

LES MILLS BARRE

15

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

08. BURN

DECLARATION OF INTENT

RELEASE FOCUS

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RELEASE FOCUS GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to a workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first arrived.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like climbing, lifting or digging.

Common horizontal activities are when we are moving across the ground including **walking, running, pushing something forwards or throwing.**

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension – this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



MUSIC

01.

Be Somebody (2:46)

Dillon Francis feat. Evie Irie

© Courtesy of the Universal Music Group.

Written by: Bhattacharyya, Benjamin, Thomas, Francis, Bulow
02.

Delicate (Seeb Remix) (2:51)

Taylor Swift

© Courtesy of the Universal Music Group.

Written by: Swift, Martin, Schuster
03.

High Hopes (White Panda Remix) (2:51)

Panic! At The Disco

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Written by: Lobban-Bean, Hollander, Jeberg, Juber, Lolo, Sinclair, Urie, Youngs
- High Hopes (White Panda Remix)** (2:54)

Panic! At The Disco

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Written by: Lobban-Bean, Hollander, Jeberg, Juber, Lolo, Sinclair, Urie, Youngs
04.

House Arrest (3:34)

Cufflynkx

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Written by: Weld, Halpern, Garcia, Sarazen
05.

Yeah Yeah You Would (3:42)

Diddy - Dirty Money feat. Grace Jones

© Courtesy of the Universal Music Group.

Written by: Hills, Araica, Richards, Combs, Vick, Watson
06.

The Bender (1:24)

Matoma & Brando

© 2020 Big Beat Records Inc.

Written by: McKay, Willis, White
- The Bender** (3:01)

Matoma & Brando

© 2020 Big Beat Records Inc.

Written by: McKay, Willis, White

07.

Aqualung (3:33)

Miss Li

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Written by: Hardwood, Franda, Gustafsson, Karlsson
08.

All I Need (3:36)

Jake Bugg

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Written by: Mac, Bugg
- BONUS 03.

Euphoria (3:04)

Dan Draper

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Written by: Beasley
- BONUS 06.

On My Mind (3:10)

Sway Sashay

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Written by: Mears IV, Pentz, Elliot, Elliott, Pearson, Sumner
- BONUS 07.

Burn (3:51)

Usher

© 2004 Arista Records, Inc.

Written by: Cox, Dupri, Raymond



L-R: Hannah Ellis, Des Helu, Summer Bradley, Joash Fahitua, Yayoi Matches

PRESENTERS

Des Helu (New Zealand) is a LES MILLS BARRE, LES MILLS GRIT™, BODYPUMP™ and BORN TO MOVE™ Presenter/Instructor and a LES MILLS CEREMONY™ AND LES MILLS CONQUER™ Instructor. He is based in Auckland.

Hannah Ellis (New Zealand) is a LES MILLS BARRE, LES MILLS TONE™, BODYBALANCE™ and BODYPUMP Trainer/Instructor and a LES MILLS BARRE Presenter. She lives in Dunedin.

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 Presenter and she lives in Auckland. She has 18 years of dance experience and trained full-time in Australia.

Yayoi Matches (New Zealand) lives in Auckland and worked as a professional ballet dancer internationally for 5 years.

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 – Ariel Lu

45-MINUTE OPTION

Track 01	Warm-up
Track Bonus 03	Extend
Track 02	Deepen
Track 03	Extend
Track Bonus 06	Power
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn
Track Bonus 07	Escape
Total Time	40.17

30-MINUTE OPTION

Track 01	Warm-up
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn (Full track if time permits)
Total Time	29:05 without Plank Leg Slides sequence on Track 8 30:12 with full Track 8

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 Advanced Option	↓	Low Option
		BPD	Body Part & Direction
👁️	Preview		

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

To warm the main muscle groups with coordination and welcome my participants to this amazing workout.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	Set up 1 st Position, Bras Bas			
0:07	V1 / _ Prom queen	4x8	A	Slow Full Plié in 1st Position, Bras Bas	2x
				Slow 1 st Full Position Plié	4
				Hold 1 st Full Position Plié	4
				Slow rise to 1 st Position	4
				1 st Position Relevé	1
				Hold Relevé	3
				↓ Option: Demi Plié, HOH	
0:31	PC / Me and	2x8	A ¹	Triple Pulse Plié in 1st, Bras Bas	2x
				3x Plié Pulses in 1 st Position	5
				Rise to 1 st Position	1
				1 st Position Relevé	1
				Hold Relevé	1
				↓ Option: Demi Plié, HOH	
0:43	PC / Me and	4x8	A ²	Triple Pulse Plié in 1st Position, with Port de Bras	4x
				3x Plié Pulses, arms 2 nd Position	5
				Rise to 1 st Position, arms 2 nd Position	1
				1 st Position Relevé hold, L arm sweep to 4 th Position	1
				1 st Position Relevé hold, R arm sweep to 4 th Position	1
				↓ Option: Demi Plié, HOH	
1:07	V2 / _ What do	4x8	B	Slow Plié in 2nd Position, HOH	2x
				Slow 2 nd Position Plié	4
				Hold 2 nd Position Plié	4
				Slow rise to 2 nd Position	4
				2 nd Position Relevé	1
				Hold Relevé	3
1:32	PC / Me and	2x8	B ¹	Triple Pulse Plié in 2nd Position, HOH	2x
				3x Plié Pulses in 2 nd Position	5
				Rise to 2 nd Position	1
				2 nd Position Relevé	1
				Hold Relevé	1
				↓ Option: HOH	
1:44	PC / Me and	4x8	B ²	Triple Pulse Plié in 2nd Position, with Port de Bras	4x
				3x Plié Pulses, arms 2 nd Position	5
				Rise to 2 nd Position, arms 2 nd Position	1
				2 nd Position Relevé hold, L arm sweep to 4 th Position	1
				2 nd Position Relevé hold, R arm sweep to 4 th Position	1
				↓ Option: HOH	
2:08	Br / _ We gon'	1x8		Set up 1 st Position, HOH	8
2:14	Br / _ Mind	1x8	C	1st Position Demi-Stretch, HOH, L&R	1x
				L Leg Demi-Stretch	2
				Close 1 st Position	2
				R Leg Demi-Stretch	2
				Close 1 st Position	2



01. WARM-UP

MUSIC		EXERCISE		CTS	REPS
2:20	B / _ We gon'	4x8	C ¹	Slow 1st Position Demi-Stretch, Arms 4th Position, L&R L Leg Demi-Stretch, L arm sweep to 4 th Position Close 1 st Position, arms 2 nd Position R Leg Demi-Stretch, R arm sweep to 4 th Position Close 1 st Position, arms 2 nd Position ↓ Option: HOH	2x 2 2 2 2
2:33	C / Instr	2x8	C ²	Fast 1st Position Demi-Stretch, Arms 4th Position, L&R L Leg Demi-Stretch, L arm sweep to 4 th Position Close 1 st Position, arms 2 nd Position R Leg Demi-Stretch, R arm sweep to 4 th Position Close 1 st Position, arms 2 nd Position ↓ Option: HOH	4x 1 1 1 1



01. BE SOMEBODY 2:46mins

TEACHING TIPS

A simple Warm-up to prepare and prime our bodies, while focusing on the main muscle groups. Working the Pliés in different stances wakes up the legs and reminds us quickly of spinal alignment and knee position. The added arm lines to a staggered 4th Position invites a little energy to these movements and a unique lift to our posture. Have fun setting the tone for your class with this energizing piece of music and welcome everybody into the room!

COACHING CUES

SLOW FULL PLIÉ IN 1ST POSITION, BRAS BAS

Layer 1

- Plié down
- Lift the heels off
- Stop at 90 degrees
- Hold
- Coming back up
- Squeeze the legs and Relevé
- Lift the heels
- Core is on
- Back down, super slow
- Hold at the bottom

TRIPLE PULSE PLIÉ IN 1ST POSITION

Layer 1

- Getting into a Triple Pulse
- 3, 2, 1
- Squeeze, rise, hold
- Drop straight from the Relevé into your Plié
- Hold it, and straight down
- Let's add our arms
- 2nd Position, watch, 4th Position, 4th Position
- Right arm, then left arm
- Go, right, left

Layer 2

- Nice, looking beautiful team
- Squeeze the glutes
- Press the knees out

SLOW PLIÉ IN 2ND POSITION, HOH

Layer 1

- Alright, set up in 2nd Position
- Plié straight down and hold
- Hands to hips
- Same sequence but we're staying in 2nd Position
- Rise up, extend
- Lift the heels to Relevé
- Up, lift the heels
- Keep the spine long

Layer 2

- Looking good
- Really rotate the hips

TRIPLE PULSE PLIÉ IN 2ND POSITION

Layer 1

- Triple Pulse
- 1, 2, 3 extend and lift
- Slide the body up and down, lifting through the top of the crown
- Arms out to 2nd Position
- Bring it out and lift right and left

Layer 2

- Looking beautiful everybody
- Let's get it
- Really focus on technique and warming up the legs and the upper body
- We've got our whole program to go

1ST POSITION DEMI STRETCH L&R

Layer 1

- Coming back into 1st Position
- Reset your posture
- Find that core brace
- Plié, Demi Pointe
- Right foot, left foot
- 4th Position to 4th Position
- Up and out to 2nd Position

Layer 2

- Let's add a little bit of speed
- Double time
- We're warm and ready to go



02. DEEPEN

TRACK FOCUS

To help my participants feel confident with the footwork in the Pas de Bourrée Combo, and the variation they choose.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Dive	2x8	Set up 2 nd Position, HOH	16	
0:09	V / Dark jeans	2x8	A Slow Plié and Tendu Combo, HOH, R&L Slow Plié in 2 nd Position R Leg Tendu in 2 nd Position Hold R Leg Tendu Slow Plié in 2 nd Position L Leg Tendu in 2 nd Position Hold L Leg Tendu	4 2 2 4 2 2	
0:18	PC / Like you	4x8	A ¹ Double Pulse Plié and Tendu Combo, L&R 2x Pulse Plié in 2 nd Position, HOH R Leg Tendu in 2 nd Position, HOH 2x Pulse Plié in 2 nd Position, HOH L Leg Tendu in 2 nd Position, HOH Note: On 3rd Rep slowly lift arms to 5 th Position as shown on the Masterclass	3 1 3 1	4x
0:36	C / Touch you	4x8	A ² Single Plié and Tendu Combo, Arms 5th Position, L&R Single Plié in 2 nd Position R Leg Tendu in 2 nd Position Single Plié in 2 nd Position L Leg Tendu in 2 nd Position ↓ Option: HOH ↑ Option: Relevé or Jump the Tendu	1 1 1 1	8x
0:55	V / Third floor	4x8	B Slow Pas de Bourrée, Plié Combo, HOH, L&R (Pas de Bourrée): L Leg steps behind R Leg step to 2 nd Position Relevé L Leg close 3 rd Position in front R Leg Tendu in 2 nd Position (Plié Combo): Plié in 2 nd Position L Leg Tendu in 2 nd Position Plié in 2 nd Position R Leg Tendu in 2 nd Position Repeat starting with R Leg	2 2 2 2 2 2 2 2 16	1x
1:12	PC / Like you	4x8	B ¹ Fast Pas de Bourrée, Plié Combo, HOH, L&R (Pas de Bourrée) L Leg steps behind R Leg step to 2 nd Position Relevé L Leg close 3 rd Position in front R Leg Tendu in 2 nd Position (Plié Combo): Plié in 2 nd Position L Leg Tendu in 2 nd Position Plié in 2 nd Position R Leg Tendu in 2 nd Position Repeat starting with R Leg	1 1 1 1 1 1 1 1 8	2x



02. DEEPEN

MUSIC		EXERCISE		CTS	REPS
1:31	C / Touch you	4x8	B ²	Fast Pas de Bourrée, Plié Combo with Port de Bras, L&R	2x
				L Pas de Bourrée, open through 2 nd Position and lift to 5 th Position	4
				L Plié Combo, hold arms in 5 th Position	4
				R Pas de Bourrée, open through 2 nd Position and lift to 5 th Position	4
				R Plié Combo, hold arms in 5 th Position	
				↓ Option: HOH	
1:49	B / _ Sometimes	4x8	B ³	Full Pas de Bourrée Combo L&R	1x
				L Pas de Bourrée, open through 2 nd Position and lift to 5 th Position	4
				L Plié Combo, hold 5 th Position	4
				R Leg Rond de Jambe behind, arms open to 2 nd Position	4
				2x Arabesque Pulse, hold arms in 2 nd Position	4
				Repeat starting with R Leg	16
				↓ Option: HOH	
2:06	B / Time	½x8		Hold L Leg in Arabesque	4
2:09	C / Touch you	8x8	B ³	Full Pas de Bourrée Combo L&R	2x
				L Full Pas de Bourrée Combo	16
				R Full Pas de Bourrée Combo	16
				↑ Option: Relevé or Jump in Plié Combo as shown on the Masterclass	



02. DELICATE (SEEB REMIX) 2:51mins

TEACHING TIPS

This track is going to bring your participants into the moment and activate their minds as they dive into the Pas de Bourrée movement sequence. Be sure to simply set up the foundation pattern to avoid confusion later on – encourage them to talk themselves through the footwork to help their bodies create that connection. Your participants will show you how they need this track to be coached, so pay attention to how well they pick up the sequence then either continue to add complexity or keep it basic! Talk to stability, control, and muscular squeeze to give them the best chance of achieving this fun combination!

COACHING CUES

SLOW PLIÉ WITH TENDU COMBO, HOH

Layer 1

- Step out to 2nd Position
- Set that strong balletic posture
- Hands to hips
- Lower to Plié
- Down, hold
- Left side Pointe
- Back to your Plié
- Right side Pointe

DOUBLE PULSE PLIÉ WITH TENDU COMBO

Layer 1

- Same pattern, double pulse
- Down, down, lift
- Tap back to that foundation
- Engage the core
- Long straight spine
- Hands come to Bras Bas
- Slowly rise to 5th Position

Layer 2

- Strong glute squeeze to lift out of the Plié
- I can see you are ready for those singles

SINGLE PLIÉ WITH TENDU COMBO, ARMS 5TH POSITION

Layer 1

- Down, rise
- Staying upright as you Pointe your toes
- Option to Relevé or jump
- If you want to jump, land with soft knees

Layer 2

- Pull the quadriceps towards the hip

SLOW PAS DE BOURRÉE WITH PLIÉ COMBO, HOH

Layer 1

- Right leg Pas de Bourrée
- Step back, side, close in front, stretch, two Plié
- Down and up, one more time
- Other side, step behind, side, close in front
- Stretch and two Plié

Layer 2

- Do you reckon we could try that faster?

FAST PAS DE BOURRÉE WITH PLIÉ COMBO, HOH

Layer 1

- Pas de Bourrée
- Back, side, front, stretch, down, up, down up

Layer 2

- You have got to say that to yourself in your head a few times so your feet remember what to do
- We're going to add some arms, ready?

FAST PAS DE BOURRÉE AND PLIÉ COMBO WITH PORT DE BRAS

Layer 1

- Keep the feet the same
- Arms lift to 5th Position, hold here two Plié
- Open, lift and hold

Layer 2

- Yeah that's it!
- If the arms get a bit confusing just bring your hands back to your hips because we're adding more onto this



02. DELICATE (SEEB REMIX) 2:51mins

COACHING CUES

FAST PAS DE BOURRÉE COMBO

Layer 1

- Stay with the Pas de Bourrée
- On the third Pointe, you're going to hold here
- Rond de Jambe to the back
- Two Arabesque Pulses
- Other side, Pas de Bourrée
- Hips stay square
- Pulse and hold
- Full combination

Layer 2

- Now you can try the Relevé here
- Big squeeze in the back, it's going to help you stay balanced
- You might even want to try the jump, it's a little bit more challenging but it's really fun to try
- So, let's give it a go
- We're feeling pretty warm now
- Brains are warm, bodies are warm and we're ready for this awesome workout



03. EXTEND

TRACK FOCUS

To gain a strong understanding of the muscle engagement between the Arabesque and Attitude, and getting a great glute burn along the way.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:14	V / Mama said	2x8	A	L Slow Arabesque Tap, HOH L Leg Arabesque Lift L Leg Arabesque Tap Repeat	1 1 2	8x
0:25	PC / Mama said	4x8	A ¹	L Fast Arabesque Tap, HOH 32x L Leg Arabesque Tap ⬆ Option: Pulse after 16 reps	32	
0:47	PC / High , high	2x8	A ²	L Arabesque Pulse on Fondu, HOH 16x L Leg Arabesque Pulse, on Fondu ⬇ Option: Arabesque Tap	16	
0:58	C / High , high (quiet)	4x8	A ³	L Arabesque Pulse on Fondu, with Port de Bras 2x L Arabesque Pulse, arms sweep to 1 st Position 2x L Arabesque Pulse, arms to 5 th Position 4x L Arabesque Pulse, arms open through 2 nd Position to Bras Bas Note: Arms move smoothly in the Port de Bras as shown on the Masterclass ⬇ Option: HOH, Arabesque Tap	2 2 4	4x
1:21	V / Mama said	2x8		Pause, reset 1 st Position	16	
1:32	V / _ Stay	2x8	B	L Slow Attitude Tap, HOH L Leg Attitude Lift L Leg Attitude Tap Repeat	1 1 2	8x
1:43	PC / Mama said	4x8	B ¹	L Slow Attitude Pulse, HOH L Attitude Lift L Attitude Hover Repeat ⬇ Option: Attitude Tap	1 1 2	16x
2:05	PC / High , high	2x8	B ²	L Attitude Pulse, HOH 16x L Attitude Pulse ⬇ Option: Attitude Tap	16	
2:17	PC / High , high	2x8	B ³	L Attitude Pulse on Fondu, HOH 16x Attitude Pulse, on Fondu ⬇ Option: Attitude Tap	16	
2:28	C / High , high (quiet)	4x8	B ⁴	L Attitude Pulse on Fondu, with Port de Bras 2x L Attitude Pulse, arms sweep to 1 st Position 2x L Attitude Pulse, arms to 5 th Position 4x L Attitude Pulse, arms open through 2 nd Position to Bras Bas Note: Arms move smoothly in the Port de Bras as shown on the Masterclass ⬇ Option: HOH	2 2 4	4x
2:50	Quiet	2½x8		Pause, reset 1 st Position	20	
3:06	V / Mama said	2x8	A	R Slow Arabesque Tap, HOH	2	8x
3:17	PC / Mama said	4x8	A ¹	R Fast Arabesque Tap, HOH	32	



03. EXTEND

MUSIC			EXERCISE			CTS	REPS
3:39	PC / High high	2x8	A ²	R Arabesque Pulse on Fondu, HOH		16	
3:50	C / High high (quiet)	4x8	A ³	R Arabesque Pulse on Fondu, with Port de Bras		8	4x
4:12	V / Mama	2x8		Pause, reset 1 st Position		16	
4:24	V / _ Stay	2x8	B	R Slow Attitude Tap, HOH		2	8x
4:35	PC / Mama said	4x8	B ¹	R Slow Attitude Pulse, HOH		2	16x
4:57	PC / Mama said	2x8	B ²	R Attitude Pulse, HOH		16	
5:08	PC / High, high	2x8	B ³	R Attitude Pulse on Fondu, HOH		16	
5:19	C / High, high (quiet)	4x8	B ⁴	L Attitude Pulse on Fondu, with Port de Bras		8	4x



03. HIGH HOPES (WHITE PANDA REMIX) 5:45mins

TEACHING TIPS

This might be one of our toughest tracks yet and we're totally here for it! Before you get close to teaching this track, make sure you've physically done it at least 3 times to get the true experience of this unique burn. Once you've felt this sequence in your body, think about how you can help your participants feel successful when you introduce it to them. The ideal coaching here is simple and motivating! Keep the track focus clear, and get creative with cues to help motivate your participants to the end of each working set! Most of all, allow yourselves to have fun with this one and take breaks as you need to continue building strength and stability!

COACHING CUES

SLOW ARABESQUE TAP, HOH

Layer 1

- We're going to start with a Tendu to the back
- Arabesque toe taps
- Up, down, up, down
- Pushing down into the floor
- Square off the hips
- Shoulders are back
- Chest is lifted

Layer 2

- Find your Foundation Posture, that's going to help you

FAST ARABESQUE TAP

Layer 1

- Double time
- Up, up, up, up
- Squeezing those glutes and working the backs of the legs
- Option, take it off
- Let's speed up
- Little Pulses

Layer 2

- Feel that lengthening and extension towards the back
- Use the glute to lift the leg
- Ready for some more, lift the leg off
- Can you find your balance?
- Find something to focus on

ARABESQUE PULSE ON FONDU

Layer 1

- Let's Fondu, bend the knee
- Up, down, up, down
- Tap down if you need
- Let's add arms
- From 1st Position to 5th Position
- Let's drop
- Keep that knee tracking over the toe
- Use the Plié

Layer 2

- Now feel the back of your body engage as your arms lift
- Remember you can take a little shake out and jump straight back in
- Open in the chest
- Keep squeezing the glutes

SLOW ATTITUDE TAP

Layer 1

- Back into 1st Position
- We're going to repeat that whole thing in an Attitude
- Bend the knee
- Toe Taps, up, down
- Keep the hips square, chest is up
- Little Toe Tap

Layer 2

- 90 seconds left of work
- Let's finish strong together
- Now we work in the Attitude Position because that external rotation deepens the work in our gluteals

ATTITUDE PULSE

Layer 1

- Ready for double time
- We're here for the burn
- We're going for the fast Pulses
- Pulse, Pulse

Layer 2

- Minimal movement, maximum burn



03. HIGH HOPES (WHITE PANDA REMIX) 5:45mins

COACHING CUES

ATTITUDE PULSE ON FONDU

Layer 1

- Alright let's add on
- Bring your Fondu
- Knee out over the toe
- Pulse, Pulse
- Brace your core
- Arms through 1st Position

Layer 2

- Four Port de Bras and then we finish this side
- Here we go
- Keep the movement really small
- Focus on the burn in the glutes
- Find that balance
- We're nearly there!
- Looking great everyone
- My glutes are on fire!
- You got this



04. PEAK

TRACK FOCUS

To encourage my participants to try some or all of the jumping variations to increase their heart rate and reach their peak of the class.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up 3 rd Position, HOH	32	
0:15	V / I learned	8x8	A	Slow Glissade, Échappé Combo, HOH, L&R		2x
				L Slow Glissade	2	
				Close 3 rd Position	2	
				Repeat L Glissade	4	
				Slow Échappé to 2 nd Position	2	
				Close in 3 rd Position (change feet)	2	
				Slow Échappé to 2 nd Position	2	
				Close in 3 rd Position (change feet)	2	
				Repeat leading with R Leg	16	
0:46	V / I learned	4x8	A ¹	Glissade, Échappé Combo, HOH, L&R		2x
				L Glissade	1	
				Close 3 rd Position	1	
				Repeat L Glissade	2	
				Échappé to 2 nd Position	1	
				Close in 3 rd Position (change feet)	1	
				Échappé to 2 nd Position	1	
				Close in 3 rd Position (change feet)	1	
				Repeat leading with R Leg	8	
1:01	C / House arrest	8x8	A ²	Glissade, Changement Combo, HOH, L&R		4x
				2 Glissades traveling L	4	
				4x Changement	4	
				2 Glissades traveling R	4	
				4x Changement	4	
				↓ Option: Échappé		
1:32	Heavy Instr	8x8	A ³	Slow Peak Combo, L&R		
				2x Glissades traveling L, HOH	8	
				2x Slow Échappé to 2 nd Position, HOH	8	
				Arabesque L Corner, 1 st Arabesque arms	4	
				Step back, Tendu F, arms 1 st Position	4	
				Arabesque L Corner, 1 st Arabesque arms	4	
				Close in 3 rd Position in front	4	
				Repeat leading with R Leg, Arms start in Bras Bas	32	
2:03	V / I decided	20x8	A ⁴	Fast Peak Combo, L&R		5x
				2x Glissades traveling L, Bras Bas	4	
				2x Slow Échappé to 2 nd Position, Bras Bas	4	
				Arabesque L Corner, 1 st Arabesque arms	2	
				Step back, Tendu F, arms 1 st Position	2	
				Arabesque L Corner, 1 st Arabesque arms	2	
				Close in 3 rd Position	2	
				Repeat leading with R Leg, Arms start in Bras Bas	16	
				↓ Option: HOH, Échappé		
				↑ Option: Changement, Jump on Arabesque		



04. HOUSE ARREST 3:34mins

TEACHING TIPS

Welcome to our steady building peak track that will gradually lift the heart rate as complexity increases. The combination starts slow and simple to help our participants establish clear movement patterns before playing with different tempos and variations. This track relies on connecting to the participants you have in front of you so the most ideal variations are encouraged for their ability levels. Great set-up from the start will allow more freedom to add the Arabesque sequence with ease and success – make sure everyone knows they can choose the variations they love and mix up their workout in a way that suits them on the day!

COACHING CUES

SLOW GLISSADE WITH ÉCHAPPÉ COMBO

Layer 1

- We now have some Cardio
- We're going to start with a combination
- Two Glissade, two Échappé
- Set right foot in front, 3rd Position
- Ready to Glissade to your right side
- Let's go together
- Nice and slow
- Out and in
- Two Échappé
- Out, change feet
- The Glissade close Derrière – to the back
- Last set slow

Layer 2

- Stay low team, let's load the legs
- Use the power in the glutes to drive out of the floor in our Échappé

GLISSADE WITH ÉCHAPPÉ COMBO

Layer 1

- Let's add a bit of speed
- Double time, same combo
- Out in, out in
- Keep saying that tempo to yourself

Layer 2

- Feel the heart rate start to lift
- You know what makes our heart rate lift even more?
- Adding some jumps!

GLISSADE WITH CHANGEMENT COMBO

Layer 1

- Four Changement
- 4, 3, 2, 1
- Make sure you Plié when you land out of your jumps
- Soft knees
- Option, Échappé

Layer 2

- Look at you go!
- We're on fire today
- Nice work, looking strong

SLOW PEAK COMBO

Layer 1

- We're getting back into our slow combination
- Slow and low
- Échappé, out and in
- Adding on
- Two Arabesques
- Step to the corner
- Transfer the weight back
- Arabesque, close the foot in front
- Other side
- This is your full combination

Layer 2

- Make the legs work
- You can take your arms from Bras Bas to 1st Arabesque
- We're taking it to the end



04. HOUSE ARREST 3:34mins

COACHING CUES

FAST PEAK COMBO

Layer 1

- Double time
- Out, in
- Stay low in the legs to move fast
- Press out of your feet
- Knee over toe in that Fondu
- Give it a go
- Changement 4, 3, 2, 1
- Step hop
- Single leg jump
- Plié to land
- Remember your options
- Changement or stay low
- Let's go 2 more

Layer 2

- Now, do we remember our jumps?
- We have our four Changement and we can hop in our Arabesque
- Let's take this combo right to the end team
- Drive out of the glutes
- Feel the power in your legs
- Shake it out! That's us



05. STRENGTHEN

TRACK FOCUS

For my participants to try and maintain full range in both upper and lower body movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Set up 1 st Position, Plates to chest	4
0:11	Intro / _ This	2x8	A ¹	4/4 Full Plié in 1st Position, Plates at Chest Demi Plié in 1 st Position Full Plié in 1 st Position Demi- Plié in 1 st Position Stretch to 1 st Position ↓ Option: Demi- Plié	2x
0:23	Heavy Instr	6x8	A ²	2/2 Full Plié in 1st Position, Plates at Chest Demi Plié in 1 st Position Full Plié in 1 st Position Demi Plié in 1 st Position Stretch to 1 st Position ↓ Option: Demi Plié ↑ Option: Add Relevé after 4th Rep	12x
0:57	V / Everything	4x8	A ³	Triple Pulse Plié in 1st Position, Plates at Chest 3x Plié Pulses in 1 st Position Stretch to 1 st Position, Relevé ↓ Option: Demi Plié, no Relevé	8x
1:20	V / Loving me	4x8	A ³	Triple Pulse Plié in 1st Position, Plate Press Combo 3x Plié Pulses in 1 st Position, Plates at Chest Stretch to 1 st Position, Plate Press ↓ Option: Demi Plié, no Relevé or Plate Press	8x
1:42	C / Yeah you	1½x8		Set up 2 nd Position, Plates overhead	4
1:45	V / _ Who was	4x8	B	2/2 Full Plié in 2nd Position, Tricep Extension Full Plié in 2 nd Position, Plates lower Stretch to 2 nd Position, Plates reset	8x
2:08	V / Later	8x8	B ¹	Triple Pulse Plié in 2nd Position, Tricep Extension Pulse 3x Plié Pulse in 2 nd Position, 3x Tricep Extension Pulse Stretch to 2 nd Position, Plates reset ↓ Option: Demi- Plié	16x
2:53	B / Wanted	2x8		Set up 2 nd Position, Plates to 2 nd Position	16
3:05	B / You would	2x8	C	2/2 Plié & Demi-Stretch, Plates to 4th Position R&L 2/2 R Plié & Demi-Stretch, R Plate to 4 th Position Reset to 2 nd Position, Plates to 2 nd Position Repeat with L Leg & Plate ↓ Option: No weight plates	2x
3:16	C / Yeah you	4x8	C ¹	Plié Pulse & Demi-Stretch, Plates to 4th Position, R&L 2x R Plié & Demi-Stretch Pulse, R Plate to 4 th Position 2x Plié Pulse, R Plates to 2 nd Position Repeat with L Leg & Plate ↓ Option: No weight plates	4x



05. YEAH YEAH YOU WOULD 3:42mins

TEACHING TIPS

This Strengthen track offers an upper body focus and super fast fatigue – a prime combo for overall conditioning. The upper body conditioning at this stage of the class helps keep the participants engaged and focused on their workout. Concentrate the bulk of your coaching on alignment, and extension and reinforce any Layer 1 cues to help participants with their range and/or technique. Then, follow up with any sensation cues you love to help dial up their awareness to what they're feeling and ramp up their mind/body connection!

COACHING CUES

FULL PLIÉ IN 1ST POSITION WITH PLATES AT CHEST

Layer 1

- Bring the plates to your collarbones
- Lock the elbows under, squeeze shoulder blades towards spine
- Turn your feet out to 1st Position
- Squeeze the thighs together
- Two slow Plié to start
- Bend the knees over toes
- Lift the heels
- Lower and extend
- Let's speed it up
- 1, 2, 3, 4
- On that beat
- 1, 2, 3 and up

Layer 2

- Let's amp it up a little bit
- Add a Relevé
- On that Relevé lift the heels up as high as you can
- Push the ankles forward to get that good alignment
- Squeeze the inner thighs together
- Now we're working the entire lower body

TRIPLE PULSE PLIÉ IN 1ST POSITION WITH PLATES AT CHEST

Layer 1

- Let's switch it up
- Triple Pulse
- 3, 2, 1 and up
- Heels down to the floor in the Plié
- In our Pulses right here, think soft, like a cushion

Layer 2

- At the top, full Hip Extension
- Squeeze those glutes
- Maximize that workout
- Let's add a Press
- 1, 2, 3 punch it up
- Elbows under, arms extended up
- Keep plates slightly forward of the body
- Drive out of the Plié
- Punch straight up into that plate
- Give us one more

FULL PLIÉ IN 2ND POSITION WITH TRICEP EXTENSION

Layer 1

- Come out to 2nd Position
- Arms up
- Plié, Tricep Extension
- 1, 2, 1, 2
- Fully extend the arms up
- Brace your belly

Layer 2

- Isolate the arms and bend from the elbows
- Work the tricep at the back of the arm



05. YEAH YEAH YOU WOULD 3:42mins

COACHING CUES

TRIPLE PULSE PLIÉ IN 2ND POSITION WITH TRICEP EXTENSION PULSE

Layer 1

- Time to amplify it up once more
- Pulse, 3, 2, 1
- 8 more
- Go!
- Yes team
- Keep the elbows narrow

Layer 2

- This is where we feel that beautiful burn
- With all these Pulses we stimulate and engage the muscles of the body, creating fast fatigue, and not to mention the high reps
- Squeeze the glutes to maintain that turnout
- With every Pulse feel the mobility getting better and you getting lower

PLIÉ AND DEMI STRETCH, PLATES TO 4TH POSITION

Layer 1

- Let's separate the plates
- Quick shake out
- Reset Foundation Posture
- Arms to 2nd Position
- We're going to Plié, arms to 4th Position
- Coming up right side, other side
- That's it, lift the heel if you like
- Option to stay in 2nd Position Plié

PLIÉ PULSE AND DEMI STRETCH, PLATES TO 4TH POSITION

Layer 1

- Speed it up
- Pulse, stay down
- Hold those elbows in line

Layer 2

- Stimulating those muscles once more
- That's it
- We're almost home team
- One more!



06. POWER

TRACK FOCUS

To encourage my participants to commit to Posterior Chain development in each rep with clear coaching outcomes.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Lunge, R Leg B		16	
0:07	V / Remember	8x8	A	R Leg Lunge Pulse, Plates by Side		16x
				Top Half Lunge Pulses (R Leg B)	2	
				Full Range Lunge Pulses (R Leg B)	2	
0:38	PC / Ah-ee-ah	4x8	A ¹	4/4 R Leg Lunge to Lift with Bicep Curl		4x
				R Leg Arabesque, Plates Pullback	4	
				R Leg B to Lunge, Bicep Curl	4	
0:54	C / Heavy Instr	8x8	A ²	2/2 R Leg Lunge to Lift with Bicep Curl		16x
				R Leg Arabesque, Plates Pullback	2	
				R Leg B to Lunge, Bicep Curl	2	
				↑ Option: Lift F heel to Relevé after 8th Rep		
1:24	Quiet Instr	2x8	Set up Lunge with L Leg B		16	
1:32	V / Remember	8x8	A	L Leg Lunge Pulse, Plates by Side		16x
				Top Half Lunge Pulses (L Leg B)	2	
				Full Range Lunge Pulses (L Leg B)	2	
2:03	PC / Ah-ee-ah	4x8	A ¹	4/4 L Leg Lunge to Lift with Bicep Curl	8	4x
2:18	C / Heavy Instr	8x8	A ²	2/2 L Leg Lunge to Lift with Bicep Curl	4	16x
2:49	V / Remember	2x8	Set up 1 st Position, Plates by Side		16	
2:56	V / Bender	6x8	B	4/4 Plié Cobra with Pullback Arms		6x
				Plié in 1 st Position, Arms Pullback	4	
				Stretch to 1 st Position, Plates reset	4	
3:19	PC / Ah-ee-ah	4x8	B ¹	4/4 Plié Cobra with Rear Fly		4x
				Plié in 1 st Position, Rear Fly	4	
				Stretch to 1 st Position, Plates reset	4	
3:35	C / Heavy Instr	8x8	B ²	2/2 Plié Cobra with Rear Fly		16x
				Plié in 1 st Position, Rear Fly	2	
				Stretch to 1 st Position, Plates reset	2	



06. THE BENDER 4:25mins

TEACHING TIPS

Adding to the deep muscular burn is this wicked Power track! We have the best chance here to deeply work our leg muscles with the long Lunge sets for endurance and explosive training. Just like the Strengthen track, focus most of your coaching to alignment and range so you can then follow up with the strong benefits that this training will give us. We touch on posture maintenance throughout the Lunges, and the final set allows us to completely fire up the posterior chain until fatigue. Be sure to talk to the hip hinge and strong glute drive in the Cobra round to set your participants up for success!

COACHING CUES

LUNGE PULSE, PLATES BY SIDE

Layer 1

- We're going to Pulse Lunge
- Down, up
- Nice and easy
- Maybe stay in the top half
- We want to set that Strong Foundation
- Lift through the chest
- Brace the abs
- Squaring the hips, shoulders maintaining a long straight spine
- Feel strong in the upper body now
- Keep the hips square
- Knees about 90 degrees
- Pressing front knee out

Layer 2

- Should we sink a little lower?
- Drop
- Feel the difference
- We want to find our breath
- I've set you up from the beginning, now it's all about maintaining that strong posture
- Lower, down

4/4 LUNGE TO LIFT WITH BICEP CURL

Layer 1

- Here we go, let's test the balance
- Tip forward
- Lift the back foot
- Lunge to Curl
- Tip, lift, Lunge to Curl
- Square, brace
- Tip forward, let's move

Layer 2

- With the Curl, try keep your elbow line under shoulders

2/2 LUNGE TO LIFT WITH BICEP CURL

Layer 1

- We're going to up the pace from here
- Singles
- Up, down
- Remember what your back is doing
- Lift the heels
- Up and down
- You can always keep the feet grounded

Layer 2

- Pushing away from the back foot
- And while you're doing that, drive your feet through the floor
- Little stability challenge
- Let's lift the intensity
- A little more explosive
- Offset training, working the stabilizers
- This is how we develop bigger endurance in our training

PLIÉ COBRA WITH PULLBACK ARMS

Layer 1

- We have one more block
- Heels into 1st Position
- Posture set
- 2/2 Cobra
- Stay with the tempo

Layer 2

- We know where our focus is, and now we're just going to enjoy the rest of the set home
- Squeezing shoulder blades towards spine



06. THE BENDER 4:25mins

COACHING CUES

PLIÉ COBRA WITH REAR FLY

Layer 1

- Palms facing in
- Rear Fly
- So we're going to tip forward
- Open slow, close it up
- So in this hinge, you want to tip forward about 45 degrees
- Engaging the rear delts
- Singles

Layer 2

- Bring some power!
- You look so strong
- Keep it up
- 8 more! Bring it!



07. ESCAPE

TRACK FOCUS

To use simple coaching so participants can follow along with the direction changes - achieving the authentic feel of a dance escape.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:11	V / and I	2x8	A	Arabesque, HOH, R&L R Leg Arabesque Close to 1 st Position in Plié L Leg Arabesque Close to 1 st Position in Plié	2 2 2 2	2x
0:22	PC / Me drown	4x8	A ¹	Arabesque with Open Arms, R&L R Leg Arabesque, arms open Close to 1 st Position Plié, arms cross L Leg Arabesque, arms open Close to 1 st Position Plié, arms cross 👁 Demonstrate one Rep of A ² in the last 8 counts ↓ Option: HOH	2 2 2 2	4x
0:43	C / My life	4x8	A ²	Arabesque Step with Open Arms, R&L L Leg step F, arms Bras Bas R Leg Arabesque, arms open R&L Legs step B to Relevé, arms cross R Leg step F, arms Bras Bas L Leg Arabesque, arms open L&R Legs step B to Relevé, arms cross 👁 Demonstrate one rep of A ³ in the last 8 counts ↑ Option: Relevé or Jump in Arabesque ↓ Option: HOH, Fondu in Arabesque	1 1 2 1 1 2	4x
1:05	C / Further	3x8	A ³	Turning Arabesque Step, R&L R Leg Arabesque facing F, arms open R&L 2x step turning to B, arms cross L Leg Arabesque facing B, arms open L&R 2x step turning to F, arms cross ↓ Option: Remain facing the front, HOH, Fondu	2 2 2 2	3x
1:21	C / Aqualung	1x8		Pause, reset 1 st Position, Bras Bas	8	
1:26	V / Anchor down	6x8	B	Step Retiré with Open 4th Position Arms, R&L Step L, Retiré R Leg, arms open 4 th Position R&L 2x step sideways, arms cross Step R, Retiré L Leg, arms open 4 th Position L&R 2x step sideways, arms cross 👁 Demonstrate one rep of B ¹ in the last 8 reps ↑ Option: Posé to Relevé ↓ Option: HOH	2 2 2 2	6x
1:58	C / My life	7x8	B ¹	Step Turn in Retiré, R&L Step Turn towards L, R Leg Retiré, arms 1 st Position R&L 2x step sideways, arms open Step Turn towards R, L Leg Retire, arms 1 st Position L&R 2x step sideways, arms open Note: Free turning arms after 4th rep ↓ Option: No turn, HOH	2 2 2 2	7x
2:35	C / Aqualung	½x8		Pause, reset 1 st Position, arms Bras Bas	4	



07. ESCAPE

MUSIC				EXERCISE	CTS	REPS
2:38	B / Swim for	4x8	C	Full Escape Combination, R&L		2x
				L Leg step F, arms Bras Bas, R Leg Arabesque, arms open	2	
				R&L Legs step B to Relevé, arms cross	2	
				R Leg step F, arms Bras Bas, L Leg Arabesque, arms open	2	
				L&R Legs step B to Relevé, arms cross	2	
				Step L, Retiré R Leg, arms open 4 th Position	2	
				R&L 2x step sideways, arms cross	2	
				Step R, Retiré L Leg, arms open 4 th Position	2	
				L&R 2x step sideways, arms open, reset 1 st Position	2	
				↓ Option: HOH		
2:59	C / my life	6x8	C ¹	Full Escape Combination R&L	16	3x
				Note: Finishes as music fades out ↑ Option: Arabesque Relevé or Jump, Turn in Retiré		



07. AQUALUNG 3:33mins

TEACHING TIPS

This amazing Escape track offers a calming energy to gradually evolve two awesome movement patterns! Each sequence starts simple so we can all begin moving together, then adding on different variations depending on the workout goal of each participant. We have the freedom here to continue working low, to increase strength, and to work Cardio all in this one track – so keep your coaching super inclusive to allow your participants to make their choice. You'll notice we add the element of turning throughout both sequences, which will require you to coach the steps and timing in the most basic way possible. Your participants may not even choose this option until the third or forth time doing this track until they feel comfortable with what they're doing – which is great!

This track works the best when we aren't rushing or trying to over-coach. You may find it helpful to filter through the cues that you think are the most important, and structure this track in a way that gives participants what they need at the most ideal time. Have fun exploring different ways to deliver this track and see which ones your participants gravitate to the most!

COACHING CUES

ARABESQUE WITH HOH

Layer 1

- Bring feet to 1st Position
- Let's begin
- We're going to start with the left leg
- Arabesque, close and switch
- Lift and close

Layer 2

- This is our base, we're going to add some arms if we're feeling it today

ARABESQUE STEP WITH OPEN ARMS

Layer 1

- Lift, cross, lift and cross
- Let's try 4 more here together and we're going to add on
- Next time through, we're going to add a step to change sides
- Right leg forward, left leg lifts
- Other side
- Lift, step, step

Layer 2

- You can stay on Fondu
- At any time you can lift to Relevé
- Or, if you want more Cardio try a jump

TURNING ARABESQUE STEP

Layer 1

- We're adding direction
- One forward, turn and one back
- Keep alternating your feet, you'll end up on the right side
- If you're not turning you can just keep facing us
- One more
- Hold here

Layer 2

- Come with me now
- Beautiful, we'll come back to that

STEP RETIRÉ WITH OPEN 4TH POSITION ARMS

Layer 1

- New Combo
- Step Retiré to the right
- Other side
- Lift, step, step
- Relax your arms
- Lift your toes up to your knee

Layer 2

- Little lean away if it's in your mobility today
- If you're looking for more, step onto your toes and Posé
- This is the set up for our turn

STEP TURN IN RETIRÉ

Layer 1

- If you're turning, start with arms in 1st Position
- Turn over the shoulder
- Right shoulder, other side, left shoulder

Layer 2

- That's it
- If you're not turning today, stay forward facing and really feel the lift in the upper body
- If you're turning, free up the arms
- Anything that makes you feel like you're dancing
- Yeah, that's it!
- Two more times



07. AQUALUNG 3:33mins

COACHING CUES

FULL ESCAPE COMBINATION

Layer 1

- Hold here, stay facing us
- Let's add it together
- Step forward, Arabesque
- Other side
- Retiré to the right
- Start low
- Posé if you want to
- And again, step forward

Layer 2

- If you're turning, we've got three beautiful opportunities to feel magical in this movement
- Let's go together
- Beautiful
- You are making that extra special, enjoy it!
- One more time



08. BURN

TRACK FOCUS

To target the Core muscles from various angles while maintaining a slightly lifted heart rate.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up lying down on backs, toes to ceiling and arms wide	8	
0:05	V / _ Call me	2x8	A	Single Leg Drops, L&R L Leg drops down, R leg bends Hold Single Leg Drop Toes lift to ceiling Hold Repeat with other leg	1 1 1 1 4	2x
0:17	V / I, don't	6x8	A ¹	Single Leg Drops with Reach, L&R L Leg drops down, R leg bends, arms wide Hold Single Leg Drop Toes lift to ceiling, arms reach Hold Repeat with other leg	1 1 1 1 4	6x
0:51	C / The fight	4x8	A ²	Single Leg Drops with Pulse, L&R L Leg drops down, R leg bends, arms wide Hold Single Leg Drop Toes lift to ceiling, 2x arm reach pulses Repeat with other leg ↓ Option: Reach without pulse or no reach	1 1 2 4	4x
1:13	Instr	1x8		Transition to Swan Pose	8	
1:19	V / _ I know	4x8	B	Swan Pose, L L Leg F, R Leg B Reach forward or Quad Stretch ↓ Option: Back leg bent 90 degrees	16 16	
1:41	PC / All I need	½x8		Transition through Plank to other side	4	
1:44	PC / Let me	3.5x8	B	Swan Stretch, R	28	
2:04	C / The fight	4x8	C	Slow Alternating Wide Lunge Stretch, L&R Plank Crouch L Leg F to Wide Lunge Stretch Repeat with other leg ↓ Option: Keep B knee down to floor	4 4 8	2x
2:27	Instr	3x8	C ¹	Fast Alternating Wide Lunge Stretch, L&R Plank Crouch L Leg F to Wide Lunge Stretch Repeat with other leg ↓ Option: Stay with C timing	2 2 4	3x
2:44	PC / All i need	1x8		Set up Plank on toes or knees	8	
2:49	PC / Let me	7x8	D	Plank Leg Slides, L&R L Leg Slides to 45 degrees L Leg Slides back to Plank Repeat with other leg ↓ Option: Knees to floor	2 2 4	7x
3:29	Instr	1x8	E	Childs Pose Press back to Childs Pose, arms stretched F	8	



08. ALL I NEED 3:36mins

TEACHING TIPS

Track 8 offers us a little bit of core and a stretch to gently close down the class and reduce the heart rate. Like majority of this workout, we want to coach the importance of spinal alignment and technique through the core exercises to keep participants safe and engaged. Use your Layer 2 coaching to drive intensity highlighting muscular activity and energy output, to encourage participants to continue working hard! The Swan Stretch comes in at the perfect time as a short recovery between core exercises, re-energizing us to smash out one last set! Continue to coach to hip stability in the Plank rounds and offer the variations as required.

COACHING CUES

SINGLE LEG DROPS WITH REACH

Layer 1

- Legs up
- Start with Single Leg Drops
- Front leg
- Lower to 45 degrees
- Focusing on zipping that core in towards your spine
- Pushing the lower back down towards the floor
- Let's add the arms
- Drop and reach

Layer 2

- Let's keep this up
- Focus on strengthening our core, our center, so we can move through movement with strength and grace
- How are we doing down there?
- Core is looking solid

SINGLE LEG DROPS WITH PULSE

Layer 1

- Let's add a Pulse
- Drop to 45 degrees and Pulse, Pulse
- Last two
- Bring it in

Layer 2

- Really feeling that burn
- Keep that brace in the core

SWAN STRETCH

Layer 1

- Come into Swan Stretch
- Square up the hips
- Option, 90°/90°
- Take the back leg, pull it in
- Change, other side
- Bring it in, back foot

Layer 2

- Feel the beautiful opening in the front and in the hip flexor
- Quadricep stretch
- Breathe
- Looking good
- Enjoy this stretch

ALTERNATING WIDE LUNGE STRETCH

Layer 1

- Last set of core
- Let's hit the Plank
- Push back
- Front leg Lunge
- Repeat
- Abs braced
- And Lunge
- Hips and shoulders are square
- Pushing down into the floor
- Chest is lifted
- Last couple

Layer 2

- Let's speed it up
- Push back and Lunge
- Option: keep it slow



08. ALL I NEED 3:36mins

COACHING CUES

PLANK LEG SLIDES

Layer 1

- Back to Plank
- Hold
- We’re here to the end
- Last set
- Front leg to the side, and in
- Back leg
- Brace that core
- Out and in

Layer 2

- Keep pushing into the floor
- Option to drop the knees, or stay up
- We've come so far
- Stay with me
- Keep the hips square and quiet as you take the leg out to the side



BONUS

03. EXTEND

TRACK FOCUS

To maintain balance while achieving as much back and glute activation as possible.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Set up L foot behind in 3 rd Position, HOH			
0:02	V / I just	4x8	A	Slow R Leg Fondu, HOH	4x
				R Leg Fondu, L foot to ankle	4
				Stretch to 3 rd Position, L leg close behind	4
				Note: R Leg stretches on 4th rep	
0:18	V / to you	2x8	A ¹	Single R Leg Fondu, HOH	4x
				R Leg Fondu	2
				R Leg Stretch	2
0:26	V / I went	12x8	A ²	R Triple Pulse Fondu, Arabesque Combo, HOH	6x
				3x R Leg Fondu Pulse, L foot to ankle	5
				L Leg Arabesque	3
				3x L Arabesque Pulse	5
				Hold L Arabesque	3
				Note: Add arms after 3rd Rep	
				3x R Leg Fondu Pulse, arms extend to 3 rd Position	
				Arabesque	5
				L Leg Arabesque, arms 2 nd Position	3
				3x L Arabesque Pulse, arms 2 nd Position	5
				Hold L Arabesque, arms 2 nd Position	3
				↓ Option: Arabesque tap, HOH	
1:14	V / I went	4x8	A	Slow L Leg Fondu, HOH	8 4x
1:30	PC / _ And I'm	2x8	A ¹	Single L Leg Fondu, HOH	4 4x
1:38	C / I just	12x8	A ²	L Triple Pulse Fondu, Arabesque Combo, HOH	16 6x
2:26	B / I just	8x8	B	Alternating Fondu to Arabesque Combo, L&R	4x
				R Leg Fondu, Bras Bas to 1 st Position	4
				L Leg Arabesque, arms 2 nd Position	4
				L Leg Fondu, Bras Bas to 1 st Position	4
				R Leg Arabesque, arms 2 nd Position	4



BONUS

03. EUPHORIA 3:04mins

TEACHING TIPS

This Bonus Extend track is a fantastic glute warmer and stability challenge! We move quickly from one combination to the next with the Fondu as the main source of muscular tension. Adding the variations to this combination encourages participants to focus hard on their stabilizing muscles to keep them as steady as possible – and you can truly feel the impact of this! Keep the coaching clear and simple with only a few different coaching benefits - it is important that our participants have time to apply our coaching without disruption. Work with your track focus to help you identify and simplify this! Continue these benefits into the last working round, concentrating on control and steadiness through fatigue.

COACHING CUES

SLOW FONDU WITH HOH

Layer 1

- Fondu 2/2
- Right leg
- Down, down, up and up
- Toes lift to the back of the ankle
- Both knees press really wide on this one
- Close behind
- We'll do the other side

Layer 2

- Now if the left foot is cramping up a little bit, just try to articulate through the foot as it comes up
- Stretch it out

SINGLE FONDU WITH HOH

Layer 1

- Hold here
- Stretch the left knee
- Just the single Fondu
- Down and up
- Brace your abdominals
- Hold your balance
- Singles

Layer 2

- Take a deep breath in, we're going straight back into that combo

TRIPLE PULSE FONDU WITH ARABESQUE COMBO

Layer 1

- Triple Pulse
- 3, 2 extend behind to Arabesque
- Now Pulse, 3, 2, up hold
- Three Pulses, extend behind
- Add the arms
- Out to 3rd Arabesque Position then open to 2nd and pull your shoulder blades together
- We'll do one more here together
- Take a little break if you need, come down if you have to and then tap low to the floor
- Stay down

Layer 2

- Now Pulse your back leg and really squeeze your right butt cheek
- This one is all about engaging our posterior chain and maintaining stability through our supporting leg
- Now squeeze your left butt cheek really tight
- So much glute work here
- It's so good for us, we know we got to do it
- Now squeeze everything, let everything work together
- I know it's challenging but that's where the change happens
- I know you've got this
- Great stability

ALTERNATING FONDU TO ARABESQUE COMBO

Layer 1

- Just the Fondu
- Right leg comes behind
- Out to Arabesque, open wide
- Other side
- Down, down, up, up

Layer 2

- This one is all about control
- So take your time and make sure you can really feel your whole back body working
- Try arms up to 5th Position
- Full Body Extension
- Amazing way to work the back



BONUS

06. POWER

TRACK FOCUS

To feel the coordination between upper and lower body strength, while changing direction and maintaining range.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Instr	4x8	A	L Lunge and Plié Combo, Plates to Chest L Lunge Full Plié in 2 nd Position, pivot R heel	4x 4 4
0:16	_ Heavy Instr	4x8	A ¹	L Lunge and Plié Combo, Plates 1st Position / 2nd Position L Lunge, plates to 1 st Position Full Plié in 2 nd Position, plates to 2 nd Position ↓ Option: Plates chest then wide/low	4x 4 4
0:31	V / You stay	4x8	A ²	L Lunge, Plié Pulse Combo with Plates 2x L Lunge Pulse, plates 1 st Position 2x 2 nd Position Plié Pulses, plates 2 nd Position ↓ Option: Plates chest then wide/low	4x 4 4
0:47	V / You stay	4x8	B	Alternating Single Lunge, Plié Combo, R&L R Lunge, plates 1 st Position Plié in 2 nd Position, plates to 2 nd Position L Lunge, plates to 1 st Position Plié in 2 nd , plates to 2 nd Position ↓ Option: Plates chest then wide/low	4x 2 2 2 2
1:02	V / You stay	1x8		Set up Arabesque Tap facing L corner	8
1:06	V / Gotta get	3x8	C	R Arabesque Tap, Plates Pullback R Arabesque Taps	12x 2
1:18	V / You stay	4x8	C ¹	R Arabesque Tap on Fondu with Arm Extension R Arabesque Taps on Fondu, plates pullback Note: Add Arm Extension after 4th rep	16x 2
1:34	_ Instr	1x8		Set up Arabesque tap facing R corner	8
1:37	V / Time	3x8	C	L Arabesque Tap, Plates Pullback	12x 2
1:49	B / Instr	4x8	C ¹	L Arabesque Tap on Fondu with Arm Extension	16 2
2:05	B / Instr	2x8	A	R Lunge and Plié Combo, Plates to Chest	2x 8
2:13	B / Instr	6x8	A ¹	R Lunge and Plié Combo, Plates 1st Position / 2nd Position	6x 8
2:36	C / Heavy Instr	4x8	A ²	R Lunge, Plié Pulse Combo with Plates	4x 8
2:52	V / You stay	4x8	B	Alternating Single Lunge, Plié Combo, R&L	4x 8



BONUS

06. ON MY MIND 3:10mins

TEACHING TIPS

Bonus Strengthen sends us through multiple directions of leg and posture strength training which your participants will be sure to enjoy! The layout of this track integrates well rounded leg work for a serious burn, meaning that we hit fatigue hard and fast. There is a strong focus on the different tempos and full range of motion to get the most muscular engagement throughout – so keep this in mind when structuring your coaching. Direction focused coaching will help a lot in the fast transitions on the Alternating Lunges – so be sure not to miss these! And finally, pick your longer sets of work for your Layer 2 coaching to give your participants a good shot at finding success!

COACHING CUES

LUNGE AND PLIÉ COMBO

Layer 1

- Take a Lunge down and then turn out to the front
- We're pivoting around our supporting leg
- Pressing the knee over the toe
- Super smooth
- Adding the plates if you want
- 1st Position, open to 2nd Position
- Option keep the plates into your chest and squeeze the shoulder blades down and back
- Back into our Lunge sequence
- Taking it down, opening out
- Down, down, 2nd Position
- 1st Position to 2nd Position, or chest to squeeze the shoulder blades

Layer 2

- Amazing work, stay low
- Add the plates
- Smooth and controlled
- Chest is lifted
- Legs are on fire
- We're ready!

LUNGE AND PLIÉ PULSE COMBO WITH PLATES

Layer 1

- Adding a Double Pulse
- Down and down, open
- Time for the Double Pulse
- Down, down, open

Layer 2

- Feel the fire start to build in the quadriceps
- Squeeze your glutes even harder
- We are getting so much stronger
- Can you stay even lower?

ALTERNATING SINGLE LUNGE AND PLIÉ COMBO

Layer 1

- New move, Alternating Single Lunges
- Turn to the left
- Close in and out
- Right, center, left, center
- Remember your options with the plates
- Into the chest, down and back
- Right side, in and out
- Last 4, 3, 2, 1

Layer 2

- Drop a little lower

ARABESQUE TAP, PLATES PULLBACK AND ARM EXTENSIONS

Layer 1

- Coming up, Arabesque Taps
- Straight in
- Right side
- Lifting up, down
- Take this time to reset your Foundation Posture
- Brace the core
- Squeeze the shoulder blades
- Let's add another layer
- Fondu, knee over toe
- Straight to the other side
- Up, down

Layer 2

- And if you want it, plates forward of the face
- Engage the back body
- Squeeze the glute to lift the leg
- Looking strong!
- We are strengthening the posterior chain
- All down the back of the body



BONUS

08. BURN

TRACK FOCUS

To find a “true burn” through the glutes during each movement pattern.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Set up Side Hover on L Side	32
0:20	Intro / I just	4x8	A ¹	L Side Hover Leg Pulses R Leg Side Hover Pulses	16x 2
0:36	V / Burn for	4x8	A	Set up Side Hover on R Side	32
0:52	V / Tell me	4x8	A ¹	R Side Hover Leg Pulses L Leg Side Hover Pulses	16x 2
1:08	C / _ When	4x8		Set up Hip Bridge	32
1:24	C / _ Deep	4x8	B	Hip Bridge Wide Pulses Hip Bridge Wide Pulses	16x 2
1:40	V / Pages I	4x8	B ¹	Slow Hip Bridge Leg Extension Combo, L&R L Leg Extends to 45 degrees L Leg opens wide L Leg returns to narrow L Leg lowers to Hip Bridge Repeat with R Leg	4 4 4 4 16
1:56	V / Back	8x8	B ²	Fast Hip Bridge Leg Extension Combo, L&R L Leg Extends to 45 degrees L Leg opens wide L Leg returns to narrow L Leg lowers to Hip Bridge Repeat with R Leg ↓ Option: Knee lifts to 90 degrees, then Extension ↑ Option: Lift Heels after 2 reps	4x 2 2 2 2 8
2:28	C / _ Deep	2x8		Roll over to set up Horse Stance	16
2:36	C / Know that	16x8	C	Leg Circle Combo, L&R Horse Stance L Leg Extends to parallel 6x Leg Circles Horse Stance R Leg Extends to parallel 6x Leg Circles	4x 2 3 12 2 2 12
3:40	Outro /	2x8	D	Childs Pose	16



BONUS

08. BURN 3:51mins

TEACHING TIPS

This Bonus Burn track can be performed with or without a band – we like the band for the extra heat but it might not be for all of your participants at the start! Offer the band as a progression of strength while we find our way through these movement patterns and maximize glute engagement. Make sure your coaching is based around getting the most out of the glutes at this point in the class, and find different ways to coach the same result. In the Leg Circle Combo, your main coaching focus should be setting up the timing as the beat can be tricky to catch on. Look out and see that your participants are competent here before hooking into any Layer 2 coaching. Don't over complicate this one - we still want to be able to hear the beat!

COACHING CUES

SIDE HOVER LEG PULSES

Layer 1

- Come to a Side Hover
- Elbow under shoulder
- Bend your bottom knee
- Lift your hips up
- Keep the top leg extended
- We're going to hold here
- Top leg Pulse it up
- Up, down
- To the back
- Release, other side
- Lift, engage and hold
- Pulse to the top

Layer 2

- We'll get a little bit of shoulder work
- Tension in the obliques
- Building great tension in the glutes
- Side Hover is so good for you
- It helps strengthen that lateral extension, how cool is that!

HIP BRIDGES WIDE PULSES

Layer 1

- Lie on your back
- Come to a Hip Bridge
- Arms out
- Engage your shoulder blades together
- Draw your feet in
- Lift your hips as you press down
- Pulse the knees out, in

Layer 2

- Press down through the floor
- Feel your glutes engage
- These Pulses will burn deep into the glutes
- So important to have strong glutes to protect your lower back from anything you do in the day

HIP BRIDGE AND LEG EXTENSION COMBO

Layer 1

- Front Leg Lifts out to 45 degrees
- Open wide, close
- Touch down and switch legs
- Extend about thigh height
- Press both knees out against the band
- Lower down
- Let's do it a little faster
- Out, wide, in and down

Layer 2

- Land the toes softly to help maintain stability through the hips
- So you can really work deep into your glutes here
- We're going after that huge glute burn
- To get there a little faster you can lift your heels up
- If this is really challenging for you, and it might be, try the option as a great progression to get stronger at these



BONUS

08. BURN 3:51mins

COACHING CUES

LEG CIRCLE COMBO

Layer 1

- Roll down, roll yourselves up
- Come over to Horse Stance
- Hands under shoulders
- Knees under hips
- Timing with me, front leg extends and we circle
- 6, 5, 4, 3, 2, 1
- Leg goes in, back leg goes out
- And circle 6, 5, 4, 3, 2, 1
- In, out

Layer 2

- These moves are really small
- We're trying to maintain spinal integrity
- Doesn't matter which way you circle, as long as you can feel it through your glutes
- Let's see if we can extend the leg further away, really stretch from your hip to your toes
- Keep the belly strong, hips and shoulders square
- Keep the hands pressing down, really go after it



BALLET BASICS – GENERAL TERMS

FOUNDATION POSTURE

- Find your natural turn out
- Rock forward onto the balls of your feet, then back onto the heels
- Using the external rotators, flick your toes out to the corners in one fluid movement. Do not force this movement

BALLET TUCK

- Tuck your tail bone under gently
- Tighten your core and lift your chest without flaring ribs
- Bring shoulders back and down, drawing the lats down

DEMI

- 'Half'; eg 'Demi Plié' is a half Plié – a small bend of the knees

GRAND

- 'Big' or 'great'; eg 'Grand Plié' is a full Plié – big bend in the knees, heels off the floor

DERRIÈRE

- 'Behind' or 'to the back'

DEVANT

- 'Front'

EN CROIX

- 'Crossed' or 'in the shape of a cross'

POINTE

- On the toes; 'Demi Pointe' is on the balls of the feet

À LA SECONDE

- 'To the side', or feet in 2nd Position



BALLET BASICS – POSITIONS

1ST POSITION

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



2ND POSITION

- Feet flat on the floor, at least shoulder-width apart
- Heels under the line of the shoulders
- Toes in natural turn out
- Weight evenly distributed between heels and balls of feet



3RD POSITION

- Feet flat on the floor
- One heel is placed in front of the arch of the other foot
- Toes in natural turn out



LONG 4TH POSITION

- Feet flat on the floor
- Feet step in similar alignment for 3rd Position, but long
- Toes in natural turn out

BRAS BAS ARMS

- Arms down low with a slight bend in the elbows
- Hands in front of hips, palms face upward



1ST POSITION ARMS

- Arms out in front with a slight bend in the elbows
- Hands no higher than the breast bone



2ND POSITION ARMS

- Arms out to sides with a slight bend in the elbows
- Palms face forward



DEMI 2ND POSITION ARMS

- Arms in a low 'V', with a slight bend in the elbows
- Palms face downward



5TH POSITION ARMS

- Arms over head with a slight bend in the elbows
- Palms face downward
- Elbows slightly forward of face



1ST ARABESQUE POSITION

- Stand on one leg, other leg lifts behind (just off the floor, or up to hip height)
- Both legs straight with natural turn out
- Same arm as standing leg reaches forward at eye level, other arm reaches back at same angle as lifted leg



3RD ARABESQUE POSITION ARMS

- Same arm as standing leg reaches forward at eye level, other arm reaches forward at shoulder height
- Arms shoulder-width apart





BALLET BASICS – MOVEMENTS

ATTITUDE

- Lifted leg is bent in natural turn out

BATTEMENT

- ‘Beating’
- Working leg extends out and returns (single or repeated movement)

CAMBRÉ

- ‘Arched’
- Body bends from the waist

CHANGEMENT

- ‘Change’ with a jump
- Eg: Demi Plié in 3rd Position, jump to change legs, land in 3rd Position with other foot in front

DÉVELOPPÉ

- ‘To develop’
- Working leg draws up beside standing leg, then extends out straight in the air

ÉCHAPPÉ

- ‘To escape’
- Eg: Demi Plié in 1st or 3rd Position, slide/jump feet to 2nd Position

FONDU

- ‘To melt’
- Standing on one leg, bend standing knee
- Maintain natural turn out, therefore keeping correct knee alignment

GLISSADE

- ‘To glide’
- Transfer weight from one leg to another, traveling sideways

GLISSÉ

- Slide foot through Tendu, then lift toes just off the floor

PIROUETTE

- Turn/spin on one leg (other leg in Retiré)

PLIÉ

- Bend the knee or knees

PORT DE BRAS

- Carriage of the arms; moving arms gracefully from one position to the next (body can be still or moving)

RELEVÉ

- ‘To snatch’ or ‘raised’
- Eg: Demi Plié, then pull up quickly onto Demi Pointe
- Balls of the feet and toes replace position of heels (maintaining natural turn out)
- Strong, straight legs

RETIRÉ

- One leg raises to side (natural turn out)
- Knee bent
- Toe pointed next to the supporting knee (not on the joint)

ROND DE JAMBE

- Leg extends to Devant (front), moves through 2nd Position to Derrière (back) position (or Derrière, 2nd, Devant), forming a semicircle
- Can be on the floor or in the air

SAUTÉ

- To jump (on both feet)

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.

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

