

BODYATTACK 101

01. 热身

02. 混合冲击

03. 有氧训练

04. 强度巅峰

05. 力量训练

06. 跑步

07. 灵活性训练

08. 间歇训练

09. 力量巅峰

10. 核心训练

11. 放松

术语表

音乐

小节设置

嗨，教练们，我们期待您对新的内容做出反馈！

请点击此处填写一份快速调查

https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACE

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01. 热身

小节焦点

我们一起欢笑、一起挥洒汗水、一起享受这运动的乐趣，希望所有的学员们能够亲身感受到“我们团结奋进融为一体”这样的良好氛围。

动作选择

弹跳——无冲击，无手臂动作
左右并步——无手臂动作
跑步——走路

	Music		Sequence/Exercise	CTS	REPS
1	0:05	Intro / Hands up	4x8	Step feet hip-width apart Stretch arms up O/H Open arms wide to side	32
	0:17	QC / Hands up	4x8	A Bounce L, R. RA	2 16x
	0:31	C / Hands up	4x8	B Step Touch L, R. Double Arm Bicep Curl	4 8x
	0:43	Hands up	4x8	A Bounce L, R. RA	2 16x
	0:56	Instr / (Synth)	4x8	C Side-Step Lunge L, R. Hands on thighs	8 4x
	1:09	Instr / (Synth)	4x8	D Lunge L Transition to Plank position Hold Plank Turn to front – Side Plank Return to Plank	4 4 8 12 4
	1:23	Instr / One	4x8	E Tricep Pushup Jump feet wide – Stand up	4 7x 4
	1:35	Instr / One	4x8	F Run OTS. RA	32
	1:49	Instr / (Synth)	8x8	G Butt Kick L x8. RA Butt Kick R x8. RA	16 2x 16
	2:14	Instr / (Beat)	4x8	H Run F. RA Run B. RA	8 2x 8
	2:28	Ref / Hands up	4x8	B ¹ Step Touch L, R. Arms relaxed by sides	4 8x
	2:40	Ref / Hands up	4x8	A Bounce L, R. RA	32
	2:53	Ref / Hands up	4x8	B Step Touch L, R. Double Arm Bicep Curl	4 8x
	3:07	Ref / Hands up	4x8	A Bounce L, R. RA	4 8x
2	3:19	Instr / (Synth)	4x8	C Side-Step Lunge L, R. Hands on thighs Hold last Lunge to L	8 4x
	3:32	Instr / (Build)	4x8	D Transition to Plank Hold Plank Turn to front – Side Plank Return to Plank	8 8 12 4
	3:45	Instr / One	4x8	E Tricep Pushup Jump feet wide – Stand up	4 7x 4
	3:58	Instr / (Synth)	4x8	F Run OTS. RA	32
	4:11	Instr / Hands up	8x8	G Butt Kick L x8. RA Butt Kick R x8. RA	16 2x 16
	4:37	Instr / (Beat)	4x8	H Run F. RA Run B. RA	8 2x 8



01. UNITE 4:51mins

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，解释如何结合韵律及姿势提示语做各个动作。因为要学习的动作较多，所以要使用简短又响亮的姿势提示语，并确保在过渡到地面以及放置至侧向平板支撑时，要及时提醒。预览踢臀动作，保证大家都能跟上你的动作。

- **弹跳**——髋部和肩部正对前方，膝盖放松，双脚宽距
- **左右并步**——从左侧到右侧，双脚并到一起，左右并步，挺胸，保持腹部收紧
- **侧腿迈步弓步**——向外，向内， 1，2. **膝盖张开**，臀部向后，**挺胸**
- 将身体作为一个整体，做侧向平板支撑
- **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**，保持腹部收紧，可选动作为朝地面折叠手肘
- **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
- **踢臀**——左侧. 8，7... 脚跟踢至臀部，**挺胸**，**保持髋部正对前方**

第2段

第2/3层

在第2层，鼓励学员们加大动作幅度以为接下来的训练做好准备。让他们注意我们正在热身的是哪个肌肉群。在第3层，我们分享能量并庆祝—— 我们希望每一位学员都为下一个BODYATTACK 100期而感兴奋！带着令人振奋的能量来到这一小节，在合唱部分保持这种振奋的能量，然后在更安静的力量阶段将音量降低以形成对比。

- **左右并步**——向下及向上。屈膝，身体下降并向上推以感受腿部的能量
- **弹跳**——进一步转移你的能量
- **侧腿迈步弓步**——迈一大步，将臀部进一步向后推，让双腿为训练做好准备
- **三头肌俯卧撑**——手肘向内收并用力推离地面
- **踢臀**——保持直立，踢臀以激活腘绳肌
- 关键就是要以一个整体来迎接下一个100期
- 提高心率，让我们能适应接下来的55分钟
- 你们看起来好极了！

沟通

欢迎课堂上的每一位学员，营造他们对接下来的训练的期待氛围！展示你自己本身对训练的激情，让教室里充满正能量。记得要与所有学员互动，而不只限于前排那些经常参加的学员们。



02. 混合冲击

小节焦点

我希望学员们继续热身，通过迈步后屈腿和Gallop活动腿部，并掌握前后曼波舞的方向变化。

动作选择

迈步后屈腿和Gallop——无手臂动作，无冲击
跑步——慢跑或踏步
前后曼波舞——跟着OTS节奏

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Instr /	2x8	Run F. RA	8	2x
					Run B. RA	8	
		0:11	Instr / (Beat)	8x8	Run F&B. RA	16	4x
		0:35	Br / (Cymbals)	4x8	A Triple Pulse Squat. Jump in and out. Hands on thighs	8	4x
		0:48	V1 / He didn't walk	4x8	B Step Curl L, R. Arms relaxed by sides	4	8x
		1:00	Ooh	4x8	B ¹ Step Curl L, R. Double-Arm Bicep Curl	4	8x
		1:12	C / Havana	8x8	C Gallop L, R. Double-Arm Bicep Curl	8	8x
		1:37	Instr / (Synth)	4x8	D Run OTS. RA F&B Mambo on last 4cts	32	
		1:49	C / Havana	4x8	E F&B Mambo L. RA	4	8x
		2:02	Instr / (Synth)	8x8	D ¹ Run F&B. RA	16	4x
	2:27	Instr / (Techno beat)	4x8	E F&B Mambo L. RA	4	8x	
2		2:39	Instr / (Island beat)	40x8	REPEAT SEQUENCES A – E TO R SIDE		



02. HAVANA 4:46mins

第1段

第1/2层

当我们进入训练的第一阶段时，我们在小节开始的时候就要提起精神。使用清晰的指示和姿势提示语来教授 第1层的基本内容。使用简短的提示语来清晰地指导前后曼波舞的韵律及方向，让大家都一起运动起来，并且提示步法的模式。在前后组合动作中带入大量能量并演绎出曼波舞的拉丁风味！

- **前后跑**——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
- BODYATTACK是包含多种强度的混合冲击训练项目
- **三级蹲跳**——**3，2，1**：向内跳，向外跳。**膝盖张开，挺胸，臀部高于膝盖位置**。如果需要拿掉跳这个动作，请将双腿向侧面迈开
- **迈步后屈腿**——先迈出一只脚，然后迈出另一只脚，左侧，右侧。**膝盖张开，挺胸**
- **Gallop**——左脚gallop，右脚gallop。提起脚跟以改变方向。**挺胸，保持腹部收紧**，保持髋部正对前方。可选动作是无冲击和无手臂动作
- **OTS跑**——**保持腹部收紧，保持挺胸及臀部静止**
- **前后曼波**——向前，向后。左脚向前，重心位于脚尖

第2段

第2/3层

选择能加大迈步后屈腿和Gallop强度的第2层提示语，让双腿为剩下的训练做好准备。前后曼波舞的关键是要快速反应：指导学员们快速向前一步，然后尽可能快地将重心收回。这将有助于锻炼学员们的反应速度。增加该动作的趣味性并尝试用能帮助大家在曼波舞中更快回位的不同的类似动作。

- 我们已经了解动作了，现在让我们一起做得更好
- 在哈瓦那，人民努力工作同时尽情享受，就像BODYATTACK 的粉丝们一样！
- **三级蹲跳**——向后坐，保持低重心
- **迈步后屈腿**——左腿，右腿。保持屈腿向下，唤醒你的肌肉，更加用力
- **Gallop**——向下和向上，双脚宽距，屈膝，利用你的肱四头肌和臀大肌
- **前后曼波舞**——左侧，将重心转移至前脚后再推回
- **前后跑**——将脚跟踢得更高并再向前跑以进一步提高心率
- 给我展示你们的哈瓦那的完成动作！



03. 有氧训练

小节焦点

我希望所有学员们能享受双腿滑雪板弹跳动作，并在跑步及开合跳组合中保持精力充沛。

动作选择

- 跑步——走路或慢跑
- 提膝——无跳跃或手臂动作
- 开合跳——脚尖侧点地或侧弹腿

		Music		Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Ref / _ Are you ready for it	4x8	Run OTS. RA	32
		0:11	V1 / Killer	8x8	A Single Knee Lift L, R. Single-Arm Punch F	4 16x
		0:35	PC / I see	4x8	B SINGLE KNEE LIFT F & RUN B COMBO Single Knee Lift L, R. Move F. Single-Arm Punch F Run B. Pec Dec Arms x8	16 16
		0:47	QC / Middle of the night	4x8	B  Single Knee Lift F & Run B Combo	32
		0:58	C / Middle of the night	4x8	B ¹  Single Knee Lift L, R. Single-Arm Punch Up Run B. Pec Dec Arms x8	16 16
		1:10	Ref / Ready for it	4x8	C Snowboard Bounce L, R Hold and face L front Corner on last rep	4 8x
		1:22	Instr / (Synth)	8x8	D RUN & JUMPING JACK COMBO L, R Run To L front corner. Double Arm Reach Up x4 Run OTS. Double Arm Reach Up x4 Run B. RA 4x Jumping Jack turn to R front corner. Straight Arm Side Raise  to R	8 8 8 8 32
		1:46	Instr / (Synth)	4x8	E Jumping Jack. Double Arm Reach Up  Clean Squat F on last 4cts	2 16x
		1:58	Instr / (Melody)	4x8	F JUMPING JACK & CLEAN SQUAT COMBO 2x Jumping Jack. Double Arm Reach Up Clean Squat F. Double Arm Bicep Curl	4 4 4x
2		2:10	V2 / Robber	40x8	REPEAT SEQUENCES A – F	
3		4:09	Baby let the	4x8	Run OTS. RA	32
		4:21	Instr / (Melody)	4x8	G Drop Squat. Hands on thighs	4 8x
		4:33	PC / I see	4x8	E  Jumping Jack. Double Arm Reach Up	2 16x
		4:45	Instr / (Synth)	8x8	D  Run & Jumping Jack Combo L, R	64
		5:09	C / Middle of the night	8x8	F  Jumping Jack. Double Arm Reach Up	2 32



03. READY FOR IT 5:37mins

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。在指导双腿滑雪板弹跳的时机和跑步&开合跳组合的方向时，要使用简短响亮的提示语。确保你在抓住滑雪板弹跳到跑步组合的时机时使用的是像“3，2，停，跑！”这样看得到又听得清的提示语。

我们希望在这一节里把能量建立起来，所以你们在每一个回合都要让“能量齿轮”加速以保持和增加兴奋感。

• 让我们把能量调动起来，享受大幅动作和美妙音乐的乐趣！

• **单腿抬膝**——1，2，左腿及右腿，**髋部正对前方，腹部收紧，挺胸。你们可以随时停止弹跳**

• **单腿抬膝前后跑组合**——8次膝盖向前，张开胸部，跑步返回

• **双脚滑雪板弹跳**——左，右， **1，2，挺胸，保持腹部收紧，身体作为一个整体转过来，重量轻盈置于脚尖**

• **跑步 & 开合跳组合**——跑至左边角落，跑回，4次开合跳然后转身。跑至右边角落

• **开合跳**——打开，收起，打开，收起。**脚跟落地**，双膝张开，挺胸。可以随时停止跳跃

• **开合跳 & 纯深蹲组合**——2次开合跳，1次纯深蹲。将双臂向上，再向上延伸——跳跃，跳跃。纯深蹲：向地面屈膝，臀部向后，挺胸

第2段

第2/3层

在第2层，我们要解释如何更充分挖掘各个动作的潜能，改善姿势并加大强度。例如：鼓励学员们在跑步& 开合跳组合中跑得更远并加大开合跳的动作深度。

• **单腿抬膝**——将膝盖提得更高，动作中注入能量

• 我们每一个人今天都正在感受这种能量！

• 我们准备好了吗？

• 能量已经提上来了，现在也更有乐趣了，我们感觉很好

• **跑步& 开合跳组合**——向高处延伸，提高脚跟

• **开合跳**——能量贯穿手臂，腿部以及全身

• 动起来感觉很棒！

第3段

第3层

在第3层我们分享能量并确保每一个人都享受愉快的训练时间！找出对于你自己而言真实的能表达出本节训练乐趣的方式，这是你能稍微放松一点并激发出有氧训练程度的时刻。

• 大家把能量带进来

• 我们马上就要一起完成最后一轮了

• 让我们再做一次！

• 一起坚持到最后

• 最后关卡——再来16 个开合跳

• 我们火力全开，我们已经准备好要在下一小节中挑战更难的训练



04. 强度巅峰

小节焦点

我希望学员们都能感受到由多个区域肌肉的力量，感受有氧耐力及肌肉持久性带来的挑战。

动作选择

跑步——踏步或慢跑
增强式弓步——迈步后屈膝或交叉弓步

		Music			Sequence/Exercise	CTS	REPS
I N T R O	0:00	Instr / (Synth)	4x8	A	Run OTS. RA	32	
	0:10	Instr / (Synth)	4x8	B	Single Shuffle L, R. RA Drop feet wide and hold on last 4cts	32	
	0:21	Instr / (Techno)	8x8	C	SIDE BOUNCE & JUMPING JACK COMBO Side Bounce. Guard Arms Shuffle. RA Jumping Jack x4. Bent Arm Side Raise  to R  Burpee with Straight Jump on last 8cts	4 4 8 16	2x
	0:44	Instr / (Techno)	8x8	C ¹	SIDE BOUNCE & BURPEE COMBO Side Bounce. Guard Arms Shuffle. RA Burpee with Straight Jump or Jumping Jacks  to R	4 4 8 16	2x
	1:07	Instr / (Fast beat)	4x8	E	Recovery	32	
2	1:19	Instr / (Beat)	4x8	D	8x SQUAT & LUNGE COMBO 8x Pulse Squat, no Jump. Hands on thighs 4x Single Plyometric Lunge L, R. RA	16 16	
	1:30	Instr / (Techno)	8x8	D ¹	 8x Squat & Lunge Combo, with Jump	32	2x
	1:53	Instr / (Techno)	4x8	D ²	4x SQUAT & LUNGE COMBO 4x Pulse Squat with Jump. Hands on thighs 2x Single Plyometric Lunge L, R. RA	8 8	2x
	2:04	Instr / (Techno)	4x8	D ³	2x SQUAT & LUNGE COMBO 2x Pulse Squat with Jump. Hands on thighs Single Plyometric Lunge L, R. RA	4 4	4x
	2:17	Instr / (Beat)	4x8	E	Recovery	32	
3	2:28	Instr / (Beat)	4x8	B	 Shuffle. RA	32	
	2:40	Instr / (Techno)	16x8	C ²	 Side Bounce & Burpee and Tuck Jump Option	32	4x
	3:26	(Techno)	8x8	E	Recovery	64	
4	3:42	(Techno)	4x8	D	 8x Squat & Lunge Combo. No Jump	32	
	3:53	(Techno)	8x8	D ¹	 8x Squat & Lunge Combo	32	2x
	4:17	(Fast)	4x8	D ²	 4x Squat & Lunge Combo	16	2x
	4:28	(Fast beat)	4x8	D ³	 2x Squat & Lunge Combo	8	4x
	4:40	Instr / (Quiet)	4x8	E	 Recovery	32	
5	4:51	Instr / (Beat)	4x8	B	 Shuffle. RA	32	
	5:03	Instr / (Techno)	8x8	C ²	 Side Bounce & Burpee Combo	32	2x
	5:26	Instr / (Fast beat)	4x8	D ¹	 2x Squat & Lunge Combo	8	4x
	5:37	Instr / (Fast beat)	4x8	F	Single Plyometric Lunge L, R. RA	4	8x



04. ROCKSTEADY 6:11mins

第1&2段

第1/2层

这一节的关键就是动作要有条理！音乐既刚猛而有力，所以不要说太多话而掩盖了音乐。每一段设置1到2个目标，避免过度指导。这一节就是简单重复型的，这样能保证学员们最大限度地训练。

在第1层，清晰地指导方向并使用动作名称以让所有人一起动起来。

在第2段，注意提示动作次数，让大家都清楚动作到底是8/8，4/4还是2/2。确保提供波比及深蹲/弓步组合的动作选择。

- 5段锻炼来训练爆发力和力量
- 是时间加大强度了
- **侧向弹跳&开合跳组合**——侧向弹跳，跳步，开合跳。动作选择是迈2步，原地踏步并宽距点地开合跳：**脚跟落地，膝盖张开，挺胸**
- **侧向弹跳 & 波比组合**——波比：向下，向后，向内，向上。**双脚宽距**，利用深蹲进行姿势切换，**向后跳时保持腹部收紧，屈膝落地，跳回原位时保持腹部收紧**
- **深蹲&弓步组合**——8次深蹲... 8次弓步... 双脚宽距，双脚近距
- **蹲跳**——**膝盖张开，挺胸**
- **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

第3&4段

第2/3层

为第3段和第4段设置目标(力量或耐力)。教导学员们如何把动作做得更好以训练“力量”或“耐力”

- 恢复开始时的姿势。现在我们要关注的是爆发力
- **侧向弹跳&抱膝跳的波比组合**——如果你想加大难度，可以增加抱膝跳动作。将膝盖拉至胸前，**落地时屈膝并保持双脚宽距**
- 恢复开始时的姿势。设置4——我们要训练力量和耐力
- **蹲跳**——重心降得更低，利用臀大肌的力量向上推
- **增强式弓步**——将后膝放低，推动双腿朝地面靠近

第5段

第3层

最后一段的混合动作是极具挑战性的，你的学员们一定会感到非常筋疲力尽并且想要放弃。你作为教练的职责就是要带领每一位学员坚持到终点。我们有四种激励方式：内在的，外在的，正面的鼓励和挑战性提示语。今天你会如何激励你面前的学员呢？

- 努力做好动作幅度
- 更用力一点，现在就推动！
- 努力克服疲惫完成动作
- 摧毁地面，摧毁你的成果



05. 力量训练

小节焦点

我希望学员们体会到深蹲 - 平板支撑 - 开合跳组合动作所带来的挑战，并感受到在动作中是如何运用到双脚、核心部位及上肢的。

动作选择

所有俯卧撑
2/2恢复

	Music		Sequence/Exercise		CTS	REPS
1	0:00	Instr / _ Push it	4x8	Set feet hip-width apart	16	
				Squat – Plank – Jumping Jack Feet Combo	16	
	0:13	Instr / (Melody)	16x8	A SQUAT – PLANK – JUMPING JACK FEET COMBO		8x
				Squat – Walk hands to Plank – Tricep position	4	
				Plank – Jump Feet In	1	
				Plank – Jump Feet Out	1	
				Plank – Jump Feet In	1	
				Plank – Jump Feet Out	1	
				Walk hands to feet – Squat – Stand	8	
	1:08	Instr / (Beat)	2x8	B Squat – Walk hands to Plank – set up for Tricep Pushup	16	
2	1:16	Instr / (Beat)	8x8	C 6x Bottom Half Tricep Pushup Plank	12	4x
				Transition with hands wide to Pushup on last 2cts	4	
	1:43	Instr / (Beat)	4x8	D 2/2 Wide Pushup – or recovery	8	4x
	1:57	Instr / (Beat)	4x8	E Single Wide Pushup	4	8x
	2:11	Ref / Push	8x8	F 6x Bottom Half Chest Pushup	12	
				Plank – Jump Feet Out	1	
				Plank – Jump Feet In	1	
				Plank – Jump Feet Out	1	
				Plank – Jump Feet In	1	4x
	2:16	Instr / (Beat)	4x8	Recovery	32	
3	2:26	_ Push	34x8	REPEAT SEQUENCES A (x4) – F	272	
				EXPRESS FORMAT FINISHES HERE		
	5:05	(Beat)	8x8	E ¹ Single Chest Pushup (Fast) – narrow or wide	2	32x



05. PUSH 5:41mins

第1段

第1/2层

动作开始时双脚宽距，并告诉学员们照做，因为他们要准备直接进入动作组合了。在开始时看明白预览动作是非常重要的，这样每一位学员都能感受到动作时机和音乐节奏。本小节里有很多次俯卧撑动作，所以要提供动作选择进行休息或按照演员自己的节奏来确保每个人都能获得成就感。

Lisa在设计这一节动作编排时的重点是要为更强壮有力的身体建立并维持核心力量，所以在整个小节中要特别注意保持腹部收紧。

- **深蹲-平板支撑-开合跳双脚组合**——双脚宽距。向下深蹲，向前走动，2次开合跳，走回原位。1，2，3，4，向内，向外，向内，向外。共有 2次深蹲——一次向下，一次向上。在深蹲时，双脚宽距，膝盖张开，挺胸。平板支撑：保持双脚宽距，臀部放低，腹肌支撑。开合跳：**跳跃时锁紧核心部位**
- **下半部三头肌俯卧撑**——6次下半部三头肌俯卧撑。双手位于肩下，手肘向内收，胸部与手肘同高。动作选择：膝盖：将手肘折叠至地面
- **胸部俯卧撑**——胸部与手肘同高，保持腹部收紧。如果你做起来很费力，可以把膝盖放置臀部下方。
- **俯卧撑&平板支撑跳组合**——新组合动作：6次下半部三头肌俯卧撑。2次开合跳，全程保持腹部收紧。

第2&3段

第2/3层

在第2层，我们要告诉学员们如何更充分利用训练以及它带来的好处，从而加大强度，解释组合动作所带给肌肉力量的益处，以及如何在疲惫状态下快速练出效果。下半部三头肌俯卧撑包含不同动作幅度，所以要告知学员们保持弯曲手肘来上下运动，这样他们才能获得最大的收益。

提醒学员们在整个训练中保持腹部发力以支撑完成训练。

我们最后用一轮俯卧撑来结束训练！使用第3层激励性提示语并强化动作选择，这样每个人都能坚持到最后。

- **深蹲 - 平板支撑 - 开合跳双脚组合**——全身上下都要动起来——双腿，核心部位及胸部——以建立稳定性和力量
- **下半部三头肌俯卧撑**——保持低重心，手肘向内收紧，让三头肌受力。手掌与地面抗争以激活三头肌
- **胸部俯卧撑**——坚持以变得更加强壮
- **俯卧撑&平板支撑跳组合**——俯卧撑中保持低重心以苏醒胸部，然后在开合跳中保持腹部收紧以强化核心部位
- 再挑战一次
- 32次俯卧撑！双手宽距或近距
- 尽可能地多做几次
- 你可以选择放慢速度或者跟上节奏
- 大伙加油吧！剩下8个了！



06. 跑步

小节焦点

我希望所有学员们都准备好迎接课堂第二部分，让他们的双腿为弓步组合动作做好准备。

动作选择

跑步——步行或慢跑

	Music			Sequence/Exercise	CTS	REPS
1	0:00	Instr / (Melody)	4x8	A Recovery	32	
	0:11	C / _ We won't give up	8x8	B STEP LUNGE COMBO L, R Lunge F. Fists to hips Hold down Step B. Fists to hips  to R  Lunge, Squat, Knee Lunge Combo on last 8cts	2 4 2 8	4x
	0:35	Instr / (Synth)	8x8	B ¹ LUNGE, SQUAT, KNEE LUNGE COMBO L, R Lunge F. RA Single-Leg Knee Squat. RA Lunge B. RA Reset feet hip-width apart. Fists to hips  to R	2 2 2 2 8	4x
	0:58	Instr / (Synth)	8x8	C Circle Run – clockwise. RA	64	
	1:22	Instr / (Synth)	4x8	D RUN IN & RUN B COMBO Run In. Double Arm Reach Up x8 Run B. RA Drop Squat x2. Hands on thighs	16 8 8	
2	1:34	Instr / (Low)	4x8	E Bounce OTS. RA	2	16x
	1:45	C / _ We won't give up	4x8	B Step Lunge Combo L, R	8	4x
	2:09	Instr / (Build)	8x8	B ¹  Lunge, Squat, Knee Lunge Combo L, R	16	4x
	2:33	Instr / (Synth)	8x8	C ¹ Circle Run – anticlockwise. RA	64	
	2:56	Instr / (Synth)	4x8	D  Run In & Run B Combo	32	
3	3:08	C / _ We won't give up	4x8	F Single Squat. Hands on thighs	4	8x
	3:20	C / _ We won't give up	4x8	F ¹ Single Squat. Arms O/H	4	8x
	3:32	Instr / (Synth)	8x8	C ¹ Circle Run. RA	64	
	3:55	Instr / (Synth)	4x8	D  Run In & Run B Combo	32	
	4:07	Instr / (Synth)	4x8	G High Knee Run In. RA	32	



06. TILL THE DAY COMES 4:28mins

第1段

第1层

关注在基本动作保持，设置好迈步弓步组合以让前腿受力，并教授弓步第1层的基本动作。 指导弓步动作、深蹲、弓步抬膝组合的节奏。

- 我们进入到课程的第二部分。将要提高心率并注意腿部力量
- **迈步弓步组合**——双脚位于臀部下方。迈步弓步并保持。向下，保持，向后推。在最低点稍停留，向前迈一大步，**前膝打开，挺胸**
- **弓步，深蹲，弓步抬膝组合**——弓步，抬膝，向后，换边。保持低重心，前脚坚持住，**髋部正对前方**。从弓步变成单腿深蹲



- **转圈跑**——放松上肢，尽量能跑多快就跑多快
- **跑进&跑回组合**——跑8，7，6... 跑回，2 次下蹲

第2段

第2/3层

在第2层，我们要加大强度并改进姿势。在迈步弓步组合中，重点教授大家向前迈出一大步以保持前脚跟受力。在弓步-深蹲-弓步抬膝组合中，教授稳定性，保持臀部压低，上肢不动，并通过脚跟、肱四头肌及臀大肌转移体重来进行控制，从而让双腿受力。确保从弓步变成平衡姿势时要加强收紧腹部。

利用转圈跑来提高心率并提供不同的动作选择 来降低或提高强度。

- **迈步弓步组合**——重中之重就是要保持动作的深度。向下迈步，前膝受力，往外推出。保持，用力，推出
- **弓步，深蹲，弓步抬膝组合**——降低腿的高度以获得稳定性和控制。在你运动时保持上肢不动，同时臀部压低
- **转圈跑**——让我们一起提高心率并为接下来的小节做好准备吧

第3段

第1/3层

简短地设置第1层里深蹲的提示语。注意用双臂保持挺胸，肩部向下向后这样学员们就不会太前倾或因为上肢垮掉而失败。

教导大家该工作带来的好处，然后就让大家一起享受跑步模式带来的能量。

- **单腿深蹲**——双脚宽距，膝盖打开，挺胸。提高双臂以激活背部肌肉。我们正在建立力量和灵活性，从而让我们运动得更好！
- 如果你感觉良好的话，可以加快节奏

表现

这是是一首很棒的歌曲，它强调大家都不要放弃以及一起变得更强——简直太适合BODYATTACK了！ 将你的教授与音乐相匹配。在弓步中保持冷静和受控，然后在你逐渐进入转圈跑中提升力量和声音。当我们跑到一块时，就是我们庆祝训练，开怀大笑并分享对BODYATTACK的热爱时刻。



6. 跑步——小型室内选项

小节焦点

我希望所有学员们都准备好迎接课堂第二部分，让他们的双腿为弓步组合动作做好准备。

动作选择

跑步——步行或慢跑

	Music			Sequence/Exercise	CTS	REPS
1	0:00	Instr / (Melody)	4x8	A Recovery	32	
	0:11	C / _ We won't give up	8x8	B STEP LUNGE COMBO L, R Lunge F. Fists to hips Hold down Step B. Fists to hips  to R  Lunge, Squat, Knee Lunge Combo on last 8cts	2 4 2 8	4x
	0:35	Instr / (Synth)	8x8	B ¹ LUNGE, SQUAT, KNEE LUNGE COMBO L, R Lunge F. RA Single-Leg Knee Squat. RA Lunge B. RA Reset feet hip-width apart. Fists to hips  to R	2 2 2 2 8	4x
	0:58	Instr / (Synth)	8x8	C High Knee Run OTS. RA	64	
	1:22	Instr / (Synth)	4x8	D RUN IN & RUN B COMBO Run In. Double Arm Reach Up x8 Run B. RA Drop Squat x2. Hands on thighs	16 8 8	
2	1:34	Instr / (Low)	4x8	E Bounce OTS. RA	2	16x
	1:45	C / _ We won't give up	4x8	B Step Lunge Combo L, R	8	4x
	2:09	Instr / (Build)	8x8	B ¹  Lunge, Squat, Knee Lunge Combo L, R	16	4x
	2:33	Instr / (Synth)	8x8	C ¹ High Knee Run OTS. RA	64	
	2:56	Instr / (Synth)	4x8	D  Run In & Run B Combo	32	
3	3:08	C / _ We won't give up	4x8	F Single Squat. Hands on thighs	4	8x
	3:20	C / _ We won't give up	4x8	F ¹ Single Squat. Arms O/H	4	8x
	3:32	Instr / (Synth)	8x8	C ¹ High Knee Run OTS. RA	64	
	3:55	Instr / (Synth)	4x8	D  Run In & Run B Combo	32	
	4:07	Instr / (Synth)	4x8	G High Knee Run In. RA	32	



07. 灵活性训练

小节焦点

我希望学员们能享受训练单腿力量的跳跃式迈步后屈膝及训练方向速度的开合跳组合所带来的乐趣

动作选择

开合跳&爬梯跑自合——全部走路
跳跃式迈步后屈膝——仅迈步后屈膝:无跳跃/冲击
滑雪者——侧腿迈步

	Music			Sequence/Exercise		CTS	REPS
I N T R O	0:00	Ref / C'mon get up	4x8	Split room		32	
	0:11	Ref / Think	8x8	Jumping Jack OTS x4. Guard Arms Hold feet together		8 8	4x
	0:34	Ref / C'mon get up	8x8	👁️ Jumping Jack & Ladder Run Combo last on 16cts			
				JUMPING JACK & LADDER RUN COMBO OTS			4x
				Jumping Jack OTS x4. Guard Arms		8	
				Ladder Run OTS x4		8	
				👁️ Step Knee on last 8cts			
	0:58	Ref / Think	4x8	A	Step Knee L, R. RA	8	6x
	1:10	V1 / Think	6x8	A ¹	🔄 Step Knee With Leap L, R. RA	8	6x
	1:28	C / Freedom	4x8	A ²	🔄 Step Knee With Leap L, R. Throw Arms up Hold on last 4cts	8	4x
1	1:40	Ref / _ Think	8x8	B	🔄 Jumping Jack & Ladder Run Combo OTS	16	4x
	2:03	Instr / I need	8x8	B ¹	JUMPING JACK & LADDER RUN COMBO SQUARE		
					Jumping Jack x4 OTS	8	
					Ladder Run – Move F	8	
					Jumping Jack x2 – Turn 45° to front	4	
					Jumping Jack OTS	4	
					Ladder Run – Move F	8	
					Jumping Jack x2 – Turn 45° to side	4	
					Jumping Jack OTS	4	
					Ladder Run – Move F	8	
					Jumping Jack x2 – Turn 45° to Back	4	
					Jumping Jack OTS	4	
					Ladder Run – Move F	8	
					Turn to face middle of room		
2	2:27	Instr / I need	18x8	C	Ski Jump L, R	2	16x
				D	Skater L, R. Relaxed RA	4	8x
	2:51	Ref / C'mon get up	4x8	Change sides – Run!		32	
	3:03	Ref / Think	38x8	REPEAT SEQUENCES A – D		304	



07. THINK 5:02mins

第1段

第2/3层

在第1层，注意步法的模式。我们在开合跳中打开并收拢，脚跟落地，然后我们踮起脚尖，准备爬梯跑。该小节需要众多节奏提示语来确保每一位学员都能够一起运动——尤其是在4次开合跳及从迈步后屈膝到跳跃式迈步后屈膝的过程中。像这样的提示语 “向外，向内，向外，向内” 和 “向前，向后，向前，向后” 将有助于大家把握好节奏。

这一节活力四射，充满乐趣！我们在指导训练的同时，应当先确保你留足够的时间，将运动与音乐相结合从而激发出振奋人心的感觉。

- 我们将要朝各个方向快速运动了，因为这就是生命！
- **开合跳**——开始时双脚并拢。4次开合跳，然后停止时并拢双脚： 1，2，3，4，停。向外，向内，向外，向内，停。 当练习开合跳时，**脚跟落地，膝盖张开，挺胸**
- **开合跳&爬梯跑组合OTS**——4次开合跳，爬梯跑：重心置于脚尖，跑出并跑入，**挺胸，腹部收紧**
- **迈步后屈膝**——1 次屈膝，向后迈步。**前膝张开，髋部正对前方，保持腹部收紧**
- **跳跃式迈步后屈膝**——向前跳，跑回
- **开合跳&爬梯跑组合方块**——这个动作和方块模式中的动作是相同。开合跳，爬梯跑并向前移。2次开合跳，转至一侧，爬梯跑——向前移动
- **滑雪跳&滑雪者组合**——滑雪跳：脚踝和膝盖一起。**保持腹部收紧，髋部正对前方**。滑雪者：从一侧到另一侧。**膝盖张开，挺胸**，推动动作

第2段

第2/3层

在第2层，我们要加大开合跳的动作深度和爬梯跑的速度，从而增加难度。向学员说明动作带来的益处；例如，我们在开合跳中坐得更低可以运动更多肌肉，燃烧更多热量。

滑雪跳 & 滑雪者组合是力量与速度的最终组合。选择能推动滑雪跳速度并增加滑雪者动作幅度的提示语以提高心率。让学员们挑战极限，一起强有力地完成！

- **迈步后屈膝**——让我们进一步屈膝；迈步和收回时保持低重心
- **跳跃式迈步后屈膝**——用力跳，但是我们能在低处保持稳定吗？保持住，跑步，跑步。现在我们迫使肱四头肌、臀大肌及腹部更加用力
- **开合跳&爬梯跑组合OTS**——重心放在‘向下’。放下，推上，放下，推上，用力向下坐，然后并拢双腿
- **开合跳&爬梯跑组合方块**——向下，并拢双腿，然后在爬梯跑中加入速度。让我们一起加快速度
- **滑雪跳&滑雪者组合**——核心部位收紧，在滑雪跳中弹动膝盖。在做滑雪者动作时进一步屈膝并推离地面
- 让我们把它提起来——一起来吧！
- 还有10秒钟结束



08. 间歇训练

小节焦点

我希望学员们在做跑步、摆动&开合跳组合中感受到昂扬的志气以及充沛的精力。

动作选择

- 侧弹腿——脚尖侧点地
- 跑步——踏步或慢跑
- 踢腿——脚尖点地或低位置踢腿
- 开合跳——侧弹腿或脚尖侧点地
- 向后摆动——慢跑回

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro /	1x8	Run OTS	8	
		0:02	QC / _ Show me	4x8	A Side Flick L, R. Relaxed Arms	4	8x
		0:13	C / _ Show me	4x8	A ¹ Side Flick L, R. Straight Arm Side Raise	4	8x
		0:25	Rep / Show	4x8	B Jumping Jack. Straight Double Arm Side Raise	2	16x
		0:37	Instr / (Melody)	4x8	C RUN, SWING & JUMPING JACK COMBO		
					Run F. RA	8	
					Swing B. RA	8	
					4x Jumping Jack. Straight Double Arm Side Raise	8	
					4x Jumping Jack. Raise Arms to O/H	8	
		0:49	Instr / Show me love _	8x8	C  Run, Swing & Jumping Jack Combo		2x
2					Run F. RA	8	
					Swing B. RA	8	
					4x Jumping Jack. Double Arm Side Raise	8	
					4x Jumping Jack. Raise Arms to O/H	8	
		1:12	Instr / Show me love _	8x8	D SINGLE KNEE & KICK COMBO		2x
					4x Single Knee L, R. Double Arm Pull Down	16	
					4x Single Kick L, R. Single-Arm Punch F	16	
		1:36	Instr / (Downbeat)	2x8	Run OTS. RA	16	
		1:42	QC / _ Show me	4x8	A  Side Flick L, R. Relaxed Arms	4	8x
		1:54	C / _ Show me	4x8	A ¹  Side Flick L, R. Double Arm Side Raise	4	8x
3		2:06	Rep / Show me	4x8	B ¹  12x Jumping Jack. Double Arm Side Raise	2	
					4x Jumping Jack. Raise Arms to O/H	8	
		2:18	Instr / Show me love _	8x8	C  Run, Swing & Jumping Jack Combo	32	2x
		2:41	Instr / Show me love _	8x8	D  Single Knee & Kick Combo	32	2x
		3:06	Instr / (Downbeat)	30x8	REPEAT SEQUENCES A – D	240	



08. SHOW ME 4:37mins

第1段

第1层

第1段的动作就是第1层的基本内容：动作命名，提供动作选择，设置较好的排列顺序和安全提示语，清楚提示跑步、摆动&开合跳组合，并确保预览手臂抬至头顶的动作。

本小节的关键就是要在音乐中展示出你对动作的激情。感受音乐的高潮与低潮、它的建构以及带来的能量，并将这些与你的身体、嗓音以及面部表情相结合。

- 我们一起分享BODYATTACK的能量
- **侧弹腿**——左腿，右腿，**髋部正对前方，肩部向后**，挺胸。选择动作为低处脚尖侧点地
- **开合跳**——向外，向内，向外，向内，**脚跟落地**，膝盖张开，挺胸
- **跑步，摆动&开合跳组合**——向前跑，8 次向后摆动，原地开合跳
- **单腿抬膝&踢腿组合**——**挺胸，背部挺直，髋部正对前方，保持腹部收紧，踢至臀部高度**。选择动作为踢腿或低处脚尖侧点地

第2&3段

第2/3层

在第2层，告诉学员们如何更充分利用动作以获得训练的最大益处。

利用歌词来激励学员们进一步向前跑，然后放松并且感觉良好！

在第3层，我们庆祝一起训练的感觉。展示出你对BODYATTACK的热爱！让大家听到音乐建构，从而创造更多力量。

- 我们已经有了对 BODYATTACK的爱！
- 来吧，享受这场派对
- **侧弹腿**——将脚跟提至臀部，沿着手臂向外延伸，腿部保持用力
- **跑步，摆动&开合跳组合**——把力量提上来，然后在开合跳中压下去
- **单腿提膝&踢腿组合**——用力向下拉，抓住后以激活背部肌肉
- 你看上去棒极了！



09. 力量巅峰

小节焦点

我希望学员们通过选择今天最适合自己的选择动作从而感受到混合训练组合的挑战难度。

动作选择

波比——开合跳或深蹲
开合跳——脚尖侧点地
侧向迈步——抱膝跳，侧向迈步提膝/ 无跳跃
提膝急跑步/疾跑——慢跑或踏步

	Music		Sequence/Exercise	CTS	REPS
1	0:00	V1 / In the beginning	4x8 A Run OTS. RA	32	
	0:11	... Now we see	4x8 B Single Knee L, R. Single-Arm Bicep Curl	4	8x
	0:22	Instr / (Synth)	8x8 C 4x KNEE & RUN SQUARE COMBO		2x
			4x Knee L. Single-Arm Bicep Curl	8	
			Run F. RA	8	
			4x Knee R. Single-Arm Bicep Curl	8	
			Run B. RA	8	
	0:45	Instr / (Build)	4x8 D FAST Burpee – As many reps as you can do	64	
			E OR Shuffle L, R. RA		
	1:08	Instr / (Synth)	4x8 F Jumping Jack. Cross Arms O/H	2	12x
2			Transition to floor	8	
	1:19	Instr / (Synth)	4x8 G Mountain Climber – OR High Knee Run. RA	24	
			Transition up to Jumping Jack	8	
	1:31	Instr / (Synth)	4x8 F Jumping Jack. Cross Arms O/H	2	12x
			Transition to floor	8	
	1:42	Instr / (Synth)	4x8 G Mountain Climber – OR High Knee Run. RA	24	
			Transition up to Sprint	8	
	1:53	Instr / (Fast beat)	4x8 H Sprint OTS. RA	32	
	2:04	V2 / ... There is an	4x8 A Recovery	32	
	2:15	... And pathways	4x8 B Single Knee L, R. Single-Arm Bicep Curl	4	8x
	2:27	Instr / (Synth)	8x8 C 4x Knee & Run Square Combo	32	2x
	2:49	Instr / (Build)	8x8 D FAST Burpee – As many reps as you can do	64	
			E OR Shuffle L, R. RA		
	3:12	Instr / (Synth)	4x8 I Side-Step Jump – Double Swing Arms	8	3x
			Transition to floor	8	
	3:24	Instr / (Synth)	4x8 G Mountain Climber – OR High Knee Run. RA	24	
			Transition up to Side-Step Tuck Jump	8	
	3:36	Instr / (Synth)	4x8 I' Side-Step Tuck Jump	8	3x
			Transition to floor	8	
	3:47	Instr / (Synth)	4x8 G Mountain Climber – OR High Knee Run. RA	24	
			Transition up to Sprint	8	
	3:58	Instr / (Fast beat)	4x8 H Sprint OTS. RA	32	



09. 力量巅峰

3

Music		Sequence/Exercise		CTS	REPS
4:09	Instr / (Quick)	4x8	A	Recovery	32
4:21	Instr / (Build)	4x8	E	 Shuffle L, R. RA	32
4:32	Instr / (Beat)	4x8	F	 Jumping Jack. Cross Arms O/H	4 16x
4:43	Instr / (Beat)	4x8	I ¹	 Side-Step Tuck Jump	8 4x
4:55	Instr / (Fast beat)	4x8	J	High Knee Run. RA	32
5:05	Instr / (Fast beat)	4x8	H	 Sprint. RA	32



09. THE UNIVERSE 5:26mins

第1段

第1/2层

清晰介绍混合训练的概念，以及提膝急跑步或登山者的选择动作。重点传递能适用于两组动作选择的安全提示语；例如，“保持腹部收紧”适用于波比/跳步及登山者/提膝急跑步。

当教授至属于一项动作的提示语时，请确保说出“在波比中”或“在登山者中”，这样学员们就不会混淆动作与提示语。

- 最后的巅峰：2次混合训练组后1次疾跑至最后
- 单腿提膝——左腿，右腿。膝盖提至臀部高度，后背挺直，**挺胸，保持腹部收紧**
- 4x膝盖&跑步方块组合——方块模式。：4次提左膝，向前跑，4次提右膝，跑回
- 波比——向下，向后，向内，跳。**双脚宽距，下蹲时挺胸，跳回时收紧腹部**。尽你所能地多做几个！
- 开合跳——向外，向内，向外，向内。**脚跟落地，膝盖张开，挺胸**
- 提膝急跑步——挺胸，膝盖提至臀部高度
- 登山者——**放低臀部，膝盖紧贴地面，后背平直**
- 你能感受到你的心率在加速吗？
- 无论你选择是是哪个动作，记得跟上节奏！

第2段

第1/2/3层

在混合训练 2中，我们介绍了侧向迈步跳/抱膝跳。简单地设置好第1层，然后在第2层加大强度。由于不同学员选择了不同的动作，避免那种针对特定一个动作强度的提示语。相反，你要选择更泛称的提示语，这样无论学员们选择的是哪个动作，他们都能拼尽全力。教导学员们训练带来的好处以激励他们达到当日的健身极限。

- 第二回合。我们要更加用力了
- 换手或波比
- **波比**——在30秒内尽可能快地多做几次
- **侧向迈步跳——保持腹部收紧，挺胸，屈膝落地**
- **侧向迈步抱膝跳——挺胸，落地时双脚宽距并屈膝**
- 我知道坚持下来很难，但是你们不能掉队
- 相信你自己
- 不要放弃：继续坚持训练
- 现在推动！

第3段

第3层

终极挑战！表达对大家感到疲惫的理解，并激励学员们，使用大量正面激励来鼓励他们的付出。使用类似“我们”、“团队”、“让我们”这样的中立语言，这有助于提升团队精神并促使每一个人坚持到终点。

- 我们还剩下一个轮回
- 1分钟——我们大家一起努力
- 让我们把房间燃烧起来
- 离终点还有30秒
- 你准备好比赛了吗？
- 开始吧，我的团队！

表现

这是极其充满力量的一节，音乐建构简直就是令人激动不已！尝试在每段开始时使用平稳的嗓音，然后在混合训练组中逐渐加大音量，在本节中形成对比。



10. 核心训练

小节焦点

我希望学员们在弹动踢腿中体会到保持腹部收紧及保持下半背贴地的必要性。

动作选择

两头起踢腿——膝盖高于臀部，交替脚尖点地
支撑及旋转平板支撑——膝盖触地
C型卷腹——双脚位于地面；保持单腿卷腹

	Music			Sequence/Exercise	CTS	REPS	
1	0:00	Intro / (Whistling)	2x8		Transition to floor	16	
	0:09	V1 / I never really	4x8	A	Single Crunch. Fingertips to temples	4	8x
	0:28	PC / And when	4x8	B	C-Crunch, feet up	4	8x
	0:49	C / Oh na na na	4x8	C	Knees to chest and extend up	4	
					Double leg lower to 45°	4	
					Scoop	8	
					Flutter Kick	28	
Feet down to prepare to crunch					4		
2	1:19	V2 / I got too high	4x8	A	 Single Crunch. Fingertips to temples	4	8x
	1:39	PC / But when	4x8	B	 C-Crunch, feet up	4	8x
	1:59	C / Oh na na na	4x8	C	 Knees to chest and extend up	4	
					Double leg lower to 45°	4	
					Scoop	8	
					Flutter Kick	28	
					Feet down and roll to Hover on last 4cts	4	
3	2:29	V3 / I'm past	5x8	E	Hover	40	
	2:49	Br / A knife	1x8	F	 Rotating Hover. Front to B	8	
	2:54	C / Oh na na na	10x8	F	Rotating Hover	8	10x
	3:44	Oh na na na	2x8	E	 Hover. On knees or toes	16	



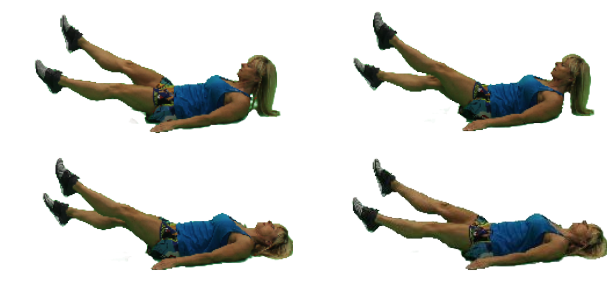
10. HOLD ME TIGHT OR DON'T 3:58mins

第1段

第1层

在第1层，设置好身体位置及动作姿势，然后传达出保证稳定性的安全提示语。清晰地指导各个动作之间如何转换。

- **卷腹**——指尖位于太阳穴位置，向上，向下，收紧下巴，手肘打开，**将肋骨滑动至臀部**
- **C型卷腹**——指尖位于太阳穴位置，向上，向下。膝盖在臀部正上方停住，**收紧下巴以拉长颈部，把肋骨拉至臀部**
- **震动踢腿**——腹部收紧以保持下半背贴地



第2段

第2/3层

在第2层，告诉学员们如何提高动作质量，从而让他们感受到训练的目标肌肉群，进而提高难度并改善姿势。重点是要保持强有力的腹部收紧，并保证下半背在震动踢腿全程贴近地面。

- **卷腹**——我们能不能再把胸部抬高一点，从而运动到腹部上方的肌肉呢？
- **C型卷腹**——尝试这样做：把胸部拉近膝盖时膝盖不动
- **震动踢腿**——脚尖伸直并降低腿部高度以加大难度

第3段

第1/2/3层

我们在这里会介绍支撑，所以要在第1层简单地设置提示语，并指导大家在把整个身体转过来时需要注意的重点。指导支撑转动的时机，采用有助于大家“坚持到最后”的激励性提示语。

- **支撑**——手肘位于肩下，后背平直，保持**腹部收紧**
- **旋转支撑**——向前方，向后方。保持腹部收紧，将身体作为整体一起转动，髋部正对前方。动作选择为单膝贴地，另一只腿伸直



- 用力坚持到最后——20秒！
- 让我们一起完成最后的力量训练内容
- 用力完成训练，如果可以的话脚尖发力





11. 放松

小节焦点

在指导大家放松时，庆祝每一位学员的辛勤付出

	Music		Sequence/Exercise	CTS	REPS
0:02	Intro / _ I got a getaway car	2x8	Transition to floor	16	
0:10	V1 / We'll make a brand	2x8	Knees to front – Lower Back Release	16	
0:20	_ To wherever you are	4x8	Knees to B – Lower Back Release	32	
0:38	PC / _ All we need	4x8	Lying Hamstring Stretch L	32	
0:56	Br /	½x8	Change sides	4	
0:58	Instr / (Synth)	4x8	Lying Hamstring Stretch R	32	
1:17	V2 / _ So get your	4x8	Kneeling Hip Flexor Stretch R. Hands on hips	16	
			Kneeling Hip Flexor Stretch R. R Arm Raise O/H	16	
1:35	PC / See wherever	4x8	Kneeling Hip Flexor Stretch L. Hands on hips	16	
			Kneeling Hip Flexor Stretch L. L Arm Raise O/H	16	
1:54	C / See all we need	4x8	Standing Calf Stretch L. Tricep Stretch L	16	
			Standing Quad Stretch L. R arm out to side	16	
2:12	Br / (Quiet)	½x8	Change sides	4	
2:14	Instr / (Synth)	4x8	Standing Calf Stretch R. Tricep Stretch R	16	
			Standing Quad Stretch R. L arm out to side	16	
2:33	Instr / (Synth)	4x8	Iliotibial Stretch R	16	
			Iliotibial Stretch L	16	



11. START OVER 2:54mins

指导建议

- 在引导大家做伸展运动时，清晰解释用到的身体部位和方向
- 表扬全班学员今天的付出



术语

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

STEP TOUCH

Chest up
Hips square to front

SIDE-STEP LUNGE

Abs braced
Chest up
Hips square to front
Knees out over toes
Long stationary leg

LUNGE

Front knee out
Chest up
Back knee down

PLANK

Abs braced
Body square to floor
Back long and straight

SIDE PLANK

Keep body square
Elbow under shoulder
Abs braced
Lift bottom hip

TRICEP PUSHUP

Hands under shoulders
Chest to elbow-height
Elbows to ribs

BUTT KICK

Abs braced
Land with bent knees

PULSE SQUAT

Knees out
Chest up
Hips drop

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

MAMBO

Chest up
Abs braced
Hips square to front

SINGLE KNEE LIFT

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

SNOWBOARD BOUNCE

Knees out
Chest up
Butt back

JUMPING JACK

Heel down
Knees out and bent
Chest up

CLEAN SQUAT

Bend the knees to land
Hips back
Chest up

WIDE SQUAT

Feet wide
Knees out
Chest up
Hips just above knee line

SHUFFLE

Chest up
Hips square to front
Light on balls of feet



术语

BURPEE WITH STRAIGHT JUMP

- Brace abs
- Hands in front of feet
- Jump and landing on both feet
- Knees soft on landing

SINGLE PLYOMETRIC LUNGE

- Front knee out
- Chest up
- Back knee down

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

PUSHUP

- Chest to elbow-height
- Abs braced

CHEST PUSHUP

- Chest to elbow-height
- Abs braced

SINGLE LEG KNEE SQUAT

- Knee out
- Weight in heel
- Chest up
- Hip just above knee line

DROP SQUAT

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

HIGH KNEE RUN

- Chest up
- Knees towards chest
- Elbows drive forward

LADDER RUN

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

STEP KNEE

- Heels down
- Knees out and bent
- Chest up

STEP KNEE WITH LEAP

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

SKI JUMP

- Knees bent on landing
- Brace abs
- Chest up

SKATER

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

SIDE FLICK

- Hips square to front
- Shoulders back
- Chest up

BURPEE

- Brace abs as you jump feet out and in
- Hands in front of feet
- Feet wide in Squat

MOUNTAIN CLIMBER

- Knee towards chest
- Butt down
- Abs braced to support mid-section

SIDE-STEP TUCK JUMP

- Chest up
- Abs braced
- Knee out

CRUNCH

- Fingertips to temples
- Chin tucked in
- Ribs to hips



术语

C-CRUNCH

- Knees over hips
- Abs braced tightly at top
- Ribs to hips

SCOOP

- Slide ribs towards hips
- Abs braced to keep lower back on floor
- Lift shoulders off the floor

FLUTTER KICK

- Abs braced to keep lower back towards the floor

HOVER

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

ROTATING HOVER

- Elbow directly under shoulder
- Hips and shoulders square to front
- Abs braced
- Lift bottom hip

LYING HAMSTRING STRETCH

- Keep back long on floor and shoulders relaxed
- Keep tail bone down

KNEELING HIP FLEXOR STRETCH

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

STANDING CALF STRETCH

- Keep feet parallel
- Stretch into calf
- Head up

STANDING QUAD STRETCH

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

ILIOTIBIAL STRETCH (ITB)

- Cross feet and press weight into hip



音乐

- 01

Unite (Radio Edit) (4:51)

Woodman Prophecy

© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown
- 02

Havana (HappyTech Remix) (4:46)

Miami Ink

© 2018 LNG Music.
Written by: Unknown
- 03

Ready For It (5:37)

Power Music

© 2017 Power Music.
Written by: Swift, Schuster, Payami, Martin
- 04

Rocksteady (Original Mix) (6:11)

Zeskullz feat. The Dual Personality

© 2015 Bonerizing Records.
Written by: Unknown
- 05

Push (SCNDL Remix) (5:41)

Kronic, Far East Movement & Savage

© 2017 Downright Music, a division of Ministry of Sound Australia Pty Ltd.
Written by: Calleja, Savelio, Coquia, Nishimura, Roh
- 06

Till The Day Comes (Original Mix) (4:28)

Electronic Vibes

© 2015 Derailed Traxx Grey.
Written by: van der Woude, van Veen
- 07

Think (5:02)

In The Name Of Hype

© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown
- 08

Show Me (W&B HandsUp Remix Edit) (4:37)

Andy Schirmer & Rick Cue

© 2017 T.S.M.P. Music, LC29449.
Written by: Unknown
- 09

The Universe (5:26)

Hardwell

© 2014 Central Station Records.
Written by: Unknown
- 10

Hold Me Tight Or Don't (3:24)

Fall Out Boy

Courtesy of the Universal Music Group.
Written by: Coffe, Hurley, Stump, Trohman, Wentz

Hold Me Tight Or Don't (0:34)

Fall Out Boy

Courtesy of the Universal Music Group.
Written by: Coffe, Hurley, Stump, Trohman, Wentz

- 11

Start Over (2:54)

Monroe & Moralezz

© 2017 Munix Records - a division of Munix Music (www.munix.tv).
Written by: Unknown
- Exp
05

Push (SCNDL Remix) (3:06)

Kronic, Far East Movement & Savage

© 2017 Downright Music, a division of Ministry of Sound Australia Pty Ltd.
Written by: Calleja, Savelio, Coquia, Nishimura, Roh



后排（从左到右）：Mandi Jones（影子展示者），Liam Botica（影子展示者），Lisa Osborne, Maxime Vigeant, Lliam Dermott（影子展示者），Xavier Gallais, George Inwood（影子展示者）和Isaac Thia（影子展示者），

前排（从左到右）：Tony House（影子展示者），Gina Pannett（影子展示者），Jess Foran（影子展示者），Amy Styles, Romain Prévédello和Ben Main.

拍摄本片时我们在庆祝莱美新西兰成立50周年，因此它具有特殊意义。为了纪念这一时刻，我们选择了新西兰各地莱美俱乐部的教练，组成一个团队，他们真正代表了所在俱乐部的莱美项目。我们承认，他们每天都在向学员们传授优秀的经验，是所在俱乐部的英雄。

我们一起变得更加健美!当我们进入下一个100期时，请记住BODYATTACK是适用于所有阶段和所有年龄的课程。无论你正处在的健身之路的哪个阶段，这个项目都将带来提供肌肉力量的益处和令人惊叹的有氧健身器材。

这一期课程的亮点包括在第2节中的曼波舞步，我们能借此提高灵活性和协调性。第4节中包含一个有趣的落差设置，即跳蹲和弓步组合，每一轮的动作次数都在减少，我们训练力量、肌肉耐力和有氧耐力。第5节的重点是全程保持超强的核心支撑，以建立一个更强劲有力的身体。第8节是一首有趣的、振奋人心的歌曲，你可以和你的学员们一起“享受派对”！

记得告诉你的学员们各动作带来的好处。当我为每一期做动作编排时，我选择特定的动作，以让训练小节有序地提供训练益处。我们希望我们学员们知道他们从课堂上得到了什么，尤其是当动作变得很困难的时候!主动解释“为什么”可以帮助他们在想放弃时继续坚持，并可确保他们继续回到你的课堂。

坚持教授，保持热爱，下期再见！

Lisa xx

致谢

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小节设置

小节设置45分钟		小节设置30分钟	
Track 01	Warmup	Track 01	Warmup
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 04	Plyometric	Track 04	Plyometric
Track 05	Athletic Strength	Track 07	Agility
Track 06	Running	Track 09	Power
Track 07	Agility	Express 05	Athletic Strength
Track 09	Power	Total Time	29:22
Track 10	Core		
Total Time	40:23		

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

The EXPRESS version of Track 5 Push is to be used for the 30-minutes 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: 8x Squat & Lunge Combo = Track 4

MOVE 2: Mountain Climber = Track 9

MOVE 3: Burpee = 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。

这个课程已经不再是“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。

大声说出你的想法，让我们听到

告诉我们你对这个课程的想法。

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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)	F&B	Forward and Backward x Times
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
Mins	Minutes	Repeat	

COUNTS

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



我们是莱美部落

我们是一个全球性的领导者大家庭，热情地致力于创造一个健康的星球。

我们勇敢地激励他人爱上运动，从而发掘自身真实的潜力。

锻炼是我们全球性的运动。数以百万计的我们每天通过汗水团结在一起。我们的运动震撼着整个世界。

音乐是我们的灵魂。它驱使着我们，聚焦在我们身上，为我们带来激情。

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们消除了评判的界限，使所有人都能享受运动带来的独特益处。在尊重传统的同时，我们也为未来设定了方向。希望尽可能人性地去启发，去革新，去创造。

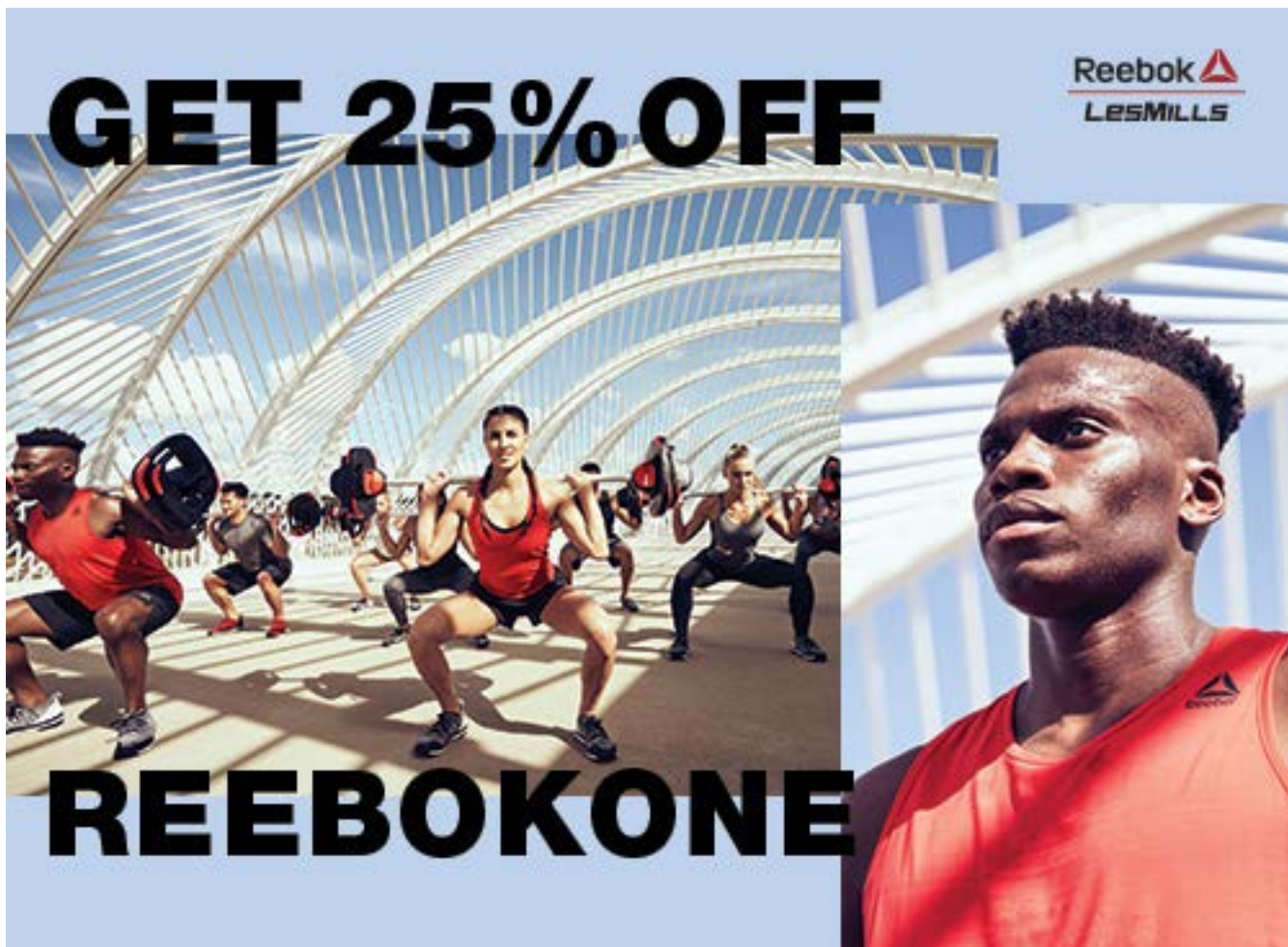
我们完全相信，我们能改变世界。

我们就是莱美部落。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

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。



BODYATTACK 101

01. WARMUP

02. MIXED IMPACT

03. AEROBIC

04. PLYOMETRIC

05. ATHLETIC STRENGTH

06. RUNNING

07. AGILITY

08. INTERVAL

09. POWER

10. CORE

11. COOLDOWN

GLOSSARY

MUSIC

EXPRESS FORMATS

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. WARMUP

TRACK FOCUS

I want my participants to feel connected to the lyrics “come together as one” as we set them up to sweat, smile and have fun.

OPTIONS

Bounce – No impact, no arms
Step Touch – No arms
Run – Walk

	Music		Sequence/Exercise	CTS	REPS
1	0:05	Intro / Hands up	4x8	Step feet hip-width apart Stretch arms up O/H Open arms wide to side	32
	0:17	QC / Hands up	4x8	A Bounce L, R. RA	2 16x
	0:31	C / Hands up	4x8	B Step Touch L, R. Double Arm Bicep Curl	4 8x
	0:43	Hands up	4x8	A  Bounce L, R. RA	2 16x
	0:56	Instr / (Synth)	4x8	C Side-Step Lunge L, R. Hands on thighs	8 4x
	1:09	Instr / (Synth)	4x8	D Lunge L Transition to Plank position Hold Plank Turn to front – Side Plank Return to Plank	4 4 8 12 4
	1:23	Instr / One	4x8	E Tricep Pushup Jump feet wide – Stand up	4 7x 4
	1:35	Instr / One	4x8	F Run OTS. RA	32
	1:49	Instr / (Synth)	8x8	G Butt Kick L x8. RA Butt Kick R x8. RA	16 2x 16
	2:14	Instr / (Beat)	4x8	H Run F. RA Run B. RA	8 2x 8
	2:28	Ref / Hands up	4x8	B ¹  Step Touch L, R. Arms relaxed by sides	4 8x
	2:40	Ref / Hands up	4x8	A  Bounce L, R. RA	32
	2:53	Ref / Hands up	4x8	B  Step Touch L, R. Double Arm Bicep Curl	4 8x
	3:07	Ref / Hands up	4x8	A  Bounce L, R. RA	4 8x
	3:19	Instr / (Synth)	4x8	C  Side-Step Lunge L, R. Hands on thighs Hold last Lunge to L	8 4x
2	3:32	Instr / (Build)	4x8	D  Transition to Plank Hold Plank Turn to front – Side Plank Return to Plank	8 8 12 4
	3:45	Instr / One	4x8	E  Tricep Pushup Jump feet wide – Stand up	4 7x 4
	3:58	Instr / (Synth)	4x8	F  Run OTS. RA	32
	4:11	Instr / Hands up	8x8	G  Butt Kick L x8. RA Butt Kick R x8. RA	16 2x 16
	4:37	Instr / (Beat)	4x8	H  Run F. RA Run B. RA	8 2x 8



01. UNITE 4:51mins

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. There's lots to set up so use short, sharp cues and be sure to cue the transition to the floor and rotation into the Side Plank. Preview the Butt Kick so everyone can follow you in this move.

- **Bounce** – *hips and shoulders square to front, knees soft, feet wide*
- **Step Touch** – *left to right, step together, step touch, **chest up, abs braced***
- **Side-Step Lunge** – *out, in, 1, 2. **Knee out, hips back, chest up***
- *Turn your body as one to the Side Plank*
- **Tricep Pushup** – *hands under shoulders, elbows in by ribs, **chest to elbow-height, abs braced, option to fold elbows to the floor***
- **Run** – *right, left, light on the toes, lift the chest; you can dial it down to a March*
- **Butt Kick** – *left side. 8, 7... heel to butt, **chest up, hips square to front***

BLOCK 2

LAYERS 2/3

In Layer 2, encourage your participants to increase their range of motion to prepare for the workout ahead. Bring their attention to which muscle group we are warming up. In Layer 3, we Share Energy and celebrate – we want everyone excited about the next 100 releases of BODYATTACK! Come into this track with an uplifting energy and maintain this energy in the chorus, then bring the voice down in the quieter strength phases to create contrast.

- **Step Touch** – *down and up. Bend the knees, drop down and push up to feel energy in the legs*
- **Bounce** – *shift your weight further*
- **Side-Step Lunge** – *step longer, push the hips back further to prepare the legs for the workout*
- **Tricep Pushup** – *tuck the elbows in and push strongly off the floor*
- **Butt Kick** – *stay upright, kick the butt to activate the hamstrings*
- *It's all about coming together as one for the next 100 releases*
- *Lift the heart rate so we can feel good for the next 55 minutes*
- *You're looking fantastic!*

CONNECTION

Welcome everyone along to class and make them feel good about the workout ahead. Show your own excitement for this release to create positive energy in the room. Remember to acknowledge everyone in the class, not just the regulars in the front row.



02. MIXED IMPACT

TRACK FOCUS

I want my participants to continue the Warmup phase by working the legs in the Step Curl and Gallop and to master the direction changes in the F&B Mambo.

OPTIONS

Step Curl & Gallop – no arms, no impact
Run – Jog or March
F&B Mambo – March OTS

		Music			Sequence/Exercise	CTS	REPS
I N T R O	0:00	Instr /	2x8		Run F. RA	8	2x
					Run B. RA	8	
	0:11	Instr / (Beat)	8x8		Run F&B. RA	16	4x
1	0:35	Br / (Cymbals)	4x8	A	Triple Pulse Squat. Jump in and out. Hands on thighs	8	4x
	0:48	V1 / He didn't walk	4x8	B	Step Curl L, R. Arms relaxed by sides	4	8x
	1:00	Ooh	4x8	B ¹	Step Curl L, R. Double-Arm Bicep Curl	4	8x
	1:12	C / Havana	8x8	C	Gallop L, R. Double-Arm Bicep Curl	8	8x
	1:37	Instr / (Synth)	4x8	D	Run OTS. RA F&B Mambo on last 4cts	32	
	1:49	C / Havana	4x8	E	F&B Mambo L. RA	4	8x
	2:02	Instr / (Synth)	8x8	D ¹	Run F&B. RA	16	4x
	2:27	Instr / (Techno beat)	4x8	E	F&B Mambo L. RA	4	8x
	2	2:39	Instr / (Island beat)	40x8	REPEAT SEQUENCES A – E TO R SIDE		



02. HAVANA 4:46mins

INTRO/BLOCK 1

LAYERS 1/2

Lift the energy at the start of the track as we move into the first phase of the workout. Coach the basics of Layer 1 with clear direction and execution cues. Clearly coach the rhythm and direction of the F&B Mambo using short cues to get everyone moving together, and cue the pattern of the footwork. Bring lots of energy to the Run F&B Combo and play with the Latin feel of the Mambo!

- **Run F&B** – right, left, light on the toes, lift the chest; you can dial it down to a March
- BODYATTACK is a Mixed Impact program with mixed intensities
- **Triple Pulse Squat** – 3, 2, 1: jump in, jump out. **Knees out, chest up, hips above knee level.** If you need to take the Jump away, step out to the side
- **Step Curl** – step lift, step lift, left side, right side. **Knees out, chest up**
- **Gallop** – gallop left, gallop right. Lift the heel to change direction. **Chest up, abs braced,** stay square to the front. Option to lose the impact and the arm-lines
- **Run OTS** – **brace abs to keep your chest up and hips still**
- **F&B Mambo** – forward, back. Left foot forward, on the toes

BLOCK 2

LAYERS 2/3

Choose Layer 2 cues that will increase intensity in the Step Curl and Gallop to prepare the legs for the rest of the workout. The F&B Mambo is all about fast reaction: coach your class to take a fast step forward, then shift the weight back as quickly as possible. This will help develop reactive skills in our participants. Bring the fun to this move and try using different analogies that will get people pushing back faster in the Mambo.

- *We know the moves, now let's do them better*
- *In Havana they work hard but they also have fun, just like BODYATTACK fans!*
- **Triple Pulse Squat** – sit back, stay low
- **Step Curl** – left, right. Stay down in the legs, switch your muscles on to work harder
- **Gallop** – down and up, step wide, bend your knees, use your quads and glutes
- **F&B Mambo** – left side. Transfer the weight onto the front foot then push back
- **Run F&B** – kick your heels higher and run further forward to lift the heart rate more
- *Show me your Havana finish!*



03. AEROBIC

TRACK FOCUS

I want my participants to enjoy the Double Snowboard Bounce and keep the energy high in the Run and Jumping Jack Combo.

OPTIONS

Run – Walk or Jog
Knee Lifts – No hop or no arms
Jumping Jack – Side Tap or Side Flick

		Music		Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Ref / _ Are you ready for it	4x8	Run OTS. RA	32
		0:11	V1 / Killer	8x8	A Single Knee Lift L, R. <i>Single-Arm Punch F</i>	4 16x
		0:35	PC / I see	4x8	B SINGLE KNEE LIFT F & RUN B COMBO Single Knee Lift L, R. Move F. <i>Single-Arm Punch F</i>	16
					Run B. <i>Pec Dec Arms x8</i>	16
		0:47	QC / Middle of the night	4x8	B  Single Knee Lift F & Run B Combo	32
		0:58	C / Middle of the night	4x8	B ¹  Single Knee Lift L, R. <i>Single-Arm Punch Up</i>	16
					Run B. <i>Pec Dec Arms x8</i>	16
		1:10	Ref / Ready for it	4x8	C Snowboard Bounce L, R Hold and face L front Corner on last rep	4 8x
		1:22	Instr / (Synth)	8x8	D RUN & JUMPING JACK COMBO L, R Run To L front corner. <i>Double Arm Reach Up x4</i>	8
					Run OTS. <i>Double Arm Reach Up x4</i>	8
2					Run B. RA	8
					4x Jumping Jack turn to R front corner. <i>Straight Arm Side Raise</i>	8
					 to R	32
		1:46	Instr / (Synth)	4x8	E Jumping Jack. <i>Double Arm Reach Up</i>  Clean Squat F on last 4cts	2 16x
		1:58	Instr / (Melody)	4x8	F JUMPING JACK & CLEAN SQUAT COMBO 2x Jumping Jack. <i>Double Arm Reach Up</i>	4 4x
					Clean Squat F. <i>Double Arm Bicep Curl</i>	4
		2:10	V2 / Robber	40x8	REPEAT SEQUENCES A – F	
		4:09	Baby let the	4x8	Run OTS. RA	32
		4:21	Instr / (Melody)	4x8	G Drop Squat. <i>Hands on thighs</i>	4 8x
		4:33	PC / I see	4x8	E  Jumping Jack. <i>Double Arm Reach Up</i>	2 16x
3		4:45	Instr / (Synth)	8x8	D  Run & Jumping Jack Combo L, R	64
		5:09	C / Middle of the night	8x8	F  Jumping Jack. <i>Double Arm Reach Up</i>	2 32



03. READY FOR IT 5:37mins

BLOCK 1 LAYER 1

Coach Layer 1 basics – name of move, body position, and execution. Use short, sharp cues to coach timing in the Double Snowboard Bounce and direction in the Run & Jumping Jack Combo. Make sure you nail the timing in the Snowboard into the Run Combo by using big visuals and clear verbal cues like “3, 2, stop, run!”

We want to build the energy through this track so shift your ‘energy gear’ up each round to keep increasing the excitement.

- *Let’s dial up the energy and fun with big moves and great music!*
- **Single Knee Lift** – 1, 2, left and right, **hips square to front, abs switched on, chest up.** You can remove the bounce any time
- **Single Knee Lift F & Run B Combo** – 8 Knees forward, run back with open chest clap
- **Double Snowboard Bounce** – left, right, 1, 2. **Chest up, abs braced, turn the whole body as one,** light on the toes
- **Run & Jumping Jack Combo** – run to the left corner, run back, 4 Jumping Jacks and turn. Run to the right corner
- **Jumping Jack** – out, in, out, in. **Heels down, knees out, chest up.** Take out the Jump any time
- **Jumping Jack & Clean Squat Combo** – 2 Jumping Jacks, 1 Clean Squat. Reach the arms up, up – jump, jump. Clean Squat: **bend the knees to land, hips back, chest up**

BLOCK 2 LAYERS 2/3

In Layer 2, we Improve Execution and Drive Intensity by explaining how to get more out of the moves. For example: encourage participants to run further in the Run & Jumping Jack Combo and increase depth in the Jumping Jacks.

- **Single Knee Lift** – lift the knee higher, inject the energy
- *We’re feeling the energy today everybody!*
- *Are we ready for it?*
- *The energy’s up, the fun’s up and we’re feeling good*
- **Run & Jumping Jack Combo** – reach high, lift the heels
- **Jumping Jack** – energy through the arms and legs, through the whole body
- *Feels so good to move!*

BLOCK 3 LAYER 3

In Layer 3 we Share Energy and make sure everyone is having a great time! Find your own way to express the fun of this track in a way that is authentic to you. This is your moment to loosen up a little and bring out the Aerobic dimension of the workout.

- *Bring the energy in, everybody*
- *We’re gonna finish this last round together*
- *Let’s build it one more time!*
- *All together to the end*
- *Last level – 16 more Jumping Jacks*
- *We’re switched on and we’re ready to go even bigger in the next track*



04. PLYOMETRIC

TRACK FOCUS

I want my participants to feel challenged by the multiple zones of power, aerobic stamina and muscular endurance.

OPTIONS

Run – March or Jog
Plyometric Lunge – Step Knee or Alternating Lunge

		Music			Sequence/Exercise	CTS	REPS
I N T R O	0:00	Instr / (Synth)	4x8	A	Run OTS. RA	32	
	0:10	Instr / (Synth)	4x8	B	Single Shuffle L, R. RA Drop feet wide and hold on last 4cts	32	
	0:21	Instr / (Techno)	8x8	C	SIDE BOUNCE & JUMPING JACK COMBO Side Bounce. <i>Guard Arms</i> Shuffle. RA Jumping Jack x4. <i>Bent Arm Side Raise</i> to R Burpee with Straight Jump on last 8cts	4 4 8 16	2x
	0:44	Instr / (Techno)	8x8	C ¹	SIDE BOUNCE & BURPEE COMBO Side Bounce. <i>Guard Arms</i> Shuffle. RA Burpee with Straight Jump or Jumping Jacks to R	4 4 8 16	2x
	1:07	Instr / (Fast beat)	4x8	E	Recovery	32	
1	1:19	Instr / (Beat)	4x8	D	8x SQUAT & LUNGE COMBO 8x Pulse Squat, no Jump. <i>Hands on thighs</i> 4x Single Plyometric Lunge L, R. RA	16 16	
	1:30	Instr / (Techno)	8x8	D ¹	8x Squat & Lunge Combo, with Jump	32	2x
	1:53	Instr / (Techno)	4x8	D ²	4x SQUAT & LUNGE COMBO 4x Pulse Squat with Jump. <i>Hands on thighs</i> 2x Single Plyometric Lunge L, R. RA	8 8	2x
	2:04	Instr / (Techno)	4x8	D ³	2x SQUAT & LUNGE COMBO 2x Pulse Squat with Jump. <i>Hands on thighs</i> Single Plyometric Lunge L, R. RA	4 4	4x
	2:17	Instr / (Beat)	4x8	E	Recovery	32	
2	2:28	Instr / (Beat)	4x8	B	Shuffle. RA	32	
	2:40	Instr / (Techno)	16x8	C ²	Side Bounce & Burpee and Tuck Jump Option	32	4x
	3:26	(Techno)	8x8	E	Recovery	64	
3	3:42	(Techno)	4x8	D	8x Squat & Lunge Combo. No Jump	32	
	3:53	(Techno)	8x8	D ¹	8x Squat & Lunge Combo	32	2x
	4:17	(Fast)	4x8	D ²	4x Squat & Lunge Combo	16	2x
	4:28	(Fast beat)	4x8	D ³	2x Squat & Lunge Combo	8	4x
	4:40	Instr / (Quiet)	4x8	E	Recovery	32	
4	4:51	Instr / (Beat)	4x8	B	Shuffle. RA	32	
	5:03	Instr / (Techno)	8x8	C ²	Side Bounce & Burpee Combo	32	2x
	5:26	Instr / (Fast beat)	4x8	D ¹	2x Squat & Lunge Combo	8	4x
	5:37	Instr / (Fast beat)	4x8	F	Single Plyometric Lunge L, R. RA	4	8x



04. ROCKSTEADY 6:11mins

BLOCKS 1 & 2 LAYERS 1/2

It's crucial to be organized with this track! The music is driving and powerful so don't obscure it by talking too much. Have one to two objectives per block and avoid over-coaching. This track is designed to be repetitious and simple, to ensure your participants get the most out of the training. In Layer 1, clearly coach the direction and use names of moves to get everyone moving together. In Block 2, focus on cueing the reps so everyone knows if it's 8/8, 4/4 or 2/2. Be sure to offer options for the Burpee and the Squat/Lunge combinations.

- 5 blocks of work to train explosivity and power
- Time to crank up the intensity
- **Side Bounce & Jumping Jack Combo** – Side Bounce, Shuffle, Jumping Jack. Option to take 2 steps, march on the spot and tap wide. Jumping Jack: **heels down, knees out, chest up**
- **Side Bounce & Burpee Combo** – Burpee: down, back, in, up. **Feet wide**, use the Squat to transition, **abs braced as you jump back, soft knee landing from the Jump**
- **Squat & Lunge Combinations** – 8 Squats... 8 Lunges... feet wide, feet narrow
- **Pulse Squat** – **knees out, chest up**
- **Plyometric Lunge** – front knee out, back knee down, **chest up, abs braced**. Option – Backward-Stepping Lunge

BLOCK 3 & 4 LAYERS 2/3

Create one objective (power or endurance) for Blocks 3 and 4. Educate your members on how to execute the moves better to train 'power' or 'endurance'.

- Recover. Now we focus on explosive power
- **Side Bounce & Burpee with Tuck Jump Combo** – if you want more intensity, add the Tuck Jump. Pull the knees to the chest. **Land with feet wide and knees soft**
- Recover. Set 4 – we train power and endurance
- **Pulse Squat** – drop deeper, use your glutes to push up
- **Plyometric Lunge** – drop your back knee down, drive your legs into the floor

BLOCK 5 LAYER 3

The last block of combinations is extremely challenging and your participants will definitely be fatiguing and wanting to stop. It's your job as the instructor to take everyone with you to the finish line. We have four ways to motivate: Intrinsic, Extrinsic, Positive Motivators and Challenging Cues. How will you motivate the people in front of you today?

- *Work hard with the range*
- *Work harder, push now!*
- *Push through the fatigue*
- *Smash the floor to smash your results*



05. ATHLETIC STRENGTH

TRACK FOCUS

I want my participants to feel challenged in the Squat – Plank – Jump Jacking Combo and feel how the moves engage the legs, core and upper body.

OPTION

All Pushups
2/2 Recovery

	Music			Sequence/Exercise	CTS	REPS
1	0:00	Instr / _ Push it	4x8	Set feet hip-width apart	16	
				 Squat – Plank – Jumping Jack Feet Combo	16	
	0:13	Instr / (Melody)	16x8	A SQUAT – PLANK – JUMPING JACK FEET COMBO		8x
				Squat – Walk hands to Plank – Tricep position	4	
				Plank – Jump Feet In	1	
				Plank – Jump Feet Out	1	
				Plank – Jump Feet In	1	
				Plank – Jump Feet Out	1	
				Walk hands to feet – Squat – Stand	8	
	1:08	Instr / (Beat)	2x8	B Squat – Walk hands to Plank – set up for Tricep Pushup	16	
1:16	Instr / (Beat)	8x8	C 6x Bottom Half Tricep Pushup Plank Transition with hands wide to Pushup on last 2cts	12 4	4x	
1:43	Instr / (Beat)	4x8	D 2/2 Wide Pushup – or recovery	8	4x	
1:57	Instr / (Beat)	4x8	E Single Wide Pushup	4	8x	
2:11	Ref / Push	8x8	F 6x Bottom Half Chest Pushup Plank – Jump Feet Out Plank – Jump Feet In Plank – Jump Feet Out Plank – Jump Feet In	12 1 1 1 1	4x	
2:16	Instr / (Beat)	4x8	Recovery	32		
2	2:26	_ Push	34x8	REPEAT SEQUENCES A (x4) – F EXPRESS FORMAT FINISHES HERE	272	
3	5:05	(Beat)	8x8	E ¹ Single Chest Pushup (Fast) – narrow or wide	2	32x



05. PUSH 5:41mins

INTRO/BLOCK 1 LAYERS 1/2

Make sure you start with the feet wide and tell the class to do the same so they are ready to go straight into the combo. It's crucial to nail the preview at the start so everybody can feel the timing and the music. There are lots of Pushups in this track so provide options to rest or work at their own pace to ensure everyone feels successful. Lisa's focus when designing this choreography was on building and maintaining core strength for a stronger and more powerful body, so there should be a big focus on bracing the abs throughout this track.

- **Squat – Plank – Jumping Jack Feet Combo** – feet wide. Squat down, walk forward, 2 Jumping Jacks, walk back. 1, 2, 3, 4, in, out, in, out. There are 2 Squats – on the way down and on the way up. In the Squat, **feet wide, knees out, chest up**. Plank: feet stay wide, **hips down, abs braced**. Jumping Jack: **lock the core as you jump**
- **Bottom Half Tricep Pushup** – 6 Bottom Halves. **Hands under shoulders, elbows narrow, chest to elbow-height**. Option: knees; fold the elbows to the floor
- **Chest Pushup** – **chest to elbow-height, abs braced**. If you need some help, bring your knees under your hips
- **Pushup & Plank Jump Combo** – new combo: 6 Bottom Halves, 2 Jumping Jacks. **Keep abs braced throughout the movement**

BLOCKS 2 & 3 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 how the combo provides functional strength gains and how working under fatigue creates fast results. The Bottom Half Tricep Pushup still has range of motion, so coach your class to keep bending the elbows to move down and up so they are maximizing the benefits. Remind your participants to maintain a strong ab brace to support them through these exercises.

We finish with one final blast of Pushups! Use Layer 3 motivational cues and reinforce the options so everybody can make it to the finish line.

- **Squat – Plank – Jumping Jack Feet Combo** – we work the whole body – legs, core and chest – to build stability and strength
- **Bottom Half Tricep Pushup** – stay low, keep the elbows in tightly to load the triceps. Press your palms through the floor to activate the triceps

- **Chest Pushup** – push the floor away to feel the heat in the chest. Push through the fatigue to get stronger
- **Pushup & Plank Jump Combo** – stay low in the Pushups to shape your chest, then brace the abs in the Jumping Jacks to strengthen the core
- One more challenge
- 32 Pushups! Hands wide or narrow
- As many reps as you can do
- You can slow down or stay on the beat
- Come on team! Just 8 more!



06. RUNNING

TRACK FOCUS

I want my participants to feel ready for the second half of the class and prime their legs for movement with the Lunge combo.

OPTION

Run – Walk or Jog

	Music			Sequence/Exercise	CTS	REPS
1	0:00	Instr / (Melody)	4x8	A Recovery	32	
	0:11	C / _ We won't give up	8x8	B STEP LUNGE COMBO L, R Lunge F. <i>Fists to hips</i> Hold down Step B. <i>Fists to hips</i> to R Lunge, Squat, Knee Lunge Combo on last 8cts	2 4 2 8	4x
	0:35	Instr / (Synth)	8x8	B ¹ LUNGE, SQUAT, KNEE LUNGE COMBO L, R Lunge F. RA Single-Leg Knee Squat. RA Lunge B. RA Reset feet hip-width apart. <i>Fists to hips</i> to R	2 2 2 2 8	4x
	0:58	Instr / (Synth)	8x8	C Circle Run – clockwise. RA	64	
	1:22	Instr / (Synth)	4x8	D RUN IN & RUN B COMBO Run In. <i>Double Arm Reach Up</i> x8 Run B. RA Drop Squat x2. <i>Hands on thighs</i>	16 8 8	
	1:34	Instr / (Low)	4x8	E Bounce OTS. RA	2	16x
2	1:45	C / _ We won't give up	4x8	B Step Lunge Combo L, R	8	4x
	2:09	Instr / (Build)	8x8	B ¹ Lunge, Squat, Knee Lunge Combo L, R	16	4x
	2:33	Instr / (Synth)	8x8	C ¹ Circle Run – anticlockwise. RA	64	
	2:56	Instr / (Synth)	4x8	D Run In & Run B Combo	32	
3	3:08	C / _ We won't give up	4x8	F Single Squat. <i>Hands on thighs</i>	4	8x
	3:20	C / _ We won't give up	4x8	F ¹ Single Squat. <i>Arms O/H</i>	4	8x
	3:32	Instr / (Synth)	8x8	C ¹ Circle Run. RA	64	
	3:55	Instr / (Synth)	4x8	D Run In & Run B Combo	32	
	4:07	Instr / (Synth)	4x8	G High Knee Run In. RA	32	



06. TILL THE DAY COMES 4:28mins

BLOCK 1 LAYER 1

Set up the Step Lunge Combo by focusing on the hold at the base to load the front leg, and coach Layer 1 basics for the Lunge. Coach the rhythm of the Lunge, Squat, Knee Lunge Combo.

- *We're into the second half of the class. We're going to pick up the heart rate and focus on leg strength*
- **Step Lunge Combo** – feet under hips. Step lunge and hold. Down, hold, push back. Wait at the bottom. Long step forward, **front knee out, chest up**
- **Lunge, Squat, Knee Lunge Combo** – lunge, knee, back, change sides. Stay low, bring the back foot through, **hips square to front**. From a Lunge to a Single-Leg Squat



- **Circle Run** – *relax the upper body, run as fast as you want to*
- **Run In & Run B Combo** – *run 8, 7, 6... run back, 2 Drop Squats*

BLOCK 2 LAYERS 2/3

In Layer 2, we Drive Intensity and Improve Execution. In the Step Lunge Combo, focus on coaching a long step forward to keep the load in the front heel. In the Lunge, Squat, Knee Lunge Combo, coach stability and control by keeping the hips down, the upper body still, and the weight transfer is through the heel, quad and glutes to load the legs. Be sure to reinforce the need for a strong ab brace when moving from the Lunge to the balance.

Use the Circle Run to lift the heart rate and offer the different options to either decrease or increase the intensity.

- **Step Lunge Combo** – *the key focus is on holding the depth. Step down, load the front heel, push out. Hold, load, push*
- **Lunge, Squat, Knee Lunge Combo** – *lower the leg for stability and control. Keep the upper body still as you move, with hips staying low*
- **Circle Run** – *let's lift the heart rate and prepare for the next track*

BLOCK 3 LAYERS 1/3

Briefly set up Layer 1 cues for the Squat. Focus on using the arms to keep the chest lifted and shoulders back and down so participants aren't tipping too far forward and collapsing through the upper body. Educate your class about the benefits of this move, then just allow everyone to enjoy the energy together in the running patterns.

- **Single Squat** – **feet wide, knees out, chest up**. Lift arms to activate the muscles of the back. We are building strength and mobility so we can move better
- *You're looking awesome!*
- *Pick up the pace if you're feeling good*

PERFORMANCE

This is a great song about not giving up and being stronger together – perfect for BODYATTACK! Match your coaching to the music. Be calm and controlled in the Lunge work, then lift your energy and vocals as you build into the Circle Run. When we run together, it's all about celebrating the workout, smiling lots and sharing the BODYATTACK love.



06. RUNNING – SMALL-ROOM OPTIONS

TRACK FOCUS

I want my participants to feel ready for the second half of the class and prime their legs for movement with the Lunge combo.

OPTION

Run – Walk or Jog

	Music			Sequence/Exercise	CTS	REPS
1	0:00	Instr / (Melody)	4x8	A Recovery	32	
	0:11	C / _ We won't give up	8x8	B STEP LUNGE COMBO L, R Lunge F. <i>Fists to hips</i> Hold down Step B. <i>Fists to hips</i> to R Lunge, Squat, Knee Lunge Combo on last 8cts	2 4 2 8	4x
	0:35	Instr / (Synth)	8x8	B ¹ LUNGE, SQUAT, KNEE LUNGE COMBO L, R Lunge F. RA Single-Leg Knee Squat. RA Lunge B. RA Reset feet hip-width apart. <i>Fists to hips</i> to R	2 2 2 2 8	4x
	0:58	Instr / (Synth)	8x8	C High Knee Run OTS. RA	64	
	1:22	Instr / (Synth)	4x8	D RUN IN & RUN B COMBO Run In. <i>Double Arm Reach Up</i> x8 Run B. RA Drop Squat x2. <i>Hands on thighs</i>	16 8 8	
	1:34	Instr / (Low)	4x8	E Bounce OTS. RA	2	16x
2	1:45	C / _ We won't give up	4x8	B Step Lunge Combo L, R	8	4x
	2:09	Instr / (Build)	8x8	B ¹ Lunge, Squat, Knee Lunge Combo L, R	16	4x
	2:33	Instr / (Synth)	8x8	C ¹ High Knee Run OTS. RA	64	
	2:56	Instr / (Synth)	4x8	D Run In & Run B Combo	32	
3	3:08	C / _ We won't give up	4x8	F Single Squat. <i>Hands on thighs</i>	4	8x
	3:20	C / _ We won't give up	4x8	F ¹ Single Squat. <i>Arms O/H</i>	4	8x
	3:32	Instr / (Synth)	8x8	C ¹ High Knee Run OTS. RA	64	
	3:55	Instr / (Synth)	4x8	D Run In & Run B Combo	32	
	4:07	Instr / (Synth)	4x8	G High Knee Run In. RA	32	



07. AGILITY

TRACK FOCUS

I want my participants to have fun while training single-leg power in the Step Knee With Leap and training directional speed in the Jumping Jack combos.

OPTIONS

Jumping Jack & Ladder Run Combo – All walking
Step Knee With Leap – Stay with Step Knee: no jump/impact
Skater – Side Step

Music			Sequence/Exercise		CTS	REPS
I N T R O	0:00	Ref / C'mon get up	4x8	Split room	32	
	0:11	Ref / Think	8x8	Jumping Jack OTS x4. <i>Guard Arms</i> Hold feet together 👁 Jumping Jack & Ladder Run Combo last on 16cts	8 8	4x
	0:34	Ref / C'mon get up	8x8	JUMPING JACK & LADDER RUN COMBO OTS Jumping Jack OTS x4. <i>Guard Arms</i> Ladder Run OTS x4 👁 Step Knee on last 8cts	8 8	4x
	0:58	Ref / Think	4x8	A Step Knee L, R. <i>RA</i>	8	6x
	1:10	V1 / Think	6x8	A ¹ Step Knee With Leap L, R. <i>RA</i>	8	6x
1	1:28	C / Freedom	4x8	A ² Step Knee With Leap L, R. <i>Throw Arms up</i> Hold on last 4cts	8	4x
	1:40	Ref / _ <i>Think</i>	8x8	B Jumping Jack & Ladder Run Combo OTS	16	4x
	2:03	Instr / I need	8x8	B ¹ JUMPING JACK & LADDER RUN COMBO SQUARE Jumping Jack x4 OTS Ladder Run – Move F Jumping Jack x2 – Turn 45° to front Jumping Jack OTS Ladder Run – Move F Jumping Jack x2 – Turn 45° to side Jumping Jack OTS Ladder Run – Move F Jumping Jack x2 – Turn 45° to Back Jumping Jack OTS Ladder Run – Move F Turn to face middle of room	8 8 4 4 8 4 4 8 4 4 8	
	2:27	Instr / I need	18x8	C Ski Jump L, R D Skater L, R. <i>Relaxed RA</i>	2 4	16x 8x
	2:51	Ref / C'mon get up	4x8	Change sides – Run!	32	
	3:03	Ref / Think	38x8	REPEAT SEQUENCES A – D	304	
2	2:51	Ref / C'mon get up	4x8	Change sides – Run!	32	
	3:03	Ref / Think	38x8	REPEAT SEQUENCES A – D	304	



07. THINK 5:02mins

INTRO/BLOCK 1 LAYER 1

In Layer 1, focus on the pattern of the footwork. We move out and in on the Jumping Jacks, landing through the heels, and then we're up on our toes for the Ladder Run. This track needs lots of rhythm cues to ensure everyone is moving together – particularly in the four Jumping Jacks and the Step Knee into Step Knee with Leap. Cues like "out, in, out, in" and "forward, back, forward, back" will help everyone nail the timing.

The dynamics of this track is fun! We want to coach the workout but make sure you leave space to connect to the music and bring out the upbeat feel.

- We're going to move fast and in all directions because that's life!
- **Jumping Jack** – start with feet together. Four Jumping Jacks, then stop with feet together: 1, 2, 3, 4, stop. Out, in, out, in, stop. When you Jack, **heels down, knees out, chest up**
- **Jumping Jack & Ladder Run Combo OTS** – 4 Jacks, Ladder Run: on the toes, out and in, **chest up, abs braced**
- **Step Knee** – 1 knee, step back. **Front knee out, hips square to front, abs braced**
- **Step Knee with Leap** – leap forward, run back
- **Jumping Jack & Ladder Run Combo Square** – we have the same moves in a square pattern. Jumping Jack, Ladder Run and move forward. Two Jumping Jacks, turn to the side, Ladder Run – move forward
- **Ski Jump & Skater Combo** – Ski Jump: ankles and knees together. **Abs braced, hips square to front.** Skater: side to side. **Knee out, chest up,** push across

BLOCK 2 LAYERS 2/3

In Layer 2 we Drive Intensity by increasing depth in the Jumping Jack and speed in the Ladder Run. Explain the benefits of the moves; for example, we sit lower in the Jumping Jacks to recruit more muscles and burn more calories.

The Ski Jump & Skater combo is a final combination of power and speed. Choose cues that will push the speed in the Ski Jump and then increase the range of the Skater to elevate the heart rate. Challenge your participants to finish together strongly!

- **Step Knee** – *let's bend our knee more; stay low as we step and as we come back*
- **Step Knee with Leap** – big Jump, but can we catch low? Catch, run, run. Now we force the quads, glutes and abs to work harder
- **Jumping Jack & Ladder Run Combo OTS** – focus on the 'down'. Drop, push, drop, push. Sit deep, then zip the legs together
- **Jumping Jack & Ladder Run Combo Square** – down, zip, then add the speed in the Ladder Run. Let's dial up the speed
- **Ski Jump & Skater Combo** – tighten the core, pump the knees in the Ski Jump. Bend the knees more and push across the floor in the Skater
- *Let's lift it guys – all together!*
- 10 seconds to finish



08. INTERVAL

TRACK FOCUS

I want my participants to feel uplifted and re-energized as they execute the Run, Swing & Jumping Jack Combo.

OPTIONS

- Side Flick – Side Tap
- Run – March or Jog
- Kick – Tap or Low Kick
- Jumping Jack – Side Flick or Side Tap
- Swing B – Jog back

		Music			Sequence/Exercise	CTS	REPS
1	I N T R O	0:00	Intro /	1x8	Run OTS	8	
		0:02	QC / _ Show me	4x8	A Side Flick L, R. <i>Relaxed Arms</i>	4	8x
		0:13	C / _ Show me	4x8	A ¹ Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
		0:25	Rep / Show	4x8	B Jumping Jack. <i>Straight Double Arm Side Raise</i>	2	16x
		0:37	Instr / (Melody)	4x8	C RUN, SWING & JUMPING JACK COMBO		
					Run F. RA	8	
					Swing B. RA	8	
					4x Jumping Jack. <i>Straight Double Arm Side Raise</i>	8	
					4x Jumping Jack. <i>Raise Arms to O/H</i>	8	
		0:49	Instr / Show me love _	8x8	C  Run, Swing & Jumping Jack Combo		2x
2					Run F. RA	8	
					Swing B. RA	8	
					4x Jumping Jack. <i>Double Arm Side Raise</i>	8	
					4x Jumping Jack. <i>Raise Arms to O/H</i>	8	
		1:12	Instr / Show me love _	8x8	D SINGLE KNEE & KICK COMBO		2x
					4x Single Knee L, R. <i>Double Arm Pull Down</i>	16	
					4x Single Kick L, R. <i>Single-Arm Punch F</i>	16	
		1:36	Instr / (Downbeat)	2x8	Run OTS. RA	16	
		1:42	QC / _ Show me	4x8	A  Side Flick L, R. <i>Relaxed Arms</i>	4	8x
		1:54	C / _ Show me	4x8	A ¹  Side Flick L, R. <i>Double Arm Side Raise</i>	4	8x
3		2:06	Rep / Show me	4x8	B ¹  12x Jumping Jack. <i>Double Arm Side Raise</i>	2	
					4x Jumping Jack. <i>Raise Arms to O/H</i>	8	
		2:18	Instr / Show me love _	8x8	C  Run, Swing & Jumping Jack Combo	32	2x
		2:41	Instr / Show me love _	8x8	D  Single Knee & Kick Combo	32	2x
		3:06	Instr / (Downbeat)	30x8	REPEAT SEQUENCES A – D	240	



08. SHOW ME 4:37mins

INTRO/BLOCK 1

LAYER 1

Block 1 is all Layer 1 basics: name the move, provide options, and set up good alignment and safety cues. Clearly cue the Run, Swing & Jumping Jack Combo and be sure to preview the Raise Arms to Over Head.

This track is all about showing your passion for the movement through the music. Feel the highs, the lows, the builds and the energy and bring these to life with your physicality, vocals and facial expressions.

- *Let's share the BODYATTACK energy*
- **Side Flick** – *left, right, **hips square to front, shoulders back, chest up.** Option to tap low*
- **Jumping Jack** – *out, in, out, in, **heels down, knees out, chest up***
- **Run, Swing & Jumping Jack Combo** – *run forward, 8 Swings back, jump jack on the spot*
- **Single Knee & Kick Combo** – ***chest up, back straight, hips square to front, abs braced, kick to hip-height.** Option to kick or tap low*

BLOCKS 2 & 3

LAYERS 2/3

In Layer 2 tell your class how to get more out of the moves to maximize the workout. Use the lyrics to encourage your members to run further forward, let loose and feel good!

In Layer 3, we celebrate the feeling of training together. Show your love for BODYATTACK! Use the music to create energy by allowing space for musical builds to be heard.

- *We've got the BODYATTACK love!*
- *Come on, enjoy your party*
- **Side Flick** – *lift heel to butt, extend long through the arms and strongly through the legs*
- **Run, Swing & Jumping Jack Combo** – *lift the energy, then push down in the Jumping Jacks*
- **Single Knee & Kick Combo** – *strong pull down, reach and grab to activate the muscles of the back*
- *You all look awesome!*



09. POWER

TRACK FOCUS

I want my participants to feel challenged in the Mixed Training blocks by choosing the option that is best for them today.

OPTIONS

- Burpee – Jumping Jack or Squat
- Jumping Jack – Side Taps
- Side Step – Tuck Jump, Side Step Knee Lift/ no Jump
- High Knee Run/Sprint – Jog or March

	Music			Sequence/Exercise	CTS	REPS
	0:00	V1 / In the beginning	4x8	A Run OTS. RA	32	
	0:11	... Now we see	4x8	B Single Knee L, R. Single-Arm Bicep Curl	4	8x
	0:22	Instr / (Synth)	8x8	C 4x KNEE & RUN SQUARE COMBO		2x
				4x Knee L. Single-Arm Bicep Curl	8	
				Run F. RA	8	
				4x Knee R. Single-Arm Bicep Curl	8	
				Run B. RA	8	
	0:45	Instr / (Build)	4x8	D FAST Burpee – As many reps as you can do	64	
				E OR Shuffle L, R. RA		
1	1:08	Instr / (Synth)	4x8	F Jumping Jack. Cross Arms O/H	2	12x
				Transition to floor	8	
	1:19	Instr / (Synth)	4x8	G Mountain Climber – OR High Knee Run. RA	24	
				Transition up to Jumping Jack	8	
	1:31	Instr / (Synth)	4x8	F Jumping Jack. Cross Arms O/H	2	12x
				Transition to floor	8	
	1:42	Instr / (Synth)	4x8	G Mountain Climber – OR High Knee Run. RA	24	
				Transition up to Sprint	8	
	1:53	Instr / (Fast beat)	4x8	H Sprint OTS. RA	32	
	2:04	V2 / ... There is an	4x8	A Recovery	32	
	2:15	... And pathways	4x8	B Single Knee L, R. Single-Arm Bicep Curl	4	8x
	2:27	Instr / (Synth)	8x8	C 4x Knee & Run Square Combo	32	2x
	2:49	Instr / (Build)	8x8	D FAST Burpee – As many reps as you can do	64	
				E OR Shuffle L, R. RA		
	3:12	Instr / (Synth)	4x8	I Side-Step Jump – Double Swing Arms	8	3x
				Transition to floor	8	
2	3:24	Instr / (Synth)	4x8	G Mountain Climber – OR High Knee Run. RA	24	
				Transition up to Side-Step Tuck Jump	8	
	3:36	Instr / (Synth)	4x8	I ¹ Side-Step Tuck Jump	8	3x
				Transition to floor	8	
	3:47	Instr / (Synth)	4x8	G Mountain Climber – OR High Knee Run. RA	24	
				Transition up to Sprint	8	
	3:58	Instr / (Fast beat)	4x8	H Sprint OTS. RA	32	



09. POWER

	Music			Sequence/Exercise	CTS	REPS
	4:09 Instr / (Quick)	4x8	A	Recovery	32	
	4:21 Instr / (Build)	4x8	E	 Shuffle L, R. RA	32	
3	4:32 Instr / (Beat)	4x8	F	 Jumping Jack. Cross Arms O/H	4	16x
	4:43 Instr / (Beat)	4x8	I ¹	 Side-Step Tuck Jump	8	4x
	4:55 Instr / (Fast beat)	4x8	J	High Knee Run. RA	32	
	5:05 Instr / (Fast beat)	4x8	H	 Sprint. RA	32	



09. THE UNIVERSE 5:26mins

BLOCK 1 LAYERS 1/2

Clearly introduce the concept of Mixed Training and the option to take the High Knee Run or Mountain Climber. Focus on delivering safety cues that apply to both options; for example, “abs braced” will apply to both the Burpee/Shuffle and the Mountain Climber/High Knee Run. When coaching an execution cue that is specific to one movement, be sure to say “in the Burpee” or “in the Mountain Climber” so that participants know which cues relate to which move.

- *Final peak: 2 Mixed Training blocks then one Sprint to the finish*
- **Single Knee** – left, right. Knee to hip-height, back straight, **chest up, abs braced**
- **4x Knee & Run Square Combo** – square pattern: 4 knees left, run forward, 4 knees right, run back
- **Burpee** – down, back, in, jump. **Feet wide, chest up in Squat and brace your abs as you jump back.** As many as you can!
- **Jumping Jack** – out, in, out, in. **Heels down, knees out, chest up**
- **High Knee Run** – **chest up, knee to hip-height**
- **Mountain Climber** – **hips down, knee close to floor, back long and straight**
- *Can you feel your heart rate accelerating?*
- *No matter which option you choose, race the beat!*

BLOCK 2 LAYERS 1/2/3

In Mixed Training 2, we introduce the Side-Step Jump/Tuck Jump. Briefly set this up with Layer 1, then drive the intensity with Layer 2. Since you will have participants choosing different moves, avoid cues that will manipulate the intensity for one specific move. Instead, pick more generic cues that will help everyone to work harder – whichever option they are taking. Educate your class on the benefits of working to their maximum at their level of fitness today.

- *Second round. We’re going to work harder*
- *Shuffle hard, or Burpee*
- **Burpee** – 30 seconds as fast as you can
- **Side-Step Jump** – **abs braced, chest up, soft knee landing**
- **Side-Step Tuck Jump** – **chest up, land with feet wide and knees bent**
- *I know it’s hard, but stay with the team*
- *Believe in yourself*
- *Don’t give up: stay in the workout*
- *Push now!*

BLOCK 3 Layer 3

Final challenge! Motivate your participants by empathizing with their fatigue and using lots of Positive Motivators to encourage their efforts. Using inclusive language like “we”, “team”, “let’s”, can help increase the feeling of teamwork and push everyone to the end together.

- *We’ve got one more round*
- *1 minute – we all work together*
- *Let’s set the room on fire*
- *30 seconds to the finish line*
- *Are you ready for the race?*
- *Let’s go, team!*

PERFORMANCE

This is an incredibly powerful track and the musical builds are simply electrifying! Try starting each block with a calm, steady voice, and then building to the peak in the Mixed Training blocks to create a journey of contrast throughout the track.



10. CORE

TRACK FOCUS

I want my participants to feel how they need to maintain a strong ab brace to keep the lower back towards the floor in the Flutter Kick.

OPTIONS

Scoop and Leg Kick – Knees over hip, alternate Toe Tap
Hover and Rotating Planks – Knees on floor
C-Crunch – Feet on floor; stay with Single Crunch

	Music		Sequence/Exercise	CTS	REPS	
1	0:00	Intro / (Whistling)	2x8	Transition to floor	16	
	0:09	V1 / I never really	4x8	A Single Crunch. <i>Fingertips to temples</i>	4	8x
	0:28	PC / And when	4x8	B C-Crunch, feet up	4	8x
	0:49	C / Oh na na na	4x8	C	Knees to chest and extend up	4
					Double leg lower to 45°	4
					Scoop	8
					Flutter Kick	28
Feet down to prepare to crunch					4	
2	1:19	V2 / I got too high	4x8	A  Single Crunch. <i>Fingertips to temples</i>	4	8x
	1:39	PC / But when	4x8	B  C-Crunch, feet up	4	8x
	1:59	C / Oh na na na	4x8	C	 Knees to chest and extend up	4
					Double leg lower to 45°	4
					Scoop	8
					Flutter Kick	28
					Feet down and roll to Hover on last 4cts	4
3	2:29	V3 / I'm past	5x8	E Hover	40	
	2:49	Br / A knife	1x8	F  Rotating Hover. Front to B	8	
	2:54	C / Oh na na na	10x8	F Rotating Hover	8	10x
	3:44	Oh na na na	2x8	E  Hover. On knees or toes	16	



10. HOLD ME TIGHT OR DON'T 3:58mins

BLOCK 1 LAYER 1

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

- **Crunch** – *fingertips to temples. Up, down. Chin tucked in, elbows wide, slide ribs to hips*
- **C-Crunch** – *fingertips to temples. Up, down. Stop knees directly above your hips, tuck your chin in to lengthen your neck, draw your ribs towards your hips*
- **Flutter Kick** – *abs braced to keep lower back towards the floor*



BLOCK 2 LAYERS 2/3

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. The focus is on maintaining a strong ab brace and ensuring the lower back is close to the floor during the Flutter Kick.

- **Crunch** – *can we lift the chest a little higher to engage the upper abs?*
- **C-Crunch** – *try this: stop the knees then drive the chest into the knees*
- **Flutter Kick** – *point the toes and lower the legs for more intensity*

BLOCK 3 LAYERS 1/2/3

We introduce the Hover here, so briefly set this up with Layer 1 cues and coach the focus on turning the body as one unit when we add the rotation. Coach the timing in the Rotating Hover then choose motivational cues that will help everyone hang on 'til the end!

- **Hover** – *elbows under shoulders, long straight back, abs braced*
- **Rotating Hover** – *to the front, to the back. Brace the abs and turn the whole body as one, hips square to the front. Option to have one knee down and the top leg straight*



- *Hold tight to the end – 20 seconds!*
- *Let's finish the last Strength track together*
- *Finish strongly, on your toes if you can*





11. COOLDOWN

TRACK FOCUS

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

	Music		Sequence/Exercise	CTS	REPS
0:02	Intro / _ I got a getaway car	2x8	Transition to floor	16	
0:10	V1 / We'll make a brand	2x8	Knees to front – Lower Back Release	16	
0:20	_ To wherever you are	4x8	Knees to B – Lower Back Release	32	
0:38	PC / _ All we need	4x8	Lying Hamstring Stretch L	32	
0:56	Br /	½x8	Change sides	4	
0:58	Instr / (Synth)	4x8	Lying Hamstring Stretch R	32	
1:17	V2 / _ So get your	4x8	Kneeling Hip Flexor Stretch R. Hands on hips	16	
			Kneeling Hip Flexor Stretch R. R Arm Raise O/H	16	
1:35	PC / See wherever	4x8	Kneeling Hip Flexor Stretch L. Hands on hips	16	
			Kneeling Hip Flexor Stretch L. L Arm Raise O/H	16	
1:54	C / See all we need	4x8	Standing Calf Stretch L. Tricep Stretch L	16	
			Standing Quad Stretch L. R arm out to side	16	
2:12	Br / (Quiet)	½x8	Change sides	4	
2:14	Instr / (Synth)	4x8	Standing Calf Stretch R. Tricep Stretch R	16	
			Standing Quad Stretch R. L arm out to side	16	
2:33	Instr / (Synth)	4x8	Iliotibial Stretch R	16	
			Iliotibial Stretch L	16	



11. START OVER 2:54mins

COACHING TIPS

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



GLOSSARY

BOUNCE
Hips and shoulders square to front
Knees soft
Feet wide

STEP TOUCH
Chest up
Hips square to front

SIDE-STEP LUNGE
Abs braced
Chest up
Hips square to front
Knees out over toes
Long stationary leg

LUNGE
Front knee out
Chest up
Back knee down

PLANK
Abs braced
Body square to floor
Back long and straight

SIDE PLANK
Keep body square
Elbow under shoulder
Abs braced
Lift bottom hip

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

BUTT KICK
Abs braced
Land with bent knees

PULSE SQUAT
Knees out
Chest up
Hips drop

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

MAMBO
Chest up
Abs braced
Hips square to front

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

SNOWBOARD BOUNCE
Knees out
Chest up
Butt back

JUMPING JACK
Heel down
Knees out and bent
Chest up

CLEAN SQUAT
Bend the knees to land
Hips back
Chest up

WIDE SQUAT
Feet wide
Knees out
Chest up
Hips just above knee line

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



GLOSSARY

BURPEE WITH STRAIGHT JUMP

Brace abs
Hands in front of feet
Jump and landing on both feet
Knees soft on landing

SINGLE PLYOMETRIC LUNGE

Front knee out
Chest up
Back knee down

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

PUSHUP

Chest to elbow-height
Abs braced

CHEST PUSHUP

Chest to elbow-height
Abs braced

SINGLE LEG KNEE SQUAT

Knee out
Weight in heel
Chest up
Hip just above knee line

DROP SQUAT

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

HIGH KNEE RUN

Chest up
Knees towards chest
Elbows drive forward

LADDER RUN

Fast feet
Upper body still
Feet move in and out

STEP KNEE

Heels down
Knees out and bent
Chest up

STEP KNEE WITH LEAP

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

SKI JUMP

Knees bent on landing
Brace abs
Chest up

SKATER

Knee out
Chest up
Push up out of the floor

SIDE FLICK

Hips square to front
Shoulders back
Chest up

BURPEE

Brace abs as you jump feet out and in
Hands in front of feet
Feet wide in Squat

MOUNTAIN CLIMBER

Knee towards chest
Butt down
Abs braced to support mid-section

SIDE-STEP TUCK JUMP

Chest up
Abs braced
Knee out

CRUNCH

Fingertips to temples
Chin tucked in
Ribs to hips



GLOSSARY

C-CRUNCH

Knees over hips
Abs braced tightly at top
Ribs to hips

SCOOP

Slide ribs towards hips
Abs braced to keep lower back on floor
Lift shoulders off the floor

FLUTTER KICK

Abs braced to keep lower back towards the floor

HOVER

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

ROTATING HOVER

Elbow directly under shoulder
Hips and shoulders square to front
Abs braced
Lift bottom hip

LYING HAMSTRING STRETCH

Keep back long on floor and shoulders relaxed
Keep tail bone down

KNEELING HIP FLEXOR STRETCH

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

STANDING CALF STRETCH

Keep feet parallel
Stretch into calf
Head up

STANDING QUAD STRETCH

Use abs to help balance and point
Knee of lifted leg down to floor
Squeeze glutes to keep hips forward

ILIOTIBIAL STRETCH (ITB)

Cross feet and press weight into hip



MUSIC

- 01

Unite (Radio Edit) (4:51)

Woodman Prophecy

© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown
- 02

Havana (HappyTech Remix) (4:46)

Miami Ink

© 2018 LNG Music.
Written by: Unknown
- 03

Ready For It (5:37)

Power Music

© 2017 Power Music.
Written by: Swift, Schuster, Payami, Martin
- 04

Rocksteady (Original Mix) (6:11)

Zeskullz feat. The Dual Personality

© 2015 Bonerizing Records.
Written by: Unknown
- 05

Push (SCNDL Remix) (5:41)

Kronic, Far East Movement & Savage

© 2017 Downright Music, a division of Ministry of Sound Australia Pty Ltd.
Written by: Calleja, Savelio, Coquia, Nishimura, Roh
- 06

Till The Day Comes (Original Mix) (4:28)

Electronic Vibes

© 2015 Derailed Traxx Grey.
Written by: van der Woude, van Veen
- 07

Think (5:02)

In The Name Of Hype

© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown
- 08

Show Me (W&B HandsUp Remix Edit) (4:37)

Andy Schirmer & Rick Cue

© 2017 T.S.M.P. Music, LC29449.
Written by: Unknown
- 09

The Universe (5:26)

Hardwell

© 2014 Central Station Records.
Written by: Unknown
- 10

Hold Me Tight Or Don't (3:24)

Fall Out Boy

Courtesy of the Universal Music Group.
Written by: Coffey, Hurley, Stump, Trohman, Wentz
- Hold Me Tight Or Don't (0:34)

Fall Out Boy

Courtesy of the Universal Music Group.
Written by: Coffey, Hurley, Stump, Trohman, Wentz

- 11

Start Over (2:54)

Monroe & Moralezz

© 2017 Munix Records - a division of Munix Music (www.munix.tv).
Written by: Unknown
- Exp
05

Push (SCNDL Remix) (3:06)

Kronic, Far East Movement & Savage

© 2017 Downright Music, a division of Ministry of Sound Australia Pty Ltd.
Written by: Calleja, Savelio, Coquia, Nishimura, Roh



L-R (Back): Mandi Jones (shadow), Liam Botica (shadow), Lisa Osborne, Maxime Vigeant, Lliam Dermott (shadow), Xavier Gallais, George Inwood (shadow) and Isaac Thia (shadow).

L-R (Front): Tony House (shadow), Gina Pannett (shadow), Jess Foran (shadow), Amy Styles, Romain Prévédello and Ben Main.

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognise them as the heroes of their clubs who deliver great experiences for their members every single day.

We are fitter together! As we step forward into the next 100 releases, remember that BODYATTACK is for all levels and all ages. No matter where you are on your fitness journey, this program will provide functional strength gains and amazing cardio fitness.

Highlights of this release include the Mambo Step in Track 2 where we improve agility and coordination. Track 4 has a wicked drop set Jump Squat and Lunge Combination where each round decreases in reps and we train power, muscular endurance and aerobic stamina. The focus in Track 5 is to maintain a super strong core brace through the entire track to build a stronger and more powerful body. Track 8 is a fun, uplifting song where you get to “enjoy the party” with your members!

Remember to tell your participants about the benefits of the moves. When I choreograph each release, I select specific moves and structure the track in a way that will provide a training benefit. We want our members to know what they are getting out of the class, especially when it gets tough! Including the “why” can help them hang on when they want to stop, and will ensure they keep coming back to your class.

Teach it, love it, and see you next time!

Lisa xx

CREDITS

Choreography – Lisa Osborne

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultant – Bryce Hastings & Andrew Newmarch

Program Coach – Dr. Dan Maroun

Production Coordinator – Courtney Watt

Special thanks to – Sarah Shortt & Dr. Dan Maroun

PRESENTERS

Lisa Osborne (New Zealand) is the 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.

Amy Styles (New Zealand) is a BODYATTACK, BODYPUMP, CXWORX, RPM and LES MILLS GRIT Trainer. She is based in Illinois.

Ben Main (New Zealand) is a BODYATTACK, BODYPUMP and LES MILLS GRIT Trainer, based in Auckland.

Maxime Vigeant (France) is a BODYATTACK and BODYCOMBAT Trainer and a BODYJAM, BODYPUMP, CXWORX and RPM Instructor and LES MILLS GRIT Coach.

Romain Prévédello (France) is a BODYATTACK, BODYPUMP, BODYSTEP, CXWORX and LES MILLS GRIT Trainer. He is based in Toulouse, where he also manages a gym.

Xavier Gallais (France) is a BODYATTACK, BODYCOMBAT and CXWORX Trainer and a BODYBALANCE/BODYFLOW and BODYPUMP Instructor. He is also a personal trainer.



EXPRESS FORMATS

45-MINUTE FORMAT		30-MINUTE FORMAT	
Track 01	Warmup	Track 01	Warmup
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 04	Plyometric	Track 04	Plyometric
Track 05	Athletic Strength	Track 07	Agility
Track 06	Running	Track 09	Power
Track 07	Agility	Express 05	Athletic Strength
Track 09	Power	Total Time	29:22
Track 10	Core		
Total Time	40:23		

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

The EXPRESS version of Track 5 *Push* is to be used for the 30-minutes 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: 8x Squat & Lunge Combo = Track 4

MOVE 2: Mountain Climber = Track 9

MOVE 3: Burpee = 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.

BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH

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)	F&B	Forward and Backward x Times
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
Mins	Minutes	Repeat	

COUNTS

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



WE ARE THE LES MILLS TRIBE

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

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

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. 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 the Les Mills Tribe.

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.

