

BODYATTACK

109

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

Dance Monkey (Nick Skitz & Basslouder Remix Edit) (5:05)

Fast Ballerz

© 2019 LNG Music.
Written by: Unknown
- 02

Move (Showtek Edit) (4:40)

twoloud

© 2015 The Music Group.
Written by: Reuter, Castle
- 03

Truth Hurts (4:55)

Power Music

© 2019 Power Music, Inc.
Written by: Frederic, Geller, Jefferson, Cheung
- 04

Dafuq (5:22)

Ookay, Riggi & Piros

© 2014 Dim Mak Records, Inc.
Written by: Laguna, Riggi, Piros
- 05

Badmash (6:11)

Bossfight

© 2019 Monstercat.
Written by: Sjöstrand
- 06

Daddy Cool 2020 (Extended Mix) (4:34)

Technikore

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Written by: Mayer, Farian
- 07

Ring (4:28)

High Up

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Written by: Unknown
- 08

Do You Want It Right Now (Topmodelz Remix Edit) (5:23)

Pulsedriver

© 2014 LNG Music.
Written by: Burton, Stracker
- 09

We Are Fighters (Radio Edit) (6:42)

Da Tweekas & Destructive Tendencies

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Written by: Nordli, Lucarellu, McHugh, Ormerod, Glemmestad
- 10

Romantico Starlight (3:23)

Bob Sinclar vs. The Supermen Lovers feat. Robbie Williams

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Written by: Le Friant, Devleeschouwer, Atlan, Williams, Benichou

- 11

Perfect (2:55)

Lucas & Steve feat. Haris

© 2019 SpinninRecords.com
Written by: Burrowes, Lucas
- Exp
05

Badmash (3:09)

Bossfight

© 2019 Monstercat.
Written by: Sjöstrand



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

BODYATTACK 109 is here to help you deliver the fun, challenge and energy that your members have grown to love. We open the class with a fun, chart-topping Warm-up to get people moving and loving exercise. We turn up the work in Mixed Impact with some great athletic combos to make even the newest participant feel sporty. To help continue developing the team-feel of BODYATTACK, use the split-room formation in Plyometric to deliver a competitive feel.

Mixed Strength has a cool musical sound that delivers intensity to both upper and lower body muscles. The focus this track is all the integrated movements which are more functional. To reset the body, we enter the Running track with eagerness to get the body moving. Enjoy the Lunge combos that slowly bring your members back to the working zone. Speaking of working zone... Tuck Jumps in Agility? Always remember to teach to your members in the room and focus on what they can do, not what they can't.

Finish the release off with some fun in Intervals, singing along with the uplifting beat and then push your members hard in the Corner Run combos in the Power track. I appreciate all you do and I am so excited to continue to help you share the #bodyattacklove. Until next time...

CREDITS

- Program Director** – Lisa Osborne
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Program Coach** – Dan Maroun
- Production Coordinator** – Lucy Judson
- Special thanks to** – Josh James and Kendall Farmer for music

PRESENTERS

Lisa Osborne (Australia) 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.

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

Bevan James Eyles (New Zealand) is a BODYATTACK Trainer/Presenter, a BODYPUMP™, RPM™ and LES MILLS SPRINT™ 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.

BODYATTACK TRIAL TEAM

The creative process for this round included a group of trainers and instructors from all around the world. A special thank you to this team of people who trialed and gave their feedback.

- Bevan James Eyles** (New Zealand)
- George Inwood** (New Zealand)
- Adam Bramski** (United States)
- Dan Maroun** (United States)
- Robert van Dien** (Netherlands)
- Arthur Gerards** (Netherlands)
- Jacquie Conder** (Australia)
- Florence O’Connell** (Ireland)



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	43:20	Total Time	44:09
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	29:26		

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.

NOTE: Track 8 Intervals is filmed head-on. If you and your class like the circle formation, feel free to try it out this release as well.

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 *Badmash* 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: Squat Jumps = Track 4
MOVE 2: Tricep Pushups = Track 5

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
Rep X	Perform the Sequence/Exercise	Outro	Last few bars of music
Mins	Minutes	Repeat	
PC	Pre-chorus		

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants and me to get warm by being silly and athletic together.

OPTIONS

Run – Walk or Jog

	MUSIC		EXERCISE		CTS	REPS
1	0:06	They say	8x8	Stretch Sequence		
				Reach up	8	
				Squat. <i>Elbows inside knees</i>	8	
				Hamstring Stretch. <i>Hands towards floor</i>	8	
				Roll body up to standing	8	2x
	0:32	C / Dance for me	4x8	A Step Touch L, R. <i>Relaxed Arms</i>	4	8x
	0:45	Instr / (Heavy beat)	4x8	B Bounce L, R. <i>Hands by hips</i>	32	
	0:58	Dance for me ooh _	8x8	C Run F&B With Bounce Combo		
				Run F. RA	8	
				Bounce OTS	8	
2				Run B. RA	8	
				Bounce OTS	8	2x
	1:24	C / Dance for me	4x8	D Double Hop L, R. RA	4	8x
	1:37	V / All again _	8x8	A ¹ Step Touch L, R. <i>Double Bicep Curl</i>	4	8x
				A ² Step Touch L, R. <i>Cross arms O/H</i>	4	8x
	2:03	C / Dance for me	12x8	E Single-Leg Squat Combo		
				Single-Leg Squats x7. <i>Hands on thighs</i>	28	
				Transition to L side	4	
				Single-Leg Squat L x7. <i>HOH</i>	28	
				Change sides	4	
3				Single-Leg Squat R x8. <i>HOH</i>	32	
	2:42	Instr / (Heavy beat)	8x8	C Run F&B With Bounce Combo	32	2x
	3:08	C / Dance for me	4x8	F Double Hop L, R. RA	4	4x
				F ¹ Double Hop L, R. <i>Double Bicep Curl</i>	4	4x
	3:21	V / I see you	8x8	A ¹ Step Touch L, R. <i>Double Bicep Curl</i>	4	8x
				A ² Step Touch L, R. <i>Cross arms O/H</i>	4	8x
	3:47	C / Dance for me	4x8	G Squat	4	8x
	4:00	Instr / Dance for me	8x8	Walk hands F to Plank	8	
				Plank	8	
				Shoulder Tap L, R in Plank	8	5x
				Hold Plank	4	
				Jump feet into Squat and stand	4	
	4:26	Instr /	8x8	C Run F&B With Bounce Combo	32	2x
	4:51	C / Dance for me	4x8	F ¹ Double Hop L, R. <i>Double Bicep Curl</i>	4	8x



01. DANCE MONKEY (NICK SKITZ & BASSLOUDER REMIX EDIT) 5:05mins

BLOCK 1

LAYER 1

Find a good balance of where you want to be playful and silly while also being informative.

Name the move, teach how to do it and then move on to connecting and engaging with your members.

- **Step Touch** – *Square your hips to front and brace your core*
- **Bounce** – *Light on the feet, weight in toes*
- **Run F&B** – *Run forward, 8, 7, 6...*
*Option: **Walk.** Heels towards butt*
- **Double Hop** – *Right, left, lift the back heel, light on the toes, knee bent, look after the landing*

BLOCK 2

LAYER 2

We introduce some new moves in this block so be sure to coach the rhythm and safety before jumping into why the move is important.

- **Step Touch** – *Bend your knees, **move down and up**, cross your hands over head to warm up your back and shoulders*
- **Single-Leg Squat** – *Hold for 7, 6, 5...*
*Change sides. **Keep your knee over the center of your foot***
- **Run F&B** – *To get warmer, kick your heels up higher*
- **Bounce** – *Get down*
- **Double Hop** – *Lift your heel up higher to get the hamstring warmer*

BLOCK 3

LAYER 3

Spend this block setting the tone for your class. Feel free to educate your members about what the movements are preparing them for; otherwise, have fun!

- **Step Touch** – *Get down lower to prepare the quads and hamstrings for the workout ahead*
- **Squat** – *Push out of the floor and squeeze your butt; activate the glutes for control today*
- **Shoulder Tap** – *On Knees or toes. **Keep your hips/shoulders square to front, brace your abs, squeeze your butt***
- **Run F&B** – *Let yourself go! Show us your best monkey!*



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to feel energized and athletic through the music and movements in this track.

OPTIONS

- Run – Walk
- Gallop – No arms – low impact
- Step Curl – No arms
- Side Step – No impact

	MUSIC			EXERCISE			CTS	REPS
1	0:00	V / Move	8x8		A	Bounce OTS	32	
					A	Step Curl L, R. <i>Swing arms L, R</i>	4	8x
	0:24	Instr / Kick it _	8x8		B	Gallop L, R. <i>Relaxed Arms</i>	8	2x
					B ¹	Gallop L, R. <i>Double Arm Bicep Curl</i>	8	6x
	0:49	Br / (Melody drops)	5x8		A	Step Curl L, R. <i>Swing arms L, R</i>	4	10x
	1:03	Instr / Move	8x8		B ¹	Gallop L, R. <i>Double Arm Bicep Curl</i>	8	8x
	1:29	Instr /	8x8		C	Agility 3 Step Run L, R. <i>RA</i>	8	7x
						Run OTS on last 8 cts	8	
	1:53	Kick it _	8x8		D	Side Step Combo L		
						Side Step L x4. Move F. <i>RA</i>	16	
2						Side Step L x2. Move F or OTS. <i>RA</i>	8	
						Run B. <i>RA</i>	8	2x
	2:18	Kick it _	8x8		D ¹	Side Step Combo L with Fend		
						Side Step L x4. Move F. <i>Fend L arm out</i>	16	
						Side Step L x2. Move F. <i>Fend L arm out</i>	8	
						Run B. <i>RA</i>	8	2x
	2:42	Br / (Melody drops)	1x8			Jump feet wide. Roll body down and up. <i>Hands on thighs</i>	8	
	2:46	(Quiet melody)	36x8			Sequences A, B ¹ , C, D, D ¹ on R side		



02. MOVE (SHOWTEK EDIT) 4:40mins

BLOCK 1

LAYER 1

This track has a lot of contrast in the Step Curls compared to the Side Step Combo. Turn your voice and energy up in this track as soon as the Gallops come in to lift the intensity and prepare for the workout.

- **Step Curl** – *Step and lift*
- **Gallop** – *Step together, step, curl. Heel towards butt. Option: Low impact – push across wider*
- **Agility 3-Step Run** – *1, 2, hop, hop. Weight in toes, **hips and shoulders square to front.** Option: **Low impact***
- **Side Step Combo** – *Come forward, out, in, out, in... Run back. Shift the weight across*

BLOCK 2

LAYER 2

We only have two blocks in this track so we need to push the intensity quickly by being encouraging.

- **Step Curl** – *Do whatever feels good*
- **Gallop** – *Get down and up, move. We feel energy in the legs*
- **Agility 3-Step Run** – *Feel light and athletic as you move*
- **Side Step Combo** – *Push on the outside of your foot; take it to the sports feel – boom!*

CONNECTION

The secret to success in this track is showing, vocally and physically, the fun and relaxed nature of the Step Curl with Arm Swing and the athleticism of the Side Step Combo with Fend.



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to feel encouraged to sing along to this chart-topper while pumping up their heart rate.

OPTIONS

- Run – Walk or Jog
- Knee Lift – Low impact or no arms
- Double Knee Crossover – Double Knees with no Crossover
- Jumping Jack – Side Tap or Side Flick

	MUSIC		EXERCISE	CTS	REPS
1	0:00 _ Why men great	2x8	A Run OTS	16	
	0:06 V1 / I just took a DNA	4x8	B Double Knee L, R. <i>Arms down</i>	8	4x
	0:17 Bad chick	4x8	B ¹ Double Knee L, R. <i>Single Punch F</i>	8	4x
	0:29 C / _ Why are men great	4x8	C Shuffle Combo Double Shuffle L, R. <i>RA</i> Single Shuffle L, R x2. <i>RA</i>	4 4	4x
	0:42 _ Fresh photos	4x8	C ¹ Shuffle Combo With Punch Double Shuffle L, R. <i>Double Punch F</i> Single Shuffle L, R x2. <i>Single Punch F</i>	4 4	4x
	0:53 Instr / (Upbeat melody)	8x8	D Run F & Swing B Combo Run F. <i>Double Reach Up</i> x4 Swing B. <i>RA</i>	8 8	4x
	1:17 Low drop / Bom	4x8	E Jumping Jack Side Raise	2	16x
	1:29 Bom bom	4x8	F Squat Knee Pump L, R	8	4x
2	1:41 V2 / Break my heart	8x8	A Run OTS B ¹ Double Knee L, R. <i>Single Punch F</i>	16 8	6x
	2:05 C / _ Why are men great	8x8	C Shuffle Combo <i>Shuffle Combo with Punch</i>	8 8	4x 4x
	2:29 Instr / Upbeat melody	8x8	D ¹ Run F & Swing B Combo – Cross Pattern Run F. <i>Double Reach Up</i> x4 Swing B. <i>RA</i> . Turn 90° L	8 8	4x
	2:53 Low drop / Bom	4x8	E Jumping Jack Side Raise	2	16x
	3:03 Bom , bom	4x8	F ¹ Squat Knee Pump with <i>Fist Pump</i> L, R	8	4x
3	3:17 V3 / I’m a hit you back	8x8	A Run OTS B ² Single Knee L, R. <i>Single Punch F</i>	32 4	8x
	3:41 Instr / (Upbeat melody)	8x8	D ¹ Run F & Swing B Combo – Cross Pattern	16	4x
	4:03 Low drop / Bom ,	4x8	E Jumping Jack Side Raise	2	16x
	4:15 Bom , bom	4x8	F ¹ Squat Knee Pump with <i>Fist Pump</i> L, R	8	4x
	4:28 C / _ Why are men great	8x8	E ¹ Jumping Jacks. <i>Double Reach Up</i>	2	32x



03. TRUTH HURTS 4:55mins

BLOCK 1

LAYER 1

This is a basic set-up round – name of move and options and be sure to clearly coach the Shuffle Combo.

- **Double Knee** – 1 and 2, 1 and 2. Option: **Low impact. Abs braced, back straight**
- **Shuffle Combo** – 1, 2; Single Shuffle 4, 3, 2, 1. **Light on the toes**
- **Run Forward and Swing Back** – Reach and run, 4, 3, 2. Swing back. Option: **March, square your hips to front when you swing**
- **Jump Jack and Side Raise** – Out in out in, Option: **Tap, whole foot down**
- **Squat Knee Pump** – Down, hop, hop



BLOCK 2

LAYER 2

We repeat the moves. This round, we increase the Aerobic energy through bigger movements.

- **Double Knee** – Lift the knee higher to lift the energy
- **Shuffle Combo** – Pump your arms super strongly
- **Run Forward and Swing Back** – Cross pattern, run, swing back, turn right. Run to the back
- **Jump Jack and Side Raise** – Bend your knees more to build energy in the legs
- **Squat Knee Pump** – Lean back and pump the arms

BLOCK 3

LAYER 3

Finish the track with flavor and energy! Play with the music and get all your members to participate in the fun!

- Let's have some fun with this!
- Bring the nails and hair into it if you'd like to!
- Do whatever feels good for you!
- Energy up! Sweat on! Feeling great!



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel the benefits of circuit-style training in this Plyometric track.

OPTIONS

- Run – March or Jog
- Squat Jump – Squat Arm Reach
- Power 3-Step Run – No Jump
- Skater – No Jump

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Instr /	4x8	Run – Split room	32	
	0:12	(Bigger beat)	8x8	A Power 3-Step Run L, R	8	8x
	0:34	(Heavy downbeat and build)	8x8	B Skater L, R. RA	4	8x
			B ¹	Skater L, R. Rope Pull	4	8x
	0:57	What the what the _	16x8	C SIDE 1 = Squat Jump x4 SIDE 2 = High Knee Run OTS Switch	16 16	4x
	1:43	(Low melody)	4x8	Change sides and recover	32	
2	1:54	(Bigger beat)	8x8	A Power 3-Step Run L, R	8	8x
	2:17	B up /	8x8	B Skater L, R. RA	4	8x
			B ¹	Skater L, R. Rope Pull	4	8x
	2:40	What the what the _	16x8	C ¹ SIDE 1 = Squat Jumps. Move F x4 SIDE 2 = High Knee Run B Switch	16 16	4x
	3:26	(Low melody)	4x8	Change sides and recover	32	
3	3:37	(Bigger beat)	8x8	A Power 3-Step Run	8	8x
	4:00	B up /	8x8	B Skater L, R. RA	4	8x
			B ¹	Skater L, R. Reach and Rope Pull	4	8x
	4:23	What the what the _	12x8	C ¹ SIDE 1 = Squat Jumps. Move F x4 SIDE 2 = High Knee Run B Switch	16 16	4x
	4:58	B up /	4x8	D Squat Jump with Butt Kick	4	8x



04. DAFUQ 5:22mins

BLOCK 1

LAYER 1

Set the stage for how this track works. Split the room and get your participants moving side to side for the pre-circuit section. Use a commanding voice to explain the moves.

- **Power 3-Step Run** – 3, 2, 1. Option: **Low impact, hips and shoulders square to front**
- **Skater** – **Hips back, chest lifted, knee out**
- **Squat Jump** – Down and up. **Knees out over toes, butt back and down.** Option: **No Jump**



- **High Knee Run** – *Knees up, pump your arms.* Option: **March**

BLOCK 2

LAYER 2

We repeat the moves in this round and add forward movement to the Squat Jump to lift the intensity. Focus on how to keep your participants' chests up in the Squat Jumps moving forwards.

- **Power 3-Step Run** – *Drive side to side. Bend knees and push*
- **Skater** – *Side to side, load your legs, go for width*
- **Squat Jump** – *Move forward, **keep your chest lifted**, squeeze your butt and thrust your hips forward, land softly*
- **High Knee Run** – *Come on, keep your knees high!*

BLOCK 3

LAYER 3

This round needs motivation. Tap into what motivates you so that you can communicate that style to your members.

- We are going to 'max out' in this set!
- Let's find that burning feeling in our legs
- Switch on your mind!
- Final round to 'max out'!
- Squat Jump with Butt Kick – 'max out' together!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to feel a core and stability challenge in the Pulse Lunge with a Twist and the endurance challenge of the Pulse Squat and Calf Raise.

OPTIONS

All Pushups – Knee, toes, rest

	MUSIC		EXERCISE		CTS	REPS	
1	0:00	Intro / (Drumbeat)	4x8	A	Set-up Pulse Lunge Pulse Lunge L. <i>HOH</i>	24 2	4x
	0:18	Instr /	8x8	A ¹	Pulse Lunge L. <i>With Arm Combo to R side</i> Transition to Squat – Feet Wide	8 8	7x
	0:52	C / Let's go _	8x8	B	Pulse Squat x4. <i>Arms low in front, hands stacked</i> Raise up onto toes. <i>Extend arms up to 45°</i>	7 1	8x
	1:28	Br / (Quiet)	2x8		Transition to floor – Tricep Pushup position Pushup & Rotating Plank Combo	8 8	
	1:36	Instr /	8x8	C	Pushup & Rotating Plank Combo Tricep Pushup Rotating Plank L Tricep Pushup Rotating Plank R Last 8cts, hold Plank for Tricep Pushups	4 4 4 4 8	3½x
	2:11	C / Let's go _	8x8	D	Bottom Half Tricep Pushup x12 Push B. Sit-up. <i>Shake out arms</i>	24 8	2x
	2:46	Drop that _	4x8	E	Single Wide Pushup	2	16x
	3:04	(Drumbeat)	42x8	Block 1 on R side (or end song here for 30-minute format)			
	2						



05. BADMASH 6:11mins

BLOCK 1

LAYER 1

This is a straightforward Athletic Strength track that has one move dedicated to lower body strength and then a series of upper body isolation and integration moves. Set-up posture, range of motion, and options as your priorities.

- **Pulse Lunge** – *Pulse down and up, **front knee out over toes, chest lifted***



- **Squat Pulse and Calf Raise** – *4, 3, 2, reach up, knees out over toes, drive up onto toes*
- **Pushup & Rotating Plank Combo** – *Down up, turn, **brace your core to turn as one***
- **Tricep Pushup** – *12, 11, 10, 9... **elbows in**, pull back and shake out arms; do it again*
- **Pushup** – *Hands wide, **chest to elbow height***

BLOCK 2

LAYER 2 & 3

In the second block, we use the same moves to gain better results. For strength, we need to coach bigger range of motion. These strength exercises create awesome endurance for later cardio tracks.

- **Pulse Lunge** – *Bend your back knee more; this is how we create strength*
- **Pulse Squat and Calf Raise** – *4, 3, 2. Explode up, drop down into your hips, fast and controlled*
- **Pushup & Rotating Plank Combo** – *In the Pushup, squeeze the back of the arm; in the twist, pull your bottom hip up*
- **Tricep Pushup** – *Body and mind stay in the game*
- **Pushup** – *Thoughts are strong so your body gets stronger!*



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to have fun during the Daddy Cool Arm Combo, letting go of the workout and enjoying the moment.

OPTION

Run – Walk

NOTE: For this release, if you are needing a **SMALL ROOM** option for Track 6, change the Circle Run to Run OTS and change Run In & Out to Forward & Back.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Daddy, daddy cool	4x8	Set-up Standing and for Lunge Combo			
	0:12	V / _ I'm crazy like a fool	12x8	A	Step Lunge Combo		
					Step Lunge F L, R x2	16	
					Run OTS	8	
					Bounce OTS	4	
1	0:47	C / Daddy, daddy cool _	8x8		Circle Run anticlockwise	64	
					Face the middle on last 8cts		
	1:11	Ref / Daddy , daddy cool	4x8	B	Run into middle – Daddy Cool Arm Combo		
					Double Reach Up x2	4	
					Daddy Cool Arms – or some other cool move...	4	4x
2	1:23	Br / (Voice drop) Daddy , daddy cool	4x8		Run B. Turn to face anticlockwise	32	
	1:35	Instr / (B up)	4x8	A ¹	Step Lunge, Run & Bounce Combo		
					Step Lunge. Move F L, R x2	16	
					Run F	8	
					Bounce	4	
2	1:47	Synth /	12x8	A ¹	Step Lunge, Run & Bounce Combo	32	3x
					Turn to face opposite direction on final Bounce on last 8cts		
	2:22	Instr / Daddy, daddy cool _	8x8		Circle Run clockwise	64	
					Face the middle on last 8cts		
	2:45	Ref / Daddy , daddy cool	4x8	B	Run into middle – Daddy Cool Arm Combo	32	
3	2:57	Br / (Voice drop) Daddy , daddy cool	32x8		 Block 2 – Lunges facing clockwise on step		



06. DADDY COOL 2020 (EXTENDED MIX) 4:34mins

BLOCK 1

LAYER 1

Set-up a clear execution phase for the Step Lunge Combo by counting out loud. The overall goal of this move is to build stability so we teach the legs how to fire correctly.

- **Forward Lunge** – *Right; left; right; left, long step out*
- **Run OTS** – *Lift your chest*
- **Bounce** – *Hold and reset, **square your hips to the front***
- **Run In & Out** – *2 Claps, check this out... Daddy Cool Hands!*

BLOCK 2

LAYER 2

We evolve the Step Lunge Combo to make it more athletic. Coach the rhythm and then get them to move big.

- **Step Lunge, Run, & Bounce Combo** – *Lunge forward 1, 2, 3, 4. Light jog on the spot, bounce, long step forward, bend through your back knee*
- **Run In & Out** – *Bring it in! Be cool!*

BLOCK 3

LAYER 3

Show your true enjoyment of BODYATTACK by connecting, singing and smiling with your members.

- This is about free expression!
- Do what feels good for you!
- Let's finish cool together!

CONNECTION / PERFORMANCE

Be creative, feel free to come up with your own cool arms if your members don't like the Daddy Cool Arm Combo. We want you to make this song your own.



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel the progressive intensity in each block as I coach them through bigger movement patterns.

OPTIONS

Ladder Run – All walking
Burpee – Drop Squat

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Split room	32	
	0:12	C / Now _	6x8	A Down Jack x4 OTS	8	
				B Ladder Run x4 OTS	8	3x
	0:29	(Silence)	½x8	Hold	4	
	0:31	V / (Heavy synth)	16x8	C Down Jack & Ladder Run Combo		
				Down Jack x4. Move F	8	
2				Ladder Run x4. Move F or OTS	8	
				Turn 180° – Run back to spot	8	
				Turn 180° Face the middle, Drop Squat	8	4x
	1:18	Fast beat / Rumble _	4x8	D Snowboard L, R – gets faster	4	8x
	1:28	Br / Rumble _	4x8	Change sides	32	
	1:39	C / Now _	6x8	E Step Knee L, R. RA	8	6x
3	1:57	(Silence)	½x8	Hold	4	
	1:58	V / (Heavy synth)	16x8	C Down Jack & Ladder Run Combo	32	4x
				Option: Burpee instead of Squat		
	2:45	Fast beat / Rumble _	4x8	D Snowboard L, R – gets faster	4	8x
	2:55	Br / Rumble _	4x8	Change sides	32	
	3:07	C / Now _	6x8	E Step Knee L, R. RA	8	6x
	3:25	(Silence)	½x8	Hold	4	
	3:26	V / (Heavy synth)	16x8	C Down Jack & Ladder Run Combo	32	4x
				Option: Burpee Tuck		
	4:13	Fast beat / Rumble _	4x8	D Snowboard L, R – gets faster	4	8x



07. RING 4:28mins

BLOCK 1

LAYER 1

In this set-up round, clearly coach the Down Jack & Ladder Run Combo so your participants know exactly when to jack, ladder, turn and run.

- **Down Jack & Ladder Run Combo** – Jack 4, 3, 2, 1, Ladder Run, jump feet together
- **Down Jack & Ladder Run Combo. Move F** – Jack, move forward, down the ladder, turn around, run back, turn around and drop squat. Imagine your ladder – move down it and then run around it
- **Snowboard** – 45-degree turn; **body turns as one**, the music gets faster

BLOCK 2

LAYER 1 & 2

We add a Burpee progression as an intensity option instead of the Squat. Be sure your members know it's a progression and that they can continue squatting if needed.

- **Step Knee** – Step knee; step back
- **Down Jack & Ladder Run Combo** – Add a Burpee. **Brace core as you burpee**, jack deeper, ladder faster... go!
- **Snowboard** – **Brace the belly as you twist**

BLOCK 3

LAYER 2 & 3

In this final block, we introduce one last progression: the Burpee and Tuck. In this movement, the Tuck is not meant to push the heart rate to the max: instead, it's used to help develop explosive power.

- **Step Knee** – One more round of fitness, speed and agility
- **Ladder Run & Sprint Combo** – If you want to tuck, there's loads of choices
- We are fit and fast!
- Fight for your fitness!

TIPS

Teach to who is in front of you. If your population is athletic, then add the Burpee and the Burpee Tuck and if your members find a good challenge in the Drop Squat, then continue with that. Success is in moving confidently. That's how they get results!



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to feel rejuvenated and alive during this inspirational track.

OPTIONS

- Run – Walk or Jog
- Kicks – Taps
- Arm Combo – Running Arms
- Jumping Jacks – Side Taps

	MUSIC			EXERCISE	CTS	REPS
1	0:00	V1 / _ Do you know	12x8	A	Run OTS. RA	32
				A ¹	Run OTS with Cross Arm Pattern (Slow)	
					Cross down	4
					Open to 45° Down	4
					Reach up x3	8 4x
	0:34	QC / _ Right now _	4x8	A ²	Run OTS. Cross Arm Pattern (Fast)	8 4x
	0:48	Instr /	4x8	B	Jumping Jacks Combo	
					Jumping Jack x4 – <i>Guard Arms</i>	8
					Jumping Jack x4 – <i>Hands out to 45° down</i>	8
					Jumping Jack x4 – <i>Hands to side</i>	8
2					Jumping Jack x4 – <i>Double Reach 45° up</i>	8
	0:59	Instr / (Upbeat melody)	8x8	C	Run & Kick Combo	
					Run F. <i>Double Reach Up</i> x4	8
					Single kick L, R x2. <i>Single Punch F</i>	8
					Run B. <i>Double Reach Up</i> x4	8
					Single Kick L, R x2. <i>Single Punch F</i>	8 2x
	1:23	C / _ I want your	4x8	D	Single Kick L, R. <i>Single Punch F. Move F</i>	4 8x
	1:35	C / Right now	4x8	D ¹	Single Kick L, R. <i>Double Punch Down. OTS</i>	4 8x
	1:47	V2 / _ You have	4x8	A	Run B	32
	1:59	PC / _ And every day	4x8	E	Side Flick L, R. Side Raise	4 8x
3	2:11	QC / _ I want you	4x8	A ¹	Run OTS with Cross Arm Pattern (Slow)	16 2x
	2:22	QC / Right now	4x8	A ²	Run OTS with Cross Arm Pattern (Fast)	8 4x
	2:34	Instr / Let go _	4x8	B	Jumping Jacks Combo	32
	2:46	Instr / Upbeat melody	8x8	C	Run & Kick Combo	32 2x
	3:09	C / _ I want your	4x8	D	Single Kick L, R. <i>Single Punch F. Move F</i>	4 8x
	3:21	C / Right now	4x8	D ¹	Single Kick L, R. <i>Double Punch Down. OTS</i>	4 8x
	3:34	V3 / _ You have	36x8	 Block 2		



08. DO YOU WANT IT RIGHT NOW (TOPMODELZ REMIX EDIT) 5:23mins

BLOCK 1

LAYER 1

Set-up the Cross Arm Pattern with short phonetic cues. Use this block to start to connect with your members and set the tone of the track.

- **Cross Arm Pattern** – Cross; down; reach 3 times



- **Jumping Jack** – Out; in, reach down, reach to the side, reach up
- **Run & Kick Combo** – Run 4, 3, 2, Kick! **Long back as you kick.** Option: **Low-impact kick or running with no arms**
- **Single Kick** – **Kick from hip, push arms down**

BLOCK 2

LAYER 1 & 2

In this block, we bring in Side Flicks to help our members recover more before we build the energy again.

- **Side Flick** – Option: **Tap**
- **Cross Arm Pattern** – Pick your feet up, reach up higher
- **Run & Kick Combo** – It's a BODYATTACK 'Hey!'
- **Single Kick** – Energy is up!

BLOCK 3

LAYER 3

In this final block, leave out any technical coaching and just allow the music and your members to take over. Be fearless and praise them!

- Let's see how much we can let go!
- Hey! Hey! Hey!
- Give it all you have!
- Do it, do it, do it now!



09. POWER

SPORTS

TRACK FOCUS

I want my participants to challenge their inner fighter and push intensity in the speed portions of this track.

OPTIONS

- Jumping Jack – Side Tap
- Run – March
- Lunge – Backward Stepping Lunge
- Burpee – Triple Pulse Squat

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Instr /	8x8	Run OTS	64	
	0:25	V1 / We are fighters _	4x8	A Jumping Jacks. <i>Relaxed Arms</i> Turn to face front L corner on last 4cts	2	16x
	0:37	C / (Heavy instr)	16x8	B High Knee Run & Jumping Jack Combo to L High Knee Run towards L front corner High Knee Run OTS Run B Jumping Jack x4. <i>Cross Arms O/H</i> – Turn to R corner  To R front corner	8 8 8 32	2x
	1:23	V2 / _ Fading away	8x8	Recovery Low Heel Dig L, R	32 4	8x
	1:46	C / We can battle _	8x8	C Triple Pulse Squat & Run OTS Combo Triple Pulse Squat. <i>Hands on thighs</i> Jump feet together Run OTS	6 2 8	4x
	2:09	PC / We are fighters _	8x8	D Burpee & Run OTS Combo Burpee High Knee Run OTS	8 8	4x
	2:31	Instr / We are fighters _	4x8	D ¹ Burpee (as many as can) OR High Knee Run	32	
	2:43	(Heavy instr)	8x8	B  Run & Jack Combo L, R to corners	64	
	3:06	We are fighters _	8x8	E Lunge L, R. <i>RA</i>	4	16x
	3:29	We are fighters _ (sped up)	4x8	F Jumping Jack. <i>Cross Arms O/H</i>	2	16x
2	3:40	We are fighters _ (even faster)	4x8	High Knee Sprint – gets faster	32	
	3:50	Br / _ Fading away	52x8	 Block 2		
3						



09. WE ARE FIGHTERS (RADIO EDIT) 6:42mins

BLOCK 1

LAYER 1/2

This block starts off quite big. Coach the Jacks for execution and safety but quickly move into setting the tone for this track – intensity!

- **Jack** – *Out; in. Bring your arms in, now bigger!*
- **High Knee** – *To the corner, run, hold, run back, jack and turn. Option: **March and tap***

BLOCK 2

LAYER 1 & 2

In this block, we bring in a massive set of Burpees. Be sure your members know that they can squat and that the Burpee portion is “at your own pace”, making sure they work at their own level.

- **Triple Pulse Squat & Run Combo** – 3, 2, 1, Jog, **feet wide, chest lifted**
- **Burpee & Run Combo** – *Squat, Plank, Squat, Run. **Keep your abs braced as you jump back***
- **Burpee Tuck** – *As many as you can, at your pace. GO!*
- **High Knee Run & Jack Combo** – *Lift your knees higher; pump your arms*
- **Lunge** – **Front knee out over toes**, drop your back knee. Option: **Backward-Stepping Lunge**
- **Jack** – *Come on, fast. Out in, out in; you can do this!*
- **Sprint** – *Drive your knees up quickly! Push it!*

BLOCK 3

LAYER 2 & 3

In this last round, we want to encourage our members to move bigger and faster depending on the move. Be encouraging as you challenge and motivate your class.

- **Triple Pulse Squat & Run Combo** – *It is time to fight for our fitness!*
- **Burpee & Run Combo** – *Make a choice and go!*
- **High Knee Run & Jack Combo** – *Work hard! We feel it!*
- **Lunge** – *We do this together! Get down to get strong!*
- **Jack** – *30 seconds! Do not switch off!*
- **Sprint** – *Go! Stay in this moment!*

PERFORMANCE / CONNECTION / MOTIVATION

What motivates you to work hard? Do you respond to Intrinsic, Positive, or Challenging cues? Run through this track and feel what moves work best with a specific type of motivation so you have a better idea of how to script your cues.



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to feel the challenge of the Hover Tap combo and Mountain Climber Combo for a great integrated Core workout.

OPTIONS

Hover and Plank – On knees or toes

	MUSIC			EXERCISE		CTS	REPS
1	0:00	(Cymbals)	8x8		Transition to floor	64	
	0:20		8x8	A	Hover	56	
					 Foot Tap	8	
	0:50	V1 / Come on, you	4x8	A ¹	Hover with Foot Tap Out and In		
					Tap Out and In x3 L	6	
					Hold and change sides	2	
					Tap Out and In x3 R	6	
					Hold and change sides	2	2½x
					Walk hands to Plank on last 8cts		
	1:07	C / _ I don't want to be	4x8	B	Mountain Climber Combo		
2					3x Mountain Climber L, R, L	3	
					Hold	1	
					 to R, L, R	3	
					Hold	1	4x
	1:23	Br / (Electronic)	2x8		Recovery	16	
	1:31	V2 / You only live	8x8	A	 Hover	16	
				A ¹	 Hover with Foot Tap Out and In	16	2x
	2:02	C / _ I don't want to be	6x8	B	 Mountain Climber Combo	8	6x
	2:26	Nobody does it better	3½x8		Roll over to back		
					Set-up Pulse Crunch – feet up		
3	2:40	Instr /	2x8	C	Pulse Crunch Combo		
					Pulse Crunch Up x4	8	
					Lower Leg Drop	4	
					Return to start position	4	
	2:47	C / _ I don't want to be	8x8	C	 Pulse Crunch Combo	16	4x



10. ROMANTICO STARLIGHT 3:23mins

BLOCK 1

LAYER 1

Alignment is key for this block since it is primarily in a Hover position. Get your members to find the perfect level (on knees or toes) and maintain alignment throughout this block.

- **Hover Tap** – Option: ***On knees or toes, abs braced, hips square, 3 Taps to the right, out; in 3, 2, 1***
- **Mountain Climber** – 3, 2, 1; hold, run; run; pause, ***brace your core, hips/shoulders in-line***

BLOCK 2

LAYER 2

This round repeats the same moves, but we have to encourage our participants to keep alignment as fatigue sets in.

- **Hover Tap** – *Drive your elbows down to steady your shoulders, square your hips to the floor. You can do this!*
- **Mountain Climber** – *Brace tightly to avoid bouncing. You are building functional core strength*

BLOCK 3

LAYER 3

In this final block, we flip our participants over to focus on isolated abdominal work. Get them moving with the rhythm then motivate until the end.

- **Pulse Crunch Combo** – ***Draw your abs in, lower back towards the floor, 1, 2, 3, extend one leg or both, bring your ribs towards you hips in the Crunch***

TIP

Core training is massively important to BODYATTACK athletes. Educate your members by talking to them about what they are specifically getting fitter at – sprinting, jumping, squatting, etc.



11. COOLDOWN

TRACK FOCUS

I want my participants to take pride in their workout and look forward to the next class.

MUSIC		EXERCISE		CTS	REPS
0:00		1x8	Set up for Lower Back Release	8	
0:04	V / Always running	4x8	Lower Back Release – Knees drop to front	32	
0:21	PC / We'll make it I swear	4x8	Lower Back Release – Knees drop to back	32	
0:37	C / Baby I don't deserve	4x8	Lying Hamstring Stretch – Front leg	32	
0:53	Distorted vocals	4x8	Lying Hamstring Stretch – Back leg	32	
1:09	Br /	1x8	Roll over – come onto knees	8	
1:11	V / Making sure	4x8	Hip Flexor Stretch R – Step L foot R Option: Lift back knee after 2x8	32	
1:26	PC / We'll make it I swear	4x8	Soleus Stretch L – R knee next to L toes Soleus Stretch R – L knee next to R toes	16 16	
1:44	C / Baby I don't deserve	4x8	Hip Flexor Stretch L – Step R foot F Option: Lift back knee after 2x8	32	
2:00	(Distorted vocals)	4x8	Adductor Dynamic L, R Adductor hold L, R	4 16	4x
2:16	Br /	2x8	Standing Double Hamstring Stretch – Hips high, reach towards floor	16	
2:33	Baby you won't be	2x8	Wide Squat – Elbows inside knees, gently press out	16	
2:35	C / Baby I don't deserve	4x8	Standing Quad Stretch L – R arm to side Standing Quad Stretch R – L arm to side Release	16 16	



11. PERFECT 2:55mins

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 and progress. Encourage them to relax and exhale into stretches to deepen them.



GLOSSARY

STEP TOUCH

Chest lifted
Hips square to front

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

SQUAT

Knees out over toes
Chest lifted

STEP CURL

Chest lifted
Heel to butt
Knees out over toes

GALLOP

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

DOUBLE KNEE

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

TRIPLE PULSE SQUAT

Knees out over toes
Chest lifted
Hips drop

PLANK

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

TRICEP PUSHUP

Hands under shoulders
Chest to elbow height
Elbows to ribs
Abs braced

SQUAT PULSE

Knees out over toes
Chest up
Hips drop

LUNGE

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

JUMP

Chest lifted
Abs braced
Knees bent on landing

JUMPING JACK

Heels down
Knees out over toes and bent
Chest lifted

BURPEE

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

MOUNTAIN CLIMBER

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

HIGH KNEE RUN

Chest lifted
Knees towards chest
Elbows drive forward

LADDER RUN

Fast feet
Upper body still
Feet move in and out

SIDE BOUNCE

On the balls of the feet
Feet wide
Chest lifted



GLOSSARY

SKATER

Knee out over toes

Chest up

Pushup out of the floor

3-STEP RUN

Hips square to front

Brace abs

Lift chest

SINGLE KICK

Back straight

Kick from the hip with straight leg

Chest lifted

Hips square to front

HOVER

Abs braced

Hips and shoulders square to floor

Back long and straight

SINGLE KNEE PULL

Stay square to front

Knee to hip height

Abs braced

Chest lifted

HIGH KNEE RUN

Chest lifted

Knees towards chest

Elbows drive forward

BURPEE

Sit back

Jump up

Feet wide in Squat

Brace abs as the hips go back

PULSE CRUNCH

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Lift shoulders off the floor

Hands extend past thighs

STEP KNEE

Heels down

Knees out over toes and bent

Chest lifted

SIDE STEP RUN

Fast feet

Upper body still

Feet move in and out

SIDE STEP

Hips square to front

Knee out over toes

Chest up

Soft knees

SNOWBOARD

Shoulders stacked over hips

Shoulders back

Chest up

SIDE FLICK

Hips square to front

Shoulders back

Chest up

HAMSTRING AND HIP FLEXOR STRETCH WITH DOUBLE ARM REACH OVER HEAD

Knee touches floor

Opposite arm stretches up

Hips square to front

Tuck back foot under

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

SOLEUS STRETCH

Heel down

Weight forward

Knee next to toes

ADDUCTOR STRETCH

Leg stretches out to the side

Sit hips back

Chest lifted

QUAD STRETCH

Use abs to help balance and point

Knee of lifted leg down to floor

Squeeze butt muscles to keep hips forward



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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.

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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.

