

BODYATTACK 104

MUSIC

EXPRESS FORMATS

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

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MUSIC

- 01

High On Life (4:48)

Martin van Lectro

© 2018 #Lectronation.
Written by: van Lectro
- 02

Make Me Free (Extended Mix) (4:52)

Browwave

© 2018 LNG Music.
Written by: Girogetti, Giacomini, Peperoni, Visani, Ciurli
- 03

Never Be The Same (RainDropz! Remix) (5:26)

Miami Ink

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Written by: Bao, Cabello, Dawod, Feeney, Olofsson, Yatchenko
- 04

Earthquake (Extended Mix) (5:33)

Hardwell feat. Harrison

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Written by: van de Corput
- 05

Boomshakalak (Extended Mix) (5:08)

MR.BLACK x Diego Miranda feat. The Kemist

© 2018 Revealed Music B.V.
Written by: Unknown
- 06

Let The Music Do The Job (NeoTune! Edit) (5:11)

Michael Night & Danny Keegan

© 2013 Munix Records - a record division of Munix Music GbR, Germany.
Written by: Clint, Schulz
- 07

Partystarter (Extended Mix) (5:24)

Darren Styles, Tweekacore

© Electric Fox.
Written by: Nordli, Kvien Glemmestad, Mew
- 08

Imagine (Original Mix) (4:27)

Bass Modulators

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Written by: Buijtenhek, Evers
- 09

Bring Me To Life (Pro Mix) (5:32)

Da Tweekaz feat. HALIENE

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Written by: Moody, Lee, Hodges
- 10

Familiar (3:10)

Liam Payne & J Balvin

Courtesy of the Universal Music Group.
Written by: Lewis, Douglas, Osorio, Sabath
- 11

Born To Be Yours (3:13)

Kygo & Imagine Dragons

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Written by: Gorvell-Dahll, McKee, Platzman, Sermon, Reynolds
- Exp 05

Boomshakalak (Extended Mix) (3:34)

MR.BLACK x Diego Miranda feat. The Kemist

© 2018 Revealed Music B.V.
Written by: Unknown



L-R (back): Bean Wang, Ben Deng, Nick Yan, Kazuteru Nobe, Teoh Yee Sin and Ben Main.
L-R (front): Even Ding, Lisa Osborne and May Nilo.

It's so good to be back and what a release to come back to. We celebrate filming this round in Shanghai with a wonderful team from Malaysia, Japan, China, and our own from New Zealand. I had a lot of fun putting this release together with finding the right balance of music and moves that I'm sure will make you and your members excited to continue to BODYATTACK.

I hope you brought your singing voice because the Warmup, Mixed Impact, and Aerobic tracks are full of sing-along moments. Take some time to listen to your music and find a spot in each song where you want to connect to the lyrics. You will want your members to feel *High On Life* as they get moving and to scream *Make Me Free* as they let go in the 3-Step Run so that they will *Never Be The Same* by Aerobics. Your job is simple – have fun!

As we progress into the working tracks like Plyometric and Athletic Strength, use the beat of the music to drive intensity. It's fun, it's challenging, but, most of all, the music does the work for us in both tracks. The biggest highlight in this release is the partner training in Agility. It may take some time getting used to, but the competitive fun is sure to come out once your members get used to the pair work. As you approach the final track, remember to teach to who is in front of you. If the Surfer Burpee or the Fast Single Burpees don't work for your members, slow it down or opt for a version of the Burpee that does. We are inclusive, we are fun, and we always Share the Energy. Have a great workout!

Lisa x

CREDITS

- Choreography** – Lisa Osborne
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Program Coach** – Dr. Dan Maroun
- Production Coordinator** – Courtney Watt
- Special thanks to** – Dr. Dan Maroun

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.

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

Kazuteru Nobe (Japan) is a BODYATTACK and BODYCOMBAT Trainer and a BODYPUMP, RPM, Instructor and LES MILLS SPRINT and LES MILLS THE TRIP Coach. He lives in Funabashi.

Teoh Yee Sin (Malaysia) is a BODYATTACK and BODYSTEP Trainer/Presenter, a LES MILLS THE TRIP Presenter and BODYPUMP Instructor. Teoh is from Kuala Lumpur.

May Nilo (Philippines) is a BODYATTACK Trainer/Presenter, BODYBALANCE/BODYFLOW and BODYCOMBAT Presenter, a BODYJAM and RPM Instructor and a LES MILLS GRIT and LES MILLS SPRINT Coach.

Ben Deng (China) is a BODYATTACK, BODYPUMP, BODYSTEP and CXWORX Trainer/Presenter. He is from Guangzhou and is also a personal trainer.

SHADOWS

- Bean Wang (China)
- Nick Yan (China)
- Even Ding (China)



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	29:43
Track 10	Core		
Total Time	39:38		

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

The EXPRESS version of Track 5 *Boomshakalak* 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: Side Step Over or with Tuck = Track 4

MOVE 2: Plyo Pushup = Track 5

MOVE 3: Ski Jump = Track 7

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



01. WARMUP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to feel welcome and included in this fun Warmup that has plenty of options for each fitness level.

OPTIONS

Bounce – Step out wide
Run – Jog or March
Jumping Jack – Side Tap

	MUSIC		EXERCISE		CTS	REPS
1	0:05	V1 / Can somebody	4x8	Stretch Chest. Arms wide L Arm Reach Up R Arm Reach Up	16 8 8	
	0:18	PC / _ I feel	4x8	Bounce OTS	32	
	0:31	C / We will ride	4x8	Step Touch L, R. Relaxed Arms	4	8x
	0:44	Instr / (Synth)	12x8	BOUNCE & RUN F&B COMBO Bounce OTS Run F. RA Run B. RA	 16 8 8	3x
2	1:22	V2 / Never	4x8	A Step Touch L, R. Relaxed Arms	4	8x
	1:35	PC / _ I feel the	4x8	A ¹ Step Curl L, R. Double Arm Bicep Curl	4	8x
	1:48	C / We will ride	8x8	B 3-SQUAT HOLD COMBO 3x Squat – Hold last one down Walk hands down to Tricep Pushup on last 4cts	12 4	4x
	2:14	Build / _ You and me	4x8	C Tricep Pushup Come up to standing	4 4	7x
	2:27	Instr / (Synth)	8x8	D  Bounce & Run F&B Combo	32	2x
	2:52	(Synth)	4x8	E Jumping Jack OTS. Side Raise Arms	2	16x
3	3:04	C / Me _	32x8	REPEAT ALL SEQUENCES A – E		



01. HIGH ON LIFE 4:48mins

BLOCK 1

LAYER 1

Use Block 1 to set great posture and movement and the feel of the track, which is all about being “high on life!” In Layer 1, use short cues for when you Coach the Basics.

- **Bounce** – Feet wide, side to side, **hips and shoulders square to front**
- **Step Touch** – Right and left, **chest up, abs braced**
- **Bounce & Run** – Bounce easy; Run Forward 8, 7, 6. Option: March

BLOCK 2

LAYERS 1/2

In Block 2, encourage your participants to increase their range of motion for the moves you’ve done in Block 1. Then make sure to Coach the Basics for the new moves like the Squat and the Jumping Jack.

- **Step Touch** – Start to bend the knees more to get the legs ready for the workout
- **Step Curl** – Lift your heel, **square your hips to the front**
- **Single Squat** – 3, 2, down hold. **Knees out, chest up**
- **Tricep Pushup** – Down and up. Elbows in by ribs, **chest to elbow height**, back long
- **Bounce & Run Combo** – Shift your weight side to side, run forward
- **Jumping Jack** – Feet go out and in. Add the arms. Option: Tap side to side

BLOCK 3

LAYERS 2/3

In Layer 3, we Share the Energy and build excitement for the workout that is coming up. Let the song shine in certain moments by not talking over it. Encourage your members to get high on life with you.

- **Step Touch** – Easy side to side, relax
- **Step Curl** – Let’s get warmer through quads and glutes
- **Single Squat** – Push your hips back
- **Tricep Pushup** – Keep the elbows in, on knees or toes
- **Bounce & Run Combo** – Yeah! Run forward and let loose
- **Jumping Jack** – Feel the energy rise

CONNECTION

This song has so much to offer in terms of lyrics. Listen to it a couple of times so you know what parts you want to highlight. Pick your favorite parts and make sure you don’t coach those moments, so your members can hear what you love about the song. Use those moments to help you build pure excitement for the rest of workout.



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to have fun as they set themselves free in the 3-Step Run, but to work hard in the Drop Squat combos.

OPTIONS

Run – Jog or March

		MUSIC		EXERCISE	CTS	REPS
I N T R O	0:00	Instr / (Synth)	4x8	Bounce OTS	32	
	0:12	(Drum)	8x8	RUN F&B COMBO		4x
				Run F	8	
				Run B	8	
1	0:36	V1 / _ OK ladies and	4x8	A Step Touch L, R. <i>Relaxed Arms</i>	4	8x
	0:49	PC / Today is	4x8	A ¹ Step Curl L, R. <i>Bicep Curl Pull</i>	4	8x
	1:01	C / _ When I was	8x8	B 3-Step Run L, R. RA	8	8x
	1:25	Br / Make me free	1x8	C Run OTS	8	
	1:29	Instr / Make me free _	8x8	D Drop Squat. <i>Hands on thighs</i>	4	16x
	1:53	Make me free _	4x8	 Run F&B Combo	16	2x
2	2:06	Quiet Br / Make me free _	4x8	A  Step Touch L, R. <i>Relaxed Arms</i>	4	8x
	2:18	PC / Today is	4x8	A  Step Curl L, R. <i>Bicep Curl Pull</i>	4	8x
	2:30	C / _ When I was	8x8	B  3-Step Run L, R. RA	8	8x
	2:55	Br / Make me free	1x8	C  Run OTS	8	
	2:58	Instr / Make me free _	8x8	D ¹ DROP SQUAT COMBO		4x
				Drop Squat x2. <i>Hands on thighs</i>	8	
3				Drop Squat, turn to face L side	4	
				Drop Squat, turn to face R side	4	
				Keep class facing front on 1st rep while you preview the Turning Squat		
	3:23	Make me free _	4x8	 Run F&B Combo	16	2x
	3:35	Quiet Br / Make me free _	8x8	Step Touch L, R. <i>Relaxed Arms</i>	4	16x
	3:59	Ref / Make me free _	16x8	D ² DROP SQUAT & RUN COMBO		4x
				Drop Squat x2. <i>Hands on thighs</i>	8	
				Drop Squat, L side	4	
				Drop Squat, R side	4	
				 Run F&B Combo	16	
				Option to add performance arms here		

02. MAKE ME FREE 4:52mins

BLOCK 1 LAYER 1

Keep the energy high as you start this track while coaching the Run Forward. Then, as the Step Curl comes in, pull back and let the music take over to set the fun, Gospel feel of the song.

- **Run Forward** – *Run forward, heels up, **high or low impact***
- **Step Curl** – *Back into the legs, step and lift your foot; **knees out, chest up***
- **3-Step Run** – *1, 2, hop, hop; Option: Lift foot to calf; **square your hips to front***
- **Drop Squat** – *Out, in, in. Option: Step out and step in; **knees out, sit hips back, chest up***

BLOCK 2 LAYERS 1/2

In this block, think about coaching intensity in the moves we’ve done already, but be sure to coach the direction of the Drop Squat to each side. Equal emphasis should be placed on having fun in the Run Forward & Back.

- **Step Curl** – *Let’s work lower to get warmer*
- **3 Step Run** – *Feel the fun! Feel the flava!*
- **Drop Squat Combo (Turning Squat)** – *Out, in, in. Watch us (preview); face right, face left; drop down low. Preview on the 1st rep*

Turning Squat:



BLOCK 3 LAYERS 2/3

In this block, introduce the Drop Squat & Run Combo. Feel free to try out the Shanghai Wave or come up with your own move to share with your class.

CONNECTION/PERFORMANCE

As you watch the Masterclass, take note of how Ben and Lisa have a great balance of coaching the workout and having fun. Don’t be shy to use the music to inspire some crazy moves.



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to enjoy the highs and lows of the song while celebrating their success in the Superman & Run Square Combo.

OPTIONS

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

		MUSIC		EXERCISE		CTS	REPS
1	I N T R O	0:00	Intro / (Instr)	4x8	Run OTS	32	
		0:12	Instr / I'll never be the same	8x8	Run OTS. <i>Open Clap</i>	64	
		0:35	Br / I'll never be the same	1x8	A Run OTS. <i>RA</i>	8	
		0:38	V / Something must have	4x8	B Single Knee Lift L, R. <i>Single Arm Bicep Curl</i>	4	8x
		0:50	Let go of	4x8	B ¹ Single Knee Lift L, R. <i>Single Punch F</i>	4	8x
		1:02	C / It's you	4x8	C Double Knee Lift L, R. <i>Single Punch F</i> 👁 Double Knee Crossover on last 4cts	8	4x
		1:14	It's you	4x8	C ¹ Double Knee Crossover L, R. <i>Double Punch F</i>	8	4x
		1:26	Instr / (Synth)	4x8	D Shuffle OTS. <i>RA</i>	32	
		1:37	I'll never be the same	8x8	E SUPERMAN & RUN SQUARE COMBO Superman R x4 Run F Superman L x4 Run B	8 8 8 8	2x
		2:01	You're in my	4x8	F Jumping Jack. <i>Double Arm Reach Up</i>	2	16x
2		2:13	_ Something must have	36x8	REPEAT SEQUENCES A – F		
		3:48	I'll never be the same	4x8	A Run OTS. <i>RA</i>	32	
3		4:00	V / Sneaking in LA	4x8	B ¹  Single Knee Lift L, R. <i>Punch F</i>	4	8x
		4:11	C / It's you	4x8	C  Double Knee Lift L, R. <i>Single Punch F</i>	8	4x
		4:23	It's you	4x8	C ¹  Double Knee Crossover L, R. <i>Double Punch F</i>	8	4x
		4:35	Same _	8x8	E  Superman & Run Square Combo	32	2x
		4:59	You're in my	8x8	F Jumping Jack. <i>Double Arm Reach Up</i>	2	32x



03. NEVER BE THE SAME 5:26mins

INTRO/BLOCK 1

LAYER 1

Be sure to follow the BODYATTACK Coaching Model for Layer 1: Coach the Basics, then coach options and compulsory cues. This will ensure any complex moves will be executed correctly.

- *Cardio Training time*
- **Run & Open Clap** – *Run on the spot. Option: Feel free to march*
- **Single Knee Lift** – *Right and left, right and left; you can remove the bounce any time or arms whenever you want to; **chest up, hips squared to front***
- **Single Knee Lift** – *Punch your arm straight out*
- **Double Knee Lift** – *Double right, double left*
- **Double Knee Crossover** – *Up, over, up, down; up, over, up, down; feel free to stick with Double Knee Lift*
- **Shuffle** – *Nice and easy, light on feet*
- **Superman & Run Square Combo** – *4, 3, 2, run forward; to the left. Option: Walk it out*
- **Jumping Jack** – *Feet go out and in; Jumping Jack or Tap; **knees out, heels down***

BLOCK 2

LAYER 2

In Layer 2, we want to focus on lifting the energy and the workout. Be sure to place the emphasis on having fun using the lyrics and musical shifts.

- **Single Knee Lift** – *Let's pick up the energy more by picking up the knee higher*
- **Single Knee Lift with Punch** – *Squeeze your arm*
- **Double Knee Lift** – *Let's pump it up!*
- **Double Knee Crossover** – *(Sing)*
- **Shuffle** – *Let's relax and get ready*
- **Superman & Run Square Combo** – *Nice and wide, run forward*
- **Jumping Jack** – *Sit deeper, jump wider*

BLOCK 3

LAYER 3

This block is all about Sharing the Energy. Tap into the lyrics and the feel of the song to motivate your participants.

- *You look so good right now!*
- *It's you babe!*
- *We start together, we finish together*



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel the progressive challenge in the Side Step Over to Side Jump Over.

OPTIONS

Run – March or Jog
Double Pulse Lunge – Alternating Lunge

	MUSIC				EXERCISE	CTS	REPS
1	0:00	Intro / (Heavy beat)	4x8	A	Run OTS	32	
	0:11	Instr / (Wind up)	8x8	B	Square Run Pattern L Square Run Pattern R	32 32	
	0:33	C / Jump make the	4x8	C	Double Slow Ski Jump L, R 👁️ Side Step Over on last 4cts	8	4x
	0:45	Instr / (Heavy melody)	4x8	D	Side Step Over with Straight Jump L, R. <i>Arms out, then up</i> 👁️ Side Jump Over on last 4cts	8	4x
	0:56	(Heavy melody)	4x8	D ¹	Side Jump Over with Straight Jump L, R. <i>Arms out, then up</i>	8	4x
	1:08	(Heavy melody)	4x8	E	Lunge L, R. <i>RA</i>	4	8x
	1:19	(Heavy melody)	4x8	E ¹	Double Pulse Lunge L, R. <i>Double Arm Swing</i>	8	4x
	1:30	(Heavy melody)	4x8	E ²	Lunge L, R. <i>RA</i> – Speed up NOTE: Unlike the video, participants should speed up.	4	8x
2	1:43	Br / (Wind down)	36x8	REPEAT ALL SEQUENCES A – E ²			
3	3:27	(Wind down)	20x8	REPEAT SEQUENCES A – D			
	4:23	(Heavy melody)	4x8	D ²	Side Jump Over with Tuck Jump. <i>Arms out, then up</i>	8	4x
	4:34	(Heavy melody)	12x8	REPEAT SEQUENCES E – E ²			



04. EARTHQUAKE 5:33mins

BLOCK 1

LAYER 1

In Layer 1, deliver a succinct Track Introduction that tells your participants what they are about to do and for how many rounds. Set up the Square Run Pattern with simple direction cues and then let the music build the excitement for your team.

- **Square Run Pattern** – *Run forward 8, 7, 6... turn right, run 8; **run or march***
- **Slow Ski Jump** – *Ski right, ski left, knees bent, **chest up***
- **Side Step Over** – *Step jump, step jump. Option: No Jump, lift your heels; **soft knees***
- **Side Jump Over** – *Jump, jump; swing arms up*
- **Single Lunge** – *Right, left. Option: Long step back; **front knee out, back straight***
- **Double Pulse Lunge** – *1 and 2; 1 and 2*
- **Single Lunge (fast)** – *Stay with the beat or speed up!*

BLOCK 2

LAYER 2

We repeat the exercises but challenge the members through bigger range of motion.

- **Square Run Pattern** – *Run forward, to the side, to the back, to the side*
- **Slow Ski Jump** – *Right, left, bend deeper*
- **Side Step Over** – *Use your legs, fly*
- **Side Jump Over** – *Bend your knees more; how high can you jump?*
- **Single Lunge** – *Bend your back knee more*
- **Double Pulse Lunge** – *Use your arms, use your glutes*
- **Single Lunge (fast)** – *Faster... are you in?*

BLOCK 3

LAYER 3

The final block is a huge challenge of endurance because we add the Tuck Jump. Be encouraging, positive, but, most of all, be inspirational. Use your body as the ultimate inspirational tool to motivate your members to push to their max.

- *Sit low, drive up, push*
- *Add the Tuck Jump, knees to chest, **brace your abs***
- *Lunges! Stay in this – use your quads!*
- *Pure athletic strength – let's go!*



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to feel the muscular endurance challenge of the Pulse Squat & Single Leg Squat Combo.

OPTIONS

All Pushups – On knees, toes or rest!

		MUSIC			EXERCISE	CTS	REPS
I N T R O	0:00	Intro / (Synth beat)	4x8		Set up for Mid-Stance Squat	32	
	0:15	Let's work	4x8	A	Mid-Stance Squat Hold	8	
					Single Leg Squat to L	8	
					Mid-Stance Squat Hold	8	
					Single Leg Squat R	8	
1	0:30	V1 / _ We are	8x8	A ¹	DOUBLE PULSE SQUAT & SINGLE LEG SQUAT COMBO		4x
					Double Pulse Squat	4	
					Double Pulse Single Leg Squat L. RA	4	
					Double Pulse Squat	4	
					Double Pulse Single Leg Squat R. RA	4	
	1:00	PC / _ Yeah we rock it	4x8	B	Drop Squat and Hold Down	16	
					Transition to floor	16	
	1:15	Instr / (Synth beat)	8x8	C	PLYO PUSHUP COMBO		8x
					Set hands together for Plyo Pushup		
					Move L hand out – Chest Pushup	2	
2					Move L hand in	2	
					Move R hand out wide – Chest Pushup	2	
					Move R hand in	2	
	1:45	Quiet / Let's work _	4x8		Transition up	32	
	2:00	V2 / No we no	8x8	A ²	 Double Squat & Single Leg Squat Combo – lift foot up to balance after 1st rep	16	4x
	2:30	PC / _ Yeah we rock it	4x8	B	Drop Squat and Hold Down	16	
					Transition to floor	16	
	2:45	Instr / Wah!	8x8	C	 Plyo Pushup Combo L, R	8	8x
					Last 4cts transition to Bottom Half Tricep Pushup		
	3:15	Explode!	4x8	D	Bottom Half Tricep Pushup	2	16x
3	3:30	V3 / _ No we no	4x8		Recover – stay down and shake out arms and legs	24	
					Reset Tricep Pushup	8	
					EXPRESS FORMAT FINISHES HERE		
	3:45	Big sound a play	8x8	D ¹	Single Tricep Pushup	4	8x
					Hold	4	
	4:15	Instr / Wah! _	8x8	C	 Plyo Pushup Combo L, R	8	8x
	4:45	Explode	4x8	D	 Bottom Half Tricep Pushup	2	16x



05. BOOMSHAKALAK 5:08mins

BLOCK 1

LAYER 1

The biggest goal of the first block is for your team to understand the rhythm of the lower body and upper body combo. Keep your coaching simple and make sure they can move first, then coach towards safety and effectiveness.

- **Squat Combo (slow)** – *Squat hold, move to the right, move to the left*
- **Squat Combo (fast)** – *Pulse 1, 2 (point), over 2, center 2, side; **knee out, chest up***
- **Squat (deeper)** – *Hold, now sit back low*
- **Plyo Pushup** – *Right arm out, left arm out; take it down to the knees if you need to; **chest to elbow height, brace abs tightly to stay long***



BLOCK 2

LAYER 2

The team knows the moves now, so let's focus on giving them a bigger burn this round with the addition of Bottom Half Tricep Pushups.

- **Squat Combo (fast)** – *As you move to the side, lift your foot up to work on stability; sit low and stay low*
- **Squat (deeper)** – *Sit back deeper now*
- **Plyo Pushup** – *Work your chest more as you walk out wide*
- **Bottom Half Tricep Pushup** – *Elbows in, eyes forward, **chest to elbow height**. Stay low to keep work in the back of the arms*

BLOCK 3

LAYER 3

In the final block, we focus solely on the upper body. Challenge them to go the distance to get the results they've always wanted.

- *Single Tricep Pushups to get ready!*
- *Discipline to finish*
- *Toughest moves create the biggest change*



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to embrace what it means to let the music take control as I sing and coach a relaxed but fun Running track.

OPTION

Run – Walk or Jog

		MUSIC		EXERCISE	CTS	REPS
I N T R O	0:02	Intro / (Synth)	8x8	Run – start slowly moving into the Circle Run	64	
	0:26	Let the music	8x8	Circle Run	64	
	0:50	Cause I know	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. <i>Double Arm Reach Up</i> x8	16	
				High Knee Run OTS	16	
1	1:01	V / Girl you're on fire	4x8	A Jog B	32	
	1:13	_ Give a little	4x8	B Alt Backward-Stepping Lunge L, R. <i>RA</i>	8	4x
	1:25	C / Cause I know	4x8	B ¹ Backward-Stepping Lunge R leg only. <i>RA with Knee Lift</i>	4	8x
	1:37	Ref / Job	4x8	B ²  Backward-Stepping Lunge L leg only. <i>RA with Knee Lift</i>	4	8x
	1:49	Br / The job	1x8	C Hold and  Side Step Over	8	
	1:52	Instr / (Synth beat)	12x8	D SINGLE, DOUBLE COMBO		12x
				Side Step Over R – L foot up	2	
				Jump feet together – move R	2	
				Side Step Over L – R foot up	2	
				Jump feet together – move L	2	
2	2:27	Job	8x8	E  Circle Run	64	
	2:50	C / _ Cause I know	4x8	F  Run In & High Knee Run Combo	32	
	3:02	V / Girl you're on fire	41x8	REPEAT SEQUENCES A – F		



06. LET THE MUSIC DO THE JOB 5:11mins

INTRO LAYER 1

Get your members moving in a circle to help them recover.

- **Circle Run** – *Relax the upper body, run lightly, jog or march*
- **Run In & High Knee Run Combo** – *Run in 8, 7, 6. Hold. Jog back*

BLOCK 1 LAYER 2

In the first block, we introduce the Single, Double Combo to work on coordination. The combo is tricky so make sure you focus on the movement pattern first.

- **Alternating Backward-Stepping Lunge** – *Long step back; **front knee out; chest up***
- **Backward-Stepping Lunge (one leg)** – *Stay and hold, down and up, down and up; lift knee to hip height*
- **Single, Double Combo** – *One foot, both feet, one foot, both feet; knee to hip height; bend knee to squat*



- **Circle Run** – *Let the music do the job!*
- **Run In & High Knee Run Combo** – *Come on in!*

BLOCK 2 LAYER 3

Last chance to get the team feeling recovered, so take it easy and coach why we are doing each move – educate!

- **Alternating Backward-Stepping Lunge** – *Down and up; drop your knee to help work the front thigh*
- **Backward-Stepping Lunge (one leg)** – *Work one side to build more stability*
- **Single, Double Combo** – *One foot, both feet, work on balance and stability*
- **Circle Run** – *Pick up your feet!*
- **Run In & High Knee Run Combo** – *Let's go!*



06. RUNNING – SMALL-ROOM OPTIONS

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to embrace what it means to let the music take control as I sing and coach a relaxed but fun Running track.

OPTION

Run – Walk or Jog

		MUSIC		EXERCISE	CTS	REPS
I N T R O	0:02	Intro / (Synth)	8x8	Run – start slowly moving into the Run F&B	64	
	0:26	Let the music	8x8	Run F&B	64	
	0:50	Cause I know	4x8	RUN IN & HIGH KNEE RUN COMBO		
				Run In. <i>Double Arm Reach Up</i> x8	16	
				High Knee Run OTS	16	
1	1:01	V / Girl you're on fire	4x8	A Jog B	32	
	1:13	_ Give a little	4x8	B Alt Backward-Stepping Lunge L, R. RA	8	4x
	1:25	C / Cause I know	4x8	B ¹ Backward-Stepping Lunge R leg only. RA with Knee Lift	4	8x
	1:37	Ref / Job	4x8	B ²  Backward-Stepping Lunge L leg only. RA with Knee Lift	4	8x
	1:49	Br / The job	1x8	C Hold and  Side Step Over	8	
	1:52	Instr / (Synth beat)	12x8	D SINGLE, DOUBLE COMBO		12x
				Side Step Over R – L foot up	2	
				Jump feet together – move R	2	
				Side Step Over L – R foot up	2	
				Jump feet together – move L	2	
2	2:27	Job	8x8	E  Run F&B	64	
	2:50	C / _ Cause I know	4x8	F  Run In & High Knee Run Combo	32	
	3:02	V / Girl you're on fire	41x8	REPEAT SEQUENCES A – F		



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to train with their partner in three different ways: Speed, agility, and power.

NOTE: Unlike in the video, the Ski Jump and Power Ski Jump should be performed facing and moving towards the middle of the room, not your partner.

OPTIONS

Ladder Run Combo – All walking

Skater – No impact

Up Jack – Drop Squat

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Kick it! _	4x8	Split room Find a partner on the same side as you Partner 1 and Partner 2	32	
	0:12	C / I came to start	8x8	ROUND 1 Partner 1: Ladder Run Partner 2: Run OTS/Relax Both partners switch and do the opposite move x1	16 16 32	2x
	0:36	OK _	16x8	Partner 1: Ladder Run – Faster Partner 2: Run OTS/Relax Both partners switch and do the opposite move x3	16 16 96	4x
	1:23	Yeah uh huh _	4x8	Ski Jump L, R – Face the middle. Move to the middle	2	16x
	1:35	Uh huh _	4x8	Double Power Ski Jump L, R – Face the middle. Move to the middle	4	8x
	1:46	Instr /	4x8	Change sides	32	
2	1:58	C / I came to start	8x8	ROUND 2 Partner 1: Skater Partner 2: Run OTS Both partners switch and do the opposite move x1	16 16 32	2x
	2:22	OK _	16x8	Partner 1: Skater – Wider x4 L, R Partner 2: Run OTS Both partners switch and do the opposite move x3	16 16 96	4x
	3:09	Yeah uh huh _	4x8	 Ski Jump – Face the middle. Move to the middle	2	16x
	3:20	Uh huh _	4x8	 Double Power Ski Jump – Face the middle. Move to the middle	4	8x
	3:32	_ Kick it	4x8	Change sides	32	
	3:44	C / I came to start	8x8	ROUND 3 Partner 1: Up Jack x8 Partner 2: Run OTS Both partners switch and do the opposite move x1	16 16 32	2x
3	4:08	OK _	16x8	Partner 1: Up Jack – Higher Partner 2: Run OTS Both partners switch and do the opposite move x3	16 16 96	4x
	4:55	Yeah uh huh _	4x8	 Ski Jump – Face the middle. Move to the middle	2	16x
	5:06	Uh huh _	4x8	 Double Power Ski Jump – Face the middle. Move to the middle	4	8x



07. PARTYSTARTER 5:24mins

INTRO/BLOCK 1

LAYERS 1/2/3

Divide the room into two, then quickly instruct your members to find someone to work with. Feel free to assign partners or plan a way to get people to pair up. The goal is to get this done quickly so that you can start the working zones. Be sure to coach “change moves” or “switch” 2 seconds before the change from one partner to the other. For each move, coach one or two important aspects, but then focus on motivating your partner and the team.

- *Split up and find someone to work with. Shortest person goes first*
- **Ladder Run** – Feet go out and in, out and in. SWITCH!
- **Ladder Run** – Body weight forward, core tight to stabilize. Now go fast!
- **Ski Jump** – Face the center, knees bent. Face the middle. Move to the middle
- **Power Ski Jump** – Side to side; knees bent

BLOCK 2

LAYERS 1/2/3

In Block 2, we have agility training with the Skater. Get your team to progressively move wider.

- **Skater** – Skate side to side; step wide if you need to; front knee out
- **Skater** – Push wider, sit back deep into the hips
- **Ski Jump** – Face the center, ski! Woohoo!
- **Power Ski Jump** – Sit lower in the legs, drive side to side

BLOCK 3

LAYER 3

In Block 3 we want to use the Up Jack to help create explosive and powerful movements. Be sure to encourage your members to use a big bend in their knee to help propel them upward.

- **Up Jack** – Up, down, up, down; feet wide as you land; **soft knees**
- **Up Jack** – Bend your knees and push up, out of the floor
- **Ski Jump** – Ski! Let’s go, final round, all you’ve got
- **Power Ski Jump** – Stay low, we’ve got this. Power in your legs and body!



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to feel the emotional release in this song as the moves and music come together.

OPTIONS

Run – Jog or March
Side Flick – Side Tap
Single Kick – Low Front Tap

		MUSIC		EXERCISE	CTS	REPS
1	I N T R O	0:01	Feels like _	8x8	Run OTS	64
		0:24	C / Can you imagine	8x8	A RUN & SIDE FLICK COMBO Run F. <i>Double Punch F</i> x4 Side Flick L, R x2 Run B. <i>Double Punch F</i> x4 Side Flick L, R x2	2x 8 8 8 8
		0:48	Imagine _	8x8	B RUN & KICK COMBO Run F. <i>Double Arm Reach Up</i> x4 Single Kick L, R x4. <i>Single Punch F</i> to B	2x 8 8 16
		1:11	C / _ Can you imagine	4x8	C KNEE & KICK COMBO Knee & Kick L. <i>Single Punch Up & F</i> Knee & Kick R. <i>Single Punch Up & F</i>	4x 4 4
		1:23	This time	4x8	D Single Kick L, R OTS. <i>Single Punch F</i>	4 8x
2		1:35	V / _ Don't wait until	4x8	Run OTS	32
		1:47	We are young and free	4x8	E Side Flick L, R. <i>Side Raise</i>	4 8x
		1:59	C / Can you imagine	24x8	REPEAT SEQUENCES A – D	
3		3:10	Can you imagine	4x8	Run OTS	32
		3:22	This time	20x8	REPEAT SEQUENCES E, B, C, D	



08. IMAGINE 4:27mins

BLOCK 1

LAYER 1

Block 1 is all Layer 1: Name of the move, options, and execution.

- **Run & Side Flick Combo** – *Run forward, Side Flick 4, 3, 2, run back*
- **Run & Kick Combo** – *Reach run, kick 4, 3, 2; run back; take it to a March as needed*
- **Knee & Kick Combo** – *Knee, kick, knee, kick*
- **Single Kick** – *Right, left; kicks **square to the front, back straight***

BLOCK 2

LAYER 2

Block 2 is all about enhancing the feel of the track and song. Don't push the workout too much, just let your members enjoy the moment.

- **Run & Side Flick Combo** – *Run closer*
- **Run & Kick Combo** – *Long reach, long kick*
- **Knee & Kick Combo** – *Hold here – you guys have got this!*
- **Single Kick** – *Lengthen your legs, feel the music and moves*

BLOCK 3

LAYER 3

In the final block, highlight what “Shared Energy” is – a time when everyone comes together to celebrate their love for fitness and for BODYATTACK.

- *We are united!*
- *Can you imagine any other workout?*
- *This is what BODYATTACK is all about – friends and fitness*



09. POWER

SPORTS

TRACK FOCUS

I want my participants to find success in the Surfer Burpee as well as to max out their training in the Single Fast Burpees.

OPTIONS

High Knee Run – Jog or Run
Jumping Jack/Air Jack – Side Tap
Air Jack – Jumping Jack
Burpee – Pulse Squat

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / (Synth)	8x8	Run OTS	64	
	0:23	C / To life	6x8	Shuffle L, R. RA	48	
	0:40	Instr / (Synth beat)	8x8	A HIGH KNEE RUN & JUMPING JACK COMBO		
				High Knee Run F	8	
				High Knee Run OTS. RA	8	
				Jumping Jack x8. Cross Arms O/H	16	
				High Knee Run B	8	
				High Knee Run OTS	8	
				Jumping Jack x8. Cross Arms O/H	16	
	1:04	(Synth)	4x8	A ¹ High Knee Run F. RA	8	
2				High Knee Run OTS	8	
				Jumping Jack x8. Cross Arms O/H	16	
				👁️ Jumping Jack & Air Jack Combo on last 4cts		
	1:15	(Synth)	4x8	B JUMPING JACK & AIR JACK COMBO		8x
				Jumping Jack	2	
				Air Jack. Double Arm Reach Up	2	
	1:27	Br /	½x8	Hold	4	
	1:29	PC / Now that I know	8x8	C Recovery – Run OTS	64	
				👁️ Pulse Squat & Snowboard Combo on last 16cts		
	1:52	Instr / To life	6x8	D PULSE SQUAT & SNOWBOARD COMBO		3x
3				3x Pulse Squat	6	
				Squat Turn L	2	
				3x Pulse Squat	6	
				Squat Turn R	2	
				👁️ Surfer Burpee on last 8cts		
	2:09	Bring me to life	4x8	D ¹ Surfer Burpee L, R	16	2x
	2:21	C / To life	6x8	E Single Fast Burpees – as many as you can		
				Use last 4cts to transition to standing		
	2:38	Instr / (Synth)	8x8	A High Knee Run & Jumping Jack Combo F&B	64	
	3:01	Bring me to life	4x8	A ¹ High Knee Run & Jumping Jack Combo F	32	
	3:13	Bring me to life	4x8	B Jumping Jack & Air Jack Combo	4	x8
	3:26	Now that I	36½x8	REPEAT ALL SEQUENCES C, D, D¹, E, A, A¹		
	5:11	To life	4x8	High Knee Run Sprint	32	



09. BRING ME TO LIFE 5:32mins

BLOCK 1 LAYERS 1/2

In your Track Introduction, explain that there will be three blocks of work. We work harder in each block.

- *Three big rounds to push your fitness*
- **Shuffle** – *Light on feet*
- **High Knee Run & Jumping Jack Combo** – *Run forward; Jack, feet out and in. **Option: march and tap***
- **Jumping Jack & Air Jack Combo** – *One Jumping Jack, one Jump; jack, jump; **knees soft as you jump and land***

BLOCK 2 LAYERS 2/3

In this round we add the Surfer Burpee and the Single Fast Burpees to push our fitness levels.

- **Pulse Squat & Snowboard Combo** – *Squat, 3, 2, turn (point)*
- **Surfer Burpee** – *Down, back, in, turn; down, back, in, turn; **brace your abs as you jump back to Plank***



- **Single Fast Burpees** – *As fast as you can, safety first!*
- **High Knee Run & Jumping Jack Combo** – *Run forward; jack; drive harder, faster!*
- **Jumping Jack & Air Jack Combo** – *Sit lower to help you jump high; push your limits; pure fitness*

BLOCK 3 LAYER 3

Your participants will be very tired from the last round. Encourage them to push themselves hard as soon as the recovery ends. Challenge everyone to hold nothing back and push hard all the way to the end!

- *Take a breath, reset, let's do this together*
- **Pulse Squat & Snowboard Combo** – *Squat, 3, 2, turn; we can do this*
- **Surfer Burpee** – *Stay low in the legs to work endurance*
- **Single Fast Burpees** – *Work at your pace, your level!*
- **High Knee Run & Jumping Jack Combo** – *Run!*
- *This is everything!*
- *Push yourself to a new level, move the needle*



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to train core stability in the Hover Tap Combo and core endurance in the Side Mountain Climber Combo.

OPTIONS

Hover – On knees or toes
Hover/Plank & Toe Tap – Feet on floor

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro / _ J balvin, man	1½x8 To floor	12	
	0:05	V / _ It's simple	5x8 A Hover Hold	16	
			A¹ Hover Side Tap L, R. Foot out and in	4	6x
	0:29	PC / But if _	1x8 B Transition to Plank	4	
			👁 Side Mountain Climber Combo L side	4	
	0:35	C / Famili-famili	4x8 C SIDE MOUNTAIN CLIMBER COMBO		4x
			Foot out L	1	
			Knee towards elbow	1	
			Foot B L	1	
			Foot in, change sides	1	
2			🔄 to R	4	
	0:55	V / Your waistline	12x8 REPEAT SEQUENCES A – C (C – 6x)		
	1:55	_ Quisiera que tú	4x8 A Transition to Hover Hold	4	
			Hover Hold	28	
	2:15	Y sabes	2x8 D Roll over	16	
			👁 Alt Oblique Crunch on the last 4cts		
	2:25	C / Famili-famili	4x8 E Alt Oblique Crunch L, R – Slow	4	8x
	2:45	_ Ah ah	4x8 E¹ Alt Oblique Crunch L, R – Faster	2	16x



10. FAMILIAR 3:10mins

BLOCK 1

LAYER 1

In Layer 1 set up the body position by telling them to place their elbows under their shoulders.

- **Hover Side Tap** – *Tap out and in; wrists under shoulders, back long and straight*
- **Side Mountain Climber** – *Out, in, back, switch; hips squared to floor*

BLOCK 2

LAYER 2

In Block 2 we want to encourage our participants to work just as hard as Block 1 and to maintain proper alignment.

- **Hover Side Tap** – *Be sure to brace tightly to keep hips and shoulders steady*
- **Side Mountain Climber** – *Drive hands into the floor to help keep the upper body still*

BLOCK 3

LAYER 3

In this final block, it's all about motivating your members to hold on. The training is tough but worth it. Like Ben says in the video, "Your six-pack is coming."

- **Alternating Oblique Crunch** – *Shoulder to opposite knee; rotate center of chest*
- **Alternating Oblique Crunch** – *Move fast to increase the work*



11. COOLDOWN

TRACK FOCUS

Celebrate everybody's efforts as you help them recover in the Cooldown.

	MUSIC		EXERCISE	CTS	REPS
0:00	V / _ I know I've	2x8	Stand – Recover	16	
0:12	_ I know	4x8	Standing Calf Stretch L, R	32	
0:28	Br / Fool _	1x8	Step feet together, slow body roll to standing	8	
0:32	C / I never knew	4x8	Standing Quad Stretch L <i>R Arm to the side</i> <i>Stretch R Arm O/H after 16cts</i>	32	
0:49	I never knew	4x8	Standing Quad Stretch R <i>L Arm to the side</i> <i>Stretch L Arm O/H after 16cts</i>	32	
1:05	Instr / (Synth)	4x8	Adductor Stretch side to side R, L	4	8x
1:22	V / _ Are you	4½x8	Turn 45° to face the L side, Standing Hamstring Stretch L	36	
1:41	C / I never knew	4x8	Standing Hip Flexor Stretch, R Shoulder Stretch Move to Tricep Stretch on last 16cts	16 16	
1:58	I never knew	4x8	Turn 45° to face the R side, Standing Hamstring Stretch R	32	
2:15	Instr / Yours _	4x8	Standing Hip Flexor Stretch, L Shoulder Stretch Move to Tricep Stretch on last 16cts	16 16	
2:32	Woah	2x8	ITB Stretch R side	16	
2:40	Instr / (Synth)	2x8	ITB Stretch L side	16	
2:49	Woah	4x8	Celebrate the end of the class	32	



11. BORN TO BE YOURS 3:13mins

COACHING TIPS

- Clearly explain body part and direction as you lead your class through the stretches
- Feel free to link the body part being stretched to the move that worked it earlier
- Praise your class for their efforts today
- Thank them for coming



GLOSSARY

BOUNCE
Hips and shoulders square to front
Knees soft
Feet wide

STEP TOUCH
Chest up
Hips square to front

STEP CURL
Chest up
Heel to butt
Knees out

SQUAT
Knees out
Chest up

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

JUMPING JACK
Heel down
Knees out and bent
Chest up

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

3-STEP RUN
Hips square to front
Brace abs
Lift chest

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

DOUBLE KNEE CROSSOVER
Cross one foot over side of other foot
Up, over, up
Core braced

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

SUPERMAN
Stay square to front
Opposite arm and leg lift 45 degrees
Soft knee landing

SKI JUMP
Knees bent on landing
Brace abs
Chest up

SINGLE PLYOMETRIC LUNGE
Front knee out
Chest up
Back knee down
Knees bent/soft knees

SIDE STEP OVER
Hips square to front
Knee out
Chest up
Soft knees

SIDE JUMP OVER
Hips square to front
Knee out
Chest up
Soft knees

DOUBLE SQUAT
Knees out
Chest up
Hips above knee level

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



GLOSSARY

PLYO PUSHUP

Right arm out, left arm out
Chest to elbow height
Brace abs hard to stay long

BOTTOM HALF TRICEP PUSHUP

Hands under shoulders
Elbows in
Chest to elbow height

BACKWARD-STEPPING LUNGE

Long step back
Front knee out
Chest up

LADDER RUN

Fast feet
Upper body still
Feet move in and out

SKI JUMP

Knees bent on landing
Brace abs
Chest up

DOUBLE POWER SKI JUMP

Knees bent on landing
Brace abs
Chest up

SKATER

Knee out
Chest up
Push up out of the floor

UP JACK

Bend knees
Feet wide as you land
Soft knees

SINGLE KICK

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

SIDE FLICK

Hips square to front
Shoulders back
Chest up

HIGH KNEE RUN

Chest up
Knees towards chest
Elbows drive forward

AIR JACK

Bent knee landing
Abs braced
Chest up

BURPEE

Sit back
Jump up
Feet wide in Squat
Brace abs as the hips go back

SURFER BURPEE

Brace abs as you jump back to Plank
Turn body as one

SNOWBOARD

Knees out
Chest up
Butt back

HOVER SIDE TAP

Tap out and in
Wrists under shoulders
Back long and straight

SIDE MOUNTAIN CLIMBER

Hips square to floor
Drive hands into the floor to keep upper body still

ALTERNATING OBLIQUE CRUNCH

Shoulder lifts up and across to opposite knee
Turn chest

PLANK

Abs braced
Body square to floor
Back long and straight



GLOSSARY

HOVER

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

EXTENDED PLANK

- Walk your arms
- Hands forward of shoulders

ALTERNATING OBLIQUE CRUNCH

- Fingertips to temples
- Chin tucked**
- Elbows wide
- Rotate shoulder to opposite knee as you twist**

STANDING CALF STRETCH

- Keep feet parallel
- Heel down
- Stretch into calf
- Head up

STANDING QUAD STRETCH

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

ADDUCTOR STRETCH

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

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 HIP FLEXOR, SHOULDER & TRICEP STRETCH

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

ILIOTIBIAL STRETCH (ITB)

- Cross feet and press weight into hip



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.

