

BODYATTACK 120

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

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MUSIC

01 **I'm Good (Blue) (Electro Remix)**
[Extended Edit] (3:47)
Power Music
© 2022 Power Music, Inc.
Written by: Guetta, Radone, Gabutti, Lobina, Plested, Purcell, Rexha

02 **Hurricane** (4:16)
Blasterjaxx x Prezioso x LIZOT feat. SHIBUI
© 2022 BLASTERJAXX, Subside Records S.r.l., LIZOT under exclusive license to Spinnin' Records.
Written by: Jongkind, Makhlaf, Kleinschmidt, Prezioso, Quisisana, Cesario, Cherkaoui

03 **Made You Look (Future Pop Remix)**
[Extended Edit] (4:51)
Power Music
© 2022 Power Music, Inc.
Written by: Arosa, Trainor, Douglas

04 **Break Through The Ground (Extended Mix)** (5:44)
MaRLo & Avao feat. Maikki
Courtesy of Reaching Altitude.
Written by: Martins, Kotten, Goldsworthy, Riley, Hoogstraten, Rutte

05 **Low (LUNAX Remix)** (5:11)
71Digits & Flo Rida
© 2022 Spinnin' Records under exclusive license to Atlantic Recording Corporation.
Written by: Najim, Simmons Jr., Humphrey, Dillard, Roberson

06 **Falling Down** (4:52)
Gammer & Technikore feat. MYLK
© 2022 Dim Mak Records, Inc.
Written by: Lee, Bamford, Kurihara

07 **Like I Can** (4:33)
Shy Guys
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasly

08 **Alone, Pt. II (Da Tweekaz Remix)** (4:45)
Alan Walker & Ava Max
© 2020 MER under exclusive license to Sony Music Entertainment Sweden AB.
Written by: Sauvik, Folstad, Holtan-Hartwig, Greve, Walker, Olsen, Arnbekk, Hovind, Pavelich, Smaaland, Kociamanda, Hammar

09 **Techno On My Mind (Radio Edit)** (6:20)
Olly James
© 2021 Rave Room Recordings.
Written by: Purvis

10 **Stardust** (4:31)
Marnik & Orange INC
© 2022 Spinnin' Records.
Written by: Longo, van der Heide, Nicholson, Sjoers, Tabbers, van de Witte

11 **Good Vibes** (2:50)
HRVY & Matoma
Courtesy of the Universal Music Group.
Written by: Campbell, Emenike, Jean, Lagergren

Exp **Low (LUNAX Remix)** (2:40)
05 71Digits & Flo Rida
© 2022 Spinnin' Records under exclusive license to Atlantic Recording Corporation.
Written by: Najim, Simmons Jr., Humphrey, Dillard, Roberson



BODYATTACK 120



Back row L-R: Jackson Fuafiva Osborne, Sander Gudim Johansen, Sivi Rabukatoka, Billy Magg
Front row L-R: Grace Hema-Devos, Lisa Osborne

BODYATTACK 120 has it all!!! It's high energy, powerful, and fun!

BODYATTACK is one of the best ways to build fitness and have fun at the same time, and this release will leave you feeling inspired and motivated to push bigger than you've ever done before!

This is a great release to experience BODYATTACK with options in every track so that everyone can move with success – from the beginner to the experienced.

The music lifts you at the start and you'll be singing along and playing with the melody and lyrics in the Aerobic track. You hit massive energy in the Plyometric and Power tracks, and you will LOVE the throw back tune in the Athletic Strength track – *Get Low*.

You have an awesome combination of strength and balance focused moves to contrast all the speed and power – the complete full body training workout!

Another LMA track to keep the music current and some great techno vibes to spice up the last high energy track.

Only good vibes from start to finish – enjoy!

All my love and energy to you all...

Lisa



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 our team and feedback
Michelle Farrier – for organising and bringing this team together
Florry O'connell – for dedicating your time and energy to our team

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.

Dan Maroun (United States)
Fran Torres (Argentina)
Josh Farmer (Australia)
Liam Botica (New Zealand)
Robert van Dieën (The Netherlands)

TABATA

2 Blocks of work:
30 seconds on, 30 seconds off. Repeat move 8 times. Then change moves.
Move 1: Burpee with 180° Turn
Move 2: Single Tricep Pushup

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.

PRESENTERS

Billy Magg (Sweden) is a SH'BAM™, BODYATTACK™ and BORN TO MOVE™ Trainer/Presenter/Instructor and a BODYJAM™ and LES MILLS CORE™ Presenter/Instructor. He lives in Stockholm.

Grace Hema-Devos (New Zealand) is a BODYATTACK and LES MILLS SPRINT™ Trainer/Presenter and a LES MILLS GRIT™, LES MILLS CORE and THE TRIP™ Trainer/Instructor. She lives in Wellington.

Jackson Fuafiva Osborne (New Zealand) is very passionate about sport health and fitness. He has just finished his final year at Auckland Grammar and is an Instructor and a filming Presenter for BODYATTACK, LES MILLS SHAPES™ and GRIT STRENGTH™.

Lisa Osborne (Australia) is the Creative Lead for BODYATTACK. She is a former three-time aerobics world champion and seven-time Australian aerobics champion, who is based in Auckland.

Sander Gudim Johansen (Norway) is a BODYATTACK, LES MILLS CORE and BODYBALANCE™ Trainer/Presenter/Instructor. He lives in Trondheim.

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



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	41:57	Total Time	42:04
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	27:20	Total Time	27:39

NOTES:

The EXPRESS version of Track 5, *Low*, 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 feel welcome and happy while they get warmed up.

	MUSIC		EXERCISE		CTS	REPS
1	0:05	Intro /	4x8	Attack position	32	
	0:22	C / I'm good, yeah, I'm feelin' alright	8x8	Stretch Sequence		2x
				Reach Up	8	
				Squat	8	
				Hamstring Stretch	8	
2				Roll up to stand	8	
	0:48	I'm good, yeah, I'm feelin' alright	4x8	A Bounce OTS. RA	32	
	1:01	Instr /	4x8	B Run OTS	32	
	1:14	V / You know I'm down for whatever tonight	4x8	C Backward-Stepping Lunge L, R	8	3x
				Backward-Stepping Lunge L, R. Hands up	4	
3				👁️ Upper Body Twist	4	
	1:27	And I, I don't need to sit	4x8	C¹ Backward-Stepping Lunge with Upper Body Twist L, R	8	4x
			2x8	Transition to floor	8	
				Prepare for Plank position	8	
	1:41	C / I'm good, yeah, I'm feelin' alright	6x8	D Hip Opener Sequence		
				Hip Opener L	8	
				Plank	8	
				Hip Opener R	8	
				Plank	8	
				Hip Opener L	8	
				Transition to standing	8	
	2:07	Instr / Ohhhh	4x8	A Bounce OTS. RA	32	
	2:20		4x8	B Run OTS. RA	32	
	2:33	V / You know, I'm down for whatever tonight	24x8	REPEAT Sequences C, C¹, D (on R side first), A, B	192	



01. I'M GOOD (BLUE) (ELECTRO REMIX) [EXTENDED EDIT] 3:47mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Let's start to move and warm up our bodies. Use short and simple cues to tell your class what to do. Use the music build-ups to create an energetic and happy atmosphere.

- **Stretch Sequence** – *Get ready to move!*
- **Bounce OTS** – **Hips square to the front, brace abs, chest lifted, knees soft**, light on toes
- **Run OTS** – **Brace abs, chest lifted**, heels up
OPTION: March

BLOCK 2

LAYER 2

Use a conversational voice and clear coaching cues to lead your class through the moves. Explain to your class why we are doing each move and how they help us warm up. Give clear instructions on how to do the Hip Openers safely and effectively.

- **Backward-Stepping Lunge** – L, R. **Long step back, front knee out over toes, back straight**
- **Backward-Stepping Lunge with Upper Body Twist** – *Arms up, small rotation from side to side, warming up the legs and engaging the core muscles*
- **Hip Opener** – *Right foot forward, outside of hand, step back in, transition to the other side, keep abs braced*
- **Plank** – *Come down into Plank position. Hands under shoulders, abs braced, keep your back long and flat, hips square to the floor*
- **Bounce OTS** – *Bring back the energy and say something like "We feel good, right? Ready to have the time of your life?"*
- **Run OTS** – *Pick up your heels to get your heart rate up*

BLOCK 3

LAYERS 2 AND 3

Your participants are now familiar with the moves, which gives them the confidence to try moving with a bigger range of motion to warm up their bodies even more.

- **Backward-Stepping Lunges** – *Drop your back knee down lower and really feel your quads and glutes engage. This is us preparing for the amazing strength required later in the class*
- **Backward-Stepping Lunge with Upper Body Twist** – *Feel your core muscles engage as you rotate from side to side; feel the strength*
- **Hip Opener** – *Left foot forward first; keep abs braced and maintain control*
- **Bounce** – *Now let's get the party started!*
- **Run** – *Bring in the high fives and connection. Tell your class that we are ready to get to work!*



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to increase the workout intensity with new full-body functional movements and integrated muscle engagement, while keeping their energy high in the Step Curl and Gallop moves.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 V / We might just fade away	4x8	Bounce OTS. RA	16	
		A	Step Curl R, L x4. <i>Arms down</i>	16	
	0:12	4x8	A ¹ Step Curl R, L. <i>Double Bicep Curl</i>	4	8x
	0:24 C / Today we going to fade away like a hurricane	8x8	B Gallop L, R. <i>Double Bicep Curl</i>	8	8x
2	0:49 Instr /	8x8	C Run F&B Combo		4x
			Run F. RA	8	
			Run B. RA	8	
	1:13 Br /	1x8	Step feet hip-width apart	8	
	1:16 V / We might just fade away	4x8	D Triple Pulse Squat	8	2x
			 Squat to Plank Shoulder Tap & Pushup Combo	16	1x
	1:29	8x8	E Squat to Plank Shoulder Tap & Pushup Combo		4x
			Squat, Jump B to Plank	4	
			Shoulder Tap L, R	4	
			Pushup	4	
			Jump to standing	4	
	1:53 C / Today we going to fade away like a hurricane	4x8	A Step Curl R, L. <i>Arms down</i>	4	4x
3		A ¹	Step Curl R, L. <i>Double Bicep Curl</i>	4	4x
	2:05 Today we going to fade away like a hurricane	4x8	B Gallop L, R. <i>Double Bicep Curl</i>	8	4x
	2:18 Instr /	8x8	C Run F&B Combo	16	4x
	2:43 Br /	1x8	Step feet hip-width apart	8	
	2:46 V / We might just fade away	4x8	D ¹ Triple Pulse Squat. Reach Arms Up	8	2x
			 Squat to Plank Shoulder Tap & Pushup Combo	16	1x
	2:58	8x8	E Squat to Plank Shoulder Tap & Pushup Combo	16	4x
	3:23 C / Today we going to fade away like a hurricane	4x8	A Step Curl R, L. <i>Arms down</i>	4	4x
		A ¹	Step Curl R, L. <i>Double Bicep Curl</i>	4	
	3:35 Today we going to fade away like a hurricane	4x8	B Gallop L, R. <i>Double Bicep Curl</i>	8	4x
	3:47 Outro /	8x8	C Run F&B Combo	16	4x



02. HURRICANE 4:16mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Take back the energy and reset. Tell your class that it's time to take the heart rate up, and that we're using our whole body to do that. Coach the basics, rhythm and directions of the moves first to make sure you get the whole class moving.

- **Bounce OTS** – *Stay here and reset!*
- **Step Curl** – L, R. **Chest lifted, knees out over toes, heels to butt**
- **Gallop** – *Step across, lift your heel, chest lifted, abs braced, keep your upper body still*
OPTION: No Arms, no Jumps
- **Run F&B** – *Heels up, brace abs, chest lifted*
OPTION: March

BLOCK 2

LAYERS 1 AND 2

We are bringing a full-body functional move to this track – Squat to Plank Shoulder Tap & Pushup Combo. Guide your class through the moves with great technique by coaching the rhythm first. Then provide the options to make sure everyone keeps moving and is in the training zone. Use short initial cues to guarantee safe movement. Bring back the energy once you jump in and move on with the Step Curls and Gallops.

- **Triple Pulse Squat** – **Feet wide, knees out over toes and chest lifted**
- **Squat to Plank Shoulder Tap & Pushup Combo** – *Make sure to preview this move and coach the rhythm: Squat, Plank, Tap, Tap, Pushup, Jump in. Feet wide, brace abs, hips square to the floor. You can choose knees or toes, one or no Taps, with or without Pushups*
OPTION: Triple Pulse Squat
- **Step Curl** – *Come back and lift the energy of your voice*
- **Gallop** – *Push out of the floor, move down and up, connect with the music and say something like: "Sliding across, like you're moving with the wind"*
- **Run F&B** – *Pick up your heels; add a little acceleration by pushing off the floor with your first step*

BLOCK 3

LAYERS 2 AND 3

Start to increase the perceived strength intensity of your participants in the strength moves and play with sports-inspired cues to get the energy up towards the end.

- **Triple Pulse Squat** – *Reach your arms up to engage the back muscles*
- **Squat to Plank Shoulder Tap & Pushup Combo** – *Feel the strength and power from your legs, core and arms; we use full-body integrated muscle training to make us stronger*
- **Step Curl** – *Add a clap over head to bring the energy back*
- **Gallop** – *Push off the floor and get your heart rate higher*
- **Run F&B** – *Use sports-inspired cues to visualize and get the energy up towards the end of the track. Say something like: "Run through the curtains, sprint out of the starting blocks or be the first to cross the finish line!"*



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to lift the energy higher and have heaps of fun with the music by adding their own personal flava throughout the track.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	Run OTS. RA	32	
	0:12	C / I could have my Gucci on	4x8 A	Shuffle L, R. RA	2	16x
	0:24	V / I'll make you double take	4x8 B	Single Step Knee L, R	4	8x
	0:36	Cause I'm about to make a scene	4x8 B ¹	Single Step Knee L, R. <i>Single-Arm Push down</i> Shuffle	4	8x
	0:48	PC / When I do my walk	4x8 A	Shuffle L, R. RA	2	16x
	1:00	C / I could have my Gucci on	8x8 C	Jumping Jack & Run Combo L, R. <i>Straight-Arm Side Raise</i> Jumping Jack. <i>Straight Arm Side Raise</i> x4 Jumping Jack. <i>Straight Arm Side Raise</i> x4. Face front L corner Run to front L corner – turn around to the back Run F to starting position, facing front R corner Jumping Jack. <i>Straight-Arm Side Raise</i> x8. Face front L corner Run to front R corner – turn around to the back Run F to starting position, facing front L corner	8 8 8 8 8 8 16 8 8	
	1:24	I could have my Gucci on	8x8 C ¹	Jumping Jack & Run Combo L, R. <i>Double-Arm Reach Up</i> Jumping Jack. <i>Double-Arm Reach Up</i> x8. Face front L corner Run to front L corner – turn around to the back Run F to starting position, facing front R corner Jumping Jack. <i>Straight Arm Side Raise</i> x8. Face front R corner Run to front R corner – then turn around to run to the back Run B to starting position	16 8 8 16 8 8	
	1:48	V / I'll make you double take	32x8	Sequences B, B¹, A, C and C¹	256	
	3:12	V / And once you get a taste	4x8 B ¹	Single Step Knee. L, R. <i>Single-Arm Push down</i> Double Shuffle	4	8x
	3:24	PC / When I do my walk	4x8 D	Double Shuffle L, R. RA Double & Single Shuffle Combo	4	8x
3	3:36	C / I could have my Gucci on	8x8 E	Double & Single Shuffle Combo. <i>Add Flava Arms</i> Double Shuffle L, R. <i>Arms up</i> Single Shuffle L, R x2	4 4	8x
	4:00	I could have my Gucci on	8x8 C ¹	Jumping Jack & Run Combo L, R. <i>Double-Arm Reach Up</i>	64	
	4:24	Instr /	4x8 F	Jumping Jack. <i>Side Raise</i>	2	16x
	4:36	Outro /	4x8 F ¹	Jumping Jack. <i>Double-Arm Reach Up</i>	2	16x



03. MADE YOU LOOK (FUTURE POP REMIX)

[EXTENDED EDIT] 4:51mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

The focus of this track is to lift the energy and have fun with the music. Use the first block to set up the moves and get your class to move in the right direction. Teach your class to run back where they came from in the Jumping Jack & Run Combo.

- **Run OTS** – Three rounds to bring in the energy and fun!
 - **Shuffle** – L, R. **Chest lifted, hips square to the front, light on feet**
 - **Single Step Knee** – Down, up, down up. Open your hips, knees wide, **abs braced, back straight**, bring your arms in and push your hands down
 - **Shuffle** – Let's have some fun with our first combo
 - **Jumping Jack & Run Combo** – Coach your class where to move first; 8 Jacks, turn to face the right corner, run forward, turn to face the back of the room, and run back to your starting position. **Bend your knees, heels down, chest lifted**, heels up as you run
- OPTIONS: Side Taps and Jog or March**

BLOCK 2

LAYER 2

Same moves as Block 1, which makes this the perfect moment to bring the fun to life by adding your personal flava into this track. Connect with the music, play with the lyrics and step out of your comfort zone to make sure you make them look!

- **Step Knee** – Lean back, relax and enjoy this! Throw in some personality in the Arm Push down – pop your shoulder or do whatever feels fun!
- **Jumping Jack & Run Combo** – Use the theme of the song and let your class bring some flava as they run forward and around. What can you do to make them look at you? Can you impress them with your poses or freestyle moves?

BLOCK 3

LAYER 3

Use this last block to keep it buzzing and playful towards the end of the track.

- **Double Shuffle** – Coach the rhythm: Double, double, 4, 2, 3, 1. Use the music and movements to stay connected with your team; use the arms in the Shuffle
- **Jumping Jack** – Coach your class to really push from the heels and use your arms to propel up. This will drive the heart rate up for a massive energy kick



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to work hard in each block and use the options to keep moving with control and to keep working hard at their own level to complete the track.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	V / The rave is our home	4x8	Split room	32	
	0:14	C / All around the world	8x8	A Run & Pulse Squat Combo		2x
				Run In. RA	8	
				Triple Pulse Squat	8	
				Run B. RA	8	
				Tripe Pulse Squat	8	
	0:36	All around the world	8x8	B Run & Burpee with Turn 180° Combo		2x
				Run In	8	
				Burpee. Turn 180°	8	
				Run B	8	
				Burpee. Turn 180°	8	
	0:58	Instr /	4x8	C Skater L, R. <i>Straight-Arm Swing</i>	4	8x
2	1:10		4x8	D Plyometric Lunge L, R	4	8x
	1:21		4x8	C Skater L, R. <i>Straight-Arm Swing</i>	4	8x
	1:32		4x8	D Plyometric Lunge L, R	4	8x
	1:43	Instr /	5x8	Change sides	40	
	1:57	C / All around the world	8x8	A Run & Pulse Squat Combo	32	2x
	2:19	All around the world	8x8	B Run & Burpee with 180° Turn Combo	32	2x
	2:43	Instr /	4x8	C Skater L, R. <i>Straight-Arm Swing</i>	4	8x
	2:53		4x8	D Plyometric Lunge L, R	4	8x
	3:04		4x8	C Skater L, R. <i>Straight-Arm Swing</i>	4	8x
	3:15		4x8	D Plyometric Lunge L, R	4	8x
	3:26	(Speeds up)	4x8	D ¹ Plyometric Lunge L, R – faster	32	
3	3:37	Instr /	41x8	BLOCK 2	328	



04. BREAK THROUGH THE GROUND (EXTENDED MIX)

5:44mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Start with the basics: name of the move, what to do and where to go. Then, coach the options to make sure everyone is moving. Repeat the options as often as needed according to the needs of your class. Use short and clear Technique cues.

- **Run & Pulse Combo** – *Run forward, Triple Squat, Run back, Triple Squat. In the Run: **Chest lifted**. In the Triple Squat: **Knees out over toes***
- **Run & Burpee with Turn 180° Combo** – *In the Burpee: Jump feet back into Plank and feet wide into Squat, **abs braced** as you Plank. Move your body as one as you turn*
OPTION: March forward and Wide Squat
- **Skater** – L, R. **Bend front knee out over toes, chest lifted**, hips back and square to the front. *Push across from the side of your foot and use your arms for momentum*
OPTION: Step Across
- **Plyometric Lunge** – **Front knee out over toes, long step back, bend your back knee**, back heel up. *Drop thigh to parallel; you can feel the tension in your quads and glutes*
OPTION: Backward-Stepping Lunge

BLOCK 2

LAYERS 2 AND 3

One down, two to go! We reset and do all the same moves again. Focus this block on improvement of technique and intensity. Teach your class what to do for this.

- **Run & Pulse Combo** – *Refer to active recovery and reload for Block 2*
- **Run & Burpee with Turn 180° Combo** – *Stay low to stay strong in the core and legs*
- **Skater** – *Drive the outside hard through the floor*
- **Plyometric Lunge** – *Go down low in the legs, drop your back knee down even more and push out of the front foot. Vertical power to get your legs and glutes fired up!*
OPTION: Backward-Stepping Lunge

BLOCK 3

LAYER 3

Challenge your class in this last block to max-out in their own way. Watch the Masterclass footage. We choose to show active recovery to make sure the class reloads for their final block, but also demonstrate an option again to ensure everyone makes it to the finish line. Make sure your class keeps moving, maintains control and works hard. Use Motivational cues to drive and push your class to move further, drop lower and jump higher. Max-out!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to build stronger bodies by using range and pressure in the Squats and Pushups as well as core and balance in the Calf Raises.

	MUSIC		EXERCISE	CTS	REPS
	0:00 Intro /	2x8	Set up for Triple Pulse Squat & Calf Raise Combo	16	
	0:08 C / Shawty, had them apple bottom jeans	8x8	A Triple Pulse Squat & Calf Raise Combo Triple Pulse Squat. <i>Clasp hands together in front of chest</i> Calf Raise. <i>Arms to side – 45° down</i>	6 2	8x
	0:36 Instr / Low low low	4x8	A Triple Pulse Squat & Calf Raise Combo B Hold Squat at the bottom	8 16	2x 1x
	0:49 Br /	2x8	Transition to floor and set up for Pushups	16	
	0:53 C / Shawty, had them apple bottom jeans	8x8	C Single Tricep Pushup	4	16x
1	1:21 QC / Shawty, had them apple bottom jeans	4x8	Transition to Squat B Hold Squat at the bottom	16 16	
	1:35 C / Shawty, had them apple bottom jeans	4x8	D Bottom Half Pulse Squat	2	16x
	1:49 Instr / Low low low low	4x8	B Hold Squat at the bottom	32	
	1:59 Br / _ let me talk to her	2x8	Transition to floor	16	
	2:07 C / Shawty, had them apple bottom jeans	8x8	C Single Tricep Pushup	4	16x
	2:35	2x8	Transition to standing and reset for Triple Pulse Squat & Calf Raise Combo	16	
	2:41 C / Shawty, had them apple bottom jeans	8x8	A Triple Pulse Squat & Calf Raise Combo	8	8x
	3:09 Instr / Low low low low	4x8	A Triple Pulse Squat & Calf Raise Combo B Hold Squat at the bottom	8 16	2x 1x
	3:21 Br / _ let me talk to her	2x8	Transition to floor and set up for Pushups	16	
	3:26 C / Shawty, had them apple bottoms jeans	8x8	C Single Tricep Pushup	4	16x
2	3:54 Shawty, had them apple bottoms jeans	4x8	Reset and recover – stay on the floor	32	
	4:08 Shawty, had them apple bottoms jeans	4x8	E Triple Pulse Wide Pushup	8	4x
	4:22 Instr / (Builds)	4x8	E Triple Pulse Wide Pushup x2 Shake it out	8 16	2x 1x
	4:30 Br / _ let me talk to her	3x8	Rest and recover	24	
	4:40 C / Shawty, had them apple bottoms jeans	8x8	F Single Wide Pushup	4	16x



05. LOW (LUNAX REMIX) 5:11mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

This is upper and lower body strength training with spicy core power moves. We use simple moves, so keep the set-up simple and use clear Technique cues. Once you've set up the moves, coach your class through the range of motion – depth of the Squats – and core and glute recruitment in the Calf Raises.

- **Set up** – Feet wide, abs braced, chest lifted, hands together
- **Triple Pulse Squat & Calf Raise Combo** – In the Triple Pulse Squat: **Chest lifted, abs braced, knees out over toes.** Sit your hips back and down in the Squat. In the Calf Raises: Stand tall on your front foot, lift your heels, take arms out as you raise
OPTION: No Calf Raise
- **Hold Squat at the bottom** – **Chest lifted, abs braced,** sit low and hold to feel tension
- **Single Tricep Pushup** – Down, up, down, up. Hands under shoulders, **abs braced, chest to elbow height,** elbows towards ribs, keep hips level
OPTION: Knees under hips and drop elbows back
- **Hold Squat at the bottom** – Reset, feet wide, chest lifted and hands up, **knees out over toes**
- **Bottom Half Squat Pulse** – Push your hips back, keep your back up and straight
- **Hold Squat at the bottom** – Get your class to stay low and feel the tension
- **Single Triple Pushup** – **Elbows towards ribs, keep hip level and your back long and flat;** try it on your toes if you can, knees or toes

BLOCK 2

LAYERS 2 AND 3

Improve and intensify movements in this block and refer to what your class is supposed to feel because of better movement. What are the benefits of these moves?

- **Triple Pulse Squat & Calf Raise Combo** – Add some explosivity to the Calf Raise and explain to your class that this way of training ultimately helps you jump higher
- **Hold Squat at the bottom** – Hold Squats for time under tension
- **Single Tricep Pushup** – Shift weight into palms as you push off the floor and feel the back of your arms working. Visualize improvements by saying something like: "Don't show your armpit; keep your elbows in"
- **Triple Pulse Wide Pushup** – Take the challenge, knees or toes; keep moving together!



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to focus on the Lunge & Aeroplane Combo, then flush out their legs and enjoy the beats as they run around the room.

MUSIC			EXERCISE		CTS
1	0:00	Intro / Take it easy	4x8	Stand up	16
				 Lunge & Aeroplane Combo	16
	0:14	Lift me up	4x8	A Lunge & Aeroplane Combo L, R	
				Backward-Stepping Lunge L. Drop down	4
				Lunge – <i>Arms straight out</i>	4
				Single-Leg Deadlift. <i>Arms to side</i>	4
				Reset to change sides	4
			Repeat on R	16	
	0:26	Instr / (Low)	12x8	A Lunge & Aeroplane Combo L, R	96
	1:01	Instr /	8x8	B Circle Run	64
	1:24	(Drop)	4x8	C Run In. Double-Arm Reach Up x8	16
				High Knee Run OTS	16
2	1:36	Take it easy	4x8	Jog B	16
				Set up for Lunge & Aeroplane Combo	16
	1:48	Lift me up	16x8	A Lunge & Aeroplane Combo L, R	128
	2:35	Instr /	8x8	B Circle Run	64
	2:59	(Drop) /	4x8	C Run In. Double-Arm Reach Up x8	16
				High Knee Run OTS	16
3	3:11	Take it easy	4x8	Jog B	16
				Set up for Lunge & Aeroplane Combo	16
	3:22	Lift me up	4x8	A Lunge & Aeroplane Combo L, R	32
	3:34	Instr / (Low)	4x8	A Lunge & Aeroplane Combo L, R	32
	3:46	B up /	4x8	A Lunge & Aeroplane Combo L, R	32
	3:58	B up /	4x8	A Lunge & Aeroplane Combo L, R	32
	4:10	Instr /	8x8	B Circle Run	64
	4:33	(Drop) /	4x8	C Run In. Double-Arm Reach Up x8	16
			High Knee Run OTS	16	



06. FALLING DOWN 4:52mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

This Running track is all about the Lunge & Aeroplane Combo. Coach your class how to execute this combo properly to get the maximum work in the right muscles.

- **Set up** – *Let's get our heart rate going and use strength work for our legs to improve our running*
- **Lunge & Aeroplane Combo – Feet under hips**, drop down, arms out, lean forward, stand tall, **long step back. Front knee out over toes, chest lifted, brace abs to keep hips square to front.** Find balance and stability. Tell your class they must drop into the Lunge, use their core for stability as they set arms aside and brace abs to keep the upper body still and upright. Keep the front knee bent, hinging from hips as you make a Single-Leg Deadlift to engage hips and glutes
- **Circle Run** – Run around the room. Find a speed that works for you!
OPTIONS: March or Jog
- **Run In** – Arms up and pull back down
- **High Knee Run – Brace abs, chest lifted and knees to hip height**

BLOCK 2

LAYER 2

Second block uses all the same moves, which is great as you will be able to coach your class on improving movement quality for better results.

- **Set up** – *This time we focus on our hips*
- **Lunge & Aeroplane Combo** – Find balance and stability. When you're in control, drive your hips forward and set your back leg straight as you stand tall. You can feel your entire leg, back and front, engage. We're training all sides of your legs!
- **Circle Run** – Run with power and efficiency. Push yourself forward! Pick up your heels up to drive your heart rate
- **Run In** – Make your arm reach up as high as you can!
- **High Knee Run** – Drive your knees up to lift your heart rate!

BLOCK 3

LAYER 3

Use this last block to remind your class of what they've learned and keep them engaged with it to get maximum work in the right muscles. Use this block for personal connection with your participants by praising them, giving high fives and shoutouts.



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to move with speed and full-body control on this light, happy and positive song.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Instr / Oh oh oh	4x8	Set up split room 👁 Skate & Walk Combo OTS	24 8	
	0:17	V / They got shiny things	4x8	A Skate & Walk Combo OTS Skate OTS L, R x2 Walk OTS L, R x2 👁 Bound F & March 180° Turn Combo	4 4	4x
	0:32	They got shiny things	4x8	B Bound Forward & March 180° Turn Combo Bound F L, R x2 March OTS L, R x2. Turn 180° Bound F L, R x2 March OTS. L, R x2. Turn 180°	4 4 4 4	2x
	0:48	Br / They might have something else	2x8	B Bound Forward & March 180° Turn Combo	16	
	0:56	C / No one does it like I	4x8	C 3-Step Drop L, R	4	8x
	1:12	No one does it like I can	4x8	D Ladder Run OTS – Fast Set feet wide for Squat Jumps	28 4	
	1:28	Instr / Oh, so what you gonna do	4x8	E Squat Jumps. Feet wide x8 Squat Jumps. Feet wide x8 – deeper Snowboard Turn L, R x8	8 8 16	
	1:44	Instr / oh oh oh	4x8	Change sides	32	
	2	1:59 V / They got pedigree but boy I play to win	12x8	 Sequences B, B, C, D and E	96	
	3:26	Instr / What you gonna do	4x8	Change sides	32	
3	3:41	C / No one does it like I can	8x8	B ¹ Bound Forward & March 180° Turn Combo Bound F L, R x2 Fast Run OTS. Turn 180° Bound F L, R x2 Fast Run OTS. Turn 180°	4 4 4 4	4x
	4:13	Oh, so what you gonna do	4x8	E Squat Jump. Feet wide x8 Squat Jump. Feet wide x8 – deeper Snowboard Turn L, R x8	8 8 16	



07. LIKE I CAN 4:33mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Use this first block to set up the moves by coaching rhythm and direction first. Then provide the most important Technique cues and options to make sure everyone moves safely.

- **Set up** – We train with *power and speed*.
Chest lifted, abs braced
- **Skate & Walk Combo OTS** – 4, 3, 2, 1 and march. Just coach the rhythm and preview the direction change into the bounce
- **Bound Forward & March 180° Turn Combo** – 4, 3, 2, 1 march and turn. **Chest lifted, abs braced. Bend your knees as you land**
- **3-Step Drop** – Coach the rhythm: down, up, up, down. **Chest lifted, abs braced. Bend your front knee out over toes.** Sit back in hips. Lift up your inside leg
- **Ladder Run OTS** – In and out, on or off the beat
- **Squat Jump** – Feet wide, **bend your knees out over toes**
- **Snowboard Turn** – **Body turns as one; bend your knees out over toes**

BLOCK 2

LAYER 2

In this second block, focus more on power and distance. You can add a performance element into this track to get your class to improve their moves and work harder.

- **Bound Forward & March 180° Turn Combo** – Add more drive through your front leg, then extend your back leg and use your arm drive to skate forward
- **3-Step Drop** – Drop low and pop your knee up; use your arms
- **Ladder Run OTS** – Feet go as fast as they can!
- **Squat Jump** – Push up from the front of your foot fast. Action, reaction! Make sure your grounded time on the floor is as less as possible
- **Snowboard Turn** – Bend your knees more to feel fire in your legs and glutes

BLOCK 3

LAYER 3

In this last block, we do the same moves but this time challenge your class to add more speed and distance. Drive up your heart rate!



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to enjoy the beautiful and positive vibe of this song. Share your love, passion and the heartwarming message that you’re always there for them.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 Br /	½x8	A Run OTS	4	
	0:03 Instr /	8x8	A Run OTS	64	
	0:26 B up /	4x8	B Single Kick L, R. <i>Low Single Punch F</i>	4	4x
			Single Kick L, R. <i>Higher Single Punch F</i>	4	
	0:38 Instr /	8x8	C Run & Kick Combo		2x
			Run F. <i>Double-Arm Reach Up</i> x4	8	
2			Single Kick L, R. <i>Single Punch F</i> x2	8	
			Repeat to B	16	
	1:02 _ alone	4x8	D Single Kick L, R. <i>Single Punch F</i>	4	8x
	1:14 V / We were young, posters on the wall	4x8	A Run OTS	32	
	1:26 C / We all need that someone	8x8	A¹ Run OTS & Arm Combo		8x
			Arms up	2	
			Arms down	2	
			Arms cross chest	2	
			Arms down	2	
	1:49 La la la la la, lone	8x8	E Knee & Shuffle Combo L, R		2x
			Knees L. <i>Single Bicep Curl</i> x4	8	
			Shuffle OTS. RA	8	
3			Knees R. <i>Single Bicep Curl</i> x4	8	
			Shuffle OTS. RA	8	
	2:13 C / I'm not gonna make it	4x8	B Single Kick L, R. <i>Low Single Punch F</i>	4	4x
			Single Kick L, R. <i>Higher Single Punch F</i>	4	
	2:25 Instr /	8x8	C Run & Kick Combo	32	2x
	2:48 C / La la la la la, lone	4x8	D Single Kick L, R. <i>Single Punch F</i>	4	8x
	3:00 Br /	1x8	Recovery	8	
	3:03 V / Then I saw your face	4x8	A Run OTS	4	8x
	3:15 C / We all need that someone	8x8	A¹ Run OTS & Arm Combo	8	8x
	3:39 La la la la la, lone	8x8	E Knee & Shuffle Combo	32	2x
	4:03 Instr /	8x8	C Run & Kick Combo	32	2x
	4:26 C / La la la la la, lone	4x8	D Single Kick L, R. <i>Single Punch F</i>	4	8x



08. ALONE, PT. II (DA TWEEKAZ REMIX) 4:45mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

This track has three rounds to enjoy and smile to! Use short and simple cues to set up great Technique as the first block comes in and builds very quickly. Focus on a warm and welcoming feel from the start of this track to include everyone.

- **Set up** – *Let's enjoy and smile in this track!*
- **Single Kick** – *Start with low kicks, then build to higher kicks, **chest lifted, abs braced***
- **Run & Kick Combo** – *Coach the rhythm of this move and say something like: "Run forward, kick 4, 3, 2, 1, back straight"*

OPTIONS: March and Low Taps

- **Single Kick** – ***Hips square to the front, back straight**, kick forward from the hip with a straight leg, kick to hip height*

BLOCK 2

LAYER 2

Remind your class about the most important Technique cues to ensure safety. Then focus on the feel of this song again. Connection is everything!

- **Run OTS & Arm Combo** – *Up, down, cross down. Keep your upper body strong as you brace through the core; pick up your heels up to keep the energy up*
- **Knee & Shuffle Combo** – ***Hips square to the front, chest lifted, abs braced**, knee to hip height*

OPTION: Step Across and March

- **Single Kick** – *Make sure your class feels the music and drive through and out of their bodies by bringing in the 'hey, hey, hey, hey' in the Kicks! It's the BODYATTACK way!*
- **Run & Kick Combo** – *Praise your class for their efforts: You look amazing!*
- **Single Kick** – *You're never alone. With us, we're always together!*

BLOCK 3

LAYER 3

Finish this track with magic! Let the music speak, celebrate the workout, keep it up with the 'hey, hey, hey, hey' towards the end and use shoutouts for member recognition. Use the theme of this track to create UNITED connection from and with your soul.



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to work hard and use the recoveries to breathe, while I teach and move with contrasts that match the music. When the music is calm, they are calm. When the music is pumping, they are pushing to their maximum efforts!

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / I got that techno	2x8	Set up for Jumping Jack & Double Jump F&B Combo	16	
	0:05	C / I got that techno	8x8	A Jumping Jack & Double Jump F&B Combo		8x
				Jumping Jack x3	6	
				Double Jump F&B	2	
	0:28	(Pulsing beat)	8x8	B 12 Knee Repeater & Run OTS Combo		
				Knee Repeater to front L corner x12	24	
				Run OTS. Turn to face the front R corner	8	
				Knee Repeater to front R corner. RA x12	24	
				Run OTS. Turn to face the front L corner	8	
	0:51	C / I got that techno	8x8	C 6 Knee Repeater & Run OTS Combo		2x
				Knee Repeater to front L corner x6	12	
				Run OTS. Turn to face the front R corner	4	
				Knee Repeater to front R corner. RA x6	12	
				Run OTS. Turn to face front L corner	4	
	1:14	(Pulsing beat)	8x8	D High Knee Run & Burpee Combo		
				High Knee Run to face the front L corner	8	
				High Knee Run OTS	8	
				Run B	8	
				Burpee. Turn to front R corner	8	
				High Knee Run to front R corner	8	
				High Knee Run OTS	8	
				Run B	8	
				Burpee. Turn to face front	8	
	1:37	C / I	4x8	A Jumping Jack & Double Jump F&B Combo	8	4x
	1:48	(Pulsing beat)	8x8	D High Knee Run & Burpee Combo	64	
	2:11	C / I	4x8	A ¹ Jumping Jack & Double Jump F&B Combo with Tuck Jump	8	4x
2	2:23	C / Blow my mind	4x8	Recovery	32	
	2:34	(Pulsing beat)	40x8	 Sequences B, C, D, A, D and A¹	320	
3	4:28	C / I	4x8	Recovery	32	
	4:40		4x8	Run OTS. RA	32	
	4:51	(Pulsing beat)	4x8	E Burpees – As many as you can	32	
	5:02		4x8	F Air Jacks or Jumping Jacks	2	16x
	5:14	C / I	4x8	G Sprint OTS	32	
	5:25		4x8	E Burpees – As many as you can	32	
	5:37	C / I got that techno	4x8	F Air Jacks or Jumping Jacks	2	16x
	5:48		8x8	G Sprint OTS – Move in	64	



09. TECHNO ON MY MIND (RADIO EDIT) 6:20mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

We've got a massive cardio track to finish with! This track features with great contrasts and build-ups in both the music and moves. Make good use of them by adjusting your use of voice and movement demonstration. As you know, the first block is there to set up the moves for safety. Give short and clear cues, then build up to outbursts and give it all in the High Knee Run & Burpee Combo towards the end of each block.

- **Set up** – Three massive rounds of power training
- **Jumping Jack & Double Jump F&B Combo**
– Coach the rhythm first: 3, 2, 1 Jump forward, **chest lifted, bend your knees, abs braced**
- **12 and 6 Knee Repeater & Run OTS Combo**
– Coach the rhythm first by counting down from 12 or 6. Then count down the last few repetitions before the run and turn: 4, 3, 2, 1 turn and run, **chest lifted, front knee out over toes** in the Repeater
- **High Knee Run & Burpee Combo** – Coach your class how to face the room, so facing corners in the High Knee Run and facing the front in the Burpee. In the High Knee Run: **Chest lifted**, knees to hip height. In the Burpees: **Abs braced** in Plank
OPTION: March and 2 Squats
- **Jumping Jack & Double Jump F&B Combo** – Heels down and knees bend
- **High Knee Run & Burpee Combo** – Coach your class to move with **DRIVE**, knees to hip height and pump the arms in the High Knee Run; push your heart rate up!
- **Jumping Jack & Double Jump F&B Combo with Tuck Jump** – **Brace abs to lift knees, bend knees to take off and land, land softly**

BLOCK 2

LAYERS 2 AND 3

We do it all again! Come into this block with focus on active recovery as calm before the storm. Then gear up everything into Gear 2 and 3. Show your class how athletic YOU are and inspire them by being a great role model, because that will make them move even harder as well. Sink deeper, push harder, drive the knees up higher. Get your body from the training zone to a place where your members make their shift in fitness.

BLOCK 3

LAYER 3

This last block is designed with three big moves, as one big circuit. Get your participants to Gear 4! Make sure to keep providing options as you want to finish as a team. Focus on Speed in the Burpees and High Knee Runs, and Airtime in the Air Jacks. Challenge your class to go as fast as they can in the Burpees and High Knee Runs. In the High Knee Run: Pop the knees up as high and fast as possible to accelerate the heart rate. In the Air Jacks: Coach your class to bend their knees. Then bring it home with great Motivational cues.



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to focus on using their glutes and obliques and improve their core training by telling them what to do, what they are working, and how to do it better.

	MUSIC		EXERCISE	CTS	REPS
1	0:00 V / My soul, your heart	4x8	Set up for Glute Bridge	32	
	0:15 And I won't stop	4x8	A Glute Bridge	32	
	0:30 Br /	1x8	Set up for a Single-Leg Pulse Bridge	8	
	0:34 C / Ah, oh, ah, oh, the stardust is our love	4x8	A ¹ Single-Leg Pulse Bridge L Change sides on last 2cts	4	8x
	0:49 Ah, oh, ah, oh, the stardust is our love	4x8	A ¹ Single-Leg Pulse Bridge R	4	8x
	1:04 Br /	½x8	Reset for Glute Hip Bridge	4	
	1:06	2x8	A Glute Bridge	16	
	1:13 Instr /	4x8	A ² Glute Bridge with Double Pulse	2	16x
2	1:28	1x8	Reset – back on floor	8	
	1:32 V / My soul, your heart	8x8	B 2/2 Crunch – Feet down	8	8x
	2:03 C / Ah, oh, ah, oh, the stardust is our love	4x8	B ¹ C-Crunch – Feet up and lower	8	4x
	2:17 Br /	2x8	B ¹ C-Crunch – Feet up and lower	8	2x
	2:24	½x8	Set up for Glute Bridge with Double Pulse	4	
	2:27 Instr /	4x8	A ² Glute Bridge with Double Pulse	2	16x
	2:41 C / Ah, oh, ah, oh, the stardust is our love	4x8	A ² Glute Bridge with Double Pulse	2	16x
3	2:57	1x8	Reset – back on floor	8	
	3:00 V / My soul, my heart	8x8	B 2/2 Crunch – Feet down	8	8x
	3:30 C / Ah, oh, ah, oh, the stardust is our love	4x8	B ¹ C-Crunch – Feet up and lower	8	4x
	3:45 Br /	2x8	B ¹ C-Crunch – Feet up and lower	8	2x
	3:52	½x8	 Cross Crawl	4	
	3:55 Instr /	4x8	C Cross Crawl L, R – Knees bent	4	8x
	4:10 C / Ah, oh, ah, oh, the stardust is our love	4x8	C ¹ Cross Crawl L, R – Extend legs	4	8x



10. STARDUST 4:31mins

TECHNIQUE AND COACHING

BLOCK 1

Introduce this track by telling your class that there are three simple blocks of core training with simple moves to make your core stronger.

- **Set up** – Feet close to hips and hip-width apart
- **Glute Bridge** – Lift your hips up, squeeze your glutes and push through the heels. Maintain a straight line through the body
- **Single-Leg Pulse Bridge** – Lift one leg up. Up, down, up, down. **Brace abs, hips square to the floor**, Knees drive straight up; press your heel into the floor
- **Glute Bridge with Double Pulse** – Imagine you squeeze the glutes together. Stay in top half range and squeeze your shoulders together, into the floor

BLOCK 2

LAYER 2

Coach your class what to feel and how to feel it.

- **2/2 Crunch** – Fingertips to temple. Feet down. Crunch your ribs towards your hips. **Brace abs tightly to keep your lower back down towards the floor**
- **C-Crunch** – Lift your feet up and tap down. Knees in ninety degrees. Maintain control as you lower your feet by **bracing your abs**. Upper body is working
- **Glute Bridge with Double Pulse** – Focus on really squeezing the glutes. Feel the tension through the mid-section and glutes

BLOCK 3

LAYER 3

As we repeat most of the moves, your class feels more confident to work harder for faster results. Challenge your class to motivate them.

- **2/2 Crunch** – Crunch up higher with your shoulders further off the floor
- **C-Crunch** – Upper body crunches up to train your upper abs. Lifting your knees up over your ribs towards your hips to train your lower abs. Squeeze and hold at the top to keep major contraction in the abs. This is going to make you stronger
- **Cross Crawl** – Opposite shoulder to opposite knee. Elbows wide. Stay up, rotation through the chest and extend your leg to work extra hard. Here we tighten your obliques



11. COOLDOWN

TRACK FOCUS

I want my participants to recover and celebrate their efforts of today's workout.

	MUSIC		EXERCISE	CTS
	0:00	Intro / I only want good vibes	2x8 Knees to side – Lower Back Release	16
	0:10	C / Throwing shade	2x8 Knees to side – Lower Back Release	16
	0:20	V / I know life will never be	2x8 Lying Gluteal Stretch	16
	0:29	You, yeah, you	2x8 Lying Gluteal Stretch – <i>Reach through legs</i>	16
	0:38	C / I only want good vibes	2x8 Lying Gluteal Stretch	16
	0:48	Parade, throwing shade	2x8 Lying Gluteal Stretch – <i>Reach through legs</i>	16
	0:59	V / So I'm here	4x8 Lying Hamstring Stretch	32
1	1:17	V / Maybe if I wasn't	2x8 Lying Hamstring Stretch	16
	1:27	C / I only want good vibes	4x8 Lying Hamstring Stretch Roll over to kneeling and set up for Hip Flexor Side Stretch	16 16
	1:46	Oh oh oh oh oh	4x8 Hip Flexor Side Stretch Hip Flexor Side Stretch	16 16
	2:06	I only want good vibes	4x8 Standing Quadricep Stretch – <i>Arms to side</i> Standing Quadricep Stretch – <i>Arms to side</i>	16 16
	2:25	Outro /	4x8 Standing Calf and Tricep Stretch Standing Calf and Tricep Stretch	16 16



11. GOOD VIBES 2:50mins

TECHNIQUE AND COACHING

BLOCK 1

Use the Cooldown to stretch, recover and connect with your class. Explain to them what we stretch, how we do that and why, referring to what we did throughout the workout. Connect to the lyrics of the song and connect with the members of your class. Nothing but good vibes, so deliver the Cooldown lightly and with happiness.



Exp

05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to build stronger bodies by using range and pressure in the Squats and Pushups as well as core and balance in the Calf Raises.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro / _ let me talk to her	2x8	Set up for Triple Pulse Squat & Calf Raise Combo	16
	0:08	C / Shawty, had them apple bottom jeans	8x8	A Triple Pulse Squat & Calf Raise Combo Triple Pulse Squat. <i>Clasp hands together in front of chest</i> Calf Raise. <i>Arms to side – 45° down</i>	8x 6 2
	0:36	Instr / Low low low low	4x8	A Triple Pulse Squat & Calf Raise Combo B Hold Squat at the bottom	16 16
	0:49	Br /	2x8	Transition to floor and set up Plank and set up for Pushups	16
	0:53	C / Shawty, had them apple bottom jeans	8x8	C Single Tricep Pushup	4 16x
	1:21	QC / Shawty, had them apple bottoms jeans	4x8	Reset and recover – stay on the floor	32
2	1:35	Shawty, had them apple bottoms jeans	4x8	D Triple Pulse Wide Pushup	8 4x
	1:49	Instr / (Builds)	4x8	D Triple Pulse Wide Pushup	16 2x
	1:55	Br / _ let me talk to her	3x8	Rest and recover	24
	2:06	C / Shawty, had them apple bottoms jeans	8x8	E Single Wide Pushup	4 16x



Exp

05. LOW (LUNAX REMIX) 2:40mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

This is an upper and lower body strength training with spicy core power moves. We use simple moves, so keep the setup simple and use clear Technique cues. Once you've set up the moves, coach your class through the range of motion – depth of the squats – and core and glute recruitment in the Calf Raises.

- **Set up** – Feet wide, abs braced, chest lifted, hands together
- **Triple Pulse Squat & Calf Raise Combo** – In the Triple Pulse Squat: **Chest lifted, abs braced, knees out over toes.** Sit your hips back and down in the Squat. In the Calf Raises: Stand tall on your front foot, lift your heels, take arms out as you raise
OPTION: No Calf Raise
- **Hold Squat at the bottom** – **Chest lifted, abs braced,** sit low and hold to feel tension
- **Single Tricep Pushup** – Down, up, down, up. Hands under shoulders, abs braced, chest to elbow height, elbows towards ribs, keep hips level
OPTION: Knees under hips and drop elbows back

BLOCK 2

LAYERS 2 AND 3

Improve and intensify movements in this block and refer to what your class is supposed to feel because of better movement. What are their benefits of these moves?

- **Triple Pulse Wide Pushup** – Hands outside shoulder-width, **chest to elbow height, abs braced, back long and flat,** push your hands out of the floor for better engagement of the muscles in your chest and shoulders
- **Single Wide Pushup** – Take the challenge, knees or toes; keep moving together!



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

AIR JACK

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*

TRICEP 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*

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. BA120 SPECIFIC MOVES

PLANK SHOULDER TAP

*Abs braced
Hips square to the floor
Hands under shoulders
Long flat back*

AEROPLANE

*Hips and shoulders square the floor
Abs braced*

BOUND

Bend knees to land



GLOSSARY

3-STEP DROP

- Bend knees to land
- Chest up
- Hips back

SINGLE LEG PULSE BRIDGE

- Abs braced
- Hips square to the ceiling
- Squeeze glutes

GLUTE BRIDGE WITH DOUBLE PULSE

- Abs braced
- Hips square to the ceiling
- Squeeze glutes

2/2 CRUNCH

- Abs braced
- Lower back toward the floor
- Ribs to hips
- Elbows back

C-CRUNCH

- Abs braced
- Lower back toward the floor
- Ribs to hips
- Elbows back



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.