

BODYATTACK

106

MUSIC

NEW OPTION FOR 45-MINUTE EXPRESS FORMAT

EXPRESS FORMATS

01. WARM UP

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

I’m So Excited (4:33)

Danko & Drop

© 2019 Central Station Records under exclusive licence from Kontor Records GmbH.
Written by: A. Pointer, J. Pointer, R. Pointer, Lawrence

02

7 Rings (5:11)

Power Music Workout

© 2019 Power Music, Inc.
Written by: Parks, Grande, Hammerstein, Krysuik, Monet, Rodgers, Vitia

03

Dream & Dance (Club Edit) (4:50)

DJ Paffendorf & Ryan T

© 2017 Zoo Digital, a division of zooland Music GmbH / 2014 LO:GO Recordings, a division of Tiger Records.
Written by: Süsselbeck, Schmitz, von Brünen

04

Psychedelic (5:28)

BeatMarHz

© 2016 NEXIMA.
Written by: Martino

05

Come This Far (5:57)

Chloe Kohanski

Courtesy of the Universal Music Group.
Written by: Baran, Fraser, Kohanski

06

Summer Love (BlackBonez Remix Edit)
(4:57)

Blaikz

© 2018 LNG Music.
Written by: Mathew, Maniatty

07

M-O-V-E (4:56)

WAR*HALL

© 2017 Position Music / Palladium Records.
Written by: Myers

08

For You (5:15)

Omnia (Feat. Danyka Nadeau)

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Written by: Nadeau, Rosen, Smirnov

09

Insomnia (Darren Glancy Remix) (6:04)

Ste Ingham

© Homebrew Records.
Written by: Jazz, Rollo, Bliss

10

Nobody Stop Freaks (4:41)

DISTO

© 2019 Kannibalen Records.
Written by: Rodriguez

11

Walk Me Home (2:57)

P!nk

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Written by: Harris, Moore, Ruess

Exp
05

Come This Far (2:58)

Omnia (Feat. Danyka Nadeau)

© Courtesy of the Universal Music Group.
Written by: Baran, Fraser, Kohanski



L-R: Mandi Jones, Adam Snow Bramski, Lisa Osborne and Ben Main.

Simple, athletic, fun, and challenging – those will be the words you use to describe this release of BODYATTACK! What better way to start of BODYATTACK than excited! Coach this Warm up by being relaxed, silly, and engaging. For Mixed Impact, you can’t go wrong with this recognizable Ariana Grande tune. Use the Side Step combo to really build athletic awareness for your members. The Pivot Turn in the Aerobic track is something fun to include for members who can handle the complexity and feel free to remove it if it’s not for your tribe.

Wow, get ready to bring the heat in Plyometric. This track is all about vertical challenges and lateral challenges. Enjoy the results, you’ll feel them for days! Athletic Strength and Running tracks provide great opportunities for your members to recover, coach this a lot so people feel successful. As you approach the second half of class, get ready to M-O-V-E with a great Agility track. This one focuses on moving fast throughout the whole track. Get pumped up about the fun song and strong moves.

A true highlight in this release is Interval. Dive into the song, the moves, and the silence. Finally in the Power track, be sure to encourage people to do any sort of combination as the rounds progress. This mixed training is all about them! Enjoy this release, enjoy your members and thank you for spreading the #bodyattacklove

Lisa xx

CREDITS

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Special thanks to – Josh James and Kendall Farmer for music.

PRESENTERS

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EXPRESS FORMATS

45-MINUTE FORMAT – OPTION 1		45-MINUTE FORMAT – OPTION 2	
Track 01	Warm Up	Track 01	Warm Up
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	44:44	Total Time	45:02
		Include Cooldown for Option 2 if time permits.	

30-MINUTE FORMAT	
Track 01	Warm Up
Track 02	Mixed Impact
Track 04	Plyometric
Track 07	Agility
Track 09	Power
Express 05	Athletic Strength
Total Time	29:10

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-minute 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 *Come This Far* 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: Lunge & Tuck Jump Combo = Track 4
- MOVE 2: Snowboard Combo = Track 7
- MOVE 3: Skater & 3-Step Run Combo = Track 4

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. WARM UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to sing along and role-model a relaxed Warm Up to start off this incredible workout.

OPTIONS

Bounce – Step out wide
Run – Jog or March
Tricep Pushup – On knees or toes

	MUSIC		EXERCISE	CTS	REPS
1	0:11	Intro / Tonight's the night	4x8	Stretch Arms O/H	16
				Squat. Arms push knees out	16
	0:25	I want to love you	4x8	A Bounce OTS	32
	0:38	C / I'm so excited	8x8	B SQUAT & PUSHUP COMBO	2x
				Squat x2	8
				Walk hands to Plank	8
				Tricep Pushup x2	8
				Walk hands B, squat and stand	8
				Jump feet in on last 2cts	
	1:03	Instr / (Synth)	8x8	C RUN COMBO	
2				Run OTS	32
				Run F. RA	8
				Run B. RA	8
				 Run F&B. RA	16
	1:30	V1 / Shouldn't even	4x8	D Step Touch L, R. Relaxed Arms	4 8x
	1:43	PC / I want to love you	4x8	D ¹ Step Touch L, R. Double Arm Bicep Curl	4 8x
	1:56	C / I'm so excited	8x8	B  Squat & Pushup Combo	32 2x
	2:22	Instr / (Synth)	8x8	C  Run Combo	64
	2:48	I'm so excited	4x8	A  Bounce OTS	32
	3:01	I'm so excited	4x8	A ¹  Bounce OTS – deeper	32
3	3:14	V2 / Shouldn't even	4x8	D  Step Touch L, R. Relaxed Arms	4 8x
	3:27	PC / I want to love you	4x8	D ¹  Step Touch L, R. Double Arm Bicep Curl	4 8x
	3:40	C / I'm so excited	8x8	B  Squat & Pushup Combo	32 2x
	4:06	Instr / (Synth)	8x8	C  Run Combo	64



01. I'M SO EXCITED 4:33mins

BLOCK 1

LAYER 1

Name the moves and tell your members how to do them. Show options early to keep people engaged and spend time embracing the feel of the song by getting everyone excited.

- **Squat & Pushup Combo** – *Down and up, Walk hands to Plank position*
- **Tricep Pushup** – ***Chest to elbow height***
- **Step Touch** – *Side to side, move down and up in the legs. **Chest lifted***

BLOCK 2

LAYER 2

In this block, focus on ensuring people are moving correctly by reinforcing safety. No need to push intensity, it's the Warm Up.

- **Squat** – *Push your knees out over toes, keep chest up*
- **Tricep Pushup** – *Tuck your elbows in*
- **Step Touch** – *Great, now feel tension in the legs*
- **Bounce** – *Feet wide, sit your hips back*

BLOCK 3

LAYER 3

By now, the participants know what to do, so continue to build the excitement for this workout by encouraging fun and breakout dance or free expression moments.



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to feel athletic and agile in the Side Step Combo to help get their workout pumping.

OPTIONS

Run – Jog or March
Gallop – No impact
Side Step – No impact

	MUSIC			EXERCISE		CTS	REPS
I N T R O	0:00	Intro / (Heavy beat)	4x8	Bounce OTS		32	
	0:12	Instr / (Lighter beat)	8x8	Run F		8	2x
				Bounce		8	
				Run B		8	
				Bounce		8	
1	0:36	V1 / Breakfast at	8x8	A	Step Curl L, R	4	8x
				A ¹	Step Curl L, R. <i>Lat Pulldown</i>	4	8x
	1:01	C / My wrist , stop	8x8	B	Gallop L, R. <i>Double Arm Bicep Curl</i>	8	8x
	1:26	Instr / (Funky beat)	2x8	C	Run OTS	16	
					👁 Side Step L x2 on last 8cts		
2	1:32	Instr /	6x8	D	Side Step L. RA	4	12x
	1:50	Wearing a ring	8x8	A	Step Curl L, R	4	8x
				A ¹	Step Curl L, R. <i>Lat Pulldown</i>	4	8x
	2:15	V2 / My smile is	7x8	B	Gallop L, R	8	7x
					Run OTS on last 4cts		
3	2:40	Instr / (Funky beat)	8x8	D	Side Step R. RA	4	16x
	3:04	Rep / I want it	4x8	E	Pulse Squat. <i>Hands on thighs</i>	2	16x
					👁 Pulse Squat Lunge Turn Combo on last 16cts		
	3:17	I want it	8x8	F	PULSE SQUAT LUNGE TURN COMBO		4x
					Drop Squat. Feet out on diagonal	2	
					Turn 90° to L – Lunge. RA	2	
					Drop Squat. Face front	2	
					Stand up, feet jump together	2	
					🔄 to R	8	
	3:42	V3 / Yeah , my receipts	2x8	C	Run OTS	16	
					👁 Side Step Combo L, R on last 8cts		
	3:47	I don't mean to brag	10x8	D ²	SIDE STEP COMBO L, R		10x
					Side Step L, R	4	
					Run OTS	4	
	4:19	Instr / (Funky beat)	16x8	D ³	RUN & SIDE STEP L, R COMBO		4x
					Run F	8	
					Side Step Combo L, R	8	
					Run B	8	
					Side Step Combo L, R	8	

02. 7 RINGS 5:11mins

BLOCK 1 LAYER 1

Introduce what the participants will be doing in this track (light impact and agility training) with a clear Track Introduction. Then focus on naming the moves and giving options so everyone is moving.

- **Bounce** – Side to side, light on toes
- **Run F** – Easy Run, 8, 7, 6... bounce
- **Step Curl** – Step curl right and left. Feet wide, **knees out over toes**
- **Step Curl and Lat Pulldown** – Arms up, pull down and back
- **Gallop** – Two steps, over, curl!
- **Side Step** – Right side. Out, in. Out, in. Shift your weight side to side, bend your knee

BLOCK 2 LAYER 2

In this block, the moves are identical, so use Layer 2 Intensity cues to get your participants to go bigger in the Gallop and Side Step.

- **Step Curl and Lat Pulldown** – Activate the upper back and shoulder blades
- **Gallop** – Down up down; use the floor and push across
- **Side Step** – Left side. Out and in. Agility shift – push back quickly

BLOCK 3 LAYERS 1/2/3

For this round of work, we introduce the Pulse Squat Lunge Turn Combo. Therefore, we will want to coach the move with simple Layer 1 cues, but also spend a little time educating them about the benefits of this move (Layer 2). Of course, as we repeat the Side Step combos, we will dive into more Layer 3 Shared Energy.

- **Pulse Squat** – Feet wide, hips back
- **Squat Lunge Turn Combo** – Squat, lunge, squat, together. Jump out, turn right. Jump out, turn left. **Turn your whole body. Release the heel to pivot.** Focus on depth to push the legs into their training zone



- **Side Step Combo L, R** – Right – left – hold. Before we play, we gotta work hard!

CONNECTION/PERFORMANCE

This song has so many cool lyrics, so play with them. Use the whole idea of “I want it, I got it” or “I like it” to talk about how you love BODYATTACK. You can even talk about a few of your “favorite things.” This is a great example of encouraging karaoke and praising your team for doing it. Feel free to play with the class and encourage them to show their own flair in the final set.



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to feel the huge shift in energy as this song starts. Get ready to dream and dance the night away.

OPTIONS

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

	MUSIC			EXERCISE			CTS	REPS
1	I	0:00	Intro / Dr-dr- dream	4x8		Run OTS. RA	32	
	N							
	T							
	R							
	O							
		0:13	V1 / The time is right	4x8	A	Single Knee Lift L, R. RA	4	8x
		0:24	Go... we'll	4x8	A ¹	Single Knee Lift L, R. <i>Single Punch F</i>	4	8x
2		0:36	QC / We're gonna dream	16x8	B	RUN & JUMPING JACK COMBO Run OTS. <i>Open and Clap</i> x4 Run F. RA Jumping Jack B x8. <i>Side Raise</i>	8 8 16	4x
		1:24	Instr / Doh, doh	4x8	C	Jumping Jack. <i>Double Arm Reach Up</i> 👁️ Diamond Jump on last 8cts	2	16x
		1:36	Doh, doh	4x8	D	DIAMOND JUMP & JUMPING JACK COMBO Diamond Jump. <i>Double Punch F, diagonal, side, in</i> Jumping Jack x2. <i>Double Arm Reach Up</i> x2	4 4	4x
		1:48	V2 / Raise your hand	4x8	A ¹	Single Knee Lift L, R. <i>Single Punch F</i>	4	8x
		2:00	The heat is	4x8	A ²	Single Knee Lift L, R. <i>Single Punch Up</i>	4	8x
3		2:12	QC / We're gonna dream	8x8	B	🔄 Run & Jumping Jack Combo 👁️ Pivot Turn Option on last 32cts	32	2x
		2:36	C / We're gonna dream	8x8	B ¹	RUN & JUMPING JACK COMBO WITH PIVOT TURN Run OTS. <i>Open and Clap</i> x2 Step F L leg. Turn 180°. Step B L leg Run F. RA Jumping Jack B x8. <i>Side Raise</i>	4 4 8 16	2x
		2:59	Instr / Doh, doh	4x8	C	🔄 Jumping Jack. <i>Double Arm Reach Up</i>	2	16x
		3:11	Doh, doh	4x8	D	🔄 Diamond Jump & Jumping Jack Combo	8	4x
		3:23	QC / We're gonna dream	4x8		Run OTS	32	
		3:35	We're gonna dream	4x8	B	🔄 Run & Jumping Jack Combo	32	
		3:47	C / We're gonna dream	8x8	B ¹	🔄 Run & Jumping Jack Combo with Pivot Turn	32	2x
		4:11	Instr / Doh, doh	4x8	C	🔄 Jumping Jack. <i>Double Arm Reach Up</i>	2	16x
		4:23	Doh, doh	4x8	D	🔄 Diamond Jump & Jumping Jack Combo	8	4x
		4:35	Doh, doh	4x8	C	🔄 Jumping Jack. <i>Double Arm Reach Up</i>	2	16x



03. DREAM AND DANCE 4:50mins

BLOCK 1

LAYER 1

This is your classic setup round where the objectives are to name the move and make sure that no matter the impact level, members feel included and know this track is all about having fun.

- **Single Knee Lift** – *Right, left, right, left; abs braced, back straight*
- **Run & Jumping Jack Combo** – *Run, 4, 3, 2, 1; jack back, feet jump out and in. **Knees out over toes, heels down***
- **Diamond Jump** – *3, 2, 1, jack, jack*



BLOCK 2

LAYER 2

The moves are very similar in this block, except we add a Pivot Turn to the Run & Jumping Jack Combo. Focus on coaching the energy and feel of the song while asking your members to do more. Think of where it makes sense. In the Jumping Jacks? In the Run? Be smart so the track still has a fun feeling.

- **Single Knee Lift** – *Stay nice and tall. Strong upper body*
- **Run & Jumping Jack Combo** – *Run and clap. Watch me (preview Pivot Turn). Show options on second set. Lift the energy with a bigger voice and bigger moves as the music kicks in. Here is where you can start to coach safety.*
- **Diamond Jump** – *Sink down and feel your heart and legs work*

BLOCK 3

LAYER 3

This block is all about Shared Energy. Before you teach it, think about what makes BODYATTACK fun for you. Is it the music? Highlight the song then. Is it the moves? Encourage range of motion. In an Aerobic dimension track, we have to let our body motivate, so share the fun you're having with your members.

- *"Doh, doh, doh, doh"*
- *We're gonna dream about this BODYATTACK class all day long*



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel the vertical or lateral training, helping them develop greater leg power.

OPTIONS

Lunge – Back-Stepping Lunge
Straight Jump – No impact
Skater/3-Step Run – No impact

	MUSIC			EXERCISE		CTS	REPS
2	0:05	Instr / (Build)	6x8	A	Run OTS	48	
	0:17	(Bigger build)	4x8	B	Shuffle OTS. RA 👁️ Lunge & Straight Jump Combo on last 16cts	32	
	0:29	Drop _	16x8	C	LUNGE & STRAIGHT JUMP COMBO Lunge L, R x3 Straight Jump	12 4	8x
	1:14	Instr / (Intense build with horn)	4x8	B	Shuffle OTS. RA	32	
	1:26	(Intense build with horn)	4x8	D	Lunge L, R. RA	4	8x
	1:38	(Build)	4x8	A	Recovery – Run OTS	32	
	1:49	(Bigger build)	4x8	E	SKATER & 3-STEP RUN COMBO Skater L, R x3 3-Step Run L Skater R, L x3 3-Step Run R	12 4 12 4	
	2:00	Drop _	16x8	E ¹	🔁 SKATER & 3-STEP RUN COMBO (BIGGER ROM) Skater L, R x3 3-Step Run L Skater R, L x3 3-Step Run R	12 4 12 4	4x
	2:46	Instr / (Intense build with horn)	4x8	F	Shuffle OTS. RA	32	
	2:57	(Intense build with horn)	4x8	F	Skater L, R – <i>Reach towards floor</i>	4	8x
3	3:09	(Build)	4x8	A	Recovery – Run OTS	32	
	3:21	(Intense build with horn)	4x8	B	Shuffle OTS. RA	32	
	3:32	Drop _	8x8	C ¹	🔁 LUNGE & TUCK JUMP COMBO	16	4x
	3:55	Instr / (Instrumental shift)	8x8	E ¹	🔁 Skater & 3-Step Run Combo L, R	32	2x
	4:19	(Intense build)	4x8	F	Skater L, R – <i>Reach towards floor</i>	4	8x
	4:30	(Intense build)	4x8	D	Lunge L, R. RA	4	8x
	4:41	(Intense build with horn)	4x8	F	Skater L, R – <i>Reach towards floor</i>	4	8x
	4:53	(Intense build with horn)	4x8	D	Lunge L, R. RA	4	8x



04. PSYCHEDELIC 5:28mins

BLOCK 1 LAYER 1

Coach what this track is all about – power output. Then use the first couple of combos to simply practice the movements. Count reps, then options. Next, you can focus on safety cues, but prioritize cueing the combo before everything else.

- *3 blocks of work to annihilate your fitness!*
Contrast training – vertical vs. lateral
- **Lunge & Straight Jump Combo** – Lunge 6, 5, 4, 3, 2, jump (repeat x2). Option: 2 Back-Stepping Lunges, 2 Squats. Lunge: **Front knee out over toes, chest up**. Straight Jump: **Land softly**
- **Single Lunge** – Drop your back knee, get low for this big set
- **Shuffle** – Extended block! Pump the arms and legs! One move. 15 seconds to go!
- **Single Lunge** – Drop your back knee. Down-up-down. Vertical training!

BLOCK 2 LAYER 1

We introduce a Skater combo in Block 2, so you will want to have the same game plan as Block 1 but just with different moves. The combo will be tricky at first so emphasize the Skater reps before the 3-Step Run.

- **Skater** – 6, 5, 4, 3, 2, run across (repeat x2). Show option. (Coach safety). Skater – **Knee out over toes, hips back**
- **Shuffle** – Do not check out! 15 seconds of Skaters!
- **Skaters with Reach** – Use the outside of your foot to drive across and work your butt. Lateral training!

BLOCK 3 LAYERS 2/3

In the final round of extended work, we bring both combos together for a massive cardio challenge. In the combos reinforce the contrast between the vertical and lateral training. In the Single Lunges and Skater with Reach, be supportive and encouraging by speaking to what you see in the room. Offer praise so your members feel successful at whatever level they are working.

- Legs – Lungs – Guts! We’ve got this!
- **Lunge & Tuck Jump Combo** – Add a Tuck Jump. **Brace core**. Get up!
- **Skater & 3-Step Run Combo** – Stay in it! Don’t back down now! Contrast training!
- **Skaters with Reach** – C’mon! 40 seconds!
- **Lunges** – Ignite the legs! Ignite the lungs!

TRACK TIP

Watch how Adam keeps the intensity relatively high in the Shuffle sections after each combo. Keep your participants engaged as this leads to a ‘surprise’ 15-second final push in each block. Use your body language and voice to convey that we are preparing for a big push!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to push through fatigue and build muscular endurance in both the lower and upper body sections of this track.

OPTIONS

All Pushups – On knees, toes or rest!

MUSIC			EXERCISE			CTS	REPS	
1	I	0:00	Intro / (Instr)	EXPRESS FORMAT STARTS HERE				
	N			Set up Lunge position				
	T							
	R							
	O							
		0:07	V1 / Sweat tears out	3½x8	A	Single Lunge L Change sides on last 4cts	4	7x
		0:20	Seen more than	3½x8	A¹	Single Lunge R Step out to Squat on last 4cts	4	7x
		0:34	PC / _ I came to claim	4x8	B	Pulse Squat. <i>Hands on thighs</i>	2	16x
		0:48	QC / I didn't come this far	4x8	C C¹	Hold Squat. <i>Arms crossed in front of chest</i> Hold Squat – deeper	16 16	
		1:01	C / Oh , oh, oh	4x8	B¹	Pulse Squat. <i>Arms crossed in front of chest</i>	2	16x
	1:15	V2 / _ Knee deep	2x8	D	Transition to floor	16		
	1:21	PC / _ Face painted	6x8	D	Tricep Pushup 2/2	8	6x	
	1:42	C / I didn't come this far	4x8	D¹	Triple Pulse Tricep Pushups	8	4x	
	1:55	Oh , oh, oh	4x8	D²	16x Pulse Tricep Pushups	2	16x	
	2:09	Br / (Electric guitar)	2x8	E	Rest and set up hands wide	16		
	2:22	Rep / Uh, uh , I didn't	4x8	F	Single Wide Pushup	4	8x	
	2:29	C / I didn't come this far	3x8	F¹	Triple Pulse Tricep Pushups	6	4x	
	2:42	Oh , oh, oh	4x8	F²	16x Pulse Wide Pushups	2	16x	
				EXPRESS FORMAT FINISHES HERE				
2		2:57	Br / (Instr)	2x8	Recover, transition to standing		16	
		3:02	V3 / Sweat tears out	48x8	REPEAT SEQUENCES A – F²			



05. COME THIS FAR 5:57mins

BLOCK 1

LAYER 1

This is a straightforward Athletic Strength track that packs a big punch. Let your class know there are several variations of options in the Pushups, so everyone finds their level of success.

- **Lunge** – *Back straight, front knee out, front thigh parallel to floor*
- **Squat** – *Feet wide, knees out, chest up*
- **Hold Squat** – *Hips to knee level*
- **Tricep Pushup** – *Elbows in, chest to elbow height. Option: Stay with the Triple Pulse*
- **Wide Pushup** – *Hands wide, chest to elbow height. Options: Triples, Singles or rest*

BLOCK 2

LAYERS 2/3

Block 2 is identical to Block 1, so have one clear objective per move to coach Intensity, Education and Motivation.

- **Lunge** – *Drop your back knee lower to activate the glutes more*
- **Pulse Squat** – *Drive the knees out, drive the heels down*
- **Hold Squat** – *How far are you willing to go? How uncomfortable are you willing to get?*
- **Tricep Pushup** – *Create friction between your arms and sides. Friction activates the triceps even more!*
- **Wide Pushup** – *Focus on the hand drive –push into the floor to activate the chest more*

For Layer 3, motivate by using awesome lyrics in the song, *Come This Far*. Challenge those members who want that extra push so it's a short set to the finish. Recognize your participants who need some encouragement and praise and let them know: *"There's no shame in resting – it just means you're working really hard!"*



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to understand how to properly execute the Knee Circle Balance and what the amazing benefits in this track are.

OPTION

Run – Walk or Jog

	MUSIC			EXERCISE	CTS	REPS	
1	0:04	V / Look at you	4x8	A	KNEE LIFT COMBO L, R	2x	
				R Knee Lift F	4		
				R Knee Lift Side	4		
				L Knee Lift F	4		
				L Knee Lift Side	4		
				👁 Knee Circle Lift Combo with Balance on last 8cts			
	0:16	PC / Woah , oh, oh	4x8	B	KNEE LIFT COMBO WITH BALANCE L, R	2x	
				R Knee Lift	4		
				R Knee Lift Side (No touch down)	4		
				L Knee Lift	4		
				L Knee Lift Side (No touch down)	4		
				👁 Knee Circle Balance on last 16cts			
	0:28	Woah , oh, oh	2x8	B ¹	KNEE CIRCLE BALANCE L, R	1x	
				R knee F	4		
				R knee opens to R side	4		
				L knee F	4		
				L knee opens to L side	4		
	0:33	Baby I got	1x8		👁 Knee Lift Combo Fast	8	
	0:36	C / Summer love	4x8	B ²	KNEE LIFT COMBO FAST L, R	4x	
					Knee Lift L to front	2	
				Knee Lift L to corner	2		
				Knee Lift R to front	2		
				Knee Lift R to corner	2		
0:48	Instr / (Upbeat instr)	4x8	C	Circle Run – Clockwise	32		
1:01	(Upbeat instr)	4x8	D	RUN IN & RUN B COMBO			
				Run In. <i>Double Reach & Clap</i>	16		
				Run B	8		
				Run OTS. <i>RA</i>	8		
1:12	C / Ooooh	4x8	C ¹	🔁 Circle Run – Anticlockwise	32		
1:24	Ooooh	4x8	D	🔁 Run In & Run B Combo	32		
2	1:35	V / Summer's here	32x8	REPEAT BLOCK 1 SEQUENCES A, B, B¹ (2x reps), B², C, D, C¹ & D			
3	3:10	Summer's here	28x8	REPEAT BLOCK 2 SEQUENCES A, B, B¹, B² & C			
	4:32	C / Woah , oh, oh	2x8	D ¹	Run In & Run B	16	
	4:38	_ Let me give	2x8		High Knee Run OTS	16	



06. SUMMER LOVE 4:57mins

BLOCK 1 LAYER 1

Set up clear execution for the Knee Lift combos. Tell your members where the knee goes, and then coach the rhythm. These are tough moves for balance, so be patient as people may stumble a little.

- **Knee Lift Combo (Slow)** – Knee front, knee to 45 degrees, switch sides



- **Knee Balance** – Add balance. Keep the foot off the floor. Up, open, down. Use the glute to bring the knee out
- **Knee Circle Balance** – Add rotation. Up, slide, down. Slide your knee in line with your hip
- **Knee Lift Combo (Fast)** – (Rhythm) front, side, front side



In the later parts of Block 1, clearly cue the first Circle Run as “Clockwise” and the second as “Anticlockwise”. As you run back from the Run In Combo, start to point in the direction you want people to run.

BLOCK 2 LAYERS 1/2

In this block, we will focus on how to activate the appropriate muscles in the Knee Lift combos and why this is important for creating athletic bodies.

- **Knee Lift Combo (Slow)** – Brace abs. Stabilize the upper body
- **Knee Balance** – To improve our Squat, create mobility through the hips and control the body; lock your belly into place
- **Knee Circle Balance** – Keep your body rock-solid
- **Knee Lift Combo (Fast)** – Small but explosive hip movements to prepare for the second half of the class

BLOCK 3 LAYERS 2/3

In this block, continue to sell the training benefits of the Knee Lift combos. Use the last part of this song to Connect with your class, especially in the Circle Runs.

- **Knee Lift Combo (Slow)** – We build control first so when we go faster we perform the move better
- **Knee Circle** – This is creating stability and control
- **Knee Circle Balance** – We are feeling strong!
- **Knee Lift Combo (Fast)** – Summer Love!

CONNECTION/PERFORMANCE

During the Circle Runs and Run In and Run B combos, be sure to channel the vibe and feel of Summer Love. Use lyrics like “It’s such a beautiful thing” to help you to create a fun, light track that helps participants feel good.



06. RUNNING – SMALL-ROOM OPTIONS

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to understand how to properly execute the Knee Circle Balance and the amazing benefits in this Track.

OPTION

Run – Walk or Jog

	MUSIC			EXERCISE	CTS	REPS
1	0:04	V / Look at you	4x8	A	KNEE LIFT COMBO L, R	2x
					R Knee Lift F	4
					R Knee Lift Side	4
					L Knee Lift F	4
					L Knee Lift Side	4
					👁 Knee Circle Lift Combo with Balance on last 8cts	
	0:16	PC / Woah , oh, oh	4x8	B	KNEE LIFT COMBO WITH BALANCE L, R	2x
					R Knee Lift	4
					R Knee Lift Side (No touch down)	4
					L Knee Lift	4
					L Knee Lift Side (No touch down)	4
					👁 Knee Circle Balance on last 16cts	
0:28	Woah , oh, oh	2x8	B ¹	KNEE CIRCLE BALANCE L, R	1x	
				R knee F	4	
				R knee opens to R side	4	
				L knee F	4	
				L knee opens to L side	4	
0:33	Baby I got	1x8		👁 Knee Lift Combo Fast	8	
0:36	C / Summer love	4x8	B ²	KNEE LIFT COMBO FAST L, R	4x	
				Knee Lift L to front	2	
				Knee Lift L to corner	2	
				Knee Lift R to front	2	
				Knee Lift R to corner	2	
0:48	Instr / (Upbeat instr)	4x8	C	Run F&B	32	
1:01	(Upbeat instr)	4x8	D	RUN F & RUN B COMBO		
				Run F. <i>Double Reach & Clap</i>	16	
				Run B	8	
				Run OTS. <i>RA</i>	8	
1:12	C / Ooooh	4x8	C ¹	Run F&B	32	
1:24	Ooooh	4x8	D	🔁 Run F & Run B Combo	32	
2	1:35	V / Summer's here	32x8	REPEAT BLOCK 1 SEQUENCES A, B, B¹ (2x reps), B², C, D, C¹ & D		
3	3:10	Summer's here	28x8	REPEAT BLOCK 2 SEQUENCES A, B, B¹, B² & C		
	4:32	C / Woah , oh, oh	2x8	D ¹	Run F&B	16
	4:38	_ Let me give	2x8		High Knee Run OTS	16



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel the changing tempos from slow to fast, helping them to focus on developing speed.

OPTIONS

Hurdle Run – All walking
Snowboard – Pulse Squat

	MUSIC		EXERCISE	CTS	REPS
	0:00 Intro / (Instr)	3x8	Split room – set up Fast Run OTS	24	
	0:12 I got something	2x8	👁 Side Step Run L, R	4	2x
	0:16 Wait, wait a minute	5x8	A Side Step Run L, R	4	12x
	0:38 Hey _	1x8	Hold – jump feet together	8	
	0:43 Wooh oh oh	4x8	A ¹ Hurdle Run OTS	32	
1	0:58 I got something	2x8	Change sides	16	
	1:06 I got something	2x8	👁 SNOWBOARD COMBO		
			Snowboard Pulse L	4	
			Snowboard Pulse R	4	
			Snowboard L, R x4	8	
	1:13 Move _	6x8	B  Snowboard Combo	16	3x
			Add: Jump feet together on last 8cts		
	1:37 Wooh oh oh	4x8	A ¹ Hurdle Run OTS	32	
	1:52 Say yeah... I got	3x8	Change sides	24	
2	2:04 Wait, wait a minute	26x8	REPEAT SEQUENCES A (14x reps), A ¹ , B (4x reps) & A ¹		
	3:44 Say yeah, say ooh	4x8	Change sides	32	
3	4:00 Say yeah, say ooh	2x8	A ¹ 👁 SIDE STEP, MOVE F & RUN B COMBO		
			Side Step L, R x2. Move F	8	
			Fast Run B	8	
	4:08 Wooh oh oh	24x8	 Side Step Move F & Run B Combo	32	6x



07. M-O-V-E 4:56mins

BLOCK 1 LAYER 1

In this block, we want to focus on the rhythm of the Side Step Run. Preview each move and get the class moving with you as quickly as possible. It's a fast move, so make sure your phonetic cues match.

- **Side Step Run** – *Out, in, in, out. Freeze, run, run, freeze. Hold, run, run, hold. **Hips back. Abs braced***



- **Hurdle Run** – *Out, out, in, in. Up and over. **Chest up***

The transitions are fast, so change sides quickly and set up for the Snowboard preview. For the Snowboard block, be sure to focus on the 4 Pulses vs. fast tempos and highlight how to properly do the moves.

- **Snowboard (4 Pulses)** – *Weight back in your heels. Turn the head and your body will follow*
- **Snowboard (Fast)** – *Weight in the toes for fast turning*
- **Hurdle Run** – *Up! Use your arms for speed*

BLOCK 2 LAYER 2

Now that the footwork patterns have been established, work on encouraging your participants to work harder in the Side Step Run and Snowboard combos.

- **Side Step Run** – *Squeeze the upper thighs when you freeze. Drive the knees to the hips fast. Speed – Agility – Reactive training!*
- **Snowboard (4 Pulses)** – *Now push your butt down low*
- **Snowboard (Fast)** – *Brace tight to turn fast*
- **Hurdle Run** – *Drive your knees up. Get fitter, faster!*

BLOCK 3 LAYER 3

In this block, we introduce the Side Step Move Forward and Run Back Combo. Set this up with clear direction cues and then have fun with it. It's the end of the track, so focus on Connection, Motivation and Praise!

- **Side Step Move F & Run B Combo** – *Move forward; out, run, run, out, move back. Push your hips back and stay on your toes in the Run Back*
- *Dodge!*
- *Come on, let's race to the center*
- *Move a little? No, move a lot!*
- *Great work – that's it!*



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to enjoy the feel and emotion of the song by letting them hear the music and feel the moves.

OPTIONS

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

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / (Instr)	4x8	Run OTS	32	
	0:13	V1 / _ Spin me round	12x8	A SIDE FLICK & RUN COMBO Side Flick L, R x2. Side Raise Run OTS. RA	8 8	6x
	0:48	C / For you	8x8	B RUN OTS WITH SLOW ARM PATTERN L Arm Up – R Arm down R Arm up – L Arm down L Arm up – R Arm down R Arm up – L Arm down Circle Straight Arms around  to other side	2 2 2 2 8 16	2x
	1:12	Instr / (Synth)	8x8	C RUN & KICK COMBO Run F. Double Arm Reach Up x4 Single Kick L, R. Single Punch F x2 Run B. Double Arm Reach Up x4 Single Kick L, R. Single Punch F x2	8 8 8 8	2x
	1:35	C / For you	4x8	D Double Kick L, R. Single Punch F	8	4x
	1:48	For you	4x8	E Single Kick L, R. Single Punch F, Move F	4	8x
2	2:00	Br / (Instr)	4x8	RECOVER	32	
	2:11	V2 / _ Spin me round	36x8	REPEAT SEQUENCES A – E		
3	3:58	QC / For you	4x8	Recover	32	
	4:09	Instr / (Synth build)	4x8	Run OTS. RA	32	
	4:22	(Synth)	8x8	C  Run & Kick Combo	32	2x
	4:45	C / For you	4x8	D  Double Kick L, R. Single Punch F	8	4x
	4:57	For you	4x8	E  Single Kick L, R. Single Punch F	4	8x



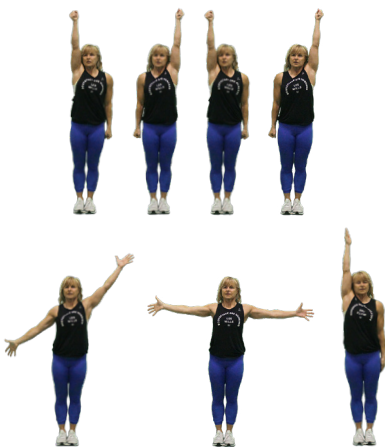
08. FOR YOU 5:15mins

BLOCK 1 LAYER 1

Set up the Side Flick and Run Combo with countdowns. Then enjoy the performance of the Slow Arm Pattern.

- *We share the love, energy and passion of BODYATTACK with this incredible Interval track!*
- **Side Flick Run Combo** – Side Flick, 4, 3, 2, Run. **Square hips to front**
- **Run and Kick Combo** – Reach Run, 4, 3, 2, Kick, 4, 3, 2, run back. Option: March and tap low

SLOW ARM PATTERN



- **Double/Single Kicks** – **Back straight, kick from hip**

BLOCK 2 LAYER 2

Enhance the feel of the track by allowing your members to really listen to the music. Add short cues of one or two words to intensify the move.

- **Side Flick and Run Combo** – *Let's enjoy this moment!*
- **Run and Kick Combo** – *Bring it in! 4 big Kicks! We take our energy inside and let it out!*
- **Double/Single Kick** – *Extend the arm. Extend the leg*

BLOCK 3 LAYER 3

This block truly is “for you”. Focus on everyone, all the participants who make each class special. Use your body language, facial expressions, and voice to highlight just how much you are enjoying the class and this song. Use a mix of positive motivators and intrinsic motivators to get people to push more.

- *This one is for you!*
- *You all look awesome! Way to go!*
- *This is the feeling of BODYATTACK*
- *Awesome BODYATTACK energy*



09. POWER

SPORTS

TRACK FOCUS

I want my participants to feel encouraged to choose their own path to max effort.

OPTIONS

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

	MUSIC		EXERCISE	CTS	REPS
	0:00 Intro / (Instr)	4x8	Run OTS	32	
	0:11 Rock the party _	4x8	Easy Square Run L	32	
	0:23 Rock the party _	4x8	Easy Square Run R	32	
	0:34 Rock the party _	6x8	A Single Knee L, R. <i>Relaxed Arms Raise Arms O/H</i> on last 4cts	4	12x
1	0:52 Rock , rock	4x8	A ¹ Single Knee L, R. <i>Double Arm Pulldown</i>	4	8x
	1:03 Instr / (Drop)	½x8	B HOLD Sprint start position	4	
	1:05 Yeah, rock the party _	4x8	C High Knee Run Square L	32	
	1:16 Instr / (Heavy beat)	4x8	D Jumping Jack. <i>Cross Arms O/H</i>	2	16x
	1:28 Yeah, rock the party _	4x8	C ¹ High Knee Run Square R	32	
	1:40 Rock , rock, rock	4x8	D  Jumping Jack. <i>Cross Arms O/H</i>	2	16x
	1:51 Instr / (Down beat)	2x8	E Jog Recovery	16	
	1:57 Rock , rock, rock the party	4x8	A  Single Knee L, R. <i>Relaxed Arms Raise Arms O/H</i> on last 4cts	4	8x
	2:09 Rock , rock, rock	4x8	A ¹  Single Knee L, R. <i>Double Arm Pulldown</i>	4	8x
	2:20	½x8	B HOLD Sprint Start Position	4	
2	2:21 Yeah, rock the party _	4x8	C  High Knee Run Square L	32	
	2:33 Instr / (Synth)	4x8	F Burpee with Straight Jump or Tuck Jump OR Jumping Jack. <i>Cross Arms O/H</i>	8	4x
	2:45 (Synth)	4x8	C ¹ High Knee Run Square R	32	
	2:56 Rock , rock, rock	4x8	F  Burpee with Straight Jump or Tuck Jump OR Jumping Jack. <i>Cross Arms O/H</i>	8	4x
	3:08	2x8	E  Jog Recovery	16	
	3:13 Yeah, rock the party _	4x8	A  Single Knee L, R. <i>Relaxed Arms Raise Arms O/H</i> on last 4cts	4	8x
	3:25 Rock , rock, rock	4x8	A ¹  Single Knee L, R. <i>Double Arm Pulldown</i> Freeze for 4cts	4	8x
3	3:36 Instr / (Drop)	½x8	B HOLD Sprint start position	4	
	3:38 Yeah, rock the party _	4x8	C  High Knee Run Square L	32	
	3:51 Instr / (Synth)	4x8	G Air Jack OR Burpee OR Jumping Jack	2	16x
	4:01 Yeah, rock the party _	4x8	B ¹  High Knee Run Square R	32	
	4:13 Rock , rock, rock	4x8	G  Air Jack OR Burpee OR Jumping Jack	2	16x



09. POWER

	MUSIC		EXERCISE		CTS	REPS
	4:24	Instr / (Build)	8½x8	E	Recovery	68
	4:49	Instr / (Build)	½x8	B	HOLD Sprint start position	4
	4:50	C / Yeah, rock the party _	4x8	C	High Knee Run Square L	32
4	5:02	Rock the party _	4x8		Participants choose what they want – Jumping Jacks, Burpees or Air Jacks or mix it up!	8 4x
	5:14	Rock, rock, rock	4x8	C¹	High Knee Run Square R	32
	5:25	Rock, rock, rock	4x8		Jumping Jacks, Burpees or Air Jacks or mix it up!	8 4x
	5:37	Rock, rock, rock	4x8	H	High Knee Run F – Accelerate with the beat	32
	5:47	Rock, rock, rock	4x8	H¹	Sprint OTS	32



09. INSOMNIA 6:04mins

BLOCK 1

LAYERS 1/2

Explain how there is one power move per block, and that we will max out each time.

- **High Knee Run Square** – *Run forward, turn (point or say direction). Run, 8, 7, 6, 5...*
- **Single Knee** – *Right, left... **Chest up.** Now reach. Use the back to pull down*
- **Jumping Jacks** – *Jump out and in. Option: Tap. **Heels down, knees out.** Bend knees to drive intensity – come on!*

BLOCK 2

LAYERS 1/2

In Block 2 we introduce the Burpee. Demonstrate this in the recovery and let your class know they can stick with the Jumping Jack option. For the Single Knee and High Knee Run Square, coach bigger range of motion so that participants can work harder.

- *In this round, 2 choices: Burpees or Jumping Jacks*
- **Single Knee** – *Reach higher and squeeze the lats!*
- **High Knee Run Square** – *Drive the heart rate up! Knee to hip height*
- **Burpee with Straight Jump** – *Down, back, in, jump. **Brace abs as you jump back.** Add a Tuck Jump. Push out of the legs to jump high*

BLOCK 3

LAYERS 1/2/3

This is the last block where we introduce a new power move, the Air Jack. Demonstrate the Air Jack in the recovery and let your participants know they can also keep doing the Burpee or Jumping Jacks. Be encouraging and challenging in the Single Knee and High Knee Run Square as participants will want to pull back.

- *This round, 3 choices – Air Jacks, Burpees or Jumping Jacks*
- *Keep driving the knees!*
- *Stay in this – we can do it!*
- **Air Jack** – **Soft knees** to jump and land. Quick landing, quicker take-off

BLOCK 4

LAYER 3

In this final block, encourage your participants to do whatever move they want to. Tell them to mix it up if they want to. The goal is for them to choose any move and to push it to the max.

- *We're gonna finish like true BODYATTACK fans – start strong, finish stronger!*
- *Whatever move you choose – go!*
- *That's it, just like that – stay in the workout, just one more round!*
- *No matter the move, max out – do your best!*



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to feel the challenge in their obliques as they execute the Knee Drop To Side.

OPTIONS

Hover – On knees or toes

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Transition to floor Set up Knee Drop To Side	32	
	0:14	_ Nobody stop	8x8	A KNEE DROP TO SIDE L, R Knee Drop L	2	4x
				Hold	4	
				Return to center	2	
				 to R	8	
	0:52	Instr / Go _	8x8	B Pulse Crunch Up. <i>Reach F</i> Option to lift feet after 16 reps	2	32x
	1:22	(Siren fade)	4x8	C Leg & Arm Extension to Scoop Hold	32	
2	1:37	Nobody stop	2x8	Recovery	16	
	1:42	Nobody stop	14x8	A ¹ Knee Roll To Side With Extended Top Leg L, R Option: Extend top leg or both legs	16	7x
	2:37	Instr / Nobody stop _	8x8	B  Pulse Crunch Up. <i>Reach F</i> Option to lift feet after 16 reps	2	32x
	3:08	Nobody stop	4x8	C Leg & Arm Extension to Scoop Hold	32	
3	3:22	Nobody stop	4x8	Roll to Hover position	32	
	3:37	Nobody stop	8x8	D Hover Walk to Plank on last 8cts	64	
	4:07	Instr / Nobody stop _	8x8	E Mountain Climber, Cross L, R Option to speed up after 8 reps	4	16x



10. NOBODY STOPS FREAKS 4:41mins

BLOCK 1

LAYER 1

Alignment is key here, so spend time in Block 1 to make sure participants are moving safely. As you finish demonstrating the more intense options, remind them to only add these if they can do so safely and effectively.

- **Knee Drop To Side** – *Drop your knees to the front, now towards the back. Front – hold – center. Back – hold – center. **Brace your core** to stabilize your hips*
- **Pulse Crunch** – ***Ribs to hips;** tuck in your chin*

BLOCK 2

LAYER 2

Block 2 is a little longer, so pace yourself in your coaching. Remind them about proper alignment as fatigue will be setting in (Layer 2 Improve Execution). Then focus on coaching the ‘why’ behind core training in BODYATTACK.

- **Knee Drop To Side** – *Brace tightly to protect your lower back. As you extend, brace your abs tighter. We train the core to get stronger with BODYATTACK*
- **Pulse Crunch** – *We stay high to develop core stamina and to build endurance*

BLOCK 3

LAYERS 1/3

In this final block, we introduce the Hover and Mountain Climber. Set your team up quickly for alignment and then push them to finish strongly with great motivational cues.

- **Hover/Mountain Climber** – ***Back long,** hips squared to floor. Stay in this position for the last 30 seconds. A strong core comes from strong training – push through!*



11. COOLDOWN

TRACK FOCUS

I want my participants to feel successful and energized at the end of their workout as they stretch to recover from their efforts.

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro / (Distorted voice)	2x8	Childs Pose	16	
0:09	V1 / Some thing in the way	4x8	Single-Leg Down Dog Calf Stretch L, R (16cts each side)	32	
0:27	Try in’ stand up	2x8	Hip Flexor Stretch <i>Reach R Arm O/H</i> on last 8cts	16	
0:36	And darlin’ I know	2x8	Hold Stretch – Lean L	16	
0:44	C / Walk me home in	4x8	Hamstring & Hip Flexor Stretch with <i>Double Reach O/H</i> F&B	14	2x
1:04	_ There’s something in	2½x8	Hip Flexor Stretch. <i>Reach Arm O/H</i> on last 8cts Hold stretch – lean R	20	
1:26	C / Walk me home in	4x8	Hamstring & Hip Flexor Stretch with <i>Double Reach O/H</i> F&B	14	2x
1:45	Ooooh	4x8	Single-Leg Down Dog Calf Stretch L, R (2cts each side) Transition to standing on last 8cts	4	8x
2:03	QC / Walk me home	4x8	ITB Stretch L, R (16cts each side)	32	
2:22	C / Walk	4x8	Quad Stretch L, R (16cts each side)	32	
2:42	There is so much	1x8	<i>O/H Reach</i> and stretch	8	



11. WALK ME HOME 2:57mins

COACHING TIPS

In this Cooldown, guide your members to feel the stretch in the target areas. BODYATTACK is an athletic program so stretching is key to recovery. In the Hamstring and Hip Flexor Stretch Combo, talk about how the dynamic stretching aids in lower body recovery.

For the remainder of the track, congratulate your participants on their success.

- 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



GLOSSARY

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

SQUAT

Knees out over toes
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

STEP TOUCH

Chest up
Hips square to front

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

SIDE STEP

Hips square to front
Knee out over toes
Chest up
Soft knees

PULSE SQUAT

Knees out over toes
Chest up
Hips drop

DROP SQUAT

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

JUMP

Chest up
Abs braced
Knees bent on landing

LUNGE

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

SINGLE KNEE LIFT

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

JUMPING JACK

Heels down
Knees out and bent
Chest up

DIAMOND JUMP

Heels down
Knees out and bent
Chest up

SHUFFLE

Chest up
Hips square to front
Light on balls of feet

STRAIGHT JUMP

Chest up
Abs braced
Knees bent on landing



GLOSSARY

SKATER

Knee out over toes

Chest up

Pushup out of the floor

3-STEP RUN

Hips square to front

Brace abs

Lift chest

WIDE PUSHUP

Chest to elbow-height

Abs braced

KNEE CIRCLE BALANCE

Brace abs

Keep the foot off the floor

Squeeze glutes when the knee rises in line with the hip

SIDE STEP RUN

Fast feet

Upper body still

Feet move in and out

SNOWBOARD

Shoulders stacked over hips

Shoulders back

Chest up

HURDLE RUN

Chest up

Drive knees up

Hips square

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

HIGH KNEE RUN

Chest up

Knees towards chest

Elbows drive forward

BURPEE

Sit back

Jump up

Feet wide in Squat

Brace abs as the hips go back

AIR JACK

Bent knee landing

Abs braced

Chest up

KNEE DROP TO SIDE

Brace abs

Shoulders stay down to the floor

PULSE CRUNCH

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Lift shoulders off the floor

Hands extend past thighs

LEG & ARM EXTENSION TO SCOOP HOLD

Extend arms and legs to 45 degrees

Brace abs

KNEE DROP TO SIDE WITH EXTENDED TOP LEG/BOTH LEGS

Brace abs

Extend top leg or both legs

HOVER

Abs braced

Hips and shoulders square to floor

Back long and straight



GLOSSARY

MOUNTAIN CLIMBER

Hips square to floor

Drive hands into the floor to keep upper body still

CHILDS POSE

Hips back

Reach forward

SINGLE-LEG DOWN DOG CALF STRETCH

Hips up

Walk alternating heels down and up

HAMSTRING & HIP FLEXOR STRETCH WITH DOUBLE ARM REACH OVER HEAD

Knee touches floor

Opposite arm stretches up

Hips square

Tuck back foot under

ILIOTIBIAL (ITB) STRETCH

Cross feet and press weight into hip

QUAD STRETCH

Use abs to help balance and point

Knee of lifted leg down to floor

Squeeze glutes to keep hips forward



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.

