

BODYATTACK 112

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

Like A Prayer (4:28)

Tone it Down

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Written by: Ciccone, Leonard
- 02

Take You Dancing (Future House Remix Extended Edit) (4:22)

Jason Derulo

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Written by: Kiriakou, Desrouleaux, Solovay, Charles, Brunila
- 03

Levitating (HappyTech Remix Edit) (4:43)

P2P

© 2021 LNG Music.
Written by: Coffee, Lipa, Hudson, Kozmeniuk
- 04

Tarantino (Extended Mix) (5:40)

Timmy Trumpet & Steve Aoki feat. STARX

© 2020 Dim Mak Records, Inc. / Liberator Music.
Written by: Roubanis
- 05

Best One Yet (Radio Edit) (6:52)

Madison Mars feat. Little League

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Written by: Sillamo, Stayton, Jefferson, Shearwood
- 06

Blue (Da Ba Dee) (Technikore Remix) (5:25)

Trifle 69

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Written by: Lobina, Jey, Ponte
- 07

Praise (4:47)

Lady Bri

© 2020 Position Music.
Written by: Lake
- 08

Rave Love (Extended Mix) (4:34)

W&W & AXMO feat. SONJA

© 2020 Armada Music B.V.
Written by: van der Harst, van Hanegem, Appel, Juhl, Fritzsche
- 09

Goat (6:10)

Madison Mars feat. Little League

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Written by: Benteby
- 10

Tick Tock (4:19)

Clean Bandit & Mabel feat. 24KGoldn

© 2020 Warner Music UK Limited.
Written by: Patterson, Chatto, McVey, Kamilie, Jones

- 11

Lean on Me (3:03)

Sandro Cavazza

Courtesy of the Universal Music Group.
Written by: Stjernberg, Cavazza, Lindbrandt
- Exp
05

Best One Yet (Radio Edit) (3:34)

Madison Mars feat. Little League

© 2020 SpinninRecords.com.
Written by: Sillamo, Stayton, Jefferson, Shearwood



RELEASE SUMMARY



L - R: Martine Matapo-Kolisko, Nick Parashchak, Lisa Osborne

BODYATTACK 112 is an inspiring release! The music is engaging from start to finish and motivates everyone to be their greatest! This is the theme of the release! Be the best version of yourself. Take challenges and risks to improve your fitness while smiling and enjoying being together.

There are many new, cool movement patterns in this release. In Mixed Impact, there is a fun Mambo and Backward Stepping Lunge Combo. The energy soars in Aerobic with *Levitating*. energizing your fitness. The Plyometric track is our first peak and has just enough Burpees and Lunges to drive power and develop athleticism, but we have plenty of choices to adjust the workout to suit everyone!

In Athletic Strength, the new Lunge Combo is awesome for building lower body core control and leg strength at the same time. The Pushups in this track will leave you with a good burn. Some might say the *Best One Yet*. In Running, the Runners Knee and Circle Combo is an innovation to help you focus on athletic performance later.

Our Agility track, *Praise*, is a highlight showing great contrast of high and fast movements to add variety and fun to our participants workouts. *Rave* is our Interval track and it is a dance hit! Enjoy it with your members as you prepare for the final peak, where we go all out!

You'll love this release – I do!!! Bodyattack energy and love from ME to you all.

CREDITS

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

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 trialled and gave their feedback.

- Dan Maroun** (United States)
- Nick Parashchak** (New Zealand)
- Amy Styles** (United States)
- Josh Farmer** (Australia)
- Jacqui Condor** (Australia)

PRESENTERS

- Lisa Osborne** (Australia) is Program Director for BODYATTACK and Creative Director for BODYSTEP. She is a former three-time aerobics world champion and seven-time Australian aerobics champion, who is based in Auckland.
- Nick Parashchak** (United Kingdom) is a BODYATTACK, BODYCOMBAT and BODYPUMP Instructor. He is based in Auckland.
- Martine Matapo-Kolisko** (New Zealand) is a LES MILLS CORE, BODYATTACK, BODYSTEP Presenter/Instructor and a LES MILLS TONE Instructor. She is based in Dunedin.



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	42:05	Total Time	44:06
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	28:53t		

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 *Out Of Sight* 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!

TABATA
4 MOVES - 40/20 - 1 MIN REST
4 ROUNDS

POWER 3 STEP RUN
BOLT/MOUNTAIN CLIMBER
HIGH KNEE RUN
CROSS CRAWL

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 to smile and sing-a-long to this famous song and set the mood for a happy workout

	MUSIC		EXERCISE		CTS	REPS
1	0:06	Instr / Life is a mystery	8x8	Stretch Sequence Feet wide. <i>Double Reach Up</i> Squat Wide A-Frame Hamstring Stretch Roll up to standing	16 16 16 16	
	0:27	C / When you call my name	4x8 A	Step Touch L, R	4	8x
	0:40	C / When you call	4x8 B	Run OTS. RA	32	
	0:53	V / I hear your voice	4x8 C	Single Squat Squat & Arm Pattern	4 8	8x
	1:06	V / I close my eyes	4x8 C ¹	Squat & Arm Pattern Squat. <i>Hands On Thighs</i> <i>Reach Arms Straight O/H</i> <i>Stand with Arms Straight O/H</i> <i>Arms Circle around by sides</i>	2 2 2 2	4x
	1:19	Br /	2x8 D	Squat & Arm Pattern Bounce. OTS	8	2x
	1:26	C / When you call	4x8 A ¹	Step Touch L, R. <i>Double Bicep Curl</i>	4	2x
	1:39	C / When you call	4x8 B	Run OTS. RA	32	
	1:52	Instr /	4x8 E	Run F&B Combo Run F, RA Run B, RA	8 8	2x

2	2:05	Sequences A - E				
	3:16	I hear your voice	4x8 C	Squat. <i>Hands On Thighs.</i> Walk to Plank	4 8	6x
	3:29	I close my eyes	4x8 F	Pushup Narrow	4	8x
	3:42	Br /	2x8 D	Pushup Narrow Transition to Standing - Keep feet wide	4 4	3x
	3:48	C / When you call my	4x8 A ¹	Step Touch L, R. <i>Double Bicep Curl</i>	4	8x
	4:01	C / When you call my	4x8 B	Run OTS. RA	32	
	4:15	Instr /	4x8 E	Run F&B Combo	16	2x

3						



01. LIKE A PRAYER 4:28 mins

BLOCK 1

LAYER 1

You have permission to totally get into this epic song! Create the happy fun feeling of BODYATTACK through the music and the moves. Reinforce the workout is going to be fun and challenging – so work at own level and be good with that.

- Step Touch L, R. **Brace abs, lift chest**, step L, R, L, R
- Run OTS. OPTION: March
- Squat, Hands On Thighs - down and up – feet wide, **hips back and knees out**
- **Squat & Arm Combo** – say - “down reach stand circle”. Straight arms, look forward
- Bounce OTS – just feel the music build
- Step Touch L, R, Bicep Curl – connect to the music
- Run OTS RA – connect to the music
- **Run F&B Combo** – cue how many and direction. OPTION: Walk

BLOCK 2

LAYER 2

In this half, cue the moves clearly then focus on the music and class fun today. Can you add your own flava?

- Squat, Hands On Thighs, down and back. Reduce the help from the hands, keep the work all in the legs
- **Squat & Arm Combo** keep pushing hips back and push up from the floor – big circle to activate shoulders and lats
- Bounce OTS – lower voice
- Step Touch L, R, Bicep Curl – connect here to the music and sing along and encourage the members to join you
- Run OTS RA – pick up your feet. Energy in the arms
- **Run F & B Combo** – let’s get moving – connect

BLOCK 3

LAYER 3

Feel Free to add your own flava dance move - have fun with the lyrics and music

- Squat, Hands On Thighs – get ready to move to the floor
- Pushups down and up, **chest to elbow height, abs braced**. OPTION: Knees down or drop the elbows back
- Step Touch L, R, Bicep Curl – Big ROM and energy to finish the Warm-up. Add some performance if you like
- Run OTS RA – FEEL THE POWER OF THE HOUR!
- **Run F&B Combo** – lots of sweat smiles and energy today

CONNECTION

Lift the energy in the class as soon as the song begins and let your smile shine and laugh with your class HAVE FUN!



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

My participants will love the music in this track and enjoy the agility and play in the Mambo Combo and contrast with great strength and control in the Lunge Mambo Combo.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	4x8		Bounce OTS.	32	
0:11	Da da da da da da	4x8	A	Step Curl L, R. <i>Relaxed Arms</i>	4	8x
0:24	V / Pull up skrt skrt	4x8	B	Gallop L, R. <i>Double Bicep Curl</i>	8	4x
0:36	PC / Run away run away	4x8	A ¹	Step Curl L, R. <i>Double Bicep Curl</i>	4	4x
				Step Curl L, R. <i>Double Reach Up</i>	4	4x
0:49	C / Let me take you dancing...	8x8	C	Run & Bounce Combo		2x
				Run F. RA	8	
				Bounce OTS. RA	8	
				Run B. RA	8	
				Bounce OTS. RA	8	
1:13	Instr /	2x8	D	Run OTS	8	
				Mambo F&B Combo L	8	
1:19	Instr /	6x8	E	Mambo F&B Combo L		
				Mambo F, L	4	6x
				Mambo B, L	4	
				Lunge Combo L	8	2x
1:38	Instr /	6x8	F	Lunge F&B, Combo L		4x
				Lunge F, L	4	
				Lunge B, L	4	
1:50	Da da da da da da	4x8	A	Step Curl L, R	2	8x
2:02	V / Pull up skrt skrt	4x8	B	Gallop R, L. <i>Double Bicep Curl</i>	8	3½x
				Step Curl R, L. <i>Double Bicep Curl</i>	4	
2:15	PC / Run away run away	4x8	A ¹	Step Curl R, L. <i>Double Bicep Curl</i>	4	4x
				Step Curl R, L. <i>Double Reach Up</i>	4	4x
2:27	C / Let me take you dancing...	8x8	C	Run & Bounce Combo R, L	32	2x
2:52	Instr /	2x8	D	Run OTS R, L	8	
				Mambo F&B Combo R	8	
3:16		6x8	E	Mambo F&B Combo R	4	
				Mambo F, R		6x
				Mambo B, R		
				Lunge Combo R	8	
3:29	Instr /	6x8	F	Lunge F&B, Combo R		4x
				Lunge F, B	4	
				Lunge B, R	4	



02. MIXED IMPACT

AEROBIC

	MUSIC			EXERCISE		CTS	REPS
3	3:41	Let me take you Anything can happen	4x8	G	Jumping Jack Easy Jumping Jacks. <i>Bent Arm Raise</i>	2 2	8x 8x
	3:53	QC / Let me take you dancin'	4x8	C ¹	Run & Jumping Jack Combo Run F. RA Jumping Jack x4 OTS. <i>Bent Arm Raise</i> Run B. RA Jumping Jack x4 OTS. <i>Bent Arm Raise</i>	 8 8 8 8	
		C / Let me take you dancin	8x8	C ¹	Run & Jumping Jack Combo with Flava	32	2x



02. TAKE YOU DANCING (FUTURE HOUSE REMIX EXTENDED EDIT) 4:22 mins

BLOCK 1

LAYER 1

Be athletic and then add the flava! The most important coaching focus is what and where. Your cues need to be short clear and concise - cue here is which foot to lead on – right, left – right foot forward, right foot back.

- Step Curl L, R Step L, R; **Knees out, abs braced and upper body still**
- **Gallop L, R, Double Bicep Curl – hips square, chest up**, say ‘step across and lift your heel’ OPTION: Arms in or out and impact low
- Step Curl L, R Double Bicep Curl
- **Run & Bounce Combo** to the right. Cue the direction – forward and OTS. **Light and on the toes.** Enjoy the music and uplifting feel. OPTION: Walk and march OTS
- **Mambo F&B Combo** – right foot forward, right foot back. **Hips square, light on the toes** Option: Jog OTS
- **Lunge F&B Combo** – say “down up, up down” Right foot forward and right foot back. Small lunge – **front knee out, hips level, Abs braced**

BLOCK 2

LAYER 2

The most important cue here is which foot to lead on – left side! Left foot forward, left, right, - you need to shift the brain and body to lead off the other leg – this needs re-enforcing. Then coach to the agility component.

- **Step Curl L, R** – connect
- **Gallop L, R, Double Bicep Curl** – Can we find more work, can we increase the bend?
- **Step Curl L, R. Double Reach Up** – Increasing ROM, increasing the intensity. Hold – cue which foot
- **Run & Bounce Combo** – Coach to the Left side shift your weight to the left.
- **Mambo F&B Combo** – Left foot forward then left foot back. Switch on agility. Keep focusing on the left side leading – if the class have the move then add some latino flava! Pre-cue the Lunge Combo
- **Lunge F&B Combo** – Cue the rhythm – down, up, up, down, left.. left, right, left...

BLOCK 3

LAYER 3

Feel free to add your own flava - have fun with the lyrics and music

- **Jumping Jack Easy** – out and in. OPTION: Taps
- Jumping Jacks, Bent Arm Raise Small, **knees out, heels down, light landing**
- **Run & Jumping Jack Combo** – add your dance moves. Can you join the class in the finale



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to feel the energy of the music to motivate them to increase their intensity and get their heartrate up.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro _The source	4x8	Run OTS	32	
	0:11	V / If you wanna run	4x8	A Single Knee L, R. <i>Single Punch F</i>	4	8x
	0:23	BR / You want me, I want you	2x8	A Single Knee L, R. <i>Single Punch F</i>	4	4x
	0:29	C / I got you, moonlight, you're my starlight	8x8	B Double Knee L, R. <i>Single Punch F</i> Double Knee Crossover L, R. <i>Double Punch F</i> Double Knee Crossover L, R. <i>Arms Up and over</i>	8	4x
					8	2x
					8	2x
	0:52	Instr /	4x8	C Shuffle OTS L, R. RA	2	16x
	1:04	Instr /	4x8	D Run & Jack Combo Easy <i>Straight Arms Sideways</i> Run F. RA Jumping Jack OTS x4 Run B. RA Jumping Jack OTS x4	8	
					8	
					8	
8						
1:15	Instr /	8x8	D ¹ Run & Jack Square Run F. <i>Double Reach Up</i> x4 Jumping Jack Move L. <i>Straight Arm Side Raise</i> Run B. <i>Double Reach Up</i> x4 Jumping Jack Move R. <i>Straight Arm Side Raise</i>		2x	
				8		
				8	4x	
				8		
				8	4x	
1:39	C / I got you, moonlight	4x8	C ¹ Shuffle L, R. <i>Arms Alternating Chop F</i> Shuffle L, R. <i>Alternating Reach Up</i>	2 2	8x 8x	
2	1:50	34x8	 Sequences A - C1			



03. AEROBIC

AEROBIC

	MUSIC		EXERCISE		CTS	REPS
3	3:30	Rap / - yeah, yeah, yeah	4x8	A	Single Knee L, R. <i>Single Punch RA</i>	4 8x
	3:41	PC / You can fly away	4x8	A	Double knee L, R. <i>Single Punch RA</i>	8 4x
	3:53	C / I got you moonlight, you're my starlight	4x8	B	Double Knee Crossover L, R. <i>Double Punch F</i>	8 4x
	4:05	Instr /	8x8	D ¹	Run & Jack Square	32 2x
	4:28	C / got you moonlight	4x8		Jumping Jack. <i>Double Reach Up</i>	2 16x



03. LEVITATING (HAPPYTECH REMIX EDIT) 4:43mins

BLOCK 1

LAYER 1

Strong aerobic moves at the start to focus on the upper body strength and positioning.

- Single Knee L, R, Single Punch F - **Abs braced, chest up.** OPTION: Low impact Knee Lift
- Double Knee L, R, Single Punch F - **hips and shoulders square.** Knee to hip height. OPTION: Low impact Double Knee
- Double Knee Crossover L, R, Double Punch F - 2 knees on the right, and 2 knees on the left
- Double Knee Crossover L, R, Arms Up and Over - up, over, up, down. OPTION: No Crossover Knee
- Shuffle OTS L, R RA – **hips square**, get ready for 8 runs and 4 jacks
- **Run & Jack Combo Easy** – knees out
- **Run & Jack Square** – Cue the direction of the square. 4x Jacks move right, 4x Jacks move left. Option: 4x Side Steps
- Shuffle L, R, Arms Alternating Chop Forward – hands from the temples
- Shuffle L, R, Alternating Reach Up – light and fun! Star fingers

BLOCK 2

LAYER 2 & 3

Then motivate the class to increase their effort as they make moves bigger and this will get their heart rate up.

- Single Knee L, R, Single Punch F – connect and relax the moves
- Double Knee L, R, Single Punch F – increase movement intensity with strong punch.
- Double Knee Crossover L, R, Double Punch F – stay square and long punches forward.
- Double Knee Crossover L, R, Arms Up and over – big reach up – long straight arms
- Shuffle OTS L, R, RA – lower voice and intensity – visualise the Run and Jack Combo
- **Run & Jack Combo Easy** – Run forward and 4x Jacks
- **Run & Jack Square** – lift your energy in voice and moves. Praise the class – looking great
- Bend knees more in the Jacks. Reach higher in the Double Reach
- Shuffle L, R, Arms Alternating Chop forward – party arms
- Shuffle L, R, Alternating Reach Up – big reach – have fun

BLOCK 3

LAYER 2 & 3

Then motivate the class to increase their effort as they make moves bigger and this will get their heart rate up. Motivate your class with your smiles and movement intensity.

- Single Knee L, R, Single Punch F - last time through
- Double Knee L, R, Single Punch F – calm and quiet
- Double Knee Crossover L, R, Double Punch F – strong – quiet time to then build at the end into the big last combo
- Double Knee Crossover L, R, Arms up and over
- **Run & Jack Square** – big squares – stay with the energy.
- Jumping Jacks – big finish!



04. PLYOMETRIC

SPORTS

TRACK FOCUS

Participants will push their fitness high through repeated blocks of work.

MUSIC		EXERCISE		CTS	REPS	
1	0:00	4x8	A	Run OTS, Face the front or split room Power 3-Step Run & Skater Combo	24 8	
	0:14	12x8	B	Power 3-Step Run & Skater Combo L, R. RA Power 3-Step Run L Skater R, L Power 3-Step Run R Skater L, R	6x 4 4 4 4	
	0:48	4x8	C	Skater L, R. <i>Single Reach F</i>	4 8x	
	1:00	Builds	4x8	D	High Knee Run OTS Lunge & Run Combo	32
	1:11	8x8	E	Lunge & Run Combo Plyometric Lunge L, R x2 High Knee Run OTS	4x 8 8	
	1:34	4x8	E ¹	Lunge & Burpee Combo Plyometric Lunge L, R x2 Burpee	4x 8 8	
	1:57	Builds	4x8	F	Plyometric Lunge L, R, RA	4 8x
2	2:08	3x8	A	Change Sides or Recover Run OTS	32	
	2:17	40x8		Block 1 Sequences B - F		
3	4:17	You Wanna	4x8	A	Change Sides Run OTS. Recovery	32
	4:28		4x8	C	Skater L, R. RA	4 8x
	4:39		8x8	E ¹	Lunge & Burpee Combo	16 4x
	5:02		8x8	F	Plyometric Lunge L, R. RA	4 16x



04. TARANTINO (EXTENDED MIX) 5:40mins

BLOCK 1

LAYER 1

Clear space or run OTS. 3 blocks of work – work hard and get fitter.

- Run OTS, face the front or split room - tell them; time for power and plyometrics
- Power 3-Step Run & Skater Combo L, R, RA – move and 3 Skaters say **“square hips, hips back, knee out over ankle, and knee soft to land”**
- High Knee Run OTS - Lean back and pump the knees. Preview the Lunge and Run Combo
- **Lunge and Run Combo** – cue the 4 Lunges and 8 Runs, chest up front knee Lunge & Burpee Combo - **brace abs as you Plank**, Squat to go down and up. OPTION: Stay with the run or march
- Plyometric Lunge L, R, RA - **Font knee out, hips square and soft/light landing**. OPTION: Step Back Lunges

BLOCK 2

LAYER 2

Focus on feeling it in the legs.

- Run OTS, face the front or change sides - connect
- **Power 3-Step Run & Skater Combo** L, R, RA – cue the combo again, then drive intensity with a big drive from the ground and leap across. Go wider.
- Skater L, R, Single Reach F - stay down, use the glutes as you go low and long. Increase the energy in your Skaters. Bigger range of movement.
- High Knee Runs OTS - Drive the knees up, pump the arms
- **Lunge & Run Combo** – Feel the power in the legs, stay down
- **Lunge & Burpee Combo** – Take it higher, get lower to push higher
- Plyometric Lunge L, R, RA - feel the burn! Keep moving!

BLOCK 3

LAYER 3

Final round is tough but you have got them! Tell the class you are with them. Big motivation focusing on keeping their energy up and pushing hard to the end.

- Run OTS, face the front or change sides
- Skater L, R, Single Reach F – active recovery to finish strong - this is the last round
- **Lunge & Burpee combo** – Straight to the Burpees - work hard and finish strong. Challenge yourself. Praise them for their effort.
- Plyometric Lunge L, R, RA – Don't stop! Final set! It's only 20 seconds, you can do it!

MOTIVATION

To increase the motivation cue the changes into all the Power moves with massive energy and power in your voice. Keep them working with praise and encouragement to get all the results!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

My participants will feel the challenge of the Pushups to improve their upper body strength endurance and use their core and glute stabilizers to maintain great form in the Lunge Combo.

	MUSIC			EXERCISE	CTS	REPS
	0:00	_meh, you ready	4x8	Sit up	16	
				Triple B Step Lunge L, R	16	
	0:07	V / In with the vision	4x8 A	Triple B Step Lunge L, R	16	
				The Side lunge	16	
	0:23	C / This might be the	8x8 A¹	Triple B Step Lunge L, R & Side Lunge L, R Combo		4x
				B Step Lunge L	2	
				Side Lunge L	2	
				B Step Lunge L	2	
				Stand feet together change sides	8	
				Repeat R		
	0:54	Br / Best one...	2x8 B	Transition to floor	16	
				Tricep Pushup 2/2	8	2x
1	1:02	Harder better	4x8 B	Tricep Pushup 2/2	8	4x
	1:17	C / This might be the	8x8 C	Bottom Half Pushup x3	8	8x
	1:48	_This might be the	4x8 D	Single Pushup Wide	4	8x
	2:04	High Scores	4x8 E	Set up Plank	8	
				Side Plank L	16	
				Change Sides	8	
	2:19	_This might be the	4x8 E	Side Plank to R	28	
				Reset to Pushup Position	4	
	2:35	C / This might be the	8x8 C	Bottom Half Pushup x3	8	8x
	3:06	_This might be the	4x8 D	Pushup Wide	4	8x
2	3:22		54x8	Sequences A - D		



05. BEST ONE YET (RADIO EDIT) 6:52mins

BLOCK 1

LAYER 1

Athletic strength and control. Your workout your way – choose your options... upper and lower body.

- Triple B Step Lunge L, R, say 3, 2, 1, change sides. **Long step back, front knee out, long/tall spine**
- Triple B Step Lunge L, R with Side Lunge L, R - turn to Side Lunge - turn whole body, lift heel to turn
- Tricep Pushup 2/2 **chest to elbow height, abs braced, eyes forward, elbows in.** down slow and up slow. Always come back to this move anytime
- Bottom Half Pushup x3, stay down for 3 then up. **Elbows tucked in. Weight forward.** Rest anytime. OPTION: Rest or Slow Single Pushups
- Pushup Wide – only 8 – knees or toes
- Side Plank L – **Abs braced, hips square, lift bottom hip.** OPTION: bottom knee down
- Bottom Half Pushup x3 – stay down for 3 **Keep the elbows in by your side.** Remember to rest then come back in. **Keep weight forward so chest between hands**
- Pushup Wide – only 8 – full range, push out from the floor

BLOCK 2

LAYER 2 & 3

Coach the benefits of the moves in this half. Tell them what is working, like the triceps and the glutes. Then add motivation in all the Pushups to keep moving and do as many as they can. There is the surprise extra set of Pushups at the end of this set.

- Triple B Step Lunge L, R – reset the rhythm. Feel the load in glutes and quads
- Triple B Step Lunge L, R with Side Lunge L, R – turn whole body
- Tricep Pushup 2/2 – **start slowly, active recovery.** Take a break here if you need it – big set coming...
- Bottom Half Pushup x3 – pressure down, more tension. **Triceps engaged, increasing pressure/work in the triceps**
- Pushup Wide – only 8! More demand on chest muscles now
- Side Plank L – **strong, straight arm. Shoulders away from ears.** Working obliques and glutes
- Bottom Half Pushup x3 – last set! Best set!!! You can do this – hold on. Fight for the strength. Push through the fatigue! Hold on!!!
- Pushup Wide – Keep pushing through the fatigue! Praise them!

MOTIVATION

Motivate the class to try to stay on the beat for the Pulse Pushups and build their strength endurance and power. The lower limb training will improve balance and stability in the hips – as well as adding to the strength and endurance work throughout the track. Explaining the potential from this type of training will aid in the motivation of participants.



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to enjoy this catchy song and feel energised as they work strong posture and core activation in Knee Lunge Combo.

		MUSIC		EXERCISE		CTS	REPS
	0:00	Intro	8x8		Stand and get ready to move Jog OTS	32 32	
	0:23	V / Yo, Listen up here's the story	8x8	A	Runner Knees L, R Combo Runner Knees L x8. RA Runner Knees R x8. RA	16 16	2x
	0:47	C / I'm blue	8x8	B	Runner Knees & Circle Knee – Lunge Combo Knees L x4 Knee Circle L. RA Lunge B, L. RA Repeat R	8 4 4 16	2x
1	1:10	Instr /	8x8	B	 Runner Knees & Circle Knee – Lunge Combo L, R	32	2x
	1:34	Instr /	8x8	C	Circle Run	64	
	1:57	Instr /	8x8	D	Run F & B Combo F Double Reach Up x8 Run B. RA High Knee Run OTS	16 8 8	2x
	2:21	Br / I'm blue	2x8	E	Bounce OTS. RA	16	
	2:27	Instr /	8x8	F	Step B Lunges R. RA Step B Lunges L. RA	4 4	8x 8x
2	2:51		58x8		Repeat Sequences A - F		



06. BLUE (DA BA DEE) (TECHNIKORE REMIX) 5:25mins

BLOCK 1

LAYER 1

Lift the energy at the start of the track. Focus on single leg balance and control and get heart rate up.

- Jog OTS
- **Runner Knees L, R Combo** coach 8, 7, 6, 5. say "8 Knees left, then 8 Knees right" **Hips level, abs braced, strong runners arm movement. Elbows high, blade hands.**
OPTION: low impact knee
- **Runner Knees & Circle Knee – Lunge Combo**
– 4x Knees then Knee, lift, Circle Knee to side, long step back then in. **Hips square, brace for stability and balance**
- Circle Run. OPTION: Walk or Run or small room option
- **Run F&B Combo.** Connect smile and BODYATTACK love
- Bounce OTS RA – preview the Lunge
- Step B Lunges – **front knee out, hips square, bend back knee, front knee parallel to floor. Back heel off the floor**

BLOCK 2

LAYER 2

- **Runner Knees L, R Combo** – feel the power of the hips as it drives the knee up high to the chest. **Stay strong and upperbody still. Great stability from a strong core**
- **Runner Knees & Circle Knee – Lunge Combo**
– feel the power then control and balance as you circle. **Longer and deeper lunge as you bend back knee more, driving out of the glutes to come back to standing**
- Circle Run – connect
- **Run F&B Combo** – connect
- Bounce OTS RA – relax
- Step B Lunges – add the power knee lift to increase the demand over your stability to remain in control



07. AGILITY

SPORTS

TRACK FOCUS

The participants will love the fun contrast between the different speeds of movements to get fitter and more agile!

	MUSIC			EXERCISE	CTS	REPS
1	0:02	Oh...	2x8	Split the room	16	
	0:10	V / I got your hands clapping	4x8	A Side Shuffle L & Hold Combo		2x
				Side Shuffle L	4	
				Hold feet together – stop OTS	4	
				Side Shuffle R	4	
				Hold feet together	4	
	0:25	PC / Get Ready	2x8	A ¹ Side Shuffle L & Fast Run OTS Combo		
				Side Shuffle R	4	
				Speed Run x8 OTS	4	
				Side Shuffle L	4	
				Speed Run x8 OTS	4	
	0:33	C / Give me your praise	8x8	A ² Side Shuffle & High Knee Speed Run		4x
				Side Shuffle R	4	
				High Knee Speed Run OTS	4	
				Side Shuffle L	4	
				High Knee Speed Run OTS	4	
	1:05	V / Give me	2x8	B Change Sides or Run OTS	16	
				 Wide Jumps & Hold Combo	16	
	1:13	V / I just	2x8	C Jumping Jacks & Hold Combo		
				Slow Jumping Jack x4	8	
				Feet Together Hold	8	
	1:20	PC / I'm	2x8	C ¹ Drop Squat Reach Toward The floor Combo		
				Drop Squat x4	8	
				Light fast Run OTS	8	
	1:28	C / Give me	8x8	C ² Drop Squat Reach Toward The floor Combo		4x
				Drop Squat x4	8	
				Fast Speed Run OTS	8	
	2		30x8	 Sequences A - C2		
	3:58	VB / Here	4x8	B Change sides	32	
				 Side Step Run R, L		
	4:13	C / Give	4x8	D Side Step R, L. RA	4	8x
3	4:29	...yeah yeah yeah	4x8	D ¹ Side Step R, L as fast as you can	4	16x



07. PRAISE 4:47mins

BLOCK 1

LAYER 1

Agility track - focus on coaching the technique of the Drop Squat. Split the room or clear space.

- **Side Shuffle L & Hold Combo** - 4x Shuffle then hold. Emphasise the stomp of the foot down on count 1
- **Side Shuffle L & Fast Run OTS Combo** - keep this light
- Side Shuffle & High Knee Speed Run - count the 8 Speed Runs. Keep cues short
- Change sides or Run OTS
- Slow Jumping Jack x4 - out and in, **bend knees and hips back**. Knees out
- Feet together hold
- Drop Squat Reach Toward The floor x4 - **hips back & down, knees out over toes; butt to knee level**, reach towards floor. **Eyes forward; chest open/proud – No rounded shoulders**. Don't stand all the way up-stay low!
- Light fast Run OTS - count the rhythm 1, 2, 3, 4, 5, 6, 7, 8

BLOCK 2

LAYER 2

Have fun with the music after you set the moves up the first half

- **Side Shuffle L & Hold Combo** – go low and widen then fast!
- **Side Shuffle L & Fast Run OTS Combo**
- Side Shuffle & High Knee Speed Run
- Change Sides or Run OTS
- Slow Jumping Jack x4
- Feet Together - Hold
- Drop Squat, Reach toward the floor x4
- Light fast Run OTS
- Drop Squat, Reach toward the floor x4
- Fast Speed Run OTS

BLOCK 3

LAYER 3

- Side Step R, L - coach the rhythm then add the speed in the last 15 seconds. Set up the ladder imagery – if you can move the class back so they can side step all the way down the ladder. They may need to go around each other and that's part of the fun! If you don't have room to move down the ladder. **Stay fast, light on the feet** for speed training



08. INTERVAL

AEROBIC

TRACK FOCUS

My participants will let go and enjoy the music and the moment.

	MUSIC		EXERCISE	CTS	REPS		
1	0:00	Intro	4x8	Run OTS	32		
	0:12	V / It's not a dream	8x8	A	Single Side Flick L, R. RA	4	8x
	0:35	I /	8x8	B	Run OTS. RA	4	
	0:37	I / Baby come and save me, come and	8x8	C	Run F & Side Flick Combo		2x
				Run F. RA	4		
				Side Flick L, R x2. <i>Straight Arm Side Raise</i>	4		
				Run B. RA	4		
				Run OTS & <i>Double Reach up</i> x4	4		
	1:01	I /	8x8	D	Run & Kick Combo		2x
				Run F. <i>Double Reach Up</i> x 4	8		
			Single Kick L, R x 2. <i>Single Punch F</i>	8			
			Repeat B	16			
1:24	C / Baby	4x8	E	Single Kick L, <i>Single Punch F</i>	4	8x	
2	1:36	V / It's not a dream	4x8	Run B	16		
				 Side Flick L, R. <i>Straight Arm Side Raise</i>			
	1:48	Br /	4	B	 Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
	2:00			 Block One Sequences A1 - E			
3	3:01	Br /	2x8	Run B - make a circle	16x		
	3:06	Far away from home	8x8	A	 Single Side Flick L, R	8	16x
	3:30	Far away from home I can never let you go	8x8	C	 Run F & Side Flick Combo	32	2x
	3:54	Instr /	8x8	D	 Run & Kick Combo	8	2x
	4:18	C / Baby	4x8	E	 Single Kick L, R. <i>Single Punch F</i>	4	8x



08. RAVE LOVE (EXTENDED MIX) 4:34mins

BLOCK 1

LAYER 1

Focus on the name, number and direction of the moves. Compulsory cues early so you can connect to the music in the second and third blocks.

- Run OTS – Introduce the intervals and connect to the music and energy in this track
- Single Side Flick L, R, Straight Arm Side Raise. **Hips square, abs braced.** OPTION: Side Taps
- **Run F & Side Flick Combo.** OPTION: Side taps. Lower voice to add contrast
- **Run & Kick Combo** - Cue the number and direction of the moves. **Hips square and back straight in the kicks.** OPTION: Jog and Tap Front. OPTION: Run easy and front taps or low kick
- Single Kick L, R, Single Punch F, Lift energy of your voice here to keep the class energy high

BLOCK 2

LAYER 2

Build contrast in to your coaching by lowering your voice in the verse so you can build into the big instrumentals. Coach intensity in the Runs and Kicks.

- Run OTS – connect and reset recovery, lower your voice and check in with the class. Praise the class effort
- Single Side Flick L, R, Straight Arm Side Raise – **tension in arms and squeeze quads**
- Run F & Side flick Combo – lower voice to add contrast and build your energy in the last 4 reaches. Keep your voice low to add contrast. Play with the lyrics! **Squeeze butt and point toes.** Praise the class and build the energy, just before you run forward.
- **Run & Kick Combo** – big energy and moves. Say “HEY HEY” Lift the feet and reach higher in the arms.
- Single Kick L, R, Single Punch F – Lets do this! Power in your kicks!

BLOCK 3

LAYER 3

Connect to the track as you all work together. Feel the energy of the music – it’s ‘for you’.

- Run B – make a circle and do last part in circle
- Single Side Flick L, R 2x Straight Arm Side Raise
- **Run F & Side flick Combo**
- **Run & Kick Combo**
- Single Kick L, R, Single Punch F
- Connect here to the class and music
- Quiet voice and build it with the kicks as they get bigger
- Add the ‘hey hey hey’
- Energy and praise all the way to the end



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

Participants will feel the challenge of BODYATTACK as they push through three big high energy intervals and feel confident to challenge their own levels of fitness by choosing the options that are best for them..

	MUSIC			EXERCISE	CTS	REPS
1	0:02	I'm going to hussle and	4x8	Run OTS, move to the back	32	
	0:13	You and Ronaldo	4x8	A Single Knee Lift L, R. RA	4	8x
	0:25	C / I'm not	4x8	B Double Knee Lift L, R. RA	8	4x
				Run Combo		
	0:36	Instr /	8x8	C Run Combo		2x
				Run F Turn 180° last 4cts with Side Run	8	
				High Knee Run OTS	8	
				Run F Turn 180° last 4cts with Side Run	8	
				High Knee Run OTS	8	
	0:59	Instr /	8x8	D Ski Jump, Jumping Jack & Air Jack Combo		
				Ski Jump L, R x8	16	2x
				Jumping Jacks. Cross Arms O/H x8	16	
				Ski Jump L, R x8	16	2x
				Air Jack x8. Double Reach Up x8	16	2x
	1:22	V / What do you do	4x8	Run OTS	32	
	1:34	V / I don't see	4x8	A Single Knee L, R. RA	4	8x
	1:46	C / I'm not gonna fail	4x8	B Double Knee L, R. RA	4	8x
	1:57	Instr /	4x8	B ¹ Double Knee L, R. Single Punch Up	8	4x
				Run and Burpee Combo		
	2:08	Instr /	8x8	C ¹ Run & Burpee Combo		2x
2				Run F Turn 180° last 4cts with Side Run	8	
				Burpee or Squats x2	8	
				Run F Turn 180° last 4cts with Side Run	8	
				Burpee or Squats x2	8	
	2:31	C / I'm not	8x8	D Ski Jump, Jumping Jack & Air Jack Combo	64	
	2:55	C / I'm not gonna fail	8x8	C ¹ Run & Burpee Combo	32	2x



09. POWER

AEROBIC AND SPORTS

3

MUSIC		EXERCISE		CTS	REPS
3:18	V / What do you do	4x8	A	Run OTS	32
3:29	V / I don't see	4x8	A ¹	Single Knee L, R	4 8x
3:41	C / I'm not gonna fail	4x8	B	Double Knee L, R. RA	8 4x
3:52	Instr /	4x8	B ¹	Double Knee L, R. Single Punch Up	8 4x
4:04	Instr /	8x8	C ²	Run & Burpee Combo with Tuck Run F, Turn 180° last 4 counts with Side Run Burpee with Tuck or Squats x2 Run F, Turn 180° last 4 counts with side run Burpee with Tuck or Squats x2	8 2x 8 8 2x 8
4:28	C / I'm not gonna fail	8x8	D	Ski Jump, Jumping Jack & Air Jack Combo	64
4:50	C / I'm not gonna fail	8x8	C ²	Run & Burpee Combo with Tuck	32 2x
5:13	C / I'm not gonna fail	8x8	D	Ski Jump, Jumping Jack & Air Tuck Combo	64
5:37	C / I'm not gonna fail	8x8		High Knee Run, Sprint in together	64



09. GOAT 6:01 mins

BLOCK 1 LAYER 1

Last challenge! Three massive blocks of work. Challenges in each block to push to your max effort.

- Jog OTS – Three massive blocks of work: power, endurance, and good feeling
- **Knee Lift Combo** – Cue the name and number of the moves, R, L, R, L. **Knees to hip level, chest up and brace abs.** OPTION: Low impact Knee
- **Ski Jump, Jumping Jack & Air Jack Combo** – Say “8, 7, 6, 5, 4, 3, side step, jump.” 1, 2, 3, 4, **knees out, heels down, bend knees to land.** OPTION: Side Tap and Side Step Calf Raise
- High Knee Run F, RA – OPTION: March

BLOCK 2 LAYER 2

Short recovery. New challenge coming. Make the moves bigger in this block.

- Jog OTS – Revisit the 4x Knee Lifts
- Run & Burpee Combo – **Brace abs as you Plank back, Squat to go down and up.**
- **Ski Jump, Jumping Jack & Air Jack Combo** – Use the floor as you bend the knees more, feel the muscles working! Use your arms to jump higher, like shooting a basketball, time to push, take the ball and shoot the big points
- High Knee Run F, RA – Use your arms, push through the fatigue

BLOCK 3 LAYER 3

Big last round, dig deep and empty the tank! Feel the music. Connect to the class as you say “we do it together”. Go to the finish line as one team!

- Jog OTS – Recovery is short
- **Knee Lift** – Some quiet time here
- **Run & Burpee Combo with Tuck** – Big voice, big energy – role-model awesome energy in your moves. When you add the Tuck say “bend knees to land”. Bring knees to your chest as fast as you can and **brace abs**, motivate your participants to keep going even though it’s hard
- High Knee Run F, RA – Everybody in, bring the class together!
- Sprint OTS – Last 10 seconds

MOTIVATION

Encourage your participants to try the new move in each block as a challenge and a great way to push their intensity! Motivate them to do whatever pushes their heartrate up for the last 5 minutes.



10. CORE

STRENGTH

TRACK FOCUS

My members will feel the upper lower and obliques.

MUSIC			EXERCISE		CTS	REPS
1	0:00	Instr /	4x8	Transition to floor	32	
	0:15	Instr /	10x8	A Triple Pulse Crunch - lift feet	4	
				Crunch x2	2	
				C-Crunch Reach F - lift feet	2	10x
				Lower		
	0:52	QC / 24/7 got you on my mind	8x8	B Cross Crawl L, Toe Tap	4	8x
			B 1	Cross Crawl L, R. Leg Extension	4	8x
	1:22	Instr / Builds	4x8	C Roll over to Plank	24	
				 Bolt and Plank Hold	8	
	1:37	Instr / Builds	4x8	D Bolt & Plank Hold	4	
2				Bolt	4	4x
				Plank Hold		
	1:52	Instr /	8x8	E Bolt & Mountain Climber Combo	4x	
				Bolt	4x	8x
				Mountain Climber L, R, L. Set Feet		
	2:22	V / 24/7 I got	6x8	A Triple Pulse Crunch - lift Feet	8	6x
	2:45	C / 24/7 Got you on my mind	8x8	B Cross Crawl L, R. Toe Tap	4	8x
			B 1	Cross Crawl L, R. Leg Extension	4	8x
	3:15	QC / 24/7 Got you on my mind	4x8	C Roll Over to Plank	24	
				 Bolt & Plank Hold	8	
	3:30	Instr / Builds	4x8	D Bolt & Plank Hold	8	4x
	3:45	Instr /	8x8	E Bolt & Mountain Climber Combo	8	8x



10. TICK TOCK 4:19mins

BLOCK 1

LAYERS 1, 2 & 3

As you move through each move – set up the position and rhythm first. Coach the options early then focus on everyone tuning into their abs, controlling and maintaining strong positions and movement.

- Triple Pulse Crunch – reach F on last Pulse – feet down – lower back toward the floor. Cue the rhythm
- Triple Pulse Crunch, Lift Feet - **crunch ribs to hips, brace abs** to keep lower back toward floor.
- Cross Crawl L, R, Toe Tap – opposite shoulder to opposite knee. Fingers to temples, **open chest**
- Cross Crawl L, R Leg Extension - **draw belly in, keep lower back down towards floor.** Keep the rotation of shoulders
- Bolt & Plank Hold - **hands under shoulders, hips square, brace abs to support lower back.** OPTION: On knees. Sit hips back and down, on the balls of the feet, bring shoulders over hands.
- Bolt & Mountain Climber Combo - Weight back and then forward over hands. **Hips back and down, then squeeze glutes to keep hips still** when you run the feet. Say “run run run” set. 3, 2, 1, SET Back, forward 3, 2, 1, SET

BLOCK 2

- Triple Pulse Crunch – reach F on last Pulse – feet down
- Triple Pulse Crunch lift feet
- Cross Crawl L, R, Toe Tap
- Cross Crawl L, R, Leg Extension
- Bolt & Plank Hold
- Bolt & Mountain Climber Combo



11. COOLDOWN

TRACK FOCUS

I want my participants to feel accomplished and happy with their effort by relaxing to the music and reflecting on their progress.

MUSIC		EXERCISE		CTS
0:00	V / If you're feeling down	2x8	Kneeling Childs Pose	
0:12	V / 'Cos every time I'm feeling low	2x8	Kneeling Adductor, L leg to side	
0:24	PC / If you're smile	2x8	Kneeling Shoulder Stretch, <i>L arm to side</i>	
0:36	C / When you're lost	2x8	Hip Flexor, L Foot F Hip Flexor, L Foot F, <i>Reach R arm up</i>	
0:49	C / When you're sad	2x8	Kneeling Hamstring, L Foot F, <i>Hands to thighs</i>	
1:01	V / If you feel like no-one cares	2x8	Kneeling Adductor, R Leg to side	
1:14	V / You know you can always be yourself	2x8	Kneeling Shoulder Stretch <i>R, arm to side</i>	
1:26	C / When you're lost	2x8	Hip Flexor R Foot F Hip Flexor R Foot F, <i>Reach L arm up</i>	
1:38	C / When you're sad	2x8	Kneeling Hamstring R Foot F, <i>Hands to thighs</i>	
1:51	BR / La la la	2x8	Calf L & Tricep Stretch	
2:03	C / Whenever you're down on your knees	2x8	Calf R & Tricep Stretch	
2:15	C / When you're lost	2x8	Standing Quadriceps Stretch L	
2:27	C / When you're sad	2x8	Standing Quadriceps Stretch R	
2:40	Instr / Bababa	2x8	ITB L ITB R	
2:52	Outro / _you can lean on me	2x8	Twist and shake out and thank the people who joined you in the workout	



11. LEAN ON ME 3:03 mins

Such a great song that many people will know so sing-along and connect to the great music in BODYATTACK. Positive vibes to finish the class.



GLOSSARY

STEP TOUCH

Chest lifted
Hips square to front

SQUAT

Knees out over toes
Chest lifted
Sit back and sit down

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

PLANK

Hands under shoulders
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 down and back

LUNGE

Long step back
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

Squat
Jump feet back into Plank
Abs braced in Plank
Feet wide in Squat

HIGH KNEE RUN

Chest lifted
Knees towards chest
Elbows drive forward

LADDER RUN

Fast feet
Upper body still
Feet move in and out

SKATER

Knee out over toes
Chest up
Push out of the floor

SINGLE KICK

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

SINGLE KNEE PULL

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

SIDE STEP

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

SIDE FLICK

Hips square to front
Shoulders back
Chest up



GLOSSARY

WIDE PUSHUP

Chest to elbow-height
Abs braced

DOUBLE JUMP

Chest lifted
Abs braced
Knees bent on landing

SINGLE KNEE PULL

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

HURDLE RUN

Chest up
Drive knees up
Hips square

HOVER

Elbows under shoulders
Abs braced
Hips and shoulders square to floor
Back long and straight

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

DOUBLE KNEE

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

SIDE BOUNCE

On the balls of the feet
Feet wide

SNOWBOARD

Shoulders stacked over hips
Shoulders back
Chest up

SQUAT PULSE JUMP

Knees out over toes
Chest lifted
Knees bent on landing

TRIPLE PULSE SQUAT

Knees out over toes
Chest lifted
Hips drop to knee height

LEG AND ARM EXTENSION TO SCOOP HOLD

Extend arms and legs to 45 degrees
Abs braced
Lower back towards floor

**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

QUAD STRETCH

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

SINGLE-LEG DOWN DOG CALF STRETCH

Hips up
Walk alternating heels down and up



GLOSSARY

MOUNTAIN CLIMBER

Hips square to floor

Hands under shoulders

Drive hands into the floor to keep upper body still

3-STEP RUN

Hips square to front

Brace abs

Lift chest

PULSE CRUNCH

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Lift shoulders off the floor

Hands extend past thighs

CROSS CRAWL

Shoulder lifts up and across to opposite knee

Turn from centre of chest

STEP KNEE

Heels down

Knees out over toes and bent

Chest lifted

SINGLE KNEE LIFT

Stay square to front

Knee to hip height

Abs braced

Chest lifted

AIR JACK

Bent knee landing

Abs braced

Chest lifted

SOLEUS STRETCH

Heel down

Weight forward

Knee next to toes

ADDUCTOR STRETCH

Leg stretches out to the side

Sit hips back

Chest lifted

LATERAL THIGH/BODY STRETCH

Cross feet and press weight into hip

KNEE CIRCLE BALANCE

Brace abs

Keep the foot off the floor

Squeeze glutes when the knee rises in line with the hip

STEP CURL

Chest up

Heel to butt

Knees out

CHILDS POSE

Hips back

Reach forward

WIDE BOUNCE

Hips and shoulders square to front

Knees soft

Feet wide



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honouring 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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, colour and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

