

BODYATTACK 117

MUSIC

NEW OPTION FOR 30-MINUTE EXPRESS FORMAT FORMATS

01. WARM-UP

02. MIXED IMPACT

03. AEROBIC

04. PLYOMETRIC

05. ATHLETIC STRENGTH

06. RUNNING

07. AGILITY

08. INTERVAL

09. POWER

10. CORE

11. COOLDOWN

Exp

05. ATHLETIC STRENGTH

GLOSSARY

DECLARATION OF INTENT



MUSIC

- 01

Ride With Me (Blasterjaxx & Tungevaag Remix) (4:41)

Tungevaag feat. Kid Ink

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Written by: Molijin, Kalberg
- 02

OUT OUT (Melbourne Bounce Remix) [Extended Edit] (4:06)

Power Music

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Written by: Aitchison, van Haver, Nono, Applebaum, Fletcher, Purcell, van Day, Emery, Thompson, Corry, Lam
- 03

Halo (4:07)

LUM!X feat. Pia Maria

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Written by: Michlmayr, Ponte, Nilsen, Flyckt, Tweed-Simmons
- 04

Burn It To The Ground (5:45)

Blasterjaxx feat. Jay Mason

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Written by: Jongkind, Makhlaf, Brinkhuis, Kamerling
- 05

Energy (5:39)

CRMNL

© 2019 Position Music.

Written by: S. Gomez, J. Gomez, Sherman
- 06

Cold Heart (Handz Up Remix) [Extended Edit] (4:40)

Power Music

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Written by: Taupin, John, N. Littlemore, Mayes, S. Littlemore
- 07

Front To The Back (4:47)

TOJA

Courtesy of Les Mills Music Licensing Ltd.

Written by: Wijnenga, Linde
- 08

Never Let Me Go (5:20)

Timmy Trumpet, Cascada x Harris & Ford

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Written by: Gröh, Pöhl, Kridlo, Smith, Bunawan
- 09

Here We Go (6:12)

Power Music

© 2019 Power Music, Inc.

Written by: Davis
- 10

Shivers (Navos Remix) (1:46)

Ed Sheeran

© 2021 Warner Music UK.

Written by: Mac, Sheeran, McDaid, Lavelle

Shivers (Navos Remix) (2:35)

Ed Sheeran

© 2021 Warner Music UK.

Written by: Mac, Sheeran, McDaid, Lavelle

- 11

Better Now (3:16)

ODESZA feat. MARO

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Written by: Knight, Mills, Forjaz
- Exp
05

Energy (2:15)

CRMNL

© 2019 Position Music.

Written by: S. Gomez, J. Gomez, Sherman
- ALT
04

The Window to My Soul (5:45)

Ceen

Courtesy of Epidemic Sound.

Written by: Unknown



BODYATTACK 117



L-R: Lisa Osborne, Liam Botica, Bevan James Eyles, Sivi Rabukatoka, Jackson Fuafiva, Sarah Shortt, Camilo Echavarria

KEEP REACHING FOR GREATNESS!

Thank you for bringing BODYATTACK 117 to your part of the world. This release is one of my favorites.

The team are all super inspiring. We have Bev's energy to motivate you, and our new presenter, Sivi, brings his infectious smile and athletic strength. Jackson represents the youth coming through into the program. Sarah and Liam are top instructors, who teach here in Tāmaki Makaurau (Auckland) and have been teaching since the BODYATTACK 60 release! Camilo is always smiling in the front row of our classes – I just had to bring him to represent all of the members out there who have a strong passion for BODYATTACK. We are a family!

BODYATTACK 117 is full of uplifting and motivational tunes to inspire everyone to challenge their own fitness. This release kicks off with an energy-filled track. You can add play, flava and dance into the *OUT OUT* Mixed Impact track and then bring the energy into the Aerobic track.

The Plyometric track has been inspired by sports. The Skater and Straight-Jump Combo will hook everyone into the training effects of the track and the Lunges and Burpee combo will spike everyone's heart rates and get their legs burning.

Bring the *Energy* to the Athletic Strength track – it has a big focus on core stability, hip strength and control to improve balance and load under tension, and the Pushups will be a challenge at every level.

Sing along to *Cold Heart* in our Running track and bring all of the happy feels.

The Agility track is super strong with the Speed and Agility focus and highlights rotational power! The training effects are awesome.

Belt out to *Never Let Me Go* in the Interval track and then *Here We Go* into a massive peak in the final Power track!

This is a great release to inspire all levels of fitness – and it's a great opportunity to get the family involved! All ages and all levels of fitness are welcome – share the energy!

Lots of love and energy to you all,
Lisa.



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.

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

Sivi Rabukatoka (New Zealand) is a BODYATTACK Presenter/Instructor and a LES MILLS GRIT™ and BODYPUMP™ Instructor. He lives in Te Awamutu.

Thanks to

Liam Botica (New Zealand)

Camilo Echavarria (Colombia)

Jackson Fuafiva (New Zealand)

Sarah Shortt (United Kingdom)

Thank you for bringing energy, fun and athletic strength to BODYATTACK 117.

CREDITS

Program Director – Lisa Osborne

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Juliet Mora

Special thanks to

Our trial team – I love you all so much. Thank you for trialing version 1 and all of the small changes.

Dan Maroun – for the move inspiration for this round. Dan suggested the Soccer Knee Drill, inspired by his nephew's soccer game. Dan also suggested the Skater and Straight-Jump Combo.

Liam, Nick and Kim – for trialing different versions with me every single week in the team teaching classes.

Robbie and Josh – for all the great feedback on this release and constant flow of music suggestions.

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 the release and gave their feedback.

Amy Styles (United States)

Bevan James Eyles (New Zealand)

Dan Maroun (United States)

Fran Torres (Argentina)

Josh Farmer (Australia)

Kim Coulter (New Zealand)

Liam Botica (New Zealand)

Nick Parashchak (New Zealand)

Robert van Dieën (The Netherlands)

TABATA

3 minutes of work – 1 minute of rest at the end of each round.

45 seconds on, 15 seconds off then change moves. Repeat circuit 4 times

Move 1: 6 Skaters and 1 Step Jump or Tuck Jump

Move 2: Tricep Pushup

Move 3: Glute Top Half Hold

Rest: 1 minute

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>



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:

The EXPRESS version of Track 5 *Energy* is to be used for the 30-minute format only.

45-MINUTE FORMATS

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-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.

FORMATS

45-MINUTE FORMAT – OPTION 1

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 05	Athletic Strength
Track 06	Running
Track 07	Agility
Track 09	Power
Track 10	Core
Track 11	Cooldown
Total Time	43:27

45-MINUTE FORMAT – OPTION 2

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 05	Athletic Strength
Track 07	Agility
Track 08	Interval
Track 09	Power
Track 10	Core
Track 11	Cooldown
Total Time	44:07

30-MINUTE EXPRESS FORMAT OPTION 1

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 07	Agility
Track 09	Power
Express 05	Athletic Strength
Total Time	27:46

NEW 30-MINUTE EXPRESS FORMAT OPTION 2

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 06	Running
Track 09	Power
Express 05	Athletic Strength
Total Time	27:39

NOTE: Track 8, Interval is filmed facing the camera. If you and your class like the circle formation, feel free to try it out for this release as well.

NEW 30-MINUTE EXPRESS FORMAT

BODYATTACK now has two 30-minute formats to choose from.

OPTION 1 is sports focused and more intense.

OPTION 2, the NEW 30-MINUTE FORMAT, gives you variety and the uplifting music feels. The combination of the Warm-up, Mixed Impact, Plyometric, Running, Power and Express Athletic tracks creates a fun and energetic option for a shorter class.

As for all class formats, Track 6 (Running) can be taught with a Circle Run or a Run OTS and facing the front. This format is a little less intense and has a more 'fun feel' to it. You can teach both options to add variety.



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to move with the music and get warmed up on the inside and the outside.

	MUSIC			EXERCISE		CTS	REPS
1	0:05	C / This dark sky	4x8	Stretch Sequence – Slow			
				Stretch Up		8	
				Squat		8	
				Hamstring Stretch		8	
				Roll up to standing		8	
	0:24	Drive all night	4x8	Stretch Sequence – Fast			2x
				Stretch Up		4	
				Squat		4	
				Hamstring Stretch		4	
				Roll up to standing		4	
	0:37	Instr /	4x8	A	Step Touch L, R. Arms down	4	8x
	0:50		8x8	B	Bounce & Run OTS Combo		2x
					Bounce OTS. RA	16	
					Run OTS. RA	16	
2	1:16	V / You know I be on some	4x8	A	Step Touch L, R. Arms down	4	8x
	1:29	Love how she roll	4x8	C	Squat Knee R, L Combo		4x
					Squat. Hands on thighs	2	
					Lift R knee. RA	2	
					Squat. Hands on thighs	2	
					Lift L knee. RA	2	
	1:42	C / This dark sky	4x8	D	Squat Hold Down. Hands to chest	16	
					Transition to floor	8	
					Set up and  Single Pushup and Hold Plank	8	
	1:55	Instr / ... ridin'	4x8	E	Single Narrow Pushup and Hold Plank		4x
3					Single Narrow Pushup	4	
					Hold Plank – knees or toes	4	
	2:08		4x8	F	Single Narrow Pushup	4	7x
					Transition up to feet wide standing	4	
	2:21		8x8	B ¹	Bounce & Run F&B Combo		2x
					Bounce OTS	16	
					Run F. RA	8	
					Run B. RA	8	
	2:48	V / You know I be on some	20x8	 Sequences A, C, D, E and F		160	
	3:53	I want to take you away	8x8	B ²	Bounce & Run F&B Combo with Circle Arms		2x
					Bounce	16	
					Run F. RA	8	
					Run B. Double Reach Up x4	8	



01. RIDE WITH ME (BLASTERJAXX & TUNGEVAAG REMIX) 4:41mins

BLOCK 1

LAYER 1

Have fun, get sweaty and let's go!

- **Stretch** – *Get ready for the energy today!*
- **Step Touch** – *L, R. Feel the music start to pick up*
- **Bounce & Run OTS Combo** – ***Hips square to front, light on the toes***
OPTION: Light Wide March

BLOCK 2

LAYER 2

Relaxed strong voice in the Squat Knee Combo and in the Pushups. Lift your energy in the Bounce & Run F&B Combo.

- **Step Touch** – *Moving to one side, **chest up, abs braced***
- **Squat Knee** – ***Push hips back and down, knees out over toes*** in the Squat. *Chest up in Knee Lift, bring knee to 45 degrees*
- **Single Narrow Pushup and Hold Plank** – ***Abs braced, chest to elbow height, hands under shoulders***, elbows in by your side. ***Abs braced and hips in line with shoulders*** in Plank
OPTIONS: Plank on knees or toes
- **Single Narrow Pushup** – *Tell them there are 7 Pushups*
OPTION: Pushups on knees or toes, slow Pushups
- **Bounce & Run F&B Combo** – *Lift the energy in your voice and movements. Stay low in the Bounce, lift up and flick feet back in the Run. Get warm!*
OPTION: Walk F&B

BLOCK 2 AND 3

LAYER 3

Focus on making all the moves strong and at full range so you inspire great movement. In this block, the only change is adding the Arms in the Bounce & Run F&B Combo.

- **Step Touch** – *Let's do it all again to warm up the entire body*
- **Squat Knee** – *Sit down further and push out of the floor as you stand. Fire up the glutes and core for the Power today. Focus on the freeze and hold of the Knee Lift before dropping back into the Squat*
- **Single Pushup and Hold Plank** – *Stay low to really get the muscles burning. Squeeze the back of the arms*
- **Single Pushup** – *Draw core in tightly and engage the arms. Full range to finish warming up the upper body*
- **Bounce & Run F&B Combo** – *Connect, smile and show that you are excited to work out together. Have fun when adding the Circle Arms – see Masterclass*



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to increase their intensity as they add travel and changes in direction. I want them to enjoy the rhythm of the Squat & Jack Combo.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / ... can't touch me	2x8	Bounce OTS	16	
	0:06	V / Why am I on my own	4x8	A Step Curl L, R. <i>Arms down</i>	4	8x
	0:18	C / Out, out, for the night	4x8	B Gallop L, R. <i>Arms down</i>	8	4x
	0:30	Br / Out, out, out, out	2x8	B ¹ Gallop L, R. <i>Bicep Curl</i>	8	2x
	0:36		8x8	C Run To Corner Combo L, R Run to front L corner. <i>RA</i> Run B. <i>RA</i> Run to front R corner. <i>RA</i> Run B. <i>RA</i>	8 8 8 8	2x
	1:00	C / Out, out, for the night	4x8	D Triple Squat Triple Squat. <i>Hands on thighs</i> Stand feet wide. <i>Arms clasped together O/H</i>	6 2	4x
	1:13	... just watch me	4x8	E Triple Squat & Jack Combo Triple Squat. <i>Hands on thighs</i> Jack in out in out. <i>Arms clasped together O/H</i>	4 4	4x
2	1:25	V / Why am I on my own	26x8	 Sequences A, B, B ¹ , C, D and E	208	
3	2:44	Ay, ay-ay-ay-ay-ay-ay	4x8	A  Step Curl L, R. <i>Arms down</i>  Bounce & Burpee Combo	4 16	4x
	2:57	Ay, ay-ay-ay-ay-ay-ay	8x8	F  Bounce & Burpee Combo Bounce Burpee or Triple Squat	8 8	4x
	3:21	Ay, ay-ay-ay-ay-ay-ay	2x8	F  Bounce & Burpee Combo	16	
	3:27	Out, out, out, out	8x8	C  Run To Corner Combo L, R	32	2x
	3:52	C / Out, out, for the night	4x8	E  Triple Squat & Jack Combo	8	4x



02. OUT OUT (MELBOURNE BOUNCE REMIX)

[EXTENDED EDIT] 4:06mins

BLOCK 1

LAYER 1

Let's get moving around the room!

- **Bounce OTS** – *Let's get moving with more energy – and a little faster*
- **Step Curl** – L, R. **Abs braced, hips square to the front**, keep upper body still and upright, shoulders back and down
- **Gallop** – L, R. **Chest up, abs braced**, lift heels
OPTION: No Jump
- **Run To Corner Combo** – *Coach the direction and how many times to run F&B*
OPTION: Walking F&B
- **Triple Squat** – Feet stay wide, **hips back and down, knees out over toes, chest up**. Focus on using the arms over head to pull up to a straight position
- **Triple Squat & Jack Combo** – *Cue the rhythm; say "Squat 3-2-1, Jump, Jump, Jump in-out-in-out." Hips back in the Squats, light on the toes in the Jumps. Then say "down for the Squats and Jump straight up for the Jacks"*

BLOCK 2

LAYER 2

Connect with everyone and how good it feels to be moving and getting the heart rate up. You can have some fun by adding a dance move in the Run To Corner Combo. Bring in the OK feel and freedom by adding your own flava!

- **Step Curl** – L, R. *Connect!*
- **Gallop** – *Glide across the floor. Bend and push up and over*
- **Gallop** – *Feel the whole foot drive into the floor to then push up*
- **Run To Corner Combo** – *Let's pick it up and travel further to lift the heart rate. Bring in the dance club or the fitness club moves*
- **Triple Squat** – *Stay low in the legs, sit back further. Feel the load in the Squat and bring hips through when you stand*
- **Triple Squat & Jack Combo** – *Feel the hips drop back and then stretch up tall in the Jacks*

BLOCK 3

LAYER 3

Connect and feel the joy in moving together in the Run To Corner Combo and the Triple Squat & Jack Combo. Get the heart rate up and be ready for more to come!

- **Bounce & Burpee Combo** – *Coach the Burpee; Squat, Plank, Squat, Stand. Keep the feet wide, no jump, **brace abs to Plank**. Bend knees to go down and up*
OPTION: Bounce and 2 Squats



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to enjoy the song and lift in energy in the Single Knee Run and Super Knee Combo. I want them to have fun with the Single Push Arm in the Double Shuffle Combo.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Run OTS. RA	32	
	0:13	V / We don't need a Hercules	4x8	A Double Shuffle L, R. RA  Single Shuffle Combo	4 8	8x
	0:24	PC / We can be CEO	4x8	B Single Shuffle Combo L, R L, R, L, Hold. RA R, L, R, Hold. RA	4 4	4x
	0:36	Br /	½x8	C Single Knee L, R. Arms down	4	
	0:38	C / Let me be your Halo	16x8	D Single Knee Run B & Supers Combo Single Knee L, R x4. Move F. <i>Single Punch Up</i> Run B. <i>Open & Clap</i> x8 Supers L x4. <i>Single Arm Punch L</i> Supers R x4. <i>Single Arm Punch R</i> Jumping Jack x8. <i>Side Raise</i>	16 16 8 8 16	2x
	1:26	Instr / La, la, la, la, la	4x8	E Jumping Jack. <i>Double Reach Up</i>	2	16x
2	1:38	V / I think I had the right idea	28½x8	A  Sequences A, B, C, D and E	228	
3	3:04	QC / Let me be your Halo	4x8	A  Double Shuffle L, R. RA	4	8x
	3:16	C / And I'm stronger	4x8	B¹  Single Shuffle Combo L, R with <i>Single Push Arm on the Hold</i>	8	4x
	3:28	C / Let me be your Halo	8x8	D  Single Knee Run B & Supers Combo	64	
	3:52	Outro / La, la, la, la, la	4x8	E  Jumping Jack with <i>Double Reach Up</i>	2	16x



03. HALO 4:07mins

BLOCK 1

LAYER 1

Time to increase your cardiovascular fitness.

When teaching the first combo, only focus on the basics – naming the move, the reps and direction.

Changes in moves should be pre-cued and use big visuals to help with clarity.

- **Double Shuffle** – L, R. **Chest up, hips square to the front, knees soft**
- **Single Shuffle Combo** – *Cue the rhythm: 1-2-hold, 1-2-hold. Stay light and hold*
- **Single Knee Run and Supers Combo** – *Single Knees: **Back straight, hips square to the front, knees to waist height. Supers: Bend knees to push across***
OPTION: Low-impact Knees, Walk and Steps Across, Side Taps
- **Jumping Jack** – **Bend knees, heels down**
OPTION: Side Taps

BLOCK 2

LAYER 2

Reset posture, be light on the toes and focus on being completely still in the hold. Pick up the energy in your voice and body! Move bigger and then coach how to do that. Punch high, lift up the knees in the Single Knee Run, reach tall in the Supers and push to move across the floor. Reach tall with big arm reaches in the Jumping Jacks.

BLOCK 3

LAYER 3

Add the Single Push Arm in the Single Shuffle Combo – have fun with this. Finish with big smiles and movements to keep the energy high and increase the intensity by making your movements bigger and stronger.



04. PLYOMETRIC

SPORTS

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *The Window to My Soul* with the same choreography.

TRACK FOCUS

I want my participants to work hard in each block and to use the recovery to push even harder in the next moves.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	2x8	A Jog OTS or split room	16	
	0:05	C / All guns blazing	4x8 B Power 3-Step Run L, R. RA	8	4x
	0:16	So stay along to the	4x8 B Power 3-Step Run L, R. RA	8	4x
	0:27		4x8 C Skater & Straight-Jump Combo L, R		
			Skater L, R x3	12	
			Step Straight-Jump to L front corner	4	
			Skater R, L x3	12	
			Step Straight-Jump to R front corner	4	
	0:39	8x8	C Skater & Straight-Jump Combo L, R		2x
			Skater L, R x3	12	
2			Step Straight-Jump to L front corner	4	
			Skater R, L x3	12	
			Step Straight-Jump to R front corner	4	
	1:02	2x8	D Recovery	16	
	1:07	8x8	C ¹ Skater & Tuck Jump Combo L, R		2x
			Skater L, R x3	12	
			Step Tuck Jump to L front corner	4	
			Skater R, L x3	12	
			Step Tuck Jump to R front corner	4	
	1:30	C / All guns blazing	4x8 A ¹ Jog OTS or change sides	32	
	1:41	So stay along to the	4x8 E Backward-Stepping Lunge & Squat Combo		2x
			Backward-Stepping Lunge L, R. RA	8	
			Squat x2. Hands on thighs	8	
	1:52		4x8 E ¹ Plyometric Lunge & Burpee Combo		2x
			Plyometric Lunge L, R. RA	8	
			Burpee	8	
	2:04		8x8 E ² Plyometric Lunge & Burpee Combo with Tuck Jump	16	4x
	2:26		2x8 D Recovery	16	
	2:32		4x8 F Plyometric Lunge L, R. RA	4	8x



04. PLYOMETRIC

3	2:44	C / All guns blazing	4x8	A ¹	Jog OTS or change sides	32	
	2:55	So sing along to the	4x8	B	 Power 3-Step Run L, R. RA	8	4x
	3:06		4x8	B	 Power 3-Step Run L, R. RA	8	4x
	3:17		18x8		 Sequences C, D and C ¹	144	
4	4:19	C / All guns blazing	30x8		 Sequences A ¹ , E, E ¹ , E ² , D and F (8x8)	240	



04. BURN IT TO THE GROUND 5:45mins

BLOCK 1

LAYER 1

Thanks to Dan Maroun for inspiring this Skater & Straight-Jump Combo – it's a refreshing change to move the Jump to the corner.

- **Power 3-Step Run** – Coach the rhythm; run-run-skate, **chest up, abs braced, knees out over toes** on landing
OPTION: 2 Steps across and a Curl
- **Skater & Straight-Jump Combo** – Coach the number of Skaters and then which way to step and jump – 6-5-4-3-2-Step R, 6-5-4-3-2-Step L and turn to the corner. **Brace the core and keep knees out over toes.** Lift the heels and **bend knees to land.** Loud, strong verbal pre-cues and big visuals to help with the direction
OPTION: Low-impact Step Curls and then lift heels to raise up and down
- **Recovery** – Tell them to breathe and get ready to go again, with MORE energy. Keep the gas on!
- **Skater & Tuck Jump Combo** – L, R. **Bend knees to land, brace core** to lift knees in Tuck Jump

BLOCK 2

LAYER 2

Focusing on generating more power through lateral and vertical movements.

- **Backward-Stepping Lunge & Squat Combo** – Coach the number of Lunges and Squats. Then say, "stay with this or add the Power." Back knee down, **front knee out over toes**
- **Plyometric Lunge & Burpee Combo** – Coach the number of Lunges and Burpees. In the Lunges – **back straight, front knee out over toes.** In the Burpee – **brace core** in the Plank, squat to go down and up. **Brace abs** to lift the knees in the Tuck Jump, **bend knees to land**
OPTION: Backward-Stepping Lunges
- **Plyometric Lunge** – Encourage the class to stay low as they bend the back leg and load the front leg
OPTION: Backward-Stepping Lunges

BLOCK 3

LAYER 3

Motivate members to be focused and demand more; it's all about attitude. Say cues like: "Let's get it!" – "You are half way!" – "Start to generate more Power in this half."

Big motivation to go bigger and to challenge themselves to go higher.

- **Power 3-Step Run** – Reset focus of Lateral Power, drive from the outside the foot to generate Power in your glutes
- **Skater & Straight-Jump Combo** – L, R, drive wider, think high like a Volleyball Block in the Straight-Jump, **bend knees to land**

BLOCK 4

LAYER 3

Back to Vertical Power for the last block. Think of erupting out of the floor and pushing to the finish. Keep the heat in the legs and take it home! Reach gear 4 by motivating your class with a fully charged voice and role-model big, inspiring moves.



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to improve the strength and power of their glutes in the Side Lunge – then improve their stability and coordination in the Repeaters. I want them to feel the intensity in the Bottom Half Lunges and to 'max out' in the Pushups.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	2x8	A Set up – Stand feet hip-width apart	16	
	0:07	V / I break	4x8	B Side Lunge & 2 Knee Repeater Combo L		4x
				Side Lunge L	4	
				2 Knee Repeater L	4	
	0:23	QC / That's just my energy	4x8	B Side Lunge & 2 Knee Repeater Combo L	8	3x
2				Backward-Stepping Lunge	8	
	0:39	Na na na na na na	4x8	C Pulse Bottom Half Lunge L	2	12x
				Change sides	8	
	0:54	Na na na na na na	4x8	C Pulse Bottom Half Lunge R	2	12x
				Lift R foot and balance	8	
3	1:10	V / The city's a jungle	4x8	B Side Lunge & 2 Knee Repeater Combo R	8	4x
	1:25	C / That's just my energy	4x8	B Side Lunge & 2 Knee Repeater Combo R	8	3x
				Transition to floor	8	
	1:40	Na na na na na na	4x8	D Bottom Half Narrow Pushup	2	12x
				Transition to hands wide	8	
4	1:56	Na na na na na na	4x8	E Bottom Half Wide Pushup	2	16x
	2:12			 Sequences A, B, B, C, C	144	
	3:22			 Sequences B, B, D, E	128	
	4:24	I'm so elevated	4x8	F Set up Bolt Plank Hold	16	
				 Bolt & Pushup Combo	8	2x
5	4:40	C / That's just my energy	4x8	F Bolt & Pushup Combo		4x
				Bolt	4	
				Pushup	4	
	4:55	Br / ... energy	2x8	Reset – Recover	16	
	5:03	C / Na na na na na na	4x8	D ¹ Single Narrow Pushup	2	12x
				Transitions to wide	8	
	5:18	Na na na na na na	4x8	E ¹ Single Wide Pushup	2	16x



05. ENERGY 5:39mins

BLOCK 1

LAYER 1

- **Side Lunge & 2 Knee Repeater Combo** – Set up base cues with 1x Side Lunge and 2x Knee Repeaters. Step out L, tap back L. **Knee out over toes, hinge from the hips** in the Lunge, **brace abs, hips square to the front, push front knee out over toes**
- **Pulse Bottom Half Lunge** – Long step back, **front knee out over toes**, shoulders back and down, bend back leg and stay down

BLOCK 2

LAYER 1

- **Side Lunge & 2 Knee Repeater Combo** – Sit hips back in the Side Lunge, strong core in the Knee Repeaters, keep hips level, feel the shift and the control
- **Bottom Half Narrow Pushup** – Set position first: hands under shoulders, **chest to elbow height, abs braced**
OPTION: On knees or toes, or slow Single Pushups
- **Bottom Half Wide Pushup** – Set position: hands outside shoulder width, **chest to elbow height, abs braced**

BLOCK 3

LAYER 2

- **Side Lunge & 2 Knee Repeater Combo** – Drive out with a long step back, drive off the side of foot
- **Pulse Bottom Half Lunge** – Building strength at bottom range, feel the quads of the front leg and glutes fire up in the back leg

BLOCK 4

LAYER 2

- **Side Lunge & 2 Knee Repeater Combo** – Using the inside of the leg! Dynamic shift of the body weight
- **Bottom Half Narrow Pushup** – Feel the pressure in the back of the arms
- **Bottom Half Wide Pushup** – Hands outside shoulder width, change the focus to the chest when as you squeeze the muscles and create a stronger upper body

BLOCK 5

LAYERS 1, 2 AND 3

- **Bolt & Pushup Combo** – Hands narrow and feet hip-width apart, push hips back then weight forward over hands, **brace abs** to hold Plank and as you press back
- **Single Narrow Pushup** – Coach the building of strength in the core and upper body
OPTIONS: Knees or toes, or slow Single Pushups
- **Single Wide Pushup** – Motivate, praise and support them; no stopping, keep moving to the end, only 20 seconds to go... make it to the end!



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to feel the power of the Knees in the Hip Opener and hook into the football theme with the Soccer Kick and Knee Over drill. Enjoy working with a partner!

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	4x8		Run OTS	32	
	0:11	C / It's a human sign when things go wrong	8x8	A	8 Power Knees L, R Combo		2x
					Power Knee x8 L. RA	16	
					Power Knee x8 R. RA	16	
	0:35	And I think it's gonna be a long long time	8x8	A ¹	Power Knees & Hip Opener Combo L, R		2x
					Power Knee x4 L. RA	8	
					Hip Opener x2 L	8	
2					Power Knee x4 R. RA	8	
					Hip Opener x2 R	8	
	0:58	Cold cold heart	4x8	B	Bounce OTS	8	
	1:01			C	Side Step and Knee Over L, R	4	6x
	1:10		4x8	D	Soccer Kick L, R	4	8x
3	1:22		8x8	E	Circle Run or Run F&B Combo	64	
	1:46	C / It's a human sign	8x8	A	 Sequences A, A ¹ , B, C, D and E	192	
					OPTION: Partner work (see Masterclass)		
	3:20	C / It's a human sign	16x8		 Sequences A ¹ , B, C and D	96	
	4:07		4x8	E	Circle Run or Run F&B Combo	32	
	4:19		4x8	F	Run into the center. Double Reach Up x8	16	
					High Knee Run OTS. RA	16	



06. COLD HEART (HANDZ UP REMIX) [EXTENDED EDIT] 4:40mins

BLOCK 1

LAYER 1

Thanks to Dan Maroun for inspiring this soccer/football theme. Fun movements and connection.

- **8 Power Knees Combo** – *Coach great posture with a **straight back, hips square to the front and abs braced***
- **Power Knee & Hip Opener Combo** – *Cue 4 Knees F then a Knee up-over-up-change, **hips stay square to the front**, open and close the hip, brace core tightly to shift knee to 45 degrees*
- **Side Step and Knee Over** – *Side to side, foot to calf, heel to floor, **sit hips back, abs braced, keep chest lifted***
- **Soccer Kick** – *Land-stop-then circle foot around. It's a Soccer Kick so the foot goes around the ball or kicks it through*
- **Circle Run or Run F&B Combo** – *There is a lot of coaching in the previous moves so connect, smile and feel free to release in the Circle Run*

BLOCK 2

LAYER 2

Bring in the partner work! Encourage partner fun in the Side Step and Knee Over and in the Soccer Kicks. Football drills are fun; they encourage members to focus on their foot reactions.

- **8 Power Knees Combo** – *Light feet, fast knee pop, react off the floor*
- **Power Knees & Hip Opener Combo** – *Brace core tighter to minimise core rotation, squeeze glutes to open knee*
- **Side Step and Knee Over** – *Sink low in your legs for stability, **landing is soft and controlled, keep chest lifted**. Face your partner here*
- **Soccer Kick** – *Mindset: think about kicking a ball, be quick*
- **Circle Run or Run F&B Combo** – *Feel free, allow the body to move freely, engage with members*

BLOCK 3

LAYER 3

Have fun in the partner interaction. Give members the visual of obstacles to enhance their performance.

- **Power Knee & Hip Opener Combo** – *Imagine hurdles to pop over*
- **Side Step and Knee Over** – *Get ready to shoot your goal*
- **Soccer Kick** – *Aim for the back of the net; kick it in*
- **Circle Run or Run F&B Combo** – *Enjoy the fun vibes and music*



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to improve their speed and agility with all of the direction changes and to be inspired to move with athleticism with this awesome LMA song.

MUSIC		EXERCISE		CTS	REPS
0:00	2x8	A	Split room – Run OTS	16	
0:06	Builds /	4x8	B Ladder Run & Recovery Combo		2x
			Ladder Run x4 OTS	8	
			Shake out arms and legs OTS	8	
0:17	8x8	B	 Ladder Run & Recovery Combo	16	4x
0:41	1½x8		Stop feet wide	4	
0:42	16x8	C	Side Bounce, Drop Squat & Run Combo		8x
1			Side Bounce L	4	
			Drop Squat. <i>Hands on thighs</i>	2	
			Turn Lunge R 90°, face R	2	
			Run B to start position and face front	8	
1:30	8x8	D	Side Bounce, Drop Squat & 180° Turn Combo L		4x
			Side Bounce L	4	
			Drop Squat. <i>Hands in front of body</i>	2	
			Jump Squat, turn 180° to face B	2	
			Run B to start position	8	
1:53	4x8	E	Ladder Run OTS	32	
2:05	4x8	F	Ski Jump L, R. RA	2	16x
2:18	4x8	A	Bounce OTS or change sides	32	
2	2:29	52½x8	 Sequences B, B¹, C, D, E and F to R side	420	



07. FRONT TO THE BACK 4:47mins

BLOCK 1

LAYER 1

Athletic sports training. Mind sharp and ready to cue the quick changes in this track.

- **Ladder Run & Recovery Combo** – Coach the rhythm: 4 Ladder Runs out and in, then 4 Shake-outs OTS. Set the speed then recovery training. Set the footwork then add the speed, stay light on the toes, **abs braced and upper body still**
- **Side Bounce, Drop Squat & Run Combo** – Get them moving, preview the Squat, turn and turn back, feet wide. **Lift heels**
OPTION: Step across and squat then walk back
- **Side Bounce, & Drop Squat & 180 turn Combo** – Add Vertical Power, **bend knees to land and keep knees out over toes**. In the 180° turn, keep the feet wide, then turn outside, **whole body turns as one, bend knees and brace core to take off and land**
- **Ladder Run OTS** – Speed training, just keep going as fast as you can
- **Ski Jump** – Feet and knees together, **bend knees and keep hips square to the front**
OPTION: Step Touch

BLOCK 2

LAYER 2 AND 3

- **Ladder Run & Recovery Combo** – Interval Speed Work; encourage them to do as many as they can, fast, and punch the gas
- **Side Bounce, Drop Squat & Run Combo** – Turn whole body as one and land in squat, always turn to the outside, bend the knees when landing
- **Side Bounce, Drop Squat & 180° Turn Combo** – Add Vertical Power, squeeze glutes and bring hips through
- **Ladder Run OTS** – Motivate the class to get their heart rate high
- **Ski Jump** – Keep the intensity up!



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to never let go of the great feelings of BODYATTACK through positive and uplifting music and movements.

MUSIC				EXERCISE		CTS	REPS
1	0:00	V / Fly away	4x8	A	Jog OTS. RA Run OTS & Wiper Arms Combo (Slow)	32	
	0:12	And I want to make you	4x8	A ¹	Run OTS & Wiper Arms Combo (Slow) Run OTS. Arms to L side Run OTS. Arms O/H Run OTS. Arms to R side Run OTS. Arms down by sides	2 2 2 2	4x
	0:23	C / Flying high	4x8	B	Side Flick L, R. Straight-arm Side Raise	4	8x
	0:35	Flying high	4x8	B ¹	Side Flick L, R. Double Reach Up	4	8x
	0:47	Instr /	4x8	C	Drop Squat. Hands on thighs	4	8x
	0:59	QC / Flying high	4x8	D	Run & Low Single Kick Combo Run F. RA Low Kick L, R x2. Single Punch F Run B. RA Low Kick L, R x2. Single Punch F	8 8 8 8	
	1:11	Instr /	8x8	E	Run & Single Kick Combo Run F. Double Reach Up x4 Single Kick L, R x2. Single Punch F Run B. Double Reach Up x4 Single Kick L, R x2. Single Punch F	8 8 8 8	2x
	1:34	Br /	1x8	A	Jog OTS. RA	8	
	1:37	V / ... Hide away		A ¹	Run OTS & Wiper Arms Combo (Slow)	8	4x
	1:49	I wanna stay by your	4x8	A ²	Run OTS & Wiper Arms Combo (Fast) Run OTS. Arms to L side Run OTS. Arms O/H Run OTS. Arms to R side Run OTS. Arms down by sides	1 1 1 1	8x
2	2:01	C / Flying high	24x8		Sequences B, B¹, C, D and E	192	
	3:12	Flying high	4x8	F	Single Kick L, R x4. Move F. Single Punch F Single Kick L, R x4. OTS. Single Punch F	16 16	
3	3:24	V / Hide away			Sequences A, A¹, A², B, B¹, C, D, E and F		



08. NEVER LET ME GO 5:20mins

BLOCK 1

LAYER 1

Big contrast in your voice and body to bring out the highs and lows in the music.

- **Jog OTS** – *Take fitness to another dimension!*
- **Run OTS & Wiper Arms Combo (Slow)** – *Cue the direction of the arms*
- **Side Flick** – *Hips square to the front, chest lifted*
OPTION: Side Tap
- **Drop Squat** – *Knees out over toes, hips back and down*
OPTION: Side-Step & Squat Combo
- **Run & Low Single Kick Combo** – *Keep moves small and relaxed so there is a big contrast in energy to the big Run & Single Kick Combo*
- **Run & Single Kick Combo** – *Straight back, hips square to the front*
OPTIONS: Walk or Jog, Tap or Low Kick

BLOCK 2

LAYER 2

Find the movements first and recover before you pick up the energy again.

- **Run OTS & Wiper Arms Combo (Slow)** – *Pick up the speed but maintain strength in the arms*
- **Side Flick** – *Lengthen the arms and legs*
- **Drop Squat** – *Sit low in the Squat*
- **Run & Low Single Kick Combo** – *Pull back and show contrast*
- **Run & Single Kick Combo** – *Explode with energy in the second interval; reach higher and kick longer. Say, "Hey, hey, hey!" Punch with power and lift energy to the end!*

BLOCK 3

LAYER 3

Calm down, recover, enjoy the music and feel the difference in the Intervals. Push higher in the last Interval; keep the moves big and finish strongly.



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to move with contrast to match the music. When the music is calm they are calm – but when the music is strong they are strong! When the music is pumping they are pushing to their max effort.

	MUSIC		EXERCISE	CTS	REPS
	0:00	2x8	A Run OTS	16	
	0:06 V / I been more than ready	4x8	A Run OTS	32	
	0:17 Got no fear in my body	4x8	B Single Knee L, R. <i>Punch down</i>	4	8x
	0:29	4x8	B ¹ Single Knee L, R. <i>Single Punch and Throw F</i>	4	8x
	0:40 C / Here we go	4x8	C Run Square L	32	
	0:52 Here we go	4x8	C Run Square R	32	
	1:04 Instr /	4x8	D Half Lunge & Single Shuffle Combo L, R		4x
			Half Lunge L. RA	2	
			Shuffle R, L. RA	2	
			Half Lunge R. RA	2	
			Shuffle L, R. RA	2	
1	1:15	4x8	D ¹ Plyometric Lunge & Single Shuffle Combo L, R		4x
			Half Lunge L. RA	2	
			Shuffle R, L. RA	2	
			Half Lunge R. RA	2	
			Shuffle L, R. RA	2	
	1:27 Here we go	4x8	E Plyometric Lunge L, R. RA	4	6x
			Prepare High Knee Run	8	
	1:38	4x8	C ² High Knee Run Square L	32	
	1:50	4x8	C ² High Knee Run Square R	32	
	2:01 Go go go go	4x8	F Jumping Jack & Double Jump F&B Combo		4x
			Jumping Jack x3. <i>Cross Arms O/H</i>	6	
			Double Jump F&B. <i>Double Punch F</i>	2	
	2:12 Go go go go	4x8	F ¹ Jumping Jack & Tuck Jump Combo		4x
			Jumping Jack x3. <i>Cross Arms O/H</i>	6	
			Tuck Jump. <i>Double Bicep Curl</i>	2	
	2:24 V / I been more than ready	4x8	A Run OTS – Recovery	32	
2	2:36 Got no fear in my body	44x8	 Sequences B, B¹, C, C, D, D¹, E, C², C², F and F¹	352	
	4:45 C / Here we go	4x8	 Run OTS – Recovery	32	
	4:55 Here we go	4x8	B ¹  Single Knee L, R. <i>Single Punch down</i>	4	8x
3	5:06 Here we go	4x8	B ¹  Single Knee L, R. <i>Single Punch and Throw F</i>	4	8x
	5:18 Instr /	4x8	F ¹  Jumping Jack & Tuck Jump Combo	8	8x
	5:41 Go go go go	8x8	 High Knee Run. Move F	32	
			Sprint OTS	32	



09. HERE WE GO 6:12mins

BLOCK 1

LAYER 1

- **Single Knee** – Coach the direction and name of the move, **hips square to the front, chest up and abs braced**
- **Run Square** – L, R. Set this up as an easy Run, working at about 70 percent. Coach the direction and 8x Runs to each side
- **Half Lunge & Single Shuffle Combo** – This is a Half Lunge. Coach the rhythm of the Lunge and then 2x fast, **bend front knee out over toes, abs braced, hip square to the front**
OPTION: Double Shuffle and Single Shuffle
- **Plyometric Lunge & Single Shuffle Combo** – **Front knee out over toes.** Only extend to full-range Lunge after you've set the rhythm, then **long Lunge** back and bend back knee more to reach full range, aiming front thigh parallel to the floor
- **High Knee Run Square** – Big energy on the High Knee Run. Pick up the knees, pump the arms and lift the energy
OPTION: Walk
- **Jumping Jack & Double Jump F&B Combo** – **Knees out over toes**
OPTION: Side Tap
- **Jumping Jack & Tuck Jump Combo** – Keep intensity and energy high. Motivate the class to push hard to the end of this block. Encourage the extra effort with the Tuck Jump. **Brace abs to lift the knees and bend knees to land**

BLOCK 2

LAYER 2

- **Single Knee** – Pull back in the knees to recover and get ready to build again. Add some attitude on the Punch down
- **Run Square** – L, R. Easy Run Square to add contrast, voice lower, moves more relaxed
- **Half Lunge & Single Shuffle Combo** – Set the Half Lunge in the top range, then coach longer and lower in the Lunge
- **Plyometric Lunge & Single Shuffle Combo** – Drop lower and feel the push out of the floor
- **High Knee Run Square** – Keep knees out throughout the Square Run, knees above hip level
- **Jumping Jack & Double Jump F&B Combo** – Reach arms, knees out over toes
- **Jumping Jack & Tuck Jump Combo** – Sit lower and then explode into the Tuck Jump

BLOCK 3

LAYER 3

The final block is short. Challenge your members to finish as a winner, empty the tank and 'bring it home'.

- **Single Knee** – Visualize holding a skipping rope; pick up the feet and turn at the wrist. Motivate members to give it their all – allow your voice to match the tempo of the music
- **Jumping Jack & Double Jump F&B Combo** – Start to ramp up your voice, prepping members for the final push; match body language with voice. Give members the option to go straight into Tuck Jump
- **Jumping Jack & Tuck Jump Combo** – Explode into the the Tuck Jump
- **High Knee Run** – Hit the reserve tank; bring the members in
- **Sprint OTS** – Max Sprint to the end; punch up to finish. Hit gear 4 at the end!



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to focus on using their obliques in the Double Knee Drops and Oblique Crunches. I want them to focus on the power of the glutes in all of the Bridge work.

	MUSIC			EXERCISE	CTS	REPS	
1	0:00	V / I took an arrow to the heart	4x8	A	Transition to the floor Double Knee Drop to L, R side	16 16	
	0:17	Lipstick on my guitar	4x8	A	Double Knee Drop to L, R side	16	2x
	0:31	PC / Ooh, I love it when you	4x8	B	Double Leg Extension Lift shoulders and hold Scoop Set up for Oblique Crunch	8 16 8	
	0:46	C / Ooh I love it when you	8x8	C	Oblique Crunch L, R. <i>Fingertips to temples.</i> Knees bent	4	8x
	1:01			C ¹	Oblique Crunch L, R. <i>Fingertips to temples.</i> Extend legs to 45°	4	8x
	1:16	V / I wanna be that guy	4x8	D	Glute Bridge and Hold up	32	
	1:31	C / Ooh I love it when you	4x8	D ¹	Glute Bridge and Top Half Pulse	2	16x
	2	1:47	V / I took an arrow to the	4x8	A	Double Knee Drop to L, R side	16
2:01		Lipstick on my guitar	4x8	A	Double Knee Drop to L, R side	16	2x
2:16		PC / Ooh, I love it when you	4x8	B	Double Leg Extension Lift shoulders and hold Scoop Set up for Oblique Crunch	8 16 8	
2:31		C / Ooh, I love it when you	8x8	C	Oblique Crunch L, R. <i>Fingertips to temples.</i> Knees bent	4	8x
2:46				C ¹	Oblique Crunch L, R. <i>Fingertips to temples.</i> Extend legs to 45°	4	8x
3:02		V / I wanna be that guy	4x8	D	Glute Bridge and Hold up	32	
3:16		C / Ooh, I love it when you	4x8	D ¹	Glute Bridge Top Half Pulse	2	16x
3:31		You make me shiver	4x8	D	Glute Bridge and Hold up Reset for Pulse Crunch	28 4	
3	3:46	C / Ooh, I love it when you	4x8	E	Pulse Crunch feet down. <i>Reach F</i>	2	16x
	4:01	Ooh, I love it when you	4x8	E	Pulse Crunch feet up. <i>Reach F</i>	2	16x



10. SHIVERS (NAVOS REMIX) 4:21mins

BLOCK 1

- **Double Knee Drop** – L, R. **Set knees over hips, brace abs, lower back towards the floor.** Shoulders flat against the floor, **lower knees to 45 degrees**, brace core to bring the knees back to the middle
- **Scoop Hold** – Legs to 45 degrees, **brace abs, ribs towards hips**
- **Oblique Crunch** – L, R. Turn from the center of the chest, fingertips to temples, elbows wide, bend knees to decrease intensity, extend to make it harder
- **Glute Bridge and Hold up** – Feet come close to butt, **squeeze glutes to lift hips**, feet flat on the floor
- **Glute Bridge and Top Half Pulse** – Keep hips lifted, pulse at the top range

BLOCK 2

Dive deep into the music and match your voice the calmness of the song.

LAYER 2

- **Double Knee Drop** – L, R. Anchor shoulders to the floor, lower back flat on floor, challenge members to increase depth
- **Scoop Hold** – Squeeze legs at 45 degrees, squeeze chest to lift higher
- **Oblique Crunch** – Encourage members to keep elbows wide, rotate over centre of chest, extend to 45 degrees
- **Glute Bridge and Hold up** – Hips high towards the ceiling, knees slightly forward to engage the posterior chain
- **Glute Bridge and Top Half Pulse** – Push hips higher

BLOCK 3

LAYERS 1 AND 3

- **Pulse Crunch** – **Abs braced, ribs to hips**, keep the tension all the way to the end. Ribs compressing towards hips; upper shoulder blades stay off the floor to maximize core engagement



11. COOLDOWN

TRACK FOCUS

I want my participants to think back to all of the great training we've done today.

	MUSIC	EXERCISE	CTS
1	0:00 Intro / Oh	2x8 Lying Pencil Stretch	16
	0:11 V / Been trying to find it	2x8 Lower Back Release, knees to side	16
	0:23 Looking for something	2x8 Lower Back Release, knees to side	16
	0:32 PC / One route, like there is no way	2x8 Hug knees to chest	16
	0:43 C / So what if I fall?	4x8 Lying Hamstring Stretch R	32
	1:05 V / Been trying to fix it	2x8 Lying Glute Stretch R	16
	1:15 PC / One route, like there is no	2x8 Lying Glute Stretch L	16
	1:26 C / So what is I fall?	4x8 Lying Hamstring Stretch L Roll over to kneeling	24 8
	1:48 At least I gave it a go	4x8 Kneeling Hip Flexor Stretch. <i>Reach up</i> Kneeling Hip Flexor Stretch. <i>Reach up</i>	16 16
	2:10 QC / So what if I fall?	2x8 Standing Calf Stretch & Tricep Stretch	16
	2:20 So what if I fall?	2x8 Standing Calf Stretch & Tricep Stretch	16
	2:30 Br /	½x8 Stand feet together	4
	2:32 C / So what if I fall?	2x8 Standing Quadricep Stretch	16
	2:44 So what if I fall?	2x8 Standing Quadricep Stretch	16
	2:55 At least I gave it a go	2x8 Thank you!	16



11. BETTER NOW 3:16mins

BLOCK 1

You should feel *Better Now*.

Use this Cooldown as an opportunity to celebrate a great workout with your class. Encourage them to take the time to stretch and recover.



Exp

05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to improve the strength and power of their glutes in the Side Lunge – then improve their stability and coordination in the Repeaters. I want them to max out in the Pushups.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	2x8	Set up – Stand feet hip width apart	16	
	0:07	V / I break	4x8	A  Side Lunge & Knee Repeater Combo	8	
				Side Lunge & 2 Knee Repeater Combo L		3x
				Side Lunge L	4	
				2 Knee Repeater L	4	
	0:23	QC / That's just my energy	4x8	A Side Lunge & 2 Knee Repeater Combo L	8	3x
				Transition to floor	8	
	0:38	Na na na na na na	4x8	B Narrow Pushup	2	14x
				Transition to hands wide	2	
	0:54	Na na na na na na	4x8	C Wide Pushup	2	14x
				Stand up	4	
2	1:09	V / The city's a jungle	4x8	A Side Lunge & 2 Knee Repeater Combo R	8	4x
	1:25	C / That's just my energy	4x8	A Side Lunge & 2 Knee Repeater Combo R	8	3x
				Transition to floor	8	
	1:41	Na na na na na na	4x8	B Narrow Pushup	2	14x
				Transition to <i>hands wide</i>	2	
	1:56	Na na na na na na	4x8	C Wide Pushup	2	16x



Exp

05. ENERGY 2:15mins

BLOCK 1

LAYER 1

- **Side Lunge & 2 Knee Repeater Combo** – Sit hips back in the Side Lunge, strong core in the Knee Repeaters, keep hips level, feel the shift and the control
- **Narrow Pushup** – Set position first: hands under shoulders, **chest to elbow height, abs braced**
OPTIONS: On knees or toes, or slow Single Pushups
- **Wide Pushup** – Set position: hands outside of shoulder width, **chest to elbow height, abs braced**

BLOCK 2

LAYER 2

- **Side Lunge & 2 Knee Repeater Combo** – Sit hips back in the Side Lunge, strong core in the Knee Repeaters, keep hips level, feel the shift and the control
- **Single Narrow Pushup** – Coach the building of strength in the core and upper body
OPTIONS: On knees or toes, or slow Single Pushups
- **Single Wide Pushup** – Motivate, praise and support them; no stopping, keep moving to the end, only 20 seconds to go... make it to the end!



GLOSSARY

1. GENERIC MOVES

RUN OTS

Brace abs

Chest up

HIGH KNEE RUN

Brace abs

Chest up

Pump the arms

Knees to hip height

BOUNCE OTS

Hips and shoulders square to the front

Knees soft

SIDE BOUNCE

Feet wide

On the balls of the feet

SUPERS

Bend your knees to take off and land

Hips square to the front

Chest up

SIDE FLICK

Hips square to the front

Chest up

Shoulders back

SINGLE KICK

Back straight

Hips square to the front

Kick forward from the hip with a straight leg

Chest lifted

Kick to hip height

SINGLE AND DOUBLE KNEE

Stay square to the front

Knee to hip height

Chest up

Abs braced

STEP TOUCH

Chest lifted

Hips square to the front

STEP CURL

Chest lifted

Knees out over toes

Heels to butt

STEP KNEE

Hips square to the front

Heels down

Knee bent and out over toes

Chest lifted

GALLOP

Chest lifted

Abs braced

Step, skip, step curl

Push out of the floor

Move down and up

2. SQUAT MOVES

DROP SQUAT

Knees out over toes

Heels down

Chest up

JUMPING JACK

Knees bent and out over toes

Heels down

Chest lifted

SINGLE SHUFFLE

Chest lifted

Hips square to the front

Light on balls off the feet

DOUBLE SHUFFLE

Hips square to the front

Chest lifted

Abs braced

3. SPORTS TRAINING MOVES

SKATERS

Knees out over toes

Chest up

Hips back

Bend knees

DROP SQUAT 180° TURN

Knees out over toes

Heels down

Chest up

Turn body as one

LADDER RUN

Upper body still

Fast feet in and out

ATHLETIC, AGILITY AND POWER 3-STEP RUN

Bend knees to land

Knees out over toes

Hips back and down

Chest up

PLYOMETRIC LUNGE

Back straight

Front knee out over toes

Bend back knee

Back heel up



GLOSSARY

STRAIGHT-JUMP
Knees bent on landing
Abs braced
Chest lifted

TUCK JUMP
Brace abs to lift the knees
Bend knees to take off and land

SKI JUMP
Knees bent over toes
Abs braced
Chest up

DOUBLE JUMP
Chest lifted
Abs braced
Knees bent on landing

BURPEES
Abs braced in plank
Jump feet back into plank
Feet wide in squat

4. STRENGTH + CONDITIONING MOVES

KNEE REPEATER
Front knee out over toes
Chest up
Abs braced
Bend supporting leg

POWER KNEES
Chest up
Abs braced

SQUAT KNEE
Knees out over toes
Chest up

TRIPLE PULSE SQUAT
Chest lifted
Knees out over toes
Hips drop to knee height

SIDE LUNGE
Chest lifted
Knees out over toes
Hips square to the front
Hinge from hip

BACKWARD-STEPPING LUNGE (AND LUNGE VARIATIONS)
Long step back
Front knee out over toes
Back straight

PUSHUPS
Chest to elbow height
Abs braced
Hands under shoulders

PULSE CRUNCH
Chin tucked in – eye gaze towards knees
Slide ribs towards hips
Lift shoulders off the floor
Hands extend past thighs

PLANK
Hips and shoulders square to the floor
Abs braced
Back long and straight
Hands under shoulders

DOUBLE KNEE DROP
Abs braced
Shoulders back on the floor
Knees over hips
Lower knees to 45 degrees

SCOOP HOLD
Abs braced
Press lower back towards the floor
Legs to 45 degrees

SINGLE LEG HIP EXTENSION
Abs braced
Lower back towards the floor
Extend single leg to 45 degrees

BOLT
Abs braced
Back long and flat
Hips square to the floor
Hands under shoulders
Hips towards heels
Lift heels to push back

GLUTE BRIDGE HOLD
Heels close to butt
Abs braced
Shoulders back on the floor
Press hips to ceiling

5. STRETCH MOVES

LOWER BACK RELEASE
Press shoulders down on the floor
Abs braced
Knees to one side
Arms out

LYING HAMSTRING STRETCH
Keep shoulders relaxed and the back long on the floor



GLOSSARY

LYING GLUTE STRETCH

Heel to knee
Pull leg towards chest

KNEELING HIP FLEXOR STRETCH

Front knee above the ankle
Squeeze the glutes or rear leg to open hips
Hips stay square to the front

STANDING CALF STRETCH

Chest up
Hips square to the front

STANDING QUADRICEP STRETCH

Brace abs to help stabilize and balance
Lifted knee points towards the floor
Squeeze butt muscles to keep hips square

6. BA117 SPECIFIC MOVES

BOTTOM HALF NARROW PUSHUPS

Stay down
Elbows towards ribs
Back long and flat
Hands under shoulders

BOTTOM HALF WIDE PUSHUPS

Stay down
Chest to elbow height
Back long and flat
Hands wider than shoulder-width apart

SOCCER KICK

Brace abs
Chest up
Stop then kick



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.

