

BODYATTACK 105

MUSIC

NEW OPTION FOR 45-MINUTE EXPRESS FORMAT

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

BONUS Workout for Water

01. WARMUP

GLOSSARY

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MUSIC

01

Out Of This Town (Extended Mix)
(5:32)

Hardwell & Vinai feat. Cam Meekins

© 2018 Revealed Music B.V. under exclusive license to Central Station Records for Australia and New Zealand.
Written by: Andrew Vinaï, Alessandro Vinaï, van de Corput

02

You Only Talk In #hashtag (4:02)

Dave Audé & Luciana

© 2014 Audacious Records.
Written by: Aude, Caporaso, Clow, Robinson

03

Cupid Shuffle (5:14)

The Yellow Sea

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Written by: Unknown

04

On The Ground (5:40)

R-Wan feat. Fatman Scoop

© 2018 LNG Music.
Written by: Nikjeh, Chamile

05

Knock Me Down (5:28)

Youngblood Hawke

© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

06

One Kiss (Bonkerz Remix Edit) (5:05)

Hollywood Hustlers

© 2018 LNG Music.
Written by: Lipa, Wiles, Reyez

07

Mr Vain (Ste Ingham Remix Edit) (4:51)

Projekt Black

© 2016 LNG Music.
Written by: Katzmann, Zick, Carmichael

08

Feel U (Radio Edit) (4:39)

Condor feat. Adina

© 2016 Executiva Music.
Written by: Giovanni, de Stefano Gernaro, de Cesare Giampaolo

09

Purple People Eater (5:53)

Pegboard Nerds

© 2018 Monstercat.
Written by: Wooley

10

Kiss And Make Up (3:10)

Dua Lipa & BLACKPINK

© 2018 Dua Lipa Limited under exclusive license to Warner Music UK Limited.
Written by: Lipa, Park, Grimes, Rastogi, Raymond, Jomphe-Lepine, Vincent

11

Natural (3:09)

Imagine Dragons

© 2018 KIDinaKÖRNER/Interscope Records.
Written by: Reynolds, Sermon, McKee, Platzman, Fredriksson, Larsson, Tranter

BONUS

01

Workout for Water

Heads Up (3:15)

JAIN

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Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice

Exp

05

Knock Me Down (3:09)

Youngblood Hawke

© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds



Wow, are you in for a treat this release! The music, the fun, the intensity, and the challenge – there’s something for every BODYATTACK participant, veteran and new. Bevan, George, and I really wanted to highlight the music this release and also show the playful side of BODYATTACK. It’s a tough workout, so let the exercises and your Coaching bring intensity and use your playful side to show contrast.

The Warmup kicks us off with some fun lyrics and party arms. Make sure your members get their hands in the air so that the whole tone of the class is “fun and energy.” From there, we go right into Mixed Impact with the song *You Only Talk In #hashtag*. Be creative and come up with some fun hashtags that you can use in your Coaching. As you move into Aerobic training, your members will simply love the Cupid Shuffle theme – it’s a pure karaoke moment for the whole class! Coach the Run To Corner Combo clearly so they can enjoy the song and moves.

Competitive team training comes out in the Plyometric track, so be sure to coach inclusivity by showing all the different ways participants can achieve success. The Running track has a fun Knee, Lunge, Squat Combo designed to get the blood flowing in the legs and the members ready to train in the second half. Encourage your members to take it easy in the Runs, but then to work in the lower body sequence. This will help them prepare for the Agility track, where we will train Speed with Sprints, Power with Single-Leg Leaps, and Coordination with a 360-degree Squat Turn!

Finally, our last two tracks bring different musical vibes to this release. Interval has awesome contrast between the recovery and working phases. Let your Coaching reflect this as well. In Power, prepare your members for a never-ending assault to their fitness. The track is difficult, so please bring in some fun. The song is nostalgic for some participants and will probably make them laugh, so channel that as you become the one-eyed, one-horned, flyin’ *Purple People Eater!*

Enjoy this release and as always, thank you for sharing the #bodyattacklove,

Lisa xx



L-R: George Inwood, Lisa Osborne & Bevan James Eyles.

CREDITS

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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.

Bevan James Eyles (New Zealand) is a BODYATTACK, BODYPUMP, BODYSTEP and RPM Trainer and a LES MILLS GRIT Coach. He has received the New Zealand Group Fitness Instructor of the Year award three times and is based in Christchurch, where he is also a personal trainer.

George Inwood (New Zealand) is a BODYATTACK and LES MILLS GRIT Trainer. He is based in Dunedin, where he is also a personal trainer.

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EXPRESS FORMATS

45-MINUTE FORMAT – OPTION 1		45-MINUTE FORMAT – OPTION 2	
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 05	Athletic Strength
Track 06	Running	Track 07	Agility
Track 07	Agility	Track 08	Interval
Track 09	Power	Track 09	Power
Track 10	Core	Track 10	Core
Track 11	Cooldown	Track 11	Cooldown
Total Time	42:24	Total Time	42:50
30-MINUTE FORMAT			
Track 01	Warmup		
Track 02	Mixed Impact		
Track 04	Plyometric		
Track 07	Agility		
Track 09	Power		
Express 05	Athletic Strength		
Total Time	29:07		

NEW 45-MINUTE EXPRESS FORMAT

BODYATTACK now has two 45-Minute Formats to choose from. The first four tracks remain the same. Then you can choose the Running track or the Interval Track in the second cardio block.

OPTION 1 is best for clubs where BODYATTACK is a new program and for clubs that are more sports-inclined. It has a great athletic and fun vibe featuring simpler moves.

OPTION 2 is wonderful for facilities where BODYATTACK has been a staple program for years. It's great for clubs that are transitioning from the traditional 55-minute to 45-minute format and want to keep the uplifting, high-energy feel of the Aerobic dimension.

Feel free to alternate between both format options to gauge what's best for your participants and facilities. However, please note that you cannot change from the existing formats for the 45-min workout. You must stay with the tracks in the set order.

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.

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

The EXPRESS version of Track 5 *Knock Me Down* 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: Straight Jump & Burpee Combo = Track 4

MOVE 2: Knee, Lunge, Squat Combo (Faster) = Track 6

MOVE 3: Ladder Run Combo with 360° Squat Turn = Track 7

KEY

ALT	Alternate	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 Back
Cts	Counts	Preview	
Rep	Reprise (part of the chorus repeated)	O/H	Over head
F	Forward	OTS	On The Spot
RepX	Perform the Sequence/Exercise	Outro	Last few bars of music
Mins	Minutes	Repeat	
PC	Pre-chorus		



01. WARMUP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to have fun in the Bounce & Arm Combo while feeling the leg recruitment of the Side Step Over to Single-Leg Squat.

OPTIONS

Bounce – Step out wide
Run – Jog or March

	MUSIC		EXERCISE	CTS	REPS
1	0:05	Intro / _ That's for sure	4x8	Stretch – feet apart, <i>hands together and stretch O/H</i>	16
				Squat Hold, <i>elbows pushing legs wide</i>	8
				Roll up	8
	0:18	V1 / I'm always throwin'	4x8 A	Step Touch L, R. <i>Relaxed Arms</i>	4 8x
	0:31	C / I've been on my last	8x8 B	Side Lunge L x8. <i>Hands on thighs</i>	4 8x
				Side Lunge R x8. <i>Hands on thighs</i>	4 8x
	0:57	I've been on one	2x8 C	Bounce OTS	16
	1:03	I've been on one	6x8 C ¹	BOUNCE & ARM COMBO	3x
				Bounce OTS. <i>L Arm up</i>	4
				Bounce OTS. <i>R Arm up</i>	4
2				Bounce OTS. <i>Wave O/H</i>	4
				Bounce OTS. <i>Arms down</i>	4
	1:23	Get yo' hands up _	8x8 C ²	RUN & BOUNCE COMBO	2x
				Run F. <i>RA</i>	8
				Bounce OTS	8
				Run B. <i>RA</i>	8
				Bounce OTS	8
				👁 Side Step Over on last 4cts	
	1:49	Let's go _	4x8 D	Side Step Over L, R	4 8x
				👁 Side Step Over with Single-Leg Squat on last 4cts	
3	2:02	Instr / (Synth)	4x8 D ¹	Side Step Over with Single-Leg Squat L, R	4 8x
	2:16	V2 / I'm always throwin'	36x8	REPEAT SEQUENCES A – D¹	
	4:14	C / I've been on my last	4x8 E	Single Squat. <i>Hands on thighs</i>	4 8x
				👁 Plank Pushup Combo on last 16cts	
	4:26	I've been on my last	12x8 F	PLANK PUSHUP COMBO	6x
				Walk to Plank	4
				Pushup	4
				Walk B to Squat	4
				Stand	4
	5:05	Get yo' hands up _	8x8 C ²	 Run & Bounce Combo	32 2x

01. OUT OF THIS TOWN (EXTENDED MIX) 5:32mins

BLOCK 1 LAYER 1

In Block 1, aim to get your members moving so they understand the movements they will be repeating in the later blocks. Use short cues to coach the basics of Layer 1 so you have more time to Connect and have fun.

- **Step Touch** – Right and left, **chest up, abs braced**
- **Side Lunge** – Step out, in, out again. **Knee out, chest up**
- **Bounce & Arm Combo** – Feet wide, bounce side to side, **hips and shoulders square to front**



- **Run & Bounce Combo** – Run forward 8, 7, 6. Option: March, bounce feet wide, **hips square**
- **Side Step Over with Single-Leg Squat** – Sink down, soft knee, **in line with toes. Chest up**

BLOCK 2 LAYER 2

In Block 2, now that your participants know what they are doing, encourage them to move bigger if they feel comfortable.

- **Step Touch** – Start to bend the knees more to get the legs ready for the workout ahead
- **Side Lunge** – Step wide and sit lower to get the legs fired up
- **Bounce** – Relax, stay light
- **Side Step Over** – Light on the feet, nice and easy
- **Side Step Over with Single-Leg Squat** – Now drop deeper

BLOCK 3 LAYERS 1/3

In Block 3, we introduce the Single Squat and the Plank Pushup Combo. As this is the first time seeing the move, be sure to coach the basics of how to do the move including phonetic cues. Then have fun in the final set of the Run & Bounce Combo.

- **Squat** – Down and up, **hips back and down; knees out over toes**
- **Plank Pushup Combo** – Walk 4, 3, 2, 1 pushup; walk back. **Brace the core** as you walk to plank
- **Run & Bounce Combo** – Boom! Did you feel that? Time to get this workout started!

CONNECTION

Be sure to channel and sing out loud the “Get yo’, get yo’ hands up!” and have your participants feel the excitement of this track. As the moves are repetitive, don’t over-coach, and enjoy the moment with your class members.



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to feel light and athletic in the 3-Step Agility Run but fun and loose while they run to the corners.

OPTIONS

Gallop – No impact
Run – Jog or March

	MUSIC			EXERCISE			CTS	REPS
1	I	0:00	Intro / _ Lolololol	4x8	Bounce OTS		32	
	N							
	T							
	R							
	O							
	O							
1		0:12	V1 / This party #neverstops	4x8	A Step Curl L, R		4	8x
		0:25	See all #housewives	4x8	A ¹ Step Curl L, R. <i>Double Arm Bicep Curl</i>		4	8x
		0:37	Pocket _	4x8	B Gallop L, R. <i>Double Arm Bicep Curl</i> 👁 3-Step Agility Run on last 4cts		8	4x
		0:49	In #hashtag _	4x8	C 3-Step Agility Run L, R 👁 Angled 3-Step Agility Run on last 8cts		8	4x
		1:02	Instr / (Synth blips)	4x8	C ¹ Angled 3-Step Agility Run L, R		8	4x
2		1:14	Instr / (Synth)	8x8	D RUN TO CORNER COMBO			2x
					Run F to L corner. <i>RA</i>		8	
					Run B		8	
					Run F to R corner		8	
3					Run B		8	
		1:39	V2 / (Low beat)	28½x8	REPEAT SEQUENCES A – D (A – 9x reps)			
		3:07	Br / (Low beat)	2½x8	A Step Curl L, R		4	5x
		3:15	V3 / Pocket _	6x8	E Pulse Squat Pulse Squat with Jump		2 2	8x 16x
		3:34	Instr / (Synth)	8x8	D Run To Corner Combo		32	2x



02. YOU ONLY TALK IN #HASHTAG 4:02mins

BLOCK 1

LAYER 1

Keep the energy high in this track while coaching the Run To Corner Combo. Then as the Step Curls come in, pull back and let the music take over to set the fun and playful feel of the song.

- **Bounce** – *Now drop down into the legs!*
- **Step Curl** – *Step and lift your foot; **knees out, chest up**, add the arms when you're ready*
- **Gallop** – *Two steps across, step together, curl. Option: Step across*
- **3-Step Agility Run** – *1, 2, hop, hop. Stay light on the feet. **Hips square***
- **Angled 3-Step Agility Run** – *1, 2, hop, turn*
- **Run To Corner Combo** – *Run to the corner, 8, 7, 6... Run back and to the other corner. Option: March*

BLOCK 2

LAYER 2

In this block, think about Coaching intensity but also keep the fun alive, making sure to highlight the lyrics whenever they speak to you. Use the Run components to have fun and enjoy the workout!

- **Step Curl** – *Drop deeper to work the quads. Lift your foot higher to work the hamstrings*
- **Gallop** – *Jump higher out of the center. Like you're on a trampoline*
- **3-Step Agility Run** – *Now start to push wide*
- **Angled 3-Step Agility Run** – *Lift your knee as you turn*
- **Run To Corner Combo** – *Run further! Let's hear some noise!*

BLOCK 3

LAYERS 1/2/3

In this block, we introduce a Pulse Squat to get the legs really working for the jumping that comes later. Work on setting them up and immediately Drive Intensity (Layer 2). Then use the Run To Corner Combo to sing and bring out the BODYATTACK energy.

- **Step Curl** – *Relax*
- **Pulse Squat** – *Drop and sink into the legs. **Push your knees out**; add a small Jump*
- **Run To Corner Combo** – *Woohoo!*

CONNECTION/PERFORMANCE

As you watch the Masterclass, listen and watch how Bevan let's loose but also keeps the track educational and sporty. That will be your job. Coach the workout when it needs to be coached, but let loose and find your best #hashtag to joke with.



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to have a blast with the easily-recognizable Pop tune that will have them singing and working with loads of energy.

OPTIONS

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

		MUSIC			EXERCISE	CTS	REPS
1	I N T R O	0:00	Intro / (Rock intro)	4x8	A Run OTS. RA	32	
		0:12	Intro / You cupid	4x8	A ¹ Run OTS. <i>Open and Cross</i>	32	
		0:24	Down down	4x8	B Jumping Jack. <i>Side Raise</i>	2	16x
		0:36	V1 / _ They say	4x8	C Single Knee Lift L, R. <i>Single Punch F</i>	4	8x
		0:48	C / They got a	4x8	C ¹ Single Knee Lift L, R. <i>Single Punch Up</i>	4	8x
2		0:59	To the right	16x8	D CUPID SHUFFLE COMBO 4 Knees L. <i>Single Arm Bicep Curl</i> 4 Knees R. <i>Single Arm Bicep Curl</i> Heel Dig L, R x2. <i>Skipping Arms</i> Jumping Jack x4. <i>Side Raise</i>		4x
		1:47	V / _ They say	16x8	C REPEAT SEQUENCES C – D (2x reps)		
		2:35	Down down	8x8	D ¹  Cupid Shuffle Combo with Circle Arms in the 4 Knees	32	2x
		2:59	V3 / _ Now you see	4x8	A Run OTS. RA	32	
		3:11	Do the cupid shuffle	16x8	D ² CUPID SHUFFLE SQUARE COMBO 4 Knees L. <i>Single Arm Bicep Curl</i> 4 Knees R. <i>Single Arm Bicep Curl</i> Heel Dig L, R x2, Turn L 90°. <i>Skipping Arms</i> Jumping Jack x4		4x
3		3:59	Down down	16x8	D ³  Cupid Shuffle Square Combo with Circle Arms in the 4 Knees	32	4x
		4:47	Down down	8x8	B ¹ Jumping Jack OTS. <i>Double Arm Reach Up</i>	2	32x



03. CUPID SHUFFLE 5:14mins

INTRO/BLOCK 1

LAYER 1

What a fun track! Because of this, be sure to Coach the combo with simple cues. State the name of the moves, the directions and, when applicable, the number of reps.

- **Run** – *Run on the spot, open and close arms*
- **Jumping Jack** – *Feet out and in. Option: Tap if you want to; **knees out and butt back***
- **Single Knee Lift** – *Right, left, right, left. Option: No impact. Try this: **Chest up and hips square***
- **Single Knee Lift (with Punch Up)** – *Now reach up! Nice and long*
- **Cupid Shuffle Combo** – *4 Knees right, 4 Knees left, 4 Heel Digs down, 4 Jumping Jacks*

BLOCK 2

LAYER 2

In this block, encourage your participants to work harder and move bigger. Your job will be to make sure they have fun while doing this!

- **Single Knee Lift** – *Let's pick the knee up higher and shoot the arm forward*
- **Single Knee Lift (with Punch Up)** – *Now reach up! Nice and long*
- **Cupid Shuffle Combo with Circle Arms** – *Check these arms out! Down, down – do your dance!*

BLOCK 3

LAYER 3

The party will get very rowdy in this block! During the Run, explain that you are keeping the same combo just moving in a cross pattern. Emphasize that they will always be moving to their right.

- *Move to the right*
- *Turn right*
- *Let's go – time to party!*
- *Express your energy! Let loose!*

CONNECTION/PERFORMANCE

Have fun in this track. Watch how Bevan coaches good posture and movement while still being playful and fun. Use movements like Single Jumping Jacks or Single Knee Lifts to play with the music and bust a move!



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel like there is a level for them to max out with as I Coach the progressive intensity shifts.

OPTIONS

Run – March or Jog
Burpee – 3x Pulse Squat
Lunge – Step Knee or Alternating Lunge

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / (Beat)	4x8	Split room – 2 sides Run OTS	32	
	0:11	Instr / (Upbeat)	4x8	A Run OTS	16	
				👁️ Straight Jump & Squat Combo	16	
	0:23	Get low get on the ground	8x8	B STRAIGHT JUMP & SQUAT COMBO		4x
				Step F Straight Jump	4	
				Run B	4	
				3x Pulse Squat	6	
				Jump in	2	
				👁️ Burpee on last 8cts		
	0:46	Let's jump _	8x8	B¹ STRAIGHT JUMP & BURPEE COMBO		4x
2				Step F, Straight Jump	4	
				Run B	4	
				Burpee	8	
	1:09	Jump, jump, jump	8x8	C Skater L, R OTS. RA	4	8x
				Skater L, R – Move F	4	4x
				Skater L, R OTS. RA	4	4x
	1:32	_ On the ground	6x8	A Recovery – Run OTS	48	
	1:48	When I say jump	4x8	B REPEAT Straight Jump & Squat Combo	16	2x
	2:01	Let's jump _	8x8	B¹ REPEAT Straight Jump & Burpee Combo	16	4x
	2:24	Jump, jump, jump	8x8	D Lunge L, R	4	16x
3	2:47	_ On the ground	6x8	A Recovery – Run OTS	48	
	3:04	When I say jump	4x8	B REPEAT Straight Jump & Squat Combo	16	2x
				👁️ Add Tuck to Jump and to Burpee		
	3:15	Let's jump _	8x8	B² REPEAT Step Tuck Jump & Burpee Tuck Jump Combo	16	4x
	3:38	Jump, jump, jump	8x8	C¹ Skater L, R – Move F	4	4x
				Skater L, R OTS. RA	4	4x
				D Lunge L, R	4	8x
	4	4:02	_ On the ground	26x8	REPEAT SEQUENCES A, B, B², C¹ & D (BLOCK 3)	



04. ON THE GROUND 5:40mins

BLOCK 1 LAYER 1

In Layer 1, split the room and let your participants know that we have 4 blocks of work. Be sure to preview the move while they are jogging on the spot.

- **Straight Jump & Squat Combo** – *Step, squat, jump, run back. Option: Step, squat, march*
- **Straight Jump & Burpee Combo** – *Add the Burpee. In the Burpee, **bend the knees to squat and brace the belly as you jump back***
- **Skater** – *Side to side; **knee out, chest up.** Push your hips back*

BLOCK 2 LAYERS 1/2

We repeat the exercises but introduce the Lunge as the new Power move. Start to Coach more intensity in the Straight Jump combos and be sure to Coach Layer 1 for the Lunges so members know their options.

- **Straight Jump & Burpee Combo** – *Focus on getting up in the Jump and down in the Burpee*
- **Lunge** – *Right, left, right, left. Option: Step back; **knee out, chest up.** Commit to putting pressure in your legs!*

BLOCK 3 LAYERS 2/3

This third block brings everything together for the first time. We keep the Straight Jump & Burpee Combo and combine the Power moves of the Skater and the Lunge. But that's not all – we also add an optional Tuck to the Straight Jump and to the Burpee. Remember to be inclusive!

- **Straight Jump** – *Step, jump, tuck!*
- **Burpee** – *Add the Tuck Jump*
- *In the Tuck Jump, drive the knees and brace the belly, **bent knees in the landing***
- *Remember, you can jump or tuck – you choose*
- *Go for it!*
- **Skater** – *Go wider, lift the intensity*
- **Lunge** – *Commit to the work!*

BLOCK 4 LAYER 3

In this final block, your members will be smashed. Use different styles of motivation to challenge them to finish strongly. Use the music, a countdown or praise them. Find out what they react to and deliver it.

- *Last round!*
- *You are working so hard!*
- *We're going to finish this together*



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to feel challenge in the high-rep sets of upper body work as they train muscular endurance over five rounds.

OPTIONS

All Pushups – On knees, toes or rest!

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Ooh	2½x8	Set up Leg Extension with Tap L	20	
	0:12	V1 / _ I’m feeling	4x8	A Leg Extension with Tap L	2	16x
	0:29	_ I’ve never known	2x8	A¹ Leg Extension with Lift L Transition to floor on last 8cts	2	8x
	0:42	_ Ooh	3x8	B Tricep Pushup	4	6x
	0:55	C / _ Won’t knock me	3x8	B¹ Fast Tricep Pushup	2	12x
2	1:08	Br / Won’t knock me down	1x8	Get up	8	
	1:12	V2 / _ Born in the shadows	13x8	REPEAT SEQUENCES A – B¹ (A¹ – 12x reps) ON R SIDE		
	2:12	Br / Won’t knock me down	1x8	Recovery – shake out	8	
3				EXPRESS FORMAT STARTS HERE		
	2:16	Ooh	2x8	Get up	16	
4	2:25	V3 / _ I’m feeling	14x8	REPEAT SEQUENCES A – B¹ FROM BLOCK 2 ON L SIDE (A¹ – Arms reach out to sides)		
	3:24	Br / Won’t knock me down	1x8	Get up	8	
	3:28	V4 / _ Born in the shadows	14x8	REPEAT SEQUENCES A – B¹ FROM BLOCK 3 ON R SIDE		
	4:28	Br / Won’t knock me down	1x8	Recovery – Shake out	8	
5	4:32	Instr /	4x8	Recovery	32	
	4:49	C / _ Won’t knock me	6x8	Fast Chest Pushup Option: Fast Tricep Pushup	2	24x
	5:15	Outro / Won’t knock me down	1x8	EXPRESS FORMAT FINISHES HERE		
				Sit back – recover	8	

05. KNOCK ME DOWN 5:28mins

BLOCK 1

LAYER 1

The goal of this first block is to Coach the fast transitions between the lower body and upper body. Be sure to use countdown or time cues to let participants know a change is coming.

- **Leg Extension with Tap/Lift** – Bend front knee, **square hips to front**, lift back leg up, down, up, down. Balance and hold the back leg up



- **Tricep Pushup** – Down and up, slow to start (slow rhythm). **Chest to elbow height**. Now speed it up – down, up, down, up (rhythm)

BLOCK 2

LAYER 2 – Improve Execution

We repeat the combo this round but switch lead legs. Scan the room and make sure your participants are moving correctly. Use this time to Improve Execution.

- **Leg Extension with Tap/Lift** – Be sure to keep the knee out. Work control through the mid-section
- **Tricep Pushup** – Keep your elbows in to work the triceps

BLOCK 3

LAYER 2 – Drive Intensity and Educate

In the third block, we add an extended Arm Reach to challenge our balance. Try encouraging your class to try the more intense options in this set, whilst making sure everyone knows to work at their own personal level. What language can you use to keep this inclusive? Check out the masterclass for great examples of how this is done.

- **Leg Extension with Tap/Lift** – Squat to work the glute and hamstring; reach arms out to work balance
- **Tricep Pushup** – Go fast or slow immediately!

BLOCK 4

LAYER 2 – Drive Intensity and Educate

In the fourth block, focus more on the benefits of these moves or why we should work hard. For example, the Leg Extension helps to build stability and balance – remember that the most powerful benefits are often not aesthetic.

- **Leg Extension with Tap/Lift** – Keep the tension running down the back side of your body
- **Tricep Pushup** – Come on, all the way to the end

BLOCK 5

LAYER 3

The final block is tough! Participants will be fatigued at this stage and will need motivation to get the most out of the track. Consider which motivators you can use that acknowledge their hard work and encourage them to push to the finish.

- Every rep is an opportunity to get stronger
- 4, 3, 2, 1, Wow!



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to understand the benefits of the lower body sequence to help get them ready for the second half of the workout.

OPTION

Run – Walk or Jog

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Run OTS Set up for Knee, Lunge, Squat Combo on last 8cts	32	
0:11	V1 / Something in you	12x8	A	KNEE, LUNGE, SQUAT COMBO (SLOW) Lift L knee Step L leg B into Lunge L foot out to Squat Step in Lift R knee Step R leg B to Lunge Step R out to Squat Step in	4 4 4 4 4 4 4 4	3x
0:48	Ref / One kiss is all it takes	4x8	A ¹	KNEE, LUNGE, SQUAT COMBO (FASTER) Lift L knee Step L leg B into Lunge L foot out to Squat Step in Lift R knee Step R leg B to Lunge Step R out to Squat Step in	2 2 2 2 2 2 2 2	2x
1:00	Instr / (Synth)	8x8	B	Circle Run	64	
1:23	One , one	4x8	C	RUN IN & RUN B COMBO Run In. <i>Double Arm Reach Up</i> Run OTS. <i>Double Arm Reach Up</i> x8 Run B High Knee Run Run In. <i>Double Arm Reach Up</i>	8 8 8 8 8	
1:35	One , one	4x8	C ¹	Run OTS. <i>Double Arm Reach Up</i> High Knee Run OTS	8 16	
1:47	(Low beat)	4x8		Jog B	32	
1:59	C / One kiss is all it takes	28x8	A ¹	REPEAT SEQUENCES A¹ (6x reps), B, C & C¹		
3:22	(Low beat)	4x8		Jog B	32	
3:33	C / One kiss is all it takes	12x8	A ²	 Knee, Lunge, Squat Combo (Faster) with option to Jump Squat	16	6x
4:09	One _	16x8		REPEAT SEQUENCES B, C & C¹		

06. ONE KISS (BONKERZ REMIX EDIT) 5:05mins

BLOCK 1 LAYER 1

Emphasize recovery by keeping your cues simple and highlighting how the moves are slowly getting us ready for the remaining tracks. Use repetitive phonetic cues to help them achieve the Combo successfully.

- **Knee, Lunge, Squat Combo** – *Knee, lunge, squat, together; leg goes up, back, wide, together. **Core braced (Knee Lift), knee out (Lunge), chest up (Squat)***



- **Circle Run** – *“That way” (point); nice and light, lengthen out your stride to recover*
- **Run In & Run Back Combo** – *Reach, run, go! Run back, now lift your knees! One more time! This time, hold it – High Knees on the spot*

BLOCK 2 LAYER 2

In the second block, focus on control in the lower body as you Coach the Knee Lift, the Lunge, and the Squat. If your members are moving well, get them to increase their range of motion.

- **Knee, Lunge, Squat Combo** – *What a great move to strengthen our leg muscles. Now you can feel the pressure in your legs*
- **Circle Run** – *Let’s run it out*
- **Run In & Run Back Combo** – *Come on in! Heels up, arms up, energy up!*

BLOCK 3 LAYERS 1/3

In this last round, we move away from recovery and back into the work phase with added plyometric components.

- **Knee, Lunge, Squat Combo** – *Watch “Knee, lunge, jump, jump.” Small Jump*
- **Circle Run** – *Let’s run it out*
- **Run In & Run Back Combo** – *One last time – run it out!*

CONNECTION/PERFORMANCE

To connect with the class, Lisa and Bevan have a great time using the music along with the Circle Run. When you teach, use that time to check in with all your BODYATTACK participants.



06. RUNNING – SMALL-ROOM OPTIONS

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to understand the benefits of the lower body sequence to help get them ready for the second half of the workout.

OPTION

Run – Walk or Jog

MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro / (Instr)	4x8	Run OTS Set up for Knee, Lunge, Squat Combo on last 8cts	32	
	0:11	V1 / Something in you	12x8	A KNEE, LUNGE, SQUAT COMBO (SLOW) Lift L knee Step L leg B into Lunge L foot out to Squat Step in Lift R knee Step R leg B to Lunge Step R out to Squat Step in	4 4 4 4 4 4 4 4	3x
	0:48	Ref / One kiss is all it takes	4x8	A ¹ KNEE, LUNGE, SQUAT COMBO (FASTER) Lift L knee Step L leg B into Lunge L foot out to Squat Step in Lift R knee Step R leg B to Lunge Step R out to Squat Step in	2 2 2 2 2 2 2 2	2x
	1:00	Instr / (Synth)	8x8	B Run F&B	64	
	1:23	One , one	4x8	C RUN F&B COMBO Run F. <i>Double Arm Reach Up</i> Run OTS. <i>Double Arm Reach Up</i> x8 Run B High Knee Run Run F. <i>Double Arm Reach Up</i>	8 8 8 8 8	
	1:35	One , one	4x8	C ¹ Run OTS. <i>Double Arm Reach Up</i> High Knee Run OTS	8 16	
	1:47	(Low beat)	4x8	Jog B	32	
	2 1:59	C / One kiss is all it takes	28x8	A ¹ REPEAT SEQUENCES A¹ (6x reps), B, C & C¹		
	3 3:22	(Low beat)	4x8	Jog B	32	
	3 3:33	C / One kiss is all it takes	12x8	A ²  Knee, Lunge, Squat Combo (Faster) with option to Jump Squat	16	6x
	4:09	One _	16x8	REPEAT SEQUENCES B, C & C¹		



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel challenged as they rotate 360 degrees in the Drop Squat.

OPTIONS

Ladder Run Combo – All walking, no running and stay with Drop Squat
360° Squat Turn – No Turn

	MUSIC		EXERCISE	CTS	REPS
	0:01	Call him	4x8	Split room – 2 sides	32
	0:13	I know what	4x8	Slow Ladder Run	4 8x
	0:25	_ Mr. Wrong	8x8	A LADDER RUN COMBO WITH SQUAT HOLD	2x
			Ladder Run x8	16	
			Drop Squat out	8	
			Drop Squat in	8	
			👁 Ladder Run Combo with Triple Pulse Squat on last 16cts		
1	0:48	Woah	½x8	Hold OTS	4
	0:50	Instr / (Synth)	8x8	A¹ LADDER RUN COMBO WITH TRIPLE PULSE SQUAT	2x
			Ladder Run x8	16	
			Triple Pulse Squat	6	
			Jump in	2	
			Sprint F	4	
			Sprint B	4	
	1:13	V2 / Call me Raider	4x8	Change sides	32
	1:25	Can't deny the urge	4x8	B Step Knee L, R. RA	8 4x
			👁 Step Knee with Leap on last 8cts		
	1:37	C / Callin' Mr. Raider	8x8	B¹ Step Knee with Leap L, R. RA	8 8x
	2:00	_ Mr. Wrong	8x8	🔊 Ladder Run Combo with Squat Hold	32 2x
			👁 Ladder Run Combo with Squat Turn 360°		
2	2:24	(Instr)	12x8	A² LADDER RUN COMBO WITH 360° SQUAT TURN	3x
			Ladder Run x8	16	
			360° Squat Turn	6	
			Jump in	2	
			Sprint F	4	
			Sprint B	4	
	2:59	V3 / Call me Raider	4x8	Change sides	32
3	3:11	Can't deny the urge	32x8	REPEAT SEQUENCES B, B¹, A and A²	



07. MR VAIN (STE INGHAM REMIX EDIT) 4:51mins

INTRO/BLOCK 1 LAYER 1

Split the room into two sides and explain that we'll work speed with Ladder Runs and reaction time with multi-directional Drop Squats.

- **Ladder Run Combo with Squat Hold** – *Feet go out and in, out and in. **Brace your abs** to hold your trunk still*
- **Ladder Run Combo with Triple Pulse Squat** – *Ladder Run, jump feet out and in*
- **Ladder Run Combo (Fast)** – *8, 7, 6..., jump 3, 2, 1, run forward, run back. Bend the knees as you jump out*

BLOCK 2 LAYERS 1/2

In Block 2, focus on loading the legs with the Step Knee and Step Knee with Leap. Coach the class on how to execute the Step Knee with Leap and where they should feel the work as well as how they might increase their intensity.

Go back to clear LAYER 1 coaching for the Ladder Run Combo with 360 degree Squat Turn. Use clear and simple set up cues to get the class moving and turning in the right direction – it's OK to repeat these until everyone gets it. Then focus on the control of the Squat and speed in the forward and back Sprints.

- **Step Knee** – *Step knee, step back. Keep the knee bent. **Chest up***
- **Step Knee with Leap** – *Leap forward, leap back*
- **Ladder Run Combo with 360° Squat Turn** – *Ladder Run, now sit down, turn, turn, run. Stay in the Ladder Run, sit down in the Squat and turn*

BLOCK 3 LAYER 3

In this final block, talk to how we are now training Power in the legs with the Step Knee. Be sure to save some gas for the final Ladder Run Combos as this is where we want participants to push it. Lead by example here, push your limits and encourage your participants to do the same.

A quick note: because your class has changed sides, be sure to cue a studio landmark to ensure they turn the other way. For example, if in Block 2 they turned towards the stage/front of room, cue that same landmark when they change sides as this will allow them to turn both to their left and right.

- **Step Knee with Leap** – *Sit deep in the front leg, and push back hard*
- **Ladder Run with 360° Squat Turn** – *Use your legs to decelerate as you run forward and then drive back with speed*



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to experience the emotional high that is Interval training with this awesome song.

OPTIONS

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

MUSIC			EXERCISE		CTS	REPS
1	0:00	V / Can't you see	4x8	A	Run OTS. RA	32
	0:13	I can't remember	4x8	B	Mambo Run OTS	32
	0:24	C / Baby , I wanna	12x8	C	RUN & SIDE FLICK COMBO	3x
					Run F	8
					Swing B. RA	8
					Side Flick L, R x4. Side Raise	16
	1:00	Instr / (Synth)	8x8	C ¹	RUN & KICK COMBO	2x
					Run F. Double Arm Reach Up x4	8
					Single Kick L, R. Single Punch F x2	8
					Run B. Double Arm Reach Up x4	8
2					Single Kick L, R. Single Punch F x2	8
	1:24	Instr / (Synth)	4x8	D	Single Kick L, R. Single Punch F – Move F	4
						8x
	1:36	Can't you see	32x8	REPEAT SEQUENCES A, B, C, C¹ & D		
3	3:11	Baby , I wanna	24x8	REPEAT SEQUENCES A, C (2x reps only), C¹ & D		
	4:21	Instr / (Build)	4x8		Single Knee Lift L, R. Double Arm Pull Down	4
						8x



08. FEEL U (RADIO EDIT) 4:39mins

BLOCK 1

LAYER 1

Block 1 is all Layer 1: Name of the move, Options, and Execution. Once you do this, the remaining rounds can be spent developing the feel for the track.

- **Run & Side Flick Combo** – *Run forward 8, 7, swing back, hold, side flick. Again... **square your hips to the front** when you swing, **brace your abs** as you flick*
- **Run & Kick Combo** – *Reach run, 4 Kicks right and left. Option: Tap or kick low*
- **Single Kick** – *Singles, **back straight**, legs nice and long*

BLOCK 2

LAYER 2

Block 2 is all about developing the feel of the track. Try not to focus on the workout too much; instead encourage members to have fun in the Mambo Run and relax in the Run & Side Flick and Run & Kick Combos.

- **Run & Kick Combo** – *Long and strong. Lift the feet to lift the energy*
- **Single Kick** – *Lengthen your legs, feel the music and moves*

BLOCK 3

LAYER 3

“The music is good, the energy is good.” Use what Lisa says to inspire you to show your members what BODYATTACK energy is all about.

- *I can feel it in my body!*
- *We finish together*
- *Share the sweat*
- *Reach Knee, pull!*

CONNECTION/PERFORMANCE

Before you teach this track in class, listen to it with your eyes closed. Take note of how it makes you feel. Then when you start to teach it, remember that awesome energy – let it come across as you perfectly blend simple Coaching and silence to highlight the song’s power.



09. POWER

SPORTS

TRACK FOCUS

I want my participants to embrace the seemingly never-ending cardio assault and enjoy the nostalgic and athletic feel to the track.

OPTIONS

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

		MUSIC			EXERCISE	CTS	REPS
I N T R O	0:00	C / One -eyed	6x8		Run OTS	48	
	0:17	C / It was one -eyed	4x8	A	3-Step Run L, R	8	4x
	0:29	(Build)	12x8	B	SIDE BOUNCE SHUFFLE & JUMPING JACK COMBO		3x
					Side Bounce L	4	
					Shuffle OTS. RA	4	
					Side Bounce R	4	
					Shuffle OTS. RA	4	
					Jumping Jack x8. Cross Arms O/H	16	
	1:05	C / One -eyed, one-horned	8x8	A	 3-Step Run L, R	8	8x
	1:27	Instr / (Drops)	8x8	B ¹	SIDE BOUNCE SHUFFLE & BURPEE COMBO		2x
1					Side Bounce L	4	
					Shuffle OTS. RA	4	
					Side Bounce R	4	
					Shuffle OTS. RA	4	
					Burpee x2 OR Jumping Jack x8	16	
	1:50	C / One -eyed, one-horned	6x8		Recovery – Run OTS	48	
	2:07	One -eyed, one-horned	4x8		FORWARD RUN COMBO		
					Run F	8	
					Run OTS	8	
					Run B	8	
2					Run OTS	8	
	2:19	(Build)	12x8	B ²	 Side Bounce Shuffle & Jumping Jack OR Burpee Combo	32	3x
	2:53	C / One -eyed, one-horned	8x8	C	HIGH KNEE RUN & SPRINT COMBO		
					High Knee Run F	16	
					Sprint OTS	16	
					High Knee Run B	16	
					Sprint OTS	16	
	3:17	Instr / (Drops)	8x8	B ¹	 Side Bounce Shuffle & Burpee Combo	32	2x
	3:39	C / It was one -eyed	8x8		Recovery	64	
	4:03	QC / (Building)	4x8	A	 3-Step Run L, R	8	4x
3	4:14	It was one -eyed	8x8	A	 3-Step Run L, R – Bigger	8	8x
	4:36	(Heavy synth)	8x8	B ³	 Side Bounce Shuffle & Burpee Combo with Tuck Jump	32	2x
	5:01	C / It was one -eyed	8x8	C	 High Knee Run & Sprint Combo	64	
	5:24	It was one -eyed	8x8		High Knee Run Sprint – accelerate to finish	64	



09. PURPLE PEOPLE EATER 5:53mins

BLOCK 1

LAYER 1

In your Track Introduction, explain that there will be three blocks with different movement patterns to maximize our training. Emphasize the various levels of intensity so everyone can dial up or dial down the workout.

Your participants will need quick cues to get the most out of the track – be clear with what to do and where to go.

- **3-Step Run** – 3, 2, 1; **square your hips to the front**
- **Side Bounce Shuffle & Jumping Jack Combo** – Side bounce, stop shuffle; side bounce, stop shuffle; 8 Jumping Jacks. Option: Side Tap

LAYER 2

- **3-Step Run** – Start to push sideways, come on!
- **Side Bounce Shuffle & Burpee Combo** – Bounce and shuffle. Add the Burpee! **Brace your abs tightly as you burpee**

BLOCK 2

LAYERS 2/3

In this round we add on the Forward Run Combo to increase the cardio endurance training. There is little in the way of recovery, so keep reminding participants of options so that they know they can do things their way. Keep your coaching positive and enthusiastic to encourage everyone to go with you.

- **Forward Run Combo** – Run forward, hold, run back
- **Side Bounce Shuffle & Jumping Jack Combo** – Bounce, shuffle, jack
- **Side Bounce Shuffle & Burpee Combo** – Jump back long, core tight
- **High Knee Run** – Knees up, brace core; sprint! Again, back!
- **Side Bounce Shuffle & Burpee Combo** – This is it! Finish this block!

BLOCK 3

LAYER 3

Your participants will be smashed at this point. They will want a long break so use your body to pull back and show them how to recover so you can crush the last working set.

- *Recover, relax, last big block*
- **Side Bounce Shuffle & Burpee with Tuck Jump Combo** – Come on, push until you can't anymore
- **High Knee Run & Sprint Combo** – We love going fast!
- *This is fitness!*

MOTIVATION/CONNECTION

This track feels like an unrelenting assault of intensity for most of the time! Be sure to bring contrast with your voice, face and energy to keep things interesting and motivating throughout the track.

Its OK to be playful, even in Track 9! The lyrics of this song are just that and the team use them really well to bring a light energy in between the big blocks of work. What will you do to connect with the song and your class in this track? Bring the BODYATTACK Power to your participants and at the same time, make it FUN!



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to feel a great core challenge in the Hover Tap Combo.

OPTIONS

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

	MUSIC		EXERCISE	CTS	REPS
1	0:00 Instr / (Distorted lyric)	2x8	To floor – into Hover	16	
	0:10 V1 / We haven't talked all morning	6x8	A Hover	32	
			Hover & Tap Combo	16	
	0:38 C / _ Touch me	6x8	A ¹ HOVER & TAP COMBO L, R		3x
			Hover Tap L, out and in x2	4	
			Hover Lift L foot to side	4	
2			to R	8	
	1:07 Ajig neoreul	6x8	A Hover	48	
	1:36 C / _ Touch me	6x8	A ¹ Hover & Tap Combo L, R	16	3x
	2:05 Geuge mwoga	4½x8	Roll over onto back	8	
			C-Crunch	4	6x
			Crunch up and hold for Pulse Crunch with feet off floor	4	
	2:26 C / _ Touch me	4x8	Pulse Crunch. <i>Hands reach past feet</i>	2	16x
	2:45 _ Kiss and make up	4x8	Scoop – Legs out to 45°	16	
			Extended Scoop – <i>Hold Arms O/H</i>	16	



10. KISS AND MAKE UP 3:10mins

BLOCK 1

LAYERS 1/2

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

Next, draw their attention to their alignment by encouraging good hip position and offering options that allow everyone to maintain this for the whole set.

- **Hover & Tap Combo** – *Out, in; out, in; up, hold. **Square your hips to the floor and brace the core.** Pull shoulders down and back*

LAYER 2

- **Hover & Tap Combo** – *Tighten the leg as you extend; work hard to keep your hips level*

BLOCK 2

LAYERS 1/2

In Block 2, we move from integrated core work (Hover & Tap Combo) to isolated core/Abdominal work (C-Crunch).

This is the end of a big workout so be sure to offer some LAYER 3 motivation that helps everyone hang on to the very end! Consider what helps you hang in there and also what your participants might be feeling when planning this.

- **C-Crunch** – *Up, down. **Push your ribs to your hips.** Knees to 90 degrees. Layer 2: Now stay up to keep the intensity in the belly*
- **Pulse Crunch** – *Extend arms long, lift shoulders off the floor. Layer 2: Stay in the top range to really strengthen the abdominals*
- **Extended Scoop** – *Extend legs long, **lower back towards floor***



11. COOLDOWN

TRACK FOCUS

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

	MUSIC		EXERCISE	CTS	REPS
0:00	V1 / _ You hold the line	6x8	Lying Lower Back Twist	48	
0:27	PC / Price you pay	4x8	Lying Lower Back Twist	32	
0:48	C / Natural	4x8	Lying Hamstring Stretch L	32	
1:07	V2 / _ Will somebody	2x8	Lying Glute Stretch	16	
1:17	_ We are the youth	2x8	Lying Glute Stretch	16	
1:25	PC / Price you pay	4x8	Lying Hamstring Stretch R	32	
1:46	C / Natural	4x8	Roll over – Stand facing front	8	
			Adductor Stretch L	8	
			Kneeling Hip Flexor Stretch – Face L	32	
2:05	V3 / Deep inside me	4x8	Adductor Stretch R	16	
			Kneeling Hip Flexor Stretch – Face R	16	
2:22	Br / I'm gonna	½x8	Face front	4	
2:26	C / Natural	2x8	Standing Quad Stretch, R leg stretch	16	
2:37	Natural	2x8	Calf & Tricep Stretch, R foot B	16	
2:46	(Instr)	2x8	Standing Quad Stretch, L leg stretch	16	
2:55	(Instr)	2x8	Calf & Tricep Stretch, L foot B	16	
			Celebrate the end of the class		



11. NATURAL 3:09mins

COACHING TIPS

- Clearly explain body part and direction as you lead your class through the stretches
- Explain why we need to stretch
- Feel free to sing along with the words and encourage your members to do the same



BONUS Workout for Water

01. WARMUP

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia.
Join us here: <https://www.workoutforwater.org/>

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to have fun in the Bounce & Arm Combo.

OPTION

Bounce – Step out wide

	MUSIC		EXERCISE		CTS	REPS
1	0:11	Intro /	3x8	Stretch	24	
	0:15	C / Heads up	4x8	A Step Touch L, R. <i>Relaxed Arms</i>	4	8x
	0:28	Heads up	4x8	B Bounce OTS	32	
	0:41	V1 / Heads up	8x8	C Side Lunge L x8	4	8x
				Side Lunge R x8	4	8x
	1:07	C / Heads up	2x8	B Bounce OTS	16	
	1:13	Heads up	6x8	B ¹ BOUNCE & ARM COMBO		3x
				Bounce OTS. <i>L Arm up</i>	4	
				Bounce OTS. <i>R Arm up</i>	4	
				Bounce OTS. <i>Wave O/H</i>	4	
2				Bounce OTS. <i>Arms down</i>	4	
	1:33	V2 / Heads up	8x8	C Side Lunge L x8	4	8x
				Side Lunge R x8	4	8x
	1:59	C / Heads up	2x8	B Bounce OTS	16	
3	2:06	Heads up	6x8	B ¹  Bounce & Arm Combo	16	3x
	2:25	Br / _ Let's see	4x8	D Squat	4	8x
	2:38	QC / Heads up	4x8	A Step Touch L, R	4	8x
	2:51	C / Heads up	6x8	B ¹  Bounce & Arm Combo	16	3x

01. HEADS UP 3:15mins

BLOCK 1

LAYER 1

In Block 1, aim to get the members moving so they understand the movements they will be repeating in the later blocks. Use short Coach the Basic cues for Layer 1 so you have more time to Connect and have fun.

- **Step Touch** – *Right and left, **chest up, abs braced***
- **Side Lunge** – *Step out, in, out again. **Knee out, chest up***
- **Bounce & Arm Combo** – *Feet wide, bounce side to side, **hips and shoulders square***



BLOCK 2

LAYER 2

In Block 2, now that your participants know what they are doing, encourage them to move bigger if they are comfortable.

- **Step Touch** – *Start to bend the knees more to get the legs ready for the workout*
- **Side Lunge** – *Step wide and sit lower to get the legs fired up*
- **Bounce** – *Relax, stay light*

BLOCK 3

LAYERS 1/3

In Block 3, we introduce the Single Squat. Since this is the first time seeing the move, be sure to Coach the Basics of “how” to do the move including phonetic cues. Then have fun in the final set of the Bounce & Arm Combo.

- **Squat** – *Down and up*

CONNECTION

Be sure to channel and sing out loud the lyrics and have your participants feel the excitement of this track. Since the moves are repetitious, don’t over coach, and enjoy the moment with your participants.



GLOSSARY

STEP TOUCH

Chest up
Hips square to front

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

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

SINGLE LEG SQUAT

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

SQUAT

Knees out
Chest up

PLANK

Abs braced
Body square to floor
Back long and straight

TRICEP PUSHUP

Hands under shoulders
Chest to elbow height
Elbows to ribs

DROP SQUAT

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

STEP CURL

Chest up
Heel to butt
Knees out

GALLOP

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

3-STEP RUN

Hips square to front
Brace abs
Lift chest

PULSE SQUAT

Knees out
Chest up
Hips drop

JUMPING JACK

Heels down
Knees out and bent
Chest up

SINGLE KNEE LIFT

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

HEEL DIG

Chest up
Hips square
Extend knee
Light heel tap to floor

STRAIGHT JUMP

Chest up
Abs braced
Knees bent on landing

BURPEE

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



GLOSSARY

SKATER

Knee out

Chest up

Push up out of the floor

SINGLE PLYOMETRIC LUNGE

Front knee out

Chest up

Back knee down

Knees bent/soft knees

LEG EXTENSION WITH TAP/LIFT

Standing leg bent

Chest up

Hips and shoulders square

CHEST PUSHUP

Chest to elbow-height

Abs braced

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

360° SQUAT TURN

Knees out

Chest up

Butt back

SWING BACK

Hips squared as you swing back

Squeeze glutes

SIDE FLICK

Hips square to front

Shoulders back

Chest up

SINGLE KICK

Back straight

Kick from the hip with straight leg

Chest up

Hips square to front

SINGLE KNEE PULL

Stay square to front

Knee to hip height

Abs braced

Chest up

SIDE BOUNCE

On the balls of the feet

Feet wide

Chest up

SHUFFLE

Chest up

Hips square to front

Light on balls of feet

BURPEE 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

DOUBLE SQUAT

Knees out

Chest up

Hips above knee level

HOVER TAP

Abs braced

Hips and shoulders square

Back long and straight

Tap out and in

C-CRUNCH

Knees over hips

Abs braced tightly at top

Ribs to hips



GLOSSARY

PULSE CRUNCH

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Lift shoulders off the floor

Hands extend past thighs

SCOOP

Slide ribs towards hips

Abs braced to keep lower back on floor

Lift shoulders off the floor

LYING LOWER BACK TWIST

Knees to one side

Shoulders down

Arms out

LYING HAMSTRING STRETCH

Keep back long on floor and shoulders relaxed

Keep tail bone down

LYING GLUTE STRETCH

Heel to knee

Pull leg towards chest

ADDUCTOR STRETCH

Leg stretches out to the side

Sit hips back

Chest up

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 QUAD STRETCH

Use abs to help balance and point

Knee of lifted leg down to floor

Squeeze butt muscles to keep hips forward

CALF & TRICEP STRETCH

Hands on your thigh

Push back heel into floor



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.

