

BODYATTACK 113

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. INTERVALS

09. POWER

10. CORE

11. COOLDOWN

GLOSSARY

GLUTE ACTIVATION

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MUSIC

01

Keep On Moving (5:05)
Topmodelz & Chris Deelay
© 2021 Aqualoop Records (a division of Aqualoop Productions GmbH).
Written by: Stannard, Gallagher, Breen, Brown, Conlon

02

No Go Go Go! (Extended Mix) (4:00)
89ers
© 2021 Central Station Records, under exclusive license from Kontor Records GmbH / Drop Out. Licensed courtesy of Central Station Records.
Written by: Hutsch, Pols, Weizmann

03

My Head & My Heart (4:25)
Ava Max
© 2020 Power Music, Ltd.
Written by: Koci, Walter, Love, Eriksen, Scola

04

Bib (6:05)
Steve Aoki & k?d
© 2021 Dim Mak Records, Inc. / Liberator Music.
Written by: Aoki, Cybulski

05

Move It (5:39)
Jaded
© 2019 Spinnin' Deep / SpinninRecords.com.
Written by: Akrami, Cretella, Parkinson, Griffith

06

Mood (POWER MUSIC!) (5:10)
24kGoldn
© 2020 Power Music Ltd.
Written by: Mcvey, Von Jones, Patterson, Chatto, Kamille

07

SEND IT! (4:53)
Letters Away
© 2021 Les Mills Music Licensing Ltd.
Written by: Ivanovski, Hooligan Hefs

08

Turn Me On (Basslouder Remix Edit) (4:52)
Big Nico
© 2020 LNG Music.
Written by: Harris, Felder, Clarke, Tyson, Smithson, Heldens, Hulte

09

It Ain't Dutch (Zatox Remix) (6:04)
Armin van Buuren & W&W
© 2015 Armada Music B.V. under exclusive license from Armin Audio B.V.
Written by: van Buuren, de Goeji, van Hanegem, van der Harst, Cruz, Rosario

10

Paradise (Vintage Culture Remix) (4:07)
Meduza feat. Dermot Kennedy
Courtesy of the Universal Music Group.
Written by: Hector, O'Connell, De Gregorio, Giani, Caplen, Kennedy, Vitale, Manning, Grimmett

11

Fly Away (Jonas Blue Remix) (3:14)
Paper Wings
© 2021 Les Mills Music Licensing Ltd.
Written by: Tjon-A-Fon, Peroti

Exp
05

Move It (2:34)
Jaded
© 2019 Spinnin' Deep / SpinninRecords.com.
Written by: Akrami, Cretella, Parkinson, Griffith



RELEASE SUMMARY



L-R BACK ROW: Lliam Dermott, Mo Mara, Dannielle Lally, Grace Herma Devos, Sivi Rabukatoka, Luciana Antonela Nuñez Olivera, Giuliana Sewell, Geena Pannett, Sophie Staniforth,
L-R FRONT ROW: Martine Matapo-Kolisko, Fran Torres, Lisa Osborne, Rawiri Hirini, Nick Parashchak

BODYATTACK 113 is exploding with energy!

I put this workout together to excite members who are coming back into the clubs, so it's packed with fun and athleticism. There's a great mix of enjoyable songs that allows you to play around and add your own style to.

There are some new combinations and movement patterns in this release, so be sure to practice before you start teaching. To get your members moving, focus on the basics: name of move, direction; then cheer them on. Remember, some participants may not have been exercising as much as they used to, so focus on the joy and fun of being together more than the challenge of the workout.

As for the tracks, you'll love the new combo in Mixed Impact and the big energy of Aerobic. Both of these tracks are about fun for you and your members.

The power combos in the Plyometric track are fresh and will challenge the mind and the body – a new feel for our first peak track. Bounding forward is the key focus – load and explode!

Athletic Strength Move *It* has challenging rhythm work to leave you feeling strong and lean. The Running track has a new slow and fast Knee and Curl combo that builds body awareness and control for your members.

The love, joy and fun of BODYATTACK really shines in the Interval and Running tracks. Smile, sing, encourage your members to do the same.

The Agility track, "Send It" has a motivational sound that will help your participants push their athletic ability. Speaking of pushing, the final peak is a hardcore challenge that will leave you feeling sweaty and accomplished. Have fun, and thank you for all the love you spread with BODYATTACK.

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
Special thanks to Luciana Antonela Nuñez Olivera, Sivi Rabukatoka, Sophie Staniforth, Dannielle Lally, Lliam Dermott, Geena Pannett, Giuliana Sewell, Mo Mara, and Grace Hema Devos

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.

Dan Maroun (United States)
Fran Torres (New Zealand)
Jacqui Condor (Australia)
Josh Farmer (Australia)
Nick Parashchak (New Zealand)



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.

Fran Torres (Argentina) is a BODYATTACK Presenter/Instructor and a BODYFLOW®, BODYCOMBAT™, BODYPUMP™, BODYSTEP, LES MILLS CORE™ and RPM™ Instructor. He is Argentinian, based in Auckland.

Martine Matapo-Kolisko (New Zealand) is a BODYATTACK, BODYSTEP and LES MILLS CORE, Presenter/Instructor and a LES MILLS TONE™ Instructor. She is based in Dunedin.

Nick Parashchak (United Kingdom) is a BODYATTACK, BODYCOMBAT and BODYPUMP Instructor. He is based in Auckland.

Rawiri Hirini (New Zealand) is a BODYATTACK and SH'BAM™ Presenter/Instructor and a BODYPUMP and LES MILLS GRIT™ Instructor. He lives in Wellington.

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 *Move It* 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

3 MOVES – 40/20 – 1 MIN REST
5 ROUNDS

BROAD JUMP X2, MOVE F – RUN B
PAUSE PUSHUPS
LADDER RUN OTS

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.

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		



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	42:58	Total Time	42:41
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	25:53		

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 enjoy being together in a live class workout.

	MUSIC		EXERCISE	CTS	REPS
1	0:05	Intro / ...Keep on moving	2x8	Set Position	16
	0:06		4x8	Stretch Sequence faster	2x
				Reach Up	4
				Squat	4
				Hamstring Stretch	4
				Stand Up	4
	0:19	Ref /	4	Hold	4
	0:21	C / Get on up when you're down	4x8	A Bounce OTS. RA	32
	0:34	Get on up when you're down	4x8	B Run OTS. RA	32
	0:47	V /	4x8	C Step Touch L, R. Arms by side	4
	1:00		4	Feet apart	4
	1:02	Instr /	4x8	D Single Squat	4
				 R, B Stepping Lunge	4
	1:14	C / Get on up when you're down	4x8	E B Stepping Lunges L, R. RA	8
				Transition To Floor	4
2	1:27	Instr / (Builds)	4x8	F Single Pushup, hands narrow	4
				Stand Up	4
	1:40		4x8	B Run OTS. RA	32
	1:53	Instr / Get on up when you're down	8x8	G Run To Corner Combo L, R	2x
				Run F. RA to L front corner	8
				Run B. RA	8
				Run F to R front corner	8
				Run B	8
	2:19	V /	4x8	C Step Touch L, R. Arms by side	4
	3:32		1/2x8	Feet apart	4
	2:34	C / Get on up when you're down	4x8	D Single Squat	4
				 R B Stepping Lunge	4
	2:47	Get on up when you're down	4x8	E B Stepping Lunge L, R. RA – Double Arm	3 1/2x
				Reach O/H	8
				Transition to floor	4
	3:00	Instr / (Builds)	4x8	F1 Single Pushup, hands wide	4
				Stand Up	4
	3:13		4x8	B Run OTS. RA	32
	3:26	C / Get on up when you're down	8x8	G Run To Corner Combo L, R	32
					2x



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

	MUSIC		EXERCISE				CTS	REPS
	3:52	Br /	1x8	A	Step Touch L, R. <i>Arms by sides</i>		4	2x
	3:55	QC / Get on up when you're down	4x8	A	Step Touch L, R. <i>Arms by sides</i>		4	8x
3	4:08	Instr /	4x8	H	Alt Side Lunge L, R		8	4x
	4:21		4x8	H ¹	Alt Side Lunge L, R. <i>Reach toward the floor</i>		8	4x
	4:34	C / Get on up when you're down	8x8	G	Run To Corner Combo L, R		32	2x



01. KEEP ON MOVING 5:05 mins

BLOCK 1

LAYER 1

Be sure to come into this track with a lot of energy to set the tone for the workout ahead. Remember, shared energy is the best energy!

- **Stretch Sequence – brace abs, chest up.**
Lengthen body, release the hips and the hamstrings
- Step Touch L, R, L, R
- Brace abs, **lift chest**, square your hips to the front
- Run OTS. **Option: March**
- Step Touch L, R. Bicep Curl – connect with the music
- Squat, down, up – **knees out over toes**, push whole foot into the floor
- B Step Lunge – L, R. **Knees push out**, chest lifted
- Tricep Pushup, down, up – **chest to elbow height**, hands narrow, **abs braced**
Options: toes or knees under hips
- Run OTS. RA – connect with the music. Kick the heels up
- **Run F&B Combo** – cue how many and direction. **Option: Walk F&B**

BLOCK 2

LAYER 2

Find the length and depth of the moves to get warmer and to fire up the glutes!

- Step Touch L, R. Arms by side – connect with the class
- Squat – bend deeper, fire up the glutes
- Backward Stepping Lunges – bigger step back and deeper bend with back knee to warm up the legs
- Pushup – fire up the core and warm up the whole body
- Run OTS – connect!
- **Run To Corner Combo** – connect!

BLOCK 3

LAYER 3

Big Connection with your members! Move as far as you can around the room. Add the new side-stepping Lunge!

- Step Touch L, R. Arms by sides – body should be feeling warmer
- Side Lunges – push the knee out over toes, **chest up and hips square to front**
- Side Lunges, Reach Towards Floor – reach straight down the center and push hips back. Feel the weight shift side to side
- **Run To Corner Combo** – last time – moving all together, one team; have a great workout today!



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to move with control in all directions, and engage the glutes early in the workout.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 QC / You and I,	4x8	A Step Curl L, R	4	8x
	0:12 V / I've been confused	4x8	B Gallop L, R. Arms by sides	8	4x
	0:24 PC / Hey hey	4x8	B ¹ Gallop L, R. Double Bicep Curl	8	4x
	0:37	8x8	Run & Side Bounce Combo		2x
			Run F. RA	8	
			Side Bounce L	4	
			Stop, Feet Wide	4	
			Side Bounce R	4	
			Stop, Feet Wide	4	
			Run B. RA	8	
	1:01 Instr / ...ooh	8x8	C Run & Side Bounce Combo	32	2x
2	1:25 Br /	1½x8	 Step Curl L, R	4	
	1:27 QC / You and I,	4x8	A Step Curl L, R	4	8x
	1:40 V /	4x8	B Gallop L, R. Arms by sides	8	4x
	1:52 PC / Hey hey	4x8	B ¹ Gallop L, R. Double Bicep Curl	8	4x
	2:04 C / You and I,	8x8	C Run & Side Bounce Combo	32	2x
	2:28 Instr / ..ooh	8x8	C Run & Side Bounce Combo	32	2x
3	2:53 Br /	1x8	D Step Curl L, R	4	2x
	2:56 QC / You and I,	4x8	D Step Curl L, R	4	8x
			 Step Knee L, R		
	3:00 Love...	4x8	E Step Knee L, R. Single Arm Push Down	4	8x
	3:20 Instr / ...ooh	4x8	E ¹ Step Knee L, R. Double Arm Around and Over	4	8x
	3:33 C / You and I,	8x8	C Run & Side Bounce Combo	32	2x



02. NO GO GO GO! (EXTENDED MIX) 4:00mins

BLOCK 1

LAYER 1

The focus of this track is to get the class moving with control in all directions, and engage the glutes early in the workout. Take up the energy into this track. Let's move in all directions! Provide options early.

- Step Curl L, R – lift the heel, and drive the foot down. **Bend knees and push knees out over toes**
- Gallop L, R. Step across and lift the heel behind the body. **Hips square to front. Option: Low impact**
- Gallop L, R. Double Bicep Curl – bend the knees and push them out over toes
- **Run & Side Bounce Combo** – coach the direction and how many. **Push knees out over toes when you squat and keep chest up. Option: March and 2 Steps Across**

BLOCK 2

LAYER 2

Focus on deeper and more intensity.

- Step Curl L, R. Connect!
- Gallop L, R – **bend knees more and push up and across**
- Gallop L, R. Double Bicep Curl – Lift the arms and energy
- **Run & Side Bounce Combo** – Move further forward and lift heels on the run. Deeper on the Squat to warm up the glutes. Stay light in the Run, then low into the Bounce

BLOCK 3

LAYER 3

This song has a cool chorus lyric with "go, go, go" – so use this to get people moving.

- Step Curl L, R – CONNECT
- Step Knee L, R – KNEE TO 45° – enjoy moving freely and feeling the lift in intensity and show this yourself
- Step Knee, Double Pull Down – pull down strongly and lift the energy
- **Run & Side Bounce Combo** – ready to work hard in the workout, so finish pushing a little further and increasing the heart rate



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 heart rate up.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro / La la la la la	4x8 A Run OTS Single Knee L, R	8 4	6x
	0:12	V / Baby now and then	4x8 B Double Knee L, R. <i>Arms by sides</i> Double Knee Crossover	8	4x
	0:24	Br / My mind's got a m-m-mind	2x8 C Double Knee Crossover L, R. <i>Arms by sides</i>	8	2x
	0:30	C / My head and my heart	4x8 C ¹ Double Knee Crossover L, R. <i>Double Punch F</i>	8	4x
	0:42		8x8 D Jumping Jack & Run F & Swing B Combo Jumping Jack x8. <i>Double Reach Up</i> Run F. <i>RA</i> Swing B. <i>RA</i>	16 8 8	2x
	1:06		4x8 D ¹ Jumping Jack <i>Double Reach Up</i>	2	16x
2	1:17	Instr / Tell me yes or no	26x8 A – D <i>Reach Arms in Swing</i>		
3	2:35	La la la la la	4x8 A Single Knee L, R. <i>Arms by sides</i>	4	8x
	2:47	V / I'm standing at the	4x8 B Double Knee L, R Double & Single Knee Combo	8	4x
	2:59	QC / My head and my heart	4x8 E Double & Single Knee Combo , <i>Arms by sides</i> Double Knee L, R, L Single Knee R, L Double Knee R, L, R Single Knee L, R. the 360° turn	12 4 12 4	
	3:11	Instr /	8x8 E ¹ Double & Single Knee Combo with 360° turn Double Knee Crossover L, R, L. <i>Double Punch F</i> Single Knee R, L. 360° turn <i>arms down</i> Double Knee Crossover R, L, R. <i>Double Punch F</i> Single Knee L, R. 360° turn. <i>Arms Up</i>	12 4 12 4	2x
	3:34	Instr /	8x8 E ¹ Double & Single Knee Combo with 360° turn Double Knee Crossover L, R, L. <i>Double Punch F</i> Single Knee R, L. 360° turn <i>Arms Down</i> Double Knee Crossover R, L, R. <i>Double Punch F</i> Single Knee L, R. 360° turn. <i>Arms Up</i>	12 4 12 4	2x
	3:58		8x8 D ¹ Jumping Jack. <i>Double Reach Up</i>	2	32x



03. MY HEAD & MY HEART 4:25mins

BLOCK 1

LAYER 1

The focus of this track is to have fun and get people moving with more energy! Cue the options early and emphasize intensity variations to suit their fitness levels and also feel comfortable not to do the turning knee combo. Take extra time to learn this track and feel confident with the last block, previewing and helping the class with the turning combo.

- Run OTS – Aerobic training! Energy up!
- Single Knee L, R, L, R. **Abs braced, back straight**
- Double Knee L, R – lift chest and **stay square to the front**
- Double Knee Crossover L, R – up over, up down. **Brace core** as you punch. **Option: No Crossover**
- **Jumping Jack & Run & Swing Combo** – **knees out**. 8 Runs forward and 8 Swings back. **Option: side taps**
- Jumping Jack, Double Reach Up – bend knees and keep heels down

BLOCK 2

LAYER 3

The moves are the same as Block 1, so motivate the class to increase their effort as they make moves bigger and this will get their heart rate up.

- Run OTS
- Single Knee L, R – nice and tall
- Double Knee L, R – Lift knee higher
- Double Knee Crossover L, R – strong punch forward. Long through the upper body
- **Jumping Jack & Run & Swing Combo** – **bend knees** more to sink into the legs. Set hips down and run as far forward as you can
- **Jumping Jack, Double Reach Up** – drop to get the glutes engaged

BLOCK 3

LAYER 3

Last set, and have some fun with a turn. If you feel the turn is too much for your group, then keep it facing the front. It might take some time for the class to get this combo, but give it a go.

- Single Knee L, R – connect
- Double Knee L, R – tell them what the combo is: 3 doubles and 2 singles
- **Double & Single Knee Combo** L, R – count the doubles and singles
- **Double & Single Knee Combo** L, R with 360° turn – show and say the direction to turn. Add arms to add more energy. **Option: No turn**
- **Jumping Jack, Double Reach Up** – keep the energy high. Connect with what you see with the participants energy and how good it feels



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to push their fitness high through repeated blocks of work and use their glutes to activate power in all the Jump take-offs and landings.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Set up split room	32	
	0:11		8x8	A Power 3-Step Run L, R, F, B – L-Shape		4x
				Power 3-Step Run L, R	8	
				Power 3-Step Run F&B	8	
	0:34		4x8	A ¹ Power 3-Step Run – L, R, F, B – L-Shape	16	2x
				 Power 3-Step Run & Leap Combo		
	0:45	(Beat drops	8x8	B Power 3-Step Run & Leap Combo		16x
2				Power 3-Step Run L, R	8	
				Leap F, L, R x2	4	
				Run B, L, R, L, R	4	
	1:08	(Builds)	4x8	B Power 3-Step Run & Leap Combo	16	2x
	1:20		4x8	Hold and change sides	8	4x
	1:31		4x8	C Broad Jump, move F x2 & Run B Combo	16	2x
	1:43		8x8	C Broad Jump, move F x2 & Run B Combo	16	4x
3	2:05		12x8	D Broad Jump x2, Run & Lunge Combo		3x
				Broad Jump. Move F	8	
				Run B	8	
				Plyometric Lunge L, R x4	16	
	2:40		4x8	E Plyometric Lunge L, R. RA	4	8x
	2:50	Instr /	4x8	Hold and set up split room	16	
	3:01		8x8	A Power 3-Step Run L, R, F, B – L Shape	16	4x
4	3:24		4x8	A Power 3-Step Run L, R, F, B – L Shape	16	
				 Power 3 Step Run & Leap Combo	16	
	3:36	(Beat Drops)	8x8	B Power 3-Step Run & Leap Combo	16	4x
	3:58	(Builds)	4x8	B Power 3-Step Run & Leap Combo	16	2x
	4:10		4x8	Hold and change sides	8	
	4:21		4x8	C Broad Jump, move F x2 & Run B Combo	16	2x
	4:33		8x8	C Broad Jump, move F x2 & Run B Combo	16	4x
4	4:55		12x8	D Broad Jump x2, Run & Lunge Combo	32	3x
	5:30		8x8	E Plyometric Lunge L, R. RA	4	16



04. BIB 6:05mins

BLOCK 1

LAYER 1

Coach the leg power in this track: single leg power in the 3-step power run, and double leg power in the broad jumps. Place emphasis on the glutes, giving the power and driving the moves in the take-offs and landings. Keep cues short and strong; use visual cues to help with direction changes. Come into this track strongly and focus on motivating the members to push all the moves in every block.

- Run OTS – set the plan for the track: 4 power rounds of single and double leg power training
- Power 3-Step Run, L-shape – say: to the side then forward and back. **Hips back, brace abs** and knees out over toes when you land
- **Power 3 Step Run & Leap Combo** – say: 3-Step Run then 2 Leaps forward and Run back
- Cue the direction – to the side then forward and back
- **Land with knee out over toes** to engage glutes; **bend knee to land**
- Lift the energy of your voice towards the end of the set. **Option: Low impact**

BLOCK 2

LAYER 1

Double leg power training.

- **Broad Jump x2 & Run Combo** – set up 2 Jumps forward and Run back
- **Bend knees, chest up. Start in a squat and land in a Squat. Option: STEP AND SQUAT then March back**
- **Broad Jump x2 Run & Lunge Combo** – say: 7 Lunges and then feet wide and squat before you jump
- **Bend to take off and bend to land**
- Plyometric Lunges – **knees out over toes, chest up**, push hard to the end of this block
- Big motivation and push hard to the end! **Option: Step Back Lunges**

BLOCK 3

LAYERS 2

Time to extend the moves and add more drive and power.

- Power 3-Step Run – Reset the direction of the L-shape
- Reset your core – **brace hard** to keep upper body in control
- Use the side of the foot to push across; **land with a bent knee**
- **Power 3-Step Run & Leap Combo** – big leaps. Drive out of the whole foot
- Increase the range of your movements to inspire your members
- Praise your members for their efforts

BLOCK 4

LAYERS 2

Bigger drive and more power! Motivate your members to work harder as they go lower and higher! Praise their efforts and congratulate them at the end.

- **Broad Jump x2 & Run Combo** – Bend more through the hips. Snap the hips fast to get vertical, use glutes to drive forward
- **Broad Jump x2 Run & Lunges Combo** – Stay down in the lunges
- Start to add height in the jumps
- Work your power as you go for height moving forward
- **Plyometric Lunges** – Last 30 seconds, every rep counts to build power!
- Work hard and push

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 all get the results!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to improve their upper body endurance and glute strength and stability as they focus on the pause and move with control.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	C / ...better run	4x8	Set up for Pause Lunge	16	
	0:15	V / Better run	8x8	A Pause Lunge & Power Knee Combo		14x
				Lunge R – Hold Bottom Half	3	
				Power Knee Lift R	1	
				Transition to floor	8	
	0:45	C / ...better run	8x8	B Pause Tricep Pushup		16x
				Tricep Pushup, Down	3	
				Tricep Pushup	1	
	1:16	V / Let me take you	4x8	Transition to standing	16	
				Set up for Pause Lunge L	16	
2				Pause Lunge & Power Knee Combo		
	1:31	Br / Killer tomboy sight	8x8	A Pause Lunge and Knee Lift		14x
				Lunge R – Hold Bottom Half	3	
				Power Knee Lift R	1	
				Transition to floor	8	
	2:02	C / ...better run	4x8	C Pause Wide Chest Pushup		8x
				Pushup Down	3	
				Up	1	
	2:17	...better run	8x8	D <i>Pushups Single</i> as fast as you can	2	32x
	2:47		40x8	A, B, A, C, D		



05. MOVE IT 5:39mins

BLOCK 1

LAYERS 1 & 2

The focus when teaching this track should be on the pause rhythm in the Lunge and also in the Pushup. It's the hold in the isometric contraction that builds strength endurance at the bottom of the Lunge and Pushup.

For a good strong intro to set up the track up at the beginning – say “Athletic strength training for upper and lower body.”

- **Pause Lunge & Power Knee Combo** – start from the bottom, go up then down
- **Square the hips to the front, lift chest. Option: Long Lunge back**
- Pause Tricep Pushup. Down – pause – up down.
- **Brace core, chest to elbow height**, elbows in, eyes forward. **Option: Shift body weight forward and keep bracing**
- **Pause Lunge & Power Knee Combo – Long step back** – drop – set – then bring the power
- **Front knee out**, push whole foot into the floor – push up as you extend the hip.
- Straight up and down – using big glutes today
- Pause Wide Chest Pushup
- Same tempo – start at the bottom – go up and down – **down to elbow height**
- Fast Pushups. Chest between hands. Stay for 15 seconds

BLOCK 2

LAYERS 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.

- **Pause Lunge & Power Knee Combo** – bring the power in the knee drive
- Focus on holding the Lunge at the bottom to increase the engagement of the glutes
- Feel the tension at the bottom
- Pause Tricep Pushup, elbow right by your side. Feel the triceps working hard, take the option if you need it
- **Pause Lunge & Power Knee Combo** – strong upper body posture
- Keep tall – use the glutes to power up and down
- Stay strong – feel the burn! One massive Pushup set to come
- Pause Wide Chest Pushup last set – getting stronger – take the options you need to enable you to finish strongly. Keep moving. Try your toes. Stay in it. Countdown 8, 7, 6, 5....
- Pushups single – last time, last set so keep moving. Try on your toes, stay strong, praise and motivate them to keep going

MOTIVATION

Motivate the class to try to stay on the beat for the Double Pulse Pushups and build their strength endurance and power. The single-leg training will improve balance and stability in the hips – as well as building strength endurance, so tell them these benefits.



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to develop strong mind and body connections as they move with different rhythms.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 C / Why you always in a mood	4x8	A Set up and get the class ready to watch Slow Knee Front Side & Hamstring Curl Combo R Knee front, R4 Knee side R4 Hamstring Curl B x2, R8	24	
	0:11 C / Why you always in a mood	8x8	A Slow Knee Front Side & Hamstring Curl Combo L, R Knee front L4 Knee side L4 Hamstring Curl B x2, L8 to R16		2x
	0:36 Instr /	2x8	A Slow Knee Front Side & Hamstring Curl Combo L	16	
	0:42	8x8	B Circle Run	64	
	1:05	4x8	C Run In. <i>Double Reach Up</i> x8 High Knee Run OTS, RA	16 16	
	1:17	4x8	D Run B. RA	16	
	1:23	2x8	A ¹ Fast Knee & Curl Combo L, R Knee front L2 Knee side L2 Hamstring Curl x2 L4 to R8	2 2 4 8	
	1:29 V / I could never get attached	6x8	A ¹ Fast Knee Front, Side & Curl Combo L, R	16	3x
	1:47 C / Why you always in a mood	8x8	A Slow Knee Front Side & Hamstring Curl Combo L, R	32	2x
	2:10	4x8	A Slow Knee Front Side & Hamstring Curl Combo L, R	32	
2	2:22 Br /	2x8	A Slow Knee Front Side & Hamstring Curl Combo L	16	
	2:28	8x8	B Circle Run	64	
	2:51	4x8	C Run in. <i>Double Reach Up</i> x8 High Knee Run OTS. RA	16 16	
	3:03	4x8	D Run B	16	2x
	3:09	2x8	A ¹ Fast Knee Front, Side & Curl Combo L, R OPTION: Foot off floor	16	
	3:15 V / So why you tryin' to	32x8	A ¹ -C		
3	4:49 Outro /	4x8	E High Knee Run OTS	32	



06. MOOD (POWER MUSIC!) 5:10mins

BLOCK 1

LAYER 1

Underline the importance of controlling the slow movement patterns. This should develop a mind and muscle connection with your participants.

- Set up Running track – *"we are training single leg stability to improve power and speed when we move fast"*
- **Slow Knee Front ,Side & Hamstring Curl Combo – abs braced, chest up**
- Knee to the front – to the corner, then 2 Curls behind the body
- Knee to waist height, 2 Curls behind the body to work the hamstrings
- Working on control and stability of standing leg
- Circle Run. Let's go! Keep running or walking or high five!
- Run IN, Double Reach Up x8
- Run in, heels up and arms reach
- High knees – keep pumping and lift the knees
- High Knee Run OTS, RA. Keep the energy high
- Run B – drop the level of your voice

BLOCK 2

LAYER 2

This time, create the image of the hurdle and taking off out of the power of the back leg in the knee and hurdle lunge combo. Then just connect!!!!

- **Fast Knee & Curl Combo** – Knee front, corner, 2 Curls behind
- **Lift chest & shoulders over hips, keep hips square to front**
- Arms light, relaxed and athletic feel
- Stay light on the toes and keep athletic feel
- Slow down for stability, core keeping upper body tight, glutes keep the control
- Feel the hamstrings on the Curl. Strong athletes today!
- Circle Run – be free to let it go and connect with the uplifting music
- Run IN, Double Reach Up – come closer
- High Knee Run OTS – ENERGY up

BLOCK 3

LAYER 3

Feel the dynamic speed as you add the arms to accelerate the knee around the body, and then just let go and enjoy coming together at the end.

- **Fast Knee & Curl Combo** – dynamic combo around the body
- Use arms to add power, maintain upper body control
- **Slow Knee Front Side & Hamstring Curl Combo** – add single-leg stability as you keep the foot off the floor
- Focus on the standing leg – then work the leg around the mid-line
- Gives us strong hip mobility and stability
- Circle Run and Run In – Connect with and encourage people to just let go and feel the music
- Run in, Double Reach Up



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel the agility of the Lunge, speed in the Ladder Runs and quick reactions in the Jumps.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 Intro / ...all I wanna do	4x8	Split the room – March OTS	16	2x
	0:11 V / I'll be home late	10x8	A Lunge Leap L, R	8	10x
	0:41 Instr /	8x8	B Run & Ladder Run Combo		2x
			Run F	8	
			Ladder Run OTS. <i>Arms O/H</i>	8	
2			Run B	8	
			Ladder Run OTS. <i>Arms O/H</i>	8	
			👁 Triple Jump on last 4cts	4	
	1:05 C / ...send it	4x8	C ¹ Triple Jump & Plyo Straight Jump Combo with Double Bicep Curl	4	8x
3	1:17 V / Yeah I'm blasted	4½x8	Change sides	32	
	1:30 Maybe Later	6x8	A Lunge Leap L, R	8	6x
	1:48 Instr /	8x8	B ¹ Run & Ladder Run Combo with Arms O/H	32	2x
			👁 Triple Jump on last 4cts		
	2:11 C / ...send it	4x8	C ¹ Triple Jump & Plyo Straight Jump Combo with Shooting Arms	4	8x
4					
	2:23 Instr / ...All I wanna do	4½x8	Change sides	32	
	2:35 V / I'll be home late	10x8	A Lunge Leap L, R	8	10x
	2:59 PC / Never above never below	8x8	B ² Run & Ladder Run Combo with 180° Turn		2x
			Run F	8	
			Ladder Run OTS, 180° Turn, <i>Arms O/H</i>	8	
			Run F	8	
			Ladder Run OTS, 180° Turn, <i>Arms O/H</i>	8	
			👁 Triple Jump on last 4cts		
	3:05 C / ...send it	4x8	C ² Triple Jump & Tuck Combo	4	8x
	3:41 C / ...send it	4½x8	Change sides	32	
	3:54 V / Yeah I'm blasted	6x8	A Lunge Leap L, R	8	6x
	4:11 PC / Never above never below	8x8	B ² Run & Ladder Run Combo with 180° Turn	32	2x
			👁 Triple Jump on last 4cts		
	4:35 C / ...send it	4x8	C ² Triple Jump & Tuck jump Combo	4	8x



07. SEND IT! 4:53mins

BLOCK 1

LAYER 1

Coach the purpose – agility in the Lunge and glute activation, athleticism and speed in the Ladder Runs, and quick reactions in the Jumps.

- Set up Agility track – split the room or clear space. Say: "Agility training – 4 sets of reactive speed training to make you faster."
- Lunge Leap
- **Front knee out over toes, stay square, bend front leg – hips back. Option: Step Knee**
- **Run & Ladder Run Combo** – Cue what, how many, and where.
- Stay light, upper body still
- **Triple Jump & Plyo Straight Jump Combo**
- Count 3, 2, 1 spring up
- **Knees soft**, stay light on toes. **Option: Squat Swing**

BLOCK 2

LAYER 2

- Lunge Leap; reset the rhythm
- **Brace core hard**, upper body lifted
- Reset rhythm – forward and back
- **Run & Ladder Run Combo**
- Fast feet – hands up – fast feet for quick reaction
- **Triple Jump & Plyo Straight Jump Combo** with Shoot Arms – 3, 2, 1 shoot the ball.
- Set low then pop up

BLOCK 3

LAYERS 3 & 4

- Lunge Leap. Set the rhythm, keep the landing soft – but sit lower to get more glute engagement
- **Run & Ladder Run Combo** – go faster
- Half turn to the outside of the room, push your speed limit
- **Triple Jump & Plyo Straight Jump Combo** – Add the Tuck – stay light and fast. **Lift the knees and brace abs**
- Lunge Leap, final quarter. Bring your best effort now!
- **Run & Ladder Run Combo** – Let's get some speed!
- Go Go Go! Quick reaction
- **Triple Jump & Plyo Straight Jump Combo** – snap the hips fast and send it up to the top!



08. INTERVALS

AEROBIC

TRACK FOCUS

I want my participants to feel the BODYATTACK love.

	MUSIC		EXERCISE	CTS	REPS
1	0:01 V / Just give me some love	4x8	A Jog OTS. RA	32	
	0:13 PC / Just give me some love	4x8	B Single Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
	0:25 C / Baby turn me on	4x8	C Low Heel Dig L, R. <i>Arms straight Down</i>	4	8x
	0:37 Instr / (Builds)	4x8	D Low Heel Dig L, R. Run & Jumping Jack Combo Low Heel Dig L, R x4. Move F. <i>Single Arm Punch F</i> – turn to the back on last 2 heel digs	8	
			Run F, RA. Easy Jumping Jack x4 with 180° Turn to Front	8	
	0:49	8x8	E Single Kick, Run & Jumping Jack Combo Single Kick L, R x4. Move F, <i>Single Punch F</i> – turn to the back last 2 kicks	16	2x
			Run F, RA. Jumping Jack x4, <i>Double Arm Reach Up</i> with 180° turn to F	8	
				8	
	1:12	8x8	F Single Kick & Knee Pull Combo Single Kick L, R x4. <i>Single Punch F</i>	16	2x
			Knee Pull L, R x4. <i>Double Arm Pull Down</i>	16	
2	1:36 V /	4x8	A Jog OTS. RA	32	
	1:48 PC / Just give me some love	4x8	B Single Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
	2:00 C / Baby turn me on	4x8	C Low Heel Dig L, R. <i>Arms straight down</i>	4	8x
	2:12 Instr / (Builds)	4x8	D Low Heel Dig L, R. Run & Jumping Jack Combo	32	
	2:23	8x8	E Single Kick, Run & Jumping Jack Combo	32	2x
	2:47	8x8	F Single Kick & Knee Pull Combo	32	2x
3	3:11	24x8	 A – E		
	4:22	8x8	Single Kick L, R. <i>Single Punch F</i>	4	32x



08. TURN ME ON (BASSLOUDER REMIX EDIT) 4:52mins

BLOCK 1

LAYER 1

The focus of this track is to turn up the energy and share the BODYATTACK love.

- Intro: *"Time to turn on the smiles turn up the energy and share some love."*
- Single Side Flick – **hips square to front, lift chest. Option: Side Tap**
- Low Heel Dig
- Lower voice, and be calm here
- Square hips to front, punch down
- **Single Kick, Run & Jumping Jack Combo**
- Cue how many, and the direction.
Option: Kick low, walk back
- **Single Kick & Knee Pull Combo – back straight, hips square to front.**
Option: Knees low, no arms

BLOCK 2

LAYER 2

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

- Jog OTS RA – turn on again
- Single Side Flick – extend arms, point toes, lift upper body high
- Low Heel Dig
- Lower voice and intensity. Get ready to increase your energy
- **Single Kick, Run & Jumping Jack Combo**
- Increase energy of your moves and voice
- Add *"hey hey hey"*
- **Single Kick & Knee Pull Combo** – keep energy up to the end of second interval
- All the energy in arms and also legs. All your energy and love

BLOCK 3

LAYER 3

Connect to the track being for them as you all work together. Feel the energy of the music – it's *'for you'*.

- Single Side Flick – great time to connect with the class
- Low Heel Dig. Take a moment to feel the music and let it take you to the finish
- **Single Kick, Run & Jumping Jack Combo** – turn it on and turn it up!
- Single Kick and finish together
- Move in close and show your energy and love. Keep kicking to the end!



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to challenge themselves in every block and feel the motivation and support of the instructor.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro /	4x8 A Run OTS. RA	32	
	0:11		4x8 B Single Knee Easy L, R. RA	4	8x
	0:23	(Builds)	4x8 C 4 Knees & Drop Squat Combo L, R		
			4 Knees L. <i>Single Bicep Curl</i>	8	
			Drop Squat x2	8	
			4 Knees R. <i>Single Bicep Curl</i>	8	
			 Burpee	8	
	0:34		4x8 C ¹ 4 Knees & Burpee Combo L, R		
			4 Knees L. <i>Single Bicep Curl</i>	8	
			Burpee	8	
2	0:46	My house is your house	16x8 D Jumping Jacks, <i>Cross Arms O/H</i>	2	16x
			Burpee	8	
	0:57		16x8 E Skater & Jumping Jack Combo		4x
			Skater L, R x4. RA. Move F	16	
			Run B. RA	8	
			Jumping Jack x4, <i>Cross Arms O/H</i>	8	
	1:43	(Big build)	4x8 F High Knee Run F. RA	16	
			F ¹ High Knee Run OTS. RA, Sprint	16	
	1:54		4x8 A Run OTS, RA	32	8x
	2:06		4x8 B Single Knee Easy L, R. RA	4	8x
3	2:17	(Builds)	8x8 C ¹ 4 Knees & Burpees Combo L, R	32	2x
	2:40	My house is your house	4x8 D Jumping Jacks, <i>Cross Arms O/H</i>	32	
	2:51		16x8 E ¹ Skater & Burpee Combo		4x
			Skater L, R x4. RA, Move F	16	
			Run B. RA	8	
			Burpee – Option: Jumping Jack x4	8	
	3:37	(Big build)	4x8 F High Knee Run F. RA	16	
			F ¹ High Knee Run OTS. RA – Sprint	16	
	3:49		4x8 A Run OTS. RA	32	
	4:00		4x8 B Single Knee Easy L, R. RA	4	8x
	4:11	(Builds)	8x8 D Jumping Jacks – Easy	2	16x
			Jumping Jacks. <i>Cross Arms Overhead</i>	2	16x
	4:34	My house is your house	4x8 Burpees	32	
	4:46		16x8 E ² Skater & Burpee Combo with Tuck Jump	32	4x
	5:31	(Big build)	8x8 High Knee Run – Sprint OTS, facing each other	64	



09. IT AIN'T DUTCH (ZATOX REMIX) 6:04mins

BLOCK 1

LAYER 1

The focus of this track is to push your members to their maximum effort, so they feel the challenge of the Power track.

- Run OTS – last challenge! 3 massive blocks of work and challenges in each block to push you to your max effort
- Single Knee Easy – R, L, R, L
- Active recovery is here – come back here every block
- **4 Knees & Drop Squat Combo**
- 4 Knees, Squat or Burpee
- **Brace abs to Plank. Squat to go down and up, stay upright then get down. Option: drop squat**
- Jumping Jacks, **knees out over toes Option: Side Taps**
- **Skater & Jumping Jack Combo**
- Say moving forward and moving back. Bend knees, **knees out over toes**
- Pick up the feet on the Run, pushing side to side
- Jumping Jacks and bend knees. **Option: Stay down! March or run or tap**
- HIGH KNEE RUN. Finish the set with Max effort
- 10 secs! Sprint!

BLOCK 2

LAYER 2

Reset and go again!

- Single Knee Easy
- Breathe – active recovery
- **4 knees & Drop Squat/Burpee Combo** – 2 Squats or Burpee
- In the burpee – **bend knees** to go down and up
- Jumping Jacks, Cross Arms Overhead. Build your energy here – drop and drive into the legs
- Power in the lower body
- **Skater & Burpee Combo**
- Drive off the side of the foot to generate power. Slide wider, power to go down and up
- High Knee Run – bring all your energy here and finish strong

BLOCK 3

LAYER 3

Big last round – dig deep and empty the tank!

This round is longer again! Feel the music.

Connect with the class as you say "we do it together." Go with the finish line as one team!

- Run OTS, RA
- Single Knee Easy
- Last block – no words needed, just your effort and commitment to being your best
- Jacks – **BRING YOUR POWER – JUST KEEP GOING**
- BURPEES – as many as you can!
- **Skater & Burpee Combo**
- Add a tuck jump – keep pushing. Snap up knees to tuck
- High Knee Run – sprint
- Big Motivation! The music and bodies should be pumping!
- **MOTIVATION** – finish together! Do your best and together we will be fitter and stronger!



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to feel and understand that lifting the arm in the Hover adds instability and requires them to engage their core more.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	C /		Transition to floor – set up Hover	32	
	0:08	V / In the fading light	2x8	A Hover on knees or toes	32	
	0:23	PC / We're all scared	4x8	A Hover on knees or toes	32	
	0:38	Br /	4	A Hover	4	
	0:40	C / Oh my my my,	8x8	A ¹ Hover with <i>Arm Circles</i> L, R <i>Arm Circle L</i>	8	4x
				<i>Arm Circle R</i> . Hold Hover with <i>Arm Circles</i> L, R	8	
	1:11	Instr / ...thousand miles	8x8	A ¹ Hover with <i>Arm Circles</i> L, R	16	4x
2	1:41	V / When the dark	4x8	B Roll over onto back Crunch	4	
				 C-Crunch	4	7x
	1:57	PC / We're all scared	4x8	B ¹ C-Crunch – Lift knees and tap toes	4	8x
	2:12	QC / Paradise	4x8	B ² Knees To Chest – <i>Arms by side</i> Extend Legs Up – lift chest	8	
				Lower legs to 45°	8	
				Hold Scoop	8	
	2:28	Br /	½x8	B ³ Lift chest	4	
	2:30	C / Oh my my my,	4	B ⁴ Hold Scoop <i>Arms O/H</i>	16	
					16	
	2:45	Oh my my my,	4x8	C Pulse Crunches, Feet Up. <i>Arms straight by sides</i>	2	16x
	3:00		4x8	D Oblique Crunch L, R. <i>Fingertips to temples</i>	4	8x
	3:15	Oh my my my,	4x8	D ¹ Oblique Crunch L, R with Leg Extension	4	8x
	3:30	Outro /	8x8	E Mountain Climber	2	32x



10. PARADISE (VINTAGE CULTURE REMIX) 4:07mins

BLOCK 1

LAYERS 1, 2, & 3

In the Hover, coach how lifting one arm adds more instability and requires more abdominal engagement to maintain control.

For each move, set up the position and rhythm first. You can use great imagery to set the arm Circles up in the Hover.

- Hover on knees or toes – elbows under shoulders, knees just outside hip width
- **Back long and flat**, brace core. **Option: Tuck in toes and come up to the toes, squeeze the quads**
- Keep looking forward
- Hover With Arm Circles. Front – half circle – reset
- 12 o'clock to 6 o'clock and under
- Focus on tension through arm; make it a strong arm and strong in the core
- Challenge to the toes – keep hips square to the front, glutes squeezed, and abs brace tightly
- Crunch – fingertips to temples, tuck in chin, **ribcage to hips, brace core**
- C-Crunch – knees stop just above hips
- Lower back presses down towards the floor. Knees To Chest – Arms by sides
- Extend legs – lift chest, lower legs to 45°, **lower back towards the floor. Option: Bend knees to reduce load**
- Hold Scoop – hands to 45° behind head for more challenge
- Pulse Crunches. Stay up, high in the shoulders and chest
- Oblique Crunch – shoulder across to opposite knee; twist to get into the obliques
- Keep the twist and keep bracing to keep lower abs engaged
- Mountain Climber – **brace abs**, drive the knees close to the floor, **keep back long and flat**. Keep hips still by squeezing glutes



11. COOLDOWN

TRACK FOCUS

I want my participants to feel the positive vibes of working together and celebrate what they did at their own level.

MUSIC		EXERCISE		CTS
0:00	C / I had a dream that someday	4x8	Childs Pose Transition to Seated Glute Stretch	32
0:16	V / I've been on my own	4x8	Seated Glute Stretch L	32
0:31	Standing on the line I was given	4x8	Seated Glute Stretch R	32
0:47	C / 'Cause I don't want	2x8	Transition to kneeling	16
0:55	I had a dream that someday	4x8	Hip Flexor Stretch R Hip Flexor Stretch R. <i>Reach R arm up</i>	8 24
1:11	C / Fly fly away	4x8	Kneeling Hamstring Stretch L	32
1:26	V / No-one knew how low I was feeling	4x8	Standing Calf Stretch R Standing Calf Stretch R & <i>Tricep Stretch</i>	8 24
1:42	So where do I go	4x8	Standing Calf L Standing Calf L & <i>Tricep Stretch</i>	8 24
1:57	C / I had a dream that someday	4x8	Hip Flexor Stretch L Hip Flexor Stretch L. <i>Reach L arm up</i>	8 24
2:13	Fly fly away	4x8	Kneeling Hamstring Stretch R	32
2:28	QC / 'Cause I had a dream that someday	4x8	Standing Quad Stretch L. <i>Arms to sides</i>	32
2:44	C / Fly fly away	4x8	Standing Quad Stretch R. <i>Arms to sides</i>	32
3:00	Outro /	2x8	Open Arms	16



11. FLY AWAY 3:14mins

BLOCK 1

LAYER 1

The focus of this track is to finish the workout with positive vibes.

It's such a great song that many people will know, so sing along and connect to the great music in BODYATTACK!



RELEASE FOCUS GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to a workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first arrived.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like **climbing, lifting or digging**.

Common horizontal activities are when we are moving across the ground including **walking, running, pushing something forwards or throwing**.

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension – this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



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.

