

LES MILLS BARRE

14

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
03. EXTEND

BONUS
06. POWER

BONUS
07. ESCAPE

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MUSIC

01.

Courage to Change (4:57)

Sia

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Written by: Furler, Kurstin, Moore
02.

One Day / Reckoning Song (3:31)

The Ratman Cometh

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Written by: Avidan
03.

Ice Cream (2:55)

BLACKPINK & Selena Gomez

Courtesy of the Universal Music Group.

Written by: Johnson, Brown, Franks, Gomez, Grande, McCants, Walton
04.

Ice Cream (2:56)

BLACKPINK & Selena Gomez

Courtesy of the Universal Music Group.

Written by: Johnson, Brown, Franks, Gomez, Grande, McCants, Walton
05.

Take You Dancing (3:10)

Jason Derulo

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Written by: Brunila, Kiriakou, Solovay, Desrouleaux, Charles
06.

Look Back At It (Tiësto & SWACQ remix) (3:42)

A Boogie Wit A Hoodie

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Written by: Dubose, Ward, Dotson, Jerkins III, Sweet, Daniels, Samuels, Jackson, Payne, Jerkins
07.

A Little Less Conversation (2:52)

Nebbra feat. The Great Escape

© 2019 CREATIVES ROW.

Written by: Davis, Strange
07.

OK Not To Be OK (2:39)

Marshmello & Demi Lovato

Courtesy of the Universal Music Group.

Written by: Lovato, Bailey, Comstock, Gutch, Hein
- OK Not To Be OK** (0:40)

Marshmello & Demi Lovato

Courtesy of the Universal Music Group.

Written by: Lovato, Bailey, Comstock, Gutch, Hein

08.

Tick Tock (2:57)

Clean Bandit & Mabel feat. 24kGoldn

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Written by: Patterson, Chatto, McVey, Kamilie, Jones
- BONUS
03.

Rare (3:40)

Selena Gomez

© 2020 Interscope Records.

Written by: Lambroza, Love, Beer, McLaughlin, Rosen
- BONUS
06.

Rushing Back (3:51)

Flume feat. Vera Blue

© 2019 Future Classic.

Written by: Dubowsky, Streten, Cates, Pavey
- BONUS
07.

OPEN UP (3:22)

Fas Fash

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Written by: McCarthy



L-R: Des Helu, Summer Bradley, Joash Fahitua

PRESENTERS

Desmond Helu (New Zealand) is a LES MILLS BARRE, BODYPUMP, BORN TO MOVE, LES MILLS TONE, LES MILLS THE TRIP and SH'BAM Instructor and a LES MILLS GRIT Coach/Presenter. He is based in Auckland where he is also a personal trainer.

Joash Fahitua (New Zealand) is a LES MILLS GRIT, LES MILLS CEREMONY and LES MILLS CONQUER Instructor. He is a dancer and choreographer and lives in Auckland.

Summer Bradley (New Zealand) is a LES MILLS BARRE Trainer, Presenter and Instructor. She lives in Auckland.

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

Production Coordinator – Hannah Lofroth

45-MINUTE OPTION		30-MINUTE OPTION	
Track 01	Warm-up	Track 01	Warm-up
Track Bonus 03	Extend	Track 02	Deepen
Track 02	Deepen	Track 03	Extend
Track 03	Extend	Track 04	Peak
Track Bonus 06	Power	Track 05	Strengthen
Track 04	Peak	Track 06	Power
Track 05	Strengthen	Track 07	Escape
Track 06	Power	Track 08	Burn (If time permits)
Track 07	Escape	Total Time	27:22 without Track 08
Track 08	Burn		30:19 with track 08
Track Bonus 07	Escape		
Total Time	41:12		

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	Overhead
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	BPD	Body Part & Direction
👁️	Preview		

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

To gently warm the body by focusing on the main muscle groups and setting up great Foundation Posture.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	2x8		Set up 1 st Position, HOH	16	
0:16	V1 / World	4x8	A	Slow Grande Plié in 1st Position HOH		2x
				1 st Position Demi Plié	4	
				1 st Position Grande Plié	4	
				1 st Position Demi Plié	2	
				1 st Position	4	
				1 st Position Relevé	1	
				1 st Position	1	
0:39	PC / Rain	4x8	A ¹	Fast Grande Plié in 1st Position, Port de Bras		4x
				1 st Demi Plié, arms 1 st Position	2	
				1 st Grande Plié, arms 2 nd Position	2	
				1 st Demi Plié, Bras Bas	1	
				1 st Position, Bras Bas	1	
				1 st Position Relevé, Bras Bas	1	
				1 st Position, Bras Bas	1	
1:01	C / Have I	8x8	A ²	Grande Plié with Port de Bras		8x
				1 st Demi Plié, arms 1 st Position	2	
				1 st Grande Plié, arms 2 nd Position	2	
				1 st Demi Plié, Bras Bas	1	
				1 st Position, Bras Bas	1	
				1 st Position Relevé, arms 5 th Position	1	
				1 st Position, Bras Bas through 2 nd Position	1	
1:46	Instr	1x8		Pause	8	
1:52	V2 / World	4x8	B	2nd Position Plié Pulses		16x
				16x Plié Pulses, Bras Bas	2	
				Note: Preview arms to 4 th Position after 8 pulses		
2:15	PC / The rain	4x8	B ¹	2nd Position Plié Pulses, arms 4th Position L&R		2x
				2x Pulses, L arm lift to Open 4 th Position	4	
				2x Pulses, L arm return to Bras Bas	4	
				2x Pulses, R arm lift to Open 4 th Position	4	
				2x Pulses, R arm return to Bras Bas	4	
2:37	C / Have I	8x8	B ²	2nd Position Plié Pulse with 4th Position Extension L&R		8x
				2x Pulses, Bras Bas		
				Legs straighten, L arm Open 4 th Position	3	
				2x Pulses, Bras Bas	1	
				Legs straighten, R arm Open 4 th Position	3	
					1	
				Note: Add Relevé on 4 th rep		
3:23	Instr	2x8	C	Arabesque Lift, HOH L&R		1x
				L leg Arabesque hold	7	
				Close to 1 st Position	1	
				R leg Arabesque hold	7	
				Close to 1 st Position	1	



01. WARM-UP

MUSIC			EXERCISE		CTS	REPS
3:34	Instr	2x8	C ¹	Arabesque Pulse, HOH L&R 3x L Arabesque Pulse L Arabesque hold Close to 1 st Position 3x R Arabesque Pulse R Arabesque hold Close to 1 st Position ↓ Option: 2x Arabesque Tap	4 3 1 4 3 1	1x
3:45	C / Have I	8x8	C ²	Arabesque Pulse, Arms 5th Position L&R 3x L Arabesque Pulse, arms 5 th Position L Arabesque hold, arms 5 th Position Close to 1 st Position, Bras Bas 3x R Arabesque Pulse, arms 5 th Position R Arabesque hold, arms 5 th Position Close to 1 st Position, Bras Bas ↓ Option: HOH	4 3 1 4 3 1	4x
4:30	Outro /	4x8	D	Relevé in 1st Position 1 st Position Relevé, arms rise 5 th Position 1 st Relevé hold, arms 5 th Position 1 st Relevé hold, arms 2 nd Position 1 st Relevé hold, arms sweep Demi Seconde Lower heels, arms Bras Bas – after music	8 8 8 8	1x



01. COURAGE TO CHANGE 4:57mins

TEACHING TIPS

LES MILLS BARRE Release 14 opens with a stunning slow Warm-up, designed to prepare every muscle group for the workout ahead. We take our time activating the postural muscles through smooth and controlled movements, which feel incredibly warming and nourishing for our bodies. Keep your coaching simple by focusing on the main muscle groups and introducing some of the basic Barre terminology – this will help your new participants to feel secure. Lastly, you may encourage your participants to set an intention for the workout – just like Summer does. Give it a try and see how it lands for the members in your class!

COACHING CUES

SLOW GRANDE PLIÉ IN 1ST POSITION

Layer 1

- Let's warm up together
- Take a slow full Plié down, bending your knees
- Lift off the heels as soon as you need to
- Knees stop at 90 degrees
- Come back up
- Relevé, heels lift up, down
- Repeat
- Brace your core
- Shoulders down and back

Layer 2

- Super smooth

GRANDE PLIÉ WITH PORT DE BRAS

Layer 1

- Let's go faster, add a Port de Bras
- 1st Position, 2nd Position, Bras Bas, and hold
- Can you squeeze your glutes. Knees pressing out over your toes
- Adding on
- Arms to 2nd Position, lift to 5th Position
- Up and down
- We have two Port de Bras for one Plié

Layer 2

- The arms have to move a little bit faster, so engage your lats and anchor under your armpits to allow the arms to move freely
- You've got it
- Now this is your workout, so let's take a moment to set an intention for the class
- How do you want to feel at the end of today?

2ND POSITION PLIÉ PULSES

Layer 1

- Setting up into 2nd Position
- We're going to pulse Plié 8 times
- Come down
- Arms in Bras Bas
- Stay low in the legs
- Bend the knees and keep them in line with your toes

Layer 2

- Really rotate in the hips
- Thighs open, really embrace that turnout
- Let's add on the arms
- Open up to 4th Position
- Come back down to Bras Bas
- On the other side
- One arm up, one out to the side

2ND POSITION PLIÉ PULSE WITH 4TH POSITION EXTENSION

Layer 1

- We've got a new move
- 2 Pulses and extend
- 1, 2, and up
- Every time we extend the legs, try not to rest there
- Squeezing the glutes

Layer 2

- Really feeling that strength in the legs
- Let's add a little bit more
- We can add a Relevé
- Keep the arms growing
- Lengthen the legs
- Building that strength
- Nice beautiful lines in the legs and in the arms
- We want to think about pulling up the thighs



01. COURAGE TO CHANGE 4:57mins

COACHING CUES

ARABESQUE TAP

Layer 1

- Come to Arabesque
- Hands to hips
- Lift your right foot off
- Switch
- Squeezing those glutes to keep it lifted
- Pulse, 2, 3, hold, switch
- Tapping back
- Bend Knees

Layer 2

- Add the arms, 5th Position
- Square in the hips
- We're activating all the muscles in the posterior, the core, the backs of the legs
- We want them ready
- Add a more stable position here
- Fondu the knee
- Staying in this Fondu

RELEVÉ IN 1ST POSITION

Layer 1

- Slide in, slow Relevé
- Arms rise to 5th Position
- Open up, Port de Bras

Layer 2

- Now from here, let's reset our intentions



02. DEEPEN

TRACK FOCUS

To deepen the muscular sensations through the legs by staying low throughout the sequence.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1 st Position, HOH	32	
0:16	Quiet / One day	12x8	A Slow Tendu Plié Combo L&R, HOH		3x
			L leg Tendu 2 nd Position, Fondu	4	
			2 nd Position Grande Plié	4	
			R leg Tendu 2 nd Position, Fondu	4	
			R leg close 1 st Position	4	
			Repeat with R leg	16	
1:04	C / One day	8x8	A ¹ Glissade Side Extension Combo , HOH		4x
			L leg Glissade	2	
			Close 1 st Position Plié	2	
			R leg Tendu 2 nd Position, Fondu	2	
			R leg close 1 st Position Plié	2	
			Repeat with R leg	8	
			<i>Note: Glisse or Grande Battement after 2nd Rep</i>		
1:37	C / One day	6x8	A ² Glissade Side Extension Combo with Port de Bras L&R		3x
			L leg Glissade, arms 2 nd Position	2	
			Close 1 st Position Plié, Bras Bas	2	
			R leg Tendu/Glisse 2 nd Position Fondu, open 4 th Position	2	
			R leg close 1 st Position Plié, Bras Bas		
			Repeat with R leg	2	
				8	
			<i>Note: Tendu, Glisse, or Grande Battment</i>		
2:01	C / One day	4x8	A ³ Glissade, Side Extension, Arabesque Combo L&R		1x
			L leg Glissade, arms 2 nd Position	2	
			Close 1 st Position Plié, Bras Bas	2	
			R leg Side Extension Fondu, Open 4 th Position	2	
			R leg close 3 rd Position Plié, Bras Bas	2	
			R leg 2x Arabesque Tap, HOH	4	
			R leg Arabesque Hold, HOH	2	
			R leg close behind in 3 rd Position	2	
			Repeat with R leg	16	
			<i>Note: Tendu, Glisse, or Grande Battement</i>		
2:17	Instr / One	18x8	A ⁴ Glissade, Side Extension, Arabesque Combo L&R		4.5x
			L leg Glissade, arms 2 nd Position	2	
			Close 1 st Position Plié, Bras Bas	2	
			R leg Side Extension Fondu, open 4 th Position	2	
			R leg close 3 rd Position Plié, Bras Bas	2	
			R leg 3x Arabesque Relevé, arms float to 1 st Position	6	
			Arabesque		
			R leg close behind in 3 rd Position	2	
			Repeat with R leg	16	
			<i>Note: After 15 rounds of 8, the music speeds and slows slightly – follow the masterclass for timing</i>		



02. ONE DAY / RECKONING SONG 3:31mins

TEACHING TIPS

This track begins with simple lateral movements continuing postural awareness, and mind-muscle connection. Coach your participants to explore the variations of the Tendu, Glisse, or Grande Battement as it feels right for them in the moment – you may even like to explore all three yourself! Help your participants develop strong technique and awareness in this track by coaching to both legs. Try adding in some cues that talk to the stabilizing leg, feeling pressure down through the foot into the ground. By engaging the standing leg more, we work our body evenly and efficiently – strengthening our upper legs, turnout muscles, calves and feet. Finally, our end combination invites our heart rate to lift slightly as we move deeper into the workout. Again, let your participants find the movement pattern first and then explore the arms and the Relevé as they see fit!

COACHING CUES

SLOW TENDU PLIÉ COMBO

Layer 1

- Let's set up our 1st Position
- Hands to hips
- Back to that Foundation Posture
- Nice and strong through the core
- Come down to Demi Plié
- Right leg points out, 2nd Position, point, 1st Position
- Other way

Layer 2

- So, the focus here in this track is staying low in this Plié
- Trying to keep the hips nice and square
- Control with great posture
- Knees following toes
- Nice and long through the spine

GLISSADE SIDE EXTENSION COMBO

Layer 1

- A little faster
- Add the Tendu
- So, you're pressing away from the balls of the feet
- Pulling through the heels, back to 1st Position

Layer 2

- If you want a little more, check this out
- Glisse, flick your foot off the floor
- Not too far up
- If you want more than that, Grande Battement
- Bring the arms when you're ready, or just keep your hands to hips
- Plenty of options here

GLISSADE, SIDE EXTENSION, ARABESQUE COMBO

Layer 1

- After the Glisse, back to 3rd Position
- Arabesque Tap
- 3, 2, 1 hold, draw it in
- Out, Glisse or Grande
- To 3rd Position 3, 2, 1
- Then come with me into 1st Position Arabesque
- Close the foot behind and it's ready to go out to Arabesque
- Remember your options, you can always come back to your Arabesque Tap
- Lift, tap
- Squeeze the glutes
- Slow it down

Layer 2

- If we're looking for that triple extension, add a Relevé
- You can jump your Glissade, remember to bend your knees as you land
- Feel the music in your body
- How's it feeling?
- I can feel it all in my glutes
- Let's do one more
- See if you can hold



03. EXTEND

TRACK FOCUS

To understand the execution of the Staggered Attitude and lift the heart rate at the end of each working side.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up 3 rd Position, facing L corner HOH	32	
0:12	V1 / Come a	8x8	A	R Slow Staggered Attitude Extension , HOH		1x
				R leg Retiré	8	
				R leg Attitude Derrière	8	
				R leg Extension to Arabesque	8	
				R leg Arabesque hold	8	
				R leg Attitude Derrière	8	
				R leg Attitude hold	8	
				R leg Retiré	8	
				R leg close 3 rd Position Derrière	8	
0:36	PC / Look so	8x8	A ¹	R Staggered Attitude Extension , HOH		2x
				R leg Retiré	4	
				R leg Attitude Derrière	4	
				R leg Extension to Arabesque	8	
				R leg Attitude Derrière	8	
				R leg Retiré	4	
				R leg close 3 rd Position Derrière	4	
1:00	C / Ice cream	10x8	A ²	R Fast Staggered Attitude Extension , HOH		5x
				R leg Retiré	2	
				R leg Attitude Derrière	2	
				R leg Extension to Arabesque	4	
				R leg Attitude Derrière	4	
				R leg Retiré	2	
				R leg close 3 rd Position Derrière	2	
				Note: Add arms after 2 nd rep		
				R leg Retiré, arms 1 st Position	2	
				R leg Attitude Derrière, arms 5 th Position	2	
				R leg Extension to Arabesque, arms 5 th Position	4	
				R leg Attitude Derrière, arms 5 th Position	4	
				R leg Retiré, arms 1 st Position	2	
				R leg close 3 rd Position Derrière, Bras Bas	2	
1:30	PC / Look so	12x8	A ³	R Staggered Attitude Pulse Combo		6x
				R leg Retiré, arms 1 st Position	2	
				R leg Attitude Derrière, arms 5 th Position	2	
				R leg Extension to Arabesque, arms 5 th Position	4	
				R leg 3x Pulse, arms 5 th Position	6	
				R leg close 3 rd Position Derrière, Bras Bas	2	
2:06	Br / Chillin'	16x8	B	R Triple Arabesque		16x
				R leg Arabesque	1	
				Close 3 rd Position Derrière	1	
				R leg Arabesque	1	
				Close 3 rd Position Derrière	1	
				R leg Arabesque hold	3	
				Close 3 rd Position Derrière	1	
				Note: Add Relevé on 2 nd rep		
				Note: Add 1 st Position Arabesque arms after 8 th rep		
2:54				Musical pause		
2:55	Instr	4x8		Transition Set up 3 rd Position, facing R corner HOH	32	



03. EXTEND

MUSIC				EXERCISE	CTS	REPS
3:07	V1 / Come a	8x8	A	L Slow Staggered Attitude Extension , HOH	64	1x
3:31	PC / Look so	8x8	A ¹	L Staggered Attitude Extension , HOH	32	2x
3:55	C / Ice cream	10x8	A ²	L Fast Staggered Attitude Extension , HOH	16	5x
4:25	PC / Look so	12x8	A ³	L Staggered Attitude Pulse Combo	16	6x
5:01	Br / Chillin'	16x8	B	L Triple Arabesque	8	16x



03. ICE CREAM 5:51mins

TEACHING TIPS

A fun and fiery Extend track with all the attitude! The Staggered Attitude Extension is a new move, encouraging control and length through muscular engagement. Collectively, we're exploring new ways to engage our Posterior Chain and maintain balance at the same time – super challenging! Keep your coaching really simple in the slow sequence, helping your participants truly understand the timing pattern of the movement. When you look out and connect with your participants, search for competence with this pattern before moving onto Layer 2 or 3 cues. At the end of each side, your participants will experience a sneaky heart rate lift with the Arabesque Relevés, prepping them for the Peak track!

COACHING CUES

SLOW STAGGERED ATTITUDE EXTENSION

Layer 1

- Shoulders and hips square to the corner
- Super slow extension to Arabesque
- Lift to Retiré
- Take this shape, out to Attitude
- Slow extension, keep the leg low and squeeze the glutes
- Pull it back into Attitude, hold here
- Feel the burn in that glute, lift the knee
- Pull it in, slide it down

Layer 2

- Same movement, faster
- Up, up, out, out, extend 2, 3, 4
- Pull it in
- Two counts to Retiré
- Two counts lower
- Repeat

FAST STAGGERED ATTITUDE EXTENSION

Layer 1

- Let's speed it up again!
- Single timing
- Up, out, squeeze, in, in, single, single
- If you want a bit more, add your arms
- Up to 5th Position

Layer 2

- You've got it
- Feel the work in the back of your body
- I'm feeling it in the side of my glutes
- If you want to feel it more, lift under your knee
- Reset that posture if you're losing balance
- Focus as you press away, engage the glutes
- It's alright to have the wobbles
- It's all about fun
- It's all you from here
- Where are you feeling it?

STAGGERED ATTITUDE PULSE COMBO

Layer 1

- Let's add on
- 3 pulses
- 3, 2, 1 close down the back
- Up, out, extend

Layer 2

- Feeling that burn now, so sweet
- That's on fire
- The pulses have a little more contraction through the glutes



03. ICE CREAM 5:51mins

COACHING CUES

TRIPLE ARABESQUE

Layer 1

- New Arabesque sequence
- 3 Arabesques
- 3, 2, and hold
- As soon as you're ready, add a Relevé
- Lift your heel
- Check back in with your posture
- Brace the core
- Shoulders down and back

Layer 2

- We're nearly there
- One more add on
- Arms to Arabesque
- Follow that front arm
- You can always come back to your hips
- Or even lower the heel
- Last two, what are you reaching for?
- Feel the quad pulling up towards the hip
- Sometimes using the arms allows the balance to be better



04. PEAK

TRACK FOCUS

To clearly coach the different parts of the sequence and make sure my participants understand the variations of the Arabesque Jump Switch Combo.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 3 rd Position, L leg forward, HOH		16	
0:09	V1 / Pull up	4x8	A	Glissade Side to Side , HOH		4x
				Glissade travelling L	2	
				Close 3 rd Position, L leg F	2	
				Glissade travelling R	2	
				Close 3 rd Position, R leg F	2	
0:26	PC / Run away	4x8	A ¹	Glissade Step Back Combo , HOH L&R		2x
				Glissade travelling L	2	
				Close 3 rd Position, L leg F	2	
				R leg/L leg Relevé	2	
				R leg/L leg close 3 rd Position	2	
				Repeat other side	8	
0:43				Pause	2	
0:44	C / you dancing	4x8	A ²	Glissade Step Back Combo with Arms L&R		2x
				Glissade travelling L, arms 2 nd Position	2	
				Close 3 rd Position, L leg F, Bras Bas	2	
				R leg/L leg Relevé arms 5 th Position	2	
				R leg/L leg close 3 rd Position, Bras Bas	2	
				Repeat other side	8	
1:01				Pause	4	
1:03	C / Da-da- da	4x8	A ²	Glissade Step Back Combo with Arms L&R	16	2x
				Note: Glissade is executed with a slight Jump		
1:20	V2 / Pull up	4x8	B	Relevé Step R&L HOH		4x
				R leg/L leg Relevé	2	
				R leg/L leg close 3 rd Position	2	
				Repeat other side	4	
				Note: Adding arms on 3 rd rep		
				R leg/L leg Relevé, arms 5 th Position	2	
				R leg/L leg close 3 rd Position, Bras Bas	2	
1:37	PC / Run away	4x8	B ¹	Arabesque Jump Switch R&L		4x
				R leg/L leg Arabesque Jump Switch, arms 5 th Position	2	
				Close 3 rd Position Plié, Bras Bas	2	
				Repeat other side	4	
				↓ Option: Hands on Hips, Relevé Step		
1:54				Pause	4	



04. PEAK

MUSIC				EXERCISE	CTS	REPS
1:55	C / you dancing	4x8	C	Slow Glissade, Arabesque Jump Switch Combo L&R Glissade travelling L, arms 2 nd Position Close 3 rd Position, L leg F, Bras Bas R leg/L leg Arabesque Jump Switch, arms 5 th Position Close 3 rd Position Plié, R leg F, Bras Bas Repeat other side ↓ Option: Relevé step		2x
2:12				Pause	4	
2:14	C / Da-da-da	4x8	C	Slow Glissade, Arabesque Jump Switch Combo L&R	16	2x
2:32	Quiet C / You dancing	4x8	C ¹	Fast Glissade, Arabesque Jump Switch Combo L&R Glissade travelling L, arms 2 nd Position Close 3 rd Position, L leg F, Bras Bas R leg/L leg Arabesque Jump Switch, arms 5 th Position Close 3 rd Position Plié, R leg F, Bras Bas Repeat other side ↓ Option: Relevé step		4x
2:49				Pause	4	
2:51	C / You dancing	4x8	C ¹	Fast Glissade, Arabesque Jump Switch Combo L&R	8	4x



04. TAKE YOU DANCING 3:10mins

TEACHING TIPS

The Peak track has a very cool & dancey feel and we're bringing back the Arabesque Jump Switch! The sequence gradually increases through intensity and complexity, so start by coaching the sequence simply until your participants have grasped a good understanding of the movement pattern. Remember, there are lot's of musical "pauses" in this track, so carefully script one Layer 2 coaching focus for each block of work – leaving time for you to cue the pause. There is lot's of room to play here, so try experimenting with silence – then you can just dance this out towards the end!

COACHING CUES

GLISSADE SIDE TO SIDE

Layer 1

- Let's set up in 3rd Position
- Take the right heel, place it in the instep of the left leg
- Holding that Foundation Posture
- Plié, Glissade to the side
- Close behind
- Really stretch your foot and extend the leg to where you want to transfer your weight
- Always closing the leg behind in 3rd Position

Layer 2

- Looking good

GLISSADE STEP BACK COMBO

Layer 1

- Let's add a little bit on
- Relevé step back
- 1, 2, 3, 4
- Take it across, step back again
- Leading with the back foot
- Lifting up those heels
- Stretching in those feet
- Across, down, up

Layer 2

- Let's add on the arms
- A la Seconde, up to 5th Position
- Arms out nice and wide and strong
- That's the one
- Ready to add a jump in the Glissade
- Nice and strong in the Relevé

RELEVÉ STEP

Layer 1

- Let's just focus on our Relevé Step
- Hands on hips
- Take it back
- Lead with the back foot
- Close nice and tight
- Plié to soften those knees

Layer 2

- Add the arms
- In to Bras Bas, then up to 5th Position

ARABESQUE JUMP SWITCH

Layer 1

- We're going to build up to a Jump
- Check it out
- Jump, Switch
- If you want, just keep your hands on your hips
- Really focus on the jump instead
- Plié to land soft

Layer 2

- You want to give it a go!

SLOW GLISSADE, ARABESQUE JUMP SWITCH COMBO

Layer 1

- Let's put that combo together
- Across, jump
- Land soft
- We want to think nice and light
- Work through the toes to land
- Across, option step, step

Layer 2

- Really go for it
- Here we go
- Add some height
- Or you could always cut back, it's totally fine



04. TAKE YOU DANCING 3:10mins

COACHING CUES

**FAST GISSADE STEP/ARABESQUE JUMP
SWITCH COMBO**

Layer 1

- Let’s add a little more speed
- Across, step, step, step
- Still closing behind
- Just a fast step
- And if you want, we go for it

Layer 2

- Cardio!
- Hold, breathe, let’s dance
- Whatever you can manage
- Now we’re dancing



05. STRENGTHEN

TRACK FOCUS

To integrate coaching of the Posterior Chain throughout each movement pattern in this track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1 st Position, one weight plate in each hand, plates face forward	32	
0:18	V1 / _Look back	8x8 A	4x Cobra Plié Pulse Combo 4x Cobra Plié Pulses Relevé, Bicep Curl arms Lower to 1 st Position, plates down	8 4 4	4x
0:55	C / Heavy Instr	8x8 A ¹	Cobra Plié Pulse Combo 3x Cobra Plié Pulses Relevé, Bicep Curl arms Relevé, Shoulder press Relevé, plates open through 2 nd Position and down to side	6 2 3 5	4x
Note: Heels land on last count					
1:31	V2 / _And every	4x8 B	Extended Arabesque L&R L leg Arabesque hold, plates pull back Close 1 st Position, plates by side Repeat on R	15 1 16	1x
Note: Switch legs on last count					
1:49	V2 / Another	4x8 B ²	Extended Arabesque Pulse L&R L leg 8x Arabesque Pulse Close 1 st Position, plates by side Repeat on R	15 1 16	1x
Note: Switch legs on last count					
2:08	V3 / _Look back	4x8 C	Slow Extended Arabesque Fly L&R L leg Arabesque hold, Plate Fly Close 1 st Position, plates by side Repeat on R	14 2 16	1x
2:26	PC / _Drrah	4x8 C ¹	Extended Arabesque Fly L&R L leg Arabesque, Plate Fly Close 1 st Position, plates Bras Bas Repeat on R	4 4 8	2x
2:44	C / Heavy Instr	8x8 C ²	Extended Arabesque Fly Combo L&R L leg Arabesque, Plate Fly Close 1 st Position, plates Bras Bas Repeat on R	2 2 4	8x
⬆ Option: Add a Jump on the Arabesque after 4 reps					
3:21	Outro / _Can	4x8 A ¹	Cobra Plié Pulse Combo	16	2x



05. LOOK BACK AT IT (TIËSTO & SWACQ REMIX)

3:42mins

TEACHING TIPS

The sequence of exercises in this track offers full Posterior Chain training in a slow and controlled way. The integration of upper and lower body movement allow the Core muscles to act as a support brace to connect the two together. There are some fast transitions as the movements change, so to help your participants follow you easily – keep your Layer 1 cues clear and precise. Once you notice competence, make use of feeling and sensation cues so that your participants can dive a little deeper into their workout experience. We have an awesome challenge of the Arabesque Jump towards the end, which may happen straight away or over time – enjoy the journey!

COACHING CUES

4X COBRA PLIÉ PULSE

Layer 1

- We're going to set ourselves up in our 1st Position
- Set that Foundation Posture
- Brace the abs
- Palms are facing forward
- We're going to start
- Hinging from the hips
- 4 Pulses Cobra
- 4, 3, 2, 1 slow curl with the Relevé
- Rise, back down

Layer 2

- Staying nice and tall
- As we curl, brace the abs to maintain balance

COBRA PLIÉ PULSE COMBO

Layer 1

- We're going to trim off 1 from 4
- Give me 3 pulses
- 3, 2, 1, 1 curl
- Rise the arms, Port de Bras
- Pulse again
- Tip, curl, rise

Layer 2

- How's the balance feeling right here?
- Strong!
- Open up, squeeze from the back

EXTENDED ARABESQUE

Layer 1

- We're going to test our balance out
- Right leg, bring it back
- Out, hold, switch
- Bring it in
- Pulse, 8 times
- Staying upright

Layer 2

- We're training those ankle muscles to get stronger

EXTENDED ARABESQUE FLY

Layer 1

- Fly out, hold
- Squeezing your glutes
- Pressing down
- Up, squeezing your back tight
- We're targeting the rear delts
- Let's get stronger
- 2, 2, out, in

Layer 2

- Start to feel that music
- It's building our energy up
- Start to feel a little more power increasing
- Are you ready for this?
- Are WE ready for this?

EXTENDED ARABESQUE FLY COMBO

Layer 1

- Let's bring on those singles
- Go!
- Tip
- We're going to level it up from here
- We're going to add a jump
- Jump, land soft
- Bending the knees
- Bracing the abs to catch strong here

Layer 2

- You're looking strong right now
- Let's go



06. POWER

TRACK FOCUS

To coach the use of muscular control throughout each sequence, allowing participants to really feel their bodies responding to the workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 2 nd Position, one weight plate in each hand, plates by side		16	
0:09	V1 / A little	8x8	A	2nd Position Plié Lunge Combo L&R 4x Plié Pulses, Side Raise R Rond de Jambe Derrière 4x L Lunge Pulses, Side Raise Step out to 2 nd Position Repeat on L	7 1 7 1 16	2x
Note: Keep plates in Side-Raise during Rond de Jambe						
↓ Option: HOH, no plates						
0:50	PC / Come on	0x8	Pause – set up 2 nd Position, bicep curl arms		4	
0:53	PC / Come on	2½x8	B	2nd Position Plié Pulse, Bicep Curl 9x Plié Pulses, Bicep curl hold	20	1x
1:05	C / A little	4x8	A	2nd Position Plié Lunge Combo L&R	32	1x
Note: Plates can lower between transitions						
1:26	V2 / Baby close	2x8	Set up 1 st Position, plates face forward		16	
1:35	V2 / A little	4x8	C	1st Position Tendu, Side Raise L&R L leg Tendu side, Side Raise Close to 1 st Position, plates down R leg Tendu side, Side Raise Close to 1 st Position, plates down	2 2 2 2	4x
1:56	B / Come on	2x8	C ¹	Tendu/Glisse/Grande Battement with Arabesque Combo L&R L leg Tendu side, Side Raise Close to 1 st Position, plates down R leg Tendu side, Side Raise Close to 1 st Position, plates down L leg Arabesque, Plate Press Close to 1 st Position, plates down R leg Arabesque, Plate Press Close to 1 st Position, plates down	2 2 2 2 2 2 2 2	1x
↓ Option: HOH or no plates						
↑ Option: Lift to Glisse or Grande Battement at any time						
2:06	B / Girl it's	1x8	Pause		8	
2:11	C / A little	8x8	C ¹	Tendu/Glisse/Grande Battement with Arabesque Combo L&R	16	4x
Note: Combo finishes last rep without music						



06. A LITTLE LESS CONVERSATION 2:52mins

TEACHING TIPS

Your participants are going to love the heavy feel of this Power Track! The Plié/Rond de Jambe into Lunge sequence offers a huge leg challenge while stimulating the brain and the heavy beat of the music guides us all to stay low in the bottom range Pulses. The combination towards the 2nd half of the track allows us to come into our own power by pressing up and out with the legs and plates. Simply coach the final sequence so your participants know they can explore either or all of the Tendu, Glisse & Grande Battement variations to smash out those last few reps – and feel 100% in control.

COACHING CUES

2ND POSITION PLIÉ LUNGE COMBO

Layer 1

- More strength
- Let's set up in 2nd Position
- We're going to Plié and Pulse 4 times
- Raising the plates out to the side
- Rond de Jambe back, Lunge
- Hips square, chest lifted
- Keep the plates slightly under your shoulders
- Front knee over ankle
- Rond de Jambe back, Lunge
- Repeat the sequence from the top
- Brace the belly
- Lengthen the spine, straight down

Layer 2

- Pull down in the lats
- Strong upper body
- With the plates, you can bring them down through the transition if you need a rest
- You can do this workout without plates, totally up to you

2ND POSITION PLIÉ PULSE, BICEP CURL

Layer 1

- 2nd Position, plates to chest
- Pulse here
- Push knees out in line with toes

Layer 2

- Work with that depth in the Squat

1ST POSITION TENDU, SIDE RAISE

Layer 1

- Set up to 1st Position
- Reset that Foundation Posture
- Plates facing forward
- We're going to Tendu to the right and raise the plates out to 2nd Position

Layer 2

- Really stretch that foot all the way to the tip of the toes
- Get as much length as you can through the foot
- Should we add on?

TENDU/GLISSE/GRANDE BATTEMENT WITH ARABESQUE COMBO

Layer 1

- We've got our Tendus
- Add on Arabesque, double plate press
- Straight back and punching up
- Rest, shake it out
- Belly braced
- Let's go, 4 times
- Plates out, stretch the foot
- Punch up, Arabesque

Layer 2

- Nice, beautiful straight line from the back of the foot to the top of the plates
- Keep moving with us



07. ESCAPE

TRACK FOCUS

To simply coach the different variations of each sequence and allow participants to choose the right ones for their body. Then let them explore their Escape Combo with the music.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:09	V1 / A drop	4x8	A ¹	Relevé Step L&R, HOH		4x
				L leg/R leg Relevé	2	
				L leg/R leg close 3 rd Position	2	
				Repeat other side	4	
0:27	PC / You're high	4x8	A ²	Relevé Step, Échappé Combo L&R		2x
				L leg/R leg Relevé, arms 5 th Position	2	
				L leg/R leg close 3 rd Position, Bras Bas	2	
				Échappé, Bras Bas	1	
				Close 3 rd Position, Bras Bas	1	
				Échappé, Bras Bas	1	
				Close 3 rd Position, Bras Bas	1	
				Repeat other side	8	
0:46	C / Be ok	4x8	A ³	Arabesque Jump Switch, Échappé Combo L&R		2x
				L leg/R leg Arabesque Jump Switch, arms 5 th Position	2	
				Close 3 rd Position Plié, Bras Bas		
				2x Échappé, Bras Bas	2	
				Repeat other side	4	
					8	
				↑ Option: 4x Changement		
				↓ Option: HOH, Relevé Step		
1:05	V2 / Your life's	8x8	B	Relevé Step, Arabesque Combo L&R		4x
				L leg/R leg Relevé, HOH	2	
				L leg/R leg close 3 rd Position, HOH	2	
				R leg Arabesque, HOH	1	
				Close 3 rd Position Plié, HOH	1	
				R leg Arabesque, HOH	1	
				Close 3 rd Position Plié, HOH	1	
				Repeat other side	8	
				↑ Option: Add arms to 5 th Position on Relevé Step, 1 st Position Arabesque in the Arabesque Relevé		
1:42	C / Be ok	4x8	B ¹	Arabesque Jump Switch, Arabesque Combo L&R		2x
				L leg/R leg Arabesque Jump Switch, arms 5 th Position	2	
				Close 3 rd Position Plié, Bras Bas	2	
				2x R leg Arabesque, 1 st Position Arabesque	4	
				Repeat other side	8	
				Note: Arms are gradual into 1 st Position Arabesque		
				↓ Option: Relevé Step, HOH		



07. ESCAPE

MUSIC				EXERCISE		CTS	REPS
2:01	B / You're high	4x8	C	Échappé , HOH L&R			8x
				Échappé out, HOH		1	
				Close into 3 rd Position, HOH		1	
				Repeat		2	
Note: Alternate 3 rd Position each time on closing							
2:19	C / Be ok	4x8	D	Full Escape Combo L&R			1x
				L leg/R leg Arabesque Jump Switch, arms 5 th Position		2	
				Close 3 rd Position Plié, Bras Bas		2	
				2x R leg Arabesque, 1 st Position Arabesque		4	
				8x Changement or 4x Échappé, Bras Bas		8	
				Repeat other side		16	
2:38		0½x8		Pause		4	
2:40	PC / You're high	8x8	D	Full Escape Combo L&R		32	2x



07. OK NOT TO BE OK 3:19mins

TEACHING TIPS

This feel-good Escape track integrates movement patterns we already know from Track 4 with a unique musical energy. Let the emotion and expression drive your intensity in this track, however you see fit for you. Help your participants learn the two combinations by simply coaching them through, incorporating both high and low impact variations. As your participants become more familiar and confident with the movement patterns, encourage them to explore the music with their bodies and hook into the true sensation of music and movement combined. Let the music be your leader in this track!

COACHING CUES

RELEVÉ STEP

Layer 1

- Stepping back, right foot
- Back, back, forward, forward
- Bring your hands to your hips
- Close into 3rd Position
- You're always sending the back leg out
- And then we alternate to the other leg

RELEVÉ STEP, ÉCHAPPÉ COMBO

Layer 1

- Let's add arms and a combo
- Up to 5th Position, hold
- 2 Échappé
- Out, in, out, in, other side
- Plié to land

Layer 2

- We pull up to our Relevé
- Use that Plié in your jump

ARABESQUE JUMP SWITCH ÉCHAPPÉ COMBO

Layer 1

- Arabesque Switch
- Échappé
- Or, take a look, you can Changement
- 4, 3, 2, 1

Layer 2

- Choose whatever option you want today and go with it

STEP BACK ARABESQUE COMBO

Layer 1

- New combo, step back
- Back, back, forward, forward
- Two Arabesques
- Keeping the hips square to the front

Layer 2

- Adding arms to 5th Position
- Press your shoulders down
- 1st Position Arabesque
- Lift your underneath heel
- Pull up the calf muscle and use the glutes to lift to Arabesque

ARABESQUE JUMP SWITCH COMBO

Layer 1

- Let's add the jump we learnt earlier
- Arabesque Switch
- Switch, Close
- Up, down, up, down
- Option, come back to your step back

ÉCHAPPÉ

Layer 1

- Come to your Échappé
- Take a breather

Layer 2

- Bring your focus back into your breath
- We're going to add all of that together and make one big combo

FULL ESCAPE COMBO

Layer 1

- Arabesque Switch, 2 Arabesque Relevés
- Right leg back, switch, close
- Lift and lift
- 8 Changement
- Plié to land

Layer 2

- Option: Relevé in 1st Position or you can Échappé
- Hold, let's do it again
- Can you remember that intention you set at the beginning of the class?
- Come back to that



08. BURN

TRACK FOCUS

Coach my participants through fast and seamless transitions to keep their core activated throughout the entire track.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up lying on back	16	
0:09	V1 / Don't need	4x8	A Core Hip Lift 8x Core Hip Lifts, knees bent 8x Core Hip Lifts, toes up ↓ Option: Knees stay bent	16 16	1x
0:28	PC / _Every	2x8	A ¹ Core Hip Lift 4x Core Hip Lifts, knees bent 4x Core Hip Lifts, toes up	8 8	1x
0:38	C / 24/7 got	6x8	B Aerial Changement 8x Aerial Changement travelling down to 45° 8x Aerial Changment travelling up to 90°	8 8	3x
1:06		½x8	Transition to Side Hover	4	
1:09	V2 / 24/7 I got	2x8	C Side Hover Pulses L 7x Side Hover Pulses L leg	16	1x
1:18	Baby, throw	½x8	Transition to other side	4	
1:20	Addicted to	1½x8	C Side Hover Pulses R 7x Side Hover Pulses R leg	12	1x
1:28	C / 27/7 got	½x8	Transition to lying down on back	4	
1:30	Think about	5½x8	D Happy Baby Open legs to Happy Baby, knees bent ↑ Option: Extended Happy Baby	44	1x
1:56	B / _Every	2x8	D ¹ Happy Baby Stretch Sequence Bend to Happy Baby Open to Extended Happy Baby	4 4	2x
2:06	C / Instr	10x8	B Aerial Changement	16	5x



08. TICK TOCK 2:57mins

TEACHING TIPS

This track is a fast burner that targets the Core from every angle! The transitions are very quick, so you'll want to ensure you deliver clear Layer 1 direction and timing cues, saving your Layer 2 coaching for longer sets of work. Because these movements are combined with an amazing hip stretch, this track allows us to come full circle in the workout – try asking your participants to connect with their intention from the start of the class for a moment of reflection after a hard workout!

COACHING CUES

CORE HIP LIFT

Layer 1

- Hands by your side
- Palms facing up
- Bend your knees
- Raise them up to 90 degrees
- We're going to start with a hip lift
- 8 up, here we go
- 8, 7, 6, raising the knees up towards the ceiling

Layer 2

- Very small movement, lifting the tail bone off the floor
- Now extend the legs
- Leading with the toes
- Keep the legs nice and straight
- Back down to 90 degrees, go for 4
- 4, 3, 2 now extend the legs

AERIAL CHANGEMENT

Layer 1

- Now we're going to cross over
- New move, come down for 8
- Cross the legs over
- Brace your core
- Lower back towards the floor
- Option you can bend the knees
- Extend the legs out, cross over

Layer 2

- Work those inner thighs with your cross overs
- Breathe
- Keep the shoulders down
- Nice and tight, nice and small
- Point those toes
- If you were on the option on the first round, try come up and extend the legs
- Go for a challenge
- Any time, pull back, bend the knees back to 90 degrees
- Looking good team, keep it up
- Let's go for 2 more

SIDE HOVER PULSES

Layer 1

- Let's roll to the front
- Stack your shoulder over your elbow
- Strong Ab brace
- Side plank and pulse
- Square off the hips
- Quick roll to the other side
- Straight up and pulse

Layer 2

- Lift up under your side
- Feel the oblique work

HAPPY BABY

Layer 1

- Roll onto your back
- Let's take a nice stretch
- Happy Baby
- Grab the ankles
- Press your tail bone into the floor

Layer 2

- If it feels good, open up the legs
- Hold here and just enjoy the stretch down the back of your legs
- Back into Happy Baby, and stretching out



BONUS

03. EXTEND

TRACK FOCUS

To help my participants find a constant state of flow in their upper body, while working on single leg balance movements.

MUSIC		EXERCISE			CTS	REPS
0:00	Intro /			Set up 1 st Position, HOH	4	
0:01	V1 / Let the	4x8	A	L Tendu Forward & Back HOH		4x
				L Tendu F	2	
				L Tendu B	2	
				L Tendu F	2	
				L Tendu B, Fondu	2	
				⬆ Option: Lift to Glisse after 2 nd Rep		
0:29	C / Instr	4x8	A ¹	L leg Lift Forward & Back to Penche, Arabesque Arms		4x
				L leg Lift F, 1 st Position Arabesque R arm F	2	
				L leg Lift B, 1 st Position Arabesque L arm F	2	
				L leg Lift F, 1 st Position Arabesque R arm F	2	
				L leg Penche, Pull back arms	2	
				Note: Tendu, Glisse, or Grande Battement height		
0:58	V2 / The gravity	4x8	B	L Arabesque Tap	32	1x
				32x L Arabesque Tap		
				Note: Add 1 st Position and 2 nd Position Arabesque arms after 8x Tap		
1:26	C / Instr	4x8	A ²	L leg Lift Forward & Back with Pulse		4x
				L leg Lift F, 1 st Position Arabesque R arm F	2	
				L leg Lift B, 1 st Position Arabesque L arm F	2	
				L leg Lift F, 1 st Position Arabesque R arm F	2	
				L leg 2x Arabseque Pulse, Pull back arms	2	
1:54	B / _All the	4x8	A	R Tendu Forward & Back	8	4x
2:22	V3/ Let the	4x8	A ¹	R Leg Lift Forward & Back to Penche	8	4x
2:51	C / Instr	4x8	B	R Arabesque Tap	32	1x
3:19	Outro / Instr	4x8	A ²	R Leg Lift Forward & Back with Pulse	8	4x



BONUS

03. RARE 3:40mins

TEACHING TIPS

This Bonus Track is the ultimate marriage of balance and flow, which we all know and love! Intensity gradually increases as the sequence becomes more challenging and we are presented with opportunities to explore and let go. Use the first half to set up great movement patterns and showcase variations of the exercises for higher and lower intensity. Then explore Layer 2 and 3 coaching throughout the second half – either offering some tips to make the moves more efficient and stable, or to just be silent and let them enjoy! This is a powerful piece of music and you can't help but be emotionally driven by it!

COACHING CUES

TENDU FORWARD AND BACK

Layer 1

- Tendu front, brush through to the back, and front, now Fondu
- Knee over toe
- Fondu on every 4th rep
- We're working through out 1st Position
- Brace your core
- Shoulders down and back

Layer 2

- Anchor into your supporting side
- Lift off the toe, Glisse height
- Deepen into your Fondu

LEG LIFT FORWARD AND BACK TO PENCHE

Layer 1

- Now you can lift the leg, add arms
- Grande Battement
- Draw the arms down and back, Penche
- Tip from the hips
- Brace the abs and squeeze the shoulder blades

Layer 2

- We're working through our Arabesque lines with control
- Deepen into your Arabesque
- See if you can make it super smooth
- How controlled can you be with the moving leg

ARABESQUE TAP

Layer 1

- Arabesque Tap
- Lift, tap, tap, tap
- Soften the front knee and extend the arm to 1st Position Arabesque
- Rotate the arms, 2nd Position Arabesque

Layer 2

- Now let's feel some rotation in the upper body, keeping the hips square to the front
- We're increasing the mobility in our thoracic spine
- Extend out into 1st Position Arabesque
- Now let's get that beautiful spiral in the upper back

LEG LIFT FORWARD AND BACK WITH PULSE

Layer 1

- Back into the combination, add a Pulse
- Brush front, back, front, two Pulses
- Lift, lift

Layer 2

- Your stabilizers are having to work that much harder
- Adding that Pulse
- Here we go, lift, lift
- Anchor on your supporting side, find that beautiful burn



BONUS

06. POWER

TRACK FOCUS

To focus primarily on arm and upper body activation through control and repetition.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up 1 st Position, one weight plate in each hand, plates to Bras Bar	8	
0:04		1x8	A	Relevé 1st Position Arms to 1 st Position, then 2 nd Position	8	1x
0:08	V1 / _I take	2x8	A ¹	Relevé 1st Position Hold arms in 2 nd Position	16	1x
0:15	_and I can't	6x8	B	Slow Relevé with Port de Bras Lower to 1 st Position, arms 5 th Position Relevé, arms 2 nd Position	4 4	6x
0:38	C / Instr	4x8	B ¹	Fast Relevé with Port de Bras 2x Relevé, arms 1 st Position 2x Relevé, arms 5 th Position 4x Relevé, arms 2 nd Position	4 4 8	2x
0:54	V2 / _I take	16x8	C	Single Demi-Stretch with Port de Bras L&R L Demi-Stretch, arms 1 st Position Close 1 st Position, arms 2 nd Position L Demi-Stretch, arms 4 th Position Close 1 st Position, arms 2 nd Position ↓ Option: Plate to chest, or no plates	2 2 2 2	8x
1:56	Quiet Instr	8x8	D	Slow Plié with 1st Position Arabesque L&R Slow Plié, arms sweep 1 st Position Stretch legs, 1 st Position Arabesque L arm F Slow Plié, arms sweep 1 st Position Stretch legs, 1 st Position Arabesque R arm F	4 4 4 4	4x
2:27		½x8		Pause	4	
2:29	Heavy Instr	8x8	D1	Fast Plié with 1st Position Arabesque L&R Fast Plié, arms sweep 1 st Position Stretch legs, 1 st Position Arabesque L arm F Fast Plié, arms sweep 1 st Position Stretch legs, 1 st Position Arabesque R arm F	2 2 2 2	8x
3:00	Outro / _open	4x8	D ²	Fast Plié with 3rd Position Arabesque L&R Fast Plié, arms sweep 1 st Position Stretch legs, 3 rd Position Arabesque L arm F Fast Plié, arms sweep 1 st Position Stretch legs, arms 3 rd Position Arabesque R arm F	2 2 2 2	4x



BONUS

06. RUSHING BACK 3:51mins

TEACHING TIPS

This arm and upper body focused track allows us to focus deeper on our postural muscles while using extra weight and repetition – a slight contrast to our leg dominated plate work! Your participants will enjoy the brain challenge while moving their upper and lower body at different tempos, before coming into single leg / single arm exercises. Practice this one a few times yourself to ensure you can role model excellent technique the whole way through, and always offer the “no plate” option if anyone needs it. Coaching around seamless and honey-like movements will help your class get the true feel of the flow!

COACHING CUES

SLOW RELEVÉ WITH PORT DE BRAS

Layer 1

- Let's train our arms
- Rise up
- Arms 1st Position, 2nd Position
- Thumbs up and hold here
- Open out your chest
- Brace your arms
- Let's lower the heels, lift the arms
- Lower and lift
- Arms to 5th Position and open

Layer 2

- Squeeze the legs and resist through the movement

FAST RELEVÉ WITH PORT DE BRAS

Layer 1

- Double time Relevé, super slow Port de Bras through 1st Position
- Down, up, down, up
- Arms to 5th Position

Layer 2

- Open out with control

SINGLE DEMI-STRETCH WITH PORT DE BRAS

Layer 1

- New move
- 1st Position and 4th Position
- 1st Position, right arm up, 4th Position
- Thumb leads the way
- Up and over
- Now, take a look at my feet
- I'm bending over my Demi Pointe
- Two times on the left, and two times on the right

Layer 2

- We're training the glute on the supporting side and getting a stretch across our toes
- This is going to give us more range when we Relevé later on
- Now, if you're fatiguing through the shoulders, you can drop the plates and keep the Port de Bras going
- Or bring the plates into your chest and work the legs
- Last two, open up your chest

SLOW PLIÉ WITH 1ST POSITION ARABESQUE

Layer 1

- New Port de Bras
- Super slow, right arm forward
- Other arm out to the side
- Smooth and controlled
- Find your Arabesque line
- Plates in line with your shoulders

Layer 2

- Keep it going
- Plié, down and squeeze the legs
- Resist the arms like you're moving through thick honey
- Feel it work even harder

FAST PLIÉ WITH 1ST POSITION ARABESQUE

Layer 1

- Hold here
- Let's go faster
- Down and up

Layer 2

- This is your ballet version of a Mac Raise
- Remember your option to drop the plates



BONUS

06. RUSHING BACK 3:51mins

FAST PLIÉ WITH 3RD POSITION ARABESQUE

Layer 1

- Last arm-line
- 3rd Position Arabesque
- Right arm slightly higher
- Down and up
- Alternating the arms

Layer 2

- Both plates in front of your chest
- Last two, hold and relax



BONUS

07. ESCAPE

TRACK SET-UP

To develop strong awareness of the En Croix movement pattern so my participants will want to attempt the Pirouette with confidence.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Set up 3 rd Position, L leg F, HOH			
0:01	V1 / Baby	8x8	A	L Tendu/Glisse En Croix Sequence HOH	4x
			L Tendu Front	2	
			Close Front 3 rd Position	2	
			L Tendu Side	2	
			Close Behind 3 rd Position	2	
			L Tendu Back	2	
			4 th Position Plié	2	
			L leg Retiré	2	
			L Close Front 3 rd Position	2	
			↑ Option: Lift to Glisse height, add Relevé on Retiré		
0:34	C / You don't	8x8	A ¹	L Grande Battement En Croix Sequence	4x
			L Grande Battement Front, arms 1 st Position	2	
			Close Front 3 rd Position, arms 1 st Position	2	
			L Grande Battement Side, arms 2 nd Position	2	
			Close Behind 3 rd Position, arms 2 nd Position	2	
			L Grande Battement Back, arms 2 nd Position	2	
			4 th Position Plié, arms 3 rd Position	2	
			L leg Retiré Relevé arms 1 st Position	2	
			L Close Front 3 rd Position, arms 1 st Position	2	
			Note: Close behind on last rep to prepare for the other side		
1:08	V2 / Baby	8x8	A	R Tendu/Glisse En Croix Sequence HOH	16 4x
1:41	C / You don't	8x8	A ¹	R Grande Battement En Croix Sequence	16 4x
			Note: Close behind on last rep to prepare for the other side		
2:14	B / _I'm not	20x8	A ²	L En Croix Pirouette Sequence L&R	5x
			L Grande Battement Front, arms 1 st Position	2	
			Close Front 3 rd Position, arms 1 st Position	2	
			L Grande Battement Side, arms 2 nd Position	2	
			Close Behind 3 rd Position, arms 2 nd Position	2	
			L Grande Battement Back, arms 2 nd Position	2	
			4 th Position Plié, arms 3 rd Position	2	
			L leg Retiré Relevé, arms 1 st Position	2	
			L Close Behind 3 rd Position, arms 1 st Position	2	
			Repeat on other side	16	
			↑ Option: Add a Pirouette on the Retiré Relevé		



BONUS

07. OPEN UP 3:22mins

TEACHING TIPS

Bonus Track 7 offers a simple movement pattern to set us up for some awesome turns! All ability levels can give this one a go and try a Pirouette at any point throughout the track. The repetitive nature of this sequence allows our bodies to find balance on one leg and get stable enough to hold as long as possible in the Relevé. This may be a challenge for some of your participants as strength in the Calf muscles varies – so continue to offer the low options and ensure they know that progress develops over time. The best growth comes when we are enjoying what we do, so be sure to have fun with your class while trying something a little different!

COACHING CUES

TENDU/GLISSE EN CROIX SEQUENCE

Layer 1

- Tendu front, to the side, behind, Plié in 4th Position
- Lift to Retiré, up, close down the front
- Repeat
- This is your En Croix Tendu sequence with a Relevé
- When you're ready, brush off to Glisse height
- Add the Relevé, heel lifts up and down
- Keep the hips level

Layer 2

- Push against the floor
- We'll strengthen our feet
- As soon as you're ready you can add your Relevé
- Challenge your balance, and we're increasing our stability in our ankles

GRANDE BATTEMENT EN CROIX SEQUENCE

Layer 1

- Adding arms to 1st Position
- Grande Battement
- Control the leg
- Open the arms, hold
- Close to 3rd Position, 1st Position and hold

Layer 2

- We're setting up our Pirouette position
- So, find your balance
- Stack your shoulders on top of your hips
- See how long you can hold it
- Close behind, other side
- You can lift the leg off whenever it feels good
- Imagine you have a rectangle between your hips and your shoulders, keep that rectangle completely even here
- That will help you to find your balance

EN CROIX PIROUETTE SEQUENCE

Layer 1

- We're adding the two sides together
- So, close your Retiré at the back
- I think we're ready, let's add a Pirouette this time
- Turn towards your right shoulder
- Round, and close behind
- Other side
- Try the Pirouette

Layer 2

- Give it a go
- Find the front again
- You can always come back to your hips and work your Relevé
- But let's all challenge ourselves
- Now, I know there's some of you who want to go for the double
- So, come with me
- Spot the front, two turns
- Two more reps, have fun with it
- Remember your Foundation Posture, that'll help you to balance



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)

SISSONE

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

TEMPS LEVÉ

- To hop on one leg

TENDU

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



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

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

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

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

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

