

BODYATTACK 123

MUSIC

FORMATS

01. WARM-UP

02. MIXED IMPACT

03A. AEROBIC

03B. CIRCUIT

04. PLYOMETRIC

05. ATHLETIC STRENGTH

06. RUNNING

07. AGILITY

08. INTERVAL

09A. POWER

09B. CIRCUIT

10. CORE

11. COOLDOWN

Exp

05. ATHLETIC STRENGTH

GLOSSARY

DECLARATION OF INTENT

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MUSIC

01	Overtime (4:02) James Flake © 2023 Les Mills Music Licensing Ltd. Written by: J. Makhlouf, A. Makhlouf, Frisch	08	Easy On My Heart (Gabry Ponte VIP MIX) (2:53) Gabry Ponte © 2023 GEKAI Under exclusive license to Warner Music Italy a Warner Group Company. Written by: Reilly, Risavy, Mackillop
02	Padam Padam (Electro House Mix) [Extended Edit] (4:34) Power Music © 2023 Power Music. Written by: Wroldsen, Rycroft		Easy On My Heart (Gabry Ponte VIP MIX) (2:57) Gabry Ponte © 2023 GEKAI Under exclusive license to Warner Music Italy a Warner Group Company. Written by: Reilly, Risavy, Mackillop
03A	Dancing's Done (Handz Up Remix) [Extended Edit] (5:27) Power Music © 2023 Power Music. Written by: Walter, Burns, Douglas, Bowman, Rycroft, Koci	09A	Wings (Radio Edit) (6:00) Technikore & Suae © 2023 OneSeventy. Written by: Tedder, van den Bogaerde
03B	DJ Turn It Up (5:25) Dimension © 2023 Dimension. Written by: Etheridge, Harper	09B	Take Me Up (5:53) Kanine © 2023 UNLEASHED. Written by: Bossert
04	Rave Workout (5:03) STVW x DJ Junior © 2023 Rave Culture Music B.V. Written by: Witzlsperger	10	Desire (2:19) Calvin Harris & Sam Smith © 2023 Sony Music Entertainment UK Limited. Written by: Smith, Burns, Harris, Romans, Torrey
05	JUMP In (5:22) Knock2 © 2023 NIGHTMODE. Written by: Nakhonethap		Desire (2:55) Calvin Harris & Sam Smith © 2023 Sony Music Entertainment UK Limited. Written by: Smith, Burns, Harris, Romans, Torrey
06	Weekend (Quickdrop Remix Extended) (5:11) Marc Korn, Semitoo & Quickdrop feat. Renee © 2023 Dance Magic Records. Written by: Koerts	11	Shooting Darts (2:32) Dimitri Vegas & Like Mike with R3HAB & Prezioso © 2022 Smash The House/Subside Records S.R.L., under exclusive license to Epic Amsterdam. Written by: Hakala, Heinonen, Yloenen, Rantasalmi
07	Blow The Speakers (4:31) Dr. Phunk feat. Maikki © 2023 Revealed Music B.V. Licensed courtesy of Central Station Records. Written by: Riley, Goldsworthy, Martins, Buijs	EXP 05	JUMP In (3:31) Knock2 © 2023 NIGHTMODE. Written by: Nakhonethap
		ALT 02	Close To U (4:34) Katnip feat. Milva Courtesy of Epidemic Sound. Written by: Unknown



BODYATTACK 123



Back row L-R: Dr. Emma Alcock, Nick Yan, Lisa Osborne
Front row L-R: Maxime Vigeant, Hamza Bkira,
Jackson Fuafiva Osborne

Get excited! Play the release in the car, when you walk, when you work and even at a party! The tunes rock and this release delivers on the promise of a fun, inspiring and interactive workout!

The theme of this release is: Your workout, your way! Watch the video and all the teaching on how to make this class inclusive and accessible to everyone! Add all your own magic – this is a great way to build connections in your classes.

Make sure that your participants move well. They will have the confidence to do this if you coach clearly in setting up the moves.

Finally, have magnificent Motivation! Finding truly inspiring motivational cues is not easy – Instructors stick to words such as "Hey!" or "Come on, hold on!" or "Yes, you can do it!" It's important to make the words meaningful and impactful. So dig deep – look up some motivational cues on the internet and get inspired to motivate your members!

I love this release! I hope you feel the energy, love, passion and friendship that all the presenters have for BODYATTACK. Get out there and spread the word of BODYATTACK LOVE!

Thank you for being a part of the BODYATTACK family.

All my love and energy to you all.

Lisa xx

PRESENTERS

- Dr Emma Alcock** (NZ)
- Hamza Bkira** (Tunisia)
- Jackson Fuafiva Osborne** (NZ)
- Lisa Osborne** (Australia)
- Maxime Vigeant** (France)
- Nick Yan** (China)

CREDITS

- Program Director/Coach** – Lisa Osborne
- Creative Director** – Kylie Gates
- Creative Team** – Dan Maroun, Jackson Fuafiva Osborne, Robert van Dieën
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Juliet Mora
- Special thanks to** –
 - Juliet Mora – for supporting and coordinating our team
 - Michelle Farrier – for organising and bringing this team together
 - Josh James and Kendall Farmer – for the music

BODYATTACK TRIAL TEAM

The creative process for this round included a group of trainers and instructors from all around the world. A special thank you to this team of people who trialed the release and gave their feedback.

- Amy Styles** (United States)
- Fran Torres** (Argentina)
- Josh Farmer** (Australia)
- Liam Botica** (New Zealand)
- Nick Paraschchak** (United Kingdom)
- Sarah Shortt** (United Kingdom)



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>

NOTES:

The EXPRESS version of Track 5, *JUMP In*, 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		

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.

TABATA

Speed focus

60 seconds for each move, repeat the circuit 4 times. A total 16 minutes of work. All the moves are from Track 7 Agility so refer to that track if you need to.

Move 1: Ladder Runs

Move 2: Down Jacks

Move 3: Skater Drop and Run Across Combo

Move 4: Rest



FORMATS

FORMATS WITH 3A AEROBIC

55-MINUTE FORMAT – OPTION 1

Track 01	Warm-up
Track 02	Mixed Impact
Track 03A/3B	Aerobic/Circuit
Track 04	Plyometric
Track 05	Athletic Strength
Track 06	Running
Track 07	Agility
Track 08	Interval
Track 09A/9B	Power/Athletic
Track 10	Core
Track 11	Cooldown
Approx Time	53:46

45-MINUTE FORMAT – OPTION 1

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 05	Athletic Strength
Track 06	Running
Track 07	Agility
Track 09A/9B	Power/Athletic
Track 10	Core
Track 11	Cooldown
Approx Time	39:57

30-MINUTE EXPRESS FORMAT OPTION 1

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 07	Agility
Track 09A/9B	Power/Athletic
Express 05	Athletic Strength
Approx Time	27:41

45-MINUTE FORMAT – OPTION 2

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 05	Athletic Strength
Track 07	Agility
Track 08	Interval
Track 09A/9B	Power/Athletic
Track 10	Core
Track 11	Cooldown
Approx Time	40:36

30-MINUTE EXPRESS FORMAT OPTION 2

Track 01	Warm-up
Track 02	Mixed Impact
Track 04	Plyometric
Track 06	Running
Track 09A/9B	Power/Athletic
Express 05	Athletic Strength
Approx Time	28:21

FORMATS WITH 3B CIRCUIT

45-MINUTE FORMAT – OPTION 1

Track 01	Warm-up
Track 3B	Circuit
Track 04	Plyometric
Track 05	Athletic Strength
Track 06	Running
Track 07	Agility
Track 09A/9B	Power/Athletic
Track 10	Core
Track 11	Cooldown
Approx Time	43:20

45-MINUTE FORMAT – OPTION 2

Track 01	Warm-up
Track 3B	Circuit
Track 04	Plyometric
Track 05	Athletic Strength
Track 07	Agility
Track 08	Interval
Track 09A/9B	Power/Athletic
Track 10	Core
Track 11	Cooldown
Approx Time	43:59

30-MINUTE EXPRESS FORMAT OPTION 1

Track 01	Warm-up
Track 3B	Circuit
Track 04	Plyometric
Track 07	Agility
Track 09A/9B	Power/Athletic
Express 05	Athletic Strength
Approx Time	28:25

BODYATTACK 123 RESUPPLY

V2

Tracks 9A and 9B choreo pages swapped
Express Formats updated & extra Instructor page added



FORMATS

For a short period of time, you have 2 choices for Track 9 and the new Track 3 Circuit.

WHY?

The Circuit 3 and Track 9 are less aerobic with a circuit training feel and music that is current. There can be off beat training, less choreography, it is easy to teach and learn, and has simple moves.

You can teach either of the Track 9 options in any format. You decide what best suits your members and the best way to include more people in the class. This is a great option for newer participants who want less choreography and complexity, adding even more contrast into the release and formats, providing variety in the music and training. After 3 releases we will get feedback on the new Track 3 Circuit and 9 Athletic, and the future direction.

These tracks are not to be taught any differently than you would normally; high energy, smiles, options, and all the BODYATTACK positions in the class format.

Enjoy the variety, keep it fresh, and mix between the options!



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to warm up their bodies while they feel welcome and understand what to do, how to do it and why to do it as part of their Warm-up.

	MUSIC		EXERCISE	CTS	REPS
1	0:06 V / A feeling that I know	8x8	Welcome the class	32	
	0:18		Reach Up	8	
			Squat Down	8	
			Reach Up	8	
			Squat Down	8	
	0:30 C / Get down get up again	4x8	Stand up	8	
		A	Single Squat. Hands on thighs	4	6x
	0:43 Ref / Get down, get down	4x8	B Bounce OTS	32	
	0:57 Instr /	4x8	C Run OTS. RA	32	
	1:09	4x8	C ¹ Run F&B Combo		2x
			Run F. RA	8	
			Run B. RA	8	
2	1:22 V / A feeling that I know	4x8	D Step Touch L, R. Relaxed Arms	4	8x
	1:35 C / Get down get up again	4x8	E Side Lunge Combo L, R		2x
			Side Lunge L x2. Hands on thighs	8	
			Side Lunge R x2. Hands on thighs	8	
			👁 Side Lunge & Half Lunge B Combo last 8cts		
	1:48 Get down get up again	4x8	E ¹ Side Lunge & Half Lunge B Combo		2x
			Side Lunge L. Hands on thighs	4	
			Lunge B L. RA	4	
			Side Lunge R. Hands on thighs	4	
			Lunge B R. RA	4	
	2:01 Ref /	4x8	B Bounce OTS	32	
	2:14 Instr /	8x8	C ¹ Run F&B Combo	16	4x
3	2:40 V / A feeling that I know	4x8	D Step Touch L, R. Relaxed Arms	4	8x
	2:53 C / Get down get up again	4x8	E Side Lunge Combo L, R	16	2x
	3:06 Get down get up again	4x8	E ¹ Side Lunge & Half Lunge B Combo	16	2x
	3:19 Ref /	4x8	B Bounce OTS	32	
	3:32 Outro /	8x8	C ¹ Run F&B Combo	16	4x



01. OVERTIME 4:02mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

I want my participants to warm up their bodies while they feel welcome and understand what to do, how to do it and why to do it as part of their Warm-up.

- **Stretch** – *Feet wide, reach up and open your chest, squat down with hips back. In the Squat: chest up and knees out over toes*
- **Single Squat** – *Squat down, stand up. Chest up, knees out over toes*
- **Bounce OTS** – **Body (hips and shoulders) square to the front. Knees soft.** *Feet start wide, then start to shift them in to get ready for the Run*
- **Run OTS** – *Let your class know it's their workout, so they can move in their own way. Provide them the option. Chest up, brace abs*
OPTION: March OTS
- **Run F&B Combo** – *It's important to teach your class they need to pick up their heels in the Run, so they can warm up the back of their legs (hamstrings) and get their heart rate rising step by step*
OPTION: March F&B

BLOCK 2

LAYERS 1 AND 2

Use very clear cues to coach numbers, directions and technique. Tell your class what we do, how to do it in the right way and why we do it. In the Lunge combos, we're warming up the legs and glutes, as well as switching the focus to the muscles of the lower body and the core to make sure we move well throughout the workout.

- **Step Touch** – *Relax in this part and engage with your class*
- **Side Lunge Combo** – *L, R. Use numbers and directions first. Say: 1, 2. Change sides. 1, 2. Then coach technique: Long step out to side. Chest up, knee out over toes, hinge from hips*
- **Side Lunge & Half Lunge B Combo** – *Use numbers and directions first. Say: One side, one back. Change sides. One side, one back. Then coach technique: Long step back, front knee out over toes, back straight. Front thigh parallel to the floor*
- **Bounce OTS** – *Build the energy and get everyone in your class involved*
- **Run F&B Combo** – *Run forward and back as far as you can to get your body into the workout zone. This is how we get the best out of the Warm-up track*

BLOCK 3

LAYERS 2 AND 3

Tell your class why we do what we do in the Warm-up. In the Lunge combos, we are warming up our core, quads and glutes. Use the coordination to switch between mind and body; get them both engaged in the workout. Push the knees out to switch on the glutes and brace the abs to keep the hips level and upper body strong. Get your class engaged with what we do, so they feel more confident about the training to come. End this track by being energetic and engaging in the Bounces and Run!



02. MIXED IMPACT

AEROBIC

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Close To U* with the same choreography.

TRACK FOCUS

I want my participants to get ready to increase their heart rate, to move with balance and control and have fun with the arm-lines in a way that works for them.

MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro / (Instr)	4x8	Bounce OTS. RA	32	
	0:12	_ I hear it	4x8 A	Run OTS. RA	28	
			B	 Step Curl L, R	4	
	0:24	V / You look like fun	4x8 B	Step Curl L, R	4	4x
			B¹	Step Curl L, R. Cross Pull	4	4x
	0:37	PC / Shivers and butterflies	4x8 B¹	Step Curl & Arm Combo		4x
				Step Curl L, R. Cross Pull x2	4	
				Step Curl L, R. Double Reach F x2	4	
	0:49	C / Padam padam	4x8 C	Gallop L, R	8	4x
	1:01		4x8 C¹	Gallop & Arm Combo		4x
				Gallop L. Cross Pull x2	4	
				Gallop R. Double Reach F x2	4	
	1:14		4x8 D	Run OTS	24	
			E	 Side Lunge & Run OTS Combo L	8	
	1:26	Instr / I hear it	8x8 E	Side Lunge & Run OTS Combo L		8x
				Side Lunge L. Hands on thighs	2	
				Single Knee Hold L. RA	2	
				Run OTS. RA	4	
	1:50	C / Padam, Padam	8x8 F	Run F & Swing B Combo		4x
				Run F. RA	8	
				Swing B L, R. RA	8	
				Set feet wide on last 4cts		
	2:15		4x8 G	Pulse Squat	2	8x
			G¹	Pulse Squat with Small Jump	2	6x
				 Step Curl R, L	4	
2	2:27	V / This place is crowdin' up	4x8 B	Step Curl R, L	4	4x
			B¹	Step Curl R, L. Cross Pull	4	4x
	2:40	PC / Shivers and butterflies	4x8 B²	Step Curl & Arm Combo		4x
				Step Curl R, L. Cross Pull x2	4	
				Step Curl R, L. Double Reach F x2	4	
	2:52	C / Padam, Padam	4x8 C	Gallop R, L	8	4x
	3:04	Padam, Padam	4x8 C¹	Gallop & Arm Combo		4x
				Gallop R. Cross Pull x2	4	
				Gallop L. Double Reach F x2	4	
	3:17	Instr /	4x8 D	Run OTS	24	
			E	 Side Lunge & Run OTS Combo R	8	
	3:29	_ I hear it	8x8 E	Side Lunge & Run OTS Combo R		8x
				Side Lunge R	2	
				Single Knee Hold R	2	
				Run OTS. RA	4	
	3:53	C / Padam, Padam	8x8 F	Run F & Swing B Combo	16	4x
				Set feet wide on last 4cts		
	4:18	Outro /	4x8 G	Pulse Squat	2	8x
			G¹	Pulse Squat with Small Jump	2	8x



02. PADAM PADAM (ELECTRO HOUSE MIX)

[EXTENDED EDIT] 4:34mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

In this Mixed Impact track, we use classic BODYATTACK moves. However, it's still important to deliver clear coaching on what to do and how to do it. Coach the arms as optional to make sure everyone can follow the footwork and feels confident with it. Coach numbers, direction, and compulsories to get everyone moving safely.

- **Bounce OTS** – *Tell your class we have two awesome rounds to hit with Mixed Impact. **Hips and shoulders square to the front. Knees soft***
- **Run OTS – Chest up, abs braced**
OPTION: March OTS
- **Step Curl** – *Coach rhythm first. Say: Step lift, step lift. **Chest up, knees out over toes.** Lift your heels to butt. Add arms if you want to. Cross in front of your body. Then use rhythm and numbers for the arm combo. Say: Two crosses, two reaches. Tell your class to leave them out or do something else – whatever they like!*
OPTION: No arms
- **Gallop** – *Coach rhythm first. Say: Step together, step curl. **Chest up, abs braced.** Remember the arms? Two crosses, two reaches. Or whatever they like. You can also do a little dance. Make it fun and playful*
OPTION: No jump or arms
- **Run OTS** – *Explain to your class that we combine cardio movements with some strength stability and control moves. Then preview the move*
- **Side Lunge & Run OTS Combo** – *Coach rhythm and direction first. Say: Lunge, Knee, Jog. Step out, knee in, run. Maintain control by **bracing your abs** to balance and feel the tension through the whole body. Tell your class to sit low to load the legs*
- **Run F & Swing B Combo** – *Keep your body square! Engage and connect with your class*
OPTION: March F&B
- **Pulse Squats** – *Coach rhythm first. Say: Down, down. **Chest up, knees out over toes.** If you want more, jump out of the floor*

BLOCK 2

LAYERS 2 AND 3

Coach intensity and teach your class about what they are working. Let them know how they can improve or intensify the moves and what they'll get out of it. In the Gallop, you can move down and up bigger and push out of the floor to drive your heart rate up. In the Side Lunge & Run OTS Combo, you can tell your class to push out of the feet and switch the driving from the quads to the glutes. You also engage your core more if you push harder. In the Pulse Squats, it's the last chance to take the heart rate up. Make sure that by the end of this track your class knows you've got them ready for the training!



03A. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to increase their heart rate while they have fun and feel free to add their personal style into some dance moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Ooh	4x8		Run OTS	32	
0:12	V / I see the panic	6x8	A	Double Knee L, R. <i>Single Punch F</i> Double Knee Crossover on last 4cts	8	6x
0:30	C / I wanna give into	4x8	A ¹	Double Knee Crossover L, R. <i>Double Punch F</i>	8	4x
0:42	I wanna give into	4x8	A ²	Double Knee Crossover L, R. <i>Highland Fling</i>	8	4x
0:54	QC / I wanna give into	4x8	B	Bounce OTS Side Leap & Jumping Jack Combo L	16 16	
1:05	Instr /	8x8	C	Side Leap & Jumping Jack Combo Side Leap L x4. <i>RA</i> Jumping Jack Easy x4. <i>Hands on thighs</i> Side Leap R x4. <i>RA</i> Jumping Jack Easy x4. <i>Hands on thighs</i> Side Leap & Repeater Combo on last 16cts	8 8 8 8	2x
1:30		8x8	C ¹	Side Leap & Repeater Combo L, R Side Leap x2 L. <i>RA</i> Knee Repeater x2 L. <i>RA</i> Jumping Jack x4. <i>Hands on thighs</i> Side Leap x2 R. <i>RA</i> Knee Repeater x2 R. <i>RA</i> Jumping Jack x4. <i>Hands on thighs</i> Side Leap & Repeater Combo with Arms on last 16cts	4 4 8 4 4 8	2x
1:54	C / I wanna give in	8x8	C ²	Side Leap & Repeater Combo with Arms L, R Side Leap x2 L. <i>RA</i> Knee Repeater x2 L. <i>Double Reach Up</i> Jumping Jack x4. <i>Double Reach Up</i> Side Leap x2 R. <i>RA</i> Knee Repeater x2 R. <i>Double Reach Up</i> Jumping Jack x4. <i>Double Reach Up</i>	4 4 8 4 4 8	2x
2:18	Instr /	4x8	D	Run Square Combo L Run F to front. <i>Double Reach Up</i> x4 Turn 45° L on last 2cts Run F to L. <i>Double Reach Up</i> x4 Turn 45° L on last 2cts Run F to B. <i>Double Reach Up</i> x4 Turn 45° L on last 2cts Run F to R. <i>Double Reach Up</i> x4 Turn 45° L on last 2cts	8 8 8 8 8	
2:30		4x8	E	Jumping Jack. <i>Double Reach Up</i>	2	16x
2	2:42 Ooh	54x8	Sequences A, A¹, A², B, C, C¹, C², D and E			374



03A. DANCING'S DONE (HANDZ UP REMIX)

[EXTENDED EDIT] 5:27mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Come into this track in a way that your class knows it's time to lift their heart rates and have fun! As the moves switch and evolve fast, it is important to provide very clear instructions on what to do and how to do it. Focus on rhythm and body positioning, from facing the front to facing the corners. Provide all the options to make sure everyone can come along and feel confident so they can enjoy this fun and energetic track!

- **Run OTS** – *It's time for the Aerobics track. Let's have some fun!*
- **Double Knee** – *Coach rhythm first. Say: 1, 2. 1, 2. Two on the right, two on the left. **Hips and shoulders square to front***
OPTION: No impact
- **Double Knee Crossover** – *Coach rhythm first. Say: Knee, cross, knee, change. Once you add the arms, say: Up, over, up, down. Your workout, your way! You can also just work the legs and rhythm without the arm-lines*
OPTION: No impact
- **Bounce OTS** – *Use this space to preview the next combination*
- **Side Leap & Jumping Jack Combo** – *Coach rhythm and numbers. Say: Leap 4, 3, 2, 1. Jacks 4, 3, 2, 1. Coach body positioning, safety and landing cues in the Side Leap. Say: Hips and shoulders to the corner in the Leap. To the front in the Jacks. This is important for the next combination. Make sure you deliver very strong pre-coaching to progress*
OPTION: Side Step & Side Tap Combo
- **Side Leap & Repeater Combo** – *Coach numbers. Say: 2 Leaps, 2 Repeaters, 4 Jacks! In the Jacks: Out, in. Out, in. Repeat the body positioning. Say: Hips and shoulders to the corner in the Leap and Repeaters. To the front in the Jacks. **Bend your supporting leg, front knee out over toes***
- **Run Square Combo** – *Coach direction and tell your class when to turn*
OPTION: March
- **Jumping Jack** – ***Heels down, knees out over toes***
OPTION: Side Tap

BLOCK 2

LAYERS 2 AND 3

Your objective here is to bring in the feels, fun and flava! Focus on feeling the energy by moving with more intensity. In your arm-lines, reach longer and use your lats to pull back. In the Jacks, drop it low, feel your body working harder. Meanwhile, you add the fun and flava by connecting with the group and individually. Make a little dance and ask everyone to join you. It's your party, your way! Get some dancing done!



03B. CIRCUIT

AEROBIC

TRACK FOCUS

I want my participants to start to push through their comfort zones while they increase their heart rate without fatiguing.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Intro / Go go go	2x8	A	Jog OTS	16
	0:05	C / When I step into the club	4x8	A ¹	Run & Drop Squat Combo – Easy	4x
					Low Run OTS. RA	4
					Drop Squat. Hands on thighs	4
	0:17	When I step into the club	8x8	A ²	Run & Drop Squat Combo	8x
					High Knee Run OTS. RA	4
					Drop Squat. Hands on thighs	4
	0:39	When I step into the club	8x8	B	Single Knee L, R. RA	4 16x
2	1:02	V / Ayy, ayy, ayy, ayy	4x8	C	Transition to floor – Set up Plank	16
					Pushup Combo	16
	1:13	QC / When I step into the club	4x8	D	Wide Pushup Combo	2x
					Wide Pushup x3 – Small, Medium, Full-range	12
					Mountain Climber L, R	4
	1:24	Instr / DJ turn it up,	8x8	D	Pushup Combo	16 4x
					 Sequences A, A ¹ , A ² , B, C and D	304
	3:34	C / Go go go	2x8	A	Jog OTS	16
3	3:40	When I step into the	4x8	A ³	Run & Jumping Jack Combo – Easy	4x
					Low Run OTS	4
					Jumping Jack x2	4
	3:51	When I step into the	8x8	A ⁴	Run & Jumping Jack Combo	8x
					High Knee Run OTS	4
					Jumping Jack x2. Cross Arms O/H	4
	4:14	When I step into the	8x8	B ¹	Single Knee L, R. Single Press Up	4 16x
	4:36	V / Ayy, ayy, ayy, ayy	4x8	C	Transition to floor – Set up Plank	16
					Pushup & Fast Climber Combo	16
	4:48	QC / When I step into the club	4x8	D ¹	Pushup & Fast Climber Combo	2x
					Pushup x3	12
					Mountain Climber L, R, L	4
					Set up Plank position	
	4:59	Outro / DJ turn it up,	8x8	D ¹	Pushup & Fast Climber Combo	16 4x



03B. DJ TURN IT UP 5:25mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Come into this track relaxed, but ready to move. Focus on the set-up of the moves and combinations, safety instructions and options. Use the Single Knees to add some fun!

- **Jog OTS** – *Circuit training with three blocks and three combinations of cardio and strength moves to get your whole body working and heart rate increasing*
- **Run & Drop Squat Combo** – *Coach rhythm first. Say: 4, 3, 2, 1, Squat. Start easy, then progress to the High Knee Run. In the Runs: **Abs braced.** In the Squat: **Chest up, knees out over toes.** Push your butt back and down as you drop low*
- **Single Knee** – *Knee up to hip level*
OPTION: No Jump, no arms
- **Wide Pushup Combo** – *Coach rhythm and range. Say: Small, medium, full-range. Two Climbers, 1, 2. In the Pushup: **Abs braced, long flat back, chest to elbow height.** In the Plank: **Long flat back, hips and shoulders level to floor***
OPTION: Knees under hips and Hold Plank

BLOCK 2

LAYER 2

In the second block, we're adding intensity to the moves we've learned. Explain to your class how to progress intensity. Remind them of the basics first, then add Layer 2 coaching.

- **Jog OTS** – *Second round is for the intensity build. Let's move bigger!*
- **Run & Drop Squat Combo** – *Lean back to lift your knees higher. Keep your chest up and look forward to keeping your back straight. Drop down low in the Squat*
- **Single Knee** – *Drive your arms like a sprinter and push off the floor. This is the way sprinters train to improve an accelerated start on the tracks*
- **Pushup Combo** – *Add some power! Push your chest away from the floor, brace your core harder and pull your knee in further. Train with power and control!*

BLOCK 3

LAYER 3

Your last block is about adding speed. Tell your class we're adding the Jumping Jacks to increase speed in the sequence and that this will push their heart rate up. Also, the arms will drive the heart rate up and we must move bigger and faster. In the Pushup Combo, we're moving faster in the Mountain Climbers as two becomes three. Once again, this will push their heart rates up. It's important to say it's your workout, your way! Remind your class of the options and refer to a strong ab brace to maintain control.



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to work hard in four short blocks where they 'max out' with plyometric movements, and we focus on soft controlled landings.

	MUSIC		EXERCISE	CTS	REPS
1	0:00	Intro / This is a rave workout	4x8	Split room	32
	0:08	C / Up down left and right	4x8	A Bounce OTS Side to Side Squat Combo Set-up with Pulse Squats	24 8
	0:19	(B up) /	4x8	B Side To Side Combo with Low Pulse Squats Lateral Step L. RA Low Lateral Step R. RA Double Pulse Squat. <i>Hands on thighs</i>	 2 2 4 4x
	0:31	C / Up down left and right	8x8	B ¹ Side To Side Squat Jump Combo Low Lateral Step L. RA Low Lateral Step R. RA Squat Jump. <i>Relaxed Arm Swing Up</i>	 2 2 4 8x
	0:53	Up down left right	4x8	A Bounce OTS Side To Side Squat Combo with Butt Kick	24 8
	1:05	(Big instr) /	8x8	B ² Side To Side Squat Jump Combo with Butt Kick Low Lateral Step L. RA Low Lateral Step R. RA Squat Jump with Butt Kick. <i>Relaxed Arm Swing Up</i>	 2 2 4 8x
2	1:27	C / Up down left and right	4x8	Change sides	32
	1:39	Up down left and right	28x8	Sequences A, B, B¹, A and B²	224
3	2:58	Ref / Up down left right	4x8	Change sides	32
	3:09	Up down left right	4x8	C Shuffle L, R Lunge & Squat Jump Combo	24 8
	3:20	(Big instr) /	4x8	D Lunge & Squat Jump Combo Plyometric Lunge L, R Squat Jump. <i>Relaxed Arm Swing Up</i>	 4 4 4x
	3:31		4x8	D ¹ Lunge & Squat Jump Combo with Butt Kick Plyometric Lunge L, R Squat Jump with Butt Kick. <i>Relaxed Arm Swing Up</i>	 4 4 4x
	3:43	C / Up down left and right	8x8	E Plyometric Lunge L, R. RA	8 8x
4	3:54	Ref / Up down left right	4x8	Change sides	32
	4:05	Outro / Up down left right	20x8	Sequences C, D¹ x8 and E	160



04. RAVE WORKOUT 5:03mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Introduce this track by telling your class we've got four short blocks of maximum effort with recoveries in between. Don't wait for the end to 'max-out', you can do it straight away! There are a lot of options to choose from, so once again the theme here is 'your workout, your way!' Throughout this track, it's important to coach controlled and soft landings.

- **Bounce OTS – Body square to front. Knees soft**
- **Side To Side Combo with Low Pulse Squat** – Coach rhythm and direction first. Say: Side, side, pulse. 1, 2, pulse
- **Side To Side Squat Jump Combo** – Coach rhythm and direction first. Say: Side, side, down-up-down. **Bend your knees** as you land. **Chest up, abs braced.** Use your arms to drive up
OPTION: No Jump
- **Bounce OTS** – Let your class know we'll be doing the same combo but this time we add some more drive with the Butt Kick
- **Side To Side Squat Jump Combo with Butt Kick** – Repeat rhythm and direction first. Say: side, side, down-up-down. In the Butt Kick, use your hamstrings to lift your heels to butt. **Land softly on the knees!**

BLOCK 2

LAYERS 1 AND 2

Same moves, but this time we're turning up the effort!

- **Bounce OTS** – This time we focus on the upper and lower body working together to increase the vertical drive of the Jumps
- **Side To Side Combo with Low Pulse Squat** – Start low by sinking your hips back and down. Push from the outside of the foot, to shift your body from side to side
- **Side To Side Squat Jump Combo** – Repeat rhythm and direction first. Say: Side, side, down-up-down. For more vertical drive, you need to sink back and down low, then squeeze the glutes and drive up out of the floor. Use your hands to jump up higher. Start to sink lower, absorb the force, then drive away!
- **Bounce OTS** – Short recovery to prepare your class for the next gear
- **Side To Side Squat Jump Combo with Butt Kick** – Activate your power to maximum capacity. Your level 2 becomes level 3. It's action time!

BLOCK 3

LAYERS 1, 2 AND 3

Two down, two to go!

- **Shuffle** – Bend your knees. Chest up
- **Lunge & Squat Jump Combo** – Coach rhythm first. Say: 1, 2. Jump. **Bend the knees** more. **Chest up, back straight.** Swing your arms and launch up!
OPTION: Backward-Stepping Lunge and Squat
- **Plyometric Lunge** – Coach rhythm first. Say: Right, Left, 1, 2. Front knee out, back knee down. Remind them of soft landings with their front knee out over toes
OPTION: Backward-Stepping Lunge and Squat

BLOCK 4

LAYER 3

In this last block, just give it all you've got. Drive motivation! Everything must be focused on 'maxing out'! Train together and show your class how to max out to the end. This is your final round. Full leg-burner, where we build up the power and don't give in.



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to build stronger bodies with a new integrated strength move – the Beast Plank Walk Combo.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro / My booty	4x8		Set up for Beast Plank	32	
	0:12	C / _ everybody jump in	4x8	A	Beast Plank Set-up	16	
					Beast Plank Walk Combo		2x
					Walk feet B L, R, in, L, R	4	
					Beast Plank Hold	4	
	0:28	Ref / _ from the left to the	8x8	A	Beast Plank Walk Combo	8	8x
	0:56	PC / We light it up	4x8	B	Reset Tricep Pushup Position	24	
					Triple Pulse Pushup	8	
	1:10	C / _ from the left to the	8x8	B	Triple Tricep Pulse Pushup	8	8x
	1:38	Instr / We light it up	4x8	C	Single Tricep Pushup	4	8x
2	1:52	PC / _ to the left to the right	4x8	D	Stand up – Set feet wide	16	
					 Squat Lunge Turn Combo L, R	16	
	2:06	V / My booty shakin	8x8	D	Squat Lunge Turn Combo L, R		8x
					Pulse Squat. <i>Hands together in front of chest</i>	1	
					Turn to L – Pulse Lunge. RA	1	
					Turn to front Pulse Squat x2. <i>Hands together in front of chest</i>	2	
					Pulse Squat. <i>Hands together in front chest</i>	1	
					Turn to R – Pulse Lunge. RA	1	
					Turn to front Pulse Squat x2. <i>Hands together in front of chest</i>	2	
	2:34	C / _ we light it up	8x8	B	Move to floor	8	7x
					Triple Pulse Wide Pushup	8	
	3:02	We light it up	4x8	C	Single Wide Pushup	4	8x
	3:17	My booty shake	4x8	A	Beast Plank Set-up	16	
					Beast Plank Walk Combo		2x
					Walk feet B L, R, in, L, R	4	
					Beast Plank Hold	4	
	3:30	C / _ everybody jump in	4x8	A	Beast Plank Walk Combo	8	4x
	3:44	Ref / from the left to the	8x8	A ¹	Beast Plank Walk Combo with Shoulder Tap		8x
					Walk feet B L, R, in, L, R	4	
					Shoulder Tap L, R	4	
	4:12	PC / We light it up	4x8	B	Set up Wide Pushup position	24	
					Triple Pulse Wide Pushup	8	
	4:26	C / _ from the left to the	8x8	B	Triple Pulse Wide Pushup	8	8x
	4:54	Outro / We light it up	4x8	C	Single Pushup – Fast	2	16x



05. JUMP IN 5:22mins

TECHNIQUE AND COACHING

BLOCK 1

LAYERS 1 AND 2

In this track, we introduce a new move – the Beast Plank Walk Combo. In the first few classes you teach, you can demonstrate this move to make sure everyone understands how to do it. Throughout the first block, you need to focus on the set-up of the starting position of each move. Then coach rhythm, options and technique.

- **Set-up** – *Get ready for full-body conditioning! Setup the Beast Plank Walk Combo and say: Hands under shoulders, knees under hips, tuck toes under. Stay on your knees or lift your knees up. Push hands down, brace abs and keep your back flat*
- **Beast Plank Walk Combo** – *Coach rhythm and direction first. Say: Out, out, in, in, hold. **Body square to front and hips in line with the shoulders. Abs braced, long flat back.** The only thing moving is your legs. Upper body is still and locked in position by pushing your hands into the floor and bracing your abs super tightly*
OPTION: Knees down
- **Tricep Pushup (variations)** – *Upper body time! Set-up the starting position first. Say: Hands under shoulders, elbows in. Then coach rhythm. Say: 3, 2, 1. **Chest to elbow height. Brace abs** super hard. Drive the hands into the floor to push. Cues are great for both the Triple Pulse and the Single Tricep Pushups*
OPTION: Knees under hips, elbows drop back
- **Squat Lunge Turn Combo** – *Set-up the starting position first. Say: Feet wide, sit low. Then coach rhythm. Say: 1 Squat, 1 Lunge. 2 pulses. Or – Squat, Lunge, 2 Pulses. Chest up, front knee out over toes. Your whole body is moving as one. **Pivot on the back toes and the front heel.** Sit low and feel it in your legs!*
- **Single Wide Pushup (variations)** – *Set-up the starting position first. Say: Knees down, hands wide. Coach rhythm and say: 3, 2, 1. Now we focus on the chest. Feel the power coming through your hands!*
OPTION: Knees under hips

BLOCK 2

LAYERS 2 AND 3

In the last block, we add two challenges in the upper body moves. We take it to another level by tapping our shoulders in the Beast Walk Plank Combo. Tell your class to keep the hips square to front and abs braced; as they do this, they challenge their upper body stability. Stay in position by bringing your knees back under your hips and really feel your quads burning! As a finisher, we challenge ourselves with 16 reps of the single fast Pushup challenge!



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want my participants to bring back the uplifting energy and train stability and control with the new Burpee combo.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / Love in a woman's heart	4x8	Stand up Run OTS	32	
	0:17	Love in a woman's heart	4x8	A Knee & Run Combo OTS Runners Knee L, R x2. RA Run OTS. RA	8 8	2x
	0:29	Instr /	8x8	A ¹ Knee F & Run B Combo Runners Knee L, R x2. Move F Run B. RA  Burpee with Leg Balance Combo on last 16cts	8 8	4x
	0:53		8x8	B Burpee with Leg Balance Combo L, R Burpee Single-leg Balance L Single-leg Balance L Burpee Single-leg Balance R Single-leg Balance R	8 8 8 8	2x
	1:17		8x8	C Circle Run	64	
	1:40	C / Love in a woman's heart	4x8	D Run In. Double Reach Up x8 High Knee Run OTS. RA	16 16	
2	1:52	Love in a woman's	4x8	Move B Set up Knee F & Run Combo	32	
	2:04	Instr / Love in a woman's	12x8	A Knee F & Run B Combo  Burpee with Kick Combo on last 16cts	16	6x
	2:40		8x8	B ¹ Burpee with Kick Combo L, R Burpee Single-leg Balance L Kick F x1 Burpee Single-leg Balance R Kick F x1	8 8 8 8	2x
	3:03		8x8	C Circle Run	64	
	3:27	C / Love in a woman's	4x8	D Run In. Double Reach Up x8 High Knee Run OTS	16 16	
3	3:39	Love in a woman's	4x8	Move B  Burpee with Kick Combo on last 16cts	32	
	3:51	Love in a woman's	12x8	B ² Burpee with Kick Combo L, R Burpee Single-leg Balance L Kick F x2 Burpee Single-leg Balance R Kick F x2	8 8 8 8	3x
	4:26	Instr /	8x8	C Circle Run	64	
	4:50	Love in a woman's	4x8	D Run In. Double Reach Up x8 High Knee Run OTS	16 16	



06. WEEKEND (QUICKDROP REMIX EXTENDED) 5:11mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

In this track, each round progresses the intensity and complexity of the Burpee with 1 Single-leg Balance Combo. For the first block, mainly focus on set-up: rhythm, options and technique. Once your class is mastering that, they will feel confident to add intensity and complexity in Blocks 2 and 3. Use the Runs in this track for connection with your participants.

- **Run OTS** – *Let your class know we're going to train stability and control and therefore we introduce a new move*
- **Knee & Run Combo OTS** – *Coach rhythm first. Say: 4, 3, 2, 1, Run. Then preview the Knee F & Run B Combo*
- **Knee F & Run B Combo** – *Coach rhythm and direction first. Say: Knee Forward, 4, 3, 2, 1. Run Back, 4, 3, 2, 1. **Chest up, abs braced.** Lift you heels as your run*
OPTION: No impact. March B
- **Burpee with Leg Balance Combo** – *Coach rhythm first. Say: Squat, Plank, Squat, 1 Single-leg balance. **Bend your supporting knee** to activate your glutes. Squat to go down and **brace your abs** to be stable in the 1 Single-leg Balance. Soft knees, **knee out over toes***
OPTION: Tap foot down
- **Circle Run** – *Use this space to connect with your class*
OPTION: March OTS
- **Run In** – *Run in, pick your heels up with a big reach and clap!*
- **High Knee Run OTS** – *Lean back, **abs braced** to lift your knees. **Chest up***

BLOCK 2

LAYER 2

This is a classic Block 2 where we add intensity and/or complexity. In the Knee & Run Combo: Drive your knees up, drive out the floor and use your arms for more powerful movement. In the Leg Extension in the Burpee with 1 Single-leg Balance Combo, teach your class how to do it and why we are doing it. Extend your leg out and in and stay focused on the back leg (on the floor). Your core must work harder, as this is an extra challenge for your stability and control. In the Runs, just feel the joy of the music and the moves.

BLOCK 3

LAYER 3

Last block, which means even more progression in intensity and/or complexity. We're challenging our core and use the glutes to stabilize the body and stay low in the 1 Single-leg Balance. Your glutes are your powerhouse, so use them wisely and train them to improve your stability and body control. Finish this block with a big energetic vibe, celebrate the efforts in this class so far and keep your class hyped for what's to come!



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to train with speed and agility, as they safely move and change directions faster in the forward and back and lateral moves.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro / Speakers the speakers	4x8		Split room	32	
	0:11	V / I don't think you're ready	4x8	A	Set the feet	16	
					Ladder Run OTS – Slow	4	2x
					Ladder Run OTS – Fast	2	4x
	0:23	Instr / _ speakers goin' to blow	4x8	B	Ladder Run Combo. Move F		
					Ladder Run x8. Move F	16	
					Turn Around 180°. Run F	8	
					Run OTS. Turn Around 180°	8	
	0:35		8x8	B	Ladder Run Combo. Move F	32	2x
	0:59	Br /	1x8	C	Reset	8	
	1:01	Instr /	4x8	D	Skater Drop and Run Across L, R		4x
					Skater Drop L. RA	2	
					Run Across. RA	2	
					Skater Drop R. RA	2	
					Run Across. RA	2	
	1:25	C / _ I don't think you're ready	4x8	D ¹	Side Step Over with Scoop Arm L, R		4x
					Skater Drop L. Scoop Out	2	
					Run Across	2	
					Skater Drop R. Scoop Out	2	
					Run Across	2	
	1:37	Instr /	4x8	A	Ladder Run OTS	32	
	1:49		8x8	B	Ladder Run Combo. Move F	32	2x
	2:12	C / Speakers the speakers	4x8		Change sides	32	
	2:24	V / I don't think you're	4x8	E	Down Jack – Slow	4	2x
					Down Jack	2	12x
	2:36	Instr / _ speakers goin' to blow	4x8	F	Down Jack Combo		
					Down Jack x8. Move F. <i>Punch Down 45°</i>	16	
					Turn Around 180°. Run F	8	
					Run OTS. Turn Around 180°	8	
	2:48		8x8	F	Down Jack Combo	32	2x
2	3:11	Br /	1x8	C	Reset	8	
	3:14	Instr /	4x8	D	Skater Drop and Run Across L, R	8	4x
	3:26	Oh, ahh	4x8	D ¹	Skater Drop and Run Across with Scoop Arm L, R	8	4x
	3:38	C / _ I don't think you're ready	4x8	D ²	Skater Drop and Run Across with Scoop Arm L, R – Bigger	8	4x
	3:50	Instr / _ speakers goin' to blow	4x8	E	Down Jack	2	16x
	4:01		4x8	F	Down Jack Combo	32	
	4:13		4x8		Ladder Run. Move F – Face partner	16	
					Ladder Run OTS	16	



07. BLOW THE SPEAKERS 4:31mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Your first block is all about setting up the moves with clear instructions on what to do and how to do it from their starting position to a safe and effective execution. Keep it short and sharp and start to bring in some education and interaction by the end of the first block.

- **Split room** – *It's time for speed and agility training where we train to move faster and change directions*
- **Ladder Run OTS** – *Set-up the Ladder by saying something like: Pretend there's a ladder. Step inside the ladder, then step out, out, in, in. You can also use this to coach the rhythm of the ladder. Once you've got it, move faster!*
- **Ladder Run Combo** – *Move forward. Coach rhythm and direction first. Say: Ladder Run forward for 8, 7... Tap, turn your body, and run back where you came from. In the Ladder Run forward: **Chest up, abs braced.** Move light on your feet or toes. Teach the tap to turn the body safely and tell your class to **lift their heel as they turn** to the back of the room. Then run back to where they came from*
- **Skater Drop and Run Across** – *Coach rhythm and direction first. Say: Down, up, up, down. **Knee out over toes, abs braced.** Move wide and low. Push your hips back and knee out to engage the glutes. Brace your core harder to stabilize the body*
- **Side Step Over with Scoop Arm** – *Feel the drive across the room and use the Scoop Arm to drive better. Keep the Scoop Arm strong and straight; avoid swaying of the arm*
- **Ladder Run OTS** – *Refer back to the ladder and how to use it. We've got another two chances to move with speed and agility, but this time we play the game*
- **Ladder Run Combo** – *Move forward. Use your arms for more speed in the Ladder Run forward and drop lower in the touchdown and go before you run back. Make it more active and playful and progress the moves to drive up some intensity*

BLOCKS 2 AND 3

LAYERS 2 AND 3

In the second block, it's about bringing in leg power. Ladder Run becomes Down Jack and from the inside of the Ladder we don't run but jump out and in. We jump to engage the quads and glutes even more and faster. Feel the floor under your full foot and drive out of the floor. Option is to stay with the Ladder Run. In the Turn Around 180°, tap or drop lower and reach your hand towards the floor. In the Scoop Arm: use the arm to add momentum that allows you to move across faster. At the end – do the Ladder Run as fast as you can for a maximum outburst of speed!



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to enjoy the familiar tunes of this old-to-new dance song with new arm patterns, to live in the moment and to share the love and passion for BODYATTACK.

	MUSIC				EXERCISE	CTS	REPS
1	0:00	They say love	4x8	A	Run OTS	32	
	0:11	Plenty of good reasons	4x8	B	Side Flick L, R	4	4x
					Side Tap L, R – Option	4	
	0:23	Everything I touch	12x8	B ¹	Side Flick & Jog Combo		3x
					Side Flick L, R x4. Side Raise	16	
					Jog F. RA	8	
				Jog B. RA	8		
1	0:59		4x8	C	Run & Kick Combo		
					Run F. Double Reach Up x4	8	
					Single Kick L, R x2. Single Punch F	8	
					Run B. Double Reach Up x4	8	
					Single Kick L, R. x2. Single Punch F	8	
1:11			4x8	C	Run F. Double Reach Up x4	8	
				D	Single Kick L, R x2. Single Punch F	8	
					Single Kick L, R x4. Single Punch F	16	
2	1:23	Tell me that we	4x8	A	Run OTS. RA	32	
	1:34	All the obvious of	4x8	E	Run OTS & Slow Arm Combo		2x
					Run. Arms up 45°	4	
					Run. Arms out to side	4	
					Run. Arms down 45°	4	
					Run. Arms out to side	4	
	1:46	Everything I touch	4x8	E	Run OTS & Slow Arm Combo	16	2x
	1:58		2x8	F	Jumping Jack Easy	2	8x
	2:04	...Everything I want	8x8	F ¹	Jumping Jack Fast Arm Combo		8x
					Jumping Jack. Arms up 45°	2	
					Jumping Jack. Arms out to side	2	
					Jumping Jack. Arms down 45°	2	
				Jumping Jack. Arms out to side	2		
2:28		4x8	C	Run & Kick Combo	32		
2:40	Everything I touch	4x8	C	Run F. Double Reach up x4	8		
			D	Single Kick L, R x2. Single Punch F	8		
				Single Kick L, R x4. Single Punch F	16		
3	2:52	They say love	28x8		REPEAT Sequences A, B, B ¹ , C, C and D	224	
4	4:15	Tell me that we	30x8		REPEAT Sequences A, E, E, F, F ¹ , C, C and D	240	



08. EASY ON MY HEART (GABRY PONTE VIP MIX)

5:50 mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

This is what excites us. It's all about the love and passion that BODYATTACK brings to life! In this track, we don't provide too many technical details. Stick to the fundamentals such as rhythm, directions, options and compulsories. Just keep it short – not too much cueing here. Mainly focus on connection with the music and the people!

- **Run OTS** – *Let's enjoy the music and the moves!*
- **Side Flick** – *Coach rhythm and direction first. Say: Right, left. 1, 2*
OPTION: Tap
- **Side Flick & Jog Combo** – *Coach rhythm and direction first. Say: Flicks 8, 7, 6... Run forward. 8, 7, 6... Run back. **Chest up, hips square to the front***
OPTION: Tap and March F&B
- **Run & Kick Combo** – *Coach rhythm and direction first. Say: Run, 4, 3, 2, 1. Kick, 4, 3, 2, 1. Run back*
OPTION: March and Tap
- **Run** – *Double Reach Up. Run forward and stay there*
- **Single Kick** – *Tell your class to keep kicking and hold them on the spot. **Back straight, hips square to the front***

BLOCK 2

LAYER 2

The second block has different moves. When you teach the arm pattern, use the first round to coach rhythm and direction. In the second round, bring in Layer 2 coaching. Tell your class how to engage their back muscles and why to do it. Teach them about tension and extension (length) as well as the precision of it.

- **Run OTS** – We mix it up a little and add some arms
- **Run OTS and Slow Arm Combo** – Coach rhythm and direction first. Say: Up, out, down, out. Feel the tension in your arms as you extend long. Squeeze your shoulder blades together to target your upper back
OPTION: March
- **Jumping Jack** – Heels down, knees out over toes
- **Jumping Jack Fast Arm Combo** – Repeat rhythm and direction. Say: Up, out, down, out. Anytime, take the arms away and tap the moves. This track is about doing what feels good for you and living in the moment so you can enjoy it
- **Run & Kick Combo** – Move bigger by lifting your heels up higher and reaching towards the ceiling further. Let's go all the way!
- **Run** – Front. *Double Reach Up.* Use this space for connection!
- **Single Kick** – If you haven't already, bring in the 'Hey, Hey!' as you kick!

BLOCKS 3 AND 4

LAYERS 2 AND 3

Your focus for the last two blocks is 'Connection'. Tune in with the song and your body to embrace what we're feeling. Let the music speak, people will love this recognizable song, and build the energy with your voice and facial fireworks. Make sure everyone in your class feels seen and included. You're the connector that has brought so many people in a room to share the love and passion for BODYATTACK and now it's time to celebrate together!



09A. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to push their limits with this big emotional driving song, using great contrasts and magnificent motivational cues to reach maximum effort together.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Intro / Lights go down	4x8	A	Run OTS	32
	0:14	Instr / Lights go down	4x8	A	Run OTS	16
				Jumping Jack & Step F Straight Jump Combo	16	
	0:25	_ Lights go down	4x8	B	Jumping Jack & Step F Straight Jump Combo	2x
				Jumping Jack x4. Cross Arms O/H	8	
				Step F, Jump Straight Up	4	
				Run B. RA	4	
				Jumping Jack & Step F Tuck Jump Combo on last 16cts		
	0:49		8x8	B ¹	Jumping Jack & Step F Tuck Jump Combo	4x
				Jumping Jack x 4. Cross Arms O/H	8	
				Step F, Tuck Jump	4	
				Run B. RA	4	
	1:12		4x8	C	Jumping Jack. Cross Arms O/H	2 16x
	1:23		4x8	D	Ski Jump L, R. Jump Rope Arms	2 16x
	1:34		4x8	E	High Knee Run – Move in together	32
	1:46		4x8	F	Sprint OTS. RA	32
	1:58	QC / Lights go down	4x8	A	Run OTS	32
	2:09	Instr / Lights go down	4x8	A	Run OTS	16
2				Jumping Jack & Step F Straight Jump Combo	16	
	2:20	_ Lights go down	8x8	B	Jumping Jack & Step F Straight Jump Combo	4x
				Burpee & Step F Tuck Jump Combo on last 16cts		
	2:43		8x8	B ²	Burpee & Step F Tuck Jump Combo	4x
				Burpee	8	
				Step F Tuck Jump	4	
				Run B. RA	4	
	3:06		4x8	C	Jumping Jack. Cross Arms O/H	2 16x
	3:18		4x8	D	Ski Jump L, R. Jump Rope Arms	2 16x
	3:29		4x8	E	High Knee Run. Move in together	32
	3:40		4x8	F	Sprint OTS. RA	32



09A. POWER

AEROBIC AND SPORTS

	MUSIC		EXERCISE		CTS	REPS
3	3:53	QC / Lights go down	8x8	Recovery High 5 – Move into circle	64	
	4:18	Instr /	4x8 C	Jumping Jack. <i>Cross Arms O/H</i>	2	16x
	4:30		4x8 D	Ski Jump L, R. <i>Jump Rope Arms</i>	2	16x
	4:41	Lights go down	16x8 B ²	Burpee & Step F Tuck Jump Combo	16	8x
	5:27	Lights go down	4x8 E	High Knee Run – Move in together	16	
				Sprint	16	
	5:38	Lights go down	4x8 F	Sprint	32	



09A. WINGS (RADIO EDIT) 5:53mins

TECHNIQUE AND COACHING

BLOCK 1

LAYERS 1 AND 2

For this track, be aware that your words can have a lot of impact. With great motivational cues, you can bring people further than they ever thought possible. You can push them to get the maximum out of this workout. They know the work to do is hard, but they have you to push them through. Therefore, prepare magnificent motivational cues! Use great contrasts from the start to immerse your class in a motivational workout experience they have never experienced before. As a beginner, give your class a clear introduction on what to expect. Then coach the basics – short and clear.

- **Run OTS** – *Tell your class what to expect. Say something like: One final cardio track. Your closing act. It will determine how you feel at the end of the workout. Dig deep to find that last bit of energy and use it right here, right now. Together!*
- **Jumping Jack & Step F Straight Jump Combo** – *Coach rhythm first. Say: Jacks, 4, 3, 2, 1. Step and jump, run back. In the Jacks: **Chest up, knees out over toes** **OPTION: Side Tap, Step Heel Lift and March Back***
- **Jumping Jack & Step F Tuck Jump Combo** – *Coach rhythm first. Say: Jacks, 4, 3, 2, 1. Step and tuck, run back. **Land softly. Abs braced***
- **Jumping Jacks** – ***Heels down, knees out over toes** **OPTION: Side Tap***
- **Ski Jump** – ***Knees together, chest up, abs braced, hips square, Knees soft** **OPTION: Step side to side***
- **High Knee Run** – *Lift your knees and use your arms to drive up*
- **Sprint OTS** – *As fast as we can!*

BLOCK 2

LAYER 2

Increase the hard work with Layer 2 cues to intensify the moves. Tell your class to use their arms to drive harder. Sink lower; move down and up bigger. In the Burpee, tell your class to brace the core and bend the knees out over toes in the Squats and landings. Maintain great contrasts in this song and get your moves into Gear 4. You will inspire your class to work harder as you role-model to work hard! Let your participants feel you work hard together!

BLOCK 3

LAYER 3

For the last round, think about motivational cues that are meaningful. You can say to your class there is only 1 minute and 30 seconds left. Find that last little bit of energy. Have you found it? Take it and use it for the last reps. It's you versus you and your only way is up! We're achieving our maximum efforts towards the end – together. This is the push-through, and we don't give in! Just give it all you've got!



09B. CIRCUIT

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to push their limits in this circuit training with three blocks of 2 minutes each where we combine balance, speed and power moves.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Set up track	32	
0:11	Instr /	8x8	A	Slow Skater & Single-leg Deadlift Combo Skater L Hold Single-leg Deadlift Repeat to R	4 4 8 16	2x
0:33	QC / _ c'mon take me up	8x8	B	Skater & Single-leg Deadlift Combo Skater L – Hold Single-leg Deadlift Repeat to R	4 4 8	4x
0:55	Instr /	8x8	C	Run 6 & Jumping Jack Combo OTS Run L, R x6 OTS Jumping Jack x2 Run R, L x6 Jumping Jack x2	12 4 12 4	2x
1:17	C / Take me up	8x8	C ¹	Run 6 & Jumping Jack Combo – Move to side L, R Run L, R x6. Move L Jumping Jack x2 Run R, L x6. Move R Jumping Jack x2	12 4 12 4	2x
1:39	_ Take me up	8x8	C ²	Sprint & Jumping Jack Combo – Move to side L, R Sprint L, R. Move L Jumping Jack x2 Sprint R, L. Move R Jumping Jack x2	12 4 12 4	2x
2:01	Instr /	4x8		Recovery	32	
2:12		8x8	A	Slow Skater & Single-leg Deadlift Combo	32	2x
2:33	QC / _ c'mon take me	8x8	B	Skater & Single-leg Deadlift Combo	16	4x
2:55	Instr /	8x8	D	Jumping Jack & Step F Straight Jump Combo Jumping Jack x4. <i>Star-arms O/H and Pulldown</i> Step Jump. Move F Run B REPEAT Tuck on last rep of Jumping & Squat Jump Combo	8 4 4	4x
3:17	C / Take me up	16x8	D ¹	Jumping Jack & Step F Tuck Jump Combo Jumping Jack x4 <i>Star-arms O/H & Pulldown</i> Step Jump Tuck. Move F Run B	8 4 4	8x



09B. CIRCUIT

AEROBIC AND SPORTS

	MUSIC			EXERCISE	CTS	REPS
3	4:02	QC / C'mon take me	8x8	Recovery – Run OTS	8	
	4:23	Take me up	16x8	Sprint, Jumping Jack, Jumping Jack & Step F Tuck Jump Combo L, R Sprint, Jumping Jack Combo – Move to side L Jumping Jack & Step F Tuck Jump Combo Sprint & Jumping Jack Combo – Move to side R Jumping Jack & Step F Tuck Jump Combo		2x
					16	
					16	
					16	
					16	
	5:07	C / Take me up	8x8	Jumping Jack with Star-arms O/H and Pulldown	2	32x
	5:29	Take me up	4x8	G Sprint – Come together	2	16x



09B. TAKE ME UP 6:00mins

TECHNIQUE AND COACHING

BLOCK 1

LAYERS 1 AND 2

This is a new circuit-style option for Track 9. It's an alternative track to push the limits at the end of the class where we combine balance, speed, and power moves. Obviously, the first block is all about the set-up of the moves. Use short and clear cues on what your class must do and how to do it. Coach rhythm and clear directions and keep it basic in Block 1.

- **Slow Skater & Single-leg Deadlift Combo** – Coach rhythm and direction first. Say: One to the side, 1 Single-leg Deadlift. Once you move faster, say: Side, down. Side, down. Keep it short and clear! It's important to stay low in the legs. In the Slow Skater; push your hips back and down and **front knee out over toes**. In the Deadlift: hinge forward from the hip with your **chest up** and **back straight**. **Abs braced** for balance
OPTION: No Jump
- **Run 6 & Jumping Jack Combo OTS** – Coach rhythm first. Say: 6, 5, 4... Jacks, 1, 2. Repeat if needed. In the Jacks; **Heels down, knees out over toes**
OPTION: March and Squat
- **Run 6 & Jumping Jack Combo** – Move to sides – Repeat the rhythm and add the direction first. Say: Run to the side, 6, 5 ... Hold, 2 Jacks. Then sprint as fast as you can in the Run towards the sides. Speed it up to increase your heart rate

BLOCK 2

LAYER 2

Classic Layer 2 time where we educate the participants on balance and control in the Slow Skater & Single-leg Deadlift Combo. The Jumping Jacks & Step F Straight Jump/Tuck combos are all about generating power from the lower body.

- **Slow Skater & Single-leg Deadlift Combo** – Find balance and control. In the Slow Skaters, bend the knees and drop the weight into your standing foot to find the balance. Abs braced for control. Tell your class to hinge forward from the hips, keeping their chest up and abs braced in the Deadlift for balance
- **Jumping Jack & Step F Straight Jump Combo** – Coach rhythm first. Say: Jacks 4, 3, 2, 1. Step and jump, run back. In the Jacks; **chest up, knees out over toes**. Add the arm pull and tell your class to reach up high, then strongly pull down
OPTION: Side Tap, Step Heel Lift and March Back
- **Jumping Jack & Step F Tuck Jump Combo** – Coach rhythm first. Say: Jacks 4, 3, 2, 1. Step and tuck, run back. Land softly. Abs braced. Use your back muscles in the arm Pulldown and to drive the drops of the Jacks downwards

BLOCK 3

LAYER 3

In the last block, we combine all the moves! It's also a way to challenge your coordination, especially under the pressure of fatigue. Move higher, faster, bigger! It's your time now! Give it all you've got and don't give in! It's mind over body time and you won't regret it as this is the phase that makes you fitter! Use great motivational cues to keep your class moving with maximum efforts till the end. In the last 15 seconds, sprint as fast as you can.



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to strengthen their core with (Side) Hovers, Crunches and Crawls.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro / I want you to hold me	4x8	Set up Side Hover L	32	
	0:14	PC / Stay with me	4x8	A Set Side Hover L Extend arm Lift leg up	16 8 8	
	0:28	C / You are my desire	8x8	B Side Hover Crunch L	4	
	0:55	Instr /	4x8	C Roll to Hover  Hover, Walking Feet Out and In	28 4	
	1:09		4x8	D Hover, Walking Feet Out and In	4	
	1:23	V / You won't wake me	4x8	E Roll to back legs straight up. <i>Fingertips to temples</i> F Crunch. <i>Fingertips to temples</i> x4	16 4	
	1:36	PC / Stay with me	4x8	F ¹ Crunch – <i>reach to feet</i> Set feet down	4 4	
	1:50	C / You are my desire	4x8	G Cross Crawl L, R	4	
	2:04	You are my desire	4x8	G ¹ Cross Crawl L, R. Extend legs	4	
	2:18	V / I want you to hold me	4x8	Change sides Set up Side Hover R	16 16	
2	2:30	PC / Stay with me	36x8	 Sequences A, B, C, D, E, F, F¹, G and G¹	288	
	4:35	Outro /	4x8	Drop knees to front, Lower Back Release Drop knees to back, Lower Back Release Straighten legs to Pike – then lower to 45° – lift chest	8 8 16	
	4:48		4x8	H Scoop Hold – Flutter Kick	2	



10. DESIRE 5:14mins

TECHNIQUE AND COACHING

BLOCK 1

LAYERS 1 AND 2

It's super important to set up a good starting position for each move. Use this as a focus throughout the first block, then coach rhythm, options and good technique. Tell your participants how and where to move for a safe and effective execution of the move.

- **Set-up** – *Elbow under shoulders. Start with knees on the floor. Keep your body aligned (hips and shoulders to front)*
- **Side Hover** – *Lift your bottom hip up and squeeze your obliques. Lift arm. Extend arm, lift leg*
- **Side Hover Crunch** – *Coach rhythm and direction first. Say: 1, 2, in, out. Push **hips and shoulders square to the front** and squeeze your glutes*
- **Hover, Walking Feet Out and In** – *Hands together on the floor. Forearms under shoulders. Brace your core muscles. Hips and shoulders square to the floor. Back straight. You can choose to move on your knees or toes. Coach rhythm and direction in the Walking Feet. Say: Out, out. In, in*
OPTIONS: Hold the Hover or on knees
- **Crunch** – *Straighten up your legs. Fingertips to temples. Coach rhythm and direction. Say: Crunch up and down. Up and down. **Chin tucked in, slide ribs to hips**. If it feels good, you can extend your arms. Reach your fingers to your toes*
OPTION: Feet down
- **Cross Crawl** – *Coach rhythm and direction first. Say: Front to the back. Open your elbows and bring your shoulders to the opposite knee, lower back towards the floor. If you want more intensity extend your leg*
OPTION: Tap down

BLOCK 2

LAYER 2

In the second block, we do all the same moves again. Briefly repeat the set up of each move. Once they are in control of the move – improve, intensify and educate! In the Side Hover, really push your hip up high to engage the lower obliques. Push your elbow into the floor harder to give your body more energy. In the Hover, squeeze your abs and glutes to keep a straight flat back and feel the work in your entire body. For the last move:

- **Scoop Hold (Flutter Kicks)** – *Keep your legs off the floor with a strong ab brace, maintaining lower back towards the floor, a strong neutral spine for safety*



11. COOLDOWN

TRACK FOCUS

I want my participants to celebrate their efforts of the workout and to recover their body while we do the 5 key stretches that are significant for BODYATTACK.

1

	MUSIC		EXERCISE	CTS	
	0:00	Oh-oh, oh-oh,,	2x8	Roll over to knees	
	0:09	I've been stuttering	4x8	Seated Glute Stretch 90/90	32
	0:24	Will send my love	4x8	Seated Glute Stretch 90/90	32
	0:39	Oh-oh, oh-oh,	8x8	Down Dog, Walking Calf Stretch	32
				Down Dog, Calf Stretch L	16
				Down Dog, Calf Stretch R	16
	1:11	I've been trying	4x8	Kneeling Hip Flexor Stretch	16
				Kneeling Hip Flexor Stretch. <i>Single-arm Reach Up</i>	16
	1:26	Will send my love	4x8	Kneeling Hip Flexor	16
				Kneeling Hip Flexor Stretch. <i>Single-arm Reach Up</i>	16
	1:41	Oh-oh, oh-oh,,	4x8	Stand	4
				Forward Fold Hamstring Stretch	28
	1:57	Oh-oh, oh-oh,,	8x8	Standing Quadricep Stretch	32
				Standing Quadricep Stretch	32



11. SHOOTING DARTS 2:32mins

TECHNIQUE AND COACHING

BLOCK 1

LAYER 1

Use this Cooldown to recover and connect.
You can choose to present the choreography of this release as it is, or just take out the five key stretches that are significant for this workout.
For BODYATTACK, the five key stretches are:

- Glute Stretch
- Hamstring Stretch
- Hip Flexor Stretch
- Quadricep Stretch
- Calf Stretch



EXP

05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to build stronger bodies with a new integrated strength move – the Beast Plank Walk Combo.

	MUSIC			EXERCISE		CTS	REPS
	0:00	Intro / My booty	4x8		Set up for Beast Plank	32	
	0:12	C / _ everybody jump in	4x8	A	Beast Plank Set-up	16	
					Beast Plank Walk Combo		2x
					Walk feet B L, R, in, L, R	4	
					Beast Plank Hold	4	
	0:28	Ref / _ from the left to the	8x8	A	Beast Plank Walk Combo	8	8x
	0:56	PC / We light it up	4x8	B	Reset Tricep Pushup position	24	
					Triple Pulse Pushup	8	
	1:10	C / _ from the left to the	8x8	B	Triple Tricep Pulse Pushup	8	8x
	1:38	Instr / We light it up	4x8	C	Single Tricep Pushup	4	8x
1	1:52	PC / _ to the left to the right	4x8	D	Stand up – Set feet wide	16	
					 Squat Lunge Turn Combo L, R	16	
	2:06	V / My booty shakin	8x8	D	Squat Lunge Turn Combo L, R		8x
					Pulse Squat. <i>Hands together in front of chest</i>	1	
					Turn to L – Pulse Lunge. <i>RA</i>	1	
					Turn To F Pulse Squat x2. <i>Hands together in front of chest</i>	2	
					Pulse Squat. <i>Hands together in front of chest</i>	1	
					Turn to R – Pulse Lunge. <i>RA</i>	1	
					Turn to F Pulse Squat x2. <i>Hands together in front of chest</i>	2	
	2:34	C / _ we light it up	8x8	B	Move to floor	8	7x
					Triple Pulse Wide Pushup	8	
	3:02	We light it up	4x8	C	Single Wide Pushup	4	8x



Exp

05. JUMP IN 3:31mins

TECHNIQUE AND COACHING

BLOCK 1

LAYERS 1, 2 AND 3

In this track, we introduce a new move – the Beast Plank Walk Combo. In the first few classes you teach, you can demonstrate this move to make sure everyone understands how to do it. Throughout the first block, you need to focus on the set-up of the starting position of each move. Then coach rhythm, options and technique.

- **Set-up** – *Get ready for full-body conditioning! Setup the Beast Plank Walk Combo and say: Hands under shoulders, knees under hips, tuck toes under. Stay on your knees or lift your knees up. Push hands down, brace abs and keep your back flat*
- **Beast Plank Walk Combo** – *Coach rhythm and direction first. Say: Out, out, in, in, hold. **Body square to front and hips in line with the shoulders. Abs braced, long flat back.** The only thing moving is your legs. Upper body is still and locked by pushing your hands into the floor and bracing your abs super tight*
OPTION: Knees down
- **Tricep Pushup (variations)** – *Upper body time! Set up the starting position first. Say: Hands under shoulders, elbows in. Then coach rhythm. Say: 3, 2, 1. **Chest to elbow height. Brace abs** super hard. Drive the hands into the floor to push. Cues are great for both the Triple Pulse and the Single Tricep Pushups. **OPTION: Knees under hips, elbows drop back***
- **Squat Lunge Turn Combo** – *Set up the starting position first. Say: Feet wide, sit low. Then coach rhythm. Say: 1 Squat, 1 Lunge. 2 Pulses. Or – Squat, Lunge, 2 Pulses. **Chest up, front knee out over toes.** Your whole body is moving as one. **Pivot on the back toes and the front heel.** Sit low and feel it in your legs!*
- **Single Wide Pushups (variations)** – *Set up the starting position first. Say: Knees down, hands wide. Coach rhythm and say: 3, 2, 1. Now we focus on the chest. Feel the power coming through your hands!*
OPTION: Knees under hips



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

GALLOP

Chest lifted
Abs braced
Step, skip, step curl
Push out of the floor
Move down and up

SIDE STEP

Chest up
Hips back and down

BUTT KICKS

Abs braced
Hips square to the front
Feet under hips
Heel to butt

2. SQUAT MOVES

DROP SQUAT

Knees out over toes
Heels down
Chest up
Hip to knee level

JUMPING JACK (AND JACK VARIATIONS)

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

3. SPORTS TRAINING MOVES

SKATERS

Knees out over toes
Chest up
Hips back, level and square
Bend knees

LADDER RUN

Upper body still
Fast feet in and out

SQUAT JUMP

Knees bent on landing
Abs braced
Chest lifted

TUCK JUMP

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

STRAIGHT JUMP

Chest lifted
Abs braced
Knees bent on landing

BURPEES

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



GLOSSARY

SKI JUMP
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

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

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

PLYOMETRIC LUNGE
Back straight
Front knee out over toes
Bend back knee
Back heel up

PUSHUPS
Chest to elbow height
Abs braced
Hands under shoulders

TRICEP PUSHUPS
Elbows towards ribs
Back long and flat
Hands under shoulders

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

DOUBLE-LEG SCOOP
Crunch in and lift
Chest up

CRUNCH
Chin in
Slide ribs towards hips

MOUNTAIN CLIMBER
Hands under shoulders
Abs braced
Back straight in the Plank

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. BA123 SPECIFIC MOVES

SINGLE-LEG DEADLIFT
Chest up
Abs braced
Hinge from hip
Keep your back straight

SIDE HOVER
Elbow under shoulder
Abs braced
Hips and shoulders square to the front

SIDE LEAP
Chest up

BEAST PLANK
Back long and flat
Hands under shoulders
Knees under hips



GLOSSARY

DOWN JACK

Hips back
Heels down

FLUTTER KICK

Chest on the floor
Squeeze glutes



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.

