

LES MILLS BARRE

17

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

05. STRENGTHEN

DECLARATION OF INTENT

RELEASE FOCUS

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RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



MUSIC

01. **Waterfall** (3:32)
Foul Code
© 2019 Les Mills Music Licensing Ltd.
Written by: McCleary, Benjelloun

02. **I Follow Rivers (The Magician Remix)**
(4:41)
Pink River
© 2020 Les Mills Music Licensing Ltd.
Written by: Nowels, Zachrisson, Ytting

03. **Jumpin' Jumpin'** (3:48)
Criss-Crass
© 2022 Les Mills Music Licensing Ltd.
Written by: Knowles, Elliot

04. **I Take Mine** (3:38)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

05. **Mine Tonight** (4:11)
Herlock
Courtesy of Les Mills Music Licensing Ltd.
Written by: Norris

06. **Still Think About Ya** (2:58)
Dan Draper
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasley

07. **5 Hand Clap** (3:11)
JJDAM
© 2020 Les Mills Music Licensing Ltd.
Written by: Serrell

08. **Dynamite** (3:19)
Blowin' Up
© 2022 Les Mills Music Licensing Ltd.
Written by: Agombar, Stewart

BONUS
03. **Together** (3:25)
Sia
© 2020 Monkey Puzzle Music, Inc., under exclusive license to Atlantic Recording Corporation for the United States and WEA International for the world outside of the United States.
Written by: Toffoli

BONUS
06. **Pick Me** (2:59)
Wafia feat. Pam Anshisa
© 2020 Atlantic Recording Corporation.
Written by: Agustiano, Ailin, Al-Rikabi, Hill

BONUS
05. **Safe With Me** (4:53)
Loud Luxury feat. Drew Love
© 2021 Armada Music BV under exclusive license to Hussy Recordings a division of TMRW Music Pty Ltd.
Written by: Fränkel, Annema, Sharpe, Fedyk, De Pace, Neely



Joash Fahitua



Summer Bradley

PRESENTERS

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.

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
Bonus 03	Extend
Track 04	Peak
Track 05	Strengthen
Bonus 05	Strengthen
Track 06	Power
Bonus 06	Power
Track 07	Escape
Track 08	Burn
Total Time	40:35

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	29:18

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

Tell us what you think of this release.
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01. WARM-UP

TRACK FOCUS

To warm up your participants' bodies safely, focusing on the legs, glutes, core and shoulders.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	4x8		Set up 1 st Position, Bras Bas Arms	32	
0:21	V / _ Don't know	4x8	A	Demi Plié in 1st Position, Bras Bas Arms		4x
				Bend knees to Demi Plié	4	
				Straighten legs	4	
0:37	PC / _ I wanna	4x8	A ¹	Full Plié in 1st Position, Bras Bas Arms		4x
				Bend knees to Full Plié	4	
				Straighten legs	4	
0:53	C / Waterfall	4x8	A ²	Full Plié in 1st Position, Port de Bras Arms		4x
				Bend knees to Full Plié, arms Demi Seconde	4	
				Straighten legs, Bras Bas Arms	2	
				Relevé in 1 st Position, arms 1 st Position	2	
				↓ Option: No Relevé, HOH		
1:09	V / _ I wanna	4x8	B	Demi Plié in 2nd Position, HOH		4x
				Bend knees to Demi Plié	4	
				Straighten legs	4	
1:25	PC / _ I wanna	4x8	B ¹	Full Plié in 2nd Position, HOH		4x
				Bend knees to Full Plié	4	
				Straighten legs	4	
1:41	C / Waterfall	4x8	B ²	Full Plié in 2nd Position, Port de Bras Arms		4x
				Bend knees to Full Plié, arms Demi Seconde	4	
				Straighten legs, Bras Bas Arms	2	
				Relevé in 2 nd Position, arms 1 st Position	2	
				↓ Option: No Relevé, HOH		
1:59	Br / Waterfall	8x8	C	Plié Pulse with Micro Circle		4x
				8x Plié Pulse in 2 nd Position, 8x Micro Circles F	8	
				8x Plié Pulse in 2 nd Position, 8x Micro Circles B	8	
2:32	(Instr)	4x8	D	Tendu Derrière, HOH, L&R		2x
				L leg Tendu Derrière on Fondu	4	
				L leg closes into 1 st Position	4	
				R leg Tendu Derrière on Fondu	4	
				R leg closes into 1 st Position	4	
2:48	Oh oh	4x8	E	Arabesque Tap, HOH, R&L		
				8x R Arabesque Tap	15	
				Close R leg in 1 st Position	1	
				8x L Arabesque Tap	16	
3:04	Quiet Instr /	1x8		L leg lifts to Arabesque, arms to 5 th Position	8	
3:08	Outro / Oh oh	4x8	F	Arabesque Hold, Arms 5th Position, L&R		
				L leg Arabesque Hold, arms 5 th Position	15	
				L leg closes into 1 st Position, arms 5 th Position	1	
				R leg Arabesque Hold, arms 5 th Position	16	
				Close to 1 st Position after the music finishes		



01. WATERFALL 3:32mins

TEACHING TIPS

Welcome your participants to LES MILLS BARRE Release 17 with a calming but fiery Warm-up! We shift quickly into a Plié with a full range of motion to target the posture and leg muscles, preparing our bodies for the workout ahead. A highlight of this Warm-up is the Micro Circle Shoulder Pulses, which lift the heart rate and get the blood pumping. Your shoulders will feel very warm after this set, taking you into the final warming set of Arabesques. Use this track to connect with those who have chosen to work out with you and encourage them to experiment with the variations that feel best for their bodies throughout the training.

COACHING CUES

DEMI PLIÉ IN 1ST POSITION, BRAS BAS ARMS

Layer 1

- Engage with your Foundation Posture, and see if you can hold it throughout the workout
- We're starting with a simple 2/2 Demi Plié
- Bend your knees
- Down, down and up, up
- Press the knees out to the sides

Layer 2

- Get a feel for the movement

FULL PLIÉ IN 1ST POSITION, BRAS BAS AND PORT DE BRAS ARMS

Layer 1

- Let's go a little deeper
- Lift the heels, Full Plié
- Stop at 90 degrees
- If it's feeling good, see if you can add on a Relevé

Layer 2

- Lift the heels, engage the calves
- Let's add our arms
- Demi Seconde
- Out and up to 1st Position
- Brace the core to find your balance

DEMI PLIÉ IN 2ND POSITION, HOH

Layer 1

- Stepping out to 2nd Position
- 2/2 Demi Plié
- Down, down, up, up
- Just halfway down
- Squeeze your glutes
- Belly towards spine

Layer 2

- Feel the hips opening

FULL PLIÉ IN 2ND POSITION, HOH AND PORT DE BRAS ARMS

Layer 1

- Taking it a little further
- Hips stop at 90 degrees
- Adding a Relevé
- Let's add arms

Layer 2

- Pull up your quads
- Strong legs
- Breathe out and lift
- Lift your weight up and forward over the balls of your feet to find stability

PLIÉ PULSES WITH MICRO CIRCLES

Layer 1

- Hold down
- Extend the wrists
- Micro Circles forward
- Little pulse
- 8 forward, 8 back

Layer 2

- Press your arms away from you
- Feel your back engage

TENDU DERRIÈRE, HOH

Layer 1

- New move: Tendu right leg Derrière
- Back, close to 1st Position
- Fondu your knee and press it out over the toes
- Extend your leg long and straight behind you



01. WATERFALL 3:32mins

COACHING CUES (CONTINUED)

ARABESQUE TAPS AND HOLDS

Layer 1

- Hold here, Arabesque Taps
- Lift and lower
- Up, down
- Squeeze the glute to lift the leg
- 8 on the other side
- Check that your hips are square to the front
- Let’s find a balance
- Lift the leg off the floor
- Arms to 5th Position
- Try the other side

Layer 2

- Feel your back body engage
- Deep breath
- See if you can sink deeper, and lift the leg up
- Find that beautiful balance



02. DEEPEN

TRACK FOCUS

To lift your participants' heart rates by traveling sideways, forwards and backwards, providing high and low impact options for all ability levels.

MUSIC		EXERCISE		CTS	REPS
0:00		Set up 1 st Position, HOH			
0:03	Intro /	4x8	A	Slow Plié & Curtsy Lunge Combination, HOH, R&L	2x
				R leg steps to 2 nd Position Plié	4
				L leg steps B to Curtsy Lunge	4
				L leg steps to 2 nd Position Plié	4
				R leg steps B to Curtsy Lunge	4
				↓ Option: Parallel Lunge	
0:19	Instr /	2x8	A ¹	Fast Plié & Curtsy Lunge Combination, HOH, R&L	2x
				R leg steps to 2 nd Position Plié	2
				L leg steps B to Curtsy Lunge	2
				L leg steps to 2 nd Position Plié	2
				R leg steps B to Curtsy Lunge	2
				↓ Option: Parallel Lunge	
0:27		2x8	A ²	Fast Plié & Curtsy Lunge Combination, Port de Bras Arms, R&L	2x
				R leg steps to 2 nd Position Plié, arms 2 nd Position	2
				L leg steps B to Curtsy Lunge, L arm F to 3 rd Position	2
				L leg steps to 2 nd Position Plié, arms 2 nd Position	2
				R leg steps B to Curtsy Lunge, L arm F to 3 rd Position	2
				↓ Option: HOH	
0:35	V / _ Oh I beg	8x8	A ³	Jumping Glissade & Curtsy Lunge Combination, Port de Bras Arms, L&R	8x
				R leg Jumping Glissade through 2 nd Position, arms 2 nd Position	2
				L leg lands B to Curtsy Lunge, L arm F to 3 rd Position	2
				L leg Jumping Glissade through 2 nd Position, arms 2 nd Position	2
				R leg lands B to Curtsy Lunge, L arm F to 3 rd Position	2
				↓ Option: No jump, HOH	
1:06	PC / _ You're	4x8	B	Arabesque & Attitude Combination, HOH, R&L	4x
				R leg steps F to L Arabesque Fondu	2
				L leg steps F to R Arabesque Fondu	2
				4x small Hopping Attitudes, traveling B	4
				↓ Option: Stay on the spot	
1:22	C / I, I follow	2x8	B ¹	Arabesque & Attitude Combination, Port de Bras Arms, R&L	2x
				R leg steps F to L Arabesque Fondu, L arms 4 th Position	2
				L leg steps F to R Arabesque Fondu, R arms 4 th Position	2
				4x small Hopping Attitudes, traveling B, arms Demi Seconde	4
				↓ Option: HOH	
1:30	V / _ He a message	10x8	B ²	Jumping Arabesque & Attitude Combination, Port de Bras Arms, R&L	10x
				R leg steps F to L Arabesque Jump, L arms 4 th Position	2
				L leg steps F to R Arabesque Jump, R arms 4 th Position	2
				4x small Hopping Attitudes, traveling B, arms Demi Seconde	4
				↓ Option: Stay on Fondu, HOH	
2:09	Quiet Instr /	2x8	C	Slow Relevé in 1st Position, HOH	4x
				Heels lift to Relevé in 1 st Position	2
				Heels land to Demi Plié in 1 st Position	2



02. DEEPEN

MUSIC		EXERCISE		CTS	REPS
2:17	Quiet Instr /	1½x8	C¹	Fast Relevé in 1st Position, HOH Heels lift to Relevé in 1 st Position Heels land to Demi Plié in 1 st Position ↓ Option: Slow Relevé	6x 1 1
2:23		2½x8	D	Fast Relevé in 1st Position, HOH 19x Sauté in 1 st Position, landing in Plié, HOH Note: Reset 1 st Position on last count ↑ Option: Fast Relevé	20
2:33	C / I, I follow	2½x8	A²	Fast Plié & Curtsy Lunge Combination, Port de Bras Arms, R&L	5 4x
2:48	I, I follow	8x8	A³	Jumping Glissade & Curtsy Lunge Combination, Port de Bras Arms, L&R	8 8x
3:20	I, I follow	4x8	B²	Jumping Arabesque & Attitude Combination, Port de Bras Arms, L&R	8 4x
3:36	I, I follow	4x8	D	Sauté in 1st Position, HOH 32x Sauté in 1 st Position, landing in Plié, HOH Note: Lift arms to 5 th Position after 16 reps	32
3:51	Instr /	1x8		Reset 1 st Position, HOH	8
3:55		4½x8	C¹	Fast Relevé in 1st Position, HOH	2 18x
4:13	Outro /	6½x8	D	Sauté in 1st Position, HOH 52x Sauté in 1 st Position, landing in Plié, HOH ↑ Option: Arms to 5 th Position	52



02. I FOLLOW RIVERS (THE MAGICIAN REMIX) 4:41mins

TEACHING TIPS

Track 2 gets straight into the cardio training of the workout with options to dial the intensity up and down throughout. Use clear Layer 1 coaching to outline the three movements that make up this track, showing the low and high-intensity options early on for participants to choose the level they want to. Be sure to coach great knee alignment in the Curtsy Lunge within the first few reps. This will ensure that your participants perform this move carefully and safely, especially when the pace picks up! Offering the Parallel Lunge is a great progression to try as you introduce this track to your class, too. The Arabesque & Attitude Combination is an exciting innovation for you to have fun with. Enjoy the travel and the lightness of the arms in 4th Position. Once your class understands the movement pattern, there are many reps to play around with and see where you end up!

COACHING CUES

SLOW AND FAST PLIÉ & CURTSY LUNGE COMBINATION

Layer 1

- Deep Plié in 2nd Position
- Step it out
- Cross behind, Lunge
- Front knee out over toes
- Down and cross
- If you feel unstable, you can work in a Parallel Lunge
- Abs are tight to help you stabilize

Layer 2

- Let's go, double time
- Out and cross
- Stay low in the legs
- Let's add arms, through 2nd Position
- Open and cross

JUMPING GLISSADE & CURTSY LUNGE COMBINATION

Layer 1

- We've loaded up the legs, let's explode
- Jump
- Power in the legs
- Land in Plié
- Check the knee is pressing out over your toes as you land and lunge
- Going softly through the toe, ball, heel

Layer 2

- Imagine there's a little hurdle that you've got to jump over
- Get up and over
- Nearly there team, then we're leaving this move behind

ARABESQUE & ATTITUDE COMBINATION

Layer 1

- Second move: 2 Arabesques forward
- We come forward, run back
- 2 Arabesques, 4 Attitude runs
- Let's add our arms to 4th Position
- One arm goes up, swap, and down

JUMPING ARABESQUE & ATTITUDE COMBINATION

Layer 1

- If you want to jump, come with me
- Step hop
- Strong Plié
- This is a long set
- Pull your shoulders down
- Keep breathing
- If you don't have much space, you can still do it on the spot
- Into our Arabesques with our Attitude run

Layer 2

- Just a short block of these
- Look up towards your top hand

RELEVÉ IN 1ST POSITION

Layer 1

- Move three: Relevé in 1st Position
- Up and down
- Let's go a little faster

Layer 2

- Breathe, come back to your Relevé
- Amazing work team



02. I FOLLOW RIVERS (THE MAGICIAN REMIX) 4:41mins

COACHING CUES

(CONTINUED)

SAUTÉ IN 1ST POSITION

Layer 1

- Little jump, Sauté
- Plié to land
- Last move, Sauté

Layer 2

- If you want to add arms, lift the arms up to 5th Position
- Let's finish with some Jumps
- Blitz that endurance
- Go for it!
- Right to the end
- Open the arms wide, hold in 2nd Position



03. EXTEND

TRACK FOCUS

To help your participants experience stability and extension during the three balance challenges and motivating them to try more advanced options.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Ladies	3x8		Set up L leg Tendu Derrière, HOH	24	
0:16	V / _ Last weekend	4x8	A	L Arabesque Lift with Side Extension Combination, on Fondu, HOH 3x L Arabesque Lifts L leg small Retiré behind R ankle L leg extends low to the side L leg small Retiré behind R ankle	5 1 1 1	4x
0:37	PC / Though he	5x8	A ¹	L Arabesque Lift with Side Extension Combination, Arms 5 th Position 3x L Arabesque Lifts on Fondu L leg small Retiré behind R ankle, on Fondu L leg extends to the side, R leg straightens L leg small Retiré behind R ankle, on Fondu ⬆ Option: Higher Side Extension ⬆ Option: HOH and Low Side Extension	5 1 1 1	5x
1:04	Though he	1x8		Set up L leg small Retiré beside R ankle	8	
1:10	V / _ Call your	5x8	B	L Tendu Derrière & Devant on Fondu with Port de Bras Arms L leg small Retiré beside R ankle, arms 1 st Position L leg Tendu Derrière, arms 2 nd Position L leg small Retiré beside R ankle, arms 1 st Position L leg Tendu Devant, arms 5 th Position Note: Transition smoothly through the positions as shown on the Masterclass ⬆ Option: Lift the L leg higher in Derrière, Retiré and Devant	1 3 2 2	5x
1:37	C / Ladies leave	½x8		Set up L Tendu Derrière, facing F	4	
1:40	Of ballers	3½x8	C	L Arabesque Cross Tap, HOH L leg lift to low Arabesque L leg Open Tap towards L corner L leg lift to low Arabesque L leg Cross Tap towards R corner ⬆ Option: Hover the leg in the same arching shape as shown on the Masterclass	1 1 1 1	7x
1:58	PC / Sexy women	1x8		Set up R leg Tendu Derrière, HOH	8	
2:04	Br / Bounce baby	4x8	A	R Arabesque Lift with Side Extension Combination, on Fondu, HOH ⬆ Option: Keep leg lifted as you transition from each position	8	4x
2:25	PC / Sexy women	5x8	A ¹	R Arabesque Lift with Side Extension Combination, Arms 5 th Position	8	5x
2:52	C / Ladies leave	5x8	B	R Tendu Derrière & Devant on Fondu with Port de Bras Arms	8	5x
3:19	Ladies	4x8	C	R Arabesque Cross Tap, HOH	4	8x



03. JUMPIN' JUMPIN' 3:48mins

TEACHING TIPS

From start to finish we work challenging sequences for single-leg strength and stability training. There is a huge focus on extension through both arms and legs, while maintaining a seamless and steady hold on the supporting leg. We love long, single-leg sets in LES MILLS BARRE because the burn appears very fast, pushing us both mentally and physically. The first couple of times you teach this track, your participants may need to touch down for a few reps or even take a break to shake the tension from their bodies. Understanding what your class needs at the time of teaching this track will show you how to direct your coaching. The evolution of this track may be that you offer a lot of breaks at the start and allow your participants some time to develop muscle memory of these sequences. The motivation here might simply be encouraging them to not give up, and to set up a strong base to improve over time. As you notice their strength increasing, you may explore some intrinsic motivational cues to encourage them to use their internal strength to push themselves through. Have a think about the most authentic cues that you'd like to explore in this track and see which ones get the most out of your participants!

COACHING CUES

ARABESQUE LIFT WITH SIDE EXTENSION COMBINATION, ON FONDU, HOH

Layer 1

- We're going to work our glutes and stabilizers
- Square off directly to the front
- Extend your right leg behind your body
- 3 Arabesque Taps
- Bring your leg into the ankle, extend to the side
- Bring it in, extend, keep control
- Check that your knee is pressing out over your toes
- Abs brace for balance

Layer 2

- Squeeze the glute to lift the leg Derrière
- Let's add arms, up to 5th Position
- You can extend out of your Plié in À la Seconde
- Single-leg Plié, so much control
- Challenge: can you keep your leg off the floor the whole time?
- Feel the back body engage
- Lift a little higher, extend from your Plié
- Feel your weight from over the leg, up through your supporting side
- We're constantly moving, constantly growing

TENDU DERRIÈRE AND DEVANT ON FONDU WITH PORT DE BRAS ARMS

Layer 1

- Same side, extend Arabesque then Devant
- Extend the leg to the back
- Pull it through to the front
- Brace the core
- Option: On the floor
- Knee over toes
- Squeeze the shoulders

Layer 2

- As soon as you're ready, try lifting the leg off the floor
- Find your balance
- Spread the toes into the floor, they will be like your tree roots – they'll keep you secure
- Deepen into your Plié

ARABESQUE CROSS TAP

Layer 1

- Last move: Arabesque Taps to the corner
- Up, out, up, cross

Layer 2

- The challenge here is to keep the hips square to the front as you do the movement
- Isolate the work in your glute
- Hips square to the front, hold them still, check with your hands on your hips
- Can you lift off the floor here as well?
- It's like you're drawing a little rainbow with your big toe



04. PEAK

TRACK FOCUS

To coach both combinations clearly and energetically so that your participants have the confidence to work at their own pace for their expression of athleticism.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:07	Instr /	2x8	A	Relevé in 1st Position, HOH Relevé, lifting heels Land heels in 1 st Position Plié	1 1	8x
0:15	C / _ Take time	4x8	B	Slow Échappé, HOH Échappé out to 2 nd Position Close in 3 rd Position Plié, L foot F <i>Note: Repeat and continue alternating feet closing in 3rd Position</i>	2 2	8x
0:30	_ Take time	4x8	C	Slow Glissade & Échappé Combination, HOH, R&L 1x Glissade, traveling R Close in 3 rd Position, L foot close B 1x Échappé out to 2 nd Position Close in 3 rd Position, L foot F Repeat, traveling L <i>Note: Add arms to Demi Seconde on the Glissade on final rep</i>	2 2 2 2 8	2x
0:45	V / _ Look at the	4x8	C ¹	Fast Glissade & Échappé Combination, R&L 1x Glissade, traveling R, arms Demi Seconde Close in 3 rd Position, L foot close B, Bras Bas Arms 1x Échappé out to 2 nd Position, Bras Bas Arms Close in 3 rd Position, L foot F, Bras Bas Arms Repeat, traveling L	1 1 1 1 4	4x
1:00	C / _ Take time	8x8	C ²	Double Glissade & Échappé Combination, R&L 1x Glissade, traveling R, arms Demi Seconde Close in 3 rd Position, L foot close B, Bras Bas Arms 1x Glissade, traveling R, arms Demi Seconde Close in 3 rd , L foot close B, Bras Bas Arms 1x Échappé out to 2 nd Position, Bras Bas Arms Close in 3 rd Position, L foot F, Bras Bas Arms 1x Échappé out to 2 nd Position, Bras Bas Arms Close in 3 rd Position, R foot F, Bras Bas Arms Repeat, traveling L ↓ Option: HOH	1 1 1 1 1 1 1 1 8	4x
1:30	V /	2x8		Set up L leg Tendu Devant, facing F, L arm in 3 rd Position	16	
1:38		10x8	D	Slow Peak Combination 1x Retiré Relevé, traveling L, arms 3 rd Position Close in 3 rd Position Plié, R leg B, arms 3 rd Position 1x Arabesque towards L corner, arms 1 st Arabesque Position Close 3 rd Position Plié, R leg F, R arm sweeps down Repeat, traveling R <i>Note: Entire sequence is performed at own pace; see Masterclass for suggested timing</i> ↑ Option: Turn in Retiré as shown in Masterclass	80	
2:16	C / _ Take time	2x8		Set up 1 st Position facing F, HOH	16	



04. PEAK

MUSIC				EXERCISE		CTS	REPS
2:23	Heavy Instr /	7x8	E	Fast Peak Combination			7x
				2x Fast Retiré Relevé, traveling L, arms 3 rd Position		3	
				Close in 3 rd Position Plié, R leg B, arms 3 rd Position		1	
				2x Arabesque Relevé towards L corner, arms 1 st			
				Arabesque Position		3	
				Close 3 rd Position Plié, R leg F		1	
				Repeat, traveling R			
2:50		12x8	D ¹	Slow Peak Combination		96	
				1x Turn in Retiré, traveling L, arms 1 st Position			
				Close in 3 rd Position Plié, R leg B, arms 3 rd Position			
				1x Arabesque Sissonne, arms 1st Arabesque			
				Close 3 rd Position Plié, R leg F, Bras Bas Arms			
				Repeat, traveling R			
				Note: Entire sequence is performed at own pace; see Masterclass for suggested timing			
				↓ Option: Retire on Relevé			
				↑ Option: Fast Peak Combination			



04. I TAKE MINE 3:38mins

TEACHING TIPS

This fun and fiery Peak track combines both athleticism and control. Keep coming back to the basics as you move through this track, with great Layer 1 coaching that focuses on simple directional cues and easy-to-understand variations to dial complexity up or down. Be sure to give your participants enough space to hear the cues before adding in the next variations. As speed and complexity increases, minimal but direct coaching will be very helpful so the sequences don't feel cluttered. A super cool feature to this track is the ability to move through the music at your own pace. Show this through your own movement and let the freedom aspect of this be seen, giving your participants the same confidence to work in a way that feels amazing for them.

COACHING CUES

RELEVÉ IN 1ST POSITION

Layer 1

- We're going to lift the heart rate
- Relevé from 1st Position
- Up, down, up, down

Layer 2

- Lower legs and feet working hard
- Strong ankles

SLOW ÉCHAPPÉ, HOH

Layer 1

- When you're ready, out and close
- This is called an Échappé
- Escape the legs
- Close to 3rd Position
- Landing in Plié, heels down

SLOW AND FAST GLISSADE & ÉCHAPPÉ COMBINATION

Layer 1

- Adding on, 1 Glissade, 1 Échappé
- Glissade, close behind
- Extend, change the legs
- Behind, out and change
- Let's go, double time
- Across, out and in

Layer 2

- Let's add some arms
- Simple breath
- To move faster, power out of your feet
- Stay low and long

DOUBLE GLISSADE & ÉCHAPPÉ COMBINATION

Layer 1

- We're doubling up
- 2 Glissades, 2 Échappés
- Soft knees

Layer 2

- A bit of travel now
- Use your space
- Enjoy your space
- Keep coming back to a strong Plié

SLOW PEAK COMBINATION

Layer 1

- Have a little breath
- I'm going to take you through a base sequence for turns and jumps
- 1 Retiré, close behind; lift to Arabesque, close in front
- Other side, up, close, lift
- Work through this sequence in your own time
- Take as long as you need to
- There's no set tempo here
- Land in a Plié

Layer 2

- For those of you who want to turn, let's 'go for it'
- Round the corner
- Find a balance
- We love a split Sissonne
- Adding some power
- Drive from your glutes
- It's totally up to you what you want to do now
- Use the rest of the music to challenge yourself
- What feels amazing for your body?

FAST PEAK COMBINATION

Layer 1

- 2 Retirés, 2 Arabesques
- Choose your option
- Up, up, Arabesque, Arabesque

Layer 2

- Lower legs super strongly to hit the tempo
- Remember, you can stay with the first combo and keep practicing



05. STRENGTHEN

TRACK FOCUS

To coach a focus on maintaining postural engagement through the strength exercises, and their advanced variations.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up 1 st Position, arms by sides	16	
0:02	V / _ You make	8x8	A 4/4 Plié Cobra Pose in 1st Position, Front Raise Bend knees to Plié, plates pull B to Cobra Pose Straighten legs, plates extend F to Front Raise ⬆ Option: Add Relevé with the Front Raise	4 4	8x
0:32	C / (Instr)	8x8	A ¹ Triple Plié Cobra Pulse in 1st Position, Front Raise 3x Plié Cobra Pulses, plates pull B to Cobra Pose Straighten legs to Relevé, plates extend F to Front Raise	5 3	8x
1:03	(Instr)	1x8	Set up 2 nd Position, plates in Bicep Curl position at chest	8	
1:07		7x8	B 4/4 Plié in 2nd Position, Wide Bicep Curl Bend knees to Plié, hold plates at chest Straighten legs, plates extend low and wide Repeat, with Bicep Curl as you Plié ⬆ Option: Add Relevé as knees straighten out of the Plié	4 4	7x
1:34	PC / (Instr)	5x8	B ¹ Triple Pulse Plié in 2nd Position, Wide Bicep Curl 3x Plié Pulses in 2 nd Position, plates Bicep Curl Pulse to chest Straighten legs to Relevé, plates extend low and wide ⬇ Option: No Relevé	5 3	5x
1:53	C / (Instr)	7x8	B ² Triple Pulse Plié in 2nd Position with Jump & Bicep Curl 3x Plié Pulses in 2 nd Position, plates Bicep Curl Pulse to chest Jump extending legs wide in 2 nd Position, plates extend low and wide <i>Note: Take 3 counts to take off and land in the Jump as shown in Masterclass</i> ⬇ Option: Relevé in 2 nd Position	5 3	7x
2:20	Quiet Instr /	1x8	Set up 1st Position, arms by sides	8	
2:24	Br / Alone	3x8	A 4/4 Plié Cobra Pose in 1st Position, Front Raise	8	3x
2:36	(Instr)	8x8	A ¹ Triple Plié Cobra Pulse in 1st Position, Front Raise	8	8x
3:06	Quiet Instr /	1x8	Set up 2 nd Position, plates in Bicep Curl position at chest	8	
3:10	Br / Alone	3x8	B 4/4 Plié in 2nd Position, Wide Bicep Curl	8	3x
3:21	C / (Instr)	8x8	B ¹ Triple Pulse Plié in 2nd Position, Wide Bicep Curl	8	8x
3:52	Outro / (Instr)	4x8	B ³ Slow Plié in 2nd Position, Wide Bicep Curl Bend knees to Plié, hold plates at chest Straighten legs to Relevé, plates extend low and wide	8 8	2x



05. MINE TONIGHT 4:11mins

TEACHING TIPS

Full-body conditioning and coordination training with a strong athletic feel. Your class will enjoy feeling their muscles on fire as you hit the Pulses and the powerful Jumps towards the end of the sets. The Cobra Pose combination focuses on the posterior chain, where you can concentrate your coaching on the upper/mid-back muscles, triceps, hamstrings, glutes and calves. This will direct participants to search for tension in the back half of their body, so we can find the posture gains that LES MILLS BARRE promises. While in 2nd Position, we're aiming to maintain external rotation of the hips and maintain our posture – this creates the ultimate challenge. Ensure you offer the lower-intensity variations before heading into the Jump so that everybody has a strong level to work at!

COACHING CUES

4/4 PLIÉ COBRA POSE IN 1ST POSITION AND FRONT RAISE

Layer 1

- Starting with Cobra Pose
- Tilt forward from the hips
- Lift the plates up, shoulder level
- Cobra Pose, Front Raise
- Brace the belly
- Squeeze glutes back to start position
- Take the hips back
- Relevé up, lift the heels as you raise the plates

Layer 2

- Working into that Plié
- Let's add a Relevé now
- Really working the shoulders

TRIPLE PLIÉ COBRA PULSE IN 1ST POSITION AND FRONT RAISE

Layer 1

- Let's level up
- Triple Pulse
- Down 3, 2, 1
- Coming up
- Keep those glutes engaged
- Knees in line with toes on the Plié

Layer 2

- As we lift the heels, squeeze the inner thighs together
- Full hip extension
- Control, straight up
- Hold for a moment
- Body starting to fatigue, perfectly normal
- Come back to the Foundation Posture
- Let's see if you can go a little bit lower
- Deepen the Plié

4/4 PLIÉ IN 2ND POSITION AND WIDE BICEP CURL

Layer 1

- Bring the plates to shoulders
- Wide Stance in 2nd Position
- Let's go down
- Plié and Bicep Curl
- Open the arms up
- Push the knees out over toes
- Brace the belly
- Keep the chest lifted
- Straight into the Relevé

Layer 2

- Keep that turnout
- Let's add the Relevé as we come up
- Down, and up; lift the heels
- Keep that nice straight line from the top of the head, all the way down to the tail bone
- Checking your alignment



05. MINE TONIGHT 4:11mins

COACHING CUES

(CONTINUED)

TRIPLE PULSE PLIÉ IN 2ND POSITION AND WIDE BICEP CURL

Layer 1

- Triple Pulse
- Down 3, 2, 1, lift
- Raise those heels

Layer 2

- These pulses, stimulate the muscles of the legs
- Squeeze the glutes at the bottom, maintain that turnout

TRIPLE PULSE PLIÉ IN 2ND POSITION WITH JUMP AND BICEP CURL

Layer 1

- Add a little bit more if you want to
- Hold, add a Jump
- Use the Plié here to soften the landing
- Lift the chest
- Lift the heels or jump
- You can dial it down at any time
- Keep those knees turned out
- If you're jumping, make sure you're landing softly

Layer 2

- Feel the burn
- That power, all the way from the floor
- Keep it up!
- Using that Plié, keep control



06. POWER

TRACK FOCUS

To coach the objective of the Pyramid Challenge effectively so that your participants have confidence to work at their own pace, and challenge their power and coordination.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 2 nd Position, arms by sides	16	
0:08	Instr /	4x8	A	Demonstration of Pyramid Challenge 1x Arabesque Fly with Bicep Curl L&R 1x Lateral Plié with O/H Press L&R <i>Note: Physically perform one full rep of each exercise, then continue to coach the objective of the Pyramid Challenge as demonstrated in Masterclass</i>	32	
0:24	V / _ Calling in	36x8	A ¹	Pyramid Challenge 1x Arabesque Fly with Bicep Curl L&R 1x Lateral Plié with O/H Press L&R <i>Note: Repeat, adding 1x more rep for both exercises, and continue to add a rep until you reach 5x reps. Once you've reached 5x reps, work your way back down to 1x rep of each exercise. Work at own pace.</i>	288	



06. STILL THINK ABOUT YA 2:58mins

TEACHING TIPS

This unique Power track is a 2-and-a-half-minute Pyramid Challenge to push every participant. Use the first block of 32 counts to clearly coach the two exercises in this pyramid and set the intention of increasing the reps by one each time. Keep this intro nice and simple, giving your participants enough cues to get moving and start working at their own pace. Within the first few reps, coach the safety essentials which are allocated under the exercise name below. Then, as the sequence progresses and the reps increase, try some of the general Coaching Cues from Joash to carry your participants through (you can also come up with your own!). This track is participant driven, so encourage their ownership to move at their own pace and to stop and shake it out if they need to.

COACHING CUES

DEMONSTRATION AND GENERAL COACHING OF PYRAMID CHALLENGE

Layer 1

- We've got a Pyramid Challenge
- 2 and a half minutes
- Two moves, one rep each
- Arabesque Fly with Bicep Curl, then one Lateral Plié Overhead Press
- We're going to add on a rep each round, work up to five reps each
- Make your way down, back to one
- Moving at your own time
- Setting up!

Layer 2

- You've got the moves, now develop the technique
- We want to try get up to five, back down to one before the end of the track
- Wherever you are, shake it out if you need to
- Get back in as soon as you can
- The challenge is trying to move with speed but you want to maintain your technique
- If it slows you down, go back to the basics
- If you finish early, stick with that number

ARABESQUE FLY WITH BICEP CURL

Layer 1

- Let's begin
- Out and up
- Take the leg directly behind you
- Arms wide
- Keep the elbows bent
- Squeeze the shoulder blades together
- Get that Curl in to work the biceps
- Bringing the body forward
- Extending the legs

LATERAL PLIÉ WITH OVERHEAD PRESS

Layer 1

- Lateral Plié
- Right and left is one rep
- Use the plates to get low
- Plates down
- Press above the head, slightly forward of the face
- Plié, keep the chest up



07. ESCAPE

TRACK FOCUS

To clearly coach the sequence progressions and their intentions for participants to move freely and experience the escape feeling.

MUSIC			EXERCISE		CTS	REPS
0:01	Intro /	4x8		Set up R Retiré behind, arms to 2 nd Position	32	
0:13	Instr /	4x8	A	Lateral Plié Combination, HOH, L&R 1x Lateral Plié, traveling L R leg slides in to Relevé in 1 st Position 1x Lateral Plié, traveling L R leg Tendu side, legs straighten Repeat, traveling R	2 2 2 2 8	2x
0:25		8x8	A ¹	Lateral Plié & Arabesque Combination, HOH, L&R 1x Lateral Plié, traveling L R leg slides in to Relevé in 1 st Position 1x Lateral Plié, traveling L R leg Arabesque Fondu, facing L side 1x R Arabesque Fondu Tap 1x R Arabesque Fondu Lift 1x R Arabesque Fondu Tap 1x R Arabesque Fondu Lift Repeat, traveling R	2 2 2 2 2 2 2 2 16	2x
0:48		4x8	A ²	Lateral Plié & Arabesque Combination, Port de Bras Arms, L&R 1x Lateral Plié, traveling L, Bras Bas Arms R leg slides in to Relevé in 1 st Position, arms 5 th Position 1x Lateral Plié traveling L, arms 1 st Position R Leg Arabesque, facing L side, arms 1 st Arabesque Position 2x Arabesque Tap/Lift, arms hold 1 st Arabesque Position Repeat, traveling R ↓ Option: HOH	2 2 2 2 8 16	
1:00		8x8	A ³	Jumping Escape Combination, L&R Lateral Plié in 2 nd Position, Bras Bas Arms Jump to L through 1 st Position, arms 5 th Position Land in 2 nd Position Plié, arms 1 st Position R leg Arabesque, facing L side, arms 1 st Arabesque Position 2x Arabesque Tap/Lift, arms hold 1 st Arabesque Position Repeat, traveling R ↓ Option: No Jump	2 2 2 2 8 16	2x
1:24		8x8	B	Plié Pulse in 2nd Position 16x Plié Pulses, HOH 16x Plié Pulses, arms move smoothly through 1 st Position, 5 th Position, 2 nd Position, Bras Bas Arms	32 32	
1:47		8x8	A ³	Jumping Escape Combination, L&R	64	
2:11		8x8	A ⁴	Turning Escape Combination, L&R Plié Turn over L shoulder, arms 2 nd Position to 1 st Position Lateral Plié in 2 nd Position, arms 1 st Position R leg Arabesque, facing L side, arms 1 st Arabesque Position 2x Arabesque Tap/Lift, arms hold 1 st Arabesque Position Repeat, traveling R ↓ Option: Jump through 1 st Position	4 2 2 8 16	2x



07. ESCAPE

MUSIC			EXERCISE	CTS	REPS
2:34	12x8	A ⁵	Full Escape Combination, L&R Plié Turn over L shoulder, arms 2 nd Position to 1 st Position Lateral Plié in 2 nd Position, arms 1 st Position R leg Arabesque, facing L side, arms 1 st Arabesque Position 1x Arabesque Tap/Lift, arms hold 1 st Arabesque Position 1x Sissonne, arms hold 1 st Arabesque Position ↓ Option: 2x Arabesque Tap/Lift		x3
				4	
				2	
				2	
				4	
				4	



07. 5 HAND CLAP 3:11mins

TEACHING TIPS

This Escape track seamlessly evolves from start to finish, with layers of complexity and freedom to escape through dance. Start with the simple lateral combination, and gradually add the movements to make the sequence longer and incorporate training of more muscles. Take time to understand who is in front of you at the time of teaching, so you know how to coach the more advanced variations, if at all. Just like learning a dance, sometimes we need to master the base movement pattern before adding in the extra steps – in this case, the turns and jumps. These variations are super fun to play with so set this intention from the start (in a way that feels authentic to you) and find ways to support your participants as you journey through this track.

COACHING CUES

LATERAL PLIÉ COMBINATION

Layer 1

- 2 Lateral Pliés to the right, and coming back
- Down, up, down, extend
- Transfer the weight to the other side
- Lift the heels in the Relevé
- Squeeze the inner thighs together

LATERAL PLIÉ & ARABESQUE COMBINATION

Layer 1

- Let's level up
- Turn the hips and shoulders to the side
- Add an Arabesque Tap
- Nice and low, turn your hips
- Transfer the weight over to the side

Layer 2

- Arms to 5th Position and out to Arabesque
- Looking down your front arm

JUMPING ESCAPE COMBINATION

Layer 1

- Let's add a Jump
- Jump up and out
- Keep the weight forward
- Work into the top glute
- Land softly from the Jump
- Shoulders stay down
- We're coming back to the Jump where we left off
- Up, Arabesque

Layer 2

- Draw the legs in together on the Jump
- Remember to breathe
- Really working the lower body and stabilizing with the core
- Wherever you are, you can take it back to the basics and Relevé

PLIÉ PULSES IN 2ND POSITION

Layer 1

- Step to 2nd Position
- Let's come to a Plié Pulse
- Squeeze your glutes
- Work the rotation in your hips
- Keep the inner thighs facing forward
- Knees out over toes
- Chest up, long spine

Layer 2

- Port de Bras Arms
- Up to 5th Position, come down 2nd Position, and Bras Bas Arms

TURNING AND FULL ESCAPE COMBINATION

Layer 1

- Let's add a turn
- Turn to the side
- Arabesque Taps
- Coming down, up to turn

Layer 2

- Same principles as the Lateral Plié
- One more layer
- Turn, Arabesque Tap, and let's add a Sissonne
- Turn, land together, and jump out
- Both feet take off, both feet land
- Soft landing through the knees
- You can stay here with the Sissonne or focus on the turn



08. BURN

TRACK FOCUS

To transition seamlessly between core exercises, maintaining abdominal heat and dynamic movement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Set up lying down on back with feet in a small 1 st Position	16
0:09	V / _ Shoes on	2x8	A	Hip Bridge in 1st Position Roll up through spine into Hip Bridge, arms by sides Hold Hip Bridge	8 8
0:17	_ Sing song	6x8	A ¹	Hip Bridge with Leg Lift, L&R L leg extends towards ceiling L leg returns to 1 st Position Repeat with R leg <i>Note: Hold R leg up on last 4 counts</i> ↓ Option: Bend working knee	3x 4 4 8
0:42	C / Cause I, I, I	4x8	A ²	Single-Leg Hip Bridge Pulse, R&L 8x R leg Pulses in Hip Bridge R leg lands, L leg extends 8x L leg Pulses in Hip Bridge ↓ Option: Bend working knee	15 1 16
1:00	V / _ Bring a	4x8	B	Supine Leg Stretch, L&R L leg pulls in towards chest, R leg extends long Hold L leg at chest L leg extends to Hamstring Stretch Hold L Hamstring Stretch Repeat with R leg	4 4 4 4 16
1:16	PC / This is	4x8	C	Cross Crawl, Fingertips at Temples, L&R Cross Crawl towards L knee Cross Crawl towards R knee ↑ Option: Extend legs to 45°	8x 2 2
1:33	C / Cause I, I, I	8x8	C ¹	Cross Crawl Combination, L&R 3x Cross Crawl L, R, L, fingertips at temples Extend legs to 45°, arms to 5 th Position Small foot circle, lifting legs higher, arms 5 th Position Small foot circle, lowering legs to 45°, arms 5 th Position Repeat, leading R ↓ Option: Bend knees slightly	2x 6 2 4 4 16
2:07	Br / Dy -na-na	4x8	D	Frog Pulse 8x Pulses in Frog Pose with feet down, reaching between knees 8x Pulses in Frog Pose with feet lifted, reaching between knees ↓ Option: Feet stay down	16 16



08. BURN

MUSIC			EXERCISE		CTS	REPS
2:24	Br / Cause I, I, I	2x8		Transition to Bear Position	16	
2:32	Shining through	2x8	E	Slow Walking Bear, L&R		2x
				L leg steps B to Plank Position	2	
				R leg steps B to Plank Position	2	
				L leg returns to Bear Position	2	
				R leg returns to Bear Position	2	
				Repeat leading with same leg		
2:41	C / Cause I, I, I	8x8	E ¹	Fast Walking Bear, L&R		
				L leg steps B to Plank Position	1	
				R leg steps B to Plank Position	1	
				L leg returns to Bear Position	1	
				R leg returns to Bear Position	1	
				Repeat x7	28	
				R leg steps B to Plank Position	1	
				L leg steps B to Plank Position	1	
				R leg returns to Bear Position	1	
				L leg returns to Bear Position	1	
				Repeat x7	28	



08. DYNAMITE 3:19mins

TEACHING TIPS

This Burn track hits the core from all angles and gives us plenty of time in each exercise to find and stay in the heat. Starting with the Hip Bridges, be sure to coach spine and hip stability (especially at this point in the workout). The Cross Crawl Combination adds a fiery balletic element with the arms in 5th Position to hold the abdominal burn for longer. Again, because your participants are likely to feel fatigued at this point, emphasize lower back towards the ground and allow them to work at a level that keeps their back safe and core active. The Walking Bear Crawl is an awesome exercise for stabilizing the whole body and the perfect final challenge for us in this workout. Find ways to motivate your participants so they can feel successful with what they have achieved in the class.

COACHING CUES

HIP BRIDGE IN 1ST POSITION WITH LEG LIFT

Layer 1

- Come onto your back
- Set the feet in a little 1st Position, about 45 degrees
- Roll up through your spine, Hip Bridge
- One vertebra at a time
- Hold here, squeeze the glutes
- Extend your front leg to the ceiling
- Hold the hips still, fold back in
- Option – keep a bend in the leg

Layer 1

- The challenge here is to stabilize through the hips

SINGLE-LEG HIP BRIDGE PULSE

Layer 1

- This time, hold the leg up
- 8 Pulses, reach the toes to the ceiling
- Lift the hips
- Quick transition to the other side

Layer 2

- Maintain height through your hips
- Core stays engaged

SUPINE LEG STRETCH

Layer 1

- Quick stretch
- Bring the knee into your chest
- Tail bone on the floor
- Extend top leg into a Hamstring Stretch
- Other side
- Just a little release in the hips

CROSS CRAWL COMBINATION

Layer 1

- Cross Crawl to the front
- Front, back
- Press your lower back towards the floor
- Reach the opposite shoulder to the knee
- Cross Crawl Combination
- 3 Cross Crawls
- Extend the legs and arms
- Circle the legs up and back down
- Squeeze the core
- Cross Crawl to the back
- Option – bend the legs
- Last one, super strong

Layer 2

- If you're ready, extend the legs long to 45 degrees
- Keep the connection between your lower back and the floor

FROG PULSE

Layer 1

- Frog Pulses
- Reach through the legs
- Shoulder blades off the floor

Layer

- Work at the top of your range
- Legs off the floor for an extra challenge



08. DYNAMITE 3:19mins

COACHING CUES (CONTINUED)

WALKING BEAR

Layer 1

- Roll up and over onto all fours
- Tuck the toes under
- Knees under hips
- Hover the knees
- Let’s take a walk
- Abs braced
- Extend the front leg, back leg, walk legs back in
- Hips and shoulders square to the floor
- Let’s go fast
- Out, out, in, in
- Swap to the back leg
- Hold the Plank

Layer 2

- See if you can keep the upper body still
- Hit the tempo
- See if you can squeeze your glutes a little extra in the Plank
- Last two



BONUS

03. EXTEND

TRACK FOCUS

To use the supporting leg as an anchor for balance and extension while working external hip rotation.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1st Position, HOH	16	
0:10	V / I can hear	4x8	A	Tendu Derrière on Fondu with Relevé in 1st Position, HOH, L&R L leg slides B to Tendu on Fondu L leg slides F into 1 st Position Relevé Hold Relevé in 1 st Position Repeat with R leg	4 2 2 8	2x
0:32	PC / Ooh	4x8	B	L Arabesque Tap/Pulse on Fondu 16x L Arabesque Tap on Fondu, HOH 8x L Arabesque Tap on Fondu, arms slowly extend to Open 4 th Position 8x L Arabesque Pulse on Fondu, arms hold Open 4 th Position ↓ Option: HOH	16 8 8	
0:53	C / Come now	4x8	B ¹	L Rotating Arabesque Pulse, Port de Bras Arms 16x L Arabesque Pulses rotating leg out to 2 nd Position, arms flow from Open 4 th Position to 2 nd Position 16x L Side Pulse, rotating to Arabesque, arms flow from 2 nd Position to Open 4 th Position Note: Take all 16 counts to move the legs and arms ↓ Option: Arabesque Tap	16 16	
1:14	V / I can see	2x8	A	Tendu Derrière on Fondu with Relevé in 1st Position, HOH, L&R	16	
1:25	PC / Ooh	4x8	B	R Arabesque Tap/Pulse on Fondu	32	
1:46	C / Come now	4x8	B ¹	R Rotating Arabesque Pulse, Port de Bras Arms	32	
2:08	Br / I want love	4x8	C	Arabesque on Fondu with Relevé in 1st Position, L&R L leg extends to Arabesque on Fondu, arms Open 4 th Position L leg slides into 1 st Position Relevé, arms 1 st Position Repeat with R leg	4 4 8	2x
2:29	C / Come now	8x8	B ²	Rotating Arabesque Pulse, L&R 16x L Arabesque Pulse, rotating leg out to 2 nd Position, arms in 2 nd Position 16x L Side Pulse, rotating to Arabesque, arms in 2 nd Position Repeat with R leg	16 16 32	
3:12	Outro /	2x8	C	Arabesque on Fondu with Relevé in 1st Position, L&R	16	



BONUS

03. TOGETHER 3:25mins

TEACHING TIPS

The Bonus Extend track incorporates beautiful lengthening through the legs and arms with this exciting combination and arm-line. The Rotating Arabesque Pulse fires up the glutes while challenging the stabilizers of the supporting hip, knee and ankle. Your participants are guaranteed to enjoy the hard work of this movement while creating lightness in their upper body. Keep this in mind in your coaching – incredibly strong through the legs and core, yet free and graceful in the arms and back. This track offers a true balletic feel and develops amazing strength and mind-body connection. Remember to coach the progressions of tapping down on the floor, and even simply keeping arms in 2nd Position to help with balance and control.

COACHING CUES

TENDU DERRIÈRE ON FONDU WITH RELEVÉ IN 1ST POSITION

Layer 1

- Let's work our glutes and challenge our stabilizers
- Engage your Foundation Posture
- Take a long Tendu back, right leg
- Come through a Relevé in 1st Position
- One more on each side
- Press the knee out over the toes
- Squeeze your shoulder blades together

Layer 2

- Feel your balance
- Feel the glutes squeeze as the leg extends
- Check your alignment

ARABESQUE TAP/PULSE ON FONDU

Layer 1

- Arabesque Taps
- Quick tempo
- Up, up, up
- You can tap down, or lift the leg off the floor
- Check that your hips and shoulders are directly to the front
- Use the glutes

Layer 2

- Extend your arms gracefully out to a beautiful Open 4th Position
- Extend the arms from the center of your back

ROTATING ARABESQUE PULSE, PORT DE BRAS ARMS

Layer 1

- We're going to move the legs
- Rond de Jambe to à la Seconde while pulsing
- Rotate the leg, arms to 2nd Position
- 16 Pulses to take it back around behind your body
- Keep the pulse going, out to à la Seconde
- Take it back around, 16 more

Layer 2

- Feel the glute burn deepen as we target abductors and rotators of the hip
- See if you can keep every rep identical

ARABESQUE ON FONDU WITH RELEVÉ IN 1ST POSITION

Layer 1

- Let's do some Arabesques
- Extend the leg behind
- Come through a Relevé
- Two more

Layer 2

- Enjoy this beautiful movement

ARABESQUE TAPS/HOLDS

Layer 1

- A few more Arabesque Taps
- Brace your core
- Arms to 2nd Position
- Draw the toes around
- Out to the back corner and then around to the side
- Pull it back behind your spine
- Quick transition to the other side
- 2 Arabesques to finish

Layer 2

- Lengthen your leg and back
- Find your stabilizers
- Deepen your Fondu



BONUS

06. POWER

TRACK FOCUS

To find heat in the glutes during each exercise by focusing on coaching and demonstrating pressure against the SMARTBAND™.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	3x8		Set up band around thighs, feet to 1 st Position, HOH	24	
0:18	V / My head	2x8	A	2/2 Demi Plié in 1st Position, HOH Bend knees to Demi Plié Straighten legs	2 2	4x
0:30	PC / Make ultimatums	2x8	A ¹	Demi Plié Pulses & Relevé in 1st Position, HOH 4x Demi Plié Pulses Straighten legs, Relevé in 1 st Position	7 1	2x
0:41	C / Pick me	4x8	A ²	Demi Plié Pulses & Relevé in 1st Position, Arms 4th Position Crossed, R&L 4x Demi Plié Pulses, arms 4 th Position Crossed – R arm 5 th Position, L arm 1 st Position Straighten legs, Relevé in 1 st Position, arms open through 2 nd Position to change sides Repeat to other side ↓ Option: HOH	7 1 8	2x
1:03	V / I don't	2x8	B	R Slow Attitude Derrière Pulse, Arms 4th Position Crossed 8x R Slow Attitude Pulses, arms hold 4 th Position Crossed – L arm 5 th Position, R arm 1 st Position ↓ Option: HOH	16	
1:15	PC / make ultimatums	2x8	B ¹	R Fast Attitude Derrière Pulse, Arms 4th Position Crossed 16x Fast Attitude Pulses, arms hold 4 th Position Crossed – L arm 5 th Position, R arm 1 st Position ↓ Option: HOH	16	2x
1:26	C / Pick me	4x8	B	L Slow Attitude Derrière Pulse, Arms 4th Position Crossed	16	2x
1:37	Pick me	2x8	B ¹	L Fast Attitude Derrière Pulse, Arms 4th Position Crossed	16	
1:49	Br / Ooh	2x8	A ³	Slow Demi Plié Pulse with Port de Bras Arms 8x Demi Plié Pulses, arms flow down to Bras Bas, 1 st Position, 5 th Position, 2 nd Position	16	
2:00	Ooh	2x8		Set up R Side Hover, HOH	16	
2:11	C / _ Every day	3½x8	C	L Leg Clam, Arm in 5th Position 14x L Leg Clam, L arm lifts to 5 th Position ↓ Option: HOH	28	
2:31	Ooh	1x8		Transition to L Side Hover, HOH	8	
2:36	Outro / I'll always	3½x8	C	R Leg Clam, Arm in 5th Position	28	



BONUS

06. PICK ME 2:59mins

TEACHING TIPS

Our glute and posture training ramps up with this banded Power track – using resistance from the band to make all of these movements extra intense and powerful. There is a huge amount of variety in this track as we move through a series of exercises which target the glutes from different angles. As Summer coaches in the Masterclass, small movements will keep the burn in the muscles and allow us to maintain control of our knee alignment, which may become compromised with larger ranges of motion against the band. Look out to your participants during these exercises and correct their range and alignment if needed, perhaps asking them if they can feel the difference when they do so. The Clams are a cool addition to this track, which will add that final burn and internal challenge. Your participants will love Power track with a different feel!

COACHING CUES

2/2 DEMI PLIÉ IN 1ST POSITION

Layer 1

- Place the band just above your knees, cross it around your legs
- Tie the handles, A through B and then B back through A
- As soon as you're ready, do a 2/2 Plié
- We're going down, down, up, up
- Press the knees out to the sides

Layer 2

- Use the resistance in the band to increase the work in your glutes

DEMI PLIÉ PULSE AND RELEVÉ IN 1ST POSITION, HOH AND ARMS 4TH POSITION CROSSED

Layer 1

- Little Pulse for 4, 3, 2, Relevé up
- Adding arms, 4th Position Crossed
- Lift your left arm up, other arm in 1st Position
- Rotate to the other side
- Two more

Layer 2

- Enjoy the space – take it up with your arms

ATTITUDE DERRIÈRE PULSE, ARMS 4TH POSITION CROSSED

Layer 1

- Extend your left leg behind
- A little Attitude Pulse
- Lift up, down
- 8 slow, 16 fast
- Let's go fast
- Small Pulses
- Other side
- Check your posture
- Hips and shoulders square to front
- Back muscles engaged

Layer 2

- Working with the band, use the resistance to strengthen the glute
- Try to move the leg as one piece; this will work your deeper hip rotators

SLOW DEMI PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Coming into 1st Position
- Slow Pulse
- Down, down
- Port de Bras Arms through 1st Position to 5th Position

LEG CLAM, ARM IN 5TH POSITION

Layer 1

- Transition, come down to the mat
- Set up in a Side Hover
- Shoulder stacked on top of your elbow
- Hips on top of each other
- Brace your abdominals
- Let's do a Clam
- Open the knee up and close
- Open, close
- Lift your arm to 5th Position
- Two more, other side
- Setting up, stack the hips and shoulders
- Get into the Clams
- Last one, squeeze the glutes

Layer 2

- Now the challenge here is to stabilize across the pelvis
- This is a great exercise for opening the hip flexor muscles



BONUS

05. STRENGTHEN

TRACK FOCUS

To clearly coach the Rond de Jambe sequence for your participants to maximize their glute strength and posture gains.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up 1st Position, plate in low position	8	
0:05	V / To know	3x8	A 2/2 Plate Deadlift in 1st Position Tip F from the hips, low plate stops above knees Lift chest to reset starting position	4 4	3x
0:16	PC / And you	4x8	A ¹ Single Plate Row in 1st Position Tip F from the hips, low plate stops above knees Row plate into belly Return plate above knees Lift chest to reset starting position	2 2 2 2	4x
0:32	C / Keep it safe	8x8	A ² Triple Plate Row in 1st Position 3x Plate Rows Lift chest to reset starting position	14 2	4x
1:04	V / Don't hold	8x8	B 2nd Position Plié & L Rond de Jambe Combination, Plate at chest L leg steps out to Plié in 2nd Position L leg extends to Tendu/Glissé, weight transfers to R leg L leg lifts, Isometric Hold in 2nd Position L leg Rond de Jambe to Arabesque L leg Rond de Jambe, returning to 2nd Position ↓ Option: Tendu in 2nd Position, keep foot grounded on Rond de Jambe	2 2 4 4 4	4x
1:35	C / Keep it safe	8x8	B ¹ 2nd Position Plié & L Rond de Jambe Combination, Plate Press L leg steps out to Plié in 2nd Position, plate at chest L leg extends to Glissé, weight transfers to R leg, Plate Press O/H L leg lifts, Isometric Hold in 2nd Position, hold Plate Press L leg Rond de Jambe to Arabesque, hold Plate Press L leg Rond de Jambe, returning to 2nd Position, hold Plate Press ↓ Option: Keep plate at chest	2 2 4 4 4	4x
2:06	Outro / Anything	4x8	C O/H Plate Press in 2nd Position Plié in 2nd Position, plate to chest Straighten legs, O/H Plate Press ↑ Option: Add a Relevé with the O/H Plate Press	2 2	8x
2:22	QC	1½x8	Set up 1st Position, plate in low position	12	
2:28	V / To know	3x8	A 2/2 Plate Deadlift in 1st Position	24	
2:40	PC / And you	4x8	A ¹ Single Plate Row in 1st Position	32	
2:56	C / Keep it safe	8x8	A ² Triple Plate Row in 1st Position	64	
3:27	V / Don't hold	8x8	B 2nd Position Plié & R Rond de Jambe Combination, Plate at chest	64	
3:59	C / Keep it safe	8x8	B ¹ 2nd Position Plié & R Rond de Jambe Combination, Plate Press	64	
4:30	Outro / Anything	4x8	C O/H Plate Press in 2nd Position	32	



BONUS

05. SAFE WITH ME 4:53mins

TEACHING TIPS

This Bonus Strengthen track uses a medium to heavy weight plate for some explosive pulling and pushing movements and isometric holds. We're bringing back the rotation between 2nd Position and Arabesque again to challenge the stabilizers in the supporting side. This is another opportunity to truly teach your participants about the importance of knee alignment and stability. With repetition, we can become true masters of stability and create new muscle memory patterns. Remember that this will feel tough for your newer participants, so be sure to explore the benefits of this training with them to encourage their effort and help them see how amazing this can feel.

COACHING CUES

2/2 PLATE DEADLIFT IN 1ST POSITION

Layer 1

- Feet in 1st Position
- Deadlift forward and up
- Tip toward from the hips
- Squeeze the shoulder blades together
- 2/2 Deadlift
- Reset your Foundation Posture
- Down, down and up
- Core braced
- Glutes squeezing back to start position
- Shoulders open

Layer 2

- We're going to strengthen our back muscles and our posterior chain

SINGLE PLATE ROW IN 1ST POSITION

Layer 1

- Single Row
- Tip from hips
- Pull the plate into the chest, down and up
- Squeezing shoulder blades towards spine
- Brace the core

TRIPLE PLATE ROW IN 1ST POSITION

Layer 1

- Let's go for a triple
- Down, 3, 2, 1
- Last one, control the weight

Layer 2

- Feel the elbows brush the sides of your body as you squeeze your posterior chain
- See if you can resist through the air with your plate
- Imagine you're moving through honey
- So smooth, so strong

2ND POSITION PLIÉ & ROND DE JAMBE COMBINATION

Layer 1

- New move, stepping out to 2nd Position
- Plié down, plate to chest
- Lift off à la Seconde
- Rond to the back and then to the side
- Plié down, lift, extend the leg off the floor
- Smooth transition to the back
- Down, hold
- Let's add the plate, Overhead Press
- Plate forward of the head
- Elbows in, abs braced

Layer 2

- Challenge – see if you can lift the leg straight off the floor
- Find an isometric hold in your 2nd Position
- Feel the stabilizers activate
- Lift up, so strong
- This track is all about control
- Lift up on your supporting side
- Balance straight away
- When you feel those wobbles kick in, stabilizers are on
- We're working hard
- Fight for it team

OVERHEAD PLATE PRESS IN 2ND POSITION

Layer 1

- Single Overhead Press in 2nd Position
- Down and up
- Knees stop at 90 degrees
- Press the knees out to the sides

Layer 2

- Add a Relevé when you're ready
- Let's lift the heart rate
- A little cardio



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)

RONDE DE JAMBE

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

SAUTÉ

- To jump (on both feet)

SISSONE

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

TEMPS LEVÉ

- To hop on one leg

TENDU

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



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

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

Exercise is our global movement.

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

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

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

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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

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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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