

BODYATTACK 119

MUSIC

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

Les Mills instructor resources are unique, valuable resources provided to you as a Les Mills certified instructor to enable you to learn each new release and teach it in Les Mills licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

- 01

Believe (Extended Remix) (4:00)
Linguistic Irony
© 2022 Les Mills Music Licensing Ltd.
Written by: Higgins, Grey, McLennan, Powell
- 02

Hot In It (Workout Remix 132 BPM) (4:21)
Power Music Workout
© 2022 Power Music, Inc.
Written by: Verwest, Aitchison, Bolander, Kiddo, Nordstrom, Hight
- 03

Be Higher (5:00)
Infiniti
© 2022 Black Lotus.
Written by: Gainsford, van de Geer, Langeveld, Plows
- 04

The Whistle (5:52)
Steve Aoki, Timmy Trumpet &
DJ Aligator
© 2022 SINPHONY Ltd. Under exclusive license to Spinnin' Records.
Written by: Movasat, Agami, Smith, Buijs, Aoki, Lagerfeldt, Weinreich
- 05

CEO (4:57)
FOMO
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beaupre, Bundgus
- 06

Blinding Lights (4:51)
Quickdrop
© 2021 Wuze Records.
Written by: Tesfaye, Balshe, Quenneville, Martin, Holter
- 07

Baddest and the Greatest (4:43)
Samastah
© 2022 Black Lotus.
Written by: Kalampoki, van de Geer, Langeveld, Murphy
- 08

Unbreakable (Extended Mix) (5:15)
Psyko Punkz x DJ Isaac x Sound Rush
© 2018 DirtyWorkz/Toffmusic BVBA. Licensed courtesy of Central Station Records.
Written by: Amersfoort, Schutrups, M. Boeren, J. Boeren, Prophet, Pols, van Loenen
- 09

Everybody Dance Now (5:43)
Donkeyard
© 2022 Les Mills Music Licensing Ltd.
Written by: Williams, Clivillés
- 10

The Pit (3:43)
Fabian Mazur x Snavs
© 2022 Actuation.
Written by: Holdø, Mazur

- 11

Good Life (3:33)
One Republic
Courtesy of the Universal Music Group.
Written by: Kutzle, Fisher, Zancanella, Tedder
- Exp
05

CEO (3:23)
FOMO
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beaupre, Bundgus



BODYATTACK 119



Fourth Row L-R: Robert van Dieën, Fabian Marco Graf, Anna Gibson

Third Row L-R: Eve Phelan, Marion Roche, Virginie Garnier, Sydnee Weinberg, André Zimmerli, Emily Dale, Fabien Kleinholtz, Nathaly Scholz, Joseba Isteque

Second Row L-R: Florian Coipel, Shin Ito, Mina Fujigasaki, Kayoko Koshimoto, Inbal Amran, Hila Ninio, Dido Brasil, Fernando Andrade, Caroline Kassab

Front Row L-R: Giulia Montino, Andi Kapidani, Alessandra Casagrande, Lisa Osborne, Mike Trott, Emily Wallis, Ortal Netser, Nick Yan

Lights. Camera. Action! Get ready for an inspiring, fun and energizing workout that will have your endorphin tanks overflowing.

'WE ARE UNSTOPPABLE' is the theme of this release. BODYATTACK fans are powerful and strong in mind and body and can break through and achieve anything! We never give up! We work together and stay together – THE UNBREAKABLE BOND OF BODYATTACK IS BASED ON THE BODYATTACK LOVE, SMILES, POSITIVE VIBES AND ENERGY!

The UK Team and I start the party with a Dance Pop hit that everyone can sing along to.

In Track 2, the Italian team will have you 'dropping like it's hot' before the Israeli team fire up the fun and captain you through an Aerobic adventure in Track 3.

The Japanese team bring the fire (whistles) and passion to the Plyometric track and then the French Swiss team test your strength limits in the Athletic Strength track.

Our Swiss team will have you and your heart rate flying high in the Running track.

The Track 7 presenters hail from Brazil, China and the USA – they bring all of the Athletic volleyball training skills into the Agility track.

The Australian and Netherlands teams bring the passion and energy to the Interval track.

Everybody will be super charged and ready to dance in the last Power track with our French team pushing you through those challenging moments.

You will be stronger than ever with the Middle Eastern team as they train your core with a new Hammer Throw Combo!

We have 3 LMA original artists bringing 3 fresh and fun original songs to BODYATTACK 119.

You will have the opportunity to dance, sing, sweat, smile and train. It's all in this release – shared love and the unbreakable bond of the BODYATTACK team.

Lots of love, smiles and energy to you all.
Lisa x

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minimum 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.



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
Juliet Mora – for coordinating all of the online coaching and communication between our massive team.
Michelle Farrier – for organising this incredible team.
Florry O'connell – for being a great Assistant Coach at the London rehearsals and for bringing flava, magic, passion and dance move vibes to our rehearsals and filming.
Robert van Dieën and Liam Botica – for stepping up to help with the choreography notes for this release and moving forward! I really appreciate it. Welcome to the team!
Elliot de Lautour – for bringing in the new sounds fo release 119!

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)

PRESENTERS

Alessandra Casagrande (Italy)
Andi Kapidani (Italy)
André Zimmerli (Switzerland)
Anna Gibson (United Kingdom)
Caroline Kassab (Lebanon)
Dido Brasil (Brazil)
Emily Dale (United Kingdom)
Emily Wallis (United Kingdom)
Eve Phelan (Australia)
Fabian Marco Graf (Switzerland)
Fabien Kleinholtz (French Switzerland)
Fernando Andrade (Portugal)
Florian Coipel (French Switzerland)
Giulia Montino (Italy)
Hila Ninio (Israel)
Inbal Amran (Israel)
Joseba Isteque (France)
Kayoko Koshimoto (Japan)
Lisa Osborne (Australia)
Marion Roche (France)
Mike Trott (United Kingdom)
Mina Fujigasaki (Japan)
Nathaly Scholz (Switzerland)
Nick Yan (China)
Ortal Netser (Israel)
Robert van Dieën (Netherlands)
Shin Ito (Japan)
Sydnee Weinberg (United States)
Virginie Garnier (French Switzerland)

TABATA

12 minutes of tabata training
20 seconds on, 10 seconds off. Repeat move 8 times. Then change moves.
Move 1: 2 Step Jump Combo
Move 2: Mountain Climbers
Move 3: Lunges



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 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.

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>

FORMATS

45-MINUTE FORMAT – OPTION 1		45-MINUTE FORMAT – OPTION 2	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 04	Plyometric	Track 04	Plyometric
Track 05	Athletic Strength	Track 05	Athletic Strength
Track 06	Running	Track 07	Agility
Track 07	Agility	Track 08	Interval
Track 09	Power	Track 09	Power
Track 10	Core	Track 10	Core
Track 11	Cooldown	Track 11	Cooldown
Total Time	41:43	Total Time	42:07
30-MINUTE EXPRESS FORMAT OPTION 1		30-MINUTE EXPRESS FORMAT OPTION 2	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 04	Plyometric	Track 04	Plyometric
Track 07	Agility	Track 06	Running
Track 09	Power	Track 09	Power
Express 05	Athletic Strength	Express 05	Athletic Strength
Total Time	28:02	Total Time	28:10

NOTES:

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

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.

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		



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to enjoy this song and feel warm and ready for the workout ahead.

	MUSIC			EXERCISE		CTS	REPS
1	0:05	Intro /	4x8	Attack position		32	
	0:23	QC / Do you believe in	4x8	Stretch sequence			
				Reach Up		8	
				Squat		8	
				Hamstring Stretch		8	
				Roll up to stand		8	
	0:35	V / No matter how hard	4x8	A	Step Touch L, R	4	8x
2	0:48	PC / It's so sad that	4x8	A ¹	Step Touch L, R. <i>Double Bicep Curl</i>	4	8x
	1:01	C / Do you believe in	8x8	B	Bounce & Run Combo		2x
					Bounce. RA	16	
					Run F. RA	8	
					Run B. RA	8	
	1:28	Instr /	4x8	A	 Step Touch L, R	4	8x
					 Side Lunge L	4	
3	1:41	V / What am I supposed to	4x8	C	Side Lunge L. <i>Hands on thighs</i>	4	8x
	1:54	PC / I need time to move on	4x8	C	 Side Lunge R. <i>Hands on thighs</i>	4	8x
	2:07	C / Do you believe in	8x8	B	 Bounce & Run Combo	32	2x
	2:33	Instr /	4x8	A	 Step Touch L, R	4	8x
	2:46	V / What am I supposed to do	4x8	D	Single Squat. <i>Hands on thighs</i>	4	8x
					 Squat and <i>Reach Up</i>		
	2:59	PC / I need time to move on	4x8	D ¹	Single Squat. <i>Reach Up</i>	4	8x
	3:12	C / Do you believe in	16x8	B ¹	Bounce & Run OTS Combo with Stronger Arms		4x
					Bounce. RA	16	
					Run F. RA	8	
					Run B. RA – <i>Performance Arms</i> – see <i>Masterclass footage</i>	8	



01. BELIEVE 4:00mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

It's time to warm up our bodies and have some fun. Use simple but clear Layer 1 cues to tell your class where and how to move – keep it light with space for connection.

- **Stretch sequence** – Get ready to move and have fun!
- **Step Touch** – *L, R. Chest lifted, abs braced, hips square to the front*
- **Bounce & Run Combo** – *Hips square to the front, brace abs, chest lifted, knees soft, light on toes*
OPTION: Wide March

BLOCK 2

LAYER 2

Take the energy back a little for the Step Touch and Side Lunge. Then, pick up the celebrating feels of the music in the Bounce & Run Combo.

- **Step Touch** – *L, R. Chest lifted, hips square to the front. Connect with your class*
- **Side Lunge** – *Step out and in. Same side. Push your knee out over toes, hips back and chest lifted. Other side, push out of the side of your foot to feel strong*
- **Bounce & Run Combo** – *Kick the heels up high as you run*

BLOCK 3

LAYER 3

BODYATTACK is all about sharing energy! Connect with your class, connect to the music and the feel and celebrate the workout ahead.

- **Step Touch** – *Ask your participants how they feel*
- **Single Squat** – *Knees out over toes, chest lifted, heels and butt down, squeeze your glutes to stand*
- **Single Squat and Reach Up** – *Reach up as high as you can, big bend through your legs and stretch up through your lats*
- **Bounce & Run OTS with Stronger Arms** – *Show us your power pose. What empowers you?*



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to enjoy the rhythm of the 3-Step Curl & Gallop Combo and have fun with the Drop It Combo.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / Crying on the bathroom	2x8	A	Step Curl L, R. <i>Arms down</i>	4 4x
			2x8	A ¹	Step Curl L, R. <i>Double Bicep Curl</i>	4 4
	0:12	QC / Rocking it, dropping it	2x8	A ²	3-Step Curl & Gallop Combo L, R	1x
					Step Curl L, R, L. <i>Double Bicep Curl</i>	6
					Gallop to R. <i>Double Bicep Curl</i>	2
					Step Curl R, L, R. <i>Double Bicep Curl</i>	6
					Gallop to L. <i>Double Bicep Curl</i>	2
	0:18	C / Rocking it, dropping it	8x8	A ²	 3-Step Curl & Gallop Combo L, R	16 4x
	0:43	Instr / Rocking it	2x8	A	 Step Curl L, R. <i>Arms down</i>	4 4x
			2x8	B	Step Knee L, R. <i>RA</i>	4 4x
2	0:55	B up /	4x8	B ¹	Step Knee L, R. <i>Single-Arm Push down</i>	4 8x
	1:07	Instr / _ Rocking it, dropping it	16x8	C	Drop It Combo	4x
					Drop Squat x2. <i>Hands on thighs</i>	8
					Run F. <i>RA</i>	8
					Drop Squat x2. <i>Hands on thighs</i>	8
					Run B. <i>RA</i>	8
	1:56	Moving till' my feet get sore	22x8		 Sequences A, A¹, A², A², A, B and B¹	
	3:04		4x8	C ¹	Drop It Combo with RA and Half Turn	1x
					Drop Squat x2. Half Turn to R then L	8
					Run F. <i>RA</i>	8
3					Drop Squat x2. Half Turn to R then L	8
					Run B. <i>RA</i>	8
	3:16	Rocking it	12x8	C ¹	 Drop It Combo with RA & Half Turn	3x
					Drop Squat x2. Half Turn to R then L	8
					Run F. <i>RA</i>	8
					Drop Squat x2. Half Turn to R then L	8
					Run B. <i>RA</i>	8
	3:54	C / Rocking it, dropping it	4x8	B ¹	 Step Knee L, R. <i>Single-Arm Push down – Turn to face partner</i>	4 8x
	4:12	Rocking it	4x8	B ²	Step Knee L, R. <i>Single-Arm Push down – Play and face partner</i>	4 4x
					Step Knee L, R. <i>Single-Arm Push down – Face F, Drop Squat finish</i>	4 4x



02. HOT IN IT (WORKOUT REMIX 132 BPM) 4:21mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Make sure you use very clear verbal and non-verbal cues to indicate the direction of the movement in the 3-Step Curl & Gallop Combo and Drop It Combo.

- **Step Curl** – *L, R. Step lift, step lift. **Chest lifted, knees out over toes**, heels to butt*
- **3-Step Curl & Gallop Combo** – ***Abs braced**, 3, 2, 1, step across*
OPTION: No Jump
- **Step Knee** – ***Hips square to the front**, heels down, knees bent and over toes, chest lifted. Add the flava and push your arms down. It's a fun move, not a high-intensity move, so don't lift your knee too high or go too big when teaching this*
- **Drop It Combo** – *Clearly coach the name of the move, and how many, then the direction. Say "Drop, 1, 2, run forward. Drop, 1, 2, run back." Drop Squat: **Knees out over toes, chest lifted**. Run: Kick your heels up, get ready to work the legs*
OPTION: 2 Side Step Squats and March

BLOCK 2

LAYER 2

It's a classic Block 2, Layer 2. Now your class knows how and where to move; intensify the moves and focus on improvement, then play with the music.

- **Step Curl** – *Connect with your class*
- **3-Step Curl & Gallop Combo** – *Stay calm and cue the rhythm again. Intensify the move by increasing the range of motion – move bigger and wider*
- **Step Knee** – *Relax and feel the flava of the song build*
- **Drop It Combo with RA and Half Turn** – *Coach the turn facing one side of the room, then the other. Tell your class to turn 180 degrees, then it's playtime! Use the song lyrics to connect with your class and 'drop it like it's hot'!*

BLOCK 3

LAYER 3

Start to lift the intensity in the Step Knee so the heart rate goes up and the class gets ready for more! Add your own flava in the arms for the last part of the block and have fun!



03. AEROBIC

AEROBIC

TRACK FOCUS

I want the participants to feel confident moving in the right direction and enjoy the high energy feels of the song to lift their heart rate.

MUSIC				EXERCISE		CTS	REPS
1	0:00	Intro / You wanna be higher	4x8	A	Run OTS. RA Jumping Jack. Arms by sides	16 16	1x 1x
	0:12	PC / If you want to see	4x8	B	Jumping Jack. Arms by sides Bow Tie Run – during Jumping Jacks	2	16x
	0:24	Br / Free...	1x8	B	Jumping Jack. Face L front corner. Arms by sides	2	4x
	0:27	C / You wanna be higher	8x8	C	Bow Tie Run Run to L front corner Face F, Run B. RA Run to R front corner Face F, Run B. RA Hold arms up on last 4cts	8 8 8 4 4	2x
	0:51	Instr /	8x8	C ¹	Bow Tie Run with Arms Run to L front corner. Double Reach Up x4 Face F, Run B. RA Run to R front corner. Double Reach Up x4 Face F, Run B. RA	8 8 8 8	2x
	1:15		4x8	D	Jumping Jack. Straight-Arm Side Raise Jumping Jack. Straight-Arm Side Raise – move back to center Diamond Arms on last 4cts	2 2 4	4x 4x
	1:27		4x8	D ¹	Jumping Jack x2. Diamond Arms	4	8x
	1:39	Br /	2x8	A	Run OTS Split Shuffle Combo L, R	8 8	1x
	1:45	V / Sent into the thunder	4x8	E	Split Shuffle Combo L, R Double Jump feet wide. Hands to hips L foot F. RA Jump feet wide. Hands to hips R foot F. RA	2 2 2 2	4x
	1:57	PC / If you want to see	4x8	E ¹	Split Shuffle Combo L, R Jump feet wide. Arms out L foot F. Clap O/H Jump feet wide. Arms out R foot F. Clap O/H	2 2 2 2	4x
	2:09	Br /	1x8	B	Jumping Jack. Face L front corner. Easy Arms	2	4x
	2:12	C /	8x8	C	Bow Tie Run	32	2x
	2:36	Instr /	8x8	C ¹	Bow Tie Run with Arms Hold arms up on last 4cts	28 4	2x
	3:00		4x8	D	Jumping Jack. Straight-Arm Side Raise Jumping Jack. Straight-Arm Side Raise – move back to center Diamond Arm on last 4cts	2 2 4	8x 6x
	3:12		4x8	D ¹	Jumping Jack x2. Diamond Arms	4	8x

3	3:24	35x8	Sequences A, E, E¹, B, C, C¹ and D¹
---	------	------	---



03. BE HIGHER 5:00mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

The focus of this track is to lift the energy with strong aerobic training. Make sure your class knows where to go with clear verbal and non-verbal direction cues. Demonstrate the Bow Tie Run before you start this track. Teach the Bow Tie Run with energy and intensity and hold it up high in the Jumping Jacks.

- **Run OTS** – **Brace abs, chest lifted**, get ready to lift the energy higher!
- **Jumping Jacks** – *Easy Jacks, out and in, **knees bent out over toes, heels down**, chest lifted.* Prepare your class for the Bow Tie Run
- **Bow Tie Run** – *Cue the corners and where to face the body when running back. Say "Run to the corner, face us, run straight back, face the other corner." Run: Chest lifted, abs braced*
OPTION: March
- **Jumping Jacks** – *Out and in, chest lifted, **knees bent out over toes, heels down**, move the class back to center*
OPTION: Side Taps
- **Jumping Jacks with Diamond Arms** – *Out, up, out, down*
OPTION: Side Taps with Diamond Arms

BLOCK 2

LAYER 2

The majority of the moves are the same as Block 1 so encourage your class to increase their efforts as they make their movements bigger and increase their heart rate.

- **Split Shuffle Combo** – *Cue the leading foot, short and sharp: Jump wide, R foot forward, jump wide, L foot forward, **hips square to the front and light on toes**. Strong clap over head on the beat – this will help connect you to the music*
- **Bow Tie Run** – *Reach higher and pick up your heels to take the heart rate up. Encourage them to run further; create a bigger Bow Tie Run for even more energy!*
- **Jumping Jacks** – *Bend your knees more and sit low. Keep building your voice and role-model excellent form*
- **Jumping Jacks with Diamond Arms** – *Make your arms long and strong; feel the energy in your arms and legs*

BLOCK 3

LAYER 3

Connect with the people and the music and keep the energy high.

- **Split Shuffle Combo** – *Connect with your class and ask them to show you their strong overhead clap!*
- **Bow Tie Run** – *Connect with the music. Being higher means higher arms, higher heart rate, higher energy and higher smiles!*
- **Jumping Jacks with Diamond Arms** – *Give all your energy now!*



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to feel the intensity in the legs with the Lunges and feel the high at the end of each block with a massive outburst of energy in the High Knee Sprint.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Split room or Run OTS	32	1x
	0:12	Instr / (Heavy beat)	8x8	A Lunge & Shuffle Combo		4x
				Plyometric Lunge L, R x2	8	
				Shuffle OTS. RA	8	
	0:34	_ blow the whistle	4x8	B Plyometric Lunge L, R. RA	4	6x
2				Double Plyometric Lunge L, R	8	
	0:46	_ blow the whilstle	4x8	C Double Plyometric Lunge L, R. <i>Double-Arm Swing</i>	8	4x
	0:57	C / _ blow the whistle	4x8	D High Knee Sprint – Bring everyone in together	32	1x
	1:08	V / Let me hear you say	4x8	Change sides	32	
	1:20	Let me hear you	12x8	E Step Jump F x2 & Run Combo		6x
3				Step Jump L, R. Move F x2. <i>Double Bicep Curl</i>	8	
				Run B	4	
				Reset	4	
	1:54	Instr / (Heavy beat)	20x8	Sequences A, B, C and D		
	2:50	V / Let me hear you	4x8	Change sides	32	1x
4	3:01	Let me hear you	12x8	E ¹ Step Jump F x2 & Run B Combo with Straight-Arm Reach	16	6x
	3:35	Instr / (Heavy beat)	20x8	Sequences A, B, C and D		
	4:32	B up /	4x8	Change sides	32	1x
	4:43	Instr / (Heavy beat)	20x8	Sequences A, B, C and D	16	4x



04. THE WHISTLE 5:52mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Start with the fundamentals: name the move, combos and how many there are. Then, coach the options so everyone is moving. Use short and clear Technique cues. Finish the first block in the High Knee Sprint with powerful and exploding energy to drive the intensity high. This is the uplifting part of the track.

- **Run OTS** – Four blocks, all power and endurance
- **Lunge & Shuffle Combo** – Coach the number of Lunges and Shuffles – Lunge, 4, 3, 2, 1, Shuffle, 4, 3, 2, 1. Lunge: **Long step back, front knee out over toes, back straight.** Shuffle: **Chest lifted, hips square to the front**
OPTION: Backward-Stepping Lunge and March
- **Plyometric Lunge** – **Front knee out over toes, back straight, bend back knee**
- **Double Plyometric Lunge** – Chest lifted and drive out of foot; no bounce
- **High Knee Sprint** – Drive your knees up to waist height, then sprint!

BLOCK 2

LAYER 2

We're adding a new move which needs clear basics to set up. Then coach your class to improve and intensify the Lunge combos. Coach the What and Why.

- **Step Jump Forward x2 & Run Combo** – Step jump, step jump and run back. Chest lifted, abs braced, both feet take off and both feet land. **Knees bent on landing**
- **Lunge & Shuffle Combo** – Work on depth in the Lunges and intensity in the Shuffles by driving your arms with the moves. Stay down low to engage the glutes, and brace abs tightly to keep your upper body still
- **Plyometric Lunge** – Drive through your heels; explode from the floor. Bend your back knee more to get lower
- **Double Plyometric Lunge** – Use your glutes to drive up and out of the foot, straight up and down, and use your arms to swing up
- **High Knee Sprint** – Knees higher and pump the arms. Explode!

BLOCK 3

LAYERS 2 AND 3

In Block 3, you will need to push your class to reach a higher intensity with more demanding and encouraging communication. Really drive them! Tell them what muscles are working and how it should feel.

- **Step Jump F x2 & Run Combo with Straight-Arm Reach** – Coach the vertical jump with great body control. Say "Step reach, step reach, run back." Increase the intensity, jump and reach as high as you can; use your glutes to power up and out of the floor
- **Lunge & Shuffle Combo** – Feel the power in the legs, then increase your heart rate in the Shuffle
- **Plyometric Lunge** – Stay loaded and focus on driving out of your front foot and leg
- **Double Plyometric Lunge** – Feel the power in your quads!
- **High Knee Sprint** – An outburst of energy; push right to the end

BLOCK 4

LAYER 3

This is the last block! Find your best Motivational cues to keep everybody working hard and role-model maximum effort to inspire your members so everyone can feel fitter together.



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to challenge themselves in every Pushup block and feel their legs burn as they stay low and loaded in the Lunge and Squats. We use simple moves and focus on strength building. Coach moves and positions clearly, and help your participants move with control and improve their moves.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	4x8		Set up	24	
					Walking Feet & Tricep Pushup Combo	8	
	0:14	C / I'm the CEO of the dancefloor	8x8	A	Walking Feet & Tricep Pushup Combo		8x
					Walking Feet out and in	4	
					Tricep Pushup x1	4	
	0:44	B up /	4x8	A	Walking Feet & Tricep Pushup Combo	8	4x
	0:59	Br /	1x8		Triple Bottom Tricep Pushup	8	
2	1:03	Instr /	8x8	B	Triple Bottom Tricep Pushup	8	8x
	1:32		4x8	C	Single Tricep Pushup	4	8x
	1:48	C / I'm the CEO of the dancefloor	8x8	D	Stand up – Jump into Narrow Pulse Squat & Pulse Lunge Combo L, R		2x
					Pulse Squat x4. <i>Hands crossed over chest</i>	8	
					Pulse Lunge L foot B x4. <i>RA</i>	8	
					Pulse Squat x4. <i>Hands crossed over chest</i>	8	
					Pulse Lunge R foot B. <i>RA</i>	8	
3	2:17	B up /	4x8	D	Squat & Pulse Lunge Combo L, R	32	1x
	2:31	Br /	1x8		Move to floor	8	
	2:36	Instr /	8x8	E	Triple Bottom Half Wide Pushup	8	8x
	3:06		4x8	F	Single Wide Pushup	4	8x
	3:20	C / I'm the CEO of the dancefloor	8x8	D	Squat & Pulse Lunge Combo L, R	32	2x
	3:50	B up /	4x8	D	Squat & Pulse Lunge Combo	32	1x
	4:05	Br /	1x8		Move to floor	8	
	4:09	Instr /	8x8	E	Triple Bottom Half Wide Pushup	8	8x
	4:39		4x8	F	Single Wide Pushup	4	8x



05. CEO 4:57mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Tell your class this is a conditioning track for your upper and lower body and that you can take an option or break at any time. This way, everybody can become strong together! Use clear Technique cues to set up the moves so that everyone moves safely and efficiently.

- **Set up** – Set up the starting position on the floor, hands under shoulders, feet apart, eye gaze forward. Preview Walking Feet & Tricep Pushup Combo
- **Walking Feet & Tricep Pushup Combo** – Out, out, in, in, one Pushup. **Hips and shoulders square to the floor, abs braced, back long and straight, elbows towards ribs** in Tricep Pushup
OPTIONS: Plank hold and one Pushup on knees or toes
- **Triple Bottom Tricep Pushup** – 3, 2, 1, Pushup. **Chest to elbow height and keep abs braced, elbows towards ribs**
OPTION: Knees under hips and drop elbows back
- **Single Tricep Pushup** – Down, up, **abs braced**
OPTIONS: On knees or toes

BLOCK 2

LAYER 2

Start this block with very clear cues for the Squat & Pulse Lunge Combo, focusing on the narrow stand position in the Squat. Then work towards the improvement and intensity of the moves and refer to what your class should feel as a result of this.

- **Squat & Pulse Lunge Combo** – Jump into a Narrow Squat. Count the reps and cue which leg moves where. 4, 3, 2, 1, Lunge back R. Squats: Sit down and back, chest lifted, **knees out over toes**. Lunge: Back knee drops down, front knee out over toes
- **Triple Bottom Half Wide Pushup** – **Chest to elbow height**, back long and flat, hands wider than shoulder-width apart, stay low
- **Single Wide Pushup** – Push hands through the floor, feel the fire in your chest, try some on your toes

BLOCK 3

LAYER 3

Now that your class knows the moves, you can maximize intensity and drive your class with Motivational cues to create the strongest versions of themselves.

- **Squat & Pulse Lunge Combo** – Focus on range and the load of the movement. Stay low to catch the burn in the legs, ask your class if they can feel the burn and praise them for their efforts. Say "Today is the day your quads and glutes get stronger"
- **Triple Bottom Half Wide Pushup** – You can choose Tricep or Wide Pushups
- **Single Wide Pushup** – Challenge your class to try a few reps on their toes. Say "If you don't try, you'll never know... this is how we get stronger!"



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to focus on control in the Lunge Combo, then let go and feel free to sing along whilst experiencing the uplifting energy of BODYATTACK in the Circle Runs.

	MUSIC			EXERCISE	CTS	REPS
	0:00	Intro /	4x8	Set up Backward-Stepping Lunge & Knee Hold Combo R	16 16	
	0:12	V / I've been tryna call	8x8	A Backward-Stepping Lunge & Knee Hold Combo L, R Backward-Stepping Lunge Hold L Lift L knee hold and down Repeat to R	 8 8 16	2x
	0:35	V / I look around	4x8	A Backward-Stepping Lunge & Knee Hold Combo L Backward-Stepping Pulse Lunge & 2x Knee Lift Combo R on last 8 cts	16 16	
1	0:46	C / I said ooh, I'm blinded by the lights	8x8	A ¹ Backward-Stepping Pulse Lunge & 2x Knee Lift Combo L, R Backward-Stepping Pulse Lunge x4 – Bottom Half Lift L knee x2 – change sides Repeat to R	 8 8 16	2x
	1:11	Instr /	8x8	B Circle Run	64	
	1:34	C / I said ooh, I'm blinded by the lights	8x8	C Blinding Lights Combo Run In. <i>Double Reach up</i> x4 Run OTS. <i>Hands across eyes</i> Run OTS. <i>Hold arms up</i> Run B. <i>RA</i> High Knee Run OTS. <i>RA</i>	 8 4 4 8 8	2x
	1:57	V / I'm running out of time	8x8	A Backward-Stepping Lunge & Knee Hold Combo L, R Backward-Stepping Lunge & 2x Knee Lift on last 8cts	32	2x
2	2:21	C / I said ooh, I'm blinded by the lights	24x8	A ¹ Sequences A¹, B and C		
3	3:32	Instr /	8x8	A ¹ Sequences A¹, B and C		



06. BLINDING LIGHTS 4:51mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Come into this track with great focus and control by coaching the basics phonetically and use clear Technical cues first. Training wise, it's all about strength stability and control. The combos require focus and control of the body, which is great for coordination and mind focus. Once you've set up the moves and great technique, have fun and sing along!

- **Set up** – *We have an epic song to bring the energy even higher!*
- **Backward-Stepping Lunge & Knee Hold Combo** – *Coach the rhythm. Say "drop down, lift your knee, step to the side, change legs."*
Front knee out and a long step back, abs braced, chest up
- **Backward-Stepping Pulse Lunge & 2x Knee Hold Combo** – *Coach the rhythm again with counting: Pulse, 4, 3, 2, 1; Knee Lift, 1, 2, Step Across.*
- **Circle Run** – *Choose the best movement and pace for you! Run, March or High Knee Run OTS. Whatever feels good for you!*
- **Blinding Lights Combo** – *Coach your class through direction and the arm-lines to connect with the music; time to have fun!*

BLOCK 2

LAYER 2

Get your class back into focus and emphasize the importance of controlling the movements in the Lunge combos. Then start to build the intensity of the moves to get even stronger.

- **Backward-Stepping Lunge & Knee Hold Combo** – *Show your class how to stay stable in the Lunge, **chest lifted and brace abs** to maintain balance*
- **Backward-Stepping Pulse Lunge & 2x Knee Lift Combo** – *Stay down and push the floor away. Use your glutes to power up; building strength and stability means we can move fast without losing control*
- **Circle Run** – *Be free! Give your class high fives, compliments and even more energy. Feel the energy of this epic song!*
- **Blinding Lights Combo** – *Sing along and act on it. Play with the arms and lyrics and sing "we're blinded by the lights!"*

BLOCK 3

LAYER 3

Use this last block to interact more with your class and have a blast with the music. Sing along, high fives and move. Make it one big celebration!



07. AGILITY

SPORTS

TRACK FOCUS

I want the participants to get athletic with this volleyball inspired sports training and play with the moves as if they're training their volleyball skills to get ready for a competition.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro /	4x8	Split room – Bounce OTS, feet wide	32 1x
	0:11	C / Can you feel it	4x8 A	Side Bounce & Triple Jump F&B Combo L, R	1x
				Side Bounce L, feet wide	4
				Jump F&B x2	4
				Hold	8
				Repeat to R	16
	0:23	Instr / _ to be the baddest	8x8 A	 Side Bounce & Triple Jump F&B Combo L, R	32 2x
	0:47		8x8 A ¹	Side Bounce & Block Combo L, R	4x
				Side Bounce	4
				Double Jump F&B x2	4
2				Step Jump F. <i>Arms straight up and Block</i>	4
				Run B	4
	1:10	C / Can you feel it	4x8 B	Ladder Run OTS – Fast	32 1x
	1:23	Br /	5x8	Change sides	40
	1:37	V / You can't tell us	4x8 C	Dig Combo	6x
				Double Bounce, feet together	2
				Drop Squat and Dig	2
				 Dig Combo F&B on last 8cts	8
	1:49	C / Can you feel it	8x8 C ¹	Dig Combo F&B	4x
				Double Bounce	2
3				Drop Squat and Dig to L corner	2
				Double Bounce	2
				Drop Squat and Dig to R corner	2
				Stop – feet wide	8
	2:01	Instr /	8x8 A ¹	Side Bounce & Block Combo L, R	32 2x
				 Side Bounce & Spike Combo on last 16cts	
	2:25		8x8 A ²	Side Bounce & Spike Combo L, R	4x
				Side Bounce	4
				Double Jump F&B x2	4
				Step F and Spike with Butt Kick	4
				Run B	4
	2:49	C / Can you feel it	4x8 B	 Ladder Run OTS – Fast	2 16x
	3:01	Br /	5x8	Change sides	40
	3:15	You can't tell us	4x8 C	 Dig Combo	4 6x
				 Dig Combo to F&B	8
	3:27	C / Can you feel it	4x8 C ¹	 Dig Combo F&B	8 3x
				Stop feet wide	8
	3:39	Instr /	8x8 A ¹	 Side Bounce & Block Combo L, R	32 2x
	4:03		8x8 A ²	 Side Bounce & Spike Combo L, R	32 2x
	4:26	C / Can you feel it	4x8 B	 Ladder Run OTS , move F	2 16x



07. BADDEST AND THE GREATEST 4:43mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Set up this track with great Layer 1 cues to explain the movement patterns.

- **Set up** – *Get athletic with this volleyball-inspired sports training!*
- **Side Bounce & Triple Jump F&B Combo** – *Coach the foot and body position: feet wide in the Bounces and body forward and back in the Jumps. Clearly cue the counts: Bounce, 3, 2, 1 and Jump, 2, 1 and then a strong hold. **Chest lifted, knees soft***
OPTION: Step Across and March OTS
- **Side Bounce & Block Combo** – ***Knees bent on take off and landing***
OPTION: Step Across and Step Forward with Calf Raise
- **Ladder Run OTS** – *Out and in, **upper body still***

BLOCK 2

LAYER 2

Bring in the volleyball theme by adding the Dig and Spike combos. Make it playful for your class to get 'playing the game'.

- **Dig Combo** – *Bounce, bounce, drop. **Knees out over toes and chest lifted**. Your whole body turns as you face the corner*
OPTION: Step and Squat
- **Side Bounce & Block Combo** – *Use your legs and glutes to jump high. Step low to take off and jump higher when setting up for the spike*
- **Side Bounce & Spike Combo** – *Coach how to spike. Use your arms to drive up, kick heels to butt and then spike to hit the ball*
- **Ladder Run OTS** – *Speed up*

BLOCK 3

LAYER 3

Refer to your class as players and get them ready for their victory! Motivate your participants by adding Motivational cues that refer to 'playing the game'.

- **Dig Combo** – *Play with the quick direction changes (corner to corner) to follow the ball and pass the ball. Say "Don't let the volleyballs hit the floor"*
- **Side Bounce & Block Combo** – *Jump up higher and look for an open spot at your opponent's playing field. Where can we aim the ball in our next Spike?*
- **Side Bounce & Spike Combo** – *Go for the winning Spike! Make the winning point!*
- **Ladder Run OTS** – *Winners can beat the speed. Go as fast as you can!*



08. INTERVAL

AEROBIC

TRACK FOCUS

I want the participants to turn off their thinking and enjoy the familiar BODYATTACK moves, feels and passion with energy to let it all go and live in the moment.

	MUSIC				EXERCISE	CTS	REPS
1	0:00	Intro / Look down, we turn around	4x8	A	Run OTS Heel Dig L, R	28 4	
	0:13	V / Night and day	4x8	B	Heel Dig L, R. <i>Swing arms under</i>	4	8x
	0:25	C / We could have the world	8x8	C	Run & Swing B Combo Run F. RA Swing B. <i>Hands to waist</i>	8 8	4x
	0:48	Instr / _ tell me we're unbreakable	8x8	D	Single Shuffle & Side Flick Combo Shuffle L, R. RA Single Side Flick L, R x2. <i>Side Raise</i> Stand feet together. <i>Circle arms up on last 4cts</i>	8 8	4x
	1:12		8x8	E	Run & Kick Combo Run F. <i>Double Reach Up</i> x4 Single Kick L, R x2. <i>Single Punch F</i> Repeat to B	8 8 16	2x
	1:36	C / We could have the world	4x8	F	Knee Pull L, R. <i>Double Arm Pull down</i>	4	8x
	1:48	We could have the world	4x8	G	Single Kick L, R. <i>Single Punch F</i>	4	8x
2	2:00	V / Look down, we turn back around	4x8	A	Run OTS	4	8x
	2:12	PC / Night and day	36x8		Sequences B, C, D, E, F and G		
3	3:58	Instr /	4x8	A	Run OTS. RA – Recovery	32	1x
	4:10	C / Tell me we're	4x8	A ¹	Run OTS. Clap O/H	2	16x
	4:22	Instr /	8x8	E	Run & Kick Combo F&B	32	2x
	4:46	C / We could have the world	4x8	F	Knee Pull L, R. <i>Double Arm Pull down</i>	4	8x
	4:57	We could have the world	4x8	G	Single Kick L, R. <i>Single Punch F</i>	4	8x



08. UNBREAKABLE (EXTENDED MIX) 5:15mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Use this opportunity to coach the fundamentals in Block 1 and enjoy the highs and lows of the music, inspiring lyrics and connection in the other blocks. Come into this track calm and relaxed and use the highs and lows of the music each round for magical moments.

- **Run OTS** – *Get ready to light up the room!*
Abs braced, chest lifted
- **Heel Dig** – R, L. *Abs braced, chest lifted*
OPTION: Heel Tap
- **Run & Swing Back Combo** – *Run F, swing B.*
Hips square to the front, chest lifted, abs braced
OPTION: March F and Tap B
- **Single Shuffle & Side Flick Combo** – *Coach the name of the move and how many. Say "Shuffle, 4. Flicks, 4."* **Chest up, hips square to the front**
- **Run & Kick Combo** – *Coach the basics of direction and how many.* **Abs braced, hips square to the front**, kick to waist height
OPTION: March and Low Kick
- **Knee Pull** – *Back straight, knees to waist height and pull your fists to hips*
OPTION: Low-Impact Knee Lift
- **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 in your voice

BLOCK 2

LAYER 2

Now that your class knows what to do, use this block to focus on intensity and connection with the feel and lyrics of the song and bring the BODYATTACK soul alive.

- **Run OTS** – *Connect with your class*
- **Heel Dig** – R, L. *Start calmly and then rebuild the energy. Let the music speak*
- **Run & Swing Back Combo with Arms** – *Move big and bravely to lift the energy, lengthen your arms and kick your feet wider. Include all of your participants and say something meaningful. Say "Nothing is too heavy when we can share the load!"*
- **Run & Kick Combo** – *Bring in the 'Hey, hey, hey, hey!' Make sure everyone feels involved in the BODYATTACK energy. Just let it all out!*
- **Knee Pull** – R, L. *Pull your arms in harder and drive your knees up higher*
- **Single Kick** – *Kick longer, kick higher and punch with power*

BLOCK 3

LAYER 3

Live in the moment and share all your feels of love, passion and energy with your class. Be UNITED! Give it your all and share the UNBREAKABLE bond of the BODYATTACK LOVE together!



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to work hard whilst they enjoy this classic song, the playful energy between the working blocks and the BODYATTACK togetherness in the outbursts at the end of each block so everyone works hard and feels included.

MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	A	Run OTS	32 1x
	0:12	B up /	4x8	B	Ski Jump L, R. <i>Skipping Rope Arms</i>	2 16x
	0:23	Br /	2x8	A ¹	Run OTS. RA	16 1x
	0:27	V / C'mon lets sweat, baby	4x8	C	Single Knee L, R. <i>Relaxed Arms</i>	4 8x
	0:38	Sweat, sweat	4x8	D	Jumping Jack. <i>Cross Arms O/H</i>	2 16x
	0:50	Instr / _ everybody dance now	8x8	E	Skater & Jumping Jack Combo Skater L, R x2. RA Jumping Jack x4. <i>Cross Arms O/H</i>	8 4x 8
2	1:14	V / Hands in the air	4x8	A	 Run OTS	32 1x
	1:25	Instr / _ Give me the music, yeah	4x8	C ¹	4x Knees & Shuffle Combo 4x Knees L Shuffle L, R. RA 4x Knees R Shuffle L, R. RA	8 1x 8 8 8
	1:36	_ Give me the music	4x8	C ²	4x Knees & Shuffle Combo with Dab Arms 4x Knees L. <i>Dab Arm L x4</i> Shuffle L, R. RA 4x Knees R. <i>Dab Arm R x4</i> Shuffle L, R. RA	8 1x 8 8 8
	1:47	B up /	4x8	B ¹	Ski Jump L, R. <i>Skipping Rope Arms</i> Ski Jump L, R. <i>Party Arms O/H</i> Prepare to run – <i>Sprinters Start</i>	2 8x 2 6x 4
	1:59	Instr / _ the music is my life	8x8	E ¹	High Knee Run, Skater & Jumping Jack Combo F&B High Knee Run F. RA Skater L, R x2. RA Jumping Jack x4. <i>Cross Arms O/H</i> High Knee Run B. RA Skater L, R x2. RA  Burpee	16 1x 8 8 16 8 8
	2:22	Instr /	8x8	E ²	High Knee Run, Skater & Burpee Combo F&B High Knee Run F. RA Skater L, R x2. RA Burpee High Knee Run B. RA Skater L, R x2. RA Burpee	16 1x 8 8 16 8 8
	2:45		4x8	D	 Jumping Jack. <i>Cross Arms O/H</i> Transition to the floor	2 12x 8
	2:56		4x8	F	Mountain Climber	32 1x
	3:08	Br /	1x8		Get ready, set and go!	8 1x
	3:11	Instr /	4x8	G	High Knee Sprint – Move in together	32 1x



09. POWER

AEROBIC AND SPORTS

MUSIC		EXERCISE		CTS	REPS
3:23	V / Hands in the air	4x8	A  Run OTS	32	1x
3:34	Instr / _ Give me the music	8x8	C ²  4x Knees & Shuffle Combo with Dab Arms	32	2x
3:57	B up /	4x8	B ¹  Ski Jump L, R. Skipping Rope Arms	2	8x
			Ski Jump L, R. Party Arms O/H Prepare to run – Sprinters Start	2	8x
4:08	Instr / _ the music is my life	16x8	E ³ High Knee Run, Skater & Burpee Tuck Combo F&B		2x
			High Knee Run F. RA	16	
			Skater L, R x2. RA	8	
			Burpee Tuck	8	
			High Knee Run B. RA	16	
			Skater L, R x2. RA	8	
			Burpee Tuck	8	
4:54		4x8	D  Jumping Jack. Cross Arms O/H	2	12x
			Transition to the floor	8	
5:06		4x8	F  Mountain Climber	32	1x
5:18	Br /	1x8	Get ready, set and go!	8	1x
5:20	Outro /	4x8	G  High Knee Sprint – Move in together	32	1x

3



09. EVERYBODY DANCE NOW 5:43mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Track 9 is a massive cardio finish with lots of fun! Make sure to bring in the fun with playful energy from the start to get your class hyped. Add in your favorite dance moves and get your participants in the zone to work as hard as they can! This is the spirit of BODYATTACK!

- **Run OTS** – Say "This is a cardio PARTY kicker!"
- **Ski Jumps** – R, L. **Knees together, hips square to the front, abs braced, chest lifted**
- **Single Knee** – R, L. **Chest lifted, abs braced**
- **Jumping Jack** – **Knees bent and out over toes, heels down, chest lifted**
OPTION: Low Side Taps
- **Skater & Jumping Jack Combo** – Coach the name of the move and how many. Say "Skaters, 4, 3, 2, 1 and Jacks, 4, 3, 2, 1." **Chest up, knees bent and out over toes.** Skaters: Knees out over toes
OPTION: Step Touch and Side Taps

BLOCK 2

LAYER 2

Come into this block with a lower voice and relaxed moves for contrast. Add fun and play with the Skipping Rope Arms, Dab Arms and the Party Arms in the Ski Jumps. Gradually build the intensity from there and then explode into the High Knee Run, Skater & Jumping Jack Combo!

- **4x Knees & Shuffle Combo** – Coach the name and direction: Say "4 Knees, right side. 4, 3, 2, 1, Shuffle. Other side." Introduce Dab Arms
- **Ski Jump** – R, L. Side to side, **knees together and soft**, arms up to get the party started!
- **High Knee Run, Skater & Jumping Jack Combo** – Coach the name and direction in a strong and powerful way. Just be very clear in telling them what to do
OPTION: High Knee March, Step Touch and Side Tap
- **High Knee Run, Skater & Burpee Combo** – **Brace abs to Plank, bend knees to take off and land**
OPTION: No Burpee
- **Jumping Jack** – Be big and energetic in your movements and voice
- **Mountain Climber** – **Abs braced**, knees to forearm
OPTION: High Knee Run
- **High Knee Sprint** – Drive your knees up with maximum speed

BLOCK 3

LAYER 3

In this block, have fun and work hard! Keep playing with the Dab and Party Arms. Motivate your class to challenge themselves in whatever option they choose to use to finish the workout.

- **Run OTS** – One more set of work!
- **4x Knees & Shuffle Combo** – Have fun with the Dab Arms
- **Ski Jump** – R, L. Tell your class to make the Party Arms their own
- **High Knee Run, Skater & Burpee Tuck Combo** – In the Burpee Tuck: **Brace abs to lift the knees, bend knees to take off and land**, jump to the sky and feel free as you fly high
- **Jumping Jack** – 1 minute to finish! All together!
- **Mountain Climber** – Push your class to maintain full range of motion with lots of energy
- **High Knee Sprint** – Together, we can go as fast as we can!



10. CORE

STRENGTH

TRACK FOCUS

I want the participants to focus on building strength in each set, starting by coaching the basic moves and positions and progressing to the more challenging options.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 Br /	1x8	Transition to floor	8	1x
	0:06 Intro /	2x8	Set up for Hover	16	1x
	0:17 C / Yeah, I'll bring the fire to the pit	2x8 A	Hover on knees or toes	16	1x
	0:28 Instr /	2x8 A ¹	Hover and Arm Circle L, R Hover. <i>Arm Circle L</i> Hover. <i>Arm Circle R</i>	4 4	2x
	0:39 Drop / _ bring the fire to the put	4x8 A ¹	 Hover and Arm Circle L, R	8	4x
2	1:02 C / I'll bring the fire	2x8	Roll over to back Set up for Oblique Hammer Throw Combo	8 8	1x
	1:13 I'll bring the fire	4x8 B	Oblique Hammer Throw Combo Crunch to front. <i>Arms over front leg</i> Crunch to center. <i>Arms F</i> Crunch to back. <i>Arms over B leg</i> Crunch to center. <i>Arms F</i>  Oblique Hammer Throw Combo with Leg Extension on last 8cts	2 2 2 2 2	4x
	1:36 Instr /	8x8 B ¹	Oblique Hammer Throw with Leg Extension Crunch to front, front leg extends Crunch to center, bend both knees in Crunch to back, B leg extends Crunch to center, bend both knees in	2 2 2 2	8x
	2:22 C / I bring the fire	2x8	Roll over to Hover on knees or toes	16	1x
	2:33 I bring the fire	2x8 A	Hover on knees or toes	16	1x
	2:44 I bring the fire	2x8 A ¹	Hover and Arm Circle L, R	8	2x
3	2:55 Outro /	4x8 A ¹	 Hover and Arm Circle L, R	8	4x
	3:16	4x8	Transition to Plank	8	
		C	Cross Mountain Climber L, R	4	6x



10. THE PIT 3:43mins

TECHNIQUE AND COACHING

BLOCK 1

Introduce this track by telling your class that there are three simple blocks of work, with a new movement focus in each block, to train the core and fire up the abs.

- **Hover** – *Elbows under shoulders, **abs braced, back long and straight, hips and shoulders square to the floor.** If on toes, step feet slightly wider than shoulder-width to stabilize*
- **Hover and Arm Circle** – *Coach arm direction and say: "Left arm, forward, out, in. Right arm, forward, out, in." Hips level, **abs braced***

BLOCK 2

LAYER 2

In this block, we introduce the Oblique Hammer Throw. Coach your class through the movement directions, then add intensity to really feel the burn in your abs.

- **Oblique Hammer Throw Combo** – *Clasp hands over shoulders and lock arms straight. Coach direction of the Hammer Throw: Front, centre, back, center. **Chin tucked in, eye gaze towards knees, slide ribs to hips,** rotate from the middle of the chest and press lower back towards the floor*
- **Oblique Hammer Throw with Leg Extension** – *Coach class to add Leg Extension, Hammer Throw front and front leg extends; alternate*

BLOCK 3

LAYER 3

- **Hover and Arm Circle** – *Maintain control by bracing abs tightly. Use inspiring motivational phrases and coach to the benefits of having a strong core*
- **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 recover properly and to celebrate their efforts in our workout today.

	MUSIC		EXERCISE	CTS
1	0:00	Intro /	2x8 Set up – Legs straight in front	16
	0:10		4x8 Seated Double-Leg Hamstring Forward Fold Transition to kneeling	16
	0:30	V / Woke up in London	4x8 Seated Glute Stretch L Change to other side	28 4
	0:49	C / Oh, this has gotta be	4x8 Seated Glute Stretch L Change to Down Dog	16 16
	1:10	Rep / oh oh oh	2x8 Down Dog – Walk it out L, R	16
	1:21	V / To my friends in New York	4x8 Hip Flexor Stretch R Hip Flexor Stretch R – <i>Single-Arm Reach Up R</i>	16 16
	1:41	PC / When you're happy	2x8 Kneeling Chest Stretch – <i>Open arms to side</i>	16
	1:51	C / Oh, this has gotta be	4x8 Hip Flexor Stretch L Hip Flexor Stretch L – <i>Single-Arm Reach Up L</i>	16 16
	2:11	Rep / oh oh oh	4x8 Standing Calf Stretch L. <i>Hands on thighs</i> Standing Calf Stretch R. <i>Hands on thighs</i>	16 16
	2:31	V / Hopelessly I feel like	4x8 Standing Quadricep Stretch R	32
	2:51	C / Oh, this has gotta be	4x8 Standing Quadricep Stretch L	32
	3:12	Oh yeah	4x8 ITB Side Stretch R ITB Side Stretch L	16 16



11. GOOD LIFE 3:33mins

TECHNIQUE AND COACHING

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. Connect to the feel of the song and make good use of this moment to connect with your class and to make them feel seen and celebrated. Use eye contact and ask them about their highlights of todays class.



Exp

05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to challenge themselves in every Pushup block and feel their legs burn as they stay low and loaded in the Lunge and Squats. We use simple moves and focus on strength building. Coach moves and positions clearly, and help your participants move with control and improve their moves.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Instr /	4x8	Set up	24	
				Walking Feet & Tricep Pushup Combo	8	
	0:14	C / I'm the CEO of the dancefloor	8x8	A Walking Feet & Tricep Pushup Combo		8x
				Walking Feet out and in	4	
				Tricep Pushup x1	4	
	0:44	B up /	4x8	A Walking Feet & Tricep Pushup Combo	8	4x
	0:59	Br /	1x8	Triple Bottom Tricep Pushup	8	
2	1:03	Instr /	8x8	B Triple Bottom Tricep Pushup	8	8x
	1:33		4x8	C Single Tricep Pushup	4	8x
	1:48	C / I'm the CEO of the dancefloor	8x8	D Stand up – Jump into Narrow Pulse Squat & Pulse Lunge Combo L, R		2x
				Pulse Squat x4. <i>Hands crossed over chest</i>	8	
				Pulse Lunge L foot B x4. <i>RA</i>	8	
				Pulse Squat x4. <i>Hands crossed over chest</i>	8	
				Pulse Lunge R foot B. <i>RA</i>	8	
	2:17	B up /	4x8	D Pulse Squat & Pulse Lunge Combo L, R	24	
				Move to the floor	8	
	2:36	Br /	8x8	E Triple Bottom Half Wide Pushup	8	8x
	3:06	Outro /	4x8	F Single Wide Pushup	4	8x



Exp

05. CEO 3:23mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Tell your class this is a conditioning track for your upper and lower body and that you can take an option or break at any time. This way, everybody can become strong together! Use clear Technical cues to set up the moves so that everyone moves safely and efficiently.

- **Set up** – *Set up the starting position on the floor, hands under shoulders, feet apart, eye gaze forward. Preview Walking Feet & Tricep Pushup Combo*
- **Walking Feet & Tricep Pushup Combo** – Out, out, in, in, one Pushup. **Hips and shoulders square to the floor, abs braced, back long and straight, elbows towards ribs** in Tricep Pushup
OPTIONS: Plank hold and one Pushup on knees or toes
- **Triple Bottom Tricep Pushup** – 3, 2, 1, Pushup. **Chest to elbow height and keep abs braced, elbows towards ribs**
OPTION: Knees under hips and drop elbows back
- **Single Tricep Pushup** – Down, up, **abs braced**
OPTIONS: On knees or toes

BLOCK 2

LAYER 2

Start this block with very clear cues for the Squat & Pulse Lunge Combo, focusing on the narrow stand position in the Squat. Then work towards the improvement and intensity of the moves and refer to what your class should feel as a result of this.

- **Squat & Pulse Lunge Combo** – Jump into a Narrow Squat. Count the reps and cue which leg moves where. 4, 3, 2, 1, Lunge back R. Squats: Sit back and down, chest lifted, **knees out over toes**. Lunge: Back knee drops down, front knee out over toes
- **Triple Bottom Half Wide Pushup** – **Chest to elbow height**, back long and flat, hands wider than shoulder-width apart, stay low
- **Single Wide Pushup** – Push hands through the floor, feel the fire in your chest, try some on your toes



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
Hip to knee level

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, level and square
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*

SKI JUMPS

*Knees together
Hips square
Abs braced
Chest lifted*

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*

HOVER

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

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*

HOVER ARM CIRCLE

*Back long and straight
Hips square to the floor
Abs braced
Elbows under shoulders
Knees hip-width apart*

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. BA119 SPECIFIC MOVES

PUSHUPS

*Elbows towards ribs
Back long and flat
Hands under shoulders*

WIDE PUSHUPS

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

OBLIQUE HAMMER THROW

*Chin tucked in
Eye gaze towards knees
Slide ribs to hips
Lower back towards the floor
Rotate from middle of your chest
Lock arms straight*



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.