACHING TIPS

This track just keeps giving attitude – no, seriously, there's so many repetitions of Attitude (the movement) and so much feisty, fun attitude (the feeling)! The feeling or attitude we bring to teaching this track draws its inspiration from the flirtatious, expressive Spanish-style sound of the song. So, the movement and music are a perfect match!

Marrying the movement and music is crucial for our participants in this track too. The workout is a tough one: the supporting leg and postural muscles stay under pressure and fight for stability for a long time, plus cross-pattern movement and balance challenge the brain. Our participants need the feeling of the music to help them stay in the work a little longer, bringing a feeling of fun and self-expression. This means we need to really dial into the music, showing it with our bodys/ facial expressions and matching it with our voice/ cues.

Once you've mastered the basic Position and Execution of the sequences, play the song and just move with it. Start exploring how to express playfulness, feistiness, drama, or whatever you hear in the song. Go ahead – unleash!

Once you've outlined a simple Layer 1, come back to the music and movement to help you script ideas for Layer 2. What concepts or ideas for Educate would match the feel of the music? What word choices Improve Execution, Coach Intensity, or Praise might incorporate or reflect the emotions of the song? Then consider your voice as you practise cueing, planning which voice to use to match each contrast. Go ahead – get creative! Have fun giving them that Spanish flair!

COACHING CUES

ARABESQUE TAP

Layer 1

- Turn to the diagonal, square your hips and your shoulders in one line, left leg extends back and away
- Lift to tap – up, down, up, down
- Come to the front corner, extend your front leg to Arabesque line, hands on your hips
- Up, down, up, down

Layer 2

- Squeeze every muscle
- Check with your hands that your core is engaged
- Now imagine you have headlights on your hips, and they are shining to the diagonal
- Feel the glutes squeeze to the lift the leg
- Your core is engaged

ARABESQUE TAP – 1ST ARABESQUE

Layer 1

- Move the arms to 1st Arabesque
- Let's unfold the arms, 1st Arabesque

Layer 2

- Shoulders back and down

ARABESQUE TAP – 2ND ARABESQUE

Layer 1

- Now let's circle the arms to a 2nd Arabesque

Layer 2

- Allow the shoulder to release a little further



ARABESQUE TAP IN FONDU – 2ND ARABESQUE

Layer 1

- Fondu the knee
- Bend it and press it out over the toes
- Now come back to your 2nd Arabesque if it feels good – or take a little shake out
- Circle the arms round
- 2nd Arabesque
- Back to the Arabesque Taps – or take a little shake out
- Let's add Épaulement, a slight twist in the upper back

Layer 2

- This is hard work for your legs
- Feel the opening through the front of your chest, lift proudly
- Fondu on the supporting side
- Feel the line from your fingertips to the back hand
- Create the line, slight twist in the back

03. SEÑORITA 5:45mins

ARABESQUE TAP IN FONDU – 1ST ARABESQUE

Layer 1

- Let's circle back to 1st Position
- Circle to 1st Position
- Rotating again, 1st Arabesque
- Rotate in the arms, look to the palm

Layer 2

- If it feels good, you can look down the arm to your open palm
- Does that feel graceful?
- If it feels good, look towards the back palm
- Keep the headlights shining towards the corner
- Feel the work in the obliques



ATTITUDE DEVANT, 1ST ARABESQUE

Layer 1

- Attitude Devant
- Hand to your hip, circle the arm up and around
- Back to 1st Arabesque
- Hold
- Fondu the knee
- And then lift the leg off
- Attitude Devant, brush the leg through, front arm lifts to 5th Position
- Then extend to 1st Arabesque

Layer 2

- If you need to, you can keep that leg down, but then work the Fondu
- In our Spanish line, you want to feel both glutes work and then the obliques
- Let's add Épaulement – slight twist in the upper body, looking towards the corner to create that beautiful line
- Stay on a Fondu, knee over toes



ATTITUDE DEVANT, 1ST ARABESQUE PULSE

Layer 1

- Spanish line – Attitude Devant
- Can you pulse your Arabesque?
- Through to Attitude Devant
- Pulse in the Arabesque
- Lift, lift, lift
- One more and then we're swapping to the other side – up, up, up, change over, left leg lifts

Layer 2

- And give it the attitude!
- How many times can you pulse... 1, 2, 3?
- Let's try it again... how about 4?
- Challenge yourself
- Find your balance
- Squeeze the glute in the Arabesque line
- Let's challenge it – lift a little higher if you can; how many lifts?
- Let's go for 4!



04. PEAK

TRACK FOCUS

I want my participants to feel confident and successful with whatever option they choose, that this tough cardiovascular workout is playful, joyful and fun!

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	1½x8		Set up 1 st Position, HOH	12	
0:06	C / Everybody	2x8	A	1st Position Relevé, HOH	1	16x
0:14	C / _ Everybody	2½x8	B	Échappé Relevé 2nd Position, HOH L&R Échappé 2 nd Position Repeat R ↓ Option: 1 st Position Relevé	1 2	5x
0:24	Instr	4x8	C	Changement, HOH L&R ↓ Option: Échappé Relevé 2 nd Position, L&R ↓↓ Option: 1 st Position Relevé	2	16x
0:40	V1 / Don't dont	2x8	D	Pas de Bourrée, Retiré, HOH L&R (Slow) Step R foot behind L Step L foot out to 2 nd Position on Demi Pointe Step R foot in front of L Retiré L, L foot lifts Repeat R ↓ Option: Perform Pas de Bourrée on the flat, no Demi Pointe	2 2 2 2 8	
0:48	V2 / Stop , don't stop	2x8	D ¹	Pas de Bourrée, Retiré with Port de Bras L&R (Slow) Step R foot behind L, arms to 1 st Position Step L foot out to 2 nd Position on Demi Pointe Step R foot in front of L, arms to Bras Bas Retiré L, L foot lifts, arms to Open 4 th Position, R arm O/H Repeat to R	2 2 2 2 8	
0:56	C / _ Everybody	4½x8	D ²	Pas de Bourrée Retiré with Port de Bras L&R (Fast) ↑ Option: Retiré Relevé	8	4½x
1:15	Instr	2x8	A	1st Position Relevé, HOH	1	8x
1:19	Instr	2x8	B	Échappé Relevé 2nd Position, HOH L&R (Fast) ↓ Option: 1 st Position Relevé	4	3x
1:25	V3 / sing	4x8	C	Changement, HOH L&R ↓ Option: Échappé Relevé 2 nd Position ↓↓ Option: 1 st Position Relevé	2	22x
1:47	C / _ Everybody	4½x8	D ¹	Pas de Bourrée Retiré with Port de Bras L&R (Fast) ↑ Options: Retiré Relevé or Retiré Sauté ↑↑ Option: Arms to Open 4 th Position, cross F and down ↓ Option: Perform Retiré on the flat, no Demi Pointe	8	4½x



04. PEAK

MUSIC				EXERCISE	CTS	REPS
2:05	Instr	6x8	C	Changement, HOH L&R ↓ Option: 1 st Position Relevé ↘↘ Option: Échappé Relevé 2 nd Position	2	24x
2:29	C / _ Everybody	7½x8	D¹	Pas de Bourrée Retiré with Port de Bras L&R (Fast) ↑ Option: Retiré Développé à la Seconde with Sauté ↗↗ Option: Arms to Open 4 th Position, cross F and down ↓ Option: Perform Retiré on the flat, no Demi Pointe	8	7½x

04. MOVE YOUR FEET 3:01mins

TEACHING TIPS

Our cardio Peak is another simple but technical track: a repeating single-movement block and a simple combination. Participants can choose the option that feels best for their bodies as they increase move through fast-paced, high-volume repetitions. A playful, joyful combination of Pas de Bourrée and Retiré breaks up the blocks of tough work, offering participants the opportunity to keep their heart rates high but stay motivated by the delight of dancing. They will feel successful – and want to experience this amazing Peak track again – when they clearly understand the basic technique of each movement and whatever options they choose!

So, prepare the track first by practising your own Technique until you can role-model it safely and with poise throughout the track, then developing single-word, simple and clear Coaching cues to help your participants feel the same confidence. Ensure that each Relevé, Échappé Relevé, or Changement uses a soft Plié with both heels down to push off and to land – and that you roll through the whole foot to push off the floor to fully pointed toes to work the lower limbs, then roll back down toe-ball-heel to cushion the knees as you land. Focus on Foundation Posture, recruiting those muscles responsible throughout to stay upright and in control throughout the combination – especially as you fatigue or try the more challenging options.

As you practise, refine your Layers of Coaching to assist your participants in achieving what they want from this Peak track. Remember to take time to pause, look, see and respond to your participants' needs.

COACHING CUES

1ST POSITION RELEVÉ

Layer 1

- Your first option is to Relevé
- Up and down, up-down, up-down
- Lift up on the balls of your feet
- Land in a little Plié
- So are you Relevé-ing?

Layer 2

- We're challenging ourselves again
- Last little bit, really lift the heart rate high
- Work whatever option, own it – let's go!

ÉCHAPPÉ RELEVÉ 2ND POSITION

Layer 1

- If you want more, you can Échappé Relevé
- From 3rd up to 2nd and back into 3rd on the other side

Layer 2

- Or Échappé Relevé?

CHANGEMENT

Layer 1

- If you want more intensity, you can Changement
- Cut out the 2nd in between
- Land softly
- Keep that Ballet posture – feel your glutes really squeeze, brace your core, shoulders back and down

Layer 2

- Or Changement?
- Lift the heart rate
- Feel that work!
- So good!
- We're activating so many endorphins; endorphins make you happy

PAS DE BOURRÉE RETIRÉ

Layer 1

- New move – step behind, side, front, lift to Retiré
- Back, side, front, lift





04. MOVE YOUR FEET 3:01mins

PAS DE BOURRÉE RETIRÉ WITH PORT DE BRAS

Layer 1

- Let's add an arm, Open 4th Position
- And when you're ready, Relevé in your Retiré
- Let's double time – back, side, front, Retiré
- Back to the Pas de Bourrée – back, side, front, lift
- If you want to lift your heart rate even more, jump
- Plié when you land
- If you want more in the Pas de Bourrée, full circle with the arms
- Back into the combination
- Final option: Développé à la Seconde – unfold the leg

Layer 2

- Back, side, front, Retiré – keep saying this pattern in your head
- Come back to Retiré whenever you need to
- Let's just move our bodies
- Feeling good!





05. STRENGTHEN

TRACK FOCUS

I want my participants to feel their posterior chain and core muscles engaging to provide them with stability, strength and control.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	Set up 1 st Position, one weight plate in each hand, arms down, palms F	32	
0:15	V1 / All the	4x8	A 1st Position Demi Plié with Pullback Arms Demi Plié, tip torso F, plates lift B, palms down Straighten legs, lift torso, lower arms to side, palms F	4 4	4x
0:31	C / Roots down	7x8	A ¹ 1st Position Demi Plié Pulse with Pullback Arms 3x Demi Plié Pulse, tip torso F, plates lift B, palms down Straighten legs, lift torso, lower arms to side, palms F	6 2	7x
1:02	Rep / Root	6x8	A ² 1st Position Demi Plié Pulse with Pullback Arms, 1st Position Grand Plié 3x Demi Plié Pulse, tip torso F, plates lift B, palms down Grand Plié, arms F to 1 st Position ↓ Option: Demi Plié, arms F to 1 st Position	6 2	6x
1:22	V2 / One thing	8x8	A ³ 1st Position Demi Plié Pulse with Pullback Arms, 1st Position Grand Plié, Relevé 3x Demi Plié Pulse, tip torso F, plates lift B, palms down Grand Plié, arms F to 1 st Position Relevé, arms F to Open 5 th Position Lower heels, arms F to 1 st Position to Bras Bas	6 2 4 4	4x
1:52	C / Roots down	8½x8	A ⁴ 1st Position Demi Plié Pulse with Pullback Arms, 1st Position Grand Plié, Relevé with Port de Bras 3x Demi Plié Pulse, tip torso F, plates lift B, palms down Grand Plié, arms F to 1 st Position Relevé, arms F to Open 5 th Position Arms to 5 th Position Arms to Open 5 th Position Lower heels, arms F to 1 st Position to Bras Bas Last 4cts, HOLD 1 st Position, arms down, palms F Pause in silence	6 2 2 2 2 2 4	4x
2:26	Rep / Roots	8x8	A ⁴ 1st Position Demi Plié Pulse with Pullback Arms, 1st Position Grand Plié, Relevé with Port de Bras	16	4x

05. ROOTS 3:03mins

TEACHING TIPS

This track is truly all about 'putting down roots' for strong, safe, beautiful posture by increasing strength and control in the posterior chain and core muscles. The simplicity of the movements requires us to maintain Foundation Posture alignment using the muscles of our back body and core. The addition of arm movements with plates forces us to quickly activate and fight to maintain engagement of all those big and little muscles surrounding our spine and torso, which improves our stability and control.

Build your Layers of Coaching to help your participants understand each component of Foundation Posture, then feel it working for themselves. For Layer 1, use clear and simple cues of Position and Execution, clarity of Body Part and Direction, as well as options to allow them to feel their strength while finding Foundation Posture. For Layer 2, use cues that encourage your participants to keep working their posterior and core muscles more deeply and consistently, and Educate them about the benefits while celebrating their efforts.

Explore using imagery to help them connect with and use their muscles better. Develop a variety of descriptive words that you can use to help them connect with the feeling in their bodies more. Or simply try using the word 'feel' more often in your cues! This helps them to not only make that mind-body connection but also motivates them, because feeling their muscles working makes them feel successful! What are some creative or insightful ways you can use to help your participants make a mind-body connection with their muscles?

COACHING CUES

1ST POSITION DEMI PLIÉ WITH PULLBACK ARMS

Layer 1

- Plié 'Cobra' from 1st Position
- Brace the core
- Tip forward from the hips
- Squeeze your shoulder blades together behind you
- Lower down, lifting the plates back and together

Layer 3

- Feel the glutes squeeze on the way down and really firmly on the way up



1ST POSITION DEMI PLIÉ PULSE WITH PULLBACK ARMS

Layer 1

- Let's pulse it – 3, 2, 1, and rise
- 3, 2, 1

Layer 2

- Keep the squeeze between the shoulder blades really tight
- Chest is lifted
- Can you make your neck even longer, so that you're just glancing up at us under your eyelashes? Sultry like!

1ST POSITION DEMI PLIÉ PULSE WITH PULLBACK ARMS, 1ST POSITION GRAND PLIÉ, RELEVÉ

Layer 1

- Let's add on with a 1st Plié
- 3 Pulses – and hold the Plié
- 3, 2, 1 – and catch
- You can stay in Demi Plié or lift the heels, full Plié

Layer 2

- But feel those muscle fibers grab as you catch!





05. ROOTS 3:03mins

**1ST POSITION DEMI PLIÉ PULSE WITH
PULLBACK ARMS, 1ST POSITION GRAND PLIÉ,
RELEVÉ WITH PORT DE BRAS**

Layer 1

- Let's add on to the sequence – 3 Pulses, 1 Plié, now Relevé, lift the arms to Open 5th and back down
- Pulse, Pulse, Pulse, catch, rise to open, back through 1st Position
- Let's add onto the arm combo
- From Open 5th – close, open, close
- 3, 2, 1, catch – open, close, open
- That's the whole sequence, all you have to learn – we're here 'til the end
- Make sure you can still see the plates just in front of your head if you glance up
- Hold in your 'Cobra'

Layer 2

- Catch the Plié
- Lift up very high onto the balls of your feet, and start to feel the work up your legs as you squeeze high up
- 3, 2, 1, catch! Rise and fall
- Now own the sequence!
- Feel the squeeze



06. POWER

TRACK FOCUS

I want my participants to find a mind-body connection with their posterior chain to challenge and bring intensity to the back body so they can work those muscles their hardest and celebrate a serious burn!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up 1 st Position, one weight plate in each hand Tendu Derrière L, lift R leg to Attitude Derrière, Fondu L knee, plates at sides, palms F	16	
0:09	V1 / Intuition	8x8	A Attitude Derrière with Fondu L Attitude Derrière with Fondu L, bend knees, plates at sides, palms face F Straighten R leg ↓ Option: L toes on floor	2 2	16x
0:40	PC / I was	4x8	B Arabesque, Attitude Derrière in Fondu L (Slow) Extend legs to Arabesque L, arms F to Open 5 th Position, palms F Bend knees, Attitude Derrière in Fondu L, arms F to 1 st Position	8 8	2x
0:55	C / Me	4x8	B ¹ Arabesque, Attitude Derrière in Fondu L (Fast) ↓ Option: L toes on floor	8	4x
1:11	Instr	8x8	C 90°/90° Lunge Pulse with Microcircles R 16x 90°/90° Lunge Pulse R, arms to the side, circle F 16x 90°/90° Lunge Pulse R, arms to the side, circle B ↑ Option: Heel Lift R	2 2	
1:42	V2 / Evils	1x8	Set up 1 st Position, Tendu Derrière R, lift L leg to Attitude Derrière, Fondu R knee, plates at sides, palms F	8	
1:46	V2 / Twice	7x8	A Attitude Derrière with Fondu R ↓ Option: R toes on floor	16	14x
2:13	PC / I was	4x8	B Arabesque, Attitude Derrière in Fondu R (Slow)	8	2x
2:28	C / Me	4x8	B ¹ Arabesque, Attitude Derrière in Fondu R (Fast) ↓ Option: R toes on floor	8	4x
2:44	Rep / Me	2x8	1st Position Relevé Lift heels, arms F to 5th Position Lower heels, step R foot B, arms open wide and down at sides	12 4	
2:51	Instr	8x8	C 90°/90° Lunge Pulse with Microcircles L (F+B)	64	
		1x8	1 st Position, arms at sides, palms F	8	

06. FIRE IN ME 3:39mins

TEACHING TIPS

Can you feel the squeeze? Can you feel the difference? Can you feel every muscle from your toes to fingertips? Can you feel the work? Can you feel the burn?! Our focus this track, for ourselves and our participants is to answer these questions with a resounding “YES” (or an “ouch” works too)!

One way this release is designed to amplify the posterior chain training – and the feeling of burn – is through the development of new and improved mind-body connection. When we are conscious of which muscles we’re activating and challenged in fresh ways about holding that muscle engagement, our mind-body connection allows us to work those muscles harder. This connection gives participants a feeling of control over their workout, plus the burn let’s them know they’ve achieved something stupendous – so it’s serious motivation!

Start with yourself: take time to practise the sequences in this track, focusing on connecting your mind with your muscles. Ask yourself which muscles are working in your body and where/ how you feel that work. Then, explore each movement: how you can shift the work more deeply into specific muscles or engage your body differently for a different muscle feel? Ask yourself what words or concepts come to mind if you had to explain these muscle activations to others or encourage them to feel the work more.

Use your own experience and turn those physical sensations, descriptive images, or 'feeling' words into Layer 2 Coaching cues. Remember to pick just one or two cues per class, so that you remove clutter from your script and keep them focused – the less you say, the more your participants have time/space to actually concentrate on and find their own mind-body connection. And once you’re experiencing it together – don’t forget to celebrate the beautiful burn that’s shaping strong, poised posture!

COACHING CUES

ATTITUDE DERRIÈRE WITH FONDU

Layer 1

- Step right leg back, lift to an Attitude Derrière
- Down and up, down and up
- You’re Fondu-ing your standing leg
- If you need to, keep your right toes touching down until you find your balance
- Square the hips to the front and really work the glutes, both glutes
- Make sure your knee is pressing out over your toes
- Down and up, down, up

Layer 2

- Feel the squeeze in your back body
- In your Attitude Derrière, try to lift the knee and then squeeze the glute to keep it there
- Can you feel the difference? I can!
- Pull the plates back and together
- Work that posterior chain! We want beautiful posture

ARABESQUE, ATTITUDE DERRIÈRE IN FONDU

Layer 1

- Let’s extend everything out – all the limbs
- Extend away and then tuck everything back in; it’s all bent
- Extend away – back foot can touch down if it needs to – and return
- A little faster – out and in, out, out, in, in
- Let’s extend away
- Arms to 1st Position, bend the knee – and extend away and bend
- A little faster – out and in

Layer 2

- Everything extends as long as possible
- Now work all four limbs, to the points of your toes and to the ends of your fingertips!





06. FIRE IN ME 3:39mins

1ST POSITION RELEVÉ

Layer 1

- Hold here; take a Relevé

Layer 2

- Big breath in

90°/90° LUNGE PULSE WITH ARM CIRCLES

Layer 1

- Take a long step back to Lunge
- Microcircles with Pulses
- If you want to lift the front heel, you can come to a Carousel Lunge
- Just check that your knee is just above your ankle
- Change direction with the plates; little circles back
- Lunges; left leg back; Microcircles
- Change direction with the arms

Layer 2

- That's right!
- Squeeze your hips and your glutes together; feel the work!
- Pulse in the bottom range; stay low
- If you want to lift that heel off the floor, that's going to work your stabilizers even more
- Squeeze between the shoulder blades
- Oh, that's so tough!
- Squeeze your hips together
- Feel the work – that's the burn!



07. ESCAPE

TRACK FOCUS

I want my participants to feel total freedom: freedom to choose the option that makes them feel the most competent and successful, so they can experience freedom to express themselves with the music.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2¾x8	Set up 1 st Position, HOH	18	
0:10	V1 / _ And another	8x8 A	2nd Position Plié, Retiré, Arabesque, Attitude Derrière HOH (Slow) L&R 2 nd Position Plié, step L foot out to side 1 st Position, step R foot in Retiré L, L foot lifts 1 st Position, HOH Arabesque L, R leg lifts facing L diagonal 1 st Position, facing front Attitude Derrière R, R leg lifts facing L diagonal 1 st Position, facing front Repeat R	4 4 4 4 4 4 4 4 4 32	
0:40	PC / _ You	12x8 A ¹	2nd Position Plié, Retiré, Arabesque, Attitude Derrière HOH (Fast) L&R 2 nd Position Plié, step L foot out to side 1 st Position, step R foot in Retiré L, L foot lifts 1 st Position Arabesque L, R leg lifts facing L diagonal 1 st Position, facing L diagonal Attitude Derrière R, R leg lifts facing L diagonal 1 st Position, facing front Repeat R	2 2 2 2 2 2 2 2 2 16	3x
1:24	C / I've got	4x8 B	2nd Position Plié Pulse with Cambré, Port De Bras L&R 4x Plié Pulse, Cambré L arms to 5 th Position, arms cross F and down, open to 2 nd Position 4x Plié Pulse, Cambré R arms to 5 th Position, arms cross F and down, open to 2 nd Position	8 8	2x
1:39	V2 / _ And now	20x8 A ²	2nd Position Plié, Retiré, Arabesque, Attitude Derrière with Port de Bras L&R (Fast) 2 nd Position Plié, arms to 2 nd Position 1 st Position, arms to Bras Bas Retiré, arms wide to 5 th Position 1 st Position, arms cross F and down to Bras Bas Arabesque L, arms to 1 st Arabesque 1 st Position, arms stay in 1 st Arabesque Attitude Derrière R, arms lift to Open 5 th Position 1 st Position, arms to Bras Bas Repeat R ⬆ Option: After 1½ reps, Attitude Derrière Relevé ⬆⬆ Option: After 3 reps, Glissade instead of 2 nd Position Plié ⬆⬆⬆ Option: After 3½ reps, Sissonne instead of Arabesque	2 2 2 2 2 2 2 2 2 16	5x



07. ESCAPE

MUSIC				EXERCISE	CTS	REPS
2:53	Instr	4x8	B	2 nd Position Plié Pulse with Cambré, Port de Bras L&R	16	2x
3:08	C / I've got	16x8	A ²	2 nd Position Plié, Retiré, Arabesque, Attitude Derrière with Port de Bras L&R (Fast)	32	4x
4:07	Outro / I've got	2x8	B	2 nd Position Plié Pulse, with Cambré, Port de Bras L&R	16	

07. ELASTIC HEART 4:21mins

TEACHING TIPS

From its steady rhythm or pulse like a heartbeat... to its multi-dimensional musical sounds and soaring harmony... to its raw, emotionally expressive lyrics, the music utterly shapes, defines and centers this Escape track. Connecting with the music will allow your participants to feel the freedom of expressing themselves, exactly how they feel in the moment. That total freedom to experience the joy of dancing delivers the endorphin-releasing, motivating magic of LES MILLS BARRE!

To feel the freedom to express themselves with the music, your participants first need to feel competent and confident. Script primarily Layer 1 for this track to get them on board with the movement sequences and options. Use single-word, repeating cues to clearly set the movement sequence in your participants' minds/memory – and use inclusive language and Praise to provide options and give them a feeling of success. Avoid the clutter or distraction of too much Layer 2!

Your participants need to feel invited to express themselves authentically and freely. Avoid excess 'fluff' words in Layer 1 and simplify Layer 2! Script lots of time for Layer 3: Shut Up and Perform, where you use silence to let them tune into the song. Invite them to make the music their own and explore the emotions or dynamics in it – and then show them exactly what you mean by delivering a vulnerable, expressive Performance yourself.

What steps can you take to understand and connect with the meaning of the song? Where are the moments during the track that you can Shut Up and just let the music play?

COACHING CUES

2ND POSITION PLIÉ, RETIRÉ, ARABESQUE, ATTITUDE DERRIÈRE

Layer 1

- Step out with our right leg to a 2nd Plié, step in; Retiré right foot, Arabesque left leg, now Attitude
- Other direction: Plié left, Retiré left, Arabesque right, Attitude right
- Double time: Plié, Retiré, Arabesque, Attitude
- Step wide, lift the front foot up, stretch the back leg out, and then bend it
- Plié, lift, extend, bend and hold
- This is the whole sequence

Layer 2

- Posture upright
- Squeeze the glutes
- Feel the beautiful pride in your upper body and all the work in your lower body

2ND POSITION PLIÉ PULSE WITH PORT DE BRAS

Layer 1

- Step out to 2nd Position and pulse
- Arms come up, cross in front of the face
- 90 degrees with the knees
- Back to our Plié in 2nd Position
- Pulse, Pulse
- Back to your Plié Pulse

Layer 2

- A little active recovery – take a deep breath
- Bring everything back into your center





07. ELASTIC HEART 4:21mins

2ND POSITION PLIÉ, RETIRÉ, ARABESQUE, ATTITUDE DERRIÈRE WITH PORT DE BRAS

Layer 1

- Watch for the Port de Bras
- Plié, circle the arms, 1st Arabesque, and a little lift
- Circle, reach, and lift
- Give it a go for yourself; see how it feels
- Once you're comfortable with the sequence, add a Relevé on your attitude – hold!
- We have two jump options in this track – the first is a Glissade instead of the Plié – jump, Retiré, Arabesque, Attitude
- Other side, let's add a Sissonne
- Jump off both legs, Plié to land

Layer 2

- There we go!
- Those are your jump options – play around with them and see how they feel
- All the work is in the lower body – quads and glutes
- Back to the combo, choose your option: Glissade or Plié, Retiré, Sissonne or Arabesque, then Attitude
- You've got the sequence – now listen to the music differently: can you hear something in the way she's singing? Is there a linger or is it powerful? Make your choices! Play with your dynamics today.
- Find breath. Find strength!





08. BURN

TRACK FOCUS

I want my participants to engage and strengthen their stabilization muscles by using abdominal and glute activation to maintain correct hip/spine alignment.

MUSIC			EXERCISE	CTS	REPS
0:00	Intro	12x8	Set up mat to horizontal, Plank Pose facing front, legs together	96	
0:31	Rep / Yoh	4x8	Plank Pose with Side Leg Extension L&R Open L leg out to L side Plank Pose Open R leg out to R side Plank Pose ↓ Option: On knees	2 2 2 2	4x
0:41	V1 / Bam	8x8	A Firefly with Leg Extension L&R Firefly L, L knee to L elbow Extend L leg B off the floor Firefly L, L knee to L elbow Plank Pose Repeat R ↓ Option: On knees	4 4 4 4 16	2x
1:02	C / All the	8x8	A ¹ Firefly, Scorpion L&R Firefly L, L knee to L elbow Scorpion, L leg B, bend L knee, press heel up Firefly L, L knee to L elbow Plank Pose Repeat R ↓ Option: On knees	4 4 4 4 16	2x
1:22	Rep / Yoh	4x8	Lie supine facing L side, legs extend to 45°, arms wide, palms up	32	
1:32	V2 / Si bebe	8x8	B Aerial Changement L&R Cross straight legs L&R ↓ Option: Legs extend to vertical	4	16x
1:53	C / All the	8x8	B ¹ Aerial Changement with 5th Position Arms L&R ↓ Option: Arms wide, palms up	4	16x
2:13	Rep / Yoh	8x8	Frog Pulse Bend knees wide, feet together, reach hands to feet, curl up Lower halfway down ↓ Option: Toes on floor	2 2	16x

08. BAILA CONMIGO 2:46mins

TEACHING TIPS

Who says serious core burn has to feel... well... serious?! This breezy, playful track motivates participants to work hard on stabilizing with their core and glute muscles – by keeping that work lighthearted and fun!

Set up correct alignment from the start with simple, clear Layer 1 cues – the upper back/ shoulder activation, ab brace, and glute squeeze necessary for this alignment and muscle activation to hold that position. Then use Layer 2 to follow up with reminders and 'feel' cues that encourage participants to check in with their alignment and use active, continual muscle engagement to hold alignment.

What we say and how we say it plays an important role in team-teaching with the music. We can motivate them through this core Burn by channeling the fun and sassiness of this awesome track in our cues. As you script, consider what word choices match the music's feel. How can you change your voice to match the feeling of the music as you coach throughout the track?

Get creative, get silly, play around and bring some 'serious fun' to your class!

COACHING CUES

PLANK SET-UP

- Come down to the floor
- Shoulders in line with your hands
- Brace your abs
- Squeeze your glutes
- Keep your hips level

PLANK WITH SIDE LEG EXTENSION

Layer 1

- Extend the leg out – out, in, out, in
- Only go as far as you can, keeping your hips square

FIREFLY WITH LEG EXTENSION

Layer 1

- Firefly – knee comes to the elbow, extend, back in, touch down
- Other leg

Layer 2

- Lengthen your spine, stay level in the hips and shoulders
- Great strength training!
- Squeeze your glutes



FIREFLY, SCORPION PRESS

Layer 1

- Turn that leg extension into a Scorpion
- Squeeze, and lift the heel high in between your Fireflies
- Firefly, Scorpion, Firefly and back

Layer 2

- Keep your hips level and don't lift them in the Scorpion Press
- Abs braced
- We want to really target those glutes!



AERIAL CHANGEMENT

Layer 1

- Roll onto your back
- Extend the legs to 45 degrees
- Press your lower back towards the floor
- Beat the legs, cross, cross
- If you feel your lower back arch, lift the legs a little higher

Layer 2

- Stretch every muscle in your legs
- Keep the beat going
- If you want a little more, let's go deeper – and why not add the arms to 5th Position?!
- Brace the core

FROG PULSE

Layer 1

- Toes together and Frog Pulse
- Knees are wide, pulse the arms up and through
- Tuck in the chin, keeping the shoulder blades off the floor the whole time
- Slide ribs in towards hips
- Last one, hold up

Layer 2

- Nasty little sting in the tail
- Now, can you lift your tail bone off the floor as well, to hit those lower abs?



BONUS

05. STRENGTHEN

TRACK FOCUS

I want my participants to feel strong and successful because they are seeing, hearing and choosing the right options for their bodies during this tricky posterior chain track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	3x8	Set up 1 st Position, one weight plate in each hand, arms down, palms F Retiré L, L foot lifts, arms to 1 st Position		16 8	
0:15	V1 / _ Hit hard	2x8	A	Développé Derrière in Fondu L Développé Derrière L, bend R knee Retiré L, L foot to knee	4 4	2x
0:24	V2 / _ Run fast	2x8	A ¹	Développé Derrière in Fondu and High 'V' Arms L Développé Derrière L, bend R knee arms lift F to High 'V' Arms, palms F Retiré L, L foot to knee, arms to 1 st Position ↓ Option: Toes to floor	4 4	2x
0:33	PC / Work	2x8	A ²	Développé Derrière with Fondu Pulse and High 'V' Arms L Développé Derrière with 3x Fondu Pulse, arms lift F to High 'V' Arms, palms facing down Retiré L, L foot to knee, arms to 1 st Position Last rep, close L foot behind R, 3 rd Position R, plates together at chest, elbows in	6 2	2x
0:42	C / Girl gang	4x8	B	Échappé Relevé 2nd Position L&R Échappé Relevé 2 nd Position 3 rd Position L, R foot behind L Repeat R ↓ Option: 1 st Position Relevé ↑ Option: Changement	1 1 2	8x
1:00	Ref / Fight	2x8	B ¹	Échappé Relevé 2nd Position with Arm Combo L&R Échappé Relevé 2 nd Position, press plates together O/H 3 rd Position L, R foot behind L, plates together at chest, elbows in Repeat R 2x Échappé Relevé 2 nd Position L&R, circle arms O/H, wide and down	1 1 2 4	2x
1:09	Br / (Instr)	1½x8		Set up Retiré R, R foot lifts, arms to 1 st Position	4	
1:11	V3 / _ I run	2x8	A	Développé Derrière in Fondu R	8	2x
1:20	V4 / _ See now	2x8	A ¹	Développé Derrière in Fondu and High 'V' Arms R	8	2x
1:28	PC / Work	2x8	A ²	Développé Derrière with Fondu Pulse and High 'V' Arms R	8	2x
1:37	C / Girl gang	4x8	B	Échappé Relevé 2nd Position R&L	4	6x
1:51	Ref / Fight	2x8	B ¹	Échappé Relevé 2nd Position with Arm Combo R&L	8	3x



BONUS

05. STRENGTHEN

MUSIC				EXERCISE	CTS	REPS
2:04	Instr	2x8	C	Grand Battement à la Seconde L&R 4x Grand Battement à la Seconde L, plates together at chest, elbows in Repeat R ⬇ Option: Glissé à la Seconde ⬇⬇ Option: Tendu à la Seconde	8 8	
2:13	QC / Girl gang	10x8	C ¹	Grand Battement à la Seconde with Arm Combo L&R 2x Grand Battement à la Seconde L, press plates together O/H 1 st Position, press plates together at chest, elbows in 2x Grand Battement à la Seconde L, circle arms O/H, wide and down Repeat on R ⬆ Option: After 2 reps, Grand Battement à la Seconde with Relevé ⬆⬆ Option: After 4 reps, only 1 Grand Battement held with Arm Circles	1 1 4 8	5x

BONUS

05. GIRL GANG 3:00mins

TEACHING TIPS

It's a sure thing... we're taking over the world – because LES MILLS BARRE gives us the strength and stability to tear it apart, the grace and power to reign! How fierce and empowering are the lyrics and sounds of this song – and the challenging back body training moves?! Our goal is for our participants to end this track feeling those motivating vibes of total strength, from the inside to the outside – control and confidence.

When participants feel encouraged to choose whatever they want, they feel in control of their workout. When they can control the workout by choosing the option that keeps them stable and strong, they can actually engage their muscles to "work, work, harder, harder". Having control over their workout and experience the strength, stability and challenge for themselves delivers an amazing feeling of confidence. That rewarding, successful feeling is what keeps them coming back... to join your 'LES MILLS BARRE gang' for good.

The first step towards giving participants control and confidence is to offer the options. Know what each option is in this track, and script welcoming, Layer 1 cues that provide those options straight away. The next step is to actually perform the option that's right for each individual class. Doing the same option that your struggling participants need encourages them that it's a stellar option to choose – because hey, you're choosing it too! Start looking out, honestly evaluating what they need, and joining them in their workout. Finally, script and deliver lots of Layer 2: Praise to cheer on your participants' autonomy and help them feel successful in the work. Can you look out in the room and deliver specific, sincere Praise that truly resonates with your class?

COACHING CUES

DÉVELOPPÉ DERRIÈRE IN FONDU

Layer 1

- 1st Position
- Lift your right leg off the floor, Retiré
- Extend to Arabesque – out, out, in, in
- Fondu, knee over toes
- Touch down if you need to
- Extending to Arabesque, back in

Layer 2

- Find control by anchoring on your supporting side

DÉVELOPPÉ DERRIÈRE IN FONDU WITH HIGH 'V' ARMS

Layer 1

- Extend the arms forward
- Plates in front of the face
- Squeeze the shoulder blades together
- Brace the abs
- Extend the plates

Layer 2

- Forward in front of the face



DÉVELOPPÉ DERRIÈRE WITH FONDU PULSE WITH HIGH 'V' ARMS

Layer 1

- Triple pulse – 3, 2, 1

Layer 2

- Squeeze your glutes

ÉCHAPPÉ RELEVÉ 2ND POSITION

Layer 1

- Échappé Relevé – close behind
- Out, in, out, in
- Plié to land
- Option: Come to 1st Position – just work your Relevé
- Or if you want to lift your heart rate, let's Changement
- Back to your Échappé or Changement

Layer 2

- Option: Relevés in 1st Position or go for the jump
- Press your heels down and Plié when you land



BONUS

05. GIRL GANG 3:00mins

ÉCHAPPÉ RELEVÉ 2ND POSITION WITH ARM COMBO

Layer 1

- Arm sequence – 2 presses, 1 controlled circle
- Press, press, circle
- Come to the other side
- Let's add the arms – 2 presses, 1 circle

Layer 2

- You've got it – take it away!



GRAND BATTEMENT À LA SECONDE

Layer 1

- 4 Grand Battements à la Seconde
- Out, in
- Other side

Layer 2

- Keep the hips square

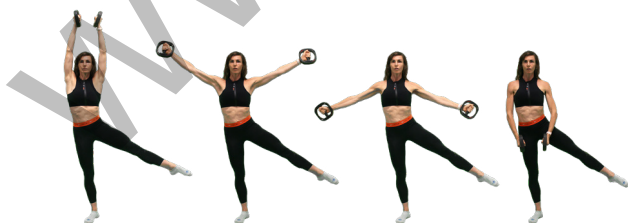
GRAND BATTEMENT À LA SECONDE WITH ARM COMBO

Layer 1

- Add the same arm combo – press, press, circle
- This is your combo to the end

Layer 2

- You've got it!
- Feeling strong, add a Relevé
- Up, down, up down – circle
- Plié when you land
- Final challenge – can you hold on the 3rd rep?





BONUS

05. STRENGTHEN

TRACK FOCUS

I want my participants to connect their brains with their bodies and feel the weight transference in their lower body, so they can train for more responsive muscles and better balance/control.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	6x8		Set up band around legs. Cross the band at the back, bring handles F, thread handle A through handle B, then handle B back through handle A. One weight plate in each hand, feet 1 st Position ↓ Option: No band	48	
0:25	V1 / Aê juremè	4x8	A	Tendu en Croix with Tendu Tap Derrière, Plates to Chest L&R (Slow)		
				Tendu Devant L, plates to chest	2	
				1 st Position	2	
				Tendu à la Seconde L	2	
				1 st Position	2	
				Glissé Derrière L	2	
				Tap L foot to floor	2	
				Lift L foot	2	
				1 st Position	2	
				Repeat R	16	
0:40	Instr / (B up)	4x8	A ¹	Tendu en Croix with Tendu Tap Derrière with Port de Bras L&R (Slow)		
				Tendu Devant L, arms to 1 st Position	2	
				1 st Position	2	
				Tendu à la Seconde L, arms to 2 nd Position	2	
				1 st Position	2	
				Glissé Derrière L, arms lift to Open 5 th Position	2	
				Tap L foot to floor	2	
				Lift L foot	2	
				1 st Position, arms to Bras Bas	2	
				Repeat R	16	
0:55	Instr	10x8	A ²	Tendu en Croix with Tendu Tap Derrière with Port de Bras L&R (Fast) ↑ Option: Glissé en Croix		5x
1:33	V2 / Aê juremè	1x8		Set up Attitude Derrière L, arms down, palms F	8	
1:37	V2 / Folha	3x8	B	Attitude Derrière with Fondu L		6x
				Attitude Derrière with Fondu L, bend knees, arms to Demi 2 nd Position, palms F	2	
				Straighten R leg	2	
				↓ Option: L toes to floor		
1:48	Instr / (B up)	1x8		Set up Attitude Derrière R, arms down, palms F	8	
1:52	Instr / (B up)	3x8	B	Attitude Derrière with Fondu R	4	6x
				Last rep, 1 st Position, plates to chest		
2:03	Instr	4x8	C	Tendu à la Seconde Combo, plates at chest		
				4x Tendu à la Seconde L, plates at chest	8	
				4x Tendu à la Seconde R,	8	
				2x Tendu à la Seconde L	4	
				2x Tendu à la Seconde R	4	
				2x Tendu à la Seconde L&R	8	
2:18	Instr / (Voice)	4x8	C ¹	Tendu à la Seconde Combo, 2nd Position Arms	32	
2:33	Instr / Aê	4x8	C ²	Tendu à la Seconde Combo, Open 5th Position Arms	32	
2:48	Outro / (Fade)	1½x8		Finish in 1 st Position, arms to Bras Bas	12	

BONUS

05. LATIDO 3:06mins

TEACHING TIPS

The movements may be basic, but the challenge is next level in this Bonus Strengthen track – it's like a tongue twister for your brain and lower body. Quick, complex and relentless movement sequences engage the brain and require weight transference from leg to leg, training our brain and body to develop better connection. This mind-body connection training benefits us with more responsive muscles and better control – these are functional training results that benefit us every day and contribute to our athletic performance. The addition of the optional band helps participants recruit more muscle fibres throughout the track, so it's a great way to ensure they're still strengthening and sculpting their bodies as well as their brains!

Notice how Summer uses primarily in Layer 1 throughout this track with attention to pre-cueing. She delivers clear and simple Body-Part Direction and Timing cues, plus gives an advance warning before quick changes in the choreography. This ensures that her participants can follow the sequences and transitions without getting lost. Notice the way she also sticks with just one focus for the (little) Layer 2 she coaches during the first half of the track, the feeling of lightness on the feet and concept of transferring weight. This focus sets participants up for success as they train for control and balance during all the quick-moving, quick-changing sequences!

Deliver this track with a lighthearted, fun spirit and lots of smiles. At first, this could feel difficult and confusing – so use your powers of connection and motivation through your facial expressions and vocal tone to keep your participants feeling positive! Show them that they don't need to be perfect – they can just play around and enjoy the ride!

BAND SET-UP



COACHING CUES

TENDU EN CROIX WITH TENDU TAP DERRIÈRE, PLATES TO CHEST

Layer 1

- En Croix Tendu or Glissé sequence
- Arms, keep them into the chest
- Front, side, lift off at the back, tap down, lift off, close
- Other leg – front, side, lift off, tap down, up, close

TENDU EN CROIX WITH TENDU TAP DERRIÈRE WITH PORT DE BRAS

Layer 1

- Add arms – 1st Position, out to 2nd, lift up to Open 5th Position
- Swap sides – 1st, 2nd
- Ready to go double time?!
- Front, side, up-down-up, close

Layer 2

- The transfer is quick – stay on the balls of your feet and anticipate
- Check in with your Foundation Posture
- Shoulder blades squeezing together
- Abs are braced
- Use the arms to stabilize
- Almost there!

ATTITUDE DERRIÈRE WITH FONDU

Layer 1

- Come to an Attitude
- Bend down, up, down, up
- Plates forward
- Shoulder blades squeezed together
- Knees pressing away from each other
- Swap to the other side
- Leg comes up to Attitude
- Bend



BONUS

05. LATIDO 3:06mins

TENDU À LA SECONDE, PLATES TO CHEST

Layer 1

- Tendu combo coming up, stay light on your feet
- 4 singles – out, in, out, in
- Change to the other leg
- Now we have 2 Tendus on each side – 2, 1, 2, 1
- Singles – change, change

TENDU À LA SECONDE, 2ND POSITION ARMS

Layer 1

- Open your arms out, back to 4
- 4 on the other leg
- Now 2 – 2, 1, 2, 1
- Singles – out, in, out, in

TENDU À LA SECONDE, OPEN 5TH POSITION ARMS

Layer 1

- Lift the arms
- 4 Tendus
- Down to 2
- Last set of singles
- Here we go – 4, 3, 2, 1



BONUS

09. STRETCH

TRACK FOCUS

I want my participants to understand what part of their body they are stretching, then enjoy breathing and releasing into each stretch.

MUSIC			EXERCISE		CTS
0:00	V1 / Away	4x8		Set up mat to horizontal, sit to Seated 2 nd Position, legs wide to side, knees bent or knees straight	32
0:20	PC / Hard	4x8	A	Seated 2nd Position with Cambré L&R Cambré L, R arm O/H, L arm reaches to R side on the floor Cambré R, L arm O/H, R arm reaches to L side on the floor	16 16
0:39	C / Mark	4x8	A ¹	Seated 2nd Position with Forward Flexion Arms reach F on floor 2x flex and pointe feet	16 8
0:57	V2 / War	4x8	B	Hip Flexor Stretch R Come to knees, facing L side Step L foot F, R hand to floor, L to thigh	8 8
1:15	PC / Hard	4x8	C	Kneeling Hamstring Stretch L Lengthen L leg, hands on floor, flex L foot Splits Pose L ↓ Option: Kneeling Hamstring Stretch	16 16
1:34	C / Mark	4x8	D	Swan Pose, Quad Stretch R Swan Pose L, L leg F Quad Stretch R, bend R knee ↑ Option: Mermaid Pose R	16 16
1:52	Rep / Mark	4x8	B	Hip Flexor Stretch L	32
2:10	Instr	4x8	C	Kneeling Hamstring Stretch R	32
2:28	PC / Are	4x8	D	Swan Pose, Quad Stretch L	32
2:47	C / Mark	4x8		Happy Baby Pose Option: Rock side to side in Happy Baby Pose	32
3:05	Rep / Mark	4x8		Supine Adductor Stretch Extend legs, flex or pointe feet ↓ Option: Happy Baby Pose	32
3:23	Outro / (Instr)	2x8		Childs Pose	16



BONUS

09. REMIND ME TO FORGET 3:36mins

TEACHING TIPS

Ask, and it shall be given to you – a Bonus Stretch track that you and your participants will love as active recovery from the beautiful burn of LES MILLS BARRE!

Give your participants the utmost enjoyment of these stretches by helping them understand which part of their body specifically benefits, then encouraging them to breathe as they release. Keep your script minimal and simple, allowing them the space and time to turn their attention to their own bodies and breath for a fully magical experience.

When during this final track can you plan time to truly connect with your participants? Where can you incorporate the tools of Connection by making and holding eye gaze and sharing a big smile with participants in all four quadrants of the room?

COACHING CUES

SEATED 2ND POSITION WITH CAMBRÈ

Layer 1

- Legs open to 2nd Position
- Reach over to the right
- Other side, reaching over

Layer 2

- Feel a stretch across your inside thighs
- Keep your sit-bones on the floor
- And now open up your chest

SEATED 2ND POSITION WITH FORWARD FLEXION

Layer 1

- Coming forward – pancake, on your elbows or if there's space walk yourself forward, belly button to the floor
- Now work through your feet, flexing and stretching, feeling the muscles engage and then relax
- Walk back up, come side-on

HIP FLEXOR STRETCH

- Hip Flexor Stretch
- Back leg forward
- Heel underneath the knee
- Take some weight in the hand
- Come to the other side, Hip Flexor Stretch
- Back leg forward, heel underneath the knee

Layer 2

- Feel the release in the front of your thigh
- Squeezing glute on side of stretch
- Breathe into your stretches

HAMSTRING STRETCH

Layer 1

- Hips come back
- Hamstring Stretch
- Take the hips back

Layer 2

- Flex the foot if it feels good
- Square off

SPLITS POSE

Layer 1

- If you'd like to, slide into the Splits
- Sliding into your Splits
- Weight into your hands
- Or you can stay in your Hamstring Stretch

SWAN POSE, QUAD STRETCH OR MERMAID POSE

Layer 1

- We come to a Swan Pose
- And now pick up the back foot – Quad Stretch
- Or you can come to a Mermaid
- Now bending in the front leg, coming into a Swan Pose
- Bring the back leg up – Quad Stretch or into a Mermaid

Layer 2

- Feel the stretch in your glute

HAPPY BABY POSE

Layer 1

- Rolling over, let's come to Happy Baby
- Tail bone on the floor, feet in the hands

Layer 2

- Gently rock side to side – feel the release in your hips

ADDUCTOR STRETCH

Layer 1

- If you want more intensity, straighten out your legs

Layer 2

- You can work through flexed feet or you can stretch them
- Take a deep breath in

CHILDS POSE

Layer 1

- Let's just relax into a Childs Pose to finish



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.

