

BODYATTACK

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01. WARM-UP – RUN(NING) FROM YOU

MUSIC		EXERCISE		CTS	REPS
1		4x8	Set Up		
			Preview Mobility Combo	32	
	V / Walking away	8x8	Reach	4	
			Squat	4	
			Hamstring	4	
			Stand Up	4	4x
	PC / Something got me	4x8	Step Touch L, R, <i>Arms Down</i>	4	8x
	I	8x8	Run & Bounce Combo 1		
			Bounce RA	16	
			Run OTS RA	16	2x
2	C / You made it so easy	8x8	Run & Bounce Combo 2		
			Bounce OTS RA	8	
			Run OTS RA	8	4x
	V / Walking away	4x8	Step Touch L, R, <i>Arms Down</i>	4	8x
	Keep trying to get away	4x8	Single Squat, <i>hands on thighs</i>	4	8x
	PC / Something got you	4x8	Step Touch L, R, <i>Bicep Curl</i>	4	8x
	I	8x8	Run & Bounce Combo 1	32	2x
	C / You make it so easy	8x8	Run & Bounce Combo 3		
			Bounce OTS, RA	8	
			Run F, RA	8	
3			Bounce OTS, RA	8	
			Run B, RA	8	2x
	I	4x8	Step Touch L, R <i>Arms Down</i>	4	8x
	I	4x8	Single Squat, <i>hands on thighs</i>	8	8x
	V / There's nothing more	4x8	Step Touch L, R, <i>Bicep Curl</i>	4	8x
	Br	4	Walk to Plank	4	
	I	4x8	Plank	8	
			Slow Mountain Climber L, R	4	4x
	I	4x8	Fast Mountain Climber	2	
			Get up	8	12x
	C / You make it so easy	8x8	Run & Bounce Combo 3	32	2x



02. MIXED IMPACT – STEP UP AND BE COUNTED

MUSIC		EXERCISE		CTS	REPS
1		4		4	
	I / C'mon feel it burn	4x8	Bounce OTS, RA	32	
	C / Jump up let's go	8x8	Run F & B Combo		
			Run F, RA	8	
			Run B, RA	8	4x
2	V / Move your body, jump up let's go	8x8	Step Curl L, R, <i>Arms Down</i>	4	4x
			Step Curl L, R, <i>Bicep Curl</i>	4	4x
			Gallop L, R	8	4x
	Br	1x8	Step Curl L, R, <i>Cross Pull overhead</i>	4	2x
	V / Move your body	8x8	Step Curl L, R, <i>Cross Pull overhead</i>	4	8x
			Gallop L, R, <i>Cross Pull overhead</i>	8	4x
	C / Jump up let's go	8x8	Run F & Swing B Combo		
			Run F, RA	8	
			Swing B	8	4x
	I / Go go go	8x8	Side Step L, R Combo	8	8x
3	I / Accents	4x8	Single Squat x4	16	
			Pulse Squats x6	12	
			Jump feet together	4	
	V / Move your body, jump up let's go	8x8	Step Curl L, R, <i>Arms Down</i>	4	4x
			Step Curl L, R, <i>Bicep Curl</i>	4	4x
			Gallop L, R	8	4x
	Br	1x8	Step Curl L, R, <i>Cross Pull overhead</i>	4	2x
	V / Move your body	8x8	Step Curl L, R, <i>Bicep Curl</i>	4	8x
			Gallop L, R, <i>Bicep Curl</i>	8	4x
	C / Jump up let's go	8x8	Run F & Swing B Combo	16	4x
4	I / Go go go	8x8	Side Step L, R, Combo	8	8x
	I / Accents	4x8	Single Squat x4	16	
			Pulse Squats x7	12	
			Jump feet together	4	
	V / Move move feel it burn	8x8	Step Curl L, R	4	4x
			Step Curl with Bounce	4	4x
			Step Knee L, R	4	8x
	I / Go go go	8x8	Side Step L, R Combo	8	8x
	I / Accents	2x8	Pulse Squats	2	8x



03. AEROBIC – PUT YOUR HANDS UP

	MUSIC		EXERCISE	CTS	REPS
1	Intro	4x8	Run OTS, RA	32	
	C / Put your hands up	8x8	Run OTS, open & clap	32	
	C / Put your hands up	4x8	Jumping Jack, Double Reach up	2	16x
2	V / Walk in the club	4x8	Single Knee L, R, Single Punch F	4	8x
	V / We've got everything	4x8	Double Knee L, R, Single Punch F	8	4x
	C / Put your hands up	8x8	Run & Shuffle Combo		
			Run F, Double Reach up x4	8	
			Shuffle OTS RA	8	
			Run B, Double Reach up x4	8	
			Shuffle OTS, RA	8	2x
	C / Put your hands up	4x8	Jumping Jacks, Straight Arm, Side Raise	2	8x
3			Jumping Jacks, Double Reach up	2	8x
	V / Hands up real high	4x8	Single Knee L, R, Single Punch F	4	8x
	V / One night	4x8	Double Knee L, R Single Punch F	8	4x
	C / Put your hands up	8x8	Run & Shuffle Combo – Party Arms	32	2x
	C / Put your hands up	4x8	Jumping Jacks, Straight Arm, Side Raise	2	8x
			Jumping Jacks, Double Reach up	2	8x
4	V / Party	4x8	Single Knee L, R, Single Punch F	4	8x
	V / We ain't going home	1x8	Double Knee L, R, Single Punch up	8	
	QC / Put your hands up	4x8	Double Knee L, R, Single Punch up	8	4x
	C / Put your hands up	8x8	Run & Shuffle Combo – Party Arms	32	2x
	C / Put your hands up	4x8	Jumping Jacks, Straight Arm, Side Raise	2	8x
			Jumping Jacks, Double Reach up	2	8x
	I	8x8	2x Jumping Jacks, Double Reach up	4	
			Double Jump F & B, Double Punch F	4	8x



BODYATTACK



05. ATHLETIC STRENGTH – OUT OF SIGHT

	MUSIC	EXERCISE	CTS	REPS
1	I / Build	2x8		
	I	2x8 Set up	16	
	V / Walking	4x8 Single Leg Lift B, L	2	16x
	V / You got it	4x8 Single Leg Lift R	2	16x
	PC / Keep flowing	2x8 Walk To Plank	8	
		Preview Push Up Combo	8	
	C / Moves	8x8 Push Up & Shoulder Tap Combo		
		Push Up	2	
2		Plank Shoulder Tap L	2	
		Push Up	2	
		Plank Shoulder Tap R	2	8x
	V / We're the next generation	4x8 Stand and reset	8	14x
		Single Leg Lift B, L	8	
	V / Started	4x8 Single Leg Lift R	8	16x
	PC / Keep flowing	2x8 Walk To Plank	8	
		Preview Push Up Combo	8	
3	C / Moves	8x8 Push Up & Shoulder Tap Combo L, R	8	8x
	V / Said	4x8 Shake out, Stay down	16	
		Single Wide Push Up	4	4x
	V / Moves	2x8 Single Wide Push Up	4	4x
	I / Beat	8x8 7x Bottom Halves – as many as you can, rest when needed	16	4x
	PC / Keep flowing	2x8 Rest – shake out	16	
	C / Moves	8x8 Push Up & Shoulder Tap Combo L, R	8	8x



06. RUNNING - STILL THE ONE

	MUSIC		EXERCISE	CTS	REPS
1	I	4x8	Run OTS - Intro	32	
	I	4x8	Run OTS	32	
2	V / Wishing you	4x8	B Step Lunge with Knee Lift Repeater x8 L	4	8x
	V / Shine your	4x8	B Step Lunge with Knee Lift Repeater x8 R	4	8x
	Br	1x8	Bounce OTS	8	
	C / Still the one	4x8	Hops L, R, RA	4	8x
	C / Still the one	4x8	Hops L, R, Double Reach up	4	8x
	Br	1½ x8	Run OTS	12	
	I	8x8	Run F, Reach Up x8	16	2x
			Run B, RA	8	
			Shuffle OTS, RA	8	
	I	8x8	Run anywhere!	64	
3	I	4x8	Bounce OTS	32	
	V / Move your body	4x8	B Step Lunge with Knee Lift Repeater x8 L	4	8x
	V / Listen to your heart	4x8	B Step Lunge with Knee Lift Repeater x8 R	4	8x
	Br	1x8	Run OTS	8	
	C / Still the one	4x8	Hops L, R	4	8x
	C / Still the one	4x8	Hops L, R, Double Reach up	4	8x
	Br	4	Run OTS	4	
	I	8x8	Run F, Reach up x8	16	2x
			Run B, RA	8	
			Shuffle OTS, RA	8	
	I	8x8	Run anywhere or High Knee Run, OTS	64	
	Outro	4x8	High Knee Run, OTS	32	



07. AGILITY – SWITCH

	MUSIC		EXERCISE	CTS	REPS
1	10, 9, 8, 7	4x8	Run OTS		
	I	8x8	Ladder Run & Drop Squat Combo		
			Ladder Run x6	12	
			Drop Squat, Reach towards floor	4	4x
2	I	4x8	Shake out	32	
	I	4x8	ALT Side Step L, R	8	4x
	Br / Hit the switch	4	Snowboard Bounce L, R	4	
	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	4x8	Snowboard Bounce L, R	4	8x
	I	8x8	Ladder Run & Drop Squat Combo	16	4x
	C / Hit the switch	8x8	Side Bounce with 1/2 Squat Hold		
			Side Bounce	2	
			1/2 Squat Stop	1	
			Side Bounce R	2	
			Stop and old, 1/2 Squat	1	
3	I	4x8	Shake out	32	
	I	4x8	ALT Side Step L, R	8	4x
	Br / Hit the switch	4	Snowboard Bounce L, R	4	
	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	4x8	Snowboard Bounce L, R	4	8x
	I	8x8	Ladder Run & Drop Squat Combo	16	4x
	C / Hit the switch	8x8	Side Bounce with 1/2 Squat Hold	8	8x
4	I	4x8	Shake out	32	
	I	4x8	ALT Side Step L, R	8	4x
	Br	4	Snowboard Bounce L, R	4	
	10, 9, 8, 7, 6, 5, 4, 3, 2, 1	4x8	Snowboard Bounce L, R	4	8x
	I	8x8	Ladder Run & Drop Squat Combo	16	4x
	C	8x8	Side Bounce with 1/2 Squat Hold	8	8x



08. INTERVAL – HOLD TIGHT

	MUSIC		EXERCISE	CTS	REPS
1	Intro	4x8	Run OTS	32	
	QC / Hold tight	4x8	Side Flick L, R	32	
		1x8	Run OTS	8	
	C / Hold tight	8x8	Repeat Run & Kick Combo		
			Run F, <i>Double Reach Up</i> x4	8	
			Single Kick L, R, x2 Single Punch F	8	
			Run B, <i>Double Reach Up</i> x4	8	
			Single Kick L, R, x2 Single Punch F	8	2x
2	I	4x8	Run OTS	32	
	V / Everyone's	8x8	Side Flick L, R, Side Raise	4	16x
	V / When it all	4x8	Double Side Flick L, R, Side Raise	8	4x
	C / Hold tight	8x8	Repeat Run & Kick Combo	32	2x
	I	8x8	Single Kick L, R, <i>Single Punch F</i>	4	8x
			Single Knee Pull L, R, <i>Double Knee Pull Down</i>	4	8x
3	I	4x8	Run OTS	32	
	V / Everyone's	8x8	Side Flick L, R, Side Raise	4	16x
	V / When it all	4x8	Double Side Flick L, R, Side Raise	8	4x
	C / Hold tight	8x8	Repeat Run & Kick Combo	32	2x
	I	8x8	Single Kick L, R, <i>Single Punch F</i>	4	8x
			Single Knee Pull L, R, <i>Double Knee Pull Down</i>	4	8x
4	QC / Hold tight	4x8	Run OTS	32	
	QC	8x8	Run F, RA	8	
			Low Kick L & R x2	8	
			Run B	8	
			Low Kick L & R x2	8	2x
	I	8x8	Single Kick L, R, <i>Single Punch F</i>	4	8x
			Single Knee Pull L, R, <i>Double Knee Pull Down</i>	4	8x



09. POWER - LET IT ROCK

MUSIC		EXERCISE		CTS	REPS
1		2x8	Run OTS	16	
	I	4x8	Shuffle OTS L, R	2	16x
	V	8x8	4 Knee & Shuffle Combo		
			4 Knees L, <i>Single Bicep Curl</i>	8	
			Shuffle OTS, RA	8	
			4 Knees R, <i>Single Bicep Curl</i>	8	
			Shuffle OTS, RA	8	2x
	C / Hold your hands high	4x8	4 Knee Square Combo		
			4 Knees L, <i>Single Bicep Curl</i>	8	
			Run F, RA	8	
2			4 Knees R, <i>Single Bicep Curl</i>	8	
			Run B, RA	8	2x
	C / Tonight	4x8	Jumping Jacks, <i>Cross Arms overhead</i>	2	16x
	Get down	8x8	Burpee	8	
			Ski Jump L, R x4	8	4x
	V	4x8	Run OTS	32	
	V	4x8	4 Knee & Shuffle Combo	32	2x
	V / Hold your hands up high	8x8	4 Knee Square Combo	32	2x
	C / Tonight	4x8	Jumping Jacks, <i>Cross Arms overhead</i> , Jacks	2	16x
	Get down	8x8	Burpee & Sky Jump Combo	16	4x
3			Add Tuck if you want on Burpee		
		2x8	Run OTS – Recovery	16	
	QC / Yeah oh	4x8	Run OTS	32	
	QC / Yeah oh	4x8	Jumping Jacks, <i>Cross Arms overhead</i>	2	16x
	C / Tonight	4x8	High Knee Run	32	
	Get down	8x8	High Knee Run	64	



10. CORE - YOU CAN FEEL THE FORCE

MUSIC		EXERCISE	CTS	REPS
Ready for the show	4x8	Transition to floor		
V	4x8	Legs straight up – Crunch, <i>reach toward toes</i>	4	8x
V	4x8	Legs straight up – Crunch, <i>reach toward toes</i>	4	8x
I / Big Instru... ready for the show	4x8	Side Crunch Pulse x8 L	2	8x
		Side Crunch Pulse x8 R	2	8x
C / Lyrics	4x8	Side Crunch Pulse x8 L	2	8x
		Side Crunch Pulse x8 R	2	8x
Drops back	4x8	Crunch Hold	16	
		Extend legs in, <i>scoop hands by side</i> , feet up off floor	h16	
Drops back	4x8	Reset for Crunch, feet up – legs straight	32	
QV / Lyrics	4x8	Legs straight up	4	8x
		Crunch, reach towards toes		
V	4x8	Legs straight up	4	8x
		Crunch, reach towards toes		
V / Feel the force	4x8	Side Crunch Pulse x8 L	2	8x
		Side Crunch Pulse x8 R	2	8x
Heavy	4x8	Side Crunch Pulse x8 L	2	8x
		Side Crunch Pulse x8 R	2	8x
Heavy	4x8	Roll over to Hover	28	
		Move up to Plank	4	
C / Lyrics	4x8	Mountain Climber L, R	4	8x



11. COOLDOWN

MUSIC		EXERCISE	CTS
V / I take it out	4x8	Kneeling Hip Flexor L – open chest	32
V / I fill with doubt	4x8	Kneeling Hamstring	32
PC / When you notice	4x8	Kneeling Hip Flexor R – <i>arms stretch overhead</i>	32
PC / I want a liar	4x8	Kneeling Hamstring	32
C / Me... let me get	4x8	Standing Calf and Shoulder	32
C / Need	4x8	Standing Calf and Shoulder	32
V / I make it right	4x8	Standing Quad	32
V / You're alone	4x8	Standing Quad	32
PC / When you notice	2x8	Adductor L – <i>reach toward the floor</i>	16
	2x8	Adductor R – <i>reach toward the floor</i>	16
C / Leave it up to me	2x8	ITB L	16
	2x8	ITB R	16
C / Let me give you what you need	4x8	<i>Reach up</i>	8
		<i>Squat down</i>	8
		<i>Hamstring A-frame</i>	8
		<i>Roll up to standing</i>	8
Outro / You got the motivation	8x8	Shower caps on! You got the motivation – go for it!	