

BODYATTACK 114

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

RELEASE FOCUS

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MUSIC

- 01

Get Out My Head (4:12)

Phillippe

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Written by: Codd
- 02

Ice Ice Baby (Extended Mix) (4:58)

The Bandit Boys

© 2020 EDM Anthems.

Written by: Johnson, Van Winkle, Brown
- 03

Money (Mazza Extended Remix) (5:17)

Klaas

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Written by: Gerling, Tasa
- 04

The Business (Extended Mix) (5:55)

KCB Kore

© 2021 LNG Music.

Written by: Rundberg, Bell, Karlsson, Verw
- 05

Tromba (5:36)

Joel Fletcher feat. Savage

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Written by: Allan, Savelio
- 06

Summer Rain (Radio Edit) (4:31)

Kritikal Mass

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Written by: Vidal, Seidman
- 07

Get It On (4:49)

TWOGOOD feat. Greg Blackman

© 2020 TWOGOOD.

Written by: Mitchell, Rhodes
- 08

Tell Me (5:26)

Technikore

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Written by: Bamford
- 09

Wellerman (Harris & Ford Extended Remix) (6:46)

Captain X

© 2021 Shut Up And Rave.

Written by: Kridlo, Pöhl
- 10

Sweet Melody (3:29)

Little Mix

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Written by: Emenike, Frid, Garcia, Jensen, Parks
- Sweet Melody** (0:37)

Little Mix

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Written by: Emenike, Frid, Garcia, Jensen, Parks

- 11

Weight Of The World (2:33)

Armin van Buuren feat. RBVLN

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Written by: Buuren, de Goeij, Lehmann, Vaughan, Pavelich, Smaaland
- Exp
05

Tromba (2:52)

Joel Fletcher feat. Savage

© 2021 Hussle Recordings a division of TMRW Music Pty Ltd.

Written by: Savelio, Allan



BODYATTACK 114



L-R: Lisa Osborne, Mandi Jones, Josh Farmer
Rawiri Hirini

BODYATTACK 114

What a happy and fun release this is! Smile from start to finish. Another release to lift the spirits and energy of your members as they enjoy working out together.

The workout starts with a great feeling song to get warm and also encourage the members to enjoy all the great feelings from the workout. Singalong to *Ice Ice Baby*, feel the emotional happy high in the Running track with *Summer Rain*, and you can even get sine pirate feels with the last power peak song - *Wellerman*! You can get down to business in all the big Power tracks and loads of options to work at different Intensities!

The trumpet strong sound for the Strength track is such a cool sound and provides great musical contrast.

A highlight of this release is the Agility track. The music has a fun 'swing' style feel and moves to play with. There is a Speed Curl and Knee combo that was inspired by the traditional island dances here in New Zealand - thanks to the Auckland Grammar Samoan group for the inspiration!

Love you all - thank you for being a part of the BODYATTACK family - remember movement is medicine. Energy from me to you.

Lisa Osborne

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.

Rob Van Dien (Netherlands)

Arthur Gerards (Netherlands)

Dan Maroun (United States)

Nick Parashchak (United Kingdom)



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.

Josh Farmer (Australia) is a BODYATTACK and LES MILLS Trainer/Presenter, a LES MILLS GRIT™ Presenter and a BODYPUMP™ and BODYCOMBAT™ Instructor. He lives in Adelaide.

Mandi Jones (New Zealand) is a BODYATTACK, BODYPUMP and RPM™ Trainer/Presenter/Instructor, a LES MILLS TONE™ Trainer and a LES MILLS CORE™, LES MILLS SPRINT™, LES MILLS THE TRIP™ Instructor. She lives in Wellington.

Rawiri Hirini (New Zealand) is a BODYATTACK and SH'BAM™ Presenter/Instructor and a BODYPUMP and LES MILLS GRIT SERIES 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 *Tromba* 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

8 Rounds of each move
20 seconds work, 10 seconds rest

- Move 1:** Squat Jump Half-turn
- Move 2:** Double Pulse Bottom Half Pushup
- Move 3:** Triple Pulse Squat or Burpee

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 Intervals 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-focused. 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 for this release as well.

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	Intervals
Track 09	Power	Track 09	Power
Track 10	Core	Track 10	Core
Track 11	Cooldown	Track 11	Cooldown
Total Time	42:49	Total Time	43:44
30-MINUTE FORMAT			
Track 01	Warm-up		
Track 02	Mixed Impact		
Track 04	Plyometric		
Track 07	Agility		
Track 09	Power		
Express 05	Athletic Strength		
Total Time	29:32		



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 relax, and connect to the music to keep them moving.

	MUSIC			EXERCISE	CTS	REPS
1	0:05	Intro /	4x8	Stretch Sequence		2x
				Reach Up	4	
				Squat	4	
				Hamstring Stretch	4	
				Stand up	4	
	0:18	V / Another late night	4x8	A Dynamic Adductor Stretch L, R	4	8x
	0:31		4x8	B Step Touch L, R	4	8x
	0:44	C / Get out of my head	4x8	B ¹ Step Touch L, R. <i>Double Bicep Curl</i>	4	8x
	0:57	Get out of my head	8x8	C Bounce & Run Combo		2x
				Bounce OTS. RA	16	
				Run F. RA	8	
				Run B. RA	8	
2	1:23	V /	4x8	D Single Squat. <i>Hands on thighs</i>	4	8x
	1:36	C /	4x8	D ¹ Single Squat. <i>Alt Single Arm O/H, Chest Stretch L, R</i>	8	4x
	1:49	Get out of my head	2x8	D ¹  Single Squat	8	2x
	1:55	Get out of my head	8x8	C Bounce & Run Combo	32	2x
	2:21	Get out of my head	8x8	E Side Step Hop L, R. RA	4	8x
				E ¹ Side Step Over L, R	4	4x
				E ² Side Step Over with Soccer Kick. RA	4	4x
	2:48	V /	4x8	F Squat Hold Down. <i>Arms Straight F</i>	16	
				 Walk To Plank Combo	16	
3	3:00		4x8	F ¹ Walk To Plank Combo	16	2x
				Walk to Plank and hold	8	
				Walk back to standing	8	
	3:13	C / Get out of my head	2x8	F ¹  Walk To Plank Combo	16	
	3:19	Get out of my head	8x8	C Bounce & Run Combo	32	2x
	3:45	Get out of my head	8x8	E Side Step Hop L, R. RA	4	8x
				E ¹ Side Step Over L, R	4	4x
				E ² Side Step Over with Soccer Kick. RA	4	4x



01. GET OUT OF MY HEAD 4:12 mins

BLOCK 1

LAYER 1

Be sure to light up the room with your energy.
Enjoy the fun feels today!

- **Dynamic Adductor Stretch** L, R – Push hips back, knee out
- **Step Touch** – Side to side L, R
- **Squat** – Hips square to front, feel the music
- **Bounce** – Keep upper body still
- **Step Touch – Knees out over toes, chest up,** Bicep Curl, down and up
- **Bounce & Run Combo** – Cue the direction and how many. **OPTION: March and walk**

BLOCK 2

LAYER 1 & 2

Coach the position of each move, focusing on the basics so the class are executing the moves correctly.

- **Squat – Knees out as you go down and Hips back. Stay tall.** Squeeze the glutes as you stand
- **Squat and Reach** – Adding the reach, feel the hinge firing up the glutes. Straight arms! Warm up your upper body
- **Bounce & Run Combo** – Feet wide in the Bounce. Lift feet up and back in the run
- **Side Step Hops** – Light on the toes. Stay square to the front, and lift foot behind the body to warm up the hamstrings. **OPTION: Step Curl**
- **Side Step Over with Squat** – Foot to calf, chest up and then sit back in the hips
- **Side Step Over with Soccer Kick** – Show the straight leg circle around as you kick it forward

BLOCK 3

LAYERS 1 & 3

Coach the class not to think about the moves too much – out of their head and into the music, and the feelings of the class being together.

- **Walk To Plank Combo** – Cue the rhythm. Squat to go down, **abs braced** and hips in line with shoulders on Plank, bend knees to stand. Brace your abs and stay in the Squat
- **Bounce & Run Combo** – Connect
- **Side Step Hops** – Warm up the hamstrings, feel the lift and bounce
- **Side Step over with Squat** – Enjoy the sporting feels today!



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want the participants to enjoy this well known song and start to increase their intensity by making their moves bigger and deeper.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Intro /	4x8	A Step Curl L, R	4	8x
	0:12	V / Alright stop,	4x8	A  Step Curl L, R	4	8x
	0:24	Dance, go rush	4x8	B Gallop L, R. <i>Arms down</i>	8	4x
	0:37	C / Ice Ice Baby	4x8	C Run OTS  Side Step & Run Combo last 8cts	32	
	0:49	Instr /	4x8	D Side Step & Run Combo Side Step Run L, R	4	4x
				Run OTS L, R x2	4	
	1:01		8x8	E Run & Drop Squat Combo Run F. RA	8	2x
				Drop Squat x2. <i>Hands on thighs</i>	8	
				Run B. RA	8	
				Drop Squat x2. <i>Hands on thighs</i>	8	
2	1:26	V / Now that the party	4x8	A Step Curl L, R. <i>Arms Down</i>	4	8x
	1:38	Rollin' in my 5.0	4x8	A ¹ Step Curl L, R. <i>Swing under</i>	4	8x
	1:50	Girls were hot	4x8	B ¹ Gallop L, R. <i>Small Circle Arms L, R</i>	8	4x
	2:03	V / Falling on the concrete	4X8	B ² Gallop L, R. <i>Big Circle Arms L, R</i>	8	4x
	2:15	C / Vanilla ice ice baby	4x8	C Run OTS	16	
				D Side Step & Run Combo	8	2x
	2:27	Instr /	4x8	D  Side Step & Run Combo	8	4x
	2:39		8x8	E ¹ Run & Drop Squat Combo With 180° Turn Run F. RA. <i>Hands on thighs</i>	8	2x
				Drop Squat. Turn 180° to face B	4	
				Drop Squat OTS. <i>Hands on thighs</i>	4	
3				Run F. RA	8	
				Drop Squat. Turn 180° to face front	4	
				Drop Squat OTS. <i>Hands on thighs</i>	4	
	3:04	V / Take head cause	4x8	A Step Curl L, R. <i>Arms Down</i>	4	8x
	3:16	With this	4x8	A ¹ Step Curl L, R. <i>Swing under</i>	4	8x
	3:29	Girls were hot	4x8	B ¹ Gallop L, R. <i>Small Circle Arms L, R</i>	8	4x
	3:41	Falling on the concrete	4x8	B ² Gallop L, R. <i>Big Circle Arms L, R</i>	8	4x
	3:53	C / Ice ice baby	4x8	C Run OTS	32	
	4:06	Instr /	8x8	E ¹ Run & Drop Squat Combo With 180° Turn	32	2x
	4:30		4x8	F Drop Squat. Move F. <i>Hands on thighs</i>	4	8x
	4:43	Outro /	4x8	F ¹ Drop Squat. <i>Single Reach toward floor L, R</i>	8	4x



02. ICE ICE BABY 4:58mins

BLOCK 1

LAYER 1

This is such a cool song – have fun with it. Do you know the Rap? Coach calmly and strong to match the music – not too much energy so there is contrast in your teaching from track to track.

- **Step Curl L, R** – Lift the heel and drive the foot down
- **Gallop L, R** – Chest up, hips square. **Bend knees and push knees out over toes**
OPTION: Low Impact 2 steps
- **Side Step & Run Combo** – Step across and lift the heel behind the body. **Hips square to front**
- **Run & Drop Squat Combo** – Cue directions clearly. Bend the knees more. **OPTION: March & Squat; no Jump in**

BLOCK 2

LAYER 2

Focus on bigger ranges of movement and more intensity. Focus on the arms and the direction change.

- **Step Curl L, R. Swing under** – Connect! Swing the arms low and under to shoulder height
- **Gallop L, R. Circle Arms** – Bend knees more and push up and across. Small swing **OPTION: No arms.** When you add the bigger swing, lift the arms and increase your energy
- **Side Step & Run Combo** – Work the side movements. Make it light and snappy
- **Run & Drop Squat Combo**

BLOCK 3

LAYER 3

Have fun with the song and bring in the feel of the song. Start firing up the legs by increasing the range of the Squats to bring the glutes into action.

- **Step Curl L, R. Swing under** – Enjoy the arms swing
- **Gallop L, R. Circle Swing** – Use the arms to add momentum and go wider to get more intensity. Glide across the floor
- **Side Step L, R Combo** – Connect for one more minute to get the heart rate up and the glutes engaged
- **Side Step & Run Combo** – Find more room to move bigger
- **Drop Squats** – This is where we work the glutes. Go deeper and squeeze the butt



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to feel the energy of the music and the Bow Tie Run to motivate them to increase their intensity.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 Intro /	4x8 A	Run OTS	32	
	0:12 Instr /	4x8 B	Shuffle L, R. RA	32	
	0:24 Br /	1x8 C	Single Knee L, R. <i>Relaxed Arms</i>	4	2x
	0:27 V / I walk the city	4x8 C ¹	Single Knee L, R. <i>Arms down</i>	4	8x
	0:39 For me...	2x8 D	Double Knee L, R. <i>Single Punch F</i>	8	2x
	0:45 C / ...I spend my money	8x8 E	Double Knee & Jumping Jack Combo Double Knee L, R x2. <i>Single Punch Up</i> Jumping Jack x8. <i>Double Arm Reach Up</i>	16 16	2x
	1:09 ...Spend my money	8x8 B	Shuffle L, R x12. RA Shuffle L, R. RA. Turn to L front corner	8	4x
	1:21 (Build)	8x8 F	Bow Tie Run Combo Run to L front corner. RA Run B, face front. RA Run to R front corner. RA Run B, face front. RA	8 8 8 8	2x
	1:33 Instr /	8x8 F ¹	Bow Tie Run Combo Run to L front corner. <i>Double Reach Up</i> x4 Run B facing front. RA Run To L front corner. <i>Double Reach Up</i> x4 Run B facing front. RA	8 8 8 8	2x
	1:56 C /	4x8 G	Jumping Jack. <i>Double Reach Up</i>	2	16x
2	2:08 Br /	1x8 C	Single Knee L, R. <i>Relaxed Arms</i>	4	2x
	2:11 V / I walk the city like I own it		 Sequences C¹ – G		
3	3:53 Br /	1x8 H	Low Heel Dig L, R. <i>Relaxed Arms</i>	4	2x
	3:56 V / I've got an attitude	4x8 H	 Low Heel Dig L, R. <i>Relaxed Arms</i>	4	8x
	4:07 For me...	2x8 H	 Low Heel Dig L, R. <i>Relaxed Arms</i>	4	4x
	4:14 C / Money	8x8 F ²	Bow Tie Run Combo With Jacks Easy Run to L front corner. RA Jumping Jack B x4, face front. <i>Arms down</i> Run to R front corner. RA Jumping Jack B x4, face front, <i>Arms down</i>	8 8 8 8	2x
	4:38	8x8 F ³	Bow Tie Run Combo With Jacks Run to L front corner. <i>Double Reach Up</i> x4 Jumping Jack B x4, face front. <i>Double Reach Up</i> x4 Run to R front corner, <i>Double Reach Up</i> x4 Jumping Jack B x4, face front. <i>Double Reach Up</i> x4	8 8 8 8	2x
	5:01 C / Money like I'm living a dream	4x8 G	Jumping Jack. <i>Double Reach Up</i>	2	16x



03. MONEY 5:17mins

BLOCK 1

LAYER 1

The focus of this track is to have fun and get people moving with more energy Help the class know where to go in the Bow Tie Run. Clear direction focus.

- **Run OTS** – Aerobic training! Energy up!
- **Shuffle** – Soften knees, lift chest. **OPTION: March**
- **Single Knee L, R – Abs braced, back straight, knee to hip height**
- **Double Knee L, R. Punch F** – Smile!
- **Double Knee & Jumping Jack Combo** – Lift chest and **stay square to front, knees out over toes. Brace core as you punch. OPTION: Low Knee Lifts and Side Taps**
- **Shuffle L, R** – Prepare your class for the Bow Tie Pattern
- **Bow Tie Run** – Cue the corners and where to face the body when running back. **OPTION: March**
- **Jumping Jack, Double Reach Up** – Bend knees and heels down. **OPTION: Side Taps.** Move back to your spot if you need to

BLOCK 2

LAYERS 2 & 3

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

- **Single Knee L, R** – Start to increase the range of motion
- **Double Knee L, R. Punch F**
- **Double Knee & Jumping Jack Combo, Shuffle L, R** – Reach higher and sit lower as you sit back and down. Take the heart rate up. Shuffle L, R. Pull the intensity and energy back
- **Bow Tie Run** – Start easy then build the voice and energy in your moves as both voice and energy lift up. Lengthen your stride and get down!
- **Jumping Jack, Double Reach Up** – Keep the load down

BLOCK 3

LAYER 3

Connect and enjoy the time together – introduce the new combo to bring them home with more energy.

- **Heel Dig** – Pull back the energy and connect with the class
- **Bow Tie Run** – Keep energy low, then build into the last big instrumental! Don't hold back!
- **Jumping Jack, Double Reach Up** – All your energy now



04. PLYOMETRIC

SPORTS

TRACK FOCUS

Participants will push their fitness high with simple moves and repeated blocks of power.

		MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro /	4x8	Set up split room	32	
	0:11	C / Let's get down	4x8	A Shuffle OTS. RA	32	
	0:22	Instr /	4x8	B/C Side A – Plyometric Lunge L, R. RA	32	
				Side B – High Knee Run , Move F 2x8 – Move B 2x8	32	
	0:34		4x8	B/C Side A – High Knee Run , Move F 2x8 – Move B 2x8	32	
				Side B – Plyometric Lunge L, R. RA	32	
	0:45	C / Let's get down	4x8	B/C Side A – Plyometric Lunge L, R. RA	32	
				Side B – High Knee Run , Move F 2x8 – Move B 2x8	32	
	0:57	Let's get down	4x8	B/C Side A – High Knee Run , Move F 2x8 – Move B 2x8	32	
2				Side B – Plyometric Lunge L, R. RA	32	
	1:08	Ref / Let's get down	8x8	D Power 3-Step Run L, R. RA	8	8x
	1:31	Instr / Run run	4x8	E Squat Jumps. Bicep Curl, Swing Up	4	8x
	1:43		4x8	E ¹ Squat Jumps – 180° Turn , face outside then middle	8	4x
3	1:54	V / Back and forth	40x8	Change sides  A – E¹		
	3:48	Back and forth	40x8	Change sides  A – E¹		



04. THE BUSINESS 5:55mins

BLOCK 1

LAYER 1

Set the class to work in two groups. Keep cues short and strong visual cues to help with direction changes. Come into this track strong and focus on motivating the members to push through all the moves in every block.

- **Shuffle** – Set the plan for the track; 3 big blocks of work with athleticism and power, working in two teams
- **High Knee Run** – Cue the direction and movement pattern. **OPTION: March**
- **Plyometric Lunge** – **Front knees out, chest up, long back step, back knee down.** **OPTION: Step Back Lunges**
- **Power 3-Step Run** – Say all together '1, 2, 3...', hips and shoulders square to front. Bend knees to land. **OPTION: 3 Steps across.** **Chest up, abs braced**
- **Squat Jumps** – Abs braced, feet wide, land with knee out to engage glutes. **Bend knee to land.** **OPTION: Squat and Calf Raise**
- **Squat Jump Half Turn** – Say '*feet, hips, shoulders turn as one. Turn to outside then inside.*' Lift the energy of your voice towards the end of the set. Always turn to the front

BLOCK 2

LAYERS 1 & 2

Focus on building more pressure and load in the muscles.

- **Shuffle** – Say '*round 2*'. Check in with the class here. Set the plan for the track
- **High Knee Run** – Bring the power in the Knee drive
- **Plyometric Lunge** – Keep tall, catch low to keep the glutes engaged. Use the catch in the bend to shoot the body up. **Chest up.** **OPTION: Step Back Lunges**
- **Power 3-Step Run** – Catch and absorb the landing. Get low to drive the body across the floor
- **Squat Jumps** – Drop and jump. Load at the bottom. Vertical power is where we are at
- **Squat Jump Half Turn** – Drive out of the floor

BLOCK 3

LAYERS 2 & 3

One more block to punch it to the finish line! Motivate your members to work harder. Praise their efforts and congratulate them at the end.

- **Shuffle** – Connect with the class
- **High Knee Run** – Come in close! Praise and encourage!
- **Plyometric Lunge** – Catch low and praise the efforts!
- **Power 3-Step Run** – Finish together, free to move! Wider! Let's GO!
- **Squat Jumps** – You've got this. One team to the finish line
- **Squat Jump Half Turn** – Last efforts! Bigger turn! Motivate everyone to push to their limit



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

My participants will focus on the glutes in the Lunges and build strength in the Pushups.

	MUSIC			EXERCISE	CTS	REPS
1	0:03	Intro /	4x8	Set up for Triple Pulse Lunge L, R	32	
	0:18	Instr / Trumpet	A 8x8	Triple Pulse Lunge R		8x
				Lunge B R – Bottom Pulse x3	6	
				Lift R knee R	2	
	0:48	V / Let the trumpets go like this	A ¹ 4x8	Triple Pulse Lunge With Tricep Punch		4x
				Lunge B R – Pulse x3, <i>Tricep Punch Down</i>	6	
				Lift R knee. <i>R Arm F, Double Punch Up</i>	2	
	1:03	Baseline's a little different	4x8	Freeze Knee. <i>Arms move to front of chest</i>	8	
				Leg moves B to Hamstring Curl – Single Leg Deadlift	8	
				Tip F in Single-Leg Deadlift	8	
2				Transition to floor	8	
	1:18	Raise a toast to the city	B 4x8	2/2 Tricep Pushup	8	4x
				👁 Double Bottom Half Pulse Pushup and Plank Hold	8	
	1:33	Instr / (Builds)	C 4x8	Double Bottom Half Pulse Pushup and Plank Hold	8	4x
				👁 Double Bottom Half Pulse Pushup and Jumping Jack Plank	8	
	1:48		D 8x8	Double Bottom Half Pulse Pushup and Jumping Jack Plank		8x
				Double Bottom Half Pulse Pushup	4	
				Jumping Jack Feet x2	4	
				Move hands wide on last 4cts	4	
	2:18	Instr /	E 4x8	Single Pushup Wide	4	8x
	2:33		E ¹ 4x8	Single Pushup Wide , as many as you can	2	16x
	2:48	Instr /	F 4x8	Change sides		
	3:03	Outro /	44x8	🔁 A – E ¹		



05. TROMBA 5:36mins

BLOCK 1

LAYERS 1 & 2

Use a good strong intro to set the track up at the beginning. Coach the perfect Lunge position and focus on coaching the back leg in the Lunges. Focus on the back glute to bring the knee forwards.

- **Triple Pulse Lunge & Power Knee Combo**
– Set up: Square the hips to front. Lift chest. **OPTION:** Long Lunge back. Down to elbow height. Set the rhythm first – say '3, 2, 1' back leg comes up foot to calf. **Front knee out, chest up, long step back. Brace abs for balance.** Ground whole front foot – push the front heel down as you extend the hip. When you add the Punches, focus on a straight and strong punch to give strength to whole body. **Abs stay braced to keep upper body still.** Use the punch to push the back knee down
- **Single Leg Deadlift – Hips and shoulders square to front.** Back leg low, long, eyes forward
- **2/2 Tricep Pushup** – Down slow and up. **Brace core, chest to elbow height.** Hands under shoulders, elbows in, eyes forward. Now work the back of the body and arms
- **Bottom Half Tricep Pushup** – Say '2 Pushups down, then Pushup fast', abs braced. **OPTION: On Knees or toes**
- **Bottom Half Tricep Pushup & Jumping Jack**
– Say '2 at the front, then jump at the back – out and in.' Small movements to keep body still. Abs tight, glutes working to keep the body quiet. **OPTION: Just the Pushup and hold the Plank**
- **Wide Chest Pushup** – Hands wide. **Chest to elbow height.** Chest forward between the hands. **OPTION: On Knees or toes**
- **Pushups Single** – As many as you can
OPTIONS: Slow or rest – max effort to finish

BLOCK 2

LAYERS 2 & 3

Coach the front leg and how it works to add balance and control. Tell your participants 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. Motivate the class to 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.

- **Triple Pulse Lunge & Power Knee Combo** – Reset the long step back and rhythm. Focus on the front leg. Drive the front leg down to activate the glute; aim to get the knee to the chest. Use the Tricep Push to sink lower in the back leg
- **Single Leg Deadlift** – Slow and controlled
- **Tricep Pushup** – Reset the rhythm option at any time
- **Bottom Half Tricep Pushup** – Pulse and then rise quickly. Squeeze the tricep at the top
- **Bottom Half Tricep Pushup & Jumping Jack Combo** – Squeeze every muscle to control the body. Hips stable, resist the urge to bounce – so keep bracing
- **Wide Chest Pushup** – Keep going! Give it some push!
- **Pushups Single** – Last set so keep moving. Try on your toes, stay strong, praise and motivate your participants to keep going. Commit to the range of motion and the workout! **MOTIVATE THEM TO KEEP GOING!**



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to feel the lift and energy in the music to get their heart rate back up, and sing along to this great song.

	MUSIC			EXERCISE	CTS	REPS
1	0:01	V / Whisper in the	4x8	Run OTS Butt Kick. L, R	16 16	
	0:13	PC / I remember the rain	8x8	A Butt Kick Combo Butt Kick L x8. RA Butt Kick R x8. RA	16 16	2x
	0:36	I remember laughing till	4x8	A Butt Kick Combo	32	
	1:00	C / All my love	8x8	B Circle Run	64	
	1:23	All my love	8x8	C Run In & Out Combo Run In. <i>Double Reach Up</i> x4 Run OTS. <i>Double Reach Up</i> x4 Run B. RA Bounce OTS – DANCE!	8 8 8 8	2x
	0:36	Instr /	4x8	D Bounce OTS	32	
	1:00	V / I can hear the	4x8	A Butt Kick Combo	32	3x
	1:23	C / All my love	8x8	B Circle Run	64	
	1:35	All my love	8x8	C Run In & Out Combo	32	2x
	3	2:11	V / ...every time I see the lightening	4x8	E Run & Hamstring Curl Freeze Combo Run OTS, L, R, L, R Freeze, L Hamstring Curl Run OTS, Butt Kick R, L, R, L Freeze, R Hamstring Curl	4 4 4 4
2:34		In the summer	4x8	E Run & Hamstring Curl Freeze Combo	16	4x
2:58		Br /	½x8	Turn to Run	4	
3:35		C / All my love	8x8	B Circle Run	64	
3:58		All my love	4x8	C Run In & Out Combo	32	
4:10		All my love	4x8	Run In. <i>Double Reach Up</i> x4 Run OTS. <i>Double Reach Up</i> x4 High Knee Run OTS	8 8 16	



06. SUMMER RAIN 4:31mins

BLOCK 1

LAYER 1

Coach the upper body position to maintain strong set-up and control. Focus on the Curls behind the body.

- Set up
- **Butt Kick Combo:** Hamstring Curl L, R – 8 Curls; 8, 7, 6, 5.... **Abs braced, chest up, and upper body still.** Curl the heel behind the body to work the hamstrings
- **Circle Run** – Walk, run, jog. High 5 if you can!
- **Run In & Out Combo** – Run in and reach up for 8 counts – run back then show the Arm combo

BLOCK 2

LAYER 2

Coach how to activate the hamstring and get the fast-twitch fibers working in the back of the leg. Play with the 'Summer Rain' lyrics. Dance with each other!

- **Butt Kick Combo:** Hamstring Curl L, R – Focus on the back of the legs. Reset the rhythm 8, 7, 6... Imagine crushing a piece of fruit behind your knees and kick the heel high
- **Circle Run** – Connect with the music and the people
- **Run In & Out Combo** – Just let go with the dancing, feel the combo. Dance with your members!

BLOCK 3

LAYER 3

Coach the balance and stability in the Freeze. Enjoy the music and have fun with dancing in the rain!

- **Run & Single Hamstring Curl Freeze Combo**
Cue the number and rhythm. Run, run, run. Stop. When you stop, push the front knee out over toes. **Really strong core to keep upper body still.** Focus on the Freeze! Take a picture
- **Circle Run** – Enjoy and connect
- **Run In & Out Combo** – Finish with positive uplifting feels and sharing the BODYATTACK love. Stay in together at the end and party together



07. AGILITY

SPORTS

TRACK FOCUS

I want the participants to have fun moving fast to this cool song and enjoy the rhythm of the cool beat.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro / How's it going	4x8	Set up split room	32
	0:10	V / Oh baby since you got	4x8	A Fast Run OTS	32
	0:20	Why you	12x8	B Side Run & Jumping Jack Combo L, R	3x
				Side Run R	12
				Quick Jack x2	4
				Side Run L	12
				Quick Jack x2	4
				👁 Skater & Fast Run B Combo on last 12cts	
	0:49	C / He drives a	12x8	C Skater & Fast Run B Combo	3x
				Skater R, L x4. Move F. RA	16
2				Fast Run B	8
				Fast High Knee Run OTS	8
	1:18	V / Oh baby since you got	4x8	D Change sides	32
	1:28	Why you	4x8	A Fast Run OTS	32
	1:38	V / Well	8x8	B Side Run & Jumping Jack Combo L, R	32 2x
3	1:58	C / He drives a	12x8	C Skater & Fast Run B Combo	32 3x
	2:27	V / I gotta wonder	4x8	D Change sides	32
	2:36	That's why you	4x8	A Fast Run OTS	32
	2:46	What you do	8x8	B Side Run & Jumping Jack Combo L, R	32 2x
	3:06	C / He drives a	8x8	C Skater & Fast Run B Combo With <i>Swing Arms</i>	32 2x
				👁 Jack Curl Combo on last 8cts	
	3:26	VB / I got	4x8	E Jack Curl Combo R, L	4 8x
	3:35	VB / I got	4x8	F Jack Knee Combo R, L	4 8x
	3:45	C / He drives a	8x8	C Skater & Fast Run B Combo With <i>Swing Arms</i>	32 2x
	4:04	I got	4x8	E Jack Curl Combo R, L	4 8x
	4:15	I got	4x8	F Jack Knee Combo R, L	4 8x
	4:24	C / So you know	4x8	C Skater & Fast Run B Combo With <i>Swing Arms</i>	32
	4:34	You know I	4x8	C' Skater L, R. Move F and stay in the work	4 8x



07. GET IT ON 4:49mins

BLOCK 1

LAYER 1

Set the tempo of the Runs and give clear directions in the Skater Combo. Your moves should be sharp and controlled. Connect the fast beat to the fast Run early so your participants can get to the speed and agility of this track.

- **Run OTS** – Get the tempo of the feet to the beat. Moving fast
- **Side Run & Jumping Jack Combo** – Move to the side for 6 counts, then 2 quick Jacks
OPTION: March across, then feet together. Move fast
- **Skater & Fast Run B Combo** – Hips back, knee out, chest up. Run back fast, then pump the knees up. **OPTION: Side Step**

BLOCK 2

LAYER 2

Focus on increasing the speed and then bring in the feel of the Swing into the Skater combo. Have fun with the fast rhythm. Have fun with the cool Skaters and the fast feet back. Add a little ‘swing style’ and feel the music.

- **Run OTS** – Quick, light and agile
- **Side Run & Jumping Jack Combo** – Small and quick. Light and agile. Move fast
- **Skater & Fast Run B Combo** – Lift the knees in the Run Back. Slide in smoothly. Start to add some swinging feels; watch the video!

BLOCK 3

LAYERS 3 & 4

Coach the Jack Curl and Jack Knee rhythm and bring in more feel onto the Swing Combo.

- **Run OTS** – Short contact with the floor
- **Side Run & Jumping Jack Combo** – Add some flava! Add your own styles this round
- **Skater & Fast Run B Combo** – Pump the knees
- **Jack Curl** – Both feet then 1 foot. Light and quick, **chest lifted**. Relax the upper body
- **Jack Knee** – Chest lifted. Reach to the floor
- **Skater & Fast Run B Combo** – Add the swinging flava
- **Jack Curl** – Make it fast and snappy
- **Jack Knee** – Feels great
- **Skater, Move F** – Come in and finish together



08. INTERVAL

AEROBIC

TRACK FOCUS

Participants will feel the contrast in moves and music to drive each interval to a massive high.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 V / All my life	4x8	A Jog OTS. RA	32	
	0:12 I don't want	4x8	B Single Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
	0:24 C / ...tell me is it all	4x8	C Shuffle L, R. RA	2	16x
	0:36 Instr / ...tell me is it all	8x8	D Run & Low Kick Combo		2x
			Run F. RA	8	
			Low Kick L, R x2. <i>Single Punch F</i>	8	
			Run B. RA	8	
			Low Kick L, R x2. <i>Single Punch F</i>	8	
	0:59	8x8	E Run & Kick Combo		2x
			Run F. <i>Double Reach Up</i> x4	8	
2	1:23 C / ...all, tell me	4x8	F Knee & Kick Combo L, R	8	4x
	1:35 ...all, tell me	4x8	G Single Kick L, R. <i>Single Punch F</i>	4	8x
	1:47 V / All my life	4x8	A Jog OTS. RA	32	
	1:59 I don't want	4x8	B Single Side Flick L, R. <i>Straight Arm Side Raise</i>	4	8x
	2:10 C / All, tell me	4½x8	C Shuffle L, R. RA	32	
			Shuffle L, R. <i>Arms circle out and up</i>	4	
	2:22 Instr /	8x8	E Run & Kick Combo	32	2x
	2:46	4x8	F Knee & Kick Combo L, R	8	4x
	2:58	4x8	G Single Kick L, R. <i>Single Punch F</i>	4	8x
	3:10 C / All, tell me	8x8	E Run & Kick Combo	32	2x
3	3:33	32x8	 A – G		
	5:08 C / All, tell me	4x8	E Run & Kick Combo	32	1x
			E¹ Run F. <i>Double Reach Up</i> x4	8	
			Single Kick L, R x6. <i>Single Punch F</i>	24	



08. TELL ME 5:26mins

BLOCK 1

LAYER 1

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

- **Jog OTS. RA** - Connect to the track objective
- **Single Side Flick** – R, L, R, L. **Hips square to front, lift chest. OPTION: Side Tap**
- **Shuffle** – **Soft knees, lift the chest. OPTION: March OTS**
- **Run & Low Kick Combo** – Set the combo up smoothly and low
- **Run & Kick Combo** – Build the energy as soon as you start this combo. Long and straight, keep energy high. **OPTION: Jog low and Tap forward**
- **Knee & Kick Combo** – Reach high, back straight. **OPTION: Double Knee L, R**
- **Single Kick** – Hips square to front, back straight

BLOCK 2

LAYER 2

Build contrast into your coaching by lowering your voice in the verses so you can build into the big instrumentals. Coach intensity in the Runs and Kicks. Introduce the extended interval and take the class on the gradual high that builds.

- **Jog OTS. RA**
- **Single Side Flick** – Settle down
- **Shuffle** – Start to build the energy here
- **Run & Kick Combo** – Extend the arms up. Reach higher and extend the legs. Say 'HEY!'
- **Knee & Kick Combo** – Keep tall
- **Single Kick** – Loads of smiles. Run and say 'Hey!' And feel the energy. Keep up!

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'. Celebrate with high energy and positivity. Have some quiet time, so you can explode into the last combos.

- **Jog OTS. RA** – Final round
- **Single Side Flick** – Just get ready to express as much energy as you like
- **Shuffle** – Build all your motivation and praise to share this great moment together all the way to the end
- **Run & Kick Combo**
- **Knee & Kick Combo**
- **Single Kick**



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to feel the contrast of slow moves to fast and powerful moves. They will challenge themselves in every block and feel the pirate theme.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro /	4x8 A Run OTS	32	
	0:11	Instr /	4x8 B High Knee Run OTS. RA	32	
	0:22		4x8 C Jumping Jack. Arms down	2	16x
			 Burpee & Squat Combo on last 16cts		
	0:39	V / There once was a ship	8x8 D Burpee & Squat Combo		4x
			Burpee	8	
			Squat x2. Single Arm Reach towards the floor L, R	8	
	1:01	Instr /	4x8 D  Burpee & Squat Combo	16	2x
	1:11	Br /	½x8 Feet together	2	4x
	1:13	Instr/	4x8 E Ski Jump L, R. RA	2	16x
	1:24	C / She'd not been two weeks	16x8 F High Knee Run F & Sprint Combo With Air Jack		4x
			High Knee Run F. RA – turn 180° on last 4cts	16	
		Soon may the Wellerman come	Run B. RA	8	
			Run OTS. Turn 180°	4	
			Air Jack x2. Double Arm Reach Up	4	
	2:09	Instr /	4x8 B¹ High Knee Run – Move F	32	
2	2:19		4x8 C¹ Jumping Jack. Hold Arms O/H	2	16x
	2:30		4x8 B² High Knee Run – Speed it up, SPRINT	32	
			 Side Step Straight Jump		
	2:40		4x8 G Side Step Straight Jump L, R	8	4x
			Option: Tuck Jump L, R		
	2:51	V / There once was a ship	4x8 D Burpee & Squat Combo	8	4x
			Hold and Recover		
	3:08	Br /	½x8 Feet together	2	
	3:25	Instr /	4x8 E Ski Jump L, R. RA	2	16x
	3:36	C / She'd not been two weeks	16x8 F¹ High Knee Run F & Sprint Combo With Tuck Jumps		4x
			High Knee Run F. RA – turn 180° on last 4cts	16	
		Soon may the Wellerman come	Run B. RA	8	
			Run OTS. Turn 180°	4	
			Tuck Jump x2	4	
	4:21		4x8 B¹ High Knee Run – Move F	32	
	4:31		4x8 C¹ Jumping Jacks. Hold Arms O/H	2	16x
	4:42		4x8 B² High Knee Run – Speed it up, SPRINT	32	
	4:52		4x8 G¹ Side Step Tuck Jump L, R	8	4x



09. POWER

AEROBIC AND SPORTS

MUSIC			EXERCISE		CTS	REPS
5:03	Br /	2x8	Move to the floor and set up circle Set up for Burpee Combo		8 8	
5:08	V / Before the boat	8x8	D	Burpee & Squat Combo	16	2x
5:29	Instr /	4x8	D ¹	Burpee	8	4x
3	5:40	C / Soon may the Wellerman	4x8	D ¹  Burpee	8	4x
	5:50	Instr /	4x8	B ¹ High Knee Run F	32	
	6:01		4x8	C ¹ Jumping Jacks. <i>Hold arms O/H</i>	2	16x
	6:11	Outro /	8x8	B ² High Knee Run – Speed it up, SPRINT	64	



09. WELLERMAN 6:46mins

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. Get them moving well with each move. Loads of options and bring in the pirate theme.

- **High Knee Run** – Start with big energy and range of motion. Get pumped up early in the track
- **Jumping Jack** – Out and In. **Knees soft**, knees out over toes. **OPTION: Side Taps**
- **Burpee & Squat Combo** – Squat to go down and up. **Brace abs in the Plank**. Stay upright, then get down. **OPTION: 3 Pulse Squat**. Reach down the center of your body, keeping chest up
- **Ski Jump** – **Hips square to front**, knees together, upper body still. **OPTION: Step Touch**
- **High Knee Run & Air Jack Combo** – Cue direction. **OPTION: Jumping Jacks. Bend knees to land the Jumps**
- **High Knee Run** – Move in together, 1 minute of high energy coming
- **Jumping Jacks** – Hold the arms up and fast action of the legs. **Knees out over toes. OPTION: Side Taps**
- **Sprint** – 10 seconds! Sprint! Shorten the range and pump the speed
- **Side Step Jump** – Bend knees to land and take off. **OPTION: Tuck Jump**

BLOCK 2

LAYER 2

Reset and go again! Focus on the Squat on the Burpee and coach the Tuck Jump. Use the music to drive the workout.

- **Burpee & Squat Combo** – Focus on the Squat. Snap the hips under the shoulders. Heels down and squeeze the glutes to rise
- **Ski Jump** – Feel the base in the feet
- **High Knee Run F & Sprint Combo With Air Jack** – Drive the knees up. **OPTION: 2 Tuck Jumps**. Light and fast in the Tuck Jumps
- **High Knee Run** – Come in together
- **Jumping Jack** – Fast reactions and power through the body and legs
- **Sprint** – Just go fast
- **Side Step Tuck Jump** – All your options to peak before the break

BLOCK 3

LAYER 3

Bring in the pirate theme. See below for some pirate language ideas!

- **Burpee & Squat Combo** – Ahoy me hearties
- **High Knee Run** – Brace core like it's the anchor
- **Jumping Jack** – This is gold!
- **Sprint** – It's a pirate's life for me! No walking the plank today



10. CORE

STRENGTH

TRACK FOCUS

I want the participants to connect to the muscles each move is targeting.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Doo doo doo doo	4x8	Set up Hover	32	
	0:08	V / In a whole	4x8	A Hover on knees	32	
	0:24	Br / Doo doo doo doo	2x8	A  Hover – OPTION: On toes	16	
	0:32	V / Every time we go danc-ing	4x8	A  Hover	16	
			B	Side Hover. <i>Reach arm up</i>	16	
	0:48	Br / Doo doo doo doo	2x8	B  Side Hover	16	
2				 Rolling Hover last 8cts		
	0:56	C / He used to sing me	8x8	C Rolling Hover to Side Plank	8	8x
	1:28	V / He would lie	4x8	Change sides – set up Side Hover	16	
			B	Side Hover. <i>Reach arm up</i>	16	
	1:44	Doo doo doo doo	2x8	B  Side Hover	16	
				 Rolling Hover last 8cts		
3	1:52	C / He used to sing me	8x8	C Rolling Hover to Side Plank	8	8x
	2:24	Doo doo doo doo	2x8	Transition to back	8	
			D	Glute Hip Bridge	8	
	2:32	On and on	2x8	D  Glute Hip Bridge	16	
				 Glute Hip Bridge Pulse last 4cts		
	2:40	C / He used to sing me	4x8	D ¹ Glute Hip Bridge Pulses Up and Down Slow	4	8x
				 Single-Leg Heel Lift last 4cts		
	2:58	C / He used to sing me	4x8	D ² Glute Hip Bridge Single-Leg Up and Down L	2	14x
				Transition to R leg	4	
			4x8	D ²  Glute Hip Bridge Single-Leg Up and Down R	2	14x
				Lower hips and set up for Crunches	4	
	3:30	He used to sing me	4x8	E C-Crunch , <i>fingertips to temples</i> , feet up and down	4	8x
	3:46	He used to sing me	4x8	F Pulse Crunch. <i>Reach Hands F</i>	2	32x



10. SWEET MELODY 4:06mins

BLOCK 1

LAYER 1

Take your time to set up the Hover and coach all options while you encourage great technique for all moves.

- **Hover** – On knees or toes. Elbows under shoulders, knees just outside hip-width. **Back long and flat, brace core. OPTION: Tuck toes under, come up to the toes, squeeze the quads. Keep looking forward**
- **Side Hover**– Elbow under shoulder, hips Square, Abs Braced, bottom hip up, bottom knee down. Preview the Rolling Hover
- **Rolling Side Hover** – Hips and shoulders move as one, knee down or on toes. Pivot on the ball of the foot, maintain the lift in the bottom hip. **OPTION: Knee down or hold the Side Hover**

BLOCK 2

LAYER 2

Reset and go again! Focus on the part of the core they are focusing on during each move.

- **Side Hover** – Reset position with elbow under shoulder and hips up, **abs braced**. Bottom knee down or on the toes. Feel the obliques working to hold body in a straight line
- **Rolling Side Hover** – Hips and shoulders move as one and keep the hips in line with the spine. Squeeze the glutes and the quads as you engage the obliques to keep body turning as one

BLOCK 3

LAYER 3

Now we will work the posterior chain and the glutes.

- **Glute Hip Bridge Pulse** – Both feet, down, keep hips high. High on the shoulders, push quads to the ceiling – feel the engagement in back of the body
- **Glute Bridge Single Leg Lift** – Keep the hips square to the floor. Push knees to the ceiling and aim hips straight up. **OPTION: Both feet down**
- **C-Crunch** – Fingertips to temples. Reach forward, **tuck in chin, ribcage to hips. Lower back presses down towards the floor**
- **Pulse Crunch** – High in the shoulders and chest; feel the pressure in upper abs



11. COOLDOWN

TRACK FOCUS

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

MUSIC		EXERCISE		CTS
0:10	V / I'd swim an ocean	2x8	Lower Back Release, knees over front	
0:20	I got you covered	2x8	Lower Back Release, knees over back	
0:30	I'll do whatever to	2x8	Knee Hug	
0:40	C / So put the weight of the world on me	2x8	Lying Hamstring Stretch L	
0:50	So put the weight of the world on me	2x8	Lying Hamstring Stretch R	
1:00	So put the weight of the world on me	2x8	Lying Glute Stretch	
1:10	On me	2x8	Lying Glute Stretch	
1:20	V / I can give you the strength	2x8	Kneeling Hip Flexor Stretch	
1:30	You're the reason I feel	2x8	Kneeling Calf Stretch	
1:50	C / So put the weight of the world on me	2x8	Kneeling Hip Flexor Stretch	
1:50	So put the weight of the world on me	2x8	Kneeling Calf Stretch	
2:00	So put the weight of the world on me	2x8	Standing Quad Stretch L	
2:10	So put the weight of the world on me	2x8	Standing Quad Stretch R	



11. WEIGHT OF THE WORLD 2:33mins

BLOCK 1

LAYER 1

Big deep breaths during the stretches. This is a really nice song to finish the class feeling happy and positive and ready for the next workout!

- Lower Back Release, knees over front
- Lower Back Release, knees over back
- Knee Hug
- Lying Hamstring Stretch L
- Lying Hamstring Stretch R
- Lying Glute Stretch
- Kneeling Hip Flexor Stretch L, R
- Kneeling Calf Stretch L, R
- Standing Quad Stretch L, R



RELEASE FOCUS LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



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 PUSH UP

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 over toes
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 forward 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 Push up
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 to front

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 center 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 over toes

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.

