

BODYATTACK 118

MUSIC

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10. CORE

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Exp

05. ATHLETIC STRENGTH

GLOSSARY

DECLARATION OF INTENT

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MUSIC

01

Where Did You Go? (4:32)
Jax Jones feat. MNEK
© 2022 Universal Music Operations Limited under exclusive license to etcetc Music Pty Ltd.
Written by: Lam, Ralph, SIBA, Emenike, Hector

02

Survivors (Extended Remix) (3:59)
Harris & Ford
© 2021 ShutUpAndRave.com.
Written by: Kridlo, Pöhl, Gröh, Middlemas

03

Just Dance (4:21)
Wonkland
© 2022 Les Mills Music Licensing Ltd.
Written by: Germanotta, Khayat, Thiam

04

Supa Dupa Fly (Extended Remix) (5:57)
Da Tweekaz feat. 666
© 2022 Dirty Workz / Toffmusic BV.
Written by: Detert, Griesheimer

05

Ininna Tora (5:14)
Timmy Trumpet x KSHMR x Mildenhaus
© 2022 Dharma / SpinninRecords.com.
Written by: Marani, Righi, Podesta, Facchi, Diarra

06

Easy On Me (Handz Up Remix) (4:39)
Power Music
© 2021 Power Music, Inc.
Written by: Kurstin, Adele

07

Nasty (4:51)
Tujamo x PBH & JACK
© 2021 SpinninRecords.com.
Written by: Richter, Blease, Bailey-Hague, Maxwell

08

Louder (5:18)
Darren Styles & Mark Sixma feat. Noubya
© 2022 Armada Music B.V.
Written by: van den Hil, Gomaa, Mew, van der Heide, Sjoers, Sixma

09

Fading Like a Flower (Extended Mix) (6:07)
Rob IYF & AI Storm feat. Lacie
© 2022 24/7 Hardcore.
Written by: Taylor, Cox

10

Crazy What Love Can Do (3:39)
Bop Rulins
© 2022 Les Mills Music Licensing Ltd.
Written by: Henderson, Hill, Guetta, Harvey, Riley

11

Hold My Hand (3:45)
Lady Gaga
Courtesy of the Universal Music Group.
Written by: Germanotta, Tucker

Exp
05

Ininna Tora (3:25)
Timmy Trumpet x KSHMR x Mildenhaus
© 2022 Dharma / SpinninRecords.com.
Written by: Marani, Righi, Podesta, Facchi, Diarra



BODYATTACK 118



L–R: Mandi Hirini, Sivi Rabukatoka, Jackson Fuafiva Osborne, Lisa Osborne and Nick Paraschchak

BODYATTACK 118 is a fun and SUPER athletic release. The combinations have a great feel and the moves are easy to learn. Every track will have you moving quickly into the intensity and fun zone.

The music is uplifting, catchy and you can sing along all the way through this release – from track 1 to 11.

The beats and feels are strong and fresh so they provide a good contrast of feels.

One moment you'll be immersed in a Dance Combo in the Aerobic Track, the next you'll 'Pass the Ball' in the Agility Track – from Dance feels to Sports feels.

The Athletic Power Tracks will challenge the top athlete in the room with loaded Butt Kicks, Lunges and Burpees! All the options for intensity are there whilst still enjoying the high energy of the release.

You can be loud and proud in the Interval Track and totally share this epic experience through the theme of togetherness in the final Power Track. Share the energy! Spread the BODYATTACK love.

Thank you for being a part of the BODYATTACK family.

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.

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

Jackson Fuafiva Osborne (New Zealand) is in his final year of school at Auckland Grammar School and in the 1st IV Rugby team. He is very passionate about sport, fitness and health.

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

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



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 all the different versions of this release.

Dido Brasil (from Brazil) for inspiring the sports feels in track 7.

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

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

Josh and Kendall – for all their help and support with 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 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)

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a mininum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

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		

TABATA

- 12 minutes of tabata training**
- 20 seconds on, 10 seconds off, then change moves. Repeat circuit 8 times
- Move 1:** 3-Lunges & Shuffle Combo
- Move 2:** Pushups
- Move 3:** Squat and Butt Kicks

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.

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.

30-MINUTE FORMATS

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 Strength 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.

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	42:43

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	43:22

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	28:51

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	28:39

NOTE:

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

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.



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to enjoy the happy feels of the workout. In the Bounces, connect with the music and the people.

	MUSIC		EXERCISE	CTS	REPS
1	0:05	4x8	Attack position	32	
	0:16	Oh my love, where did you go	4x8	Stretch Sequence	
			Reach up	8	
			Squat	8	
			Hamstring Stretch	8	
			Roll up to standing	8	
	0:29	... with my love	4x8 A	Bounce OTS	32
	0:42		4x8 B	Run OTS. RA	32
2	0:55	V / You just have to go	4x8 C	Step Touch L, R. Arms down	4 8x
	1:08	PC / But then you left me	4x8 D	Step Curl L, R. Double Bicep Curl	4 8x
	1:21	C / Oh my love, where did you go	4x8 A	 Bounce OTS. RA	32
	1:34	... with my love	8x8 B ¹	Run F&B Combo	2x
				Run F. RA	8
3				Bounce OTS. RA	8
				Run B. RA	8
				Bounce OTS. RA	8
	2:00	V / You just jave to go	20x8	 Sequences C, D, A and B ¹	
	3:05	V / You're so beautiful	4x8 E	Single Squat. Hands on thighs	4 2x
4			E ¹	Single Squat. Reach up	4 6x
	3:18	Leave me dancing on the floor	4x8 E ¹	Single Squat. Reach up	4 4x
				Transition to floor	16
	3:31	C / Oh my love, where did	4x8 F	Single Pushup	4 8x
	3:44	... my love	4x8 G	Mountain Climber L, R	4 8x
	3:57	... my love	4x8 G ¹	Cross Mountain Climber L, R	4 7x
				Jump feet wide, stand up	4
	4:10	Where did you go	8x8 B ¹	 Run F&B Combo	16 4x



01. WHERE DID YOU GO? 4:32mins

BLOCK 1

LAYER 1

Big smiles and connection to the happy feels of the workout today. In the Bounces, connect with the music and the people.

- **Stretch** – *Get ready for an epic workout today*
- **Bounce OTS** – **Hips and shoulders square to the front, knees soft**
- **Run OTS** – **Brace abs, chest lifted**, kick the heels up
OPTION: March

BLOCKS 2 AND 3

LAYER 2

- **Step Touch** – *L, R. Chest lifted, hips square to the front*
- **Step Curl with Double Bicep Curl** – **Chest lifted, hips square to the front**, heels to butt
OPTION: Without Bicep Curl
- **Bounce OTS** – **Connect**
- **Run F&B Combo**
OPTION: March F and Step Wide

BLOCK 4

LAYER 3

Focusing on priming the body for the workout ahead.

- **Single Squat** – **Knees out over toes**, heels down, chest lifted
- **Single Squat and Reach Up** – *Drive palms up, feel your upper back and triceps dial in with your lower body*
- **Single Pushup** – **Chest to elbow height**, back long and flat, **draw core in tightly** and engage the arms
OPTION: Knees under hips
- **Mountain Climber** – **Hips square to the floor**, back long and butt down
- **Cross Mountain Climber** – *L, R. Opposite knee to elbow, getting our obliques ready for rotational work*



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to feel grounded and move with control and strength in the low-impact aerobic moves, and let go in the Run To Corner Combo to lift their heart rate and energy.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	V / Turn it up	4x8	A	Step Curl L, R. Arms down	4 8x
	0:12	The world will never be	4x8	B	Gallop L, R. Arms down	8 4x
	0:24	C / We are survivors	4x8	B¹	Gallop L, R. Double Bicep Curl	8 4x
	0:36	I ... we are survivors	8x8	C	Agility 3-Step Run L, R. RA	8 8x
	1:01		8x8	D	Run To Corner Combo L, R Run to front L corner. RA Run B. RA Run to front R corner. RA Run B. RA	2x 8 8 8 8
2	1:25	V / Turn it up	20x8	REPEAT Sequences A, B, B¹, C and D		
3	2:52	V / We never sleep	4x8	A¹	Step Curl L, R. Bicep Curl	4 8x
	3:04	Br /	1x8	E	Bounce & Drop Squat Combo Bounce OTS Drop Squat. Hands on thighs	1x 4 4
	3:07	C / The world will never	8x8	E	REPEAT Bounce & Drop Squat Combo	8 8x
	3:31		8x8	D	REPEAT Run To Corner Combo L, R	2x



02. SURVIVORS (EXTENDED REMIX) 3:59mins

BLOCK 1

LAYER 1

This is a strong and high-energy Track 2 so lift your energy but don't push the intensity too high too early in the class.

- **Step Curl** – L, R. *Step lift, step lift. **Chest lifted, knees out over toes**, heels to butt*
- **Gallop** – L, R. *Step skip, step, curl. **Chest lifted, abs braced**, push out of the floor, move down and up*
OPTION: No Jump
- **Agility 3-Step Run** – L, R. *Run, run, hop. **Knees out over toes**, hips back and square to the front, chest lifted, "lift the knee to hip height"*
OPTION: Low impact, grounded in the legs
- **Run To Corner Combo** – *Run F&B, coach the number of Runs and the direction*
OPTION: March

BLOCK 2

LAYER 1

Lower the voice and energy levels from the Run so there is contrast in your teaching. Have fun with the music!

- **Step Curl** – "Shall we work hard and play hard on this one?"
- **Gallop** – L, R. *Step skip, step, curl. **Bend the knees**, get down to push up through the floor*
- **Agility 3-Step Run** – L, R. *Run, run, hop. *Playtime for the arms; check the team and bring the hype to the arms, sending the heart rate up**
- **Run To Corner Combo** – *Run F&B, get the rhythm and start to move, push wider, light up the glutes and legs for lateral movement. Play with this one – how far do you want to go? Are you going to run with us or try to beat us? Your game, do 'you'!*

BLOCK 3

LAYER 3

Bring in the survivor theme. Refer to all being successful today – all with positive attitudes and good vibes. Lift the intensity for the last Run Combo so the class is ready to transition into the next track. The body is set physically, so let's now set our mind! Last block to finish, let's make sure the body is warmed up and everyone is hyped. Celebrate it!

- **Bounce & Drop Squat Combo** – *Bounce: **Hips and shoulders square to the front, knees soft**. Drop Squat: **Knees out over toes, chest lifted***



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to enjoy this song and feel the dance flava in the Dance Combo.

MUSIC			EXERCISE		CTS	REPS
1	0:00	Instr /	4x8	A	Run OTS.	32
	0:12	C / Just dance	4x8	B	Shuffle L, R. RA Dance Combo	32
	0:24	Instr / Just dance it will be okay	8x8	C	Dance Combo Feet wide, Double Bounce OTS, face R side Feet wide, Double Bounce OTS, face L side Shuffle L, R x2. RA. Face front	8x 2 2 4
	0:48	Just dance it will be okay	4x8	D	Jumping Jack. <i>Side Raise</i>	2 16x
2	1:00	V /	1x8	A	Run OTS. RA	8
	1:02	I've had a little bit too	4x8	E	Single Knee L, R. <i>Relaxed Arms</i>	4 8x
	1:14	PC / What's going on	4x8	E ¹	Single Knee F&B Combo Single Knee L, R x4. Move F. RA Run B. RA	16 16
	1:27	C / Just dance	8x8	E ²	Single Knee F&B Combo Single Knee L, R x4. Move F. <i>Single Punch F</i> Run B. <i>Open & Clap</i> x8 Dance Combo on last 8cts	2x 16 16
	1:50	Just dance it will be OK	4x8	C	Dance Combo	8 4x
	2:03	Just dance it will be OK	4x8	C ¹	Dance Combo – <i>Add Party Arms</i>	8 4x
	2:15	Just dance it will be OK	4x8	D	Jumping Jack. <i>Side Raise</i>	2 16x
	2:27	Just dance it will be OK	4x8	D ¹	Jumping Jack. <i>Side Raise</i> Double Jump F&B x2. <i>Double Punch F</i> Jumping Jack. <i>Double Reach Up</i> x2	4 4
3	2:39	Sequences A, E, E¹, E², C, C¹, D and D¹				



03. JUST DANCE 4:21mins

BLOCK 1

LAYER 1

This is a strong-feeling Track 3 with the freedom to dance in this track. Be calm in the verses, relaxed but strong in your upper body to match the music. Keep it cool. Teach the Dance Combo with great posture and technique.

- **Shuffle** – L, R. **Chest lifted, hips square to the front**, light on balls of the feet
- **Dance Combo** – Cue the direction, bounce to the corner and then face the front for the Shuffle. Turn whole body as one in the Double Bounce

OPTION: Side Tap and March OTS

- **Jumping Jack** – Out and in, **knees bent and out over toes, heels down**, chest lifted

OPTION: Side Taps

BLOCK 2

LAYER 2

You need great upper body control in the Dance Combo, just add the feel with the arms. Be strong and build the energy in the last Jack Combo until the end of the block.

- **Single Knee** – R, L. *Knees to hip height*
- **Single Knee F&B Combo** – L, R. *8 Knees F, Run B*
- **Dance Combo** – *It's a hardcore pumping dance party! Add arms in any way you like*
- **Jumping Jack** – *Heels down, bend knees*

BLOCK 3

LAYER 3

This block is a repeat of Block 2 – Increase the intensity by encouraging bigger moves to drive the heart rate up and have fun by adding your flava and encouraging the members to add flava too.



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel the lift in intensity in the workout as they move with explosive power and high energy.

MUSIC		EXERCISE		CTS	REPS
0:00		4x8	Split room	32	
0:11	C / Base up to the top	8x8	A 3 Hops & Run Across Combo L, R		4x
			Hop L, R, L. RA	6	
			Run to R side R, L. RA	2	
			Hop R, L, R. RA	6	
			Run to L side L, R. RA	2	
0:34	Base up to the top	8x8	A ¹ 3 Skater & Run Across Combo L, R		4x
			Skater L, R, L. RA	6	
			Run to R side R, L. RA	2	
			Skater R, L, R. RA	6	
			Run to L side L, R. RA	2	
1	0:57 Br /	2x8	B Hold	16	
			 Lunge & Shuffle Combo		
1:03		8x8	C Lunge & Shuffle Combo L, R		4x
			Lunge L, R, L	6	
			Shuffle R, L	2	
			Lunge R, L, R	6	
			Shuffle L, R	2	
1:25		2x8	B  Hold	16	
			 Pulse Squat		
1:31	C / Base up to the top	4x8	D Pulse Squats	2	16x
			 Squat Jump with Butt Kick		
1:43	Base up to the top	4x8	E Squat Jump with Butt Kick	4	8x
2	1:55	4x8	Change sides	32	
	2:05	36x8	 Sequences A, A ¹ , B, C, B, D and E		
3	3:49	4x8	Change sides	32	
	4:00 C / Base up to the top	8x8	A  3 Hops & Run Across Combo L, R	16	4x
	4:22 Base up to the top	8x8	A ¹  3 Skaters & Run Across Combo L, R	16	4x
	4:46 Br /	2x8	B  Hold	16	
			 Lunge		
	4:51	8x8	C ¹ Plyometric Lunge L, R. RA	4	16x
	5:14	2x8	B  Hold	16	
			 Pulse Squat or Butt Kick		
	5:20 C / Base up to the top	8x8	E  Squat Jump with Butt Kick	4	16x



04. SUPA DUPA FLY (EXTENDED REMIX) 5:57mins

BLOCK 1

LAYER 1

I want my participants to feel the lift in intensity in the workout as they move with explosive power and high energy. Set up the class with 3 blocks of power. Coach the rhythm of the moves, options and compulsory cues only. Allow time for the class to feel the repetition of the moves and confident with the options.

- **3 Hops & Run Across Combo** – **Square hips to the front, lift chest** and lift the heels
- **3 Skater & Run Across Combo** – **Brace the core and keep knees out over toes.** Lift the heels and **bend knees to land**
- **Lunge & Shuffle Combo** – Cue the rhythm, down in Lunge and up in Shuffle
OPTION: Backward-Stepping unges
- **Pulse Squats** – Feet wide, **knees out over toes**, heels down, chest up
OPTION: Stay down and pulse
- **Squat Jump with Butt Kick** – **Bend knees to land, abs braced**
OPTION: Low-impact Squat

BLOCK 2

LAYER 2

In this block, drive the intensity by coaching the 'how' and the reasons for the change. Start to push the energy of your voice and role-model bigger intensity to motivate the class. You can start to connect and commend individual efforts that you see in your class.

- **3 Hops & Run Across Combo** – Focus on hamstrings to lift the heel and squeeze into the back of the legs
- **3 Skater & Run Across Combo** – Move your focus from hamstrings to the glutes and quads. Fire up the big powerhouse muscles and stay low
- **Lunge & Shuffle Combo** – Drive up, focus on power in the Lunges and speed in the Shuffles
- **Pulse Squats** – Stay low and push through the whole foot
- **Squat Jump with Butt Kick** – Lift up and squeeze into the back

BLOCK 3

LAYER 3

Bring everyone in to finish together. This is the final set – challenge your mindset, your body and your fitness. Push into the red zone! Give everything you have to increase the intensity of the movements and get fitter. Finish with massive energy and stay in the intensity zone all the way through the big set of Lunges. Change happens in the push to the end. Set your legs on fire. All your power! For every move, keep your participants engaged with a strong voice and congratulate individuals on their efforts.



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to focus on unilateral movements. Unilateral training is the feeling of training one side of the body while the opposite side remains stable and controlled, like in a Single-Leg Knee Repeater. I want my participants to feel confident and strong in the upper body section, especially the Side Planks.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	C / Minina tora	4x8	Set up Transfer weigh to L leg for Single-Leg Squat	32	
	0:13	Br /	1x8	Balance Single-Leg Squat	8	
	0:16	C / Minina tora	8x8	A Single-Leg Knee Repeater L Hold last Repeater B	4	16x
	0:43	Minina tora	4x8	B Single-Leg Deadlift L Transition to floor	16 16	
	0:57	Instr /	4x8	C Single Tricep Pushup	4	8x
	1:11		4x8	C  Single Tricep Pushup Transition to hands wide	4 4	7x
	1:25		4x8	D Wide Pushup	4	8x
2	1:39	C / Minina tora	4x8	Set up Transfer weight to R leg for Single-Leg Squat	32	
	1:52		1x8	Balance Single-Leg Squat	8	
	1:56	Minina tora	8x8	A  Single-Leg Knee Repeater R Hold last Repeater B	4	16x
	2:23	Minina tora	4x8	B  Single-Leg Deadlift R Transition to floor	16 16	
	2:37		4x8	C  Single Tricep Pushup	4	8x
	2:50		4x8	C  Single Tricep Pushup Transition to hands wide	4 4	7x
	3:04		4x8	D  Wide Pushup	4	8x
3	3:19		4x8	E Bottom Half Pushups	2	16x
	3:32		2x8	Set up for Plank then turn to the side	16	
	3:39		4x8	F Side Plank L	32	
	3:52		4x8	F Rotate to centre Side Plank R	4 28	
	4:06		6x8	G Rotate to Plank and hold	32	
	4:21		2x8	Recovery – Shake out arms and legs	16	
	4:28		8x8	C  Single Tricep Pushup	4	16x
	4:56		4x8	D  Wide Pushup	4	8x



05. ININNA TORA 5:14mins

BLOCK 1

LAYER 1

Use simple and clear coaching. Coach the rhythm and compulsory cues, then add the options early. Don't say too much during the Single-Leg Knee Repeater or you'll lose timing with the music. Focus on stability and control in the Single-Leg Knee Repeater and also on the the timing of the music in the Tricep Pushups.

- **Single-Leg Knee Repeater** – *Front knee out over toes, chest lifted, abs braced, slight bend in supporting leg*
- **Single-Leg Deadlift** – *Square shoulders to the floor, squeeze glutes, leg long, abs braced, slight bend in supporting leg*
- **Single Tricep Pushup** – *Hands under shoulders, chest to elbow height, abs braced, back long and flat, elbows towards ribs*
OPTION: Knees under hips
- **Wide Pushup** – *Hands wider than shoulder-width apart, chest to elbow height, back long and flat*
OPTION: Knees under hips

BLOCK 2

LAYER 2

Bring the Sprint mechanic movement into action; get ready for an upper body challenge.

- **Single-Leg Knee Repeater** – *Stay low to keep the load in the legs, squeeze glutes to extend leg, engage the hip flexors to pull knee through, think of driving the floor away*
- **Single Leg Deadlift** – *Squeeze glutes to maintain balance*
- **Single Tricep Pushup** – *Keep weight in palms of hands to light up the back of the arm*
- **Wide Pushup** – *We hit the bigger muscles in our chest to maintain intensity*

BLOCK 3

LAYER 2

Coach the compulsory cues and basic set-up for the Side Plank, then coach on how to intensify the obliques on the second side of the Plank. When holding the Plank, focus on squeezing the quads, glutes and upper body to hold the strength and a stable position. *Big energy! 16 Tricep Pushups and 8 Wide Pushups! Pushup party time!*

- **Side Plank** – *Abs braced, drive palm into the floor, feel confident with your strength, hips and shoulders turn together. If you're shaking, you're challenging your strength and balance!*
OPTION: Bottom knee down
- **Single Tricep Pushup** – *We ain't stopping till we get enough*
- **Wide Pushup** – *Last 8 Wide Pushups, on your toes! Let's go!*



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to enjoy and sing along to the song and get their heart rates up by the end of the track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Run OTS	32	
0:11	... don't go easy on me	4x8	A	Drop Squat. <i>Hands on thighs</i>	4	8x
0:23	V / There	8x8	B	Run & Squat Combo		2x
				Run F. RA	8	
				Drop Squat x2. <i>Hands on thighs</i>	8	
				Run B. RA	8	
				Drop Squat x2. <i>Hands on thighs</i>	8	
0:47	Go easy on me baby	2x8	A	 Drop Squat. <i>Hands on thighs</i>	4	2x
0:50			C	Burpee	8	
0:53	Go easy on me baby	8x8	B ¹	Run & Squat Combo		2x
				Run F. RA	8	
				Drop Squat x2. <i>Hands on thighs</i>	8	
				Run B. RA	8	
				Burpee	8	
1:15	Go easy on me baby	4x8	C	 Burpee	8	4x
1:28		8x8	D	Circle Run or Run F&B	64	
1:52		8x8	E	Run In & Out Combo		2x
				Run in. <i>Double Reach up</i> x4	8	
				Run OTS. <i>Double Reach up</i> x4	8	
				Run B. RA	8	
				High Knee Run OTS. RA	8	
2:15	Don't go easy on me	4x8	F	High Knee Run OTS	24	
				Set up for Run & Squat Combo	8	

2

2:27

 Sequences B, A, C, B¹, C, D, E and F



06. EASY ON ME (HANDZ UP REMIX) 4:39mins

BLOCK 1

LAYER 1

Start with a relaxed energy, loads of connection with the uplifting vibes of the music. Coach the Squat technique in the Run & Squat Combo and the Burpee. Connect in the run around the room and then lift the energy in the Run In & Out Combo to start lifting the heart rate.

- **Drop Squat** – *Knees out over toes, heels down, chest lifted*
OPTION: No Lunge
- **Run & Squat Combo** – Run F. *Brace abs, chest lifted, 2x Drop Squats*
OPTION: Walk F, Walk B and Side Squat
- **Burpee** – *Feet wide in Squat, jump feet back into Plank, hands under shoulders, abs braced in Plank*
- **Circle Run** – *In this moment, choose the best movement and pace for you! Run, March, Sprint or Run OTS. Whatever feels good for you*
- **Run In & Out Combo** – *Brace abs, chest lifted, reach high and connect with your smile and energy*
- **High Knee Run OTS** – *Brace abs, chest lifted, pump the arms, knees to hip height*

BLOCK 2

LAYER 2

Focus on depth in the Squats, strong long Burpees and picking up the feet and knees in the running movements. Enjoy the music and the feeling of working together.



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel the acceleration and deceleration in the Ladder Run & Sprint Combo and enjoy the agility and sports feel in the Side Bounce & Double Jump F&B Combo.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	A	Split room. Hold Bounce OTS	32
	0:13		4x8	B	Ladder Run OTS Ladder Run & Sprint Combo	32
	0:28	Br / ... let me see you get nasty now	8x8	C	Ladder Run & Sprint Combo Ladder Run OTS x8 Sprint in – touch turn 180° Sprint out – Run OTS, turn 180°	2x 16 8 8
2	0:50	Instr / (low)	4x8	A	Hold Bounce OTS Side Bounce & Double Jump F&B Combo	32
	1:02	(high)	8x8	D	Side Bounce & Double Jump F&B Combo Side Bounce Double Jump F&B. <i>Bicep Curl</i> Side Bounce Double Jump F&B. <i>Bicep Curl</i>	4x 4 4 4 4
	1:25	(low)	16x8	C	Ladder Run & Sprint Combo	32 4x
3	2:13	Instr / (high)	4x8	A	Change sides or Hold Bounce OTS	32
	2:24		8x8	D ¹	Side Bounce & Double Jump F&B Combo Side Bounce Double Jump F&B to corner. <i>Pass the ball F</i> Side Bounce Double Jump F&B to corner. <i>Pass the ball x2</i>	4x 4 4 4 4
	2:47	Instr / (low)	16x8	C	Ladder Run & Sprint Combo	32 4x
4	3:35		4x8	A	Change sides or Hold Bounce OTS	32
	3:46	Instr / (high)	8x8	D ²	Side Bounce & Double Jump F&B Combo & Block Side Bounce Double Jump F&B x1. <i>Pass the ball F</i> Staight Jump Block x1. <i>Arms straight up</i> Side Bounce Double Jump F&B x1. <i>Pass the ball F</i> Staight Jump Block x1. <i>Arms straight up</i>	4x 4 2 2 4 2 2
	4:10	Outro / (low)	12x8	A	Ladder Run & Sprint Combo	32 3x



07. NASTY 4:51mins

BLOCK 1

LAYER 1

Speed and agility time!

- **Ladder Run OTS** – *Upper body still, fast feet in and out. Preview the combo*
- **Ladder Run & Sprint Combo** – *Hips square on to the front on the Ladder Run, light and fast feet on Sprints*

BLOCK 2

LAYER 2

Add the passing the ball movement in the Ladder Run & Sprint Combo. Talk to the acceleration and deceleration. Fast out of the blocks – control – decelerate, then explode again to go back to the starting position.

- **Side Bounce & Double Jump F&B Combo** – *Feet wide, on the balls of the feet. **Chest lifted, abs braced** and knees bend on landing for Double Jump*
OPTION: Step Across and March
- **Ladder Run & Sprint Combo** – *Sprint fast out of the blocks and then control and slow down the turn. Accelerate and decelerate*

BLOCK 3

LAYER 3

Playtime with adding the pass.

- **Side Bounce & Double Jump F&B Combo** – *2 passes, hold the pass close to the chest and then push forward. Extend the arms to get full power*
- **Ladder Run & Sprint Combo** – *As you turn, change the arm that reaches towards the floor, working both sides of the body; start to increase distance if you have space*

BLOCK 4

LAYER 3

Add the pass and the block.

- **Side Bounce & Double Jump F&B Combo and Block** – *Teach the block move, vertical jump. Bend to land and then a quick change of direction to push across*
- **Ladder Run & Sprint Combo** – *Get a little competitive... a faster take-off than the person next to you – be the first to touch the finish line*



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to feel the energy of the song as they get louder with more energy.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	2x8	A	Jog OTS. RA	16	
	0:07	V / This is the last time	8x8	B	Side Flick L, R	4	8x
	0:18			B ¹	Side Flick L, R. <i>Side Raise</i>	4	8x
	0:30	C / I'm screaming louder	4x8	B ²	Side Flick L, R. <i>Double Reach up</i>	4	8x
	0:42	Instr / ... I'm out of here	8x8	C	Run & Swing B Combo		4x
					Run F. RA	8	
					Swing B L, R x4	8	
	1:06		8x8	D	Run & Kick Combo		2x
					Run F. <i>Double Reach up</i> x4	8	
2					Single Kick L, R x2. <i>Single Punch F</i>	8	
					Repeat to B	16	
	1:30	C / I'm screaming louder	4x8	E	Single Kick L, R. <i>Single Punch F</i>	4	8x
	1:42	I'm screaming louder	4x8	E ¹	Single Kick L, R. <i>Double Punch down</i>	4	8x
	1:54		36x8	 Sequences A, B, B¹, B², C, D, E and E¹			
	3:47	C / I'm screaming louder	4x8	A ¹	Run OTS. <i>Clap O/H</i>	32	
	3:58		1/2x8	A	 Run OTS	4	1x
	4:00		8x8	C	 Run & Swing B Combo	16	4x
	4:24	I'm screaming louder	8x8	D	 Run & Kick Combo	16	4x
3	4:48	I'm screaming louder	4x8	E	 Single Kick L, R. <i>Single Punch F</i>	4	8x
	5:00	I'm screaming louder	4x8	E ¹	 Single Kick L, R. <i>Double Punch down</i>	4	8x



08. LOUDER 5:18mins

BLOCK 1

LAYER 1

This track is all about being loud and proud! Use the lyrics "louder" to encourage a louder "Hey hey" from the participants.

- **Side Flick** – R, L. Arms wide. **Hips square to the front, chest lifted**
OPTION: Side Taps
- **Side Flick** – R, L. Point toes and feel alive with the Double Reach up
- **Run & Swing B Combo** – Hips square to the front and squeeze glutes to Swing B
OPTION: March F&B
- **Run & Kick Combo** – **Brace abs, chest lifted**, Coach the basics with direction and how many.
OPTION: Low Jog and low Kick
- **Single Kick** – **Back straight, hips square to the front**, kick F from the hip with a straight leg, chest lifted, kick to hip height. Lift the energy of your voice and get louder!

BLOCK 2

LAYER 2

Bring the "Hey Hey" into this block.

- **Jog OTS** – Drop the heart rate, breathe and recover to get ready to go again
- **Side Flick** – R, L. Arms wide. Squeeze the glutes and quads and flick wider
- **Side Flick** – R, L. Make legs longer and reach higher
- **Run & Swing B Combo** – Feel the music and listen to the energy of the music build
- **Run & Kick Combo** – Say "Hey hey", the international language of BODYATTACK!
- **Single Kick** – Keep the energy up all the way to the end of this block. Feel the love of the class!

BLOCK 3

LAYER 3

At the start of this block, lower your voice and take some time to connect with your members about being together and being loud and proud! Big, loud and proud, "Hey, hey, hey" to the end. Scream it loud!



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to enjoy the music and feel the BODYATTACK togethernees at the end of every block.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	A	Run OTS	32	
	0:11	V / In a time	8x8	B	Single Knee L, R. <i>Relaxed Arms</i>	4	16x
	0:34	C / Everytime I see you	4x8	C	Run F & Jumping Jack Combo		
					Run F	8	
					Jumping Jack x4 – turn 180°	8	
					Run to B	8	
					Jumping Jack x4 – turn 180°	8	
	0:46	Instr /	8x8	C	 Run F & Jumping Jack Combo	32	2x
	1:09	C / Everytime I see you	4x8	D	Jumping Jack. <i>Cross Arms O/H</i>	2	16x
					 Run & Tuck Jump Combo		
	1:20	... Everytime I see you	8x8	C ¹	Run & Tuck Jump Combo		2x
					Run F	8	
					Jumping Jack x3 – turn 180°	6	
					Tuck Jump	2	
					Run F	8	
2					Jumping Jack x3 – turn 180°	6	
					Tuck Jump	2	
	1:44	C / Everytime I see you	4x8	E	Single Knee L, R x4. <i>Move F</i>		
					<i>Single Punch up</i>	4	8x
	2:01	Everytime I see you	2x8	F	Jumping Jack x8. <i>Cross Arms O/H</i>	2	8x
			2x8	F ¹	Air Jacks. <i>Cross Arms O/H</i>	2	8x
	2:07		4x8	G	Snowboard L, R	4	8x
	2:18		4x8	H	Sprint OTS – building speed	32	
	2:29				 Sequences A, B, C, C, D, D, E, F, G and H		
3	4:57	C / Everytime I see you	4x8	A	 Run OTS – Make a circle	32	
	5:09	Br /	1½x8	B ¹	Single Knee L, R	4	3x
	5:12	Everytime I see you	4x8	E ¹	Single Knee L, R. <i>Single Punch up</i>	4	8x
	5:23	Everytime I see you	2x8	F	 Jumping Jack x8. <i>Cross Arms O/H</i>	2	8x
	5:29		2x8	F ¹	 Air Jacks. <i>Cross Arms O/H</i>	2	8x
	5:35		8x8	H ¹	High Knee Sprint – Come in together	64	



09. FADING LIKE A FLOWER (EXTENDED REMIX) 6:07mins

BLOCK 1

LAYER 1

Start with a relaxed energy in the Single Knees. Be clear on what the move is, then where to travel and the direction of the moves in the Run combos. During the Jumping Jack OTS, preview the Run & Tuck Jump Combo – but you don't have to stay in time with the music: just show participants what you want them to do and then be ready to run with the class as soon as the Run & Tuck Jump Combo starts. Clearly coach the option of the Burpee or Jumping Jack in the 180-degree turn. Keep the energy high in the Single Knees and really let your energy and moves become more powerful. Drive the Jumping Jacks and explode like crazy into the Air Jacks. Building speed in the Sprints, the class needs to move as fast as possible – so beat the music and race!

- **Single Knee** – Allow the calmness of the song to set the class as we are about to max out over 3 blocks of work. **Brace abs, chest lifted, knees to hip height**
- **Run F & Jumping Jack Combo** – Light run F, **knees bent and over toes** as you jump in the Jumping Jacks, **heels down**
OPTION: Tap and turn
- **Jumping Jack** – Cross arms O/H and preview Run & Tuck Jump Combo
- **Run & Tuck Jump Combo** – **Brace abs to lift the knees, bend knees to take off and land**
- **Single Knee** – Punch up, tall
- **Jumping Jack** – Cross arms
OPTION: Air Jacks
- **Snowboard** – L, R. Feet wide, hips move with the shoulders
OPTION: Squat and turn
- **Sprint OTS** – Max out! Get ahead of the beat

BLOCK 2

LAYERS 2 AND 3

'Chill out' and connect in the Run OTS and Single Knees and then build the same way as you did in the first block. Start to have fun with the music!

- **Single Knee** – Get ready to go again!
- **Run F & Jumping Jack Combo** – Feel light in the feet and strong in the Jumping Jacks
- **Jumping Jack** – Push down in the Jacks to get up; start to wind in, up and get ready to go again
- **Run & Tuck Jump Combo** – Drive hips up to explode for vertical power in the Tuck Jump
- **Air Jacks** – Get up! Get up! Push for height!
- **Snowboard** – L, R. Stay down in the legs, like you're going down the mountain
- **Sprint OTS** – Feet are like popcorn popping off the floor

BLOCK 3

LAYER 3

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

- **Run OTS** – Make a circle and Run OTS together
- **Single Knee** – Punch up, punch strong
- **Jumping Jack** – Lift in the Jacks, lift the energy
- **Air Jacks** – Push through the legs, high, higher, higher
- **High Knee Sprint** – Come in together! SPRINT!



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to work all the muscles of the core and back.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	2x8	Set up for Hover	16	
	0:07	V / Wrap me up	4x8	A Hover – On knees or toes	32	
	0:23	C / Can someone tell me	4x8	A  Hover – On knees or toes	32	
	0:37	Br / Da da da da da	1x8	Transition to Mountain Climber	8	
	0:43	Instr / Da da da da da	3x8	B Cross Mountain Climber L, R Roll over to back on last 4cts	3	8x
	0:54	V / Wrap me up	4x8	C Single C-Crunch . <i>Fingertips to temples</i>	4	8x
	1:09	C / Can someone tell me	4x8	C ¹ Single C-Crunch . Extend legs straight up. <i>Double Reach F</i> Hold legs up on last 2cts	4	8x
	1:24	Br /		Lower legs to 45°	4	
	1:27	Instr / Da da da da da	4x8	D Flutter Kick – down to 45°	2	16x
	1:43	V / Wrap me up	4x8	C  Single C Crunch . <i>Fingertips to temples</i>	4	8x
2	1:58	C / Can someone tell me	4x8	C ¹  Single C Crunch . <i>Double Reach F</i>	4	8x
	2:13	Br /	½x8	Extend legs straight up	4	1x
	2:16	Instr / Da da da da da	4x8	D  Flutter Kick – down to 45°	2	16x
	2:32	I don't ever want to	4x8	E Glute Bridge	32	
	2:46	C / Can someone tell me	4x8	E ¹ Alt Glute Bridge . Extend leg L, R	8	4x
	3:02	Instr / Da da da da da	4x8	B Roll over to Plank  Cross Mountain Climber L, R	4	7x
3	3:19	C / Can someone tell me	4x8	B ¹ Cross Mountain Climber – Faster L, R	2	16x



10. CRAZY WHAT LOVE CAN DO 3:39mins

BLOCK 1

- **Hover** – *Elbows under shoulders, **abs braced**, back long and straight, hips square to the floor*
- **Cross Mountain Climber** – *Hips square to the floor, core braced, knee through to elbow*
- **Single C-Crunch** – *Chin tucked in, eye gaze towards knees, slide ribs towards hips, lower back towards floor*
- **Flutter Kick** – *Abs braced, lower back towards floor, extend legs down to 45 degrees, hold that intensity*

BLOCK 2

LAYER 2

- **Single C-Crunch** – *Chin tucked in, eye gaze towards knees, slide ribs towards hips, lower back towards floor. Try to make the Crunch strong, push your heels to the ceiling and breathe. Lower to 45 degrees to increase intensity*
- **Glute Bridge** – *Heels close to butt, abs braced, shoulders back on the floor, press hips to ceiling, squeeze glutes*
- **Alternating Glute Bridge** – *Heels close to butt, abs braced, hips level and square to floor, drive knees towards ceiling*

BLOCK 3

LAYER 3

- **Cross Mountain Climber** – *Abs braced, hips square to the floor, shoulders over wrists/hands, eyes forward of hands, knee to opposite elbow, shin close to floor. Strong through the upper body; keep the abs firing up as you keep the body long and flat*



11. COOLDOWN

TRACK FOCUS

I want my participants to use this time to celebrate a great workout and to recover properly.

	MUSIC		EXERCISE	CTS
	0:00	1x8	Set up for Hip Flexor Stretch	8
	0:10	V /	Hold my hand	
		2x8	Kneeling Hip Flexor Stretch	8
			Kneeling Hip Flexor Stretch. <i>Reach hand up O/H</i>	8
	0:29	PC /	To tell me you need me?	
		2x8	Kneeling Hamstring Stretch	16
		¼x8	Sit down	2
	0:50	C /	So cry tonight	
		2x8	90/90 Glute Stretch	16
	1:10	Br /	Promise me	
		½x8	Change sides	4
	1:15	V /	Raise your head	
		2x8	Kneeling Hip Flexor Stretch	8
			Kneeling Hip Flexor Stretch. <i>Reach hand up O/H</i>	8
	1:32	PC /	To tell me you need me?	
		2x8	Kneeling Hamstring Stretch	16
1	1:54	Br /		
		¼x8	Sit down	2
	1:57	C /	so cry tonight	
		2x8	90/90 Glute Stretch	16
	2:16	Br /	Promise me	
		½x8	Roll over to Down Dog	4
	2:20	C /	Hold my hand	
		2x8	Dynamic Calf Stretch L, R	16
	2:40	Br /		
		¼x8	Stand up	2
	1:43	V /	I know you're scared	
		1x8	Standing Quadricep Stretch	8
	2:53		I've heard a story	
		1x8	Standing Quadricep Stretch	8
	3:02	Br /		
			Step out to Side Lunge	2
	3:04		Hold my hand	
		1x8	Standing Adductor Stretch	8
	3:14		Hold my hand	
		1x8	Standing Adductor Stretch	8
	3:24		Hold my hand	
		1x8	Reach up	2
			Squat	2
			Hamstring Stretch	4
	3:32		I heard from the heavens	
		½x8	Roll up to standing	4



11. HOLD MY HAND 3:45mins

BLOCK 1

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 focus on unilateral movements. Unilateral training is the feeling of training one side of the body while the opposite side remains stable and controlled, like in a Single Leg Knee Repeater. I want my participants to feel confident and strong in the upper body section, especially the Side Planks.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	C / Minina tora	4x8	Set up	32	
	0:13	Br /	1x8	Single-Leg Balance	8	
	0:17	C / Minina tora	4x8	A Single-Leg Knee Repeater R	4	8x
	0:30	Minina tora	4x8	A Single-Leg Knee Repeater L	4	8x
	0:43	Minina tora	4x8	B Hold Bottom Squat Transition to Pushup	24 8	
	0:58	Instr /	4x8	C Single Tricep Pushup	4	8x
	1:11		4x8	C Single Tricep Pushup Transition to hands wide	4 4	7x
	1:25		4x8	D Wide Pushup	4	8x
2	1:40		4x8	E Bottom Half Pushup	2	16x
	1:53		2x8	F Set up for Plank	16	
	2:00		4x8	G Side Plank Rotate to other side on last 4cts	32	
	2:14		4x8	G Side Plank Rotate to center on last 4cts	32	
	2:28		2x8	F Plank	32	
	2:49		4x8	C Single Tricep Pushup	4	8x
	3:03		4x8	D Single Wide Pushup	4	8x



Exp

05. ININNA TORA 3:25mins

BLOCK 1

LAYER 1

Use simple and clear coaching. Coach the rhythm and compulsory cues, then add the options early. Don't say too much during the Single Leg Knee Repeater or you'll lose timing with the music. Focus on stability and control in the Single-Leg Knee Repeater and also on the the timing of the music in the Tricep Pushups.

- **Single-Leg Knee Repeater** – *Front knee out over toes, chest lifted, abs braced, slight bend in supporting leg*
- **Bottom Squat** – *Hold and get ready to transition to Pushups, knees out over toes, chest lifted*
- **Single Tricep Pushup** – *Hands under shoulders, chest to elbow height, back long and flat, elbows towards ribs*
OPTION: Knees under hips
- **Wide Pushup** – *Hands wider than shoulder-width apart, chest to elbow height, abs braced, back long and flat*
OPTION: Knees under hips

BLOCK 2

Coach the compulsory cues and basic set up for the Side Plank, then coach on how to intensify the obliques on the second side of the Plank. When holding the Plank, focus on squeezing the quads, glutes and upper body to hold the strength and a stable position. *Big energy! 16 Tricep and 8 Wide Pushups! Pushup party time!*

- **Side Plank** – *Abs braced, elbow under shoulder, lift bottom hip to isolate the obliques, turn the body as one*
OPTION: Bottom knee down
- **Plank** – *Hips and shoulders square to the floor, abs braced, back long and straight, hands under shoulders*
- **Single Tricep Pushup** – *We ain't stopping till we get enough*
- **Single Wide Pushup** – *Last 8 Wide Pushups, on your toes! Let's go!*



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

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

SQUAT JUMP

Knees bent on landing
Abs braced
Chest lifted



GLOSSARY

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

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

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

C CRUNCH
Chin tucked in – eye gaze towards knees
Slide ribs towards hips
Lower back towards floor

HOVER
Hips and shoulders square to the floor
Abs braced
Back long and straight
Forearms under shoulders

FLUTTER KICK
Abs braced
Press lower back towards the floor
Legs to 45 degrees

CROSS MOUNTAIN CLIMBER
Abs braced
Hips square to the floor
Shoulders over wrists/hands
Eyes forward of hands
Knee to opposite elbow
Shin close to floor

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

ALTERNATING GLUTE BRIDGE
Heels close to butt
Abs braced
Hips level and square to floor,
Drive knee towards 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

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

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

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



GLOSSARY

SINGLE SQUAT

Knees out over toes

Chest lifted

Sit back and sit down

MOUNTAIN CLIMBER

Hips square to floor

Hands under shoulders

Drive hands into the floor to keep upper body still

PULSE SQUAT

Knees out over toes

Chest lifted

Hips drop down and sit back

SINGLE LEG DEADLIFT

Front knee out

Hips square

Abs braced

SINGLE TRICEP PUSHUP

Hands under shoulders

Chest to elbow height

Elbows to ribs

Abs braced

SIDE PLANK

Abs braced

Elbow under shoulder

Turn body as one

SWING

Hips square

AIR JACKS

Bend knee on landing

Abs braced

Chest lifted

SNOWBOARD

Chest up and hips back

Turn the body as one



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.

