

LES MILLS BARRE

16

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS

05. STRENGTHEN

BONUS

07. ESCAPE

BONUS

08. BURN

DECLARATION OF INTENT

RELEASE FOCUS

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RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



MUSIC

01.

Mean It (3:15)

Cash Cash feat. Wrabel

© 2021 Big Beat/Atlantic.

Written by: J. Makhlouf, A. Makhlouf, Frisch, Wrabel, Warner
02.

Shut Up And Dance (3:17)

WALK THE MOON

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Written by: McMahon, Berger, Petricca, Waugaman, Ray, Mainman
03.

What's Love Got To Do With It (3:23)

Kygo & Tina Turner

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Written by: Britten, Lyle
04.

What's Love Got To Do With It (3:27)

Kygo & Tina Turner

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Written by: Britten, Lyle
05.

What You Want (Low Steppa Remix) (3:22)

Blinkie

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Written by: Munjoma, Suhenelo, Dressekie
06.

Rotate (3:18)

Becky G & Burna Boy

© 2021 Kemosabe Records.

Written by: Ogulu, Gomez, Bennett, Company, Judrin, McGregor, Rose
07.

The Movement (3:31)

Kid Ink

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Written by: Foster, Willis, Hills, White, Collins Jr.
08.

Silence (3:01)

Marshmello feat. Khalid

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Written by: Robinson, Comstock
09.

Holiday (3:31)

Little Mix

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Written by: Edwards, Pinnock, Thirlwall, Nordstrom, Crowhurst, Bolander, Purcell

- BONUS 05.

Love Me Land (2:37)

Zara Larsson

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Written by: Gill, Michaels, Tranter, Larsson
- BONUS 07.

Love Me Land (2:40)

Zara Larsson

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Written by: Gill, Michaels, Tranter, Larsson
- BONUS 08.

Mannequin (3:43)

Crystal Knives feat. Casey Cook

© 2018 Elysian Records.

Written by: Kath, Glass
- BONUS 09.

Heaven On My Mind (3:12)

Becky Hill & Sigala

Courtesy of the Universal Music Group.

Written by: Fielder, Botten, Astasio, Pebworth, Shave, Emenike, Hill, Hasselquist



L–R: Hannah Ellis, Joash Fahitua, Des Helu, Summer Bradley, 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 five 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

FORMATS

45-MINUTE OPTION

Track 01	Warm-up
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track 05	Strengthen
Bonus 05	Strengthen
Track 06	Power
Track 07	Escape
Bonus 07	Escape
Track 08	Burn
Bonus 08	Burn
Total Time	42:17

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
Total Time	30:05

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	QC	Quiet Chorus
ct/cts	Musical counts	HOH	Hands on hips
Instr	Instrumental	L	Left
Intro	Introduction	O/H	Over head
mins	Minutes	R	Right
OTS	On the spot	PC	Pre-chorus
Outro	Last few bars of music	Rep	Reprise (part of the chorus repeated)
Ref	Refrain (recurring phrase or song lines)	Reps Xx	Perform the Sequence/ Exercise x times
F&B	Forward and Backward	V	Verse
ROM	Range of motion	↓	Low Option
↑	Advanced Option	BPD	Body Part & Direction
	Preview		

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

To help participants warm up by focusing on the main muscle groups and ankle mobility.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	1x8	Set up 1 st Position, HOH	8	
0:09	V1 / _ Don't	3x8 A	2/2 Demi Plié, HOH Demi Plié Stretch legs in 1 st Position	2 2	6x
0:23	_ I'll let	4x8 A ¹	Slow Demi Plié Roll Up, HOH Demi Plié Demi Plié, Heel Raise Stretch legs to 1 st Position Relevé Demi Plié, Heel Raise Demi Plié Stretch legs in 1 st Position	2 2 4 4 2 2	2x
0:42	PC / You mean it	8x8 A ²	Slow Demi Plié Roll Up, with Arms Demi Plié, arms 1 st Position Demi Plié, Heel Raise, arms 1 st Position Stretch legs to 1 st Position Relevé, arms 5 th Position Demi Plié, Heel Raise, arms 1 st Position Demi Plié, arms 1 st Position Stretch legs in 1 st Position, arms Bras Bas ↓ Option: HOH	2 2 4 4 2 2	4x
1:19	C / (Instr)	4x8 A ³	Fast Demi Plié Roll Up, with Arms Demi Plié, arms 1 st Position Demi Plié, Heel Raise, arms 1 st Position Stretch legs to 1 st Position Relevé, arms 5 th Position Demi Plié, Heel Raise, arms 1 st Position Demi Plié, arms 1 st Position Stretch legs in 1 st Position, arms Bras Bas ↓ Option: HOH	1 1 2 2 1 1	4x
1:38	V2 / _ Paint	4x8 B	Arabesque Hold, HOH, L&R L leg Tendu Derrière L leg Arabesque Hold Close in 1 st Position Repeat on R leg	8 6 2 16	
1:57	PC / You mean it	4x8 B ¹	Arabesque Pulse, L&R 8x L leg Arabesque Pulse, arms 5 th Position Close in 1 st Position, arms hold 5 th Position 8x R leg Arabesque Pulse, arms 5 th Position Close in 1 st Position, arms hold 5 th Position ↓ Option: HOH, Arabesque Tap	15 1 15 1	
2:16	You mean it	4x8 C	2nd Position Cambré Hold, L&R Full Plié, L arm slow Cambré Full Plié, Cambré Hold Stretch legs to 2 nd Position, arms 2 nd Position Repeat with R arm Note: Stay in full Plié, reset arms to 2 nd Position	8 4 4 16	
2:35	C / (Instr)	4x8 C ¹	2nd Position Pulse with Cambré, L&R 1x Plié Pulse, L arm Cambré 1x Plié Pulse, arms 2 nd Position 1x Plié Pulse, R arm Cambré 1x Plié Pulse, arms 2 nd Position	2 2 2 2	4x



01. WARM-UP

MUSIC		EXERCISE		CTS	REPS
2:53	C / You mean it	4x8	C ²	2nd Position Cambré and Relevé, L&R 1x Plié, L arm Cambré Stretch legs to 2 nd Position Relevé, arms 2 nd Position 1x Plié, R arm Cambré Stretch legs to 2 nd Position Relevé, arms 2 nd Position ↓ Option: Heels down	4x 2 2 2 2



01. MEAN IT 3:15mins

TEACHING TIPS

This Warm-up welcomes the class with some of the main exercises that we will use in the rest of the workout. There is a strong focus on warming the ankles and the surrounding stabilizer muscles that will be in use as the workout intensifies. As always, coach to LES MILLS BARRE Foundation Posture and engagement of the back body muscles as you move through the choreography. Keep your cues simple and allow your participants to feel the warmth flowing through them!

COACHING CUES

2/2 DEMI PLIÉ

Layer 1

- Start with a little Demi Plié
- Down and up
- Soft bend in the knees
- Squeeze your glutes
- Press your knees out to the sides

Layer 2

- You can stay with the Demi Plié or come for a Roll Up through the feet

SLOW DEMI PLIÉ ROLL UP

Layer 1

- Bend the knees
- Lift the heels off the floor
- Squeeze the legs to rise
- Hold the ankles, bend the knees
- Heels into the floor and straighten

Layer 2

- Bend, lift, stretch the legs, engage the quads
- Let's add arms
- Through 1st Position, all the way up to 5th Position
- Back down the front, and Bras Bas
- Strong ankles
- We're working our stabilizers already
- Feel the control in your legs as you stretch

FAST DEMI PLIÉ ROLL UP, WITH ARMS

Layer 1

- Roll Up through the feet
- Two counts
- Back down
- Up, up, down, down

Layer 2

- Check your posture
- Core is on
- Engage your back body muscles
- Pull the shoulders down

ARABESQUE HOLD

Layer 1

- Take your right leg back
- Let's get a feel for this position
- Squeeze the glute
- Check that your supporting knee is pressed out over the toes

Layer 2

- When you're ready, lift your leg off the floor

ARABESQUE PULSE

Layer 1

- Let's go for 8 Arabesque Taps
- Arms to 5th Position
- Hold your arms, other leg

Layer 2

- When you're ready, find your balance and lift the leg off the floor
- We will revisit this move later in the class

2ND POSITION, CAMBRÉ

Layer 1

- Come to 2nd Position
- Reach up to the ceiling
- Come into a full Plié
- Knees stop at 90 degrees

Layer 2

- Paint an archway with your arm
- Reach up, big breath in
- We hold the Plié now



01. MEAN IT 3:15mins

COACHING CUES

(CONTINUED)

2ND POSITION PULSE WITH CAMBRÉ

Layer 1

- We're going to pulse
- Same arm pattern
- Over and out to the side
- Hips open, finish above knee line
- Squeeze the glutes

Layer 2

- Can we sink a little deeper?
- Starting to feel some warmth in your legs?

2ND POSITION PLIÉ WITH CAMBRÉ

Layer 1

- Add a Relevé
- Come all the way up
- And Relevé
- Lifting the heels off the floor
- Option: Keep the heels down

Layer 2

- Engaging the calf muscles



02. DEEPEN

TRACK FOCUS

To clearly coach three cardio movements with variations for all fitness levels.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up 1 st Position, HOH	8	
0:03	C / You dare	2x8	A	Slow Relevé in 1st Position, HOH Relevé in 1 st Position Land in Demi Plié	2 2	4x
0:11	_ this	2x8	A ¹	Fast Relevé in 1st Position, HOH Relevé in 1 st Position Land in Demi Plié ↓ Option: Slow Relevé	1 1	8x
0:18	Instr /	4x8	B	2nd Position Plié Jump, Hold, HOH Jump out to Plié in 2 nd Position Hold Plié Legs together, Relevé in 1 st Position Hold Relevé	1 3 1 3	4x
0:33	V1 / The bass	4x8	B ¹	2/2 2nd Position Plié Jump, HOH Jump out to Plié in 2 nd Position Legs together, Relevé in 1 st Position Note: Preview next move on last rep ↓ Option: 2 nd Position Plié Jump Hold	2 2	8x
0:48	C / You dare	4x8	C	Arabesque Relevé, HOH, R&L 4x R leg Arabesque Relevé, closing behind in 3 rd Position Close feet to 1 st Position 4x L leg Arabesque Relevé, closing behind in 3 rd Position Close feet to 1 st Position ↓ Option: Standing heel down in Arabesque	7 1 7 1	2x
1:04	Instr /	1x8		Pause, reset 1 st Position, HOH	8	
1:07	V2 / Backless dress	½x8	A	Slow Relevé in 1st Position, HOH	4	
1:09	Up sneaks	3½x8	A ¹	Fast Relevé in 1st Position, HOH	2	14x
1:22	PC / _ She took	2x8	A ²	Changement in 1st Position, HOH 16x Changement in 1 st Position, HOH ↓ Option: Slow or Fast Relevé in 1 st Position	16	
1:30	C / You dare	1½x8	B ¹	2/2 2nd Position Plié Jump, HOH ↓ Option: 2 nd Position Plié Jump, Hold	4	3x
1:37	Shut up	3½x8	B ²	Fast 2nd Position Plié Jump, HOH Jump out to Plié in 2 nd Position Legs together, Relevé in 1 st Position Note: Preview Port de Bras on last 8 reps as shown in the Masterclass video ↓ Option: 2/2 2 nd Position Plié Jump	1 1	14x
1:48	Heavy instr /	8x8	C ¹	Arabesque Relevé, R&L 4x R Leg Arabesque Relevé, arms 1 st Arabesque Position Close feet to 1 st Position 4x L Leg Arabesque Relevé, arms 1 st Arabesque Position Close feet to 1 st Position Note: Arms windmill to change sides as shown in the Masterclass video	7 1 7 1	4x



02. DEEPEN

MUSIC		EXERCISE		CTS	REPS
2:18	(Quiet Instr)	2x8	Pause, reset 1 st Position, HOH	16	
2:26	Br / You dare	4x8	A ² Changement Combination with Arms 2x Changement, arms 1 st Position 2x Changement, arms 5 th Position 2x Changement, arms open 2 nd Position 2x Changement, arms to Bras Bas <i>Note: 1x Relevé per arm position</i> ↓ Option: Relevé, HOH	2 2 2 2	4x
2:41	C / You dare	4x8	B ² Fast 2nd Position Plié Jump 1x Plié Jump, arms 1 st Position 1x Plié Jump, arms 5 th Position 1x Plié Jump, arms 2 nd Position 1x Plié Jump, Bras Bas Arms ↓ Option: HOH	2 2 2 2	4x
2:56	With me	4x8	C ¹ Arabesque Relevé, R&L	16	2x



02. SHUT UP AND DANCE 3:17mins

TEACHING TIPS

This track is sure to kick up your heart rate and get your lungs pumping! Three moves are choreographed with variations to help participants arrive fully into the workout! The variations are here so that everybody in the room has a choice – but remember, the goal is to challenge cardio fitness, so allow these variations to be easily heard and understood. Be aware of the changes in choreography so you can confidently pre-cue them to your participants and preview where required. Keep Layer 1 cues simple, and offer Layer 2 cues only when you know they have grasped the movements. Don't forget to have fun with this one!

COACHING CUES

SLOW AND FAST RELEVÉ IN 1ST POSITION

Layer 1

- Feet into 1st Position
- We'll start with Slow Relevé
- We go up, and down
- Pressing down into the Plié
- Back to the Relevé, nice and slowly
- Really pressing the knees wide
- Heels into the floor

Layer 2

- You can go a little bit faster
- This is cardio move one of three
- Your core hugging in towards your spine
- Or you can go slow

2ND PLIÉ JUMP, HOLD

Layer 1

- Jump wide to 2nd Position
- Hold here
- Squeeze in, Relevé
- Out to 2nd Position and squeeze in
- Pressing knees out over toes
- Keep the chest lifted

Layer 2

- You want to feel all this work through the legs

2/2 2ND PLIÉ JUMP

Layer 1

- A little faster
- We go out and in
- Out and squeeze

Layer 2

- Squeezing the inner seams of the thighs together

ARABESQUE RELEVÉ

Layer 1

- Cardio move number three
- Check this out: Arabesque Relevé
- 4, 3, 2, switch sides
- Bring feet to 1st Position to switch
- It doesn't matter which side you're on
- As long as you do four, keeping the hips square to the front
- At any time, land the heel
- Core braced, glutes squeezed

Layer 2

- Let's extend the arms out to 1st Arabesque Position
- Over the top, if you're feeling a little bit fancy
- Arabesque to the finish
- Beautiful warming for the shoulders

CHANGEMENT IN 1ST POSITION

Layer 1

- For more cardio, try some Jumps
- They're super fast so you might want to stay with the Relevé
- You can go straight into the Jumps

Layer 2

- You can add the Port de Bras Arms
- Your choice
- We want to get the body super warm here

FAST 2ND POSITION PLIÉ JUMP

Layer 1

- We can go faster here as well
- Single time
- Bringing the hips low, just to knee line
- Next time through, add a Port de Bras
- Jump to 2nd Position

Layer 2

- Loading the legs
- Getting super warm for this workout
- Controlled, soft landing



03. EXTEND

TRACK FOCUS

To help participants find confidence in strength and balance, through isometric holds.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4½x8	A	Set up L leg Demi-Stretch at 3 rd Position on Fondu, HOH (knee open as shown in Masterclass video)	36
0:20	V / Of boy	4x8	A ¹	L Slow Standing Clam L knee parallel on Demi-Stretch Open to natural turn out Knees parallel Repeat x1 Finish in natural turn out	12 4 4 8 4
0:38	C / _ What's	4x8	A ²	L Static Attitude Derrière, HOH Slow extension to Attitude Derrière Attitude Hold	8 24
0:57	_ What's	4x8	A ³	L Static Attitude Derrière with Port de Bras Arms Attitude, arms rise to 5 th Position Attitude, hold arms 5 th Position ↓ Option: HOH	4 28
1:15	_ What's	4x8	A ⁴	L Attitude Pulse 16x Attitude Pulse, arms 5 th Position ↓ Option: HOH, Attitude Tap	32
1:33	V2 / It may	2x8	B	Pause, set up L Tendu in 2 nd Position from 1 st Position	16
1:43	I tend	1½x8	B ¹	L Static Tendu in 2nd Position, HOH L Tendu hold	12
1:50	A name	3x8	B ²	L Static Lift in 2nd Position, HOH L Static Lift in 2 nd Position hold	24
2:03	C / _ What's	4x8	B ³	L Static Lift in 2nd Position with Port de Bras Arms L Static Lift in 2 nd Position, arms rise to 5 th Position Hold ↓ Option: HOH, Tendu	4 24
2:21	(Quiet)	1x8	C	L Arabesque on Fondu, HOH L Rond de Jambe to Arabesque L Arabesque Fondu	4 4
2:26	C / _ What's	4x8	C ¹	L Arabesque Pulse, HOH 16x L Arabesque Pulse, HOH ↓ Option: Arabesque Tap	32
2:44	Instr /	4x8	C ²	L Arabesque Pulse, Demi Seconde Arms 16x L Arabesque Pulse, arms Demi Seconde	32
3:03		4x8	C ³	L Arabesque Pulse with Tilt 16x L Arabesque Pulse, arms reach B with slight tilt	32
3:21	(Quiet)	5x8	A	Set up R leg Demi-Stretch at 3 rd Position on Fondu, HOH	40
3:44	V / Of boy	4x8	A ¹	R Slow Standing Clam	32 2½
4:02	C / _ What's	4x8	A ²	R Static Attitude Derrière, HOH	32
4:20	_ What's	4x8	A ³	R Static Attitude Derrière with Port de Bras Arms	32
4:39	_ What's	4x8	A ⁴	R Attitude Pulse	32



03. EXTEND

MUSIC		EXERCISE			CTS	REPS
4:57	V2 / It may	4x8	B	Pause, set up L Tendu in 2 nd Position from 1 st Position	16	2x
5:06	I tend	1½x8	B ¹	R Static Tendu in 2nd Position, HOH	10	
5:13	A name	3x8	B ²	R Static Lift in 2nd Position, HOH	24	
5:27	C / _ What's	4x8	B ³	R Static Lift in 2nd Position with Port de Bras Arms	32	
5:45	(Quiet)	1x8	C	R Arabesque on Fondu, HOH	8	
5:50	C / _ What's	4x8	C ¹	R Arabesque Pulse, HOH	32	
6:08	Instr /	4x8	C ²	R Arabesque Pulse, Demi Seconde Arms	32	
6:26	Outro /	4x8	C ³	R Arabesque Pulse with Tilt	32	



03. WHAT'S LOVE GOT TO DO WITH IT 6:50mins

TEACHING TIPS

This track is an intense glute burner right from the start and an awesome way to engage the posterior chain. The isometric holds add a new level of intensity, so when we come to the Pulses, the muscles are heated and ready to fire. Help your participants find confidence early on by offering a fantastic set-up. Get them into the right shapes so their balance becomes steady and they can power through the long holds and Pulses.

Practice this track on your own; take note of the most challenging parts for you and use these as a guide for when to begin motivating your participants. Play with the different types of motivation (intrinsic, extrinsic, positive and dissatisfaction) to keep your participants engaged and supported along the way!

COACHING CUES

SLOW STANDING CLAM

Layer 1

- Find a natural turn out on your supporting leg
- Left foot comes to Demi Pointe
- Square the hips to the front
- Open the knee out to the side
- Brace the core
- Slight tuck of the pelvis
- Shoulder blades are down and back
- Fondu, knee over toes
- We activate the glutes
- Bring the knee to parallel
- Squeeze the glute here to open the leg back out
- 2/2, out, out, back in and in

Layer 2

- Remember that Foundation Posture
- We're trying to stay super still to keep the isolation in the glutes

STATIC ATTITUDE DERRIÈRE

Layer 1

- From here, lift the leg
- Find your Attitude Derrière
- Squeezing the glutes
- Knees over toes
- Strong and stable in that ankle
- Let's add the arms
- Port de Bras, arms come up to 5th Position
- Shoulder blades are back and down
- Open the elbows
- Brace the core

Layer 2

- We're working on our isometric holds
- This is a great glute burn workout
- Use your Port de Bras Arms to lift up and out of this position
- Did you feel that?
- Find the squeeze in the glute as you push the knee back
- Remember the option: drop the toes down
- Find your shoulders as they sit back along the spine
- We're going to intensify the glutes

ATTITUDE PULSE

Layer 1

- Let's pulse the Attitude
- Up, down, up, down
- Drive that knee straight up to the ceiling
- Squeeze the glute to lift the Attitude
- Ready to pulse? Let's go!

Layer 2

- I'm already feeling it
- Maintaining that balance
- Maintaining that isolated movement
- We're strengthening the glutes and the stabilizers



03. WHAT'S LOVE GOT TO DO WITH IT 6:50mins

COACHING CUES (CONTINUED)

STATIC TENDU AND LIFT IN 2ND POSITION

Layer 1

- Find your 1st Position
- Same supporting leg
- We Tendu à la Seconde
- Square the hips to the front
- Lengthen that Tendu long and away
- Can we lift the toes off the floor, maintaining square hips?
- Holding this isometric hold
- Let's Port de Bras, arms up
- Squeeze the glutes
- Ready for that 5th Position

Layer 2

- We're building up our muscular endurance and strengthening our stabilizers
- Super present, full of energy
- Can we grow even taller?
- Can we rotate that heel forward a bit more?
- If you feel you're ready for this, and you haven't done it – lift your foot off the floor
- How do we do that? We want to feel the quads – pull them up into the hip line
- Keep the glutes and core tight
- Isometric hold – this is going to add endurance and strength

ARABESQUE PULSE ON FONDU

Layer 1

- Let's take a Rond de Jambe to Arabesque
- Fondu the leg, knee over toes
- Let's pulse it
- Up, down, up, down
- Let's take the arms open
- Open the chest
- Squeeze the shoulder blades together
- So good, so strong
- Squeeze the glute
- Tilt the upper body forward
- Pulse, back leg
- Maintain that strong foundation
- Arms, open wide

Layer 2

- Option to toe-tap, or you can lift it off the floor
- I am definitely feeling it right now
- We're here for the burn
- We're so close
- Final 16, let's deepen the Fondu
- Feel your posterior chain engaged
- Final push
- If you have the wobbles, that means you're doing it correctly
- Squeeze your back muscles tight
- There's that lift
- Maintain the stability and isolation in those muscles you're working
- Want to test out the balance more? Tip forward from the hips
- Try to lift your back foot off the floor and stay with those Pulses



04. PEAK

TRACK FOCUS

To clearly coach two cardio combinations for participants to find the peak of their workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, Bras Bas Arms	16	
0:08	V1 / What you	2x8	A	Slow Plié Cardio Combination, L&R Relevé in 1 st Position, arms 5 th Position L foot steps to 2 nd Position Plié, arms sweep through 1 st Position to 2 nd Position Repeat with R foot	4 4	
0:15	What you	4x8	A ¹	Fast Plié Cardio Combination, L&R Relevé in 1 st Position, arms 5 th Position L foot steps to 2 nd Position Plié, arms sweep through 1 st Position to 2 nd Position Repeat with R foot ↓ Option: Slow Plie Cardio Combo	2 2 4	4x
0:31	PC / What you	8x8	A ²	Fast Jump Cardio Combination, L&R Plié in 2 nd Position, arms Bras Bas Jump to L through 1 st Position, arms 5 th Position Land in 2 nd Position Plié, arms Bras Bas Stretch legs in 2 nd Position, arms 2 nd Position Repeat to R ↓ Option: Fast Plié Cardio Combo	1 1 1 1 4	8x
1:02	C / What you	4x8	A ³	Jump Relevé Cardio Combination, L&R Plié in 2 nd Position, arms Bras Bas Jump to L through 1 st Position, arms 5 th Position Land in 2 nd Position Plié, arms Bras Bas Relevé in 2 nd Position, arms 2 nd Position Repeat to R ↓ Option: Fast Jump Cardio Combo	1 1 1 1 4	4x
1:17	V2 / What you	4x8	B	Slow Attitude Cardio Combination, L&R 2 Steps traveling L passing through Relevé in 1 st Position, arms 2 nd Position L Step, R leg Attitude F, L arm F in 3 rd Position Repeat to R side ↓ Option: HOH	4 4 8	2x
1:33	PC / What you	4x8	B ¹	Fast Attitude Cardio Combination, L&R 2 Steps traveling L passing through Relevé in 1 st Position, arms 2 nd Position L Step, R leg Attitude F, L arm F in 3 rd Position Repeat to R side	2 2 4	4x
1:48	Quiet Instr	4x8	C	Spinal Release Arms stretch wide and high, then slight roll down through the spine Repeat <i>Note: Take all 16 cts to stretch and roll as shown in the Masterclass video</i>	16	2x
2:03	PC / What you	8x8	B ¹	Fast Attitude Cardio Combination, L&R ↑ Option: After 4th rep, add a jump when passing through 1 st Position and on the Attitude	8	8x
2:34	C / What you	8x8	A ³	Jump Relevé Cardio Combination, L&R	8	8x
3:05	What you	2x8	C	Spinal Release	8	2x



04. WHAT YOU WANT (LOW STEPPA REMIX) 3:22mins

TEACHING TIPS

This Peak track is super simple with loads of potential to maximize the heart rate in the cardio section of the workout. Like other tracks, this one is all about choice of variations with the intention to challenge cardio fitness. Be mindful of the changes in choreography so that you can clearly outline the direction and speed of the next movements. This will help you successfully pre-cue, so your class doesn't miss a beat!

As you can see from the Masterclass, this track is all about celebration of choice – so keep this in mind as you coach this track. LES MILLS BARRE movements look and feel different on everybody, so encourage your participants to lean into their strengths and celebrate what makes them awesome!

COACHING CUES

SLOW/FAST PLIÉ CARDIO COMBINATION

Layer 1

- Let's get the heart rate going
- We've got two cardio moves
- Layering each step with Jumps in between
- First move, start slowly
- We rise up
- Drop down to 2nd Position Plié
- Other side
- Double time
- We go up and down
- Squeeze the glutes
- Knees are over the toes
- Shoulder blades are down

Layer 2

- Zip the legs in
- Hips stop just above knees

FAST JUMP CARDIO COMBINATION

Layer 1

- Should we add a Jump?
- Let's go
- We jump, Plié and stretch
- Use your arms to lift
- Use your Plié to soften the landing

Layer 2

- Awesome team, keep it up
- Heart rate is getting there

JUMP RELEVÉ CARDIO COMBINATION

Layer 1

- Last option, we Relevé in 2nd Position
- Jump, Relevé
- Working the calves
- Strong in the ankles
- Light in the feet
- Arms to 5th Position in the Jump, Relevé in 2nd Position
- Use your Plié to land softly

Layer 2

- Swing the arms
- Create momentum with them in that Jump
- You know the sequence team
- Let's take it home
- Let's have a good time
- Drive the legs into the floor
- Get that height – just fly
- No matter what you look like
- We jump and we celebrate

SLOW ATTITUDE CARDIO COMBINATION

Layer 1

- Move number two
- We step to the side
- And Attitude Devant
- Swish to the front
- Other side
- Square in the hips
- Body is facing front



04. WHAT YOU WANT (LOW STEPPA REMIX) 3:22mins

COACHING CUES

(CONTINUED)

FAST ATTITUDE CARDIO COMBINATION

Layer 1

- Double time, let's go
- We go step together, swish
- Option to keep your hands on your hips
- Or opposite arm to opposite knee
- Feel that spiral in the back
- Let's turn it up a notch team
- Back to our Attitude combination, stepping to the right
- Step, step, Attitude
- Brush that Attitude foot forward
- Keeping that turn out
- Straight up

Layer 2

- Squeeze the inner thighs as we step together
- Let's gallop
- Jump on the Attitude
- We've got a nice build here

SPINAL RELEASE

Layer 1

- Pause here
- Take a deep breath in
- Soften down
- Elbows come down
- Release, again
- One more time
- Step out

Layer 2

- Big breath
- Breathe in
- Bring it back in
- Lift the chest, then exhale



05. STRENGTHEN

TRACK FOCUS

To help participants find some heat in their lower body movements while working graceful strength into the upper body.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up Lunge, L leg B, plates by sides		16	
0:09	V1 / Vámono	4x8	A	4/4 R Lunge, plates by sides Bend knees to 90/90 Lunge Straighten legs	4 4	4x
0:26	PC / Pa' donde	2x8	A ¹	4/4 R Lunge with Plate Port de Bras Arms Bend knees to 90/90 Lunge, plates 1 st Position to 5 th Position Straighten legs, plates 2 nd Position to Bras Bas Arms ↓ Option: Plates by sides	4 4	2x
0:35	C / Rotate	4x8	A ²	R Lunge Pulse with Plate Port de Bras Arms 1x Lunge Pulse, plates 1 st Position 1x Lunge Pulse, plates 5 th Position 1x Lunge Pulse, plates 2 nd Position 1x Lunge Pulse, plates Bras Bas Arms <i>Note: Switch sides on last count</i> ↓ Option: Plates by sides	2 2 2 2	4x
0:53	V2 / _ This is the	4x8	A	4/4 L Lunge, plates by sides	8	4x
1:10	PC / Hmm , this	2x8	A ¹	4/4 L Lunge with Plate Port de Bras Arms	8	2x
1:19	C / Rotate	4x8	A ²	L Lunge Pulse with Plate Port de Bras Arms	8	4x
1:36	Br / De lejos	4x8	B	4/4 Fondu Derrière, Plates Pullback, L&R L leg Fondu Derrière, Plates Pullback L leg return to 1 st Position, Plates reset Repeat with R leg	4 4 8	2x
1:54	PC / Pa' donde	2x8	B ¹	4/4 Arabesque Fondu with Plate Port de Bras Arms, L&R L leg Arabesque, 1 st Position to 5 th Position L leg return to 1 st Position, plates 2 nd Position to Bras Bas Arms Repeat with R leg ↓ Option: Plates Pullback	4 4 8	
2:03	C / Rotate	12x8	B ²	Arabesque Pulses with Plate Port de Bras, L&R 2x L Arabesque Pulse, plates 1 st Position 2x L Arabesque Pulse, plates 5 th Position 2x L Arabesque Pulse, plates 2 nd Position 2x L Arabesque Pulse, plates Bras Bas Arms Repeat with R leg ↓ Option: Arabesque Tap, Plates Pullback	4 4 4 4 16	3x
2:56	Outro /	4x8	B	4/4 Fondu Derrière, Plates Pullback, L&R ↓ Option: Tendu on floor	16	2x



05. ROTATE 3:18mins

TEACHING TIPS

Your participants are going to love the intense muscular heat of this track! They can find success in these movements by staying in the bottom range of motion – where the real magic happens. Encourage them to push the boundaries here and challenge themselves to stay low – this is paired with the graceful execution of the Port de Bras Arms to carry them through the tough sets! Finishing off with great posture movements and balance, your participants can benefit from your coaching around the why. Explore why these movements are so incredibly beneficial for us – regardless of our age, ability level, or fitness. The longer sets are a great chance to educate your participants and have them apply the learnings on the spot!

COACHING CUES

4/4 LUNGE

Layer 1

- Take your right leg back and long
- Square up
- We're going to set this up for a Lunge
- Roll the shoulders back
- 2/2
- Down, down, up, up
- You want to keep your hips square, shoulders square back and down
- Brace the abs
- Let the knees drive forward and out over toes

Layer 2

- We're going to add the arms
- To 5th Position
- Circle the arms back to reset
- Go again
- As we lunge, try to find that 90/90 position
- That's going to allow us to get more depth and to work the legs more
- Shoulders back and down as you rise

LUNGE PULSE WITH PLATE PORT DE BRAS ARMS

Layer 1

- We're going to come to a Pulse
- Arms are added to it
- 1st Position, 5th Position, 2nd Position, Bras Bas Arms
- Go again
- Strong core

Layer 2

- The Pulses are going to contract those legs fast
- Here come the Pulses
- You ready? Go!
- Pulse, pulse
- Staying low to load the legs
- Feel the shoulders

4/4 FONDU DERRIÈRE, PLATES PULLBACK

Layer 1

- Right leg Derrière
- Step in
- Back, back, and up
- We want to focus on keeping the squeeze as you slide back
- Squeeze the glutes
- Squeeze your back muscles tightly

4/4 ARABESQUE FONDU WITH PLATE PORT DE BRAS ARMS

Layer 1

- Add the arms
- Rise to 5th Position
- Up, up, circle through
- Go again

Layer 2

- Stay upright
- Let's finish this off on the low
- Derrière 2/2
- Just breathe
- We're finishing easy here



05. ROTATE 3:18mins

COACHING CUES

(CONTINUED)

ARABESQUE PULSE WITH PLATE PORT DE BRAS ARMS

Layer 1

- Pulse it back here
- This is the option
- Switch sides
- We're going with the arms
- Slow
- It's challenging
- Two more

Layer 2

- You really want to focus on staying square to the front
- You can always come back to the Tap
- Maintain the rotation
- Beautiful!
- Bracing the abs to focus every muscle you're working now



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 2 nd Position, plate O/H		16	
0:07	Instr /	6x8	A	4/4 Full Plié with Tricep Extension Bend knees to full Plié, Plate Tricep Extension Straighten legs, plates reset	8 8	3x
0:30	V1 / _ Movement	8x8	B	2/2 Plié with Transfer and Tricep Extension, L&R 2 nd Position Plié, Tricep Extension Transfer to L side, R leg Tendu, plates reset Repeat to R side <i>Note: Preview Leg Lift on the last rep</i>	4 4 8	4x
1:00	PC / If we're	8x8	B ¹	Triple Pulse Plié with Transfer and Tricep Extension, L&R 3x Plié Pulse and Tricep Extension Transfer L, R Leg Lift, plates reset Repeat to R side ⬆ Option: Add a Relevé after 2 reps	5 3 8	4x
1:29	V2 / _ Duckin'	1x8		Pause, reset 2 nd Position, plates to chest	8	
1:33	Look confused	3x8	C	2/2 Plié with Plate Press Plié in 2 nd Position, plates to chest Straighten legs, Plate Press ⬇ Option: Keep Plates to chest	4 4	3x
1:44	A drink	4x8	C ¹	Triple Pulse Plié with Plate Press 3x Plié Pulses, plates to chest Straighten legs, Plate Press ⬇ Option: Keep plates to chest	5 3	4x
1:59	PC / Just racin'	4x8	C ²	Single Plié with Plate Press 1x Plié, plates at chest Straighten legs, Plate Press <i>Note: Add Relevé on last 2 reps</i>	2 2	8x
2:14	C / Movement	8x8	C ³	4 Pulse Plié Relevé with Plate Press 4x Plié Pulses, plates at chest 1x Relevé, Plate Press <i>Note: Add a Jump after 4 reps</i> ⬇ Option: No Jump	7 1	8x
2:44	Br / Movement	2x8		Pause, reset 2 nd Position, plates to chest	16	
2:52	_ Pull up	2x8	C	2/2 Plié with Plate Press	8	2x
2:59	C / My bad	4x8	C ³	4 Pulse Plié Relevé with Plate Press	8	4x



06. THE MOVEMENT 3:31mins

TEACHING TIPS

Here is an incredibly powerful track to finish off the strength part of the class! The integrated upper and lower body exercises will keep our heart rates elevated while we continue to explore ranges of motion and stabilizer training. Be clear with your direction cues so that your class knows what they're doing and when. The deeper we get into this track, the harder it is to maintain posture and range, especially in the Jumps – this is where your motivation will kick in! Using some of the motivational tools you already know, how can you see yourself guiding your class through this track so that participants keep pushing past what they think is achievable?

COACHING CUES

4/4 FULL PLIÉ WITH TRICEP EXTENSION

Layer 1

- Take your feet outside hip-width
- 2nd Position
- Hands up over head
- We've got a Slow Plié with Tricep Extension
- Here we go
- 4, 3, 2, 1, rise up
- Let's do that two more times
- Pressing the knees out over your toes
- Trying to get your hips down to knee line for every rep

Layer 2

- On the Tricep Extension, tuck your elbows close to your ears
- That will give you a good stretch

2/2 PLIÉ WITH TRANSFER AND TRICEP EXTENSION

Layer 1

- New combo
- 2/2 Plié Press
- Down, right leg stretch
- Tendu to the side
- Plié down, left leg
- We're going to keep transferring the weight side to side
- All the way to the left leg
- In the middle
- And all the way to the right
- Let's keep the range
- Pressing the knees wide

Layer 2

- Hugging your belly in towards your spine to help you balance
- So maybe a Heel Lift or a Leg Lift is in your mobility today

TRIPLE PULSE PLIÉ WITH TRANSFER AND TRICEP EXTENSION

Layer 1

- Hold it down
- Triple Pulse
- 3, 2, 1 and lift
- Keep squeezing your elbows in close to your face
- Press your plate high above your head

Layer 2

- Alright, let's try some balance now
- Add a Relevé
- Here we go
- Down 3, 2, add the Relevé
- Press down into the balls of your feet
- Feels so good

2/2 PLIÉ WITH PLATE PRESS

Layer 1

- Plates to chest
- 2/2 Plié
- Add a Plate Press
- Keeping the range in the legs
- Hips nice and low
- Your plate is just in front of your face



06. THE MOVEMENT 3:31mins

COACHING CUES

(CONTINUED)

TRIPLE PULSE PLIÉ WITH PLATE PRESS

Layer 1

- Straight into the Triple
- 3, 2, 1, drive your plate and then pull it back down into your chest

Layer 2

- Feel your back muscles engage
- Working deeply into the posterior chain

SINGLE PLIÉ WITH PLATE PRESS

Layer 1

- Let's try some singles
- Down, drive up

Layer 2

- Can we keep getting to that range?
- Add a Heel Raise if you want to

4 PULSE PLIÉ RELEVÉ WITH PLATE PRESS

Layer 1

- We've got 4 Pulses
- Drop for 4, 3, 2, drive up, drop
- Both feet take off, both land with soft knees
- Any time you can, Relevé or keep your feet flat on the floor

Layer 2

- We're ramping up the intensity
- We're getting a little bit athletic
- And finding some explosive power
- You know where to go – jump!
- Last one and only 4 reps – how do you want to finish?
- 4 Pulses, let's go!
- Now, big drive
- That's what I'm talking about
- Last two – big posture, big power



07. ESCAPE

TRACK FOCUS

To coach beautiful movements through breath and a simple athletic combination.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro /	2x8	A	Set up R Retiré behind, arms to 2 nd Position	16	
0:13	V1 / I'd rather	4x8	A ¹	R Leg Fondu in Retiré with Port de Bras Arms R leg lower to ankle, arms Demi Seconde R leg lifts to Retiré, arms 2 nd Position ↓ Option: Tap toes to floor, HOH	2 2	8x
0:40	PC / _ I found	4x8	A ²	Slow Escape Combination R leg hold Retiré, arms 1 st Position R leg Arabesque, arms 2 nd Position R leg F through 1 st Position, L Tendu Derrière, arms sweep to 5 th Position Step B to reset ↓ Option: Arabesque Tendu, HOH	2 2 4	4x
1:07	C / (Instr)	4x8	A ³	Fast Jumping Escape Combination R leg hold Retire, arms 1 st Position R leg Arabesque, arms 2 nd Position R leg F through 1 st Position, L Arabesque Jump, arms 5 th Position Step B to reset ↓ Option: No Jump	1 1 2	8x
1:34	V2 / _ I'm in	1x8	A	Set up L Retiré behind, arms 2 nd Position	8	
1:41	My whole	3x8	A ¹	L Leg Fondu in Retiré with Port de Bras Arms	4	6x
2:01	PC / _ I found	4x8	A ²	Slow Escape Combination	8	4x
2:28	C / (Instr)	4x8	A ³	Fast Jumping Escape Combination	4	8x



07. SILENCE 3:01mins

TEACHING TIPS

Enjoy this simple Escape combination, promoting absolute freedom of movement and breath. The Retiré set-up allows us to ground ourselves with our breath and find the rhythm of the music, so that we are ready to learn the sequence. Working forward facing in this track allows us to be seen by our participants at all times, which means we can coach a few reps and then let them 'go for it'! Once you know your class, feel confident with the sequence. Coach some sensation and exploration cues to help them feel fully present in the moment. What cues do you think your participants would love to hear?

COACHING CUES

FONDU IN RETIRÉ WITH PORT DE BRAS ARMS

Layer 1

- Bring your right foot behind the leg into a little bend
- Lift up to a full Retiré
- Arms out to the sides
- We're going to plié down
- Lowering and lifting our leg
- Down and up
- Drawing the toe down the back of your leg
- Straight into the other side
- We plié down and up
- Soft bend in the supporting knee
- Squeezing the glutes
- Option: you can tap down if you need to and then lift back up

Layer 2

- Lifting with the hamstring
- See if you can keep your pelvis completely still
- Here, our arms are an extension of our breath
- Exhale and inhale

SLOW ESCAPE COMBINATION

Layer 1

- Coming into a combination
- Hold
- Arms to 1st Position, extend to Arabesque
- Draw the back leg through
- Arms 5th Position
- Find your other Arabesque
- Stepping back, same side Retiré
- As soon as you're ready, let's lift the leg
- Find your Arabesque line
- Stabilize on your supporting side

Layer 2

- Find your balance
- Find your strength

FAST JUMPING ESCAPE COMBINATION

Layer 1

- Same combo, let's speed it up a little
- Add a Jump
- In, out, jump and down
- Plié as you land
- Press the knee out over the toes

Layer 2

- Feel wide across your chest
- Make it big, make it beautiful
- Let's brace our core so that we can move faster
- As soon as you're ready, try out a Jump
- Land through your foot into a deep Plié



08. BURN

TRACK FOCUS

To clearly coach a variation of core exercises and stretches for a well-rounded burn.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A Set up Lunge, L leg forward	16	
0:12	V1 / It's cold	2x8	A ¹ L Lunge with Spinal Rotation L arm opens, turning towards front leg L arm lowers and threads under R arm ↓ Option: Back knee stays down	4 4	2x
0:21	Wanna have	2x8	A Set up Lunge, R leg forward	16	
0:30	Been looking	2x8	A ¹ R Lunge with Spinal Rotation <i>Note: Set up Plank on last 2 reps</i>	8	2x
0:39	C / All night	4x8	B 2/2 R Knee To Nose in Plank R Knee To Nose, curl spine R leg stretch behind in Plank ↓ Option: Knees to floor	4 4	4x
0:57	Let go	4x8	B ¹ R Knee To Nose Combination R Knee To Nose R leg stretch B in Plank R Knee To Nose R leg stretch B in Plank, hold R leg 4x Plank Pulse ↓ Option: Knees to floor	2 2 2 2 8	2x
1:15	V2 / Boy	4x8	C R Spiral Twist R leg slides through to 90/90, set up back arm to support Lift to Spiral Twist, arm O/H	16 16	
1:33	Wanna have	4x8	C L Spiral Twist <i>Note: Set up Plank on last 4 cts</i>	32	
1:51	C / All night	4x8	B 2/2 R Knee To Nose in Plank	8	4x
2:09	Let go	4x8	B ¹ R Knee to Nose Combination	16	2x
2:28	Br / Your love	2x8	D Down Dog Hips press up and B Hold Down Dog ↓ Option: Childs Pose	8 8	
2:37	That thing	2x8	Transition to lying on back, Knees over hips, arms wide (palms up)	16	
2:46	C / All night	8x8	E Leg Extension Combination R leg extends, L knee over hip L leg extends, R knee over hip R leg extends, L knee over hip Both legs extend, hold 4x Pulse, arms reach to feet Repeat leading with L leg ↓ Option: Toe Tap	2 2 2 2 8 16	2x
3:22	Outro /	2x8	Knees pull towards chest, stretch to end of track	16	



08. HOLIDAY 3:31mins

TEACHING TIPS

This combination of strength work and a stretch is the perfect way to draw a fantastic workout to a close. We move quickly from the first side of Lunge with Spinal Rotations to the second side, so be sure to coach the intention and then let your participants explore it. There is lots of room to coach sensation throughout the next set of functional core exercises, creating awareness around spinal alignment and glute activation. Allow your participants a well-deserved, mid-set stretch and coach to the slowing of the breath before hitting the final side and finishing with the abs. This track is all about celebrating the workout achieved, so use some longer working sets to acknowledge everyone's efforts!

COACHING CUES

LUNGE WITH SPINAL ROTATION

Layer 1

- Let's set up a Lunge first
- Step the front leg forward
- Knee over ankle
- Hips down, abs braced
- We're going to open up
- Twist and open
- 2/2 to the front
- Bring it down
- Thread through the arm at the bottom
- Rotate from the chest
- Let's switch sides
- Core still strong, chest lifted
- Let's rotate to the back
- Reaching up

KNEE TO NOSE IN PLANK

Layer 1

- Set up into Plank
- Back leg, 2/2
- 1, 2, and extend leg back out
- Brace your core
- Keep the weight forward
- Really squeeze the glutes
- Drive the knee to chest

Layer 2

- Extend out in line with the body
- Nice long spine
- Nice and slow
- Extend that leg back out
- Nice and strong

KNEE TO NOSE COMBINATION

Layer 1

- Let's go – 2 singles
- 1, 2, take it to the back and hold
- Pulse, 4, 3, 2, 1
- Let's repeat that again
- Forward, back
- Hold it back

SPIRAL TWIST

Layer 1

- Thread the same leg through
- 90/90
- Let's go for a Spiral Twist
- Left arm back to support
- Lift the chest
- Squeeze the glutes
- Open up the right arm around
- Let's try the other side
- Hips up

Layer 2

- Breathe in and really enjoy that stretch
- Inhale, exhale and sit back down
- Reaching as far back as you can

DOWN DOG

Layer 1

- Push back to Down Dog
- Hips up
- Draw the belly in
- Drop the heels to the floor
- Lengthen out the spine



08. HOLIDAY 3:31mins

COACHING CUES (CONTINUED)

LEG EXTENSION COMBINATION

Layer 1

- Bending the knees
- Turning to your back
- Knees to 90 degrees
- Palms facing up beside you
- Leg Extension, front leg up
- 1, 2, 3, feet together, let's pulse
- Reach, 3, 2, 1
- Back leg extends, front, back, now together
- Ribs to hips
- Really brace the core
- Lower back towards the floor

Layer 2

- You can always tap to the floor as an option
- Or, you can lower the legs for more of a challenge



BONUS

05. STRENGTHEN

TRACK FOCUS

To carefully coach participants through the banded positions and prioritize posture movements with balance.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4½x8	A	Set up long Lunge to L corner, band under L foot, handles in each hand	36
0:20	V / (Instr)	6x8	A¹	L 2/2 Banded Cobra Pose Hinge F to Cobra Pose, arms reach B Lift chest, arms reset	6x 4 4
0:46	Touch	6x8	A²	L Triple Banded Cobra Pose Pulse 3x Cobra Pulse, arms reach B Lift chest, reset Bicep Curl Reset arms <i>Note: Arms move fluidly as shown in the Masterclass video</i>	6x 5 1 1 1
1:13	C / Land	2½x8	B	Set up Attitude F, with band between hands	20
1:24	V / Take	8x8	B¹	L 4/4 Banded Attitude Circle Slow circle to Attitude Fondu B, holding tension on band Slow circle to Attitude Fondu F, holding tension on band <i>Note: Attitude can be on or off the floor</i>	4x 8 8
2:00	C / Eh-eh	8x8	B²	L Banded Attitude Pulse Circle to Attitude Fondu B 2x Attitude B Pulse B Circle to Attitude Fondu F 2x Attitude Pulse F <i>Note: Attitude can be on or off the floor</i>	4x 4 4 4
2:35	Land	5x8	A	Set up long Lunge to R corner, band under R foot, handles in each hand	40
2:57	V / (Instr)	6x8	A¹	R 2/2 Banded Cobra Pose	8 6x
3:24	Touch	6x8	A²	R Triple Banded Cobra Pose Pulse 3x Cobra Pulse, arms reach B Lift chest, reset Bicep Curl Reset arms <i>Note: Arms move fluidly as shown in the Masterclass video</i>	6x 5 1 1 1
3:51	C / Land	2½x8	B	Set up Attitude F, with band between hands	20
4:02	V / Take	8x8	B¹	R 4/4 Banded Attitude Circle	16 4x
4:37	C / Eh-eh	8x8	B²	R Banded Attitude Pulse	16 4x



BONUS

05. LOVE ME LAND 5:17mins

TEACHING TIPS

The integration of the SMARTBAND™ in this Bonus track allows us to maintain pressure through our working muscles while we stabilize. Pay close attention to your set-up for the Banded Cobra Pose so that the detail of the posture alignment is understood. From here, your participants will be able to move freely and with great muscular connection.

The Attitude Circles provide us with a great stability challenge. Different variations will feel different for everyone, so let's explore that. Start by acknowledging what your participants need at the time and offer something they can feel successful with and be able to progress in over a few classes.

COACHING CUES

BANDED COBRA POSE

Layer 1

- Hold the handles of your band
- Step your right foot into the center
- Come to the right diagonal
- Hips and shoulders square to the corner
- Take a small Lunge forward
- Knee pressing over the toes, and directly above the heel
- Soft bend in the back knee
- Squeeze the shoulder blades
- 2/2 Cobra Pose forward
- We go down, down, and up
- Here we want to brace our core and squeeze our glutes as we lift
- Pull the handles down and back
- Tip forward from the hips

Layer 2

- Feel wide across your back – we're engaging our postural muscles
- All the things we know for our Foundation Posture
- Find a diagonal line from the top of your head to your back foot

TRIPLE BANDED COBRA POSE PULSE

Layer 1

- Triple Pulse
- 3, 2, add a Bicep Curl, lift
- Engage the front and the back of your arms

Layer 2

- Feeling the extension and the contraction in your muscles
- Getting super strong
- Use the resistance in the band to increase your strength
- As you start to fatigue, open up wide across your chest

BANDED ATTITUDE CIRCLE

Layer 1

- Double your band
- Find your moderate tension
- Attitude, right leg to the front
- You can keep your foot planted on the floor, or you can keep it up
- You can hold here or start circling slowly, 2/2
- Out and around
- Maintain that stability as we squeeze the glutes
- Pull the shoulders back and down
- Squeeze the back muscles tightly
- Keep the front knee soft and turned out slightly

Layer 2

- This allows us to maintain strong posture at the front and at the back
- Stay with it
- Let's reset to that strong foundation
- These isometric holds will uplift your game when you jump



BONUS

05. LOVE ME LAND 5:17mins

COACHING CUES (CONTINUED)

BANDED ATTITUDE PULSE

Layer 1

- Adding on Pulses
- As we come round, 2 Pulses
- To the front, same thing, pulse
- As you come to the back, your knee is driving back as you pull the band apart
- Round, hold, pulse

Layer 2

- Keep it going
- Can you add a little more fire to the back muscles by pulling the band apart even more?
- A little wider
- How's that feeling?
- How tall can you stand here?
- Add more fire; add more extension in that pull
- We're going to increase endurance and strength with this type of training
- It's great rehab training as well!



BONUS

07. ESCAPE

TRACK FOCUS

To offer a cardio or strength-based Escape workout and move seamlessly between transitions.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A Set up L leg B for long Lunge <i>Note: Whole track either with or without plates</i>	16	
0:10	V / _ Out of	8x8	A ¹ Long Lunge with Port de Bras Arms, L&R L long Lunge, tipping F L Lunge Hold, lift chest and open arms to Open 4 th Position R long Lunge, tipping F R Lunge Hold, lift chest and open arms to Open 4 th Position	4 4 4 4	4x
0:45	PC / A mannequin	4x8	B 1st Position Plié with Port de Bras Arms, R&L Plié with Side Bend in 1 st Position, R arm to 5 th Position, L arm 1 st Position Stretch legs, arms reset to 2 nd Position Plié with Side Bend in 1 st Position, L arm to 5 th Position, R arm 1 st Position Stretch legs, arms reset to 2 nd Position	4 4 4 4	2x
1:02	C / (Instr)	4x8	C Arabesque Tap with Port de Bras Arms, L&R 2x L Arabesque Tap, arms float to 2 nd Position 2x L Arabesque Tap, arms float to Demi Seconde 2x L Arabesque Tap, arms float to 2 nd Position 2x L Arabesque Tap, arms float to Demi Seconde Repeat with R leg	4 4 4 4 16	
1:19	V2 / _ Behind	8x8	A ¹ Long Lunge with Port de Bras Arms, L&R	16	4x
1:54	PC / A mannequin	4x8	B 1st Position Plié with Port de Bras Arms, R&L	16	2x
2:11	C / (Instr)	4x8	C Arabesque Taps with Port de Bras Arms, L&R	32	
2:29	Br / _ Wish	4x8	D Full Escape Combination, L&R L Lunge with Port de Bras Arms 4x L Arabesque Tap with arms Repeat on R leg	8 8 16	
2:46	(Quiet instr)	½x8	Pause, reset 1 st Position	4	
2:48	PC / A mannequin	12x8	D L Arabesque Tap on Fondu with Arm Extension	32	3x



BONUS

07. MANNEQUIN 3:43mins

TEACHING TIPS

Our Bonus Escape track has the option of being taught with or without plates for two very different sensations. If you're teaching this track with plates, prioritize safety and alignment coaching for the first round of every movement. As your participants get comfortable with the weights, they can start to extend their range of motion safely and hook into that true Escape feel. With weights, this can quickly become a challenging track, so be sure to offer a no plate alternative.

Without plates, we have a lot more freedom to move and express our movements. There is less of an emphasis on upper body alignment, and more on the pairing of beautiful movement and music together. Both of these variations feel absolutely incredible, so enjoy that journey with your class.

COACHING CUES

LONG LUNGE WITH PORT DE BRAS ARMS

Layer 1

- Step your right leg back long into a Lunge
- Keep your turn out
- Squeeze the glutes, brace your abs
- Push the knee out over toes
- Drop the body forward
- Breathe in and open up the arms
- Switch through 1st Position
- Let's do this a few times to understand the sequence
- Really stretching back
- As we drop the body, breathe in and reach out as high as you can
- One arm higher than the other
- The arm that goes back and up is the same side as the working leg in the Lunge

Layer 2

- We know the sequence, so we really want you to take some risks
- Drop your body further, core tight
- Start to take your eye gaze up as high as you can
- Reach back with that back leg into the Lunge
- Use your breath to enjoy every movement
- Strength in the lower body, grace in the arms, put it together and let's escape

1ST POSITION PLIÉ WITH PORT DE BRAS ARMS

Layer 1

- Come into 1st Position
- Plié, Cambré with the arms
- Out to 2nd Position
- Softening the knees
- Squeezing the glutes

Layer 2

- Maintain that rotation and the turn out
- Strong arms, especially if you're working with those plates
- Upper back nice and strong

ARABESQUE TAPS WITH PORT DE BRAS

Layer 1

- We've got our Arabesque Taps
- Right leg back
- Floating arms
- Get ready to switch, other side
- Soften the front knee, keep it pushed out

Layer 2

- If you want more challenge, Fondu the leg
- Nice and stable in the legs

FULL ESCAPE COMBINATION

Layer 1

- Let's make these two moves into a combination
- Dropping down, open up and stretch
- Squeeze the Arabesque
- Change, other side
- Open up the collarbones
- Use the breath in the arms
- We pause here, reset
- Let's go again
- Stretch out arms even more

Layer 2

- Elongate
- Eye gaze is up and out
- Energy in the arms
- Feeling good, feeling beautiful
- This is your time
- Let's make the most of it
- Feel the wings in your back



BONUS

08. BURN

TRACK FOCUS

To find a true core burn with Pilates-inspired movements and a Figure 8 challenge.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up sitting sideways to prepare for Tabletop Pose	16	
0:09	V1 / Last night	4x8	A Tabletop Pose Hold Lift hips into Tabletop Pose with legs extended Hold ↓ Option: Knees at 90° Note: Bend knees on last 4 cts	4 28	
0:24	I never	12x8	A ¹ Tabletop Leg Combination, L&R L leg extends to parallel L leg lifts towards ceiling L leg extends to parallel L leg resets in Tabletop Repeat with R leg ↓ Option: Knee Lift combination as shown in the Masterclass video	2 2 2 2 8	6x
1:10	C / Heaven on	½x8	Transition to lying down, knees over hips	4	
1:12	_ Ah, ah	4x8	B Pilates 100s Pilates 100s, with arms reaching towards feet ↓ Option: Toes to floor ↑ Option: Extend Legs to 45°	32	
1:28	V2 / Oh	2x8	Set up for Figure 8's, lying down, arms by side	16	
1:36	Of my	14x8	C Ab Figure 8's, L&R Legs lower to L side in Figure 8 motion, then reset, toes up Legs lower to R side in Figure 8 motion, then reset, toes up ↑ Option: Add Reverse Crunch as shown in the Masterclass video	8 8	7x
2:29	C / Heaven on	½x8	Set up knees over hips for Pilates 100s	4	
2:31	_ Ah, ah	8x8	B Pilates 100s	64	



BONUS

08. HEAVEN ON MY MIND 3:12mins

TEACHING TIPS

This Bonus Burn track provides some serious heat! The Tabletop leg combination offers a strong posterior workout and requires some stamina to 'see it through'. Always offer options here and make sure your class feels comfortable to progress at any time. As you come into the Pilates 100s, coach the intention behind the movement – your power is in your breath! We get a chance to apply this learning in the longer set while we challenge endurance. By the time you reach the Figure 8's, your participants may be quite fatigued, so keep encouraging them to anchor through their lower backs and engage their breath to help them along.

COACHING CUES

TABLETOP POSE HOLD

Layer 1

- Come on down to the floor
- Bring your hands under your shoulders
- Fingertips point outwards
- We're going to start with a Tabletop
- Lift your hips up
- You can keep the legs extended, with the toes trying to touch down on the floor
- Or you can bend your knees
- Squeeze through the glutes

Layer 2

- Open up through the chest
- Keep your spine in neutral alignment

TABLETOP LEG COMBINATION

Layer 1

- Bend your knees
- Front leg extends out, toes up, toes forward, touch down to the floor, other side
- Out, up, forward and down
- We want to try maintain hip height as we extend the leg up high
- Big press down through the hands
- If this is feeling a little bit difficult today, use the option

Layer 2

- Keep striving to squeeze the back of your body even more
- This should feel so good for the back body but also really challenging with every rep as we fatigue
- Last two – we've got this

PILATES 100S

Layer 1

- Gently come down to the floor
- Set up for Pilates 100s
- Knees up, lower back towards the floor
- We're going to pump the arms
- Strong from shoulders down to fingers and keep everything else still
- Knees can be straight or bent, it's up to you
- Set it up, come to 100s
- Go!
- Arms are long
- Extend the arms; lock the core

Layer 2

- Keep it going – extended set
- Maintain engagement here in the core
- Ribs tuck in towards the hips
- Eye gaze between the knees

AB FIGURE 8'S

Layer 1

- Roll down through the spine
- Keep your shoulders flat on the floor
- Lift the knees up for Figure 8's
- Down, 2, 3, 4, now go the other way
- We're going to target the lower core moving this way
- Press the lower back down towards the floor

Layer 2

- Feel the side of the obliques
- Let's add more intensity
- Circle around slowly, lift from the tail bone to work the lower abs
- 4, 3, 2, 1, lift
- Can you feel that?
- You can always come back without lifting the tail bone
- If you want to increase the intensity more than that, extend your legs to 45 degrees



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 ARMS

- 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



WE ARE ONE GLOBAL FAMILY

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.

