

BODYATTACK 100

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术语表

音乐

表达格式

嗨，教练们，我们期待您对新内容做出反馈！

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01. 热身

小节焦点

我希望所有学员都能一起唱这首复古的音乐，感受第100期的爱和庆祝。

		Music			Sequence/Exercise	CTS	REPS
1	0:05	Rep / Baby	4x8		Feet apart	12	
					Open Chest Stretch	4	
					L Arm Raise	8	
					R Arm Raise	8	
	0:18	Rep / Outta control	4x8	A	Step Touch L, R. <i>Relaxed Arms by sides</i>	4	8x
	0:30	Rep / Outta control	4x8	B	Bounce L, R. RA	16	
					Bounce L, R. <i>L Arm points down</i>	8	
					Bounce L, R. <i>L Arm rises up</i>	8	
	0:43	C / Baby	4x8	C	Run OTS. RA	32	
	0:56	Rep / Outta control	4x8	D	RUN & BOUNCE COMBO		
2					Run F. RA	8	
					Bounce OTS. RA	8	
					Run B. RA	8	
					Bounce OTS. RA	8	
	1:09	Instr / (Synth)	4x8	A ¹	Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	1:22	Instr / (Synth)	4x8	A ²	Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	1:35	V1 / _ <i>Don't you</i>	5½x8	E	SQUAT DEADLIFT & PUSHUP COMBO		
					Stop	4	
					Squat	4	
					1-Leg Balance to L	8	
3					Deadlift. <i>R hand reach F</i>	8	
					Hold	8	
					Transition to Tricep Pushup position	4	
	1:48	_ <i>Come and</i>	5½x8	F	Tricep Pushup	4	11x
	2:08	_ <i>All</i>	2x8	G	Plank	4	
					Jump feet wide	4	
					Hands back to Squat	4	
					Jump feet together, stand up	4	
	2:14	C / Baby	4x8	C	Run OTS, RA	32	
	2:27	Rep / Outta control	4x8	D	Run & Bounce Combo	32	
	2:40	Instr / (Synth)	4x8	A ¹	Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	2:53	Instr / (Synth)	4x8	A ²	Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	3:06	_ <i>Don't you</i>	13x8		REPEAT SEQUENCES E, F, G	104	
	3:45	C / Baby	4x8	C	Run OTS. RA	32	
	3:58	Rep / Outta control	4x8	D	Run & Bounce Combo	32	
	4:11	Instr / (Synth)	4x8	A ¹	Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	4:24	Instr / (Synth)	4x8	A ²	Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	4:37	Instr / (Synth)	4x8	B ¹	Bounce L, R. RA	32	

01. DON'T LEAVE ME THIS WAY 4:51 mins

第 1 段

第 1 层

利用该第1段设置好姿势并教授基本内容：动作名称，解释如何利用韵律及姿势提示语解释如何做动作。

- **左右并步**—从一侧到另一侧，从右至左，**挺胸，保持腹部收紧**
- **弹跳**—**髋部和肩部正对前方**，膝盖放松，双脚宽距
- **跑步**—向右，向左，重量轻盈置于脚尖，挺胸，你 可以把姿势调整为踏步

沟通

欢迎课堂上的每个人，营造他们对接下来的锻炼的期待氛围！展示你自己本身对锻炼 的激情，让教室里充满正能量。请记得要与所有学员互动，而不只限于前排常来的学员们。

第 2 段

第 1/2 层

第2段介绍了单腿下蹲到慢速硬举：清晰解释如何结合第1层简练的课程指导来执行这一动作，主要关注保持良好动作平衡及控制。在第2层，鼓励你的学员们扩大动作范围以为锻炼做准备。

- **下蹲硬举&俯卧撑组合**—迈开脚步并保持，身体下降，交叉转移重心，从髋关节前倾



- **三头肌俯卧撑**—向下，向上，**双手位于肩部下方**，手肘向内收至肋骨两侧，**胸部与手肘同高**，保持腹部收紧；可选择放慢速度
- **跑步**—踢起脚跟，提升你们的力量；我们要准备好迎接锻炼了
- **左右并步**—拉拉力绳的双臂更加用力拉，以激活背部肌肉

第 3 段

第 2/3 层

在第3层分享力量环节，我们用积极的激励方式，让大家感觉状态很好！一起唱起来，玩起来，一起庆祝BODYATTACK 100课程的开始！

- **下蹲硬举&俯卧撑组合**—重新收紧腹部，做硬举时将左膝向外推开
- **三头肌俯卧撑**—双手通过地面上推，以燃烧手臂背部肌肉
- BODYATTACK 100课程庆典才刚刚开始！



02. 混合冲击

小节焦点

我希望学员们能伴随这首派对主题曲为锻炼做好准备，并且能感受到每一个动作中腿部不同部位是如何做准备的。

动作选择

迈步后屈腿-无手臂动作
Gallop -无冲击，无手臂动作
跑步-走路

		Music		Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Ref / _ Party people	4x8	Bounce L, R. RA 👁 Double Bounce on last 4cts	32
		0:12	Instr / (Techno beat)	4x8	Double Bounce L, R. RA	4 8x
		0:24	Instr / (Techno beat)	4x8 D	Side Step L, R. RA	4 8x
		0:36	Ref / _ Party people	5x8 A	Step Curl L, R	4 10x
		0:51	Ref / Bass drop	4x8 A ¹	Step Curl L, R. Double Arm Bicep Curl	4 8x
		1:04	V1 / Tag team	8x8 B	Gallop L, R. Double Arm Bicep Curl 👁 3-Step Agility Run on last 4cts	8 8x
		1:28	C / Whoomp	4x8 C	3-Step Agility Run L, R. RA	8 4x
		1:40	Ref / ...shakalaka	4x8 D	🔁 Side Step L, R. RA 👁 Ski Jump Combo on last 4cts	4 8x
		1:53	Ref / ...shakalaka	4x8 E	SKI JUMP COMBO Double Ski Jump L. Ski Pole Arms Double Ski Jump R. Ski Pole Arms Double Ski Jump L – hold L 🔁 R, L, R	2 2x 2 4 8
		2:05	Instr / (Techno beat)	4x8 F	RUN F&B COMBO Run F. RA Run B. RA	8 2x 8
2		2:17	Instr / (Techno beat)	4x8 G	Run to L F corner Run B Run to R F corner Run B	8 8 8 8
		2:30	Ref / Bass	4x8 A	🔁 Step Curl L, R	4 8x
		2:42	Ref / Bass drop	4x8 A ¹	🔁 Step Curl L, R. Double Arm Bicep Curl	4 8x
		2:55	V2 / Upside down	24x8	REPEAT SEQUENCES B – G	



02. WHOOMP 4:23 mins

介绍

第 1 层

派对时间到！要带着能量与兴奋进入这段音乐，因为这是第一个真正动起来的机会。运用清晰的指引与姿势提示语来教授第1层的基本内容。本段音乐中包含很多动作，所以请保持第1层的课程指导简短又切中要点，无多余的补充。

- **弹跳**—向前跑，向后跑，从右边 弹跳至左边
- **双弹跳**—向右跳，向左跳，将重心从一边转移到另一边，**髋部与肩部正对前方**
- **侧腿迈步**—臀部向后坐，放下脚跟，**双膝张开，挺胸**

第 2 段

第 1/2 层

第1层的韵律指导有助于教授Gallop，灵活跑及滑雪跳。在第2层，我们通过解释如何更充分利用动作来提高强度，例如告诉学员在侧腿迈步及迈步后屈膝中如何向下坐得更低。

- **迈步后屈膝** – 先迈出一只脚，然后迈出另一只脚，膝盖张开，挺胸
- Gallop – 双脚并拢，迈出一只脚。**挺胸，保持腹部收紧**，保持髋部正对前方，选择动作为不跳不运动手臂
- **3步灵活跑**—1, 2, 保持轻盈及上提，**髋部与肩部正对前方**
- **滑雪跳组合**—3, 2,保持。**双脚位于臀部下方，背部挺直**
- **侧腿迈步**—将臀部向后向下推

第 2 段

第 2/3 层

利用第2层教育学员们我们要做这些动作的原因，例如迈步后屈膝预热了腘绳肌，滑雪跳预热了肱四头肌，Gallops预热了臀大肌。在第3层，发挥音乐中“派对人群”的感觉并利用歌词让每一学员与锻炼联系起来。

- 哟呼，就是这样！
- 你们准备好开派对了吗？
- **迈步后屈膝**—进一步屈膝并踢臀以锻炼腘绳肌
- **Gallop** –进一步屈膝以推得更高
- **3步灵活跑**—屈膝并推离地面
- **侧腿迈步**—屈膝以锻炼臀大肌并为接下来的训练做准备
- **滑雪跳组合**—跳，跳，停。屈膝以带动你们的肱四头肌
- 开始进一步跑步以提高心率



03. 有氧训练

小节焦点

我希望学员们能享受拉丁音乐的氛围并安全地执行平转身和下蹲。

动作选择

- 跑步 – 走路或慢跑
- 提膝 – 无跳跃或手臂动作
- 开合跳 – 侧脚点地

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro / _ Everybody	4x8	Run OTS. RA	32	
		0:13	V1 / Tempo	8x8	A Single Knee Lift L, R. <i>Single Arm Punch F</i>	4	16x
		0:36	C / Musical del sol	8x8	B 4X KNEE & SHUFFLE COMBO		2x
					4x Knee Lift L. <i>Single Arm Bicep Curl</i>	8	
					Shuffle OTS. RA	8	
					4x Knee Lift R. <i>Single Arm Bicep Curl</i>	8	
					Shuffle OTS. RA	8	
		1:00	Instr / (Synth)	4x8	C SHUFFLE & DROP SQUAT COMBO		2x
					Shuffle L, R x4. RA	8	
					Drop Squat x2. <i>Hands on thighs</i>	8	
2		1:12	Br / _ Everybody	2x8	C Shuffle & Drop Squat Combo	16	
		1:18	Instr / (Synth)	12x8	D RUN & JACK COMBO		3x
					Run F. <i>Double Arm Reach Up</i> x8	16	
					Jumping Jack B x4. <i>Double Arm Reach Up</i>	8	
					Jumping Jack to L F corner x2. <i>Double Arm Reach Up</i>	4	
					Jumping Jack to R F corner x2. <i>Double Arm Reach Up</i>	4	
		1:54	V2 / We listen	8x8	A Single Knee Lift L, R. <i>Single Arm Punch F</i>	4	16x
		2:18	C / Musica del sol	8x8	B 4x Knee & Shuffle Combo	32	2x
		2:42	Instr / (Synth)	4x8	E SHUFFLE & PIVOT COMBO		2x
					Shuffle L, R x4. RA	8	
3					Pivot Turn L	4	
					Drop Squat x1. <i>Hands on thighs</i>	4	
		2:54	Br / _ Everybody	2x8	E Shuffle & Pivot Combo	16	
		3:00	Instr / (Synth)	12x8	D Run & Jack Combo	32	3x
		3:35	QC / Musica del sol	4x8	Jog OTS. RA	32	
		3:47	C / Musica del sol	8x8	E ¹ Shuffle & Pivot Combo. <i>Double Arm Reach Up</i>	16	4x
		4:11	Instr / (Synth)	8x8	D Run & Jack Combo	32	2x
		4:35	Instr / (Synth)	4x8	F Jumping Jack. <i>Double Arm Reach Up</i>	2	16x



03. MUSICA DEL SOL 4:51 mins

第 1 段

第 1 层

教授第1层基本内容-动作名称，身体位置及姿势。清晰指导4x 膝盖 & 跳步组合的方向，确保倒数开合跳的次数并在角落里预演4x开合跳。

- **单腿抬膝**-右，左，**髋部正对前方，腹部收紧，挺胸**。你们可以随时停止弹跳
- **4x 膝盖 & 跳步组合**-4次膝盖向右，保持并跳步。**挺胸，髋部正对前方，双脚平行**，重心落在脚掌。如果你不跳跃，那就迈过并原地踏步
- **跳步&下蹲组合**-4次跳步，2次下蹲。下蹲：**双膝张开，臀部向后，挺胸**
- **跑步&开合跳组合**-向前跑，开合跳跳回原位，向右转，然后向左转。**脚跟落地，双膝张开，挺胸**。任何时候都可以停止跳跃。

第 2 段

第 1/2 层

在本段我们将介绍平转身。请确保你已经做过预习并能清晰教授，倒数快步的次数这样大家才能都跟得上你。在第2层，我们通过解释如何更充分利用各动作来改善姿势并加大强度。鼓励学员们加大开合跳和下蹲的幅度以提高心率。

- 第2段就是要大家边享受音乐边努力锻炼
- 来加入派对吧！
- **单腿提膝**-膝盖再提高一点，更用力向前挥动
- **4x膝盖&快步组合**-进一步向前运动
- **快步&平转身组合**- 8次快步，平转身。**转身时放松脚跟**
- 跑步&开合跳组合-臀部进一步向下坐

第 3 段

第 3 层

最后一段讲的就是利用歌词让大家融入振奋人心的有氧训练节奏。发掘大家的训练表现并鼓励他们与你一起坐有趣的动作。

- 把你们的双手甩到空中，享受平转身并创造节日的气氛！
- 嗨，来加入派对吧！
- 我们就是这样开派对的。
- 再来一次
- 今天是BODYATTACK的生日派对
- 你们看上去棒极了



04. 强度巅峰

小节焦点

我希望学员们能训练多方向的力量，重点是每轮都能跳得更高更远。

动作选择

- 跑步 – 踏步或慢跑
- 滑行者 – 低速滑行，迈步跨越
- 并步跳 – 无冲击
- 增强式弓步 – 迈步后屈膝或交叉弓步

		Music		Sequence/Exercise	CTS	REPS
1	0:00	Ref / All aboard	2x8	Split room	16	
	0:04	Ref / All aboard	2x8	A Run OTS. RA	16	
	0:10	Ref / All aboard	4x8	B Side Step Hop L, R. RA	4	8x
	0:22	Ref / All aboard	4x8	B ¹ Skater L, R. RA	4	8x
				👁️ Jump Square on last 16cts		
	0:34	Instr / (Techno beat) get ready...	8x8	C STEP JUMP SQUARE COMBO		4x
				Step Jump F. <i>Double Arm Bicep Curl</i>	4	
				Step Jump L. <i>Double Arm Bicep Curl</i>	4	
				Step Jump R. <i>Double Arm Bicep Curl</i>	4	
				Step Jump B. <i>Double Arm Bicep Curl</i>	4	
2	0:57	Instr / (Beat)	8x8	C ¹ REPEAT STEP JUMP SQUARE COMBO – BIGGER		4x
				Step Jump F. <i>Arm Bicep Curl</i>		
				Step Jump L. <i>Arm Bicep Curl</i>	4	
				Step Jump B. <i>Arm Bicep Curl</i>	4	
				Step Jump R. <i>Arm Bicep Curl</i>	4	
	1:19	Instr / (Beat)	4x8	D Single Plyometric Lunge L, R. RA	4	8x
				👁️ Pulse Squat Jump x2		
	1:31	Instr / (Beat)	4x8	E Pulse Squat Jump x2. <i>Hands on thighs</i>	4	
				Single Plyometric Lunge L, R. RA	4	4x
	1:42	Ref / All aboard	4x8	Recovery – Change sides		
3	1:54	Ref / All aboard	32x8	REPEAT SEQUENCES B – E		
	3:26	Ref / All aboard	4x8	Recovery – Change sides		
	3:37	Ref / All aboard	28x8	REPEAT B¹, C, C¹, D, E		
	4:58	Instr / (Beat)	4x8	F Single Plyometric Lunge L, R. RA	4	8x



04. ALL ABOARD 5:38 mins

第 1 段

第 1 层

使用视觉工具和简单的提示语来清晰教授方快组合的方向，一旦大家都移到一起，加入你的动作选择及强制性提示语。在蹲跳/弓步组合中使用数字，以便大家都能跟上你。

- 将所有人平均分为2组
- 3轮增强式锻炼
- **侧腿迈步跳跃** – 从一侧到另一侧，保持腹部收紧，髋部正对前方
- **滑行者** – 前膝张开，挺胸
- **并步跳方块 1** – 向前迈步，向侧面迈步，向后迈步，向另一侧迈步。落地时屈膝以缓冲冲击。如果你不跳起来，重心放低但是保持高强度。
- **并步跳方块 2** – 加大幅度!并步跳，侧跳，后跳。屈膝并向上向外推
- **增强式弓步** – 前膝张开，后膝向下，**挺胸，腹部收紧**。动作选择 – 向后 – 迈弓步
- **蹲跳/增强式弓步** – 2次下蹲, 2 次弓步。双膝张开, 下蹲中挺胸

第 2 段

第 2 层

动作编排是简单又重复的；通过为方块1选择第2层重点中的一个，并为方块2选择第2层重点中的另一个来保持教授的简单。通过告诉学员们如何增加方块组合的距离及跳跃高度来增加难度。指导学员们在弓步及下蹲/弓步组合时腿部受力，并教育他们这系列动作的益处。

- 本轮的重点是深度与高度
- **滑行者** – 将臀部放低，把压力降至双腿
- **并步跳方块 1** – 进一步屈膝，双腿受力以跳得更高
- **并步跳方块 2** – 各个方向都要有力量：迈更长更远，跳得更高。摆动双臂以提升力量
- **增强式弓步** – 用力弯曲后膝；压得越低，我们就会变得越精瘦！
- **蹲跳/增强式弓步** – 提升力量：向下，起身，向下

第 3 段

第 3 层

最后一把了！运用类似“你们上船了吗”或“最后一站，挑战极限！”这样的激励性的提示语使大家融入进“请上船”的主题。在第3层，我们有外部激励，内部激励，挑战性的提示语，正面激励并且我们也庆祝所付出的努力。今天你将怎么激励在你面前的学员们呢？

- 再来一轮
- 滑行时重心放低，双脚宽距
- 你们已经做到了高度和宽度，你们能做到努力锻炼吗？
- 你们已经上手了 – 保持这种感觉
- 先挑战你们自己，再挑战其他人
- 将单腿弓步进项到底！



05. 力量训练

小节焦点

我希望学员们能在单腿下蹲组合中保持有力的核心部位支撑，以维持动作稳定性，并在快速单手俯卧撑中挑战肌肉耐力。

动作选择

全身俯卧撑–以膝盖，脚趾或其余部分支撑！
快速胸部俯卧撑– 慢速胸部俯卧撑

		Music			Sequence/Exercise	CTS	REPS
1	0:00	(Chanting)	4x8		Set feet apart. <i>Fists to hips</i> Shift weight to L foot	24 8	
	0:13	Ref / (Chanting)	4x8	A	FRONT, SIDE & BACK SINGLE SQUAT DEADLIFT COMBO 1-Leg Squat, R foot F. <i>Fists to hips</i> 1-Leg Squat, R leg side. <i>Fists to hips</i> 1-Leg Squat, R knee F. <i>Fists to hips</i> Deadlift. <i>L hand reach down</i>	 2 2 4 8	3x
					EXPRESS FORMAT MUST ALTERNATE THE DEADLIFT COMBO L-R		
	0:27	Ref / (Chanting)	4x8	A	 Front, Side & Back Single Squat Deadlift Combo	16	2x
	0:41	Ref / (Chanting)	8x8	A ¹	Front, Side & Back Single Leg Squat Transition to floor on last 8cts	16	2x
	1:08	Instr / (Beat)	4x8	B	Tricep Pushup	4	8x
	1:23	(Soft chant)	12x8	C	PUSHUP, TWIST, SIDE PLANK COMBO 2/2 Tricep Pushup Jump feet wide <i>Arm Lift Plank L</i> <i>Hand down</i> Jump B to Plank position  to R	 8 2 2 2 2 16	3x
	2:04	Br / (Quiet)	1x8	D	Hold –  Plyo Chest Pushup	8	
	2:08	Instr / (Heavy)	8x8	D ¹	PLYO CHEST PUSHUP COMBO Jump hands out and Pushup Walk hands in L, R to Plank position Hands stay wide on last 4cts	 4 4	8x
	2:36	Instr / (Beat)	8x8	E	Fast Chest Pushup	2	32x
2	3:03	Ref / (Chanting)	4x8		Recovery EXPRESS FORMAT FINISHES HERE		
	3:17	Ref / (Chanting)	45x8		REPEAT SEQUENCES A – E (A on L side)		

05. GREAT SPIRIT 6:16 mins

介绍/第 1 段

第 1 层

第1层最重要的内容是要在加入姿势及安全性提示语之前先教动作的韵律及组合。请确保你这样做是为了单腿下蹲组合，俯卧撑，扭转身体，侧向平板支撑组合及增强式俯卧撑。增强式胸部俯卧撑及32次快速俯卧撑是极具挑战的，所以请确保给出动作选择。在快速单手锻炼时，学员们可以放慢速度，不用跟着音乐节奏或休息片刻。

- **前方，侧面&后方单腿下蹲硬举组合-双脚张开至与臀部同宽，保持腹肌支撑，挺胸。**依靠右侧身体平衡，左腿脚尖前点地，左脚尖侧点地，左腿提起。加硬举：**臀部前倾，髌部和肩部正对前方**
- **加下蹲：**下蹲，下蹲，保持。**膝盖高于脚部中线**，用力推臀部以让其得到锻炼



- **三头肌俯卧撑 - 双手位于肩部下方，手肘向内收，胸部与手肘同高。**选择动作为减慢速度。
- **俯卧撑，扭转身体，侧向平板支撑组合-**双脚跳至宽距，转身，回味，重新设置。**在整个运动中保持腹肌收紧**，转身时提高臀部下方的位置，注意控制动作



- **增强式胸部俯卧撑-**双脚跳开宽距，用力支撑，回位。**保持腹部收紧，胸部与手肘同高**，臀部保持不动，轻微屈肘以缓冲冲击
- **胸部俯卧撑-胸部与手肘同高，保持腹部收紧。**动作选择是将动作慢下来-尽量能有多少就做多少个

第 2 段

第 2/3 层

在第2层，我们通过告诉学员们如何更好地利用锻炼及告知锻炼的益处来加大强度。解释为什么学员们在做单脚下蹲时需要尽量压得更低以及用上半身调节的优点。每个人都会感受到最后一组快速俯卧撑带来的燃烧感，所以要使用大量第3层的激励性提示语来保证他们能坚持到最后。

- 我们所有锻炼都是在另一条腿上做的，我们要加大锻炼难度了
- **前方，侧面&后方单腿下蹲硬举组合-**腹部收紧以保持髌部正对前方，努力保持单脚脱离地面。进一步屈膝以强化双腿，强壮的腿部及臀大肌有助于我们跳得更高
- **三头肌俯卧撑-**仅8个俯卧撑；试着用脚趾受力！用力推开地面以感受双臂的力量
- **俯卧撑，扭转身体，侧向平板支撑组合-**腹部收紧以让髌部和肩部以一个整体转动，我们旋转上身以训练我们的斜肌。将肩胛骨挤压至脊椎以进行3个方向的力量训练：前方，后方及侧面
- **增强式胸部俯卧撑-**屈肘并通过胸部和肩部感受爆炸式的力量，你们能感觉到脚趾上的力量吗？我们正在建立一个更加强壮的上肢！
- **胸部俯卧撑-**32个俯卧撑，开始吧！全力以赴吧！要比第一轮的时候要更用力！

表现

这首歌很有趣且戏剧化，含有很多很棒的音乐建构与对比。让音乐说话，最后让音乐的节奏在最后一轮快速单手俯卧撑中加大强度，在音乐建构和高潮时不要讲话，以发挥这首歌的能量。



06. 跑步

小节焦点

我希望学员们都感觉自己与音乐的能量的联系，并享受训练三级跳远的乐趣。

动作选择

跑步-步行

		Music		Sequence/Exercise	CTS	REPS
1	0:00	Ref / When I hold you	8x8	Run OTS. RA	64	
	0:25	Instr / (Techno beat)	8x8	Circle Run – clockwise. RA	64	
	0:49	Ref / Free	4x8	RUN IN & OUT COMBO		
				Run In. Double Arm Reach Up x4	8	
				Run OTS. Double Arm Reach Up x4	8	
				Run B. RA	8	
				High Knee Run OTS. RA	8	
	1:01	Ref / Free	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. Double Arm Reach Up x4	8	
				Run OTS. Double Arm Reach Up x4	8	
2				High Knee Run OTS. RA	16	
	1:12	Instr / (Beat)	4x8	A Run B. RA	8	
				Bounce OTS. Face the middle	24	
				👁 Leap & Squat – Triple Jump Combo on last 16cts		
	1:24	Ref / _ When I hold you	8x8	B LEAP & SQUAT – TRIPLE JUMP COMBO		4x
				Leap L, R. Move F, Relaxed RA	4	
				Double Jump Squat. Hands on thighs	4	
				Run B. RA	8	
	1:47	Ref / _ When we touch	8x8	B ¹ Leap & Squat – Triple Jump Combo – Bigger	16	4x
	2:11	Ref / Free	8x8	C Circle Run – anticlockwise. RA	64	
	2:34	Ref / Free	4x8	D Run In & Out Combo	32	
	2:46	Ref / Free	4x8	D ¹ Run In & High Knee Run	32	
	2:58	Instr / (Beat)	4x8	Recovery Run OTS. RA	32	
	3:10	Ref / When I	32x8	REPEAT SEQUENCES A – D¹		

06. SET YOU FREE 4:52 mins

介绍

第 1 层

教授第1层的基本内容以上大家都在良好的排列及时间点开始运动。音乐棒呆了，大家会被吸引到要跟着这首歌的能量走；记住要教授所有动作并且不要太早疯起来了。

- 跑步的音乐-让我们一起把带回能量并分享 BODYATTACK的爱！
- **转圈跑**-范松上肢，尽量能跑多快就跑多快
- **跑进&拍出组合**-跑进8, 7, 6...跑出
- **跑进&提膝急跑步**-挺胸，膝盖提至与臀部同高

第 1 段

第 1/2 层

在第1层中设置跳跃&下蹲组合的韵律，然后传达你的安全性提示语。在第2层中，帮助学员们通过加大跳跃距离及下蹲深度来进一步锻炼。

- **跳跃&下蹲-三级跳远**-跳跃，跳跃，下蹲，起身，跑回原位。**下蹲：双脚宽距，双膝张开，挺胸。跳跃：髋部与肩部正对前方，保持腹部收紧。**你还能跳得更远吗？



- **转圈跑**-如果你想跑得更快，快速运动双臂并抬 高双脚让心率加快

第 2 段

第 2/3 层

通过在动作中融入“跳房子”的灵感来继续加强跳跃&下蹲组合的强度，发挥音乐有趣的能量，一起哼唱并展现你对BODYATTACK的爱！

- **跳跃&下蹲**-三级跳远组合-向前跳更远；利用 脛绳肌及臀大肌。就像在玩跳房子游戏一样！
- 让我听到你们唱歌的声音
- 让你自己自由
- 一起来完成-你们看上去棒极了！

06. 跑步-小型室内的动作选项

SET YOU FREE 4:52 mins

小节焦点

我希望大家感受到与歌曲能量的练习，并享受训练三级跳远的乐趣。

动作选择

跑步-步行

		Music		Sequence/Exercise	CTS	REPS
1	0:00	Ref / <i>When I hold you</i>	8x8	Run OTS. RA	64	
	0:25	Instr / <i>(Techno beat)</i>	8x8	Shuffle OTS. RA	64	
	0:49	Ref / Free	4x8	RUN IN & OUT COMBO		
				Run In. <i>Double Arm Reach Up</i> x4	8	
				Run OTS. <i>Double Arm Reach Up</i> x4	8	
				Run B. RA	8	
				High Knee Run OTS. RA	8	
	1:01	Ref / Free	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. <i>Double Arm Reach Up</i> x4	8	
				Run OTS. <i>Double Arm Reach Up</i> x4	8	
2				High Knee Run OTS. RA	16	
	1:12	Instr / <i>(Beat)</i>	4x8	A Run B. RA	8	
				Bounce OTS. Face the middle	24	
				👁️ Leap & Squat – Triple Jump Combo on last 16cts		
	1:24	Ref / _ <i>When I hold you</i>	8x8	B LEAP & SQUAT – TRIPLE JUMP COMBO		
				Leap L, R. <i>Move F, Relaxed RA</i>	4	
				Double Jump Squat. <i>Hands on thighs</i>	4	
				Run B. RA	8	4x
	1:47	Ref / _ <i>When we touch</i>	8x8	B ¹  Leap & Squat – Triple Jump Combo – Bigger	16	4x
	2:11	Ref / Free	8x8	C Shuffle OTS. RA	64	
	2:34	Ref / Free	4x8	D  Run In & Out Combo	32	
	2:46	Ref / Free	4x8	D ¹  Run In & High Knee Run	32	
	2:58	Instr / <i>(Beat)</i>	4x8	Recovery Run OTS. RA	32	
	3:10	Ref / <i>When I</i>	32x8	REPEAT SEQUENCES A – D¹		



07. 灵活性训练

小节焦点

我希望学员们在双腿跳&爬梯跑组合及爬梯跑&平板支撑组合中训练速度和反应时间。

动作选择

爬梯跑组合：全部走路，无跑步，保留下蹲

侧向弹跳组合：无冲击-2步-走路或原地踏步

滑雪板跳：向下半蹲

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro	4x8	Split room	32	
		0:11	Ref / _ Heaven is a	8x8	A Side Bounce R. <i>Guard Arms</i>	4	
					Double Jump F&B x6. <i>Double Arm Bicep Curl</i>	12	
					to L side	16	2x
		0:35	Ref / _ Baby won't you	4x8	B Ladder Run OTS	32	
		0:47	Instr / (Techno beat)	8x8	C SIDE BOUNCE, DOUBLE JUMP & LADDER RUN COMBO		2x
					Side Bounce R. <i>Guard Arms</i>	4	
					Double Jump F&B x2. <i>Double Arm Bicep Curl</i>	4	
					Ladder Run OTS. RA	6	
					Squat – Hold	2	
					to L side	16	
		1:10	Ref / _ Heaven is a	8x8	D Double Bounce Snowboard L, R. <i>Guard Arms</i>	4	8x
					Double Bounce Snowboard L, R. <i>Cross Arms</i>	4	8x
					Snowboard Jump on last 4cts		
		1:34	Ref / _ Baby won't you	4x8	E Snowboard Jump L, R. <i>Snowboard Arms</i>	4	8x
					Feet together and hold on last 4cts		
2		1:46	Instr / (Techno beat)	8x8	F Ladder Run OTS	8	
					Plank or Squat	8	4x
		2:09	Br / _ Hey	2x8	Change sides – Run!	16	
		2:15	Br / _ Oh yeah	2x8	Bounce OTS	16	
		2:21	Ref / _ Heaven is a	40x8	REPEAT SEQUENCES A – F		
3		4:19	_ Hey	4x8	Change sides – Run!	32	
		4:31	Instr / (Techno beat)	8x8	C Side Bounce, Double Jump & Ladder Run Combo	32	2x



07. PLACE ON EARTH 5:01 mins

第 1 段 第 1 层

教授侧向弹跳的方向并数好向前跳的次数。请确保倒数爬梯跑的数量(“4, 3, 2, 停”), 这样全班才能更上方向的法币-无论是在侧向沿条, 或在平板支撑向下贴近地面时。因为这其中包含很多次变化, 所以请确保你能清晰提示每个动作并保证全班都“兴致勃勃”。

- 我们有3轮灵活性和速度训练
- **侧向弹跳/双腿前&后跳**-弹跳至侧面, 6个向前跳、重量轻盈置于双脚, **屈膝**。如果你不想跳了, 就换成踏步
- **爬梯跑**-跑出和跑进。**保持腹肌收紧, 髋部正对前方**, 上肢保持不动
- **侧向弹跳, 双脚跳跃&爬梯跑组合**-侧向弹跳, 2次跳跃, 爬梯跑
- **双腿弹跳滑雪板-保持腹肌收紧, 将双脚, 臀部和肩部作为一个整体旋转**
- **滑雪板跳-双脚宽距, 双膝张开, 挺胸**。如果你不跳了, 保持重点地的下蹲姿势
- **爬梯跑/平板支撑**-4个爬梯跑, 下蹲或平板支撑。**眼睛直视前方, 在转换至平板支撑是保持腹肌收紧**。屈膝以站立, 如果你不想跳, 就迈回再迈进。

第 2 段 第 2 层

在第2层, 我们通过增加侧向弹跳的宽度, 加快爬梯跑的速度并挑战更快地下降至平板支撑姿势来加大强度。教育你的学员们训练速度及反应时间的益处。

在双腿弹跳的恢复阶段, 让音乐说话, 不要在放歌词时说话。只告知动作名称及何时应该转身。经常性地微笑以保持动作的轻松有趣, 然后在进入滑雪板跳时通过压低音量并用更加严肃的面部表情调整至训练氛围。

- 在第2轮, 我们关注速度及反应时间
- **侧向弹跳/前后双腿跳**-进一步屈膝, 更用力弹跳以训练双腿并更用力地锻炼
- **爬梯跑**-尽可能快地运动双脚
- **侧向弹跳, 双脚跳&爬梯跑组合**-我们跑得越快, 燃烧的卡路里就越多
- **滑雪板跳**-进一步屈膝; 放低臀部至膝盖水平位置以训练下肢
- **爬梯跑/平板支撑**-动得更快以改善灵活性

第 3 段 第 3 层

最后一段是最后一次冲刺了! 通过在侧向弹跳中引入竞争感以创建一个有趣又富有挑战性的氛围

- 最后一段, 我们做4次组合练习
- 跳得更远; 动得更快
- 我们一起训练!



08. 间歇训练

小节焦点

我希望学员们一起唱起来，庆祝这个BODYATTACK标志性的主题曲的感觉。

动作选择

跑步-踏步或慢跑
单侧弹腿-脚尖侧点地
踢腿-脚尖点地或低位置踢腿
提膝-无冲击

		Music			Sequence/Exercise	CTS	REPS
I N T R O	0:00	Instr / Quiet (synth)	8x8		Run OTS. RA	64	
	0:22	V1 / _ In your eyes	4x8	A	Side Flick L, R. HOH	4	8x
	0:34	_ See the light	4x8	A ¹	Side Flick L, R. Double Arm Tricep Extension	4	8x
	0:46	Rep / Into the darkness	4x8	B	RUN & SLOW ARM COMBO Run OTS. Double Arm Reach Up Run OTS. Double Arm Reach Down	8 8	2x
	0:57	With	4x8	B ¹	RUN & FAST ARM COMBO Run OTS. Double Arm Reach Up Run OTS. Double Arm Reach Down	2 2	8x
	1:09	C / Into the darkness	16x8	C	RUN & KICK COMBO Run F. Double Arm Reach Up x8 Single Kick L, R x4. Single Arm Punch F Run B. Double Arm Reach Up x8 Single Kick L, R x4. Single Arm Punch F	16 16 16 16	2x
	1:56	Instr / (Synth)	4x8	D	Single Knee Pull L, R. Double Arm Pull Down	4	8x
	2:08	V2 / _ In your eyes	36x8		REPEAT SEQUENCES A – D		
	3:53	Br / Instr (synth)	4x8		Run OTS. Recover		
	4:05	C / Into the darkness	16x8	C	 Run & Kick Combo	64	2x
3	4:51	Instr / (Synth)	8x8	E	Single Kick L, R. Single Arm Punch F	4	16x



08. SEE THE LIGHT 5:21 mins

第 1 段

第 1 层

有人记得这首歌吗？你的全班同学将爱上这首 BODYATTACK 间歇训练的音乐。请记住在这一段中教导第1层的基本内容：动作名称，动作选择，并设置好良好排列及传达安全提示语。

- **单侧弹腿**-右腿，左腿，**髌部正对前方，肩部向后收，挺胸**，选择动作为低一点点地
- **跑步&慢速手臂组合**-跑步，向上伸展，向下拉伸
- **跑步&弹腿组合**-向前跑，8个弹腿，跑回来，8个弹腿。**挺胸，背部挺直，踢到臀部高度，髌部正对前方**
- **提膝**-挺胸，保持腹肌收紧

第 2 段

第 2/3 层

在第2层，告诉学员们如何充分利用各动作以激发锻炼中各自最大的潜能。教导学员们通过手臂感受伸展的力量，通过双腿提升力量。在跑步&手臂组合及跑步&弹腿组合中，通过配合你的身体，嗓音及面部表情把这段戏剧化的音乐带活。

- **单侧弹腿**-腿部伸得更长，挤压手臂背部
- 让我们更夸张点-向上甩动你们的手臂！
- **跑步&弹腿组合**-弹得更久，踢得更用力
- 我们就是能量，我们就是光明！
- **提膝**-腿向高处伸展，用力下拉，拉动膝盖

第 3 段

第 3 层

在第3层，我们庆祝一起训练的感觉。在这最后一段中你不需要多说-让音乐起作用，让房间内充满这首歌以创造能量，这首音乐会“爆炸”！

- 我看到了光
- 分享能量
- 我们一起锻炼
- 它就是BODYATTACK 100!



09. 力量巅峰

小节焦点

我希望学员们感受到强度的构建并在每一个训练小段中挑战各自的极限。

动作选择

跑步-慢跑或踏步
开合跳-脚尖侧点地或单侧弹腿
抱膝跳的波比-无跳跃

		Music		Sequence/Exercise	CTS	REPS
		0:00	Instr / (Beat)	4x8	Run OTS. RA	32
		0:12	Instr / (Synth)	4x8	Run Square L	32
		0:23	Instr / (Synth)	4x8	Run Square R	32
		0:35	Instr / (Soft)	8x8	A Heel Dig L, R. <i>Relaxed Arms by sides</i>	48x
					Heel Dig L, R. <i>Single Arm Bicep Curl</i>	48x
		0:58	_ I live for that energy	1x8	B Hold – Run OTS	8
		1:01	Instr / (Heavy synth)	8x8	C MIXED TRAINING BLOCK 1	
					Run Square L. RA	32
					Jumping Jack. <i>Bent Arm Side Raise</i>	28x
					Bottom Half Pulse Squat Jumps. <i>Hands on thighs</i>	28x
1		1:24	Instr / (Synth)	8x8	C Run Square R	32
					Jumping Jack. <i>Bent Arm Side Raise</i>	28x
					Bottom Half Pulse Squat. <i>Hands on thighs</i>	28x
					Burpee with Straight Jump on last 8cts	
		1:47	Instr / (Beat)	4x8	D Burpee with Straight Jump	84x
					Burpee with Tuck Jump on last 8cts	
		1:53	Instr / (Build	2x8	D ¹ Burpee with Tuck Jump	82x
		2:04	Instr / (Heavy)	16x8	C ¹ MIXED TRAINING BLOCK 2	
					High Knee Run Square L. RA	32
					Jumping Jack. <i>Cross Arms O/H</i>	28x
					Air Jack. <i>Double Arm Reach Up</i>	28x
					R	64
		2:50	Instr / (Soft)	4x8	Recovery	32
2		3:02	Instr / (Build)	47x8	REPEAT SEQUENCES A – C¹ (Option to go straight to D ¹ after C for 6x reps)	
		5:07	Instr / (Heavy synth)	8x8	Recovery – Run OTS. RA	64
		5:30	Instr / (Beat)	4x8	E Jumping Jack. <i>Cross Arms O/H</i>	216x
3		5:42	Instr / (Build)	2x8	F Air Jack. <i>Double Arm Reach Up</i>	28x
		5:47	Instr / (Heavy synth)	8x8	G High Knee Run. RA	64
		6:11	Instr / (Fast beat)	8x8	G ¹ High Knee Run – Faster. RA	64



09. I LIVE FOR THAT ENERGY 6:38 mins

第 1 段

第 1/2 层

第1段很长，包含很多动作设置，所以要保证你的提示语要简短精确。使用清晰的视觉化课程指导来教授怎样进入跑步方块。请确保你提供了波比训练的不同动作选择：全部可保留下蹲，然后进入到同脚跳的波比。包含范围要广：所有等级都要可行；最重要的是每一个人都在努力挑战个人极限

- 3段训练。我们建立强度以达到每一段训练的极限
- **跑方块**-向前跑，向右跑，向后跑，向右跑
- **轻推脚跟**-右边，左边
- **混合训练第1段**-跑方块。8个开合跳：**脚跟落地，双膝张开，挺胸**。深蹲跳:：**双脚宽距，双膝张开，挺胸**
- **同脚跳的波比**-下蹲，平板支撑，下蹲，跳跃。**屈膝落地，跳回原位时保持腹部收紧**
- **抱膝跳的波比**-落地时保持双脚宽距
- **混合训练第2段**-提膝急跑步；**挺胸，膝盖提至与臀部同高**。空中跳：**屈膝落地，保持腹部收紧，挺胸**

第 2 段

第 2 层

重新设置跑方形的组合，使用类似“转身”这样简单的提示语及支出正确的方向将保证你不会再每一轮都重复“左，右”的口令。

第2段就是要全班更努力地锻炼，例如在提膝急跑步中将膝盖提得更高。提醒他们波比运动的动作选择，帮助他们最大化地利用他们所选的等级。

- 我们要更加把劲了，让我们以BODYATTACK团队为整体，一起跳得更高吧
- 轻推脚跟-恢复
- **混合训练第1段**-开合跳中保持挺胸，在下蹲中将臀部降至更低位置，跑步中积极恢复
- **抱膝跳波比**-我们再次树立了强度，推离地面以跳得更高
- **混合训练第2段**-膝盖上提，强度加大，心率上升，开合跳中拉动双臂以提供力量，空中跳时推离地面

第 3 段

第 3 层

最后的挑战！通过表达对学员们筋疲力尽的理解来激励他们，并使用大量积极鼓励鼓励他们用力锻炼。请记住，当你自己打到100%的时候，你就会鼓舞你的学员们。成为这样的运动员，向他们展示拼命锻炼该是什么样的！

- 我们还有一轮练习
- 让我们一起完成吧
- 我们可以做得到！
- 保持膝盖上提
- 加快速度-像从未冲刺过一样冲刺

表现

我为那股力量而活！这首歌阐释了BODYATTACK精髓：高能量，挑战以及团队感受。音乐里有大量对比，所以你要将你的音量，面部表情及身体语言与音乐相匹配以让这首歌活灵活现。这段节奏中，少即是多：只说需要说的内容，让音乐说话-尤其是在混合训练第2段中音乐变大时。在最后一段练习的最后，音乐继续构建；让音乐带动锻炼并庆祝一起训练的力量！



10. 核心训练

小节焦点

我希望学员们感受到桥式是如何加强他们后方肌肉群的力量的。

动作选择

卷腹-双脚着地
支撑-靠膝盖或脚趾受力

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	(Intro)	4x8	Transition to floor Set up Crunch		
		0:14	V1 / Die for a taste	8x8	A 2/2 Crunch feet down. <i>Fingertips to temples</i>	8	8x
		0:44	C / Illuminate	4x8	B Bridge. <i>Arms by sides on floor</i>	32	
		0:59	Shine on _	8x8	B ¹ Bridge. <i>Raise L leg, extend F to ceiling, bend knee over hip, bring foot to floor</i> To R side	16	2x
		1:29	Instr / (Synth)	4x8	C Pulse Crunch. <i>Arms reach F, knees over hips</i>	2	16x
		1:44	Instr / (Synth)	4x8	D Oblique Twist L, R. <i>Fingertips to temples</i>	4	8x
2		1:59	Br / (Low)	1x8	Reset		
		2:03	V2 / Sanity poor	8x8	A 2/2 Crunch feet down. <i>Fingertips to temples</i>	8	8x
		2:33	C / Illuminate	4x8	B Bridge	32	
		2:48	Instr / Shine on _	4x8	C Pulse Crunch. <i>Arms reach F</i>	2	16x
		3:03	Instr / (Synth)	4x8	D Oblique Twist L, R. <i>Fingertips to temples</i>	4	8x
		3:18	Br / (Quiet synth)	4x8	E Set up Hover	32	
3		3:33	QC / Illuminate	4x8	F Hover Arm Blade Combo – Slow L Hover Arm Blade Combo – Slow R	16 16	
		3:48	Instr / (Synth)	8x8	F ¹ Hover Arm Blade Combo – Fast L Hover Arm Blade Combo – Fast R	8 8	4x
		4:18	Outro	4x8	E Hover	32	

10. ILLUMINATE 4:38 mins

第 1 段

第 1 层

在第1层，设置身体位置及动作姿势，然后传达稳定性安全提示语。

- **卷腹**-指尖指向太阳穴，上，上，下，下。**下巴收紧**，双肘张开，将**肋部滑向臀部**
- **桥式**-提臀，**挤压臀大肌**
- **桥式提单腿**-将前膝提起，向外延伸，收回，换另一边。向上，向外，向里，向下。**挤压臀大肌以保持臀部向上。**



- **弹跳卷腹**-保持双手贴近地面，向上提起双肩并中途放下，眼睛紧盯膝盖之间
- **斜腹肌扭曲**-向前，向后。**将肩部拉至过身体中线到另一边膝盖处**

第 2 段

第 2 层

在第2层，我们通过向学员解释他们如何改善动作质量来加大强度并改善姿势，让他们感受目标肌肉群的燃烧。教育他们这系列锻炼的益处。

- **卷腹**-进一步提高胸部位置，上提中通过嘴巴呼气；放下时通过鼻子吸气
- **桥式**-将脚跟向地面压，挤压臀大肌以感受等长训练
- **弹跳卷腹**-将肩部抬离地面
- **斜腹肌扭曲**-这极有利于腰线塑性

第 3 段

第 1/2/3 层

我们再音乐最后介绍支撑，所以要结合第1层简单地进行设置，在增加轻击肩部时要注意保持腕部与肩部正对前方。

- **支撑**-手肘位于肩下，膝盖或脚趾受力，**保持腹部收紧，背部保持平直**
- **手臂肩胛骨支撑组合**-将手放置剪上；向外延伸，向内延伸，向下延伸。**保持腕部和肩部正对前方。**肩部打平，挑战你的稳定性





11. 放松

小节焦点

引导大家放松时庆祝每个人的付出。

	Music		Sequence/Exercise	CTS	REPS
0:00	Intro	4x8	Set up Standing Hip Flexor Stretch	32	
0:14	V1 / _ I know	4x8	Standing Hip Flexor Stretch R. HOH	32	
0:29	PC / I can see	4x8	Standing Hamstring Stretch L. Hands on thighs	32	
0:45	C / I came here for love	4x8	Standing Quad Stretch R. L Arm to side	32	
1:01	C / I came here for love	4x8	Dynamic Side Adductor L, R x4	16	
			Hold Adductor Stretch L	16	
1:16	V2 / _ I'm so ready	4x8	Standing Hip Flexor Stretch L. HOH	32	
1:31	PC / I can see	4x8	Standing Hamstring Stretch R. Hands on thighs	32	
1:46	C / I came here for love	4x8	Standing Quad Stretch L. R Arm To Side	32	
2:02	C / I came here for love	4x8	Dynamic Side Adductor R, L x4	16	
			Hold Adductor Stretch R	16	
2:17	Ref / We came here for	4x8	Iliotibial Stretch L	32	
2:32	Ref / We came here for	4x8	Iliotibial Stretch R	32	
2:48	C / I came here for love	4x8	Standing Calf and Tricep Stretch L	16	
			Standing Calf and Shoulder Stretch L	16	
3:04	C / I came here for love	4x8	Standing Calf and Tricep Stretch R	16	
			Standing Calf and Shoulder Stretch R	16	
3:19	Outro	4x8	Celebrate		



11. CAME HERE FOR LOVE 3:23 mins

教授建议

- 引导全部伸展时解释身体部位及方向
- 表扬全班今天的付出



GLOSSARY

STEP TOUCH

- **Chest up**
- **Hips square to front**

BOUNCE

- **Hips and shoulders square to front**
- **Knees soft**
- **Feet wide**

SQUAT

- **Knees out**
- **Chest up**

DEADLIFT

- Step out and hold
- Drop down
- Shift weight across
- Hinge forward from hips
- **Abs braced**
- Weight in heel
- Squeeze glutes to rise

PUSHUP

- **Chest to elbow-height**
- **Abs braced**

TRICEP PUSHUP

- **Hands under shoulders**
- **Chest to elbow-height**
- **Elbows to ribs**

PLANK

- **Abs braced**
- Body square to floor
- **Back long and straight**

STEP CURL

- **Chest up**
- **Heel to butt**
- **Knees out**

GALLOP

- **Chest up**
- **Abs braced**
- Step, skip, Step Curl
- Push out of the floor
- Move down and up

3-STEP RUN

- **Hips square to front**
- **Brace your abs**
- **Lift your chest**

SIDE STEP

- **Chest up**
- **Abs braced**
- **Knee out**

SKI JUMP

- **Knees bent on landing**
- **Brace abs**
- **Chest up**

DOUBLE SKI JUMP

- **Knees bent on landing**
- **Brace abs**
- **Chest up**

SINGLE KNEE LIFT

- **Stay square to front**
- **Knee to hip-height**
- **Abs braced**
- **Chest up**

SHUFFLE

- **Chest up**
- **Hips square to front**
- Light on balls of feet

DROP SQUAT

- On the balls of the feet
- Feet wide
- **Butt drops down and back**
- **Chest up**
- **Abs braced**
- **Knees out**

JUMPING JACK

- **Heel down**
- **Knees out and bent**
- **Chest up**

SIDE STEP HOP

- Side to side
- **Chest up**



GLOSSARY

- **Abs braced**
- **Knee out**
- **Hips square to front**

SKATER

- **Knee out**
- **Chest up**
- Push up out of the floor

STEP JUMP

- **Step into a squat before jumping**
- **Chest up**
- **Abs braced**
- Arms swing back and up

SINGLE PLYOMETRIC LUNGE

- **Front knee out**
- **Chest up**
- **Back knee down**

PULSE SQUAT JUMP

- **Knees out**
- **Chest up in the Squat**
- **Abs braced**

FAST CHEST PUSHUP

- **Chest to elbow-height**
- **Abs braced**

HIGH KNEE RUN

- **Chest up**
- Knees towards chest
- Elbows drive forward

LEAP

- **Chest up**
- **Drive legs out of floor**
- **Knees bent on landing**
- **Knee out over toes**

LEAP & SQUAT

- **Chest up**
- **Drive out of floor**
- **Knees bent on landing**
- **Knee out over toes**

SIDE BOUNCE

- On the balls of the feet
- Feet wide
- **Chest up**

LADDER RUN

- **Fast feet**
- **Upper body still**
- **Feet move in and out**

DOUBLE SNOWBOARD BOUNCE

- **Knees out**
- **Chest up**
- **Butt back**

SNOWBOARD JUMP

- **Knees out**
- **Chest up**
- Butt back

SIDE FLICK

- **Hips square to front**
- **Shoulders back**
- **Chest up**

SINGLE KICK

- **Back straight**
- Kick from the hip with straight leg
- **Chest up**
- **Hips square to front**

SINGLE KNEE PULL

- **Stay square to front**
- Knee to hip height
- **Abs braced**
- **Chest up**

BOTTOM HALF PULSE SQUAT

- **Knees out**
- **Weight in heels**
- **Chest up**
- **Hips just above knee-line**



GLOSSARY

BURPEE WITH TUCK JUMP

- **Brace abs as you jump feet out**
- **Hands in front of feet**
- **Feet wide in Squat**
- **Land with bent knees to absorb impact**

AIR JACK

- **Bent knee landing**
- **Abs braced**
- **Chest up**

CRUNCH

- **Chin tucked in - eye gaze to knees**
- **Slide ribs towards hips**
- Lift shoulders off the floor
- Hands extend past thighs

BRIDGE

- **Lie on back – feet on the floor**
- **Knees bent**
- Squeeze glutes to lift the hips

PULSE CRUNCH

- **Chin tucked in - eye gaze to knees**
- **Slide ribs towards hips**
- Lift shoulders off the floor
- Hands extend past thighs

OBLIQUE TWIST

- Front, back
- **Pull your shoulders across mid-line to opposite knee**

HOVER

- **Abs braced**
- Hips and shoulders square to floor
- **Back long and straight**

HOVER ARM BLADE COMBO

- **Elbows under shoulders**
- **Abs braced**
- **Back long and straight**
- Knees or toes
- Bring hand to shoulder; extend out, in, down
- **Hips and shoulders square to front**

STANDING HIP FLEXOR STRETCH

- Ensure the front knee is above the ankle
- Squeeze the glute or rear leg to open hip
- **Hips square to the front**

STANDING HAMSTRING STRETCH

- **Hips square**
- Weight in heel of standing leg
- Bend knee and lift from the hips
- Front leg extended with heel down

STANDING QUAD STRETCH

- Use abs to help balance and point
- Knee of lifted leg down to the floor
- Squeeze butt muscles to keep hips forward

ADDUCTOR STRETCH

- **Leg stretches out to the side**
- **Sit hips back**
- **Chest up**

ILIOTIBIAL (ITB) STRETCH

- Cross feet and press weight into hip

STANDING CALF AND TRICEP STRETCH

- Keep feet parallel
- Stretch into calf
- Head up

STANDING CALF AND SHOULDER STRETCH

- Keep feet parallel
- Stretch into calf
- Head up



MUSIC

- 01

Don't Leave Me This Way (4:51)

Sweat Shop Boys

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Written by: Gamble, Gilbert, Huff
- 02

Whoomp! (Brooklyn Bounce Remix) (4:23)

666 & Tag Team

© 2010 Dance Street / Sounds United.
Written by: Griesheimer, Detert
- 03

Musica Del Sol (Hands Up Mix) (4:51)

L.A.R 5 & Empyre One feat. Tommy Clint & Big Nami

© 2017 Global Airbeatz, a division of zooland Music GmbH.
Written by: Unknown
- 04

All Aboard (Dimitri Vegas & Like Mike Edit) (5:38)

Bassjackers, D'Angello & Francis

© 2017 Smash The House.
Written by: van Hilst, Flohr, M. Thivaivos, D. Thivaivos, de Laet, Franssens
- 05

Great Spirit (6:16)

Armin van Buuren & Vini Vici feat. Hilight Tribe

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Written by: van Buuren, de Goeij, Saharai, Kadosh
- 06

Set You Free (Hixxy Remix) (4:52)

N-Trance

© 2001 Central Station Records.
Written by: John, O'Toole, Longworth, Lewis, Trumpet
- 07

Place On Earth (5:01)

A-Trak & ZooFunktion

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Written by: Macklovitch, Real, Gordon
- 08

See The Light (5:21)

Auxillary Express

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Written by: Mew, Brady, Grice, O'Connor, Keen, Bruinewoud
- 09

I Live For That Energy (Asot 800 Anthem) (6:38)

Armin van Buuren

© 2016 405 Recordings under exclusive license from Armada Music BV.
Written by: van Buuren
- 10

ILLUMINATE (4:38)

Afrojack & Matthew Koma

Courtesy of the Universal Music Group.
Written by: Wall, Bair, Koma

- 11

Came Here For Love (3:23)

Sigma & Ella Eyre

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Written by: Fielder, Steinmyller, Wild, Christopher, McMahon, Dipesh
- EXP

5

Great Spirit (3:08)

Armin van Buuren & Vini Vici feat. Hilight Tribe

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Written by: van Buuren, de Goeij, Saharai, Kadosh



BODYATTACK 100 制作人在阿姆斯特丹

BODYATTACK 到第100期了!

BODYATTACK 100很巧妙地混合了全新的音乐和熟悉的经典音乐，我知道你们很多人都会记得这些经典!我们在第二小节音乐《哟呼》中走的是旧学院风！然后在第三小节音乐《太阳之神》中带你们唤醒内心的拉丁派对天后，第八小节音乐《看见光明》让大家的情绪达到高潮，音乐绝对是令人兴奋的。我们借助《我们为那股力量而活》完成了第二个有氧运动模块，这首曲名已经说明了一切!它完美地概括了BODYATTACK的精神和能量。

我们玩得很开心，但我們也很努力。第四小节的音乐提供了超赞的带强化下蹲与弓步的增强式训练...你们的双腿会爱上这种感觉...!最后!我们通过在第五小节音乐中的32x的快速俯卧撑来构建肌肉耐力，并通过全新的下蹲/硬举组合发展强大的核心力量和平衡。第七小节通过爬梯跑和平板支撑来训练我们的速度和反应时间，然后我们通过桥式完成锻炼，锻炼后方肌肉群的力量。

和你的学员们一起伴着音乐玩耍，当你流汗，微笑时向他们分享你的激情和能量，一起面对挑战。

无论你身处BODYATTACK。

旅程的哪个阶段-感谢你为这个项目所做的一切。我们一起更健康！

Lisa xxx

CREDITS

- Choreography** – Lisa Osborne
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Andrew Newmarch
- Program Coach** – Dr Dan Maroun, Bevan James Eyles
- Program Planner** – Courtney Watt
- Special thanks to** – Sarah Shortt, Lliam Dermott



KEY

ALT	Alternate PC Pre-Chorus	HOH	Hands On Hips
B	Back	ROM	Range Of Motion
QC	Quiet Chorus	Instr	Instrumental
B Up	Build Up	Seq	Sequence
R	Right	Intro	Introduction
Br	Bridge (non-chorus)	Tempo	Normal
RA	Running Arms	L	Left
C	Chorus	V	Verse
Ref	Refrain (recurring phrase or number of song lines)	Mins	Minutes
CTS	Counts	Preview	
Rep	Reprise (Part of the chorus repeated)	O/H	Over Head
F	Forward	OTS	On The Spot
RepX	Peform the Sequence/Exercise	Outro	Last few bars of music
F&B	Forward and Backward x Times	Repeat	

COUNTS

1/1	2 counts down, 2 counts up	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
1/1/2	2 counts down, 2 counts hold, 4 counts up	1/3	2 counts down, 6 counts up
2/2	4 counts down, 4 counts up	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1	6 counts down, 2 counts up	4/4	8 counts down, 8 counts up
1/2/1	2 counts down, 4 counts hold, 2 counts up	8/8	16 counts down, 16 counts up

EXPRESS FORMATS

45–MINUTE FORMAT		30–MINUTE FORMAT	
Track 01	Warmup	Track 01	Warmup
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 4	Plyometric	Track 04	Plyometric
Track 5	Athletic Strength	Track 07	Agility
Track 06	Running	Track 09	Power
Track 07	Agility	Express 05	Athletic Strength
Track 09	Power	Total Time	29:39
Track 10	Core		
Total Time	42:17		

Note: If you have time, use the Cooldown track to take your class through some stretches.

The EXPRESS version of Track 5 *Great Spirit* is to be used for the 30-minute format only. Please use the full version for the 45- and 55-minute classes.

Rock This Release! The Coaching notes have been updated to reflect the 3 Layers of Coaching with more clarity. Each block of work now clearly states which Layers you should be focusing on – making it even easier for you to coach BODYATTACK!

INSTRUCTOR TABATA WORKOUT 20 ON, 10 OFF – 12 INTERVALS

MOVE 1: 2x Pulse Squat Jump/2x Single Plyometric Lunge L, R = Track 4

MOVE 2: Fast Chest Pushup = Track 5

MOVE 3: Burpee with Tuck Jump = Track 9

写给教练

当谈到与之前的课程融合到一起时，请尽量从之前的10个套路中选择最常用的歌曲。BODYATTACK现在的重点是运动和健身训练，我们希望你的课程能反映出新的训练理念和运动风格。这个项目已经不再是“旧学院派”的有氧运动了，所以在你选择音乐的时候要记住这一点。

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我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。

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BODYATTACK 100

01. WARMUP

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05. ATHLETIC STRENGTH

06. RUNNING

07. AGILITY

08. INTERVAL

09. POWER

10. CORE

11. COOLDOWN

GLOSSARY

MUSIC

EXPRESS FORMATS

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01. WARMUP

TRACK FOCUS

I want my participants to feel the love and celebration of 100 releases with this singalong throwback track.

		Music		Sequence/Exercise	CTS	REPS
1	0:05	Rep / Baby	4x8	Feet apart	12	
				Open Chest Stretch	4	
				L Arm Raise	8	
				R Arm Raise	8	
	0:18	Rep / Outta control	4x8	A Step Touch L, R. <i>Relaxed Arms by sides</i>	4	8x
	0:30	Rep / Outta control	4x8	B Bounce L, R. RA	16	
				Bounce L, R. <i>L Arm points down</i>	8	
				Bounce L, R. <i>L Arm rises up</i>	8	
	0:43	C / Baby	4x8	C Run OTS. RA	32	
	0:56	Rep / Outta control	4x8	D RUN & BOUNCE COMBO		
2				Run F. RA	8	
				Bounce OTS. RA	8	
				Run B. RA	8	
				Bounce OTS. RA	8	
	1:09	Instr / (Synth)	4x8	A ¹ Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	1:22	Instr / (Synth)	4x8	A ² Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	1:35	V1 / _ <i>Don't you</i>	5½x8	E SQUAT DEADLIFT & PUSHUP COMBO		
				Stop	4	
				Squat	4	
				1-Leg Balance to L	8	
3				Deadlift. <i>R hand reach F</i>	8	
				Hold	8	
				Transition to Tricep Pushup position	4	
	1:48	_ <i>Come and</i>	5½x8	F Tricep Pushup	4	11x
	2:08	_ <i>All</i>	2x8	G Plank	4	
				Jump feet wide	4	
				Hands back to Squat	4	
				Jump feet together, stand up	4	
	2:14	C / Baby	4x8	C Run OTS, RA	32	
	2:27	Rep / Outta control	4x8	D Run & Bounce Combo	32	
	2:40	Instr / (Synth)	4x8	A ¹ Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	2:53	Instr / (Synth)	4x8	A ² Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	3:06	_ <i>Don't you</i>	13x8	REPEAT SEQUENCES E, F, G	104	
	3:45	C / Baby	4x8	C Run OTS. RA	32	
	3:58	Rep / Outta control	4x8	D Run & Bounce Combo	32	
	4:11	Instr / (Synth)	4x8	A ¹ Step Touch L, R. <i>Double Arm Bicep Curl</i>	4	8x
	4:24	Instr / (Synth)	4x8	A ² Step Touch L, R. <i>Rope Pull Arms</i>	4	8x
	4:37	Instr / (Synth)	4x8	B ¹ Bounce L, R. RA	32	



01. DON'T LEAVE ME THIS WAY 4:51 mins

BLOCK 1 LAYER 1

Use Block 1 to set great posture and coach the basics: name the move and explain how to do the moves using rhythm and execution cues.

- **Step Touch** – *side to side, right to left, **chest up, abs braced***
- **Bounce** – ***hips and shoulders square to front**, knees soft, feet wide*
- *Run* – *right, left, light on the toes, lift the chest; you can dial it down to a March*

BLOCK 2 LAYERS 1/2

Block 2 introduces the Single-Leg Squat to Slow Deadlift: clearly explain how to execute this move with concise Layer 1 cues, focusing on good balance and control. In Layer 2, encourage your participants to increase their range of motion to prepare for the workout.

- **Squat Deadlift & Pushup Combo** – *step out and hold, drop down, shift weight across, hinge forward from the hips*



- **Tricep Pushup** – *down, up, **hands under shoulders**, elbows in by ribs, **chest to elbow-height**, abs braced, option to slow it down*
- **Run** – *kick your heels up, lift your energy; we're getting ready for the workout*
- **Step Touch** – *pull stronger in the Rope Pull Arms to fire up your back muscles*

BLOCK 3 LAYERS 2/3

In Layer 3 Share Energy, we use positive motivators which are all about making people feel good. Sing along, have fun and celebrate the start of BODYATTACK 100!

- **Squat Deadlift & Pushup Combo** – *reset, brace your abs, push your left knee out in your Deadlift*
- **Tricep Pushup** – *push your hands through the floor to fire up the back of the arms*
- *The BODYATTACK 100 Celebration has just begun!*



02. MIXED IMPACT

TRACK FOCUS

I want my participants to get ready for the workout with this party anthem, and feel how each move prepares a different part of the legs.

OPTIONS

Step Curl – No arms
Gallop – No impact, no arms
Run – Walk

		Music		Sequence/Exercise	CTS	REPS
1	I	0:00	Ref / _ Party people	4x8	Bounce L, R. RA	32
	N			👁 Double Bounce on last 4cts		
	T	0:12	Instr / (Techno beat)	4x8	Double Bounce L, R. RA	4 8x
	R	0:24	Instr / (Techno beat)	4x8 D	Side Step L, R. RA	4 8x
	O					
		0:36	Ref / _ Party people	5x8 A	Step Curl L, R	4 10x
		0:51	Ref / Bass drop	4x8 A ¹	Step Curl L, R. Double Arm Bicep Curl	4 8x
		1:04	V1 / Tag team	8x8 B	Gallop L, R. Double Arm Bicep Curl	8 8x
				👁 3-Step Agility Run on last 4cts		
		1:28	C / Whoomp	4x8 C	3-Step Agility Run L, R. RA	8 4x
2		1:40	Ref / ...shakalaka	4x8 D	🔁 Side Step L, R. RA	4 8x
				👁 Ski Jump Combo on last 4cts		
		1:53	Ref / ...shakalaka	4x8 E	SKI JUMP COMBO	2x
				Double Ski Jump L. Ski Pole Arms	2	
				Double Ski Jump R. Ski Pole Arms	2	
				Double Ski Jump L – hold L	4	
				🔁 R, L, R	8	
		2:05	Instr / (Techno beat)	4x8 F	RUN F&B COMBO	2x
				Run F. RA	8	
				Run B. RA	8	
		2:17	Instr / (Techno beat)	4x8 G	Run to L F corner	8
				Run B	8	
				Run to R F corner	8	
				Run B	8	
		2:30	Ref / Bass	4x8 A	🔁 Step Curl L, R	4 8x
		2:42	Ref / Bass drop	4x8 A ¹	🔁 Step Curl L, R. Double Arm Bicep Curl	4 8x
		2:55	V2 / Upside down	24x8	REPEAT SEQUENCES B – G	



02. WHOOMP 4:23 mins

INTRO LAYER 1

It's party time! Come into this track with energy and excitement as it is the first opportunity to really get moving. Coach the basics in Layer 1 with clear direction and execution cues. There are lots of moves in this track, so keep your Layer 1 cues short and to the point with nothing extra added.

- **Bounce** – run forward, run back, bounce right to left
- **Double Bounce** – right, left, shift your body weight side to side, **hips and shoulders square to front**
- **Side Step** – sit hips back, heel down, **knee out, chest up**

BLOCK 1 LAYERS 1/2

Layer 1 rhythm cues will be helpful for coaching the Gallop, Agility Run and Ski Jump. In Layer 2, we Drive Intensity by explaining how to get more out of the moves, e.g. telling them how to sit lower in the Side Step and Step Curl.

- **Step Curl** – step lift, step lift. **Knees out, chest up**
- **Gallop** – step together, step lift. **Chest up, abs braced**, stay square to the front. Option to lose the jump and the arms
- **3-Step Agility Run** – 1, 2, hop, hop. Stay light and lifted, **hips and shoulders square**
- **Ski Jump Combo** – 3, 2, hold. **Feet under hips, back straight**
- **Side Step** – push hips back and down

BLOCK 2 LAYERS 2/3

Use Layer 2 to educate your participants on why we do the moves, e.g. the Step Curls prepare the hamstrings, Ski Jumps prepare the quads, and the Gallops prepares the glutes. In Layer 3, tap into the “party people” feel of the track and use the lyrics to connect everyone to the workout.

- *Whoomp, there it is!*
- *Are you ready to party?*
- **Step Curl** – bend your knees deeper and kick your butt to work your hamstrings
- **Gallop** – bend your knees more to push higher
- **3-Step Agility Run** – bend and push off the floor
- **Side Step** – bend your knees to work your glutes and prepare for the work ahead
- **Ski Jump Combo** – jump, jump, stop. Bend your knees to engage your quads
- *Start to run further to lift your heart rate up*



03. AEROBIC

TRACK FOCUS

I want my participants to enjoy the Latin vibes and safely execute the Pivot Turn to Drop Squat.

OPTIONS

- Run – Walk or Jog
- Knee Lift – No hop or no arms
- Jumping Jack – Side Tap

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro / _ Everybody	4x8	Run OTS. RA	32	
		0:13	V1 / Tempo	8x8	A Single Knee Lift L, R. <i>Single Arm Punch F</i>	4	16x
		0:36	C / Musical del sol	8x8	B 4X KNEE & SHUFFLE COMBO		2x
					4x Knee Lift L. <i>Single Arm Bicep Curl</i>	8	
					Shuffle OTS. RA	8	
					4x Knee Lift R. <i>Single Arm Bicep Curl</i>	8	
					Shuffle OTS. RA	8	
		1:00	Instr / (Synth)	4x8	C SHUFFLE & DROP SQUAT COMBO		2x
					Shuffle L, R x4. RA	8	
					Drop Squat x2. <i>Hands on thighs</i>	8	
2		1:12	Br / _ Everybody	2x8	C Shuffle & Drop Squat Combo	16	
		1:18	Instr / (Synth)	12x8	D RUN & JACK COMBO		3x
					Run F. <i>Double Arm Reach Up</i> x8	16	
					Jumping Jack B x4. <i>Double Arm Reach Up</i>	8	
					Jumping Jack to L F corner x2. <i>Double Arm Reach Up</i>	4	
					Jumping Jack to R F corner x2. <i>Double Arm Reach Up</i>	4	
		1:54	V2 / We listen	8x8	A Single Knee Lift L, R. <i>Single Arm Punch F</i>	4	16x
		2:18	C / Musica del sol	8x8	B 4x Knee & Shuffle Combo	32	2x
		2:42	Instr / (Synth)	4x8	E SHUFFLE & PIVOT COMBO		2x
					Shuffle L, R x4. RA	8	
3					Pivot Turn L	4	
					Drop Squat x1. <i>Hands on thighs</i>	4	
		2:54	Br / _ Everybody	2x8	E Shuffle & Pivot Combo	16	
		3:00	Instr / (Synth)	12x8	D Run & Jack Combo	32	3x
		3:35	QC / Musica del sol	4x8	Jog OTS. RA	32	
		3:47	C / Musica del sol	8x8	E ¹ Shuffle & Pivot Combo. <i>Double Arm Reach Up</i>	16	4x
		4:11	Instr / (Synth)	8x8	D Run & Jack Combo	32	2x
		4:35	Instr / (Synth)	4x8	F Jumping Jack. <i>Double Arm Reach Up</i>	2	16x



03. MUSICA DEL SOL 4:51 mins

BLOCK 1 LAYER 1

Coach Layer 1 basics – name of move, body position and execution. Clearly coach direction in the 4x Knee & Shuffle combo. Be sure to count down the Jacks and preview the 4x Jacks to the corner.

- **Single Knee Lift** – right, left, **hips square to front, abs switched on, chest up**. You can remove the Bounce any time
- **4x Knee & Shuffle Combo** – 4 Knees to the right, hold and shuffle. **Chest up, hips square to front, feet parallel**, on the balls of the feet. If you're not jumping, step across and march on the spot
- **Shuffle & Drop Squat Combo** – 4 Shuffles, 2 Drop Squats. Squat: **knees out, hips back, chest up**
- **Run & Jack Combo** – run forward, jack back, turn to the right, and the left. **Heels down, knees out, chest up**. Take out the jump any time

BLOCK 2 LAYERS 1/2

In this block we introduce the Pivot Turn. Make sure you preview this and coach it clearly, counting down the Shuffles so everyone can follow you. In Layer 2, we Improve Execution and Drive Intensity by explaining how to get more out of the moves. Encourage participants to increase depth in the Jacks and Drop Squats to lift the heart rate.

- *The second block is all about fun, the music and working hard*
- *Come join the party!*
- **Single Knee Lift** – knee higher, stronger punch forward
- **4x Knee & Shuffle Combo** – travel further across
- **Shuffle & Pivot Combo** – 8 Shuffles, Pivot Turn. **Release the heel as you turn**
- **Run & Jack Combo** – sit hips lower

BLOCK 3 LAYER 3

The final block is all about using the lyrics and hooking into the fun of this uplifting Aerobic track. Bring out the Performance and encourage your participants to join you in the fun moves. Throw your hands in the air, enjoy the Pivot Turn, and create an atmosphere of fiesta!

- *Hey, come join the party!*
- *This is how we party*
- *One more time*
- *This is our BODYATTACK birthday party*
- *You guys look amazing*



04. PLYOMETRIC

TRACK FOCUS

I want my participants to train multi-directional power, focusing on jumping higher and wider each round.

OPTIONS

- Run – March or Jog
- Skater – Low Skater, Step Across
- Step Jump – No impact
- Plyometric Lunge – Step Knee or Alternating Lunge

		Music		Sequence/Exercise	CTS	REPS
		0:00	Ref / All aboard	2x8	Split room	16
		0:04	Ref / All aboard	2x8	A Run OTS. RA	16
		0:10	Ref / All aboard	4x8	B Side Step Hop L, R. RA	48x
		0:22	Ref / All aboard	4x8	B ¹ Skater L, R. RA	48x
				👁 Jump Square on last 16cts		
		0:34	Instr / (Techno beat) get ready...	8x8	C STEP JUMP SQUARE COMBO	4x
				Step Jump F. Double Arm Bicep Curl	4	
				Step Jump L. Double Arm Bicep Curl	4	
				Step Jump R. Double Arm Bicep Curl	4	
				Step Jump B. Double Arm Bicep Curl	4	
1		0:57	Instr / (Beat)	8x8	C ¹ REPEAT STEP JUMP SQUARE COMBO – BIGGER	4x
				Step Jump F. Arm Bicep Curl		
				Step Jump L. Arm Bicep Curl	4	
				Step Jump B. Arm Bicep Curl	4	
				Step Jump R. Arm Bicep Curl	4	
		1:19	Instr / (Beat)	4x8	D Single Plyometric Lunge L, R. RA	48x
				👁 Pulse Squat Jump x2		
		1:31	Instr / (Beat)	4x8	E Pulse Squat Jump x2. Hands on thighs	4
				Single Plyometric Lunge L, R. RA	4	4x
		1:42	Ref / All aboard	4x8	Recovery – Change sides	
2		1:54	Ref / All aboard	32x8	REPEAT SEQUENCES B – E	
		3:26	Ref / All aboard	4x8	Recovery – Change sides	
3		3:37	Ref / All aboard	28x8	REPEAT B¹, C, C¹, D, E	
		4:58	Instr / (Beat)	4x8	F Single Plyometric Lunge L, R. RA	48x



04. ALL ABOARD 5:38 mins

BLOCK 1 LAYER 1

Clearly coach the direction of the Square Pattern using big visuals and simple cues. Once everyone is moving together, add in your options and compulsory cues. Use numbers in the Squat Jump/Lunge Combo so everyone can follow you.

- *Split the room into 2 teams*
- *3 rounds of plyometric work*
- **Side Step Hop** – side to side, **abs braced, hips square to front**
- **Skater** – **front knee out, chest up**
- **Step Jump Square 1** – step forward, side, back, side. **Soft knee landing to absorb the impact.** If you're not jumping, stay low but keep the intensity high
- **Step Jump Square 2** – bigger! Step Jump, Side Jump, Back Jump. Bend your knees and push up and out
- **Plyometric Lunge** – **front knee out**, rear knee down, **chest up, abs braced.** Option – Backward-Stepping Lunge
- **Pulse Squat Jump/Plyometric Lunge** – 2 Squats, 2 Lunges. **Knees out, chest up in the Squat**

BLOCK 2 LAYER 2

The choreography is simple and repetitive; keep your coaching simple by choosing one Layer 2 focus for Square 1, then another Layer 2 focus for Square 2. Drive the intensity by telling your class how to increase the distance in the Square Pattern and add height in the Jumps. Coach your participants to load the legs in the Lunges and Squat/Lunge combo, and educate them on the benefits of the movements.

- *This round is about depth and height*
- **Skater** – drop the hips low, drive the pressure down into the legs
- **Step Jump Square 1** – bend your knees more, load the legs to jump higher
- **Step Jump Square 2** – power in all directions: step longer, go wider, jump higher. Swing your arms to power up
- **Plyometric Lunge** – bend your rear knee more; the lower we go, the leaner we get!
- **Pulse Squat Jump/Plyometric Lunge** – drive up for power: down, up, down

BLOCK 3 LAYERS 2/3

Last effort! Hook into the theme of “all aboard” with motivational cues like “are you on board?” or “final stop, max effort!” In Layer 3, we have extrinsic motivators, intrinsic motivators, challenging cues, positive motivators and we also celebrate effort. How will you motivate the people in front of you today?

- *One more round*
- *Stay low and wide in the Skater*
- *You have the height, you have the width, do you have the effort?*
- *You've got this – stay with it*
- *Challenge yourself, then challenge someone else*
- *Single Lunge to the end!*



05. ATHLETIC STRENGTH

TRACK FOCUS

I want my participants to maintain a strong core brace for stability in the Single Leg Squat Combo and to challenge their muscular endurance in the fast single Pushups.

OPTIONS

All Pushups – On knees, toes or rest!
Fast Chest Pushups – Slow Chest Pushup

		Music		Sequence/Exercise	CTS	REPS
1	0:00	(Chanting)	4x8	Set feet apart. <i>Fists to hips</i> Shift weight to L foot	24 8	
	0:13	Ref / (Chanting)	4x8	A FRONT, SIDE & BACK SINGLE SQUAT DEADLIFT COMBO		3x
				1-Leg Squat, R foot F. <i>Fists to hips</i>	2	
				1-Leg Squat, R leg side. <i>Fists to hips</i>	2	
				1-Leg Squat, R knee F. <i>Fists to hips</i>	4	
				Deadlift. <i>L hand reach down</i>	8	
				EXPRESS FORMAT MUST ALTERNATE THE DEADLIFT COMBO L-R		
	0:27	Ref / (Chanting)	4x8	A Front, Side & Back Single Squat Deadlift Combo	16	2x
	0:41	Ref / (Chanting)	8x8	A ¹ Front, Side & Back Single Leg Squat Transition to floor on last 8cts	16	2x
	1:08	Instr / (Beat)	4x8	B Tricep Pushup	4	8x
2	1:23	(Soft chant)	12x8	C PUSHUP, TWIST, SIDE PLANK COMBO		3x
				2/2 Tricep Pushup	8	
				Jump feet wide	2	
				Arm Lift Plank L	2	
				Hand down	2	
				Jump B to Plank position	2	
				to R	16	
	2:04	Br / (Quiet)	1x8	D Hold – Plyo Chest Pushup	8	
	2:08	Instr / (Heavy)	8x8	D ¹ PLYO CHEST PUSHUP COMBO		8x
				Jump hands out and Pushup	4	
				Walk hands in L, R to Plank position	4	
				Hands stay wide on last 4cts		
	2:36	Instr / (Beat)	8x8	E Fast Chest Pushup	2	32x
	3:03	Ref / (Chanting)	4x8	Recovery EXPRESS FORMAT FINISHES HERE		
	3:17	Ref / (Chanting)	45x8	REPEAT SEQUENCES A – E (A on L side)		

05. GREAT SPIRIT 6:16 mins

INTRO/BLOCK 1 LAYERS 1/2

The most important thing in Layer 1 is to teach the rhythm and pattern of the movements first, before adding in your execution and safety cues. Make sure you do this for the Single Leg Squat combo, the Pushup, Twist, Side Plank combo, and the Plyo Pushup. The Plyo Chest Pushups and 32 Fast Pushups are very challenging, so be sure to show options. In the fast Singles, participants can go slower, work off the beat or take a break.

- **Front, Side & Back Single Leg Squat Deadlift Combo** – feet outside hip-width, brace abs, lift chest. Balance on your right side, left leg taps front, side, up. Add the Deadlift: hinge forward from the hips, hips and shoulders square
- Add the Squat: squat, squat, hold. **Knee over middle of the foot.** Push into the hip to work your butt



- **Tricep Pushup** – hands under shoulders, elbows narrow, chest to elbow-height. Option to slow it down
- **Pushup, Twist, Side Plank Combo** – jump feet wide, turn, back, reset. **Keep abs braced throughout the movement.** Lift your lower hip as you turn. Focus on control



- **Plyo Chest Pushup** – jump wide, press up, walk back in. **Abs braced, chest to elbow-height**, hips still, slight bend at elbow to absorb impact
- **Chest Pushup** – chest to elbow-height, abs braced. Option to slow the move down – do as many as you can

BLOCK 2 LAYERS 2/3

In Layer 2, we Drive Intensity by telling our class how to get more out of the exercises, and educate them on the benefits. Explain why participants should go lower in the Single Leg Squat, and the advantages of upper body conditioning. Everyone will be feeling the burn by the final set of fast Pushups, so use lots of Layer 3 motivational cues to keep them engaged to the finish.

- We do everything on the other leg, and add more intensity to the workout
- **Front, Side & Back Single Leg Squat Deadlift Combo** – brace abs to keep hips square to front. Try to keep your foot off the floor. Bend your knee more to strengthen your legs. Strong legs and glutes help us jump higher
- **Tricep Pushup** – only 8 Pushups; try them on your toes! Push the floor away to feel the strength in the arms
- **Pushup, Twist, Side Plank Combo** – brace your abs to turn hips and shoulders as one unit. We rotate our upper body to train our oblique muscles. Squeeze your shoulder blades into your spine for 3-dimensional strength training: front, back and sides
- **Plyo Chest Pushup** – bend your elbows and feel the explosive power through your chest and shoulders. Can you try it on your toes? We're building a stronger upper body!
- **Chest Pushup** – 32 Pushups, go! All your energy now. Stronger than in the first round!

PERFORMANCE

This song is fun and dramatic, with lots of great builds and contrast. Let the music speak and allow the beat of the music to drive the intensity in the Fast Single Pushups at the end. Bring out the energy of the song by not over-talking the music, especially in the builds and climaxes.



06. RUNNING

TRACK FOCUS

I want my participants to feel connected to the energy of the song and have fun executing the Triple Jump.

OPTION

Run – Walk

		Music		Sequence/Exercise	CTS	REPS
I N T R O	0:00	Ref / <i>When I hold you</i>	8x8	Run OTS. RA	64	
	0:25	Instr / <i>(Techno beat)</i>	8x8	Circle Run – clockwise. RA	64	
	0:49	Ref / Free	4x8	RUN IN & OUT COMBO		
				Run In. <i>Double Arm Reach Up</i> x4	8	
				Run OTS. <i>Double Arm Reach Up</i> x4	8	
				Run B. RA	8	
				High Knee Run OTS. RA	8	
	1:01	Ref / Free	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. <i>Double Arm Reach Up</i> x4	8	
				Run OTS. <i>Double Arm Reach Up</i> x4	8	
				High Knee Run OTS. RA	16	
1	1:12	Instr / <i>(Beat)</i>	4x8	A Run B. RA	8	
				Bounce OTS. Face the middle	24	
				👁 Leap & Squat – Triple Jump Combo on last 16cts		
	1:24	Ref / <i>_ When I hold you</i>	8x8	B LEAP & SQUAT – TRIPLE JUMP COMBO		4x
				Leap L, R. <i>Move F, Relaxed</i> RA	4	
				Double Jump Squat. <i>Hands on thighs</i>	4	
				Run B. RA	8	
	1:47	Ref / <i>_ When we touch</i>	8x8	B ¹  Leap & Squat – Triple Jump Combo – Bigger	16	4x
2	2:11	Ref / Free	8x8	C Circle Run – anticlockwise. RA	64	
	2:34	Ref / Free	4x8	D  Run In & Out Combo	32	
	2:46	Ref / Free	4x8	D ¹  Run In & High Knee Run	32	
	2:58	Instr / <i>(Beat)</i>	4x8	Recovery Run OTS. RA	32	
	3:10	Ref / <i>When I</i>	32x8	REPEAT SEQUENCES A – D¹		

06. SET YOU FREE 4:52 mins

INTRO

LAYER 1

Coach Layer 1 basics to get everyone moving with good alignment and timing. The music is awesome and the temptation can be to get caught up with the energy of the song; remember to teach the movements and don't go crazy too early on!

- *Running track – let's bring back the energy together and share the BODYATTACK love!*
- **Circle Run** – *relax the upper body, run as fast as you can*
- **Run In & Out Combo** – *run in 8, 7, 6... run back*
- **Run In & High Knee Run** – *chest up, knees to hip-height*

BLOCK 1

LAYERS 1/2

Set up the rhythm of the Leap & Squat Combo in Layer 1, then deliver your safety cues. In Layer 2, help your class to progress the workout by increasing the length of their Leap and adding depth in the Squat.

- **Leap & Squat – Triple Jump Combo** – *leap, leap, squat, up, run back. **Squat: feet wide, knees out, chest up. Leap: hips and shoulders square to front, abs braced.** Can you leap further?*



- **Circle Run** – *if you want to run faster, pump the arms and pick up your feet to get the heart rate up*

BLOCK 2

LAYERS 2/3

Continue to Drive Intensity in the Leap & Squat Combo by tapping into the 'hopscotch' inspiration of the move. Bring out the fun energy of the song, sing along and show your love for BODYATTACK!

- **Leap & Squat – Triple Jump Combo** – *longer Leap forward; use your hamstrings and your glutes. It's like playing hopscotch!*
- *Let me hear you sing*
- *Set yourself free*
- *Let's finish together – you look great!*



06. RUNNING – SMALL ROOM OPTIONS

SET YOU FREE 4:52 mins

TRACK FOCUS

I want my participants to feel connected to the energy of the song and have fun executing the Triple Jump.

OPTION

Run – Walk

		Music		Sequence/Exercise	CTS	REPS
1	0:00	Ref / When I hold you	8x8	Run OTS. RA	64	
	0:25	Instr / (Techno beat)	8x8	Shuffle OTS. RA	64	
	0:49	Ref / Free	4x8	RUN IN & OUT COMBO		
				Run In. Double Arm Reach Up x4	8	
				Run OTS. Double Arm Reach Up x4	8	
				Run B. RA	8	
				High Knee Run OTS. RA	8	
	1:01	Ref / Free	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. Double Arm Reach Up x4	8	
				Run OTS. Double Arm Reach Up x4	8	
2				High Knee Run OTS. RA	16	
	1:12	Instr / (Beat)	4x8	A Run B. RA	8	
				Bounce OTS. Face the middle	24	
				👁 Leap & Squat – Triple Jump Combo on last 16cts		
	1:24	Ref / _ When I hold you	8x8	B LEAP & SQUAT – TRIPLE JUMP COMBO		
				Leap L, R. Move F, Relaxed RA	4	
				Double Jump Squat. Hands on thighs	4	
				Run B. RA	8	4x
	1:47	Ref / _ When we touch	8x8	B ¹ Leap & Squat – Triple Jump Combo – Bigger	16	4x
	2:11	Ref / Free	8x8	C Shuffle OTS. RA	64	
	2:34	Ref / Free	4x8	D Run In & Out Combo	32	
	2:46	Ref / Free	4x8	D ¹ Run In & High Knee Run	32	
	2:58	Instr / (Beat)	4x8	Recovery Run OTS. RA	32	
	3:10	Ref / When I	32x8	REPEAT SEQUENCES A – D¹		



07. AGILITY

TRACK FOCUS

I want my participants to train speed and reaction time in the Double Jump & Ladder Run Combo and the Ladder Run & Plank Combo.

OPTIONS

Ladder Run Combo: All walking, No running and stay with Drop Squat
Side Bounce Combo: No impact – 2 Steps – Walk or March OTS
Snowboard Jump: Bottom Half Squat

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro	4x8	Split room	32	
		0:11	Ref / _ Heaven is a	8x8	A Side Bounce R. <i>Guard Arms</i> Double Jump F&B x6. <i>Double Arm Bicep Curl</i> to L side	4 12 16	2x
		0:35	Ref / _ Baby won't you	4x8	B Ladder Run OTS	32	
		0:47	Instr / (Techno beat)	8x8	C SIDE BOUNCE, DOUBLE JUMP & LADDER RUN COMBO Side Bounce R. <i>Guard Arms</i> Double Jump F&B x2. <i>Double Arm Bicep Curl</i> Ladder Run OTS. RA Squat – Hold to L side	 4 4 6 2 16	2x
		1:10	Ref / _ Heaven is a	8x8	D Double Bounce Snowboard L, R. <i>Guard Arms</i> Double Bounce Snowboard L, R. <i>Cross Arms</i> O/H Snowboard Jump on last 4cts	4 4	8x 8x
		1:34	Ref / _ Baby won't you	4x8	E Snowboard Jump L, R. <i>Snowboard Arms</i> Feet together and hold on last 4cts	4	8x
		1:46	Instr / (Techno beat)	8x8	F Ladder Run OTS Plank or Squat	8 8	4x
		2:09	Br / _ Hey	2x8	Change sides – Run!	16	
		2:15	Br / _ Oh yeah	2x8	Bounce OTS	16	
		2:21	Ref / _ Heaven is a	40x8	REPEAT SEQUENCES A – F		
2		4:19	_ Hey	4x8	Change sides – Run!	32	
3		4:31	Instr / (Techno beat)	8x8	C Side Bounce, Double Jump & Ladder Run Combo	32	2x



07. PLACE ON EARTH 5:01 mins

BLOCK 1 LAYER 1

Coach direction in the Side Bounce and count the number of Jumps forward. Be sure to count down the Ladder Run ("4, 3, 2, stop") so your class can follow the change in direction – whether it's the Side Bounce, or down to the floor in Plank. There's lots of changes in this so make sure you cue each move clearly and keep your class 'switched on'.

- *We have 3 rounds of agility and speed*
- **Side Bounce/Double Jump F&B** – bounce to the side, 6 Jumps forward. Light on your feet, **bend your knees**. If you don't want to jump, march instead
- **Ladder Run** – out and in. **Brace abs, hips square to front**, upper body still
- **Side Bounce, Double Jump & Ladder Run Combo** – Side Bounce, 2 Jumps, Ladder Run
- **Double Bounce Snowboard** – **abs braced, turn feet, hips and shoulders as one unit**
- **Snowboard Jump** – **feet wide, knees out, chest up**. If you're not jumping, stay low in the Squat
- **Ladder Run/Plank** – 4 Ladder Runs, Drop Squat or Plank. **Eyes forward, abs braced as you transition to Plank**. Bend your knees to get up. If you don't want to jump, step back and step in

BLOCK 2 LAYER 2

In Layer 2, we Drive Intensity by increasing the width of the Side Bounce, adding speed in the Ladder Run and challenging them to drop faster to Plank position. Educate your participants on the benefits of training speed and reaction time.

In the Double Bounce recovery, let the music speak and don't talk over the lyrics. Simply name the move and tell the class how to turn. Keep this light and fun with lots of smiles. Then switch the feeling back to training when the Snowboard Jump kicks in by lowering your voice and using a more serious facial expression.

- *In round 2, we focus on speed and reaction times*
- **Side Bounce/Double Jump F&B** – bend your knees more, bounce further across to train your legs and work harder
- **Ladder Run** – move your feet as fast as you can
- **Side Bounce, Double Jump & Ladder Run Combo** – the faster we go, the more calories we burn
- **Snowboard Jump** – bend your knees more; drop hips to knee level to train your lower body
- **Ladder Run/Plank** – move faster to improve your agility

BLOCK 3 LAYER 3

The final block is one last push! Create a fun, challenging atmosphere by introducing a sense of competition to the Side Bounce.

- *Final block, we do the combo 4 times*
- *Go further; move faster*
- *We train together!*



08. INTERVAL

TRACK FOCUS

I want my participants to sing along and celebrate the feel of this iconic BODYATTACK anthem.

OPTIONS

- Run – March or Jog
- Side Flick – Side Tap
- Kicks – Tap or Low Kick
- Knee Pull – No impact

		Music			Sequence/Exercise	CTS	REPS
INTERVAL 1	0:00	Instr / Quiet (synth)	8x8		Run OTS. RA	64	
	0:22	V1 / _ In your eyes	4x8	A	Side Flick L, R. HOH	4	8x
	0:34	_ See the light	4x8	A ¹	Side Flick L, R. Double Arm Tricep Extension	4	8x
	0:46	Rep / Into the darkness	4x8	B	RUN & SLOW ARM COMBO Run OTS. Double Arm Reach Up Run OTS. Double Arm Reach Down	8 8	2x
	0:57	With	4x8	B ¹	RUN & FAST ARM COMBO Run OTS. Double Arm Reach Up Run OTS. Double Arm Reach Down	2 2	8x
	1:09	C / Into the darkness	16x8	C	RUN & KICK COMBO Run F. Double Arm Reach Up x8 Single Kick L, R x4. Single Arm Punch F Run B. Double Arm Reach Up x8 Single Kick L, R x4. Single Arm Punch F	16 16 16 16	2x
	1:56	Instr / (Synth)	4x8	D	Single Knee Pull L, R. Double Arm Pull Down	4	8x
	2:08	V2 / _ In your eyes	36x8		REPEAT SEQUENCES A – D		
	3:53	Br / Instr (synth)	4x8		Run OTS. Recover		
	4:05	C / Into the darkness	16x8	C	 Run & Kick Combo	64	2x
INTERVAL 3	4:51	Instr / (Synth)	8x8	E	Single Kick L, R. Single Arm Punch F	4	16x



08. SEE THE LIGHT 5:21 mins

BLOCK 1 LAYER 1

Who remembers this song? Your class is going to love this classic BODYATTACK Interval Training track. Remember to teach your Layer 1 basics in this block: name the move, options, and set up good alignment and deliver your safety cues.

- **Side Flick** – *right, left, hips square to front, shoulders back, chest up. Choice to tap low*
- **Run & Slow Arm Combo** – *run, reach up, pull down*
- **Run & Kick Combo** – *run forward, 8 Kicks, run back, 8 Kicks. Chest up, back straight, kick to hip-height, hips square to front*
- **Knee Pull** – *chest up, abs braced*

BLOCK 2 LAYERS 2/3

In Layer 2, tell your class how to get more out of the moves to maximize their workout. Coach your participants to feel the extension through the arms and legs to lift the energy. Bring the music to life by matching your body, voice and facial expressions to the drama of the music in the Run & Arm combinations, and in the lift into the Run & Kick Combo.

- **Side Flick** – *take the legs longer, squeeze the back of the arms*
- *Let's add some drama – throw the arms up!*
- **Run & Kick Combo** – *kick long, punch strongly*
- *We are the energy; we are the light!*
- **Knee Pull** – *reach high, pull down strongly, drive the knee*

BLOCK 3 LAYER 3

In Layer 3, we celebrate the feeling of training together. You don't need to say much in this final block – let the music do the work for you by allowing room for the builds in the song to create the energy. This track will 'go off'!

- *I see the light*
- *Share the energy*
- *We work together*
- *It's BODYATTACK 100!*



09. POWER

TRACK FOCUS

I want my participants to feel the build in intensity and push to their personal maximum in each of the working blocks.

OPTIONS

Run – Jog or March
Jumping Jack – Side Taps or Flicks
Burpee with Tuck Jump – No Jump

		Music		Sequence/Exercise	CTS	REPS
1	0:00	Instr / (Beat)	4x8	Run OTS. RA	32	
	0:12	Instr / (Synth)	4x8	Run Square L	32	
	0:23	Instr / (Synth)	4x8	Run Square R	32	
	0:35	Instr / (Soft)	8x8 A	Heel Dig L, R. Relaxed Arms by sides	4	8x
				Heel Dig L, R. Single Arm Bicep Curl	4	8x
	0:58	_ I live for that energy	1x8 B	Hold – Run OTS	8	
	1:01	Instr / (Heavy synth)	8x8 C	MIXED TRAINING BLOCK 1		
				Run Square L. RA	32	
				Jumping Jack. Bent Arm Side Raise	2	8x
				Bottom Half Pulse Squat Jumps. Hands on thighs	2	8x
	1:24	Instr / (Synth)	8x8 C	Run Square R	32	
				Jumping Jack. Bent Arm Side Raise	2	8x
				Bottom Half Pulse Squat. Hands on thighs	2	8x
				Burpee with Straight Jump on last 8cts		
	1:47	Instr / (Beat)	4x8 D	Burpee with Straight Jump	8	4x
				Burpee with Tuck Jump on last 8cts		
	1:53	Instr / (Build	2x8 D ¹	Burpee with Tuck Jump	8	2x
	2:04	Instr / (Heavy)	16x8 C ¹	MIXED TRAINING BLOCK 2		
				High Knee Run Square L. RA	32	
				Jumping Jack. Cross Arms O/H	2	8x
				Air Jack. Double Arm Reach Up	2	8x
				R	64	
2	2:50	Instr / (Soft)	4x8	Recovery	32	
	3:02	Instr / (Build)	47x8	REPEAT SEQUENCES A – C¹ (Option to go straight to D ¹ after C for 6x reps)		
3	5:07	Instr / (Heavy synth)	8x8	Recovery – Run OTS. RA	64	
	5:30	Instr / (Beat)	4x8 E	Jumping Jack. Cross Arms O/H	2	16x
	5:42	Instr / (Build)	2x8 F	Air Jack. Double Arm Reach Up	2	8x
	5:47	Instr / (Heavy synth)	8x8 G	High Knee Run. RA	64	
	6:11	Instr / (Fast beat)	8x8 G ¹	High Knee Run – Faster. RA	64	



09. I LIVE FOR THAT ENERGY 6:38 mins

BLOCK 1 LAYERS 1/2

The first block is long and there's a lot of moves to set up, so keep your cues short and precise. Use clear visual cues to coach which way to turn in the Run Square. Make sure you offer the different options for the Burpees: the class can stay with the Squat Pulses, progress to a Burpee with Straight Jump, or take the challenge with the Burpee with Tuck Jump. Be inclusive: all levels are valid; the most important thing is that everyone is working to their maximum.

- 3 blocks of work. We build the intensity to reach our maximum in each block
- **Run Square** – run to the front, right, back, right
- **Heel Dig** – right, left
- **Mixed Training Block 1** – Run Square. 8 Jumping Jacks: **heels down, knees out, chest up**. Pulse Squat Jump: **feet wide, knees out, chest up**
- **Burpee with Straight Jump** – squat, plank, squat, jump. **Soft knee landing, brace abs as you jump back**
- **Burpee with Tuck Jump** – land with feet wide
- **Mixed Training Block 2** – High Knee Run: **chest up, knees to hip-height**. Air Jack: **bent knee landing, abs braced, chest up**

BLOCK 2 LAYER 2

Reset the pattern of the Run Square. Using simple cues like “turn” and pointing in the correct direction will ensure you don't keep repeating “left, right” every round.

Block 2 is all about telling your class how to work harder, e.g., lifting the knees higher in the High Knee Run. Remind them of their options for the Burpee and help them get the most out of their chosen level.

- We're going to work harder, jump higher, as one BODYATTACK team
- **Heel Dig** – recover
- **Mixed Training Block 1** – keep the chest lifted in the Jacks, drop hips deeper in the Squat. Active Recovery in the Run
- **Burpee with Tuck Jump** – we build the intensity again. Push off the floor to jump higher
- **Mixed Training Block 2** – knees up, intensity up, heart rate up, pull your arms for power in the Jack, push off the floor in the Air Jack

BLOCK 3 LAYER 3

Final challenge! Motivate your participants by empathizing with their fatigue and using lots of positive motivators to encourage their efforts. Remember, you will inspire your class when you go to 100% yourself. Be the athlete and show them what working hard looks like!

- *We've got one more round*
- *Let's finish this together*
- *We can do it!*
- *Keep your knees up*
- *Go faster – sprint like you've never sprinted before*

PERFORMANCE

I live for that energy! This song is what BODYATTACK is all about: high energy, challenge, and team feeling. There's lots of contrast, so match your voice, facial expressions and physicality to the music to bring the song to life. Less is more in this track: say what you need to and then let the music speak – especially when the music lifts in Mixed Training Block 2. At the end of the final block the music keeps building; let this drive the workout and celebrate the energy of training together.



10. CORE

TRACK FOCUS

I want my participants to feel how the Bridge work develops strength in their posterior chain muscles.

OPTIONS

Pulse Crunch – Feet on floor
Hover – On knees or toes

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	(Intro)	4x8	Transition to floor Set up Crunch		
		0:14	V1 / Die for a taste	8x8	A 2/2 Crunch feet down. <i>Fingertips to temples</i>	8	8x
		0:44	C / Illuminate	4x8	B Bridge. <i>Arms by sides on floor</i>	32	
		0:59	Shine on _	8x8	B ¹ Bridge. <i>Raise L leg, extend F to ceiling, bend knee over hip, bring foot to floor</i>  To R side	16 16	2x
		1:29	Instr / (Synth)	4x8	C Pulse Crunch. <i>Arms reach F, knees over hips</i>	2	16x
		1:44	Instr / (Synth)	4x8	D Oblique Twist L, R. <i>Fingertips to temples</i>	4	8x
2		1:59	Br / (Low)	1x8	Reset		
		2:03	V2 / Sanity poor	8x8	A  2/2 Crunch feet down. <i>Fingertips to temples</i>	8	8x
		2:33	C / Illuminate	4x8	B  Bridge	32	
		2:48	Instr / Shine on _	4x8	C  Pulse Crunch. <i>Arms reach F</i>	2	16x
		3:03	Instr / (Synth)	4x8	D  Oblique Twist L, R. <i>Fingertips to temples</i>	4	8x
		3:18	Br / (Quiet synth)	4x8	E Set up Hover	32	
3		3:33	QC / Illuminate	4x8	F Hover Arm Blade Combo – Slow L Hover Arm Blade Combo – Slow R	16 16	
		3:48	Instr / (Synth)	8x8	F ¹ Hover Arm Blade Combo – Fast L Hover Arm Blade Combo – Fast R	8 8	4x
		4:18	Outro	4x8	E  Hover	32	

10. ILLUMINATE 4:38 mins

BLOCK 1 LAYER 1

In Layer 1, set up the body position and execution of the moves, then deliver your safety cues for stability.

- **Crunch** – *fingertips to temples. Up, up, down, down. Chin in, elbows open, slide ribs to hips*
- **Bridge** – *lift hips, squeeze glutes*
- **Bridge Leg Lift** – *lift your front knee up, extend out, back in, change sides. Up, out, in, down. Squeeze glutes to keep your hips up*



- **Pulse Crunch** – *keep hands close to floor, lift shoulders up and halfway down, eye gaze between knees*
- **Oblique Twist** – *front, back. Pull your shoulders across your mid-line to opposite knee*

BLOCK 2 LAYER 2

In Layer 2, we Drive Intensity and Improve Execution by telling your participants how they can improve their quality of movement to feel the work in the target muscles. Educate them on the benefits of the exercises.

- **Crunch** – *lift your chest higher. Exhale through your mouth on the way up; inhale through your nose on the way down*
- **Bridge** – *press heels into floor, squeezing your glutes to feel the isometric training*
- **Pulse Crunch** – *lift your shoulders higher off the floor*
- **Oblique Twist** – *this is great for shaping your waistline*

BLOCK 3 LAYERS 1/2/3

We introduce the Hover at the end of the track, so briefly set this up with Layer 1 with the focus on keeping hips and shoulders square when we add the Shoulder Tap.

- **Hover** – *elbows under shoulders, on knees or toes, brace abs, back long and straight*
- **Hover Arm Blade Combo** – *bring hand to shoulder; extend out, in, down. Keep hips and shoulders square. Shoulders square, challenge your stability to the end*





11. COOLDOWN

TRACK FOCUS

Celebrate everybody’s efforts as you guide them through the Cooldown.

	Music		Sequence/Exercise	CTS	REPS
0:00	Intro	4x8	Set up Standing Hip Flexor Stretch	32	
0:14	V1 / _ I know	4x8	Standing Hip Flexor Stretch R. HOH	32	
0:29	PC / I can see	4x8	Standing Hamstring Stretch L. Hands on thighs	32	
0:45	C / I came here for love	4x8	Standing Quad Stretch R. L Arm to side	32	
1:01	C / I came here for love	4x8	Dynamic Side Adductor L, R x4	16	
			Hold Adductor Stretch L	16	
1:16	V2 / _ I’m so ready	4x8	Standing Hip Flexor Stretch L. HOH	32	
1:31	PC / I can see	4x8	Standing Hamstring Stretch R. Hands on thighs	32	
1:46	C / I came here for love	4x8	Standing Quad Stretch L. R Arm To Side	32	
2:02	C / I came here for love	4x8	Dynamic Side Adductor R, L x4	16	
			Hold Adductor Stretch R	16	
2:17	Ref / We came here for	4x8	Iliotibial Stretch L	32	
2:32	Ref / We came here for	4x8	Iliotibial Stretch R	32	
2:48	C / I came here for love	4x8	Standing Calf and Tricep Stretch L	16	
			Standing Calf and Shoulder Stretch L	16	
3:04	C / I came here for love	4x8	Standing Calf and Tricep Stretch R	16	
			Standing Calf and Shoulder Stretch R	16	
3:19	Outro	4x8	Celebrate		



11. CAME HERE FOR LOVE 3:23 mins

COACHING TIPS

- Clearly explain body part and direction as you lead your class through the stretches
- Praise your class for their efforts today



GLOSSARY

STEP TOUCH

- Chest up
- Hips square to front

BOUNCE

- Hips and shoulders square to front
- Knees soft
- Feet wide

SQUAT

- Knees out
- Chest up

DEADLIFT

- Step out and hold
- Drop down
- Shift weight across
- Hinge forward from hips
- **Abs braced**
- Weight in heel
- Squeeze glutes to rise

PUSHUP

- Chest to elbow-height
- Abs braced

TRICEP PUSHUP

- Hands under shoulders
- Chest to elbow-height
- Elbows to ribs

PLANK

- **Abs braced**
- Body square to floor
- **Back long and straight**

STEP CURL

- Chest up
- Heel to butt
- Knees out

GALLOP

- Chest up
- **Abs braced**
- Step, skip, Step Curl
- Push out of the floor
- Move down and up

3-STEP RUN

- Hips square to front
- Brace your abs
- Lift your chest

SIDE STEP

- Chest up
- Abs braced
- Knee out

SKI JUMP

- Knees bent on landing
- Brace abs
- Chest up

DOUBLE SKI JUMP

- Knees bent on landing
- Brace abs
- Chest up

SINGLE KNEE LIFT

- Stay square to front
- Knee to hip-height
- Abs braced
- Chest up

SHUFFLE

- Chest up
- Hips square to front
- Light on balls of feet

DROP SQUAT

- On the balls of the feet
- Feet wide
- **Butt drops down and back**
- Chest up
- Abs braced
- Knees out

JUMPING JACK

- Heel down
- Knees out and bent
- Chest up

SIDE STEP HOP

- Side to side
- **Chest up**



GLOSSARY

- **Abs braced**
- **Knee out**
- **Hips square to front**

SKATER

- **Knee out**
- **Chest up**
- Push up out of the floor

STEP JUMP

- **Step into a squat before jumping**
- **Chest up**
- **Abs braced**
- Arms swing back and up

SINGLE PLYOMETRIC LUNGE

- **Front knee out**
- **Chest up**
- **Back knee down**

PULSE SQUAT JUMP

- **Knees out**
- **Chest up in the Squat**
- **Abs braced**

FAST CHEST PUSHUP

- **Chest to elbow-height**
- **Abs braced**

HIGH KNEE RUN

- **Chest up**
- Knees towards chest
- Elbows drive forward

LEAP

- **Chest up**
- **Drive legs out of floor**
- **Knees bent on landing**
- **Knee out over toes**

LEAP & SQUAT

- **Chest up**
- **Drive out of floor**
- **Knees bent on landing**
- **Knee out over toes**

SIDE BOUNCE

- On the balls of the feet
- Feet wide
- **Chest up**

LADDER RUN

- **Fast feet**
- **Upper body still**
- **Feet move in and out**

DOUBLE SNOWBOARD BOUNCE

- **Knees out**
- **Chest up**
- **Butt back**

SNOWBOARD JUMP

- **Knees out**
- **Chest up**
- Butt back

SIDE FLICK

- **Hips square to front**
- **Shoulders back**
- **Chest up**

SINGLE KICK

- **Back straight**
- Kick from the hip with straight leg
- **Chest up**
- **Hips square to front**

SINGLE KNEE PULL

- **Stay square to front**
- Knee to hip height
- **Abs braced**
- **Chest up**

BOTTOM HALF PULSE SQUAT

- **Knees out**
- **Weight in heels**
- **Chest up**
- **Hips just above knee-line**



GLOSSARY

BURPEE WITH TUCK JUMP

- **Brace abs as you jump feet out**
- **Hands in front of feet**
- **Feet wide in Squat**
- **Land with bent knees to absorb impact**

AIR JACK

- **Bent knee landing**
- **Abs braced**
- **Chest up**

CRUNCH

- **Chin tucked in - eye gaze to knees**
- **Slide ribs towards hips**
- Lift shoulders off the floor
- Hands extend past thighs

BRIDGE

- **Lie on back – feet on the floor**
- **Knees bent**
- Squeeze glutes to lift the hips

PULSE CRUNCH

- **Chin tucked in - eye gaze to knees**
- **Slide ribs towards hips**
- Lift shoulders off the floor
- Hands extend past thighs

OBLIQUE TWIST

- Front, back
- **Pull your shoulders across mid-line to opposite knee**

HOVER

- **Abs braced**
- Hips and shoulders square to floor
- **Back long and straight**

HOVER ARM BLADE COMBO

- **Elbows under shoulders**
- **Abs braced**
- **Back long and straight**
- Knees or toes
- Bring hand to shoulder; extend out, in, down
- **Hips and shoulders square to front**

STANDING HIP FLEXOR STRETCH

- Ensure the front knee is above the ankle
- Squeeze the glute or rear leg to open hip
- **Hips square to the front**

STANDING HAMSTRING STRETCH

- **Hips square**
- Weight in heel of standing leg
- Bend knee and lift from the hips
- Front leg extended with heel down

STANDING QUAD STRETCH

- Use abs to help balance and point
- Knee of lifted leg down to the floor
- Squeeze butt muscles to keep hips forward

ADDUCTOR STRETCH

- **Leg stretches out to the side**
- **Sit hips back**
- **Chest up**

ILIOTIBIAL (ITB) STRETCH

- Cross feet and press weight into hip

STANDING CALF AND TRICEP STRETCH

- Keep feet parallel
- Stretch into calf
- Head up

STANDING CALF AND SHOULDER STRETCH

- Keep feet parallel
- Stretch into calf
- Head up



MUSIC

- 01

Don't Leave Me This Way (4:51)

Sweat Shop Boys

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Written by: Gamble, Gilbert, Huff
- 02

Whoomp! (Brooklyn Bounce Remix) (4:23)

666 & Tag Team

© 2010 Dance Street / Sounds United.
Written by: Griesheimer, Detert
- 03

Musica Del Sol (Hands Up Mix) (4:51)

L.A.R 5 & Empyre One feat. Tommy Clint & Big Nami

© 2017 Global Airbeatz, a division of zooland Music GmbH.
Written by: Unknown
- 04

All Aboard (Dimitri Vegas & Like Mike Edit) (5:38)

Bassjackers, D'Angello & Francis

© 2017 Smash The House.
Written by: van Hilst, Flohr, M. Thivaivos, D. Thivaivos, de Laet, Franssens
- 05

Great Spirit (6:16)

Armin van Buuren & Vini Vici feat. Hilight Tribe

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Written by: van Buuren, de Goeij, Saharai, Kadosh
- 06

Set You Free (Hixxy Remix) (4:52)

N-Trance

© 2001 Central Station Records.
Written by: John, O'Toole, Longworth, Lewis, Trumpet
- 07

Place On Earth (5:01)

A-Trak & ZooFunktion

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Written by: Macklovitch, Real, Gordon
- 08

See The Light (5:21)

Auxillary Express

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Written by: Mew, Brady, Grice, O'Connor, Keen, Bruinewoud
- 09

I Live For That Energy (Asot 800 Anthem) (6:38)

Armin van Buuren

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Written by: van Buuren
- 10

ILLUMINATE (4:38)

Afrojack & Matthew Koma

Courtesy of the Universal Music Group.
Written by: Wall, Bair, Koma

- 11

Came Here For Love (3:23)

Sigma & Ella Eyre

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Written by: Fielder, Steinmyller, Wild, Christopher, McMahon, Dipesh
- EXP

5

Great Spirit (3:08)

Armin van Buuren & Vini Vici feat. Hilight Tribe

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Written by: van Buuren, de Goeij, Saharai, Kadosh



BODYATTACK 100 Presenters in Amsterdam

BODYATTACK IS 100!

I am so excited to bring this workout to you. This release is a thank you to all the BODYATTACK family around the world who deliver amazing experiences for your participants, week after week.

BODYATTACK 100 has a fantastic mix of both fresh, new music and familiar classics that I know many of you will remember! We go old school in Track 2 with *Whoomp!* then Track 3 invites you to bring out your inner Latin party diva in *Musica Del Sol*. The emotional peak of the class is Track 8, *See The Light*... the music is absolutely spine-tingling. We finish the second cardio block with *Live For That Energy* – the title says it all! It perfectly encapsulates the spirit and energy of BODYATTACK.

We have fun but we also work hard. Track 4 delivers fantastic plyometric training with an intense combination of Squats and Lunges... your legs are going to love it... eventually! We build muscular endurance through 32x Fast Pushups in Track 5, and develop great core strength and balance in a brand new Squat/Deadlift Combo. Track 7 trains our speed and reaction time with Ladder Runs and Planks, then we finish the workout with Bridge work to develop strength in the posterior chain.

Play with the music and share your passion and energy with your members as you sweat, smile, and take on the challenge together.

Wherever you are on your BODYATTACK journey – thank you for everything you do for the program. We are fitter together!

Lisa xxx

CREDITS

- Choreography** – Lisa Osborne
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Andrew Newmarch
- Program Coach** – Dr Dan Maroun, Bevan James Eyles
- Program Planner** – Courtney Watt
- Special thanks to** – Sarah Shortt, Lliam Dermott



KEY

ALT	Alternate PC Pre-Chorus	HOH	Hands On Hips
B	Back	ROM	Range Of Motion
QC	Quiet Chorus	Instr	Instrumental
B Up	Build Up	Seq	Sequence
R	Right	Intro	Introduction
Br	Bridge (non-chorus)	Tempo	Normal
RA	Running Arms	L	Left
C	Chorus	V	Verse
Ref	Refrain (recurring phrase or number of song lines)	Mins	Minutes
CTS	Counts	Preview	
Rep	Reprise (Part of the chorus repeated)	O/H	Over Head
F	Forward	OTS	On The Spot
RepX	Perform the Sequence/Exercise	Outro	Last few bars of music
F&B	Forward and Backward x Times	Repeat	

COUNTS

1/1	2 counts down, 2 counts up	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
1/1/2	2 counts down, 2 counts hold, 4 counts up	1/3	2 counts down, 6 counts up
2/2	4 counts down, 4 counts up	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1	6 counts down, 2 counts up	4/4	8 counts down, 8 counts up
1/2/1	2 counts down, 4 counts hold, 2 counts up	8/8	16 counts down, 16 counts up

EXPRESS FORMATS

45–MINUTE FORMAT		30–MINUTE FORMAT	
Track 01	Warmup	Track 01	Warmup
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 4	Plyometric	Track 04	Plyometric
Track 5	Athletic Strength	Track 07	Agility
Track 06	Running	Track 09	Power
Track 07	Agility	Express 05	Athletic Strength
Track 09	Power	Total Time	29:39
Track 10	Core		
Total Time	42:17		

Note: If you have time, use the Cooldown track to take your class through some stretches.

The EXPRESS version of Track 5 *Great Spirit* is to be used for the 30-minute format only. Please use the full version for the 45- and 55-minute classes.

Rock This Release! The Coaching notes have been updated to reflect the 3 Layers of Coaching with more clarity. Each block of work now clearly states which Layers you should be focusing on – making it even easier for you to coach BODYATTACK!

INSTRUCTOR TABATA WORKOUT 20 ON, 10 OFF – 12 INTERVALS

MOVE 1: 2x Pulse Squat Jump/2x Single Plyometric Lunge L, R = Track 4

MOVE 2: Fast Chest Pushup = Track 5

MOVE 3: Burpee with Tuck Jump = Track 9

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to teach most tracks from the past 10 releases. BODYATTACK now has a strong focus on sport and fitness training, and we want your classes to reflect the new training concepts and movement styles. This program is no longer ‘old school’ aerobics – so bear this in mind when making your track selection.



PRESENTERS

Lisa Osborne (New Zealand) is Program Director for BODYATTACK and Creative Director for BODYSTEP. She is a former three-time world champion and seven-time Australian aerobics champion, who is based in Auckland.

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OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

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

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

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

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