

LES MILLS BARRE 18

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS

05. STRENGTHEN

BONUS

06. POWER

BONUS

05. STRENGTHEN

DECLARATION OF INTENT

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MUSIC

01.

Yellow Flicker Beat (4:03)

Steel One Sway

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Written by: Yelich-O'Connor, Little
02.

Don't Go Yet (2:45)

Queen Of June

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Written by: Frederic, Cabello, Sabath, Harris
03.

Fuego (4:38)

The Tramp Dusters

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Written by: Dziewulski, El-Ghoul, Tebaldi
04.

My Heart (3:29)

NOAM DEE feat. Krush

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley
05.

Lightswitch (5:20)

CHAI

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Written by: Sanei
06.

Peace (3:24)

Functionation

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Written by: Khajadourian, Schwartz, Torrey, Emery, Heij,
Pollack, Sholler
07.

Outnumbered (4:04)

My Jewl

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Written by: Kennedy, Mooncie, Kozmeniuk, Harris
08.

Rumors (2:53)

Lizzo feat. Cardi B

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Recording Corporation.

Written by: Almanzar, Jefferson, Carr, Cheung, Frederic,
Theron
- BONUS

05.

All I Can Think About (3:27)

Dan Draper

Courtesy of Les Mills Music Licensing Ltd.

Written by: Beasley
- BONUS

06.

Lady (Hear Me Tonight) (3:53)

Disco In San Francisco

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Written by: Edwards, Rodgers, Destagnol, Tranchart
- BONUS

05.

Slow Dance (5:54)

90s Nightmare

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Written by: Hansson, Bell, J. Johnson, S. Johnson, Kalisch,
Peterhof, Vlasenko



L-R: Summer Bradley and Yayoi Matches

PRESENTERS

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.

Special thanks to:

Hannah Ellis
Joash Fahitua

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
Bonus 05	Strengthen
Track 06	Power
Bonus 06	Power
Track 07	Escape
Track 08	Burn
Total Time	44:02

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	30:36

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 and Direction
	Preview	Alt	Alternating

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

To warm, prep and prime the muscles of the front and back body, finishing with hip opening and opportunity to find breath.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	3x8	Set up 1 st Position, Bras Bas Arms	24	
0:20	V / I'm a prince	4x8	A Tendu Devant, Bras Bas Arms, R&L R leg Tendu Devant R leg closes into 1 st Position Repeat, leading with L leg ⬆ Option: Lift leg to Glissé height	4 4 8	2x
0:40	My blood	8x8	A ¹ Slow Tendu Devant Combo, Bras Bas Arms, R&L R leg lift Devant R leg Tendu Devant R leg lift Devant R leg closes into 1 st Position Full Plié in 1 st Position Legs straighten, reset posture Repeat, leading with L leg ⬇ Option: Demi Plié	2 2 2 2 4 4 16	2x
1:20		1½x8	Pause	4	
1:23	C / Ooh, this is	4x8	A ² Fast Tendu Devant Combo with Low Port de Bras Arms, R&L R leg lift Devant, arms 1 st Position R leg Tendu Devant, arms 1 st Position R leg lift Devant, arms 1 st Position R leg closes into 1 st Position, Bras Bas Arms Full Plié in 1 st Position, arms Demi Seconde Legs straighten, Bras Bas Arms Repeat, leading with L leg	1 1 1 1 2 2 8	2x
1:43	_ We're	4x8	A ³ Fast Tendu Devant Combo with High Port de Bras Arms, R&L R leg lift Devant, arms 5 th Position R leg Tendu Devant, arms 5 th Position R leg lift Devant, arms 5 th Position R leg closes into 1 st Position, Bras Bas Arms Full Plié in 1 st Position, arms open 5 th Position Legs straighten, Bras Bas Arms Repeat, leading with L leg ⬆ Option: Grand Battement	1 1 1 1 2 2 8	2x
2:03	V / _ I dream	4x8	B Tendu Derrière en Fondu, HOH, R&L R leg Tendu Derrière, en Fondu R leg closes into 1 st Position Repeat, leading with L leg ⬆ Option: Lift leg to Arabesque	4 4 8	2x
2:24	PC / And now people	8x8	B ¹ Slow Arabesque Combo, HOH, R&L R leg Arabesque en Fondu R leg Tendu Derrière, L leg straightens R leg Arabesque en Fondu R leg closes into 1 st Position Full Plié in 1 st Position Legs straighten, reset posture Repeat, leading with L leg ⬇ Option: Demi Plié	2 2 2 2 4 4 16	2x
2:44	On me	1x8	Pause	8	



01. WARM-UP

MUSIC		EXERCISE		CTS	REPS
2:49	C / Ooh, this is	4x8	B ²	Fast Arabesque Combo with Low Port de Bras Arms, R&L	
				R leg Arabesque en Fondu, arms 1 st Position	1
				R leg Tendu Derrière, L leg straightens, arms 1 st Position	1
				R leg Arabesque en Fondu, arms 1 st Position	1
				R leg closes into 1 st Position, Bras Bas Arms	1
				Full Plié in 1 st Position, arms Demi Seconde	2
				Legs straighten, Bras Bas Arms	2
				Repeat, leading with L leg	8
3:09	_ We're	4x8	B ³	Fast Arabesque Combo with High Port de Bras Arms, R&L	
				R leg Arabesque en Fondu, arms 5 th Position	1
				R leg Tendu Derrière, L leg straightens, arms 5 th Position	1
				R leg Arabesque en Fondu, arms 5 th Position	1
				R leg closes into 1 st Position, Bras Bas Arms	1
				Full Plié in 1 st Position, arms open 5 th Position	2
				Legs straighten, Bras Bas Arms	2
				Repeat, leading with L leg	8
3:29	Outro / Ooh	4x8	C	2nd Position Plié Pulse with Port de Bras Arms	
				4x Plié Pulse in 2 nd Position, arms lift and cross down to Bras Bas Arms	8
				Repeat x3	
				<i>Note: Finish in Full Plié, arms Demi Seconde</i>	



01. YELLOW FLICKER BEAT 4:03mins

TEACHING TIPS

LES MILLS BARRE 18 welcomes us to the workout with this calm yet powerful Warm-up. We have two great combinations to warm both the front and back body with an emphasis on dynamic execution. This is a great chance to invite participants to connect with the music and put that straight into practice. The rest of the class consists of the building of sequences to their liking and exploring where each participant feels drawn to. In your own unique way, allow space for your participants to dive right in!

COACHING CUES

TENDU DEVANT, BRAS BAS ARMS

Layer 1

- Starting with a 2/2 Tendu to the front, right leg
- Out, out and in
- Leading with the toes
- Slow and controlled
- **Belly braced**

Layer 2

- This time you can lift off the floor, Glissé height

SLOW TENDU DEVANT COMBINATION

Layer 1

- Leg goes up, down, lift and close
- Plié, Demi or Full
- Coming back up
- Extend, tap down, lift and close
- **Stop at 90 degrees**
- 2 more times, slow

Layer 2

- Lots of time to control the legs to find our stabilizers before we speed up

FAST TENDU DEVANT COMBINATION WITH LOW AND HIGH PORT DE BRAS ARMS

Layer 1

- Adding arms to 1st Position
- Take it double time
- Up, down, up, close, Plié and lift
- Demi Seconde through your arms

Layer 2

- If you want to go a little further, lift the arms to 5th Position
- Grand Battement the leg
- Arms can float all the way up now, open into 5th Position
- Getting warmer and more dynamic in the body

TENDU DERRIÈRE EN FONDU

Layer 1

- Same pattern to the back
- Arabesque, right leg
- Fondu, pressing the knee out over toes
- Square your hips and shoulders
- **Lift up in the core**

Layer 2

- If you want to, lift the leg off the floor

SLOW ARABESQUE COMBINATION

Layer 1

- Slow combination
- Lift the leg off the floor
- Go for your Plié, Demi or Full
- Bend and stretch, bend and close

FAST ARABESQUE COMBINATION WITH LOW AND HIGH PORT DE BRAS ARMS

Layer 1

- Let's take it with the arms
- Full performance mode
- Arms to 1st Position
- Out, down, out and close
- Plié and straighten

Layer 2

- Feel free to let your head follow your arms, whatever way feels natural for you
- Taking it up to Arabesque
- Arms to 5th Position
- We're feeling our back body more and more now

2ND POSITION PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Step out to 2nd Position
- Plié Pulse
- Down, down
- **Hips stop just above knee height**

Layer 2

- Port de Bras Arms and cross in front of the face
- Enjoy the beauty of the arms, and that burn in the legs



02. DEEPEN

TRACK FOCUS

To encourage mind-body connection in the en Croix sequence and lightness in the Arabesque and Attitude Run sequence.

MUSIC		EXERCISE		CTS	REPS
0:00	2x8	Set up 1 st Position, HOH		16	
0:08	V / I'll replay	4x8	A	en Croix Sequence, HOH, R&L	2x
				L Tendu Devant	1
				L leg closes into 1 st Position	1
				L Tendu à la Seconde	1
				L leg closes into 1 st Position	1
				L Tendu Derrière	1
				L leg closes into 1 st Position	1
				L Tendu à la Seconde	1
				L leg closes into 1 st Position	1
				Repeat, leading with R leg	8
0:26	PC / I imagine	4x8	A ¹	en Croix Sequence with Port de Bras Arms, R&L	2x
				L Tendu Devant, arms 1 st Position	1
				L leg closes into 1 st Position, arms 1 st Position	1
				L Tendu à la Seconde, arms 2 nd Position	1
				L leg closes into 1 st Position, arms 2 nd Position	1
				L Tendu Derrière, arms 5 th Position	1
				L leg closes into 1 st Position, arms 5 th Position	1
				L Tendu à la Seconde, arms 2 nd Position	1
				L leg closes into 1 st Position, arms 2 nd Position	1
				Repeat, leading with R leg	8
				⬆ Option: Lift to Glissé	
0:43	C / Oh , yeah	4x8	B	Arabesque & Attitude Run Combo, R&L	4x
				Step F on L Fondu, R Arabesque, arms 4 th Position	2
				Step F on R Fondu, L Arabesque, arms 4 th Position	2
				4x Attitudes running B, arms Demi Seconde	4
				⬇ Option: HOH	
1:01	V / _ Baby don't	6x8	A ¹	en Croix Sequence with Port de Bras Arms, R&L	8
				⬆ Option: Grand Battement	6x
1:27	C / Oh , yeah	4x8	B	Arabesque & Attitude Run Combo, R&L	8
				⬆ Option: Arabesque Relevé or Arabesque Jump	4x
1:44	Br / Instr	6x8	A	en Croix Sequence, R&L	8
2:11	C / Oh , yeah	6x8	B	Arabesque & Attitude Run Combo, R&L	8
					6x



02. DON'T GO YET 2:45mins

TEACHING TIPS

Track 2 offers two amazing combinations with a variety of options to make them both yours! The en Croix pattern is a great 'brain warmer' where coordination and control are the focus. Encourage your participants to explore each level and hold on to the one that serves them at the time. The Arabesque/Attitude Run Combo is lots of fun to do and teach. Enjoy bringing some lightness and energy to your classes as you Relevé or jump this one right to the end!

COACHING CUES

EN CROIX SEQUENCE, HOH

Layer 1

- We’ve got a Tendu sequence, right side
- Front, side, back and side
- **Square the hips**
- Ground into your supporting leg
- Find the rhythm
- Back to our Tendu sequence

Layer 2

- Strong inside thighs
- Pulling the legs back in

EN CROIX SEQUENCE WITH PORT DE BRAS ARMS

Layer 1

- If you’ve got it, let’s use the Port de Bras Arms
- 1st Position, 2nd Position, 5th Position, 2nd Position
- Alternating legs
- Shoulders down, chest open
- If you’ve got your balance, lift to Glissé
- **Brace core**

Layer 2

- Lots of coordination
- Option to lift to Grand Battement
- Stay grounded in that supporting leg

ARABESQUE & ATTITUDE RUN COMBINATION

Layer 1

- Coming forward, 2 Arabesques
- Right, left, run back
- **Land softly**
- Forward for 2, back for 4
- Attitude the legs as you run
- **Knees press out over toes**
- Option: bring the hands to the hips
- Focus on the legs
- **Soft Plié when you land**

Layer 2

- You can Relevé or jump
- Choose the option that feels good
- Use the breath in the arms
- Keep that chest high and proud



03. EXTEND

TRACK FOCUS

To train posterior strength through balance, muscular pressure and control.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:09	C / I got work	4x8	A	Rond de Jambe, HOH, L&R L leg Tendu Devant L leg Rond de Jambe L leg lifts to Arabesque L leg closes into 1 st Position Repeat, leading with R leg	4 4 4 4 16	
0:25	_ Fuego	4x8	A ¹	Rond de Jambe, HOH, L&R L leg Tendu Devant en Fondu L leg Rond de Jambe en Fondu L leg lifts to Arabesque en Fondu L leg closes into 1 st Position Repeat, leading with R leg <i>Note: Rond de Jambe can be performed on straight leg or en Fondu</i>	4 4 4 4 16	
0:41	V / (Instr)	16x8	A ²	Rond de Jambe Combo, L&R L leg Tendu Devant, arms 1 st Position L leg Rond de Jambe, arms 2 nd Position 4x L Arabesque Pulse, arms 2 nd Position L leg closes into 1 st Position, Bras Bas Arms Repeat, leading with R leg ⬆ Option: Lift leg to any height, maintaining level hips	4 4 7 1 16	4x
1:45	(Quiet)	2½x8		Set up 1 st Position, HOH	20	
1:55	C / I got work	4x8	B	Attitude Derrière, HOH, L&R L leg lifts to Retiré L leg extends to Attitude Derrière L Attitude hold L leg closes into 1 st Position Repeat, leading with R leg	4 4 7 1 16	
2:11	_ Fuego	4x8	B ¹	Attitude Derrière Pulse, HOH L leg lifts to Retiré L leg extends to Attitude Derrière 4x L Attitude Pulse L leg closes into 1 st Position Repeat, leading with R leg	4 4 7 1 16	
2:27	V / (Instr)	8x8	B ²	Attitude Derrière Pulse with Port de Bras Arms, HOH, L&R L leg lifts to Retiré L leg extends to Attitude Derrière 4x L Attitude Pulse L leg closes into 1 st Position Repeat, leading with R leg	4 4 7 1 16	2x
2:59	C / I got work	8x8	B ³	Attitude Derrière Pulse with Port de Bras Arms, HOH, L&R L leg lifts to Retiré, arms 1 st Position L leg extends to Attitude Derrière, arms 2 nd Position 6x L Attitude Pulse, arms 2 nd Position L leg closes into 1 st Position, Bras Bas Arms Repeat, leading with R leg	2 2 11 1 16	2x



03. EXTEND

MUSIC		EXERCISE		CTS	REPS
3:31	How much longer	4x8	C	2nd Position Plié with Fondu Derrière, HOH, L&R R leg steps into 2 nd Position Plié Transfer to R leg, L leg Fondu Derrière Repeat, leading with L leg	8 8 16
3:47		4x8	C ¹	2nd Position Plié with Fondu Derrière, Port de Bras Arms, L&R R leg steps into 2 nd Position Plié, arms 2 nd Position Transfer to R leg, L leg Fondu Derrière, L arm to 4 th Position Repeat, leading with L leg	2x 4 4 8
4:03	C / I got work	4x8	C ²	2nd Position Plié Pulse with Arabesque Fondu, Port de Bras Arms, L&R 2x 2 nd Position Plié Pulses, arms 2 nd Position Transfer to R leg, L leg Arabesque Fondu, L arm to 4 th Position Repeat, leading with L leg	2x 4 4 8
4:19	_ Fuego	4x8	C ³	2nd Position Plié Pulse with Arabesque Fondu, Port de Bras Arms, L&R R leg steps into 2 nd Position Plié, arms 2 nd Position Transfer to R leg, L leg Fondu Derrière, L arm to 4 th Position Repeat, leading with L leg	4x 2 2 4



03. FUEGO 4:38mins

TEACHING TIPS

We shift the focus now to balance and stability. This will be challenging after lifting our heart rates, so encourage an inward focus and find a stable base early on in the track. As your participants feel their way through the sequence, coach glute engagement. We need these powerful muscles to guide us when our legs are behind us! There are lots of benefits to be found with these types of movement, so find some ways (that are authentic to you) to motivate your participants to keep going! Finally, sharing the collective energy in the last working set, to breathe and find one last burst of controlled movement.

COACHING CUES

ROND DE JAMBE, HOH

Layer 1

- Let’s fire up those glutes
- Reset Foundation Posture
- Tendu to the front, to the side, take it to the back
- Squeeze the glutes to lift to Arabesque
- Keep those hips square
- Let’s add the Fondu
- **Knee over toes**
- Stay low, stay grounded

Layer 2

- Drive the supporting leg down into the floor
- Squeeze and lengthen the Arabesque
- Feel the heel rotating forward in the Rond de Jambe

ROND DE JAMBE COMBINATION

Layer 1

- Let’s add the Port de Bras Arms
- 1st Position, open out to 2nd Position
- 4 Pulses to the back
- You’ve got the option to stay in the Fondu, or straighten the knee
- Lifting up out of the supporting leg
- **Chest is up**

Layer 2

- We’re working on building strength and endurance in the stabilizers and glutes
- Let’s take it higher
- Land softly in Plié

ATTITUDE DERRIÈRE, HOH

Layer 1

- Time for some Attitudes
- Drawing up Retiré, 2/2
- Extend to Attitude, hold
- **Bracing the core**

Layer 2

- Find your alignment in the hips and shoulders
- Nice and square to front
- Lifting off, balancing

ATTITUDE DERRIÈRE PULSE, PORT DE BRAS ARMS

Layer 1

- Add a Pulse
- Pulse 5, 6, 7, 8
- Close, other side
- Feel the glute lift the leg
- Adding arms through 1st Position
- Open to 2nd Position
- Pulse, pulse

Layer 2

- If you want a little more height, 'go for it'
- So good for our back body
- So good for training our posterior chain
- Let’s go single time
- A little more dynamic
- Up and out
- We have time for 6 Pulses now

2ND POSITION PLIÉ WITH FONDU DERRIÈRE

Layer 1

- Come into your deep 2nd Position Plié
- Squeeze the glutes
- **Knees out over toes**
- Transfer the weight
- Tendu Derrière
- Back to 2nd Position

Layer 2

- Stay low, ground down
- Keep the chest high
- Around the back, squeeze and lift
- Down and back



03. FUEGO 4:38mins

COACHING CUES (CONTINUED)

2ND POSITION PLIÉ PULSE WITH FONDU DERRIÈRE, PORT DE BRAS ARMS

Layer 1

- Let’s add the arms
- Open up to 4th Position and back to 2nd Position
- Feel the back come alive
- Pulses, here we go
- Down, down, lift and lift

Layer 2

- Breathe in this movement
- Feel the space
- Feel the width across your chest

2ND POSITION PLIÉ WITH ARABESQUE FONDU, PORT DE BRAS ARMS

Layer 1

- Let’s try some singles
- Down and up

Layer 2

- Final blast through the back body
- Finish in 2nd Position



04. PEAK

TRACK FOCUS

To clearly coach the variations of the Circle Glissade Combo and find moments of cardio goodness in the Retiré.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up L Tendu Devant en Fondu, facing R corner, HOH	16	
0:08	_ Oh yeah	2x8	A Slow Circle Glissade, HOH, L&R L leg circles towards L corner, en Fondu R leg steps F, L Tendu Derrière en Fondu Hold L Tendu Derrière en Fondu Step B onto L foot, R Tendu Devant en Fondu Repeat, leading with R leg	2 2 2 2 8	
0:15		2x8	A ¹ Fast Circle Glissade, HOH, L&R L leg circles towards L corner with low jump R leg steps F, L Tendu Derrière en Fondu Repeat, leading with R leg <i>Note: See Masterclass footage for visual execution of movement</i>	2 2 4	2x
0:23		2x8	A ² Fast Circle Glissade with Port de Bras Arms, L&R L leg circles towards L corner with low jump, Bras Bas Arms to 5 th Position R leg steps F, L Tendu Derrière en Fondu, arms open down to Demi Seconde Repeat, leading with R leg <i>Note: Arms circle with legs as shown on Masterclass footage</i> ↓ Option: HOH	2 2 4	2x
0:31	V / _ I heard	4x8	A ³ Full Circle Glissade Combo, L&R 1x Full Circle Glissade, traveling L with high jump through low 2 nd Position Repeat, traveling R ↓ Option: Low jump, HOH	4 4	4x
0:47		3½x8	A ⁴ Full Circle Glissade Combo, L&R 1x Full Circle Glissade traveling L, scissoring legs in transition Repeat, traveling R ↓ Option: Low jump, HOH	4 4	3½x
1:01	V / Looking for	½x8	Set up Long Lunge, R leg behind	4	
1:03	C / _ Oh yeah	4x8	B R Retiré Relevé, HOH R leg lifts to Retiré Relevé R leg lowers to Long Lunge <i>Note: Use last 2 counts to switch sides</i> ↓ Option: No Relevé	2 2	8x
1:19	V / _ Can you	4x8	B L Retiré Relevé, HOH	4	8x
1:35	_ I heard	7½x8	B ¹ Alt Retiré Relevé, L&R L leg lifts to Retiré Relevé L leg steps B through 1 st Position L leg steps F, R leg lifts to Retiré Relevé R leg steps B through 1 st Position ↑ Option: Arms cross and open through Demi Seconde ↑ Option: Jump in Relevé	2 2 2 2	7½x



04. PEAK

MUSIC			EXERCISE		CTS	REPS
2:05	(Instr)	½x8	Set up Tendu Devant en Fondu, facing R corner, HOH		4	
2:07	C / _ Oh yeah	2x8	A²	Fast Circle Glissade with Port de Bras Arms, L&R	8	2x
2:15		3x8	A⁴	Full Circle Glissade Combo, L&R	8	3x
2:26	Br / A way	1x8	Set up Long Lunge, R leg behind		8	
2:30	/ You stay	2x8	C	L Long Lunge with Port de Bras Arms	4	
				Tilt F over L leg, arms through 1 st Position	4	
				Lift chest, arms lift to 5 th Position with slight back bend	4	
				Open arms	8	
2:38	/ You want	2x8	C	R Long Lunge with Port de Bras Arms	16	
				Note: Use timing from L side		
2:46	(Instr)	2x8	Set up 1 st Position, crossing arms in front of chest		16	
2:54	C / _ Oh yeah	4x8	B¹	Alt Retiré Relevé, L&R	8	4x
				Note: Use last 2 counts to prepare for Full Circle Glissade Combo		
3:10	Outro / (Instr)	4x8	A⁴	Full Circle Glissade Combo, L&R	8	4x



04. MY HEART 3:29mins

TEACHING TIPS

We have a brand-new move in this Peak track – the Circle Glissade! This is an exciting opportunity to explore another Ballet-inspired movement in a fun and progressive way. Take care to understand your participants before introducing them to this exercise and when you do, build up from the base level just like in the Masterclass. Doing this and encouraging your participants to maintain the level they feel most comfortable will allow them to develop confidence when trying new things in LES MILLS BARRE. It's so important that your participants feel supported when they explore and have fun while doing it! The cardio innovations in this track are very fresh and exciting – how will you bring it alive?

COACHING CUES

SLOW AND FAST CIRCLE GLISSADE WITH PORT DE BRAS ARMS

Layer 1

- Tendu to the front corner
- We're taking 2 circles around to the other side
- Circle, circle, step front and back
- Round and step
- We have some new jump moves for you in this track
- Here's your jump
- Find your 2nd Position in the air
- Around and step
- Working corner to corner
- **Pressing the knees out over the toes**
- Adding the Port de Bras Arms

Layer 2

- Let's add a Port de Bras Arms and then we'll add the Jump
- See if you can suspend, almost like you're floating
- One more Jump option: Scissor Kick
- This one has more vertical drive, rather than traveling across the floor
- Play with both the options, they work different areas
- Whatever Jump option you like, 'go for it'
- Take your options

RETIRÉ RELEVÉ

Layer 1

- Hold here, step the right leg back
- Retiré up and down
- When you're ready, lift the underneath heel
- Switch the legs back
- Drive up and down
- Keep the hips level

Layer 2

- Find that Pirouette position
- Drive from the hamstrings

ALTERNATING RETIRÉ RELEVÉ

Layer 1

- One more, step back
- Up, 2 steps, up, 2 steps
- Straight into a combination
- **Plié when you land**
- Bring the feet back in
- Coming back to our Retiré Jumps, arms out
- Step hop

Layer 2

- If you want to add the arms, extend and cross
- You could even add a Jump
- Jump or Relevé

LONG LUNGE WITH PORT DE BRAS ARMS

Layer 1

- Let's come into a Port de Bras Arms
- Take a deep breath in
- Come forward, inhale release
- Other side
- Take it forward, super slowly

Layer 2

- This moment is just for you and your body

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05. STRENGTHEN

TRACK FOCUS

To encourage full range of motion in every rep as fatigue sets in.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 2 nd Position, arms straight, plates F		16	
0:07	C / _ I wanna	4x8	A	2/2 Plié in 2nd Position with Upright Row		4x
				Full Plié in 2 nd Position, plates lower	4	
				Straighten legs, Upright Row	4	
0:23	V / _ I know	4x8	A ¹	Single Plié with High Pull		4x
				Full Plié in 2 nd Position, plates lower	2	
				Straighten legs	2	
				Relevé with High Pull	2	
				Heels lower, plates reset	2	
0:39	PC / _ Huh, look	2x8	B	Plié Pulse in 2nd Position		8x
				8x Plié Pulse in 2 nd Position, transitioning stacked plates O/H	2	
0:46	C / _ I wanna	4x8	C	Plié Pulse in 2nd Position with Tricep Extension		4x
				2x Plié Pulse in 2 nd Position, Tricep Extension	4	
				2x Plié Pulse in 2 nd Position, reset plates O/H	4	
1:02		4x8	C ¹	Plié Pulse in 2nd Position with Tricep Extension		8x
				1x Plié Pulse in 2 nd Position, Tricep Extension	2	
				1x Plié Pulse in 2 nd Position, Tricep Extension	2	
1:17	(Instr)	2x8		Set up 2 nd Position, one plate in each hand at front of thighs	16	
1:25	V / _ It's OK	20x8	D	L Bow & Arrow Combo		10x
				L Side Plié Lunge, L Arm Row, R arm 2 nd Position with palm down	4	
				R Side Plié Lunge, 2 nd Arabesque Position	4	
				2 nd Position Plié, arms open to 2 nd Position with palms down	4	
				Straighten legs, reset plates at front of thighs	4	
				⬆ Option: Add 4x Plié Pulse as arms open to 2 nd Position with palms down		
2:42	C / _ I wanna	4x8	A	2/2 Plié in 2nd Position with Upright Row	8	4x
2:58	V / _ I know	4x8	A ¹	Single Plié with High Pull	8	4x
3:13	PC / _ Huh, look	2x8	B	Plié Pulse in 2nd Position	2	8x
3:21	C / _ I wanna	4x8	C	Plié Pulse in 2nd Position with Tricep Extension	8	4x
3:36		4x8	C ¹	Plié Pulse in 2nd Position with Tricep Extension	4	8x
3:52	(Instr)	2x8		Set up 2 nd Position, one plate in each hand at front of thighs	16	
4:00	V / _ It's OK	20x8	D	R Bow & Arrow Combo	16	10x



05. LIGHTSWITCH 5:20mins

TEACHING TIPS

This Strengthen track allows us to bring down our heart rates and focus on some progressive posture work. During each upper body exercise, we use the Plié to help create an overall body burn. We have a new move – the Bow & Arrow Combo, which creates progressive tension through the shoulders, upper back and obliques. Your participants are guaranteed to feel the benefits of this movement and progress their effort and load over time.

COACHING CUES

PLIÉ IN 2ND POSITION WITH UPRIGHT ROW AND HIGH PULL

Layer 1

- 2nd Position, standing tall
- 2/2 Plié down with a Row
- Down and Row
- Take it down, down, up and up
- Elbows to the side
- Plates stop under the ribs
- Tempo change, we go down
- Hold the plates, High Pull
- Lift the heels
- Down, up, High Pull
- Back to the Plié
- Reset your posture
- Lift and lower

Layer 2

- Squeeze the glutes
- Squeeze the shoulders
- Keep it nice and smooth
- Control the weight
- Heels come up and we lift our thighs
- Super strong

PLIÉ PULSE IN 2ND POSITION

Layer 1

- Plié Pulse, stack the plates
- Bring them to your collarbones
- Overhead Press, just forward of the face
- Tricep Extension
- Down, down and up, up
- 2/2 timing
- Super strong through the arms
- One more slowly, let's go for the singles
- Take it down and up
- Elbows squeeze in towards your face

Layer 2

- Don't forget about the knees pressing out to the side, that'll get the glutes
- This is the last time we do these, so make them your best reps

BOW & ARROW COMBINATION

Layer 1

- Separate the plates
- Standing tall
- Here's your Bow and Arrow
- Plates come up, palms down
- Extend to the corner
- Open to the front and squeeze to come up
- Same side
- Extend, open and squeeze
- Plates stop just under the shoulders
- **We brace our core, twisting from center of chest**
- Add a Pulse
- Beginning stays the same
- Pulse here, 4, 3, 2, 1, quick recovery
- Elbows up
- Two more slowly, before we add the Pulses

Layer 2

- Keep going, hold the super slow tempo
- This is time under tension
- We can feel this in our shoulders
- We can feel it in our glutes and our thighs
- Feel it all, feel it with us
- We take it nice and slow so that we can tune into our technique
- You can feel everything your body is doing
- This one is not a sprint, it's a full marathon
- Take it further, Pulse
- Two more reps, then we're at the finish line
- I know it's hard – I'm right here with you



06. POWER

TRACK FOCUS

To find strength and control within each Arabesque sequence and fast, explosive power during the Lunge set.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, arms by sides	16	
0:06	V / Nights are	2x8	A	Slow Fondu Derrière, Plates Pullback , R&L R leg Tendu Derrière en Fondu R leg closes into 1 st Position Repeat with L leg <i>Note: Set up arms (with plates) to 1st Position on last count</i>	4 4 8	
0:18	Wish I	2x8	A ¹	Arabesque Fondu with Extended Arm , R&L R leg Arabesque en Fondu, R arm 1 st Position, L arm F R leg closes into 1 st Position, arms reset in 1 st Position Repeat with L leg	4 4 8	
0:30	PC / _ Someday	4x8	A ²	Arabesque Fondu Combo , R&L R leg Arabesque en Fondu, R arm 1 st Position, L arm F R leg Retiré en Fondu, arms 1 st Position R leg Arabesque en Fondu, R arm 1 st Position, L arm F R leg closes into 1 st Position, arms reset in 1 st Position Repeat with L leg <i>Note: Use last 2 counts to stack plates at chest</i>	2 2 2 2 8	2x
0:54	C / (Instr)	8x8	B	Pulsing Lunge with Plates at Chest , R&L R leg B, 4x Lunge Pulse L leg B, 4x Lunge Pulse ⬇ Option: 3x Pulse with a single step to change sides ⬆ Options: Jump and/or Plate Press to change sides <i>Note: Feet change sides quickly as shown on the Masterclass footage</i>	4 4	8x
1:42	V / What's	2x8	A	Slow Fondu Derrière, Plates Pullback , R&L	16	
1:54	Wish I	2x8	A ¹	Arabesque Fondu with Extended Arm , R&L	16	
2:06	PC / Someday	4x8	A ²	Arabesque Fondu Combo , R&L	16	2x
2:30	C / (Heavy instr)	4x8	B	Pulsing Lunges with Plates at Chest , R&L	8	4x
2:54	Outro / Someday	4x8	A ³	Arabesque Hold , R&L R Arabesque, pull back plates Hold R Arabesque R leg closes into 1 st Position, plates reset Repeat on L leg	8 7 1 16	



06. PEACE 3:24mins

TEACHING TIPS

Welcome to your Power track. There is an incredible amount of explosive training in this entire track that’s waiting to be explored by you and your participants. There is an innovative new arm-line to begin each working set which encourages balance, stability and awareness of the ankles and lower legs. This then comes into play with two huge sets of Power Lunges and an optional Plate Press. The delivery here is all about motivation and your perspective of the training outcome. Have a think about what these moves mean for you and how you can deliver them to your class for the best members' experience.

COACHING CUES

SLOW FONDU DERRIÈRE, PLATES PULLBACK

Layer 1

- Coming into your 1st Position, Foundation Posture
- Palms facing forward
- Fondu Derrière, right leg
- **Knee out over toes**
- Hinge forward at the hips
- Back to the Fondu, Tendu

Layer 2

- Lengthen away
- Crown of the head lengthens away from toes
- Feel the width, feel the breath

ARABESQUE FONDU WITH EXTENDED ARM

Layer 1

- Take the arms to 1st Position
- Opposite arm to leg reaches away
- Draw it back down to 1st Position
- **Keep the hips square to front**

Layer 2

- Reach long and far

ARABESQUE FONDU COMBINATION

Layer 1

- We’ve got a combination
- We extend out
- Back to Retiré
- Extend, tap down, other leg
- One more on each side

Layer 2

- Feel the posterior chain engage
- Squeeze the shoulder blades back
- The build up is coming
- Feel that line in the back
- **Strong in the core**

PULSING LUNGE WITH PLATES AT CHEST

Layer 1

- We’ve got Lunge Pulses
- Bringing the plates together
- Plates to chest
- Right leg drops back
- Down, Pulse, change
- Front knee out over toes
- **Knees at 90 degrees**
- **Chest is up**
- If you want more, jump it
- Light in the feet
- **Use that Plié**
- Elbows are in close to the body
- Breathe

Layer 2

- Back of the legs are engaged
- If you want more, use those weights
- Pulse it up
- Squeeze those shoulders down
- You’re almost there, 4 more
- Super strong, super powerful
- Remember your option: 3 Pulses and step in
- We’re not in this position for long
- This is a short set
- Right here, right now, push

ARABESQUE FONDU WITH EXTENDED ARM

Layer 1

- Find your focus
- Come into Arabesque
- Bend the knee, hinge forward from hips
- Back to 1st Position, other leg

Layer 2

- Breathe in, breathe out
- Reach far, reach long



07. ESCAPE

TRACK FOCUS

To encourage freedom, flow and unique grace in both Escape combinations.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:12	C / Is all for nothing	4x8	A	Pas de Bourrée through 1st Position, HOH, R&L		4x
				Pas de Bourrée through 1 st Position, traveling R	3	
				Close into 3 rd Position Plié, L foot B	1	
				Repeat, traveling L	4	
0:37	V / _ I could have	4x8	A ¹	Pas de Bourrée with Petite Retiré, HOH, R&L		4x
				Pas de Bourrée lifting to Petite Retiré, traveling R	3	
				Close into 3 rd Position Plié, L foot B	1	
				Repeat, traveling L	4	
1:01	PC / _ To all the	13x8	A ²	Single Pas de Bourrée Combo, R&L		6½x
				Pas de Bourrée with Pirouette traveling R, arms		
				Demi Seconde	3	
				Close L leg B into 3 rd Position	1	
				L Arabesque, facing R corner	3	
				Close L leg F into 3 rd Position	1	
				Repeat, traveling L	8	
				⬆ Option: Relevé in Arabesque		
				⬇ Option: No turn, HOH		
				Note: Arms have freedom during entire sequence as shown on Masterclass footage		
2:21	C / Is all for nothing	4x8	A ³	Double Pas de Bourrée Combo, L&R		2x
				Pas de Bourrée with Pirouette traveling L, arms		
				Demi Seconde	3	
				Close L leg B into 3 rd Position	1	
				2x L Arabesque, facing R corner	3	
				Close L leg F into 3 rd Position	1	
				Repeat, traveling R	8	
				⬆ Option: Double Pirouette		
				⬇ Option: Single Arabesque		
				Note: Close L foot F into 3 rd Position on last count		
2:45	_ How long	4x8	B	Slow Échappé, HOH, R&L		4x
				Échappé out to 2 nd Position Relevé	2	
				Close into 3 rd Position Plié, L foot F	2	
				Repeat to other side	4	
2:57	_ If I'm	4x8	B ¹	Fast Échappé, HOH, R&L		8x
				Échappé out to 2 nd Position Relevé	1	
				Close into 3 rd Position Plié, L foot F	1	
				Repeat to other side	2	
3:10	Br / Is all for nothing	8x8	C	⬆ Option: Open Port de Bras Arms		4x
				Échappé Combo, R&L		
				4x Échappé with Open Port de Bras Arms	4	
				L Arabesque, facing R corner, arms 1 st Arabesque	3	
				Close into 3 rd Position Plié, L foot F	1	
				Repeat to other side	8	
				⬆ Option: Arabesque Relevé		



07. OUTNUMBERED 4:04mins

TEACHING TIPS

We have two beautiful Escape combinations to build on and explore together. The Pas de Bourrée is our base sequence and creates the foundation on which we can create magic in our studios. As always, start at the base and add on layers of complexity as your participants find confidence. The Pirouette adds a lot of sparkle to this first sequence but can also be overwhelming for some newer participants. Clearly coaching the footwork to the beat of the music will help tremendously when taking them around for a single (or double) turn. Encourage freedom of the upper body as you move throughout this track, and role-model exploration here too. This track is for anyone and everyone to enjoy!

COACHING CUES

PAS DE BOURRÉE THROUGH 1ST POSITION, HOH

Layer 1

- Let’s find some freedom with our movement
- Leg pattern into a combination
- Feet to 1st Position, hands on the hips
- Starting to the right side
- Step up, up, close behind, other way
- Up, up, close and Plié

Layer 2

- Just a simple foot pattern to get us started and to get us in the feel of the music

PAS DE BOURRÉE WITH PETITE RETIRÉ

Layer 1

- Adding on, pick up the feet
- Back, front, back and close
- Stretch the foot and touch it to the ankle

Layer 2

- If you want to add some arms, come with me
- Port de Bras Arms out and close
- Demi Seconde or hold Bras Bas Arms, whatever feels good

SINGLE PAS DE BOURRÉE COMBINATION

Layer 1

- Let’s add a Pirouette
- Come around, 1, 2, 3, close
- Take an Arabesque
- 1, 2, 3 close, Arabesque to the corner
- Hips and shoulders square to front
- This is your combination
- Turn or no turn
- Come back to 1st Position if you feel like it
- Reach, Plié

Layer 2

- If you’d like to add on, you can Relevé in Arabesque
- Follow the front arm
- Use the breath in the arms
- Feel the back come alive
- You can take whatever arms you like
- If you want to, you can add an extra turn, totally up to you
- The goal is to make it feel good on your body

DOUBLE PAS DE BOURRÉE COMBINATION

Layer 1

- Take a look at this: we’re going to add 2 Arabesques
- Option: Relevé or flat

Layer 2

- Keep it going

ÉCHAPPÉ

Layer 1

- Let’s come into an Échappé sequence
- Right foot front
- Out and in
- Nice and slow
- Changing the feet from 3rd Position to 2nd Position
- Out, in, out, in
- Let’s add the Port de Bras Arms

Layer 2

- Lifting the legs up
- Let’s go faster



07. OUTNUMBERED 4:04mins

COACHING CUES

(CONTINUED)

ÉCHAPPÉ COMBINATION

Layer 1

- Combination, 4, 3, 2, 1
- Arabesque to the right
- Relevé or flat
- Same as in our first combo

Layer 2

- Now, find freedom, find grace
- That’s what we love about LES MILLS BARRE
- There’s so much room for expression and that beautiful dancer feel



08. BURN

TRACK FOCUS

To work the entire core of the body with a focus on lengthening and muscle engagement.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1½x8	Set up lying down on back	4	
0:03	V / The culture	4x8	A Supine Hamstring Stretch , R&L R leg Supine Hamstring Stretch L leg Supine Hamstring Stretch ↓ Option: Bend one or both legs	16 16	
0:18	Are true	4x8	B Single Knee Crunch , R&L R knee to chest, L leg extends with reaching arms L knee to chest, R leg extends with reaching arms ↑ Option: Extend both legs to Scissor	4 4	4x
0:35		4x8	B¹ Scissor with Double Pulse Crunch , R&L R leg extends up, L leg extends with Double Crunch Reach L leg extends up, R leg extends with Double Crunch Reach ↓ Option: Bend top knee	4 4	4x
0:51	PC / Spending all	4x8	C Slow Hip Bridge Slowly lift hips to Bridge Slowly lower hips to Hover	8 8	2x
1:07	C / (Instr)	4x8	C¹ Hip Bridge Pulse 15x Hip Bridge Pulse	32	
1:23	V / Are true	8x8	B¹ Scissor with Double Pulse Crunch , R&L	8	8x
1:55		4x8	D Pilates 100s 100s with knees at 90° ↑ Option: Extend legs to 45°	32	
2:12	PC / Spending all	4x8	C Slow Hip Bridge	16	2x
2:28	C / (Instr)	4x8	C¹ Hip Bridge Pulse	2	16x



08. RUMORS 2:53mins

TEACHING TIPS

This is a short and fiery core track to finish the class with a deep abdominal burn! A quick Hamstring Stretch gives us a little reprieve before we head into the core progressions. At this point of the class our abdominals are likely to be quite fatigued so continue to coach the variations of each movement for your participants to choose what will serve them best. The goal of each working set is to find the burn quickly and stay there as long as possible for all the strength gains!

COACHING CUES

SUPINE HAMSTRING STRETCH

Layer 1

- Bring the back leg in, Hamstring Stretch
- **Zip the belly down and in towards your spine**
- Press your lower back into the floor
- Change legs

SINGLE KNEE CRUNCH

Layer 1

- We're coming into a Single Knee Crunch
- Right leg in and switch
- Chin to chest
- Lower back towards the floor

Layer 2

- Maintaining length and reaching fingers forward
- Option to extend the legs, and Scissor

SCISSOR WITH DOUBLE PULSE CRUNCH

Layer 1

- Let's pulse it
- We pulse and pulse, change
- Back to the Scissor, Pulse
- Keep reaching those arms long
- Sharpen those legs, point those toes
- Remember your options here
- Bend the knees or drop the head
- 4 more to go, keep it up
- Squeezing ribs to hips

Layer 2

- Focusing on keeping the shoulder blades off the floor as much as you can
- If this is too much on your neck, just bring the head down and focus on the legs

SLOW HIP BRIDGE AND PULSE

Layer 1

- New move, heels to butt
- Roll up into your Bridge
- Press the heels down
- Squeeze the glutes
- Roll back down
- One more time
- We've got Pulses
- Up, up
- Press the heels down, squeeze the glutes high
- Check in with those knees, make sure they're parallel

Layer 2

- Ripple through that spine
- Feel the length at the front of the body
- Feel the control through your mid-section
- Remember to breathe
- Are you ready to pulse?
- Final 16 Pulses

PILATES 100S

Layer 1

- New move coming
- We've got 100s
- Pulse it in, bring it in

Layer 2

- Sharp and fast in those arms
- Keep reaching forward
- If you want more, extend those legs to 45 degrees
- Squeeze the glutes
- Squeeze the inner thighs together



BONUS

05. STRENGTHEN

TRACK FOCUS

To combine lower and upper body sequences for integrated full-body conditioning.

MUSIC		EXERCISE		CTS	REPS
		Set up 90/90 Lunge, L leg F, R leg B, plates by side			
0:00	Intro /	4x8	A	L 90/90 Lunge with Bicep Curl and Side Raise	2x
				Bend knees to 90/90 Lunge, Double Arm Bicep Curl	4
				Straighten legs, reset plates by side	4
				Bend knees to 90/90 Lunge, Double Arm Side Raise	4
				Straighten legs, reset plates by side	4
0:16	V / _ Put me	4x8	A ¹	L Single 90/90 Lunge with Bicep Curl and Side Raise	4x
				Bend knees to 90/90 Lunge, Double Arm Bicep Curl	2
				Straighten legs, reset plates by side	2
				Bend knees to 90/90 Lunge, Double Arm Side Raise	2
				Straighten legs, reset plates by side	2
0:31	C / You were all	8x8	A ²	L 90/90 Lunge Pulse with Bicep Curl and Side Raise	8x
				1x 90/90 Lunge Pulse, Double Arm Bicep Curl	2
				1x 90/90 Lunge Pulse, reset plates by side	2
				1x 90/90 Lunge Pulse, Double Arm Side Raise	2
				1x 90/90 Lunge Pulse, reset plates by side	2
				Note: Switch sides on last count	
1:02	V / _ Drive into	4x8	A	R 90/90 Lunge with Bicep Curl and Side Raise	16 2x
1:17	PC / You were all	4x8	A ¹	R Single 90/90 Lunge with Bicep Curl and Side Raise	8 4x
1:33		1½x8		Pause	4
1:35	C / All I could	8x8	A ²	R 90/90 Lunge Pulse with Bicep Curl and Side Raise	8 8x
2:05	V / _ Call it	2x8		Set up feet in 2 nd Position, plates stacked O/H	16
2:13	_ It's not like	6x8	B	Slow 2nd Position Plié with Tricep Extension and Chest Press	3x
				Plié in 2 nd Position, Tricep Extension	4
				Straighten legs, reset plates O/H	4
				Plié in 2 nd Position, Chest Press	4
				Straighten legs, reset plates O/H	4
2:36		1½x8		Pause	4
2:38	C / All I could	8x8	B ¹	Single 2nd Position Plié with Tricep Extension and Chest Press	8x
				Plié in 2 nd Position, Tricep Extension	2
				Straighten legs, reset plates O/H	2
				Plié in 2 nd Position, Chest Press	2
				Straighten legs, reset plates O/H	2
				↑ Option: Relevé as legs straighten	
3:09	Outro / (Instr)	4x8	B ²	2nd Position Plié Pulse with Tricep Extension and Chest Press	4x
				1x Plié Pulse, Tricep Extension	2
				1x Plié Pulse, reset plates O/H	2
				1x Plié Pulse, Chest Press	2
				1x Plié Pulse, reset plates O/H	2



BONUS

05. ALL I CAN THINK ABOUT 3:27mins

TEACHING TIPS

The Bonus Strengthen track offers integrated full-body training from start to finish! We start with Lunges and a simple arm combination to generate power from the core that can be carried through to the second half of the track. When coaching this track, emphasize postural awareness – firstly in the Lunges to establish mind-body connection and secondly in the 2nd Position sequence where it’s going to dial up the core integration. Allow yourself and your participants to progress their strength over time in this one with as much praise and motivation as you feel they need!

COACHING CUES

90/90 LUNGE WITH BICEP CURL AND SIDE RAISE

Layer 1

- 2/2 Lunge with Bicep Curl and up
- Side Raise, to the side
- Plates stop just under the shoulders
- Repeat, Bicep Curl
- Drop the knee down, squeeze the glutes
- Front knee pressing out over the toes
- Into your singles
- Down, up, down, up
- Single time
- **Abs braced**

Layer 2

- Resist through the air as you bring the plates into your chest
- Check the alignment of the front knee, pressing out over the toes
- Shoulder blades squeeze together
- Glutes on fire

90/90 LUNGE PULSE WITH BICEP CURL AND SIDE RAISE

Layer 1

- Same arm pattern
- Stay down and pulse
- Front and side

Layer 2

- Squeeze the glutes to stabilize
- Shoulder blades squeezing together
- Extended set, keep it going
- We’re getting all we can out of our legs
- Always room for a few more Pulses in BARRE
- Last set of Pulses in the Lunges

2ND POSITION PLIÉ WITH TRICEP EXTENSION AND OVERHEAD PRESS

Layer 1

- Stack the plates
- Quickly shake out the legs
- 2nd Position, Overhead Press
- Extend triceps
- Take the Plié down
- Now bring plates to the collarbones and back
- Behind the head, elbows forward
- In front, collarbones
- And a nice slow Plié to go with it
- Drop it down
- We take it back, up, front and up

Layer 2

- Are we ready for singles?
- We’re taking this arm sequence right to the end
- No more thinking, just let your body do it
- Do the work
- If you want it, add a Heel Raise (Relevé)
- Pull up through the calves

2ND POSITION PLIÉ PULSE WITH TRICEP EXTENSION AND OVERHEAD PRESS

Layer 1

- Let’s Pulse
- Same arms
- Behind the head, lift, front and lift
- Last move

Layer 2

- You can do it



BONUS

06. POWER

TRACK FOCUS

To generate grounded power through the core abdominals in the Cambré and explosive power in the Relevés/Sautés from 1st Position.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up 1 st Position, HOH	16	
0:10	V / As we dance	6x8	A	2nd Position Plié Combo, HOH, R&L		3x
				R leg Tendu à la Seconde	2	
				Plié in 2 nd Position	2	
				R leg Tendu à la Seconde	2	
				R leg closes into 1 st Position	2	
				Repeat, leading with L leg	8	
0:33	Lady , I just	4x8	A ¹	2nd Position Plié Combo with Cambré, R&L		2x
				R leg Tendu à la Seconde, arms 2 nd Position	2	
				Plié in 2 nd Position, L arm Cambré	2	
				R leg Tendu à la Seconde, L arm opens to 2 nd Position	2	
				R leg closes into 1 st Position, Bras Bas Arms	2	
				Repeat, leading with L leg	8	
0:49	_ Your eyes	½x8		Pause	4	
0:51	C / Lady	16x8	A ²	2nd Position Plié Pulse with Triple Cambré, R&L		4x
				R leg steps into 2 nd Position Plié	2	
				6x Plié Pulse, 3x Cambré, leading with L arm	11	
				R leg Tendu à la Seconde, arms to 2 nd Position	1	
				R leg closes into 1 st Position, Bras Bas Arms	2	
				Repeat, leading with L leg	16	
				↑ Option: Double Cambré with both arms moving as shown on the Masterclass footage		
1:53	Quiet instr / Lady	2x8		Pick up two light weight plates, one in each hand. Set up 1 st Position with plates by side, palms facing front	16	
2:01	Quiet instr / Lady	4x8	B	2/2 Fondu Derrière with Pullback Arms, R&L		2x
				R leg slides back to Fondu Derrière, Pullback Arms	4	
				R leg returns to 1 st Position, plates reset beside thighs	4	
				Repeat, leading with L leg	8	
				↑ Option: Lift to Arabesque after 1st rep		
2:16	(Heavy instr)	2x8	B ¹	Arabesque Fondu with Relevé Front Raise, R&L		
				R leg lifts to Arabesque, Pullback Arms	2	
				R leg returns to 1 st Position, plates reset beside thighs	2	
				Relevé in 1 st Position, arms lift to Front Raise (palms up)	2	
				Lower heels in 1 st Position, plates reset beside thighs	2	
				Repeat, leading with L leg	8	
				↓ Option: Tendu Derrière		
2:24	V / Lady , I just	8x8	B ²	Triple Pulse Arabesque Fondu with Relevé Front Raise, R&L		4x
				3x R leg Arabesque Pulse on Fondu, Pullback Arms	5	
				R Leg returns to 1 st Position Plié, plates reset beside thighs	1	
				Relevé in 1 st Position, arms lift to Front Raise (palms up)	1	
				Lower heels in 1 st Position Plié, plates reset beside thighs	1	
				Repeat, leading with L leg	8	



BONUS

06. POWER

MUSIC			EXERCISE		CTS	REPS
2:56	V / Your eyes	1x8	Pause		8	
3:00	C / Lady , hear me	12x8	B ³	Single Arabesque Fondu with Relevé Front Raise, R&L		12x
				R leg lifts to Arabesque, Pullback Arms	1	
				R leg returns to 1 st Position Plié, plates reset beside thighs	1	
				Relevé in 1 st Position, arms lift to Front Raise (palms up)	1	
				Lower heels in 1 st Position Plié, plates reset beside thighs	1	
				Repeat, leading with L leg	4	
				⬆ Option: Sauté in 1 st Position as shown on the Masterclass footage		
3:46	Outro /	4x8	Put down weight plates		32	



BONUS

06. LADY (HEAR ME TONIGHT) 3:53mins

TEACHING TIPS

The Bonus Power track continues the integrated training with a focus on the obliques and explosive vertical propulsion. The Cambré sequence encourages coordination with an energizing rib to hip connection. This is going to fire up the side body and continue to promote mind-body awareness. Once the obliques are fired up, we head into the Arabesque sequence to target the back body. Using cues to engage Foundation Posture will prepare us for a safe take-off and landing of the Jumps in 1st Position. The sequencing of these is extremely powerful so encourage a strong glute drive and maximum height!

COACHING CUES

2ND POSITION PLIÉ COMBINATION, HOH AND WITH CAMBRÉ

Layer 1

- Tendu sequence, taking it out and transferring the weight into a Plié
- Bring your hands to your hips
- Let's 'go for it'
- Tendu out, Plié down, recover, back to 1st Position, other leg
- Side to side
- **Hips stop just above the knee height**
- Let's get our Ballet Posture back into gear

Layer 2

- Strong leg shoots out, strong Plié down
- Adding arms, through 2nd Position
- Cambré over and bring it back down to Bras Bas Arms

2ND POSITION PLIÉ PULSE WITH TRIPLE CAMBRÉ

Layer 1

- Triple Cambré
- Down, Cambré, stay here and pulse
- Down, up, close, other side
- Out and over

Layer 2

- Reach up and over
- Find that C-curve in your spine
- Rib to hip connection
- Stay low
- If you want more, drop the underneath arm, feel the squeeze in the side body
- Obliques are on, glutes are on
- Everything is on

2/2 FONDU DERRIÈRE WITH PULLBACK ARMS

Layer 1

- Use two light weight plates
- One in each hand, set up palms forward
- Squeeze shoulder blades together
- Tendu Derrière, right leg
- **Fondu the front knee, press it out over your toes**
- Back into 1st Position
- We go out, out, in, in
- Square through the upper body

Layer 2

- Option to lift off the floor
- Squeeze the glute to lift
- Feel the back body engage

ARABESQUE FONDU WITH RELEVÉ FRONT RAISE

Layer 1

- Slow combination
- One Arabesque, one Front Raise
- Bring the plates forward, palms up

TRIPLE PULSE ARABESQUE FONDU WITH RELEVÉ FRONT RAISE

Layer 1

- Adding a Triple Pulse
- 3, 2, 1, Front Raise
- Softly into a Plié from your Relevé
- Squeeze the shoulder blades together
- **Brace the core**

Layer 2

- Keep it going
- Strong through the back body
- Finding power through the arms
- Power in the glutes



BONUS

06. LADY (HEAR ME TONIGHT) 3:53mins

COACHING CUES

(CONTINUED)

SINGLE ARABESQUE FONDU WITH RELEVÉ
FRONT RAISE

Layer 1

- Singles
- Down and up
- If you want more, go into your Jump
- **Landing softly on the feet**

Layer 2

- Keep the breath
- We’re here until the end
- We’ve done so well today
- Don’t give up yet
- Keep going
- All the way – take it home
- Remember, if you want to slow it down, come back to your Relevé



BONUS

05. STRENGTHEN

TRACK FOCUS

To feel strong engagement and control of the posterior chain, using the resistance of the band.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	6x8	Set-up: Fold band in half, step R foot on top (near handles). Slide L foot through looped part of band, stepping into a small Squat before setting up in L Tendu à la Seconde, HOH	48	
0:22	V / No more talking	4x8	A L 2/2 Leg Lift à la Seconde, HOH L leg lifts in à la Seconde L leg lowers to Tendu à la Seconde	4 4	4x
0:37	C / I wanna slow dance	4x8	A ¹ L 1/1 Leg Lift à la Seconde, HOH L leg lifts in à la Seconde L leg lowers to Tendu à la Seconde	2 2	8x
0:52		4x8	A ² L Leg Pulse a la Seconde, HOH 8x L leg Pulse à la Seconde, HOH 8x L leg Pulse à la Seconde, slowly lifting arms to 5 th Position <i>Note: Take all 16 counts to lift arms from Bras Bas Arms to 5th Position</i>	16 16	2x
1:07	V / And do you mind	4x8	Set-up: Keep L foot inside the band, release R foot. Pick up both handles, one in each hand. Set up R leg behind in Dancers Lunge	32	
1:22	No more talk	8x8	B L Fondu Row with Pullback Arms L Fondu, R leg Derrière, Double Arm Row L Fondu Derrière, Pullback Arms L leg straightens, reset R Tendu Derrière, reset band ↓ Option: Lift R leg to Arabesque as arms pull back, after 3rd rep	2 2 4	8x
1:52	C / I wanna slow dance	4x8	B ¹ L Fondu Row with Pullback Arms, Arabesque Pulse L Fondu, R leg Derrière, Double Arm Row L Fondu, R Arabesque, Pullback Arms 5x R Arabesque Pulses L leg straightens, reset R Tendu Derrière, reset band	2 2 10 2	2x
2:07	Br / It won't work	4x8	C L 4/4 Arabesque Fondu with Pullback Arms L leg Fondu, R leg slowly lifts to Arabesque, Pullback Arms Hold R Arabesque, Pullback Arms L leg straightens, R leg lowers slowly to Tendu Derrière, reset band R Tendu Derrière, hold	4 4 4 4	2x
2:22		½x8	Pause	4	
2:24	C / I wanna slow dance	8x8	B ¹ L Fondu Row with Pullback Arms, Arabesque Pulse	64	
2:54	Instr /	6x8	Set-up: Fold band in half, step L foot on top (near handles). Slide R foot through looped part of band, stepping into a small Squat before setting up in R Tendu à la Seconde, HOH	48	



BONUS

05. STRENGTHEN

MUSIC			EXERCISE			CTS	REPS
3:18	V / No more talking	4x8	A	R 2/2 Leg Lift à la Seconde, HOH		8	4x
3:33	C / I wanna slow dance	4x8	A ¹	R 1/1 Leg Lift à la Seconde, HOH		4	8x
3:48		4x8	A ²	R Leg Pulse à la Seconde, HOH		2	16x
4:03	V / And do you mind	4x8		Set-up: Keep R foot inside the band, release L foot. Pick up both handles, one in each hand. Set up L leg behind in Dancers Lunge		32	
4:18	No more talk	8x8	B	R Fondu Row with Pullback Arms		8	8x
4:48	C / I wanna slow dance	4x8	B ¹	R Fondu Row with Pullback Arms, Arabesque Pulse		16	2x
5:03	Br / It won't work	4x8	C	R 4/4 Arabesque Fondu with Pullback Arms		16	2x
5:18		1/2x8		Pause		4	
5:20	C / I wanna slow dance	8x8	B ¹	R Fondu Row with Pullback Arms, Arabesque Pulse		16	4x



BONUS

05. SLOW DANCE 5:54mins

TEACHING TIPS

We have a fun and innovative band set-up at the start of this Bonus track which is sure to bring major tension to your glutes. This allows us to transition again, using the SMARTBAND™ now for upper and lower body integration. Aiming for full range of motion in this track will encourage stronger benefits and stabilizer gains. But this will also depend on band flexibility and personal endurance. Once again, encourage your participants to meet themselves where they're at today and enjoy the challenge and progress along the way.

COACHING CUES

LEG LIFT À LA SECONDE

Layer 1

- Fold your band in half
- New set-up, put the band down on the floor
- Step just beside the handles with slight turn out
- Now loop your other foot into the band
- Step it out into a little Squat, find some tension in the band
- Draw your weight up over to your supporting side
- Check that your heel is facing forward
- 2/2 Leg Lift
- Up, up and down
- We're only trying to get 2 inches (5 centimeters) off the floor
- Single, up and down

Layer 2

- We're going for the deep glute activation
- This movement looks super small, but I'm already feeling the bite in the glutes
- It will get you quickly
- Keep rotating the heel forward
- Bring your focus into your body
- This is when we don't worry about anything except the movement we're doing

PULSE À LA SECONDE

Layer 1

- Let's pulse
- Up, up
- Adding arms
- Slow lift up to 5th Position

Layer 2

- Option: Don't tap down
- Both sides of the glutes on fire

FONDU ROW WITH PULLBACK ARMS

Layer 1

- Pick up the handles
- Set up in a Lunge
- One handle in each hand
- Band under the front foot
- **Knee out over the toes**
- Elbows to the back corners, Row
- Up, extend, squeeze and straighten the leg
- Bend, extend, straighten

Layer 2

- Option to lift the leg off the floor
- Lift with the glute
- Elbows back to activate the back body
- Make the stabilizers work for it

FONDU ROW WITH PULLBACK ARMS, ARABESQUE PULSE

Layer 1

- Let's pulse
- Down, lift, pulse, pulse
- Back into our Pulse combination
- Ready for the Pulses?
- Elbows back
- Down, lift, pulse 5, 4, 3, 2, 1

Layer 2

- Continue to squeeze the shoulder blades together and brace the abs
- We're nearly there with this side
- Energy out through the back toes, up through the crown of the head

4/4 ARABESQUE FONDU WITH PULLBACK ARMS

Layer 1

- 2 slow Arabesques
- Straight out, and hold
- Squeeze and resist to come back
- One more like that

Layer 2

- This is all about control
- Imagine you're flying, wide wingspan



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.
We are ludicrous enough to believe that we can change the world.
We are United.

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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

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.

