

LES MILLS BARRE

UNITED

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
01. WARM-UP

BONUS
03. EXTEND

BONUS
09. STRETCH

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MUSIC

01.

Caelum Meum (4:27)

Aero

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Written by: Jacek
02.

Physical (3:13)

Dua Lipa

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Written by: Lipa, Coffee, Evigan, Hudson
03.

Paradise (2:33)

Ofenbach feat. Benjamin Ingrosso

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Written by: Tapen, Regert, Lindvall, Ingrosso, Lauduique, De Rummel
04.

Runaway (U&I) (3:50)

Galantis

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Written by: Eklow, Rundberg, C. Karlsson, J. Karlsson, Dennis, Svidden
05.

I've Got You Under My Skin (3:41)

Frank Sinatra

Courtesy of the Universal Music Group.

Written by: Porter
06.

Keep The Faith (4:33)

Fas Fashion

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Written by: McCarthy
07.

Show Yourself (4:18)

Beach Lift

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Written by: Anderson, Lopez
08.

LASSAYE (4:17)

NOAM DEE

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Written by: Fairley
- BONUS

01.

Bounce Back (2:50)

Little Mix

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Written by: Donald, Demorest, Eriksen, Hamilton, Hermansen, Romeo, Thornton

- BONUS

03.

Birthday (EXPLICIT) (3:11)

Anne Marie

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Written by: Sorrells, Felder, Amaradio, Nicholson, Niceforo
- BONUS

09.

Intentions (3:33)

Justin Bieber feat. Quavo

Courtesy of the Universal Music Group.

Written by: Bieber, Marshall, Giannos, Jordan, Boyd
- ALT

03.

Soda Crop (3:11)

FREEZE

© Black Lotus 2019.

Written by: Conrad



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 – Ashlee Young

PRESENTER

Diana Archer Mills (New Zealand) is choreographer for LES MILLS BARRE, CXWORX™ and LES MILLS TONE™, co-Program Director for BODYBALANCE™/BODYFLOW and Creative Director for BODYJAM™, BODYPUMP™ and RPM™. She is based in Auckland.

SHADOWS

Andrei Andreev (Russia)

Brain Wang (China)

Caley Jäck (South Africa)

Cary Cai (China)

Casey Lockwood (United States)

Denisa Alexandru (United Arab Emirates)

Goedele Peerlinck (France)

Inge Gnatt (Australia)

Isha Peeters (Belgium)

James Brennan (Australia)

Kimi Doi (Japan)

Maree Mou (China)

Marlon Woods (United States)

Michelle Estrada (United States)

Nelly Khusainova (Russia)

Robin Yu (China)

Saki Isobe (Japan)

Shine Yang (China)

Tori Gatherum (United Kingdom)

45-MINUTE OPTION

Track 01	Warm-up
Track Bonus 01	Warm-up
Track 02	Deepen
Track 03	Extend
Track Bonus 03	Extend
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn
Track Bonus 09	Stretch
Total Time	40:26

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
Total Time	26:35

KEY

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

RELEASE FEEDBACK

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01. WARM-UP

TRACK SET-UP

Socks/slippers on, stand tall

MUSIC			EXERCISE		CTS	REPS
0:05	Piano	4x8	A	Set up 1 st Position, HOH Test posture with Relevé & Demi Plié	32	1x
0:35	Piano	1x8	A ¹	Relevé & Demi Plié	8	1x
0:42	Piano	1x8	A ²	+ Full Plié	8	1x
0:49	Piano	4x8	A ³	+ Arms Bras Bas, 2 nd , Bras Bas, 1 st	8	5x
		1x8	Set up Tendu		8	1x
1:26	Piano	3x8	B	Slow Tendu à la Seconde , HOH L	4	4x
1:41	Piano	2x8	B ¹	Fast Tendu à la Seconde L, arms to 2 nd	2	8x
1:56	Piano	2x8	B	Slow Tendu à la Seconde , HOH R	4	4x
2:11	Piano	2x8	B ¹	Fast Tendu à la Seconde R, arms to 2 ⁿ	2	8x
2:27	Piano	2x8	C	Slow Tendu Devant , HOH L	4	4x
2:41	Piano	2x8	C ¹	Fast Tendu Devant L, arms to 1 st	2	8x
2:56	Piano	2x8	C	Slow Tendu Devant , HOH R	4	4x
3:11	Piano	2x8	C ¹	Fast Tendu Devant R, arms to 1 st	2	8x
3:26	Piano	2x8	D	Slow Tendu Derrière , HOH L	4	4x
3:41	Piano	2x8	D ¹	Fast Tendu Derrière L, arms to 5 th	2	8x
3:57	Piano	2x8	D	Slow Tendu Derrière , HOH R	4	4x
4:11	Piano	2x8	D ¹	Fast Tendu Derrière R, arms to 5 th	2	8x



01. CAELUM MEUM 4:27mins

TEACHING TIPS

This track is quiet and relaxed so try to match this with your delivery style. Use cues that allow your participants to feel and experience the movements in a graceful, quiet way. Try using a softer voice to enhance this very gentle welcome to the workout.

COACHING CUES

RELEVÉ PLIÉ COMBINATION

Start with Layer 1:

- Great foundation posture
- Knees over toes
- Glutes engaged
- Weight slightly forward
- Postural muscles active
- Stop the knees at 90 degrees
- Shoulders back and down even as arms come overhead
- Neck long

Enhance with Layer 2:

- Lift the chest and feel the back body work
- Check knees are over toes and adjust if they are not aligned

TENDU À LA SECONDE

Start with Layer 1:

- Hips square
- Push out through the foot to the tip of the toes
- Maintain foundation posture
- Engage entire lower body

Enhance with Layer 2:

- Squeeze the standing hip in and up to maintain strong alignment
- Brace the core and feel the work in the entire lower body

TENDU DEVANT

Start with Layer 1:

- Hips square
- Core braced
- Press out through the side of the foot and pull back with the little toe leading the press

Enhance with Layer 2:

- Use the thighs and glutes to assist – draw the core up tighter and feel how it helps

TENDU DERRIÈRE

Start with Layer 1:

- Glute squeeze is the focus – press out firmly and feel the back body working more

Enhance with Layer 2:

- Draw the shoulders back and down
- Raise the leg higher and feel the back body warm even faster



02. DEEPEN

TRACK SET-UP

Reset foundation posture quickly

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / Instr	4x8	A	Slow Tendu , HOH L&R Devant, Seconde, Derrière, Seconde	32	1x
0:13	V1 / Common love	8x8	A ¹	Fast Tendu , HOH L&R ⬆ Option: Glissé	16	4x
0:39	PC / Who needs to	10x8	A ²	Fast Tendu R&L + Arms 1 st , 2 nd , 5 th , 2 nd R ⬆ Option: Glissé ⬆⬆ Option: Grand Battement	16	5x
1:11	V2 / Adrenaline keeps on	6x8	B	Tendu, Double Glissé , HOH L&R Tendu à la Seconde, 2x Glissé Derrière with Tap	16	3x
1:31	V2 / nice, living it up	20x8	B ¹	Tendu Glissé L&R + Arms 2 nd , Bras Bas, 5 th & 5 th ⬆ Option: Demi-Pointe pause ⬆⬆ Option: Grand Battement ⬆⬆⬆ Option: Squeeze at top of each move	16	5x
2:30	C / All night	4x8	C	4x Arabesque from 3rd , HOH L&R	16	2x
2:43	C / Lights out, follow the noise	8x8	C ¹	4x Arabesque from 3rd L&R + Arms 2 nd , 5 th , 2 nd , Bras Bas to 1 st ⬆ Option: Split Leap, Sissone, strong hold	16	4x



02. PHYSICAL 3:13mins

TEACHING TIPS

Get the basic pattern set first. It is really fast, so the first goal is to get everyone into the rhythm before adding anything. The back half of the track brings the cardio and space – push them further here.

COACHING CUES

TENDU SEQUENCE

Start with Layer 1:

- Basic counting and BPD cues – keep the foundation posture as the only technical focus
- Only bring in the arms if they're ready

Enhance with Layer 2:

- Glissé option can feel better here – offer it without too much technical focus

TENDU, GLISSÉ SEQUENCE

Start with Layer 1:

- Hips square the entire time – don't lift if they can't keep them even
- Core braced, chest lifted
- Back body (glute dominant) works hard in the Tap

Enhance with Layer 2:

- Let your movements linger to demonstrate how to fill up the music and reach the peak of each movement
- When bringing in the Relevé, make sure it is an option

ARABESQUE SEQUENCE

Start with Layer 1:

- Knees bent between every rep
- Hips and shoulders stay square to the front
- Core braced
- Land soft if you jump
- Knees over toes

Enhance with Layer 2:

- Bring the excitement of a little jump and let it be just about cardio within safe movement and technique
- Only add the arms if they're ready



03. EXTEND

TRACK SET-UP

Set Arabesque posture – hips, chest always squared

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / Bom, bom-bom	2x8		Reset posture	16	1x
0:07	V1 / This is a private jam	8x8	A	Arabesque Tap , HOH R x16 & L x16	64	1x
0:39	PC / Oooh	8x8	B	Slow Triple Retiré & Développe Derrière, 2nd Plié, HOH R&L	64	1x
1:10	C / Bom, bom-bom	8x8	B ¹	Fast Triple Retiré & Développe Derrière, 2nd Plié R&L ⬆ Option: Arms 1 st , 3 rd , 1 st , 3 rd , 1 st , 3 rd , 2 nd	32	2x
1:44	PC / We should sneak	4x8	C	Fast Retiré & Développe Derrière, 2nd Plié R&L	16	2x
1:50	C / Bom, bom-bom	10x8	C ¹	Fast Retiré & Développe Derrière, 2nd Plié R&L ⬆ Option: Relevé, Hop or Leap	16	5x



03. PARADISE 2:33mins

TEACHING TIPS

Repeat glute squeeze cues so many times that everyone actually squeezes their glutes. Use the little hops to check and correct your balance.

COACHING CUES

ARABESQUE TAP

Start with Layer 1:

- Hips and shoulders square
- Squeeze glutes, every muscle in the lower body is engaged

Enhance with Layer 2:

- Pulling the shoulders back and down brings greater awareness to the upper body and posterior chain
- Use your hands on your hips to physically check that your glutes are engaging and your core is on

DÉVELOPPE, PLIÉ COMBO

Start with Layer 1:

- Very simple BPD cues
- Get everyone to focus on the glute squeeze in the Développé and the full leg extension backwards, then knees out in the Plié

Enhance with Layer 2:

- Core engagement will help with balance, as will a small knee bend in the standing leg
- Extending the arms into 3rd allows a greater reach, increasing core and posterior chain work

DÉVELOPPÉ, LEAP COMBO WITH RELEVÉ

Start with Layer 1:

- Land softly with core braced, keeping foundation posture to maintain balance

Enhance with Layer 2:

- Stay light on your feet
- Focus on posture and leaping upwards



04. PEAK

TRACK SET-UP
Reset foundation posture

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Think I can fly	4x8	A	4x Arabesques from 3 rd , HOH L&R	16 2x
0:16	V1 / I know that I'm rich	4x8	B	Set up Relevé/Échappé Relevé/Changement options	32 24x
0:30	Instr	1x8		Hold and explain F&B	8 1x
0:34	C / I wanna run away	8x8	A&B	4x Arabesque from 3rd F, HOH L&R Relevé/Échappé/Changement B	64 1x
1:04	C / You and I	8x8	A&B ¹	4x Arabesque from 3rd F, HOH L&R Relevé/Échappé/Changement B + Arms Port de Bras	64 1x
1:35	Instr	2x8	A ¹	4x Arabesque from 3rd, L&R OTS + Arms 2 nd , 5 th , 2 nd , 1 st	16 1x
1:43	V2 / I wanna run	30x8	A ¹ &B ¹	4x Arabesque from 3rd F, L&R Relevé/Échappé/Changement B ⬆ Option: Split jump/Sissone/Isometric hold on the 4 th Arabesque ⬆⬆ Option: Turn with Port de Bras	64 3¾x



04. RUNAWAY (U&I) 3:50mins

TEACHING TIPS

This track is highly athletic with optional graceful elements. Get your participants heart rate up first, then offer the options so they get the endorphins and fitness before the grace.

COACHING CUES

ARABESQUE 4X4 COMBO

Start with Layer 1:

- Hips and shoulders square
- Land with knees bent in a Plié each rep, extending both legs very straight, moving within the available space

Enhance with Layer 2:

- If jumping, use both legs to lift off at the same time from a Plié for maximum effect

RELEVÉ/ÉCHAPPÉ/CHANGEMENT SEQUENCE

Start with Layer 1:

- Beware of those around you
- Core braced, chest lifted
- Pull the core and thighs up tight in the Échappé
- Land soft in the Plié and Cambré and bounce if Relevé is for you

Enhance with Layer 2:

- Add the Port de Bras – allow the arms to move effortlessly while the lower body does the work
- Only add the turn if your class is ready and if they are, add it as early as you like



05. STRENGTHEN

TRACK SET-UP

Collect plates

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / Instr	4x8		Collect plates	32	1x
0:14	V1 / Under my skin	7x8	A	Set up 2nd Plié as class collects plates, invite them to join when ready	56	1x
0:41	V1 / I tried so	16x8	A ¹	2nd Plié & Pulse OTS + Pulse & arms circle F, OH, 2 nd R&L	16	8x
1:54	C / Under my skin	1x8		Transition to 1 st	8	1x
2:12	Instr	4x8	B	4x Glissé , plates to chest R&L	8	2x
2:16	Instr	9x8	B ¹	4x Glissé R&L + Travel L&R with Jazzy Arms	8	4½x
2:46	PC / I'd sacrifice anything	14x8	C	Glissade R&L ↑ Option: Add arms 2 nd to low sweep	8	14x



05. I'VE GOT YOU UNDER MY SKIN 3:41mins

TEACHING TIPS

Have fun with this one! Get deep into the beautiful burn and allow the juxtaposition of the jaunty music to carry you through.

COACHING CUES

2ND PLIÉ WITH HALO PORT DE BRAS

Start with Layer 1:

- Allow your participants to come as wide as they need to and then pulse in the bottom range
- Squeeze the glutes and engage the core

Enhance with Layer 2:

- Squeeze the thighs in and up in the pulses and lift the chest
- Focus on the arm line to try to forget the intense burn of the Plié!

GLISSÉ WITH JAZZY ARMS COMBO

Start with Layer 1:

- Square the hips and keep them level
- Draw the shoulders back and down, keeping the movement small and soft in the arms

Enhance with Layer 2:

- Feel the fun here, or just keep the arms down and work the athletic movement in the legs
- Use the plates at your waist to check core and glute engagement

GLISSADE WITH ARM SWEEP

Start with Layer 1:

- Keep your body on the same plane of movement
- Stay in the work by staying square and low
- Slide across the floor with glutes squeezed
- Core braced and chest lifted
- Keep the spine neutral as you sweep the arm – feel the work in the side and back body

Enhance with Layer 2:

- Pull shoulders back and down
- Maintain upright posture and make the swing slow and controlled for feel and engagement



06. POWER

TRACK SET-UP

Prepare for Cobras

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	8x8	A	Set up Pulsing Cobra options – Plié or heels under hips. Take time to test gluteal engagement, then add the pulse as you finish explaining	64	
0:31	V1 / People, keep the faith	8x8	A	Pulsing Cobra Use last 4cts to step into Lunge	2	32x
1:01	C	8x8	C	Pulsing Lunge L	2	32x
1:32	V2 / I Know	8x8	C ¹	+ Arms side, 2 nd , 5 th , 2 nd , side (16cts)	2	32x
2:01	C / Oh lord	12x8	A&B	4x Pulsing Cobra, Baby Back Bend & Relevé	16	6x
2:49	Br / I know	8x8	A&B ¹	+ Arms lift higher and extend in Baby Back Bend Use last 4cts to step into Lunge	16	4x
3:20	C	8x8	C	Pulsing Lunge R	2	32x
3:50	Instr	8x8	C ¹	+ Arms side, 2 nd , 5 th , 2 nd , side (16cts)	2	32x



06. KEEP THE FAITH 4:33mins

TEACHING TIPS

Get your participants to actually feel the glute activation in the cobra option and choose what works best for them. This sets them up for a better burn and faster glute development.

COACHING CUES

COBRA/PLIÉ COBRA

Start with Layer 1:

- Tip from the hips
- Draw the belly in
- Long neck and spine
- Pull the plates back and squeeze the shoulder blades together to activate the back body
- Engage the glutes and use them as the mechanism to drive the movement

Enhance with Layer 2:

- Press the knees out to engage the glutes more if your feet are parallel
- If you're in a Plié, pull the thighs in on the upward movement to enhance glute squeeze

LUNGE WITH ARMLINES

Start with Layer 1:

- Front knee over ankle
- Drop the back knee to 90 degrees
- Square the hips
- Core braced, chest lifted

Enhance with Layer 2:

- Squeeze the hips together like there's a vice gripping them. This majorly enhances the strength work

COBRA TO BABY BACKBEND

Start with Layer 1:

- Lift the chest and squeeze the glutes and back body
- Keep the chin tucked and only Relevé if you feel controlled and strong here

Enhance with Layer 2:

- Breathe into the open chest as if its being pulled upwards
- Lift through the thighs to assist the Relevé



07. ESCAPE

TRACK SET-UP

Put plates away

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / Instr	5x8	A	Set up Glissade R, L as your class put their plates away	8	5x
0:20	V1 / Something is familiar	6x8	A	Glissade R, L + Arms 2 nd to dip	8	6x
0:44	PC / I have always been	4x8	A&B	2x Glissade, 1x Arabesque, 1x Tournée R, L	16	1x
1:00	C / Show yourself	3x8	A&B	Fast timing	12	1x
1:13	C / Are you the one	6½x8	A&B	Normal timing ↑ Option: Pirouette	16	2x
1:34	V2 / I've never felt	8x8	A&B	Normal timing ↑↑ Option: Sissone/Sauté	16	4x
2:05	C / Show yourself	3x8	A&B	Fast timing	12	1x
2:16	C / You are the answer	14x8	A&B	Normal timing ↑↑↑ Option: Personalize movement	16	3½x
3:10	Instr & C / When the north wind	20x8	A&B&C	Normal timing – full expression + Tournee with rise & fall R&L Allow timing to be personalized		



07. SHOW YOURSELF 4:18mins

TEACHING TIPS

Let this be fun and athletic or whimsical, but not serious! The Disney-ness might be super off-putting to some people so gauge their reactions to the track before getting them into it.

COACHING CUES

GLISSADE

Start with Layer 1:

- Glide on the same plane of movement, same move as Track 5
- Squeeze the glutes and use the Plié to push off from

Enhance with Layer 2:

- Stretch the legs and the arms for expression and feel

ARABESQUE TOURNEE COMBO

Start with Layer 1:

- A simple reach and turn
- Demonstrate that the arms can come to 1st and 1st, but focus on the ease of just turning your body before adding options or technique

Enhance with Layer 2:

- Let them have freedom within the transition and options. This is a free flowing sequence where they can just let go so show the options with minimal technical advice and repeat your feeling cues

FULL COMBO

Start with Layer 1:

- Repeat the basics if they look lost – Glissade, Glissade, Arabesque, turn and turn again
- Once they have the combo, talk to the athletic opportunity and taking the options right for them

Enhance with Layer 2:

- Get the mood right for YOUR class. If they want freedom preachy, let yourself go into that space. If they want simple athletic cues, motivate and challenge. If it's funny to dance to Disney, let it be funny. Don't let this track be awkward for them



08. BURN

TRACK SET-UP

Collect mat

MUSIC		EXERCISE		CTS	REPS
0:00	Instr / Faint vocal chant	10x8	A	Set up Plank and as participants join begin Slow Gates Plank	
0:50	Vocal	4x8	A ¹	2	16x
1:10	Vocal	4x8	A ²	⬆ Option: Add Jump	
1:30	Low Vocal	2x8		16	
1:40	Low Vocal	2x8	B	2	8x
1:50	Drum beat / Rhythmic depth	8x8	B ¹	2	32x
2:31	Fast beat	2x8		16	
2:41	Pipe	10x8	E	1	80x
3:32	Drop in instrumentation	1x8		8	1x
3:37	Chanting	7x8	D	40	



08. LASSAYE 4:17mins

TEACHING TIPS

This one burns! Give your class the options early and repeat, but encourage them to work hard because they will feel this core blast tomorrow.

COACHING CUES

GATES PLANK

Start with Layer 1:

- Shoulders over wrists
- Hips and shoulders square
- Knees or toes
- Squeeze glutes and thighs to activate the abs even more

Enhance with Layer 2:

- Get them to feel the core bracing tighter as they activate the glutes and thighs – the lower abs will suddenly fire up

PRONE AIRPLANE LIFT WITH FLUTTER KICK

Start with Layer 1:

- Squeeze back body
- Chin tucked
- Glutes squeeze to lift the legs
- Tiny kicks
- Thumbs face up

Enhance with Layer 2:

- Lengthen the spine and lift the chest

QUICK TAP

Start with Layer 1:

- Lower back towards the floor
- Press shoulders down
- Palms up
- Brace the core
- Tap the toes down firmly
- Arms overhead
- Stretch through the front of the shoulders and keep the ribs tucked

Enhance with Layer 2:

- Feel how the taps engage the core each time

HIP BRIDGE

Start with Layer 1:

- Feet close to your butt
- Shoulder blades squeeze towards the spine
- Glutes squeeze to lift the hips high

Enhance with Layer 2:

- Lift the chest and squeeze the back body even more to lift the hips higher



BONUS

01. WARM-UP

MUSIC		EXERCISE			CTS	REPS
0:05	Intro / Steady are you	4x8	A	Set up 1 st Position, Slow Demi Plié	32	
0:24	V1 / Tell me what you	4x8	A ¹	Relevé & Demi Plié	16	2x
0:42	PC / Hey now say	2x8	A ²	Faster Relevé & Plié + Full Plié	8	2x
0:51	C / However do you	4x8	A ³	+ Arms 1 st (Relevé 4cts) Bras Bas, 2 nd , 5 th , 2 nd , Bras Bas (Plié 12cts)	16	2x
1:10	V2 / He say that	4x8	B	Arabesque Derrière, Leg Lift & Fondu L	2	16x
1:29	PC / Hey now say	4x8	B	Arabesque Derrière, Leg Lift & Fondu R	2	16x
1:48	C / However do you	6x8	C	2nd Plié with Pulse	2	24x
2:15	PC / Hey now say	2x8	C ¹	+ Arms 2 nd	16	
2:24	C / However do you	4x8	C ²	+ Cambré	8	4x



BONUS

01. BOUNCE BACK 2:50mins

TEACHING TIPS

A quick, fun alternative Warm-up! Set your class up with perfect posture and give the music room.

COACHING CUES

RELEVÉ PLIÉ COMBO

Start with Layer 1:

- Knees over toes
- Weight slightly forward
- Core braced
- Chest lifted but ribs tucked
- Neck long and shoulders back and down even when the arms are overhead

Enhance with Layer 2:

- Bring the feet in if the knees aren't tracking them
- Squeeze the thighs to lift

ARABESQUE TAP

Start with Layer 1:

- Leg as straight as possible
- Squeeze the glutes to lift and tap
- Shoulders and hips square
- Core braced, chest lifted

Enhance with Layer 2:

- Bend the standing leg and press the knee out over the toes for more glute engagement in the Fondu

2ND PLIÉ WITH CAMBRÉ

Start with Layer 1:

- Set the heels out as wide as you need to for good knee alignment
- Set foundation posture only so far as you can maintain control and keep the glutes engaged
- Chest lifted
- Brace the core and straighten the spine

Enhance with Layer 2:

- Sit deeper into the Plié. Hips just above the knee line, then pull up through the core and thighs to pulse.
- Extend further in the Cambré to feel the opening through the side body, keeping the shoulders and hips square to the front



BONUS

03. EXTEND

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Soda Crop* with the same choreography.

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / I'm another year	4x8	A	Set up 1 st Position, hold a Plié ⬆️ Option: talk about birthdays	32	
0:12	V1 / It's not even the weekend	4x8	B	Arabesque Tap with Fondu R – Arms to 3 rd	2	16x
0:25	PC / Do some stupid	4x8	B ¹	+ Arms slowly open to 1 st then 2 nd	32	
0:37	C / It's my birthday	8x8	B ²	+ Arms double time	16	4x
1:03	C / It's my birthday	1x4		Transition to L side	4	
1:05	V2 / I blow out	4x8	B	Arabesque Tap with Fondu L – Arms to 3 rd	2	16x
1:17	PC / Fall in love with	4x8	B ¹	+ Arms slowly open to 1 st then 2 nd	8	
1:29	C / It's my birthday	8x8	B ²	+ Arms double time	4	2x
1:56	Br / Ain't got any wiser	4x8	D	2nd Plié with Pulse	32	1x
2:07	C / It's my birthday	12x8	D ¹	+ Arms Cambré or Port de Bras Halo R&L	16	6x



ALT

03. EXTEND

SODA CROP 3:11mins

Please use this song in place of *Birthday* when teaching Track Bonus 03.

MUSIC		EXERCISE			CTS	REPS
0:00	Intro	4x8	A	Set up 1 st Position, hold a Plié ⬆ Option: talk about birthdays	32	
0:12	V1 / Synths	4x8	B	Arabesque Tap with Fondu R – Arms to 3 rd	2	16x
0:25	PC / Faster synths	4x8	B ¹	+ Arms slowly open to 1 st then 2 nd	32	
0:37	C / Vocal	8x8	B ²	+ Arms double time	16	4x
1:03	C	1x4		Transition to L side	4	
1:05	V2 / Synths	4x8	B	Arabesque Tap with Fondu L – Arms to 3 rd	2	16x
1:17	PC / Faster synths	4x8	B ¹	+ Arms slowly open to 1 st then 2 nd	8	
1:29	C / Vocal	8x8	B ²	+ Arms double time	4	2x
1:56	Br / Synths	4x8	D	2nd Plié with Pulse	32	1x
2:07	C / Vocal	12x8	D ¹	+ Arms Cambré or Port de Bras Halo R&L	16	6x



BONUS

03. BIRTHDAY 3:11mins

TEACHING TIPS

If you're using this one for someone's birthday, make it extremely fun and extra challenging. Definitely involve cake in your cues. The track is a total waste of time if you don't.

COACHING CUES

ARABESQUE WITH WINDMILLING ARMLINE

Start with Layer 1:

- Hips stay square and core stays on, especially as the shoulders rotate further
- This is the massive challenge of the track and creates so much extra core and hip strength – really pull everything in and feel the extra work

Enhance with Layer 2:

- Feel the stretch through the shoulders in the epaule to 2nd
- Let the movement grow in size to increase demand on the glutes, hips and core

2ND PLIÉ WITH CAMBRÉ OR HALO ARMLINE

Start with Layer 1:

- As the teacher – you can choose to just use one armline or both and make a game of it
- If you choose Halo, this can be performed within proper technical guidelines, or make it a little looser and move through the core and shoulders

Enhance with Layer 2:

- Sit at the deepest point of your Plié and pulse only slightly above this for ultimate burn



BONUS

09. STRETCH

TRACK SET-UP

Collect mat

MUSIC		EXERCISE			CTS
0:00	Intro	4x8	A	Collect mat, set up Childs Pose	32
0:13	C / Picture perfect	8x8	A+	+ Shoulder Stretch R, L	64
0:38	V1 / Shout out to	16x8	B	Broken Toe Pose with Side Bend R, L	128
1:31	V2 / Already passed	16x8	C	Lying Glute Stretch with Foot Stretch R	128
2:23	V3/ No cap, no pretendin'	16x8	C	Lying Glute Stretch with Foot Stretch L	128
3:14	Outro / Only intentions	6x8	D	Wide Leg Lying Adductor Stretch	48



BONUS

09. INTENTIONS 3:33mins

TEACHING TIPS

Encourage them to feel the stretch within each movement and search for the places they need it most. Encourage them to hold wherever feels most effective.

COACHING CUES

CHILDS POSE WITH SHOULDER STRETCH

Start with Layer 1:

- Toes together
- Knees wide of hips
- Sit back and feel the stretch through the front of the shoulders and chest
- Rest the forehead down

Enhance with Layer 2:

- Press the hands forward and pull the body back to enhance the stretch through the front of the shoulders

BROKEN TOE POSE WITH SIDE BEND

Start with Layer 1:

- Tuck the toes
- Knees hip-width apart
- Slowly sit back onto your heels as feels good
- Feel the stretch through the bottom of the foot and the toes

Enhance with Layer 2:

- Side bend keeping the hips and shoulders square to keep the spine aligned
- Feel the stretch through the side of the body from the hip to the tricep
- Through center, baby back bend by tucking the chin, squeezing the back body, bringing the shoulders back and down and lifting through the chest
- Feel more opening through the chest and front of the body

LYING GLUTE STRETCH WITH FOOT STRETCH

Start with Layer 1:

- Ankle to thigh, lay back and hold behind the thigh
- Feel the glute stretch, add to this by pushing the knee away and pulling the legs closer to your body
- Keep the neck and head relaxed
- Use your hand to stretch the foot by flexing and pointing as feels good

Enhance with Layer 2:

- Use both hands for the double stretch – glute and foot

LYING ADDUCTOR STRETCH

Start with Layer 1:

- Tailbone stays on the floor, legs come wide to stretch the inner thighs
- Head stays down
- Use the hands to hold or push the thighs or feet

Enhance with Layer 2:

- Roll through the feet to finish off the stretch and get the blood flowing



BALLET BASICS – GENERAL TERMS

FOUNDATION POSTURE

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

BALLET TUCK

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

DEMI

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

GRAND

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

DERRIÈRE

- ‘Behind’ or ‘to the back’

DEVANT

- ‘Front’

EN CROIX

- ‘Crossed’ or ‘in the shape of a cross’

POINTE

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

À LA SECONDE

- ‘To the side’, or feet in 2nd Position



BALLET BASICS – POSITIONS

1ST POSITION

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



2ND POSITION

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



3RD POSITION

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



LONG 4TH POSITION

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

BRAS BAS ARMS

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



1ST POSITION ARMS

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



2ND POSITION ARMS

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



DEMI 2ND POSITION ARMS

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



5TH POSITION ARMS

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



1ST ARABESQUE POSITION

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



3RD ARABESQUE POSITION ARMS

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





BALLET BASICS – MOVEMENTS

ATTITUDE

- Lifted leg is bent in natural turn out

BATTEMENT

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

CAMBRÉ

- ‘Arched’
- Body bends from the waist

CHANGEMENT

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

DÉVELOPPÉ

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

ÉCHAPPÉ

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

FONDU

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

GLISSADE

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

GLISSÉ

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

PIROUETTE

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

PLIÉ

- Bend the knee or knees

PORT DE BRAS

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

RELEVÉ

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

RETIRÉ

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

RONDE DE JAMBE

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

SAUTÉ

- To jump (on both feet)

SISSONE

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

TEMPS LEVÉ

- To hop on one leg

TENDU

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



WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

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

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

We are Les Mills.

OUR DECLARATION OF INTENT

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

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

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

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

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

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

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

