

BODYATTACK 96 EXPRESS FORMATS

CONTENTS

30-MINUTE

Track 1 Warmup
Track 2 Mixed Impact
Track 4 Plyometric
Track 7 Agility
Track 9 Power
Express 5 Athletic Strength
Total Time 29:47

45-MINUTE

Track 1 Warmup
Track 2 Mixed Impact
Track 4 Plyometric
Track 5 Athletic Strength
Track 6 Running
Track 7 Agility
Track 9 Power
Track 10 Core
Total Time 39:46
Note: If you have time, use the Cooldown track to take your class through some stretches.

KEY

Alt	alternate	PC	pre-chorus
B	back	QC	quiet chorus
B up	build up	R	right
Br	bridge (non-chorus)	RA	Running Arms
C	chorus	Ref	refrain (recurring phrase or number of song lines)
C br	chorus bridge	Rep	reprise (part of the chorus repeated)
cts	counts	Rep Xx	perform the Sequence/Exercise x times
F	forward	ROM	range of motion
F&B	forward and backward	Seq	sequence
HOH	hands on hips	Tempo	normal pace of the music
Instr	instrumental	V	verse
Intro	introduction		preview
L	left		repeat
mins	minutes		
O/H	over head		
OTS	on the spot		
Outro	last few bars of music		

Gear

1 The GEARS column in your choreography notes is there to help you match your vocal and physical contrast with that of the choreography.

2

3

4

HEY INSTRUCTORS!
IF YOU WANT TO GET
BODYATTACK FIT,
DON'T FORGET THE
TABATA CARD AT THE
BACK OF THIS BOOK!

The EXPRESS version of Track 5 *Tic Tic Tic* is to be used for the 30-minute format only. Please use the full version for the 45 and 55-minute classes.

CREDITS

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Program Coach – Nathan Jones
Program Planner – Tenille Graham

Special Thanks to:
Sarah Shortt, Liam Dermott

Rock this Release! The Coaching notes have been updated to reflect the 3 Layers Of Coaching with more clarity. Each block of work now clearly states which Layers you should be focusing on – making it even easier for you to coach BODYATTACK!

BORN TO MOVE: New Research BODYATTACK Sports Conditioning

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Rise (Like A Thousand Suns) Cloud 9 Holland Music Publishing. Written by: Wijnenga, Linde	Tom & James	4:40
2 MIXED IMPACT	Fireflies (Extended Mix) © 2016 SpinninRecords.com. Written by: Caporaso, Clow, Bridges, Flohr, van Hilst, van der Bruggen	Bassjacks feat. Luciana	5:00
3 AEROBIC	Just Like Fire © 2016 Power Music. Written by: Moore, Holter, Max, Schuster	Power Music	5:11
4 PLYOMETRIC	B.A.D © 2017 Les Mills Music Licensing Ltd. Written by: Unknown	Wilding Fire	5:48
5 ATHLETIC STRENGTH	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corneer, Engblom, Berglund, Persson	Dada Life feat. Lizzy Hale	2:41
	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corneer, Engblom, Berglund, Persson	Dada Life feat. Lizzy Hale	2:49
6 RUNNING	Tell Me Why 2K15 (Festival Radio Edit) © 2016 LNG Music. Written by: Unknown	Mr. Da-Nos feat. David Anthony	4:57
7 AGILITY	We Wanna Party © 2016 Spinnin licensed courtesy of Hushie recordings. Written by: Savellio, Rozdilsky, Campbell, Hobbs, Ross, Wongwon	TJR feat. Savage	4:37
8 INTERVAL	Summer In Our Hearts (Hands Up Freaks Remix Edit) © 2016 Munix Records - A division of Munix Music (www.munix.tv). Written by: Bate, Clint	Basslovers United feat. Tommy Clint	4:37
9 POWER	Ready For Action (Extended Mix) © 2013 SpinninRecords.com, under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Samson, Kock	Sidney Samson feat. MC Roga	5:20
10 CORE	Down For Whatever Courtesy of the Universal Music Group. Written by: Khayat, Hajji, Sandell, Thornfeldt	Kelly Rowland feat. The WAV.s	3:54
11 COOLDOWN	Gold © 2016 Armada Music B.V. Written by: Molijn, Kalberg, Bakker, Den Daas	Dash Berlin, DBSTF feat. Jake Reese, Waka Flocka, DJ Whoo Kid	3:29
ALT 10	Cool With It © 2017 Les Mills Music Licensing Ltd. Written by: Kalampoki, Langeveld, van de Geer	Color Box	3:54
EXPRESS 5 ATHLETIC STRENGTH	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corneer, Engblom, Berglund, Persson	Dada Life feat. Lizzy Hale	2:41
	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corneer, Engblom, Berglund, Persson	Dada Life feat. Lizzy Hale	1:41

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1 WARMUP

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to establish great stability and control, and understand how to execute the Jump In & Out Plank.

BLOCK		MUSIC		SEQUENCE/EXERCISE	CTS	REPS
1	0:00	Intro	2x8	Feet hip-w apart - set posture	8	
	0:12		8x8	Stretch up Squat down. <i>Elbows on thighs</i> Jump in on the last 2 cts	8 8	4x
	0:38	Ref	Suns	8x8	Run OTS. RA Bounce OTS. RA	32 32
	1:04	Br		1x8	A Step wide	8
	1:08	V1	There are	4x8	B Squat. <i>Hands on thighs</i> Step in on L leg on the last 2 cts	4 8x
	1:21	Ref	Suns	4x8	C Backward-Stepping Lunge L, R. RA	8 4x
	1:34	Ref	Suns	4x8	D Transition to floor 2/2 Slow Tricep Pushup	8 8 3x
	1:47	Ref	Suns	4x8	D ¹ Single Tricep Pushup	4 8x
	2:00	Instr	(Build)	4x8	E Jump In & Out Plank Stand up. <i>Hands on thighs</i>	4 7x 4
	2:13	Instr	Suns	8x8	F RUN & BOUNCE COMBO Run OTS. RA Bounce OTS. RA	16 16 2x
	2:39	Instr	(Build)	4x8	G Run F. RA Run B. RA	8 8 2x
2	2:52	Instr		33x8	REPEAT SEQUENCES A to G	264

Rise > 4:40 mins

1

BLOCK 1

LAYER 1

Use Block 1 to set great posture, coach the basics, provide options and give your compulsory cues. The feature move is the Jump In & Out Plank; teach your class how to execute this move safely and effectively.

- **Stretch/Squat** – *feet outside the hips, reach hands together to the ceiling knees out, long back, we're gonna set great posture, control and stability*
- **Run OTS** – *heels up, option to march on the spot*
- **Bounce** – *side to side, hips square, light on the toes*
- **Squat** – *feet wide, knees out, chest up*
- **Backward-Stepping Lunge** – *1, 2, front knee out, upper body locked and strong*
- **Tricep Pushup** – *slow Pushup. Hands under shoulders. Elbows in, chest to elbow height, abs braced*
- **Single Tricep Pushup** – *option: stay slow; fold at the elbow*
- **Jump In & Out Plank** – *jump in and out, 1, 2. Brace as you jump back, arms straight – hips up then down*



BLOCK 2

LAYER 2/3

In Block 2 we use Layer 2 cues that increase intensity to warm the body further. Coach the difference between the uplifted feeling of the Run versus the 'down' feeling in the Bounce. In Layer 3 Shared Energy, we use positive motivators which are all about making people feel good! How will you achieve this in your class?

- **Run OTS** – *lift up*
- **Bounce** – *bend the knees, sink down. Attack position: light in the legs, back straight*
- **Squat** – *let's warm the legs more. Sink through the hips, push through the heels*
- **Backward-Stepping Lunge** – *once the upper body's locked, step longer and lower to warm your legs more*
- **Tricep Pushup** – *push a little harder to warm up your arms. Feel your core and shoulders getting warmer*
- **Jump In & Out Plank** – *getting control, ready for the workout*
- *How are you guys doing?*
- *Getting ready for the workout*
- *You guys look sharp! We're feeling good, getting ready to roll*

CONNECTION

- The Warmup is where you set the scene for the rest of the workout, so come into this track with enthusiasm and positive energy. Ben connected with his class using praise and smiles. What will you say and do to help connect with your participants?

BODYATTACK FLASH

JUMP IN & OUT PLANK

2 MIXED IMPACT

AEROBICS TRAINING

TRACK FOCUS

I want my participants to experience the warmth in the legs from the Step Curl and Gallop, and feel successful in the Side Step Mambo Combo.

OPTIONS

Run – Walk
Gallop – No impact; no arms
Side Step Mambo – No impact

BLOCK	MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00 Instr (Techno) 8x8	Run F. RA Run B. RA	8 8	4x	1
	0:24 V1 _ Open your heart 4x8	A Step Curl L, R. <i>Relaxed Arms</i>	4	8x	
	0:37 _ I never felt 4x8	A ¹ Step Curl L, R. <i>Double Arm Bicep Curl</i>	4	8x	
	0:49 C We're fireflies _ 8x8	B Gallop L, R. <i>Double Arm Bicep Curl</i>	8	8x	
	1:14 Instr (Techno) 4x8	C Run F. RA Run B. RA Run OTS. RA 👁 Side Step Mambo L, R x2 on last 16 cts	8 8 16		
	1:38 Instr (Techno) 12x8	C SIDE STEP MAMBO COMBO Run F. RA Run B. RA Side Step L Center Side Step R Center Side Step L Center Side Step R Center Run OTS. RA	8 8 1 2 1 2 1 2 1 2 4	3x	2
2	2:04 V2 _ Open your heart 32x8	REPEAT SEQUENCES A – C *Combo 4x	256		
3	3:43 V _ Open your heart 4x8	A Step Curl L, R. <i>Relaxed Arms</i>	4	8x	1
	3:55 _ I never felt 4x8	D Step Knee L, R knees out 45°. <i>Relaxed Arms</i>	4	8x	
	4:08 We're fireflies _ 4x8	D ¹ Step Knee L, R knees out 45°. <i>Pull Arms Into side</i> (Circular action)	4	8x	2
	4:20 Instr (Build) 4x8	D ² Step Knee L, R. <i>Double Arm Pull Down</i>	4	8x	
	4:32 Instr (Techno) 8x8	C 🎧 Run & Side Step Mambo Combo	32	2x	

Fireflies > 5:00 mins

2

BLOCK 1

LAYER 1

Layer 1 gets everyone moving together by cueing direction and how to execute the moves. Provide options to reduce the complexity and the intensity so everyone feels successful. Focus on coaching the rhythm and direction of the Side Step Mambo Combo.

- **Run F&B** – run forward, run back. Track 2 – let's pick it up, heels lift up, energy lifts up, heart rate rises
- **Step Curl** – easy, relax, breathe. Back straight, abs braced, hips square to front, knees out. Option arms in or out
- **Gallop** – 2 over, 1, 2. Lift your heel to change direction. Option to take your arms away and just focus on the legs. Bend your knees, sink your hips back
- **Side Step Mambo Combo** – stay where you are – watch my feet. It's a Side Step Run, right, left, hold. Run forward – stop – run back. Side Step Run, right, left, right, left, hold, do it again! Option to keep it low and take out the impact. Drop out, push your knee out, sink into the legs

BLOCK 2

LAYER 2

Use the first few reps of the Step Curl to recover and connect with your class, then in Layer 2 we drive intensity. Lisa achieved this by coaching the class to drop into their legs and drive out of the floor, and she introduced the idea of sports training into the Side Step Combo to encourage bigger range of motion.

- **Step Curl** – relax, 'chill'
- **Step Curl with arms** – start to drop deeper into your legs to get more out of the workout
- **Gallop** – down and up. Bend your knees, push through the heels, drive up out of the floor
- **Side Step Mambo Combo** – shift your weight across. Brace your core tightly for control. A little agility and stability. Imagine you're training for the game. Shift your weight, get ready to move out of the way when you need to

BLOCK 3

LAYER 1/3

This block introduces the Step Knee for the first time, so use Layer 1 cues to get everyone moving, and then build your movements with the music. In Layer 3 Shared Energy, we celebrate everybody's effort! Lisa showed her enjoyment of the workout to create intrinsic motivation where we focus on how good BODYATTACK makes us feel! How will you share the enjoyment with your participants?

- **Step Knee** – relax, easy, we're about to rise in intensity
- **Step Knee with arms** – strong pull, brace your abs, use your obliques to turn with the arms
- **Step Knee with Double Arm Pull Down** – big reach, big pull straight down through the middle
- **Run & Side Step Mambo combo** – make your moves sharp!
- Are you feeling warm? You are ready for more!

PERFORMANCE

- Play with the lyrics and listen to the music carefully so you can identify where it drops and where it lifts – and mirror this in your vocals and your movements.

3 AEROBIC

AEROBICS TRAINING

TRACK FOCUS

I want my participants to experience the high energy of the music and moves, and the shared enjoyment.

OPTIONS

Run – Walk or Jog
Single Knee – No hop or no arms
Jumping Jack – Side Tap or Side Flick

BLOCK	MUSIC			SEQUENCE/EXERCISE		CTS	REPS	GEARS
1	0:00	Instr	(Beat)	4x8	Run OTS. <i>RA</i>	32		2
	0:11	Rep	Fire	8x8	Shuffle L, R. <i>RA</i>	64		
	0:35	V1	I know that	4x8	A Single Knee L, R. <i>Single Arm Punch F x4</i>	4	8x	1
	0:47		Walking on	4x8	A' Single Knee L, R. <i>Single Arm Punch Up x4</i>	4	8x	2
	0:59	PC	Running	4x8	B Shuffle L, R. <i>RA</i>	2	16x	3
	1:11	C	Just like fire	8x8	C RUN F & JACK COMBO Run F. <i>Double Arm Reach Up x4</i> Jumping Jack OTS. <i>Double Arm Side Raise x4</i> Run B. <i>Double Arm Reach Up x4</i> Jumping Jack OTS. <i>Double Arm Side Raise x4</i>	8 8 8 8	2x	
	1:34	Instr	Just like fire	4x8	D Jumping Jack. <i>Double Arm Reach Up</i>	2	16x	
	1:46	Ref	Running	4x8	E Double Jump F x2 Jumping Jack x2. <i>Double Arm Reach Up x2</i>	4 4	4x	
2	1:58	V2	People	28x8	REPEAT SEQUENCES A to E			
3	3:21	V3		4x8	A Single Knee L, R. <i>Single Arm Punch F x4</i>	8	4x	2
	3:33		_ What's a girl	4x8	Single Knee L, R. <i>Single Arm Punch F x4</i>	4	8x	
	3:44	QC	Just like fire	4x8	E Shuffle L, R. <i>RA</i>	2	16x	
	3:56	Rep	Just like fire	4x8	E Double Jump F x2 Jumping Jack. <i>Double Arm Reach Up x2</i>	4 4	4x	3
	4:08	C	Just like fire	16x8	E' RUN F & JUMPING JACK B CROSS PATTERN Run F. <i>Double Reach Up x4</i> Jumping Jack B x4 – Turn 45° L on Last 8 Repeat to L side Repeat to B Repeat to R side	8 8 16 16 16	2x	
	4:55	Ref	Running	4x8	D Jumping Jack. <i>Double Arm Reach Up</i>	2	16x	

Just Like Fire > 5:11 mins

3

BLOCK 1

LAYER 1/3

Layer 1 is all about coaching rhythm, direction, how to do the moves and offering options. Use simple cues to get everyone moving well together. Clearly cue direction in the Run F & Jack Combo telling the class where to move and how many reps there are.

- **Track 3** – let's lift the energy, have some fun and create a great feeling
- **Shuffle** – hips square to front, light on the toes. Stay here, move a little bigger
- **Single Knee** – 1, 2, right, left. Opposite arm, opposite leg. Option to stay low
- **Single Knee with Single Arm Punch Up** – punch straight up, pull straight down. Option to lose the arms
- **Run F & Jack Combo** – run forward, 4 Jumping Jacks, run back, Jumping Jack. Option to keep it low and tap down
- **Jumping Jack** – knees out, heels down
- **Double Jump & Jack Combo** – option to walk the feet and tap wide

BLOCK 2

LAYER 2/3

Use the Single Knee to relax, connect with your class and focus on posture, then in Layer 2 we increase the heart rate and get everyone to work harder by making the moves bigger and stronger. Reinforce direction and how many reps there are in the Run F & Jack Combo, then coach participants to drive the intensity.

In Layer 3 Shared Energy, we enjoy the workout together! Check out the Masterclass to see how Lisa and the boys brought out their lighter side with moves like the Running Man and hooking into the lyrics, "Just like magic... we'll be flying free..."

- **Single Knee** – let's lift the energy, start to light your fire!
- **Single Knee with Single Arm Punch Up** – punch straight and strong
- **Run F & Jack Combo** – run forward, 4 Jumping Jacks. Lift your arms, lift your feet and bend your knees in the Jack
- **Jumping Jack** – rise, rise, rise! Fire in your arms, fire in your heart, fire in your legs
- **Double Jump & Jack Combo** – 2 forward, 2 out. Bend down, spring back

BLOCK 3

LAYER 1/3

The Run F & Jumping Jack Combo requires Layer 1 cues of direction, then we use Layer 3 positive motivators: praise and encouragement, making everyone feel good about their efforts.

- **Run F & Jumping Jack Combo** – run forward, 4 Jumping Jacks back, reach run, turn right, 4 Jumping Jacks back
- You guys look so good!
- Flying free, be free!
- The energy's up. You guys look great!

4 PLYOMETRIC

SPORTS TRAINING

TRACK FOCUS

I want my participants to experience the team-training feel of this track.

OPTIONS

Run – March or Jog
Plyometric Lunge – Step Knee or Alternating Lunge
3-Step Run – 2 Side Steps or no impact

BLOCK	MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00 Ref _ Hey boys hey	4x8 A Run OTS. <i>RA</i>	32		1
	0:12 C I'm bad to the	4x8 B Skater L, R. <i>RA</i>	4	8x	2
	0:24 C Bad to the bone	4x8 C Power 3-Step Run L, R. <i>RA</i>	8	4x	
	0:35 Instr (Techno)	4x8 B Skater L, R. <i>RA</i>	4	8x	3
	0:47 Instr _ Brooklyn	4x8 C Power 3-Step Run L, R. <i>RA</i>	8	4x	
	0:59 Instr (Fast beat)	4x8 B' Skater L, R <i>Reach toward floor</i>	4	8x	
	1:10 Yeah	4x8 D Move to floor split room – Set up group A and B	32		
	1:22 Instr (Techno)	8x8 E STEP JUMP x2 & RUN B COMBO Group A: 2x Step Jump F/ Group B: Run B Group B: 2x Step Jump F/ Group A: Run B	8		1
	1:45 C I'm bad to the	16x8 E Step Jump x2 & Run B Combo	16	8x	3
	2:31 Instr (Fast beat)	4x8 F Single Plyometric Lunge L, R. <i>RA</i>	4	8x	
2	2:42 Intro _ Hey boys hey	4x8 A Run B to face stage then front	32		1
	2:54 C I'm bad to the	4x8 B Skater L, R. <i>RA</i>	4	8x	2
	3:06 C Bad to the bone	4x8 C Power 3-Step Run L, R. <i>RA</i>	8	4x	
	3:17 Instr (Techno)	4x8 B Skater L, R. <i>RA</i>	4	8x	3
	3:29 Instr _ Brooklyn	4x8 C Power 3-Step Run L, R. <i>RA</i>	8	4x	
	3:40 Instr (Fast beat)	4x8 B' Skater L, R <i>Reach Toward Floor</i>	4	8x	
	3:52 Yeah	4x8 D Move to floor split room – Set up group A and B	32		
	4:03 Instr (Techno)	8x8 E Step Jump x2 & Run B Combo Step Tuck Jump x2 & Run B Combo on last 8 cts	8	4x	1
	4:26 C I'm bad to	16x8 E' STEP TUCK JUMP x2 & RUN B COMBO Group A: 2x Step Tuck Jump F/ Group B: Run B Group B: 2x Step Tuck Jump F/ Group A: Run B	16	8x	3
			16	8x	
	5:12	4x8 F Single Plyometric Lunge L, R	4	8x	4

B.A.D > 5:48 mins

4

BLOCK 1

LAYER 1/2

In Layer 1 we explain the track objective and how many blocks of work there are. Coach the basics of the moves – cueing direction and body position – and provide lots of options so everyone knows what level they can work at. Once everyone is moving well, drive intensity with Layer 2 cues to increase range of motion.

In the work on the floor, split the room quickly and clearly direct both groups with Layer 1 direction: *Now you go – now you go*. Once everyone has got the pattern, drive your class in Layer 2 to jump higher and sink lower in the legs.

- **Run OTS** – *we have 5 minutes to your first cardio peak. 4 blocks of work to drive your intensity high*
- **Skater** – *left, right. Bend your knee as you land. Option to take away the impact but stay low in the legs*
- **Power 3-Step Run** – *1, 2, 3. Hips square. Remember – you can remove the impact any time*
- **Skater** – *knee out, hips back, eyes forward*
- **Power 3-Step Run** – *press your heel down into the floor*
- **Skater with reach** – *reach towards the floor, keep your back straight, drop your hips lower, sink down*
- *Split the room. Run on the spot*
- **Step Jump Combo** – *1, 2, step jump, 8 Runs back. Stay there – now you guys go. Ready to go bigger? Step, squat, jump. Feet apart when you squat. Bend your knees and sit back to take off and to land. 1, 2, jump. Step, down, up. Spring up like a pogo stick!*
- **Plyometric Lunge** – *long step back, front knee out, chest up. If you need it – low-impact Backward-Stepping Lunge*

BLOCK 2

LAYER 1/2/3

Use the transition to praise your class and reset them for the next big block of work. Then it's straight into Layer 2, driving your participants to maximize the intensity in the Skater and Power Run. On the floor, quickly set up the new move, Step, Tuck Jump, with Layer 1 cues, and then intensify this with Layer 2 cues focusing on achieving height in this move.

In the Layer 3 Challenge, we motivate everyone to hang on to the end. Challenging cues such as *"I know you've got more"* push some people to work harder, whereas others are inspired by positive motivators like *"great training everybody, keep going!"* Steve used the theme of *"working together"* to bring his team to the finish line, and used references to time, letting them know when it was the last round of work and when they were in the final move.

Use your vocals to drive the intensity and your own physicality to show them what working hard looks like! Set the expectation for athleticism by the way YOU move in the exercises.

- **Skater** – *keep the knee out. This set we're gonna go wider*
- **Power 3-Step Run** – *drop drop catch. Push – drop. Sink – drive out of the legs*
- **Skater** – *push wider*
- **Power 3-Step Run** – *go for width. Push – accelerate wide*
- **Skater** – *hips low, hands low, stay low!*
- *Split the room quickly. Final block means big effort*
- **Step Jump Combo 2** – *steps again*
- **Step Tuck Jump & Run Combo** – *1 move with power: step, tuck, step tuck. When your tuck, brace you abs and lift your knees. We're training power, so drive your knees higher! Push away from the floor*
- **Single Plyometric Lunge** – *10 seconds! We are more powerful together! Work hard together, stay together, finish together!*

INTENSITY

- Come into this track with big energy and the intention to get everyone working hard from the start. Cut the 'fluff' and use clear, concise language. Bullet-point-type cues are the best way to deliver your coaching; there's no time for using long sentences in this track.

5 ATHLETIC STRENGTH

COMBINATION OF UPPER & LOWER BODY STRENGTH TRAINING

TRACK FOCUS

I want my participants to build strength for control and stability.

OPTIONS

All Pushups – On knees, toes or rest!

BLOCK		MUSIC		SEQUENCE/EXERCISE	CTS	REPS
1	0:00	Instr	4x8	Set up for Tricep Pushup	32	
	0:14	Ref Tune in	4x8	A 2/2 Tricep Pushup	8	4x
	0:29	Instr (Beat)	4x8	B Single Tricep Pushup	4	8x
	0:44	Br	2x8	C Sit back release	16	
	0:52	Ref Tune in	4x8	A  2/2 Tricep Pushup	8	4x
	1:07	Instr (Beat)	4x8	B  Single Tricep Pushup	4	8x
	1:22	Ref _ Woah	4x8	D Bottom Half Tricep Pushup	2	16x
	1:37	Instr (B up)	4x8	E Set up Plank – Hands wide  Double Jump In Plank & Hold Combo Double Jump In Plank Hold	8 8 4 4	
	1:52	Br (Quiet)	1x8	E ¹  DOUBLE JUMP IN PLANK & PUSHUP COMBO Jump In Plank Pushup	4 4	
	1:56	Instr (Techno)	8x8	E ¹  Double Jump In Plank & Pushup Combo	8	8x
2	2:26	Instr (Beat)	4x8	F Fast Single Chest Pushup	2	16x
	2:41	Instr (B up)	4x8	Transition to standing	32	
	2:56	Ref Tune in	4x8	G Single-Leg Squat L. Arms out for balance	4	8x
	3:11	Instr (Beat)	4x8	H Bottom Half Pulse Lunge L. Arms by sides Bottom Half Pulse Lunge L. R arm up Bottom Half Pulse Lunge L. L arm up Bottom Half Pulse Lunge L. R arm up	8 8 8 8	
	3:26	Instr (B up)	2x8	Change sides	16	
	3:33	Ref Tune in	4x8	G  Single-Leg Squat R. Arms out for balance	4	8x
	3:48	Instr (Beat)	4x8	H  Bottom Half Pulse Lunge R. Arms by sides Bottom Half Pulse Lunge R. L arm up Bottom Half Pulse Lunge R. R arm up Bottom Half Pulse Lunge R. L arm up	2	16x
	4:03	Ref _ Woah	4x8	G ¹ Fast Single-Legged Squat R. L arm F Fast Single-Legged Squat L. R arm F	2 2	8x 8x
	30-MINUTE EXPRESS VERSION FINISHES HERE					
	4:18	Instr (B up)	4x8	I Transition to floor Plank Double Jump In Plank & Hold Combo	8 8 8	2x
3	4:33	Br (Quiet)	1x8	E  Double Jump In Plank & Pushup Combo	8	
	4:37	Instr (Techno)	8x8	E ¹  Double Jump In Plank & Pushup Combo	8	8x
	5:07	Instr (Techno)	4x8	F  Fast Single Chest Pushup	2	16x

Tic Tic Tic > 5:30 mins

5

BLOCK 1

LAYER 1/2

Coach Layer 1 cues explaining hand placement, range of motion, timing and options. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises. Your class can opt to stay with the slower tempo in the Pushups, or pick up the pace with Singles. Then in Layer 2 we improve execution and drive intensity, coaching your participants how to get more out of the moves.

Set up the Jump In & Out Plank efficiently with Layer 1 cues, coaching the rhythm and showing the option. Coach stability through the core in this move; the focus is to keep locked strongly through the mid-section. Make sure you practise this new move outside of class so you can role-model it well and understand where the work should be felt.

- **2/2 Tricep Pushup** – hands under shoulders, slow Tricep Pushup. Down, up. Elbows in, abs braced, chest to elbow height
- **Single Tricep Pushup** – stay with the slower pace, or move faster. Option to fold at the elbow, keeping your body weight forward
- **2/2 Tricep Pushup** – squeeze the shoulder blades together and push into the floor to work the back of the arms
- **Single Tricep Pushup** – push out of the floor, drive your hands into the floor, back of the arms are starting to work
- **Bottom Half Tricep Pushup** – keep it small and tight to build the tension. 8 more, hang on, push into the floor
- **Double Jump In Plank** – hands wide. 2 Jumps in – jump, jump, hold – brace abs
- **Double Jump In Plank & Pushup Combo** – add on the Pushup. 2 Jumps, 1, 2, back, hold, Pushup. Abs braced as you jump back. Option to walk the feet and hold the Plank. Whatever level you're working at, stay strong
- **Fast Single Chest Pushup** – keep the range, push into the floor

BLOCK 3

LAYER 3

Tell your class it's the final block, and it's short! Remind them of the pattern in the Plank combo, and then in Layer 3 we challenge everybody to work their hardest to finish. Keeping your language positive and inclusive is a great way to motivate people when the going gets tough.

- Let's finish – short block for the upper body
- **Plank – Jump in and out** – hands wide, 2 Jumps in. Jump, jump hold
- **Double Jump In Plank & Pushup Combo** – take the challenge on your toes! It's a short set
- We can do this together. Let's build strength together
- **Chest Pushup** – keep going, we're in it together!

BLOCK 2

LAYER 1/2/3

This block introduces the work for the legs, so deliver your Layer 1 cues focusing on correct setup for the Single-Leg Squats and Lunges, and keeping the abs braced for core stability. Be sure to watch the video to see the armlines for the Bottom Half Pulse Lunge. Once everyone is moving well, bring their attention to where the work should be felt with Layer 2 Improve Execution. In Layer 3 Challenge, try exploring the different types of motivators like extrinsic motivational cues – focusing on external recognition of improvements: toned legs and a better-looking butt!

- Upper body rests; let's focus on leg and core stability
- Balance on your right foot, knee out, hips square, abs braced
- **Single-Leg Squat L** – down, up. Bend your knee and push your hips back. Brace your abs to balance



- **Bottom Half Pulse Lunge** – long step back. Front knee out, chest up. Left arm straight up, quickly change arms. Keep your ribs still as you change and your shoulders down
- **Single-Leg Squat R** – balance – squat. Push through your heel, and use your quads and glutes to push up. Using glutes for knee stability, and core for body stability
- **Bottom Half Pulse Lunge** – push down. Right arm straight up. Brace your abs tightly for stability
- **Fast Single-Legged Squat L, R** – keep working the leg and butt. Last set for the legs coming, change sides

6 RUNNING

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to experience the core stability and control in the Run & Lunge Freeze Combo.

OPTION

Run – Walk

BLOCK	MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00 Instr (Quiet) 4x8 A	Circle Run – clockwise	32		
	0:11 Ref Tell me why 4x8 A	Circle Run	32		
	0:23 Ref Tell me why 2x8	Circle Run	16		
		RUN & LUNGE FREEZE COMBO			
		10x8 B Run F. RA	8		
		Stop and Lunge Freeze	8	5x	1
	0:29 Beat 10x8	Run & Lunge Freeze Combo (Alternating legs)		5x	
	0:58 Instr (Synth) 8x8 C	TRIPLE JUMP SQUAT & RUN COMBO			
		Triple Squat. Hands on thighs	6		
		Jump feet together – Squat low	2		
		Jog OTS. RA	8	4x	2
2	1:22 Instr (Quiet) 4x8 A	Circle Run – anticlockwise	32		1
	1:33 Ref Tell me why 12x8 B	Run & Lunge Freeze Combo	16	6x	
	2:09 Ref Tell me why 4x8 A	Circle Run – anticlockwise	32		
	2:20 Instr (Synth) 8x8 C	Triple Squat Jump & Run Combo	16	4x	
		Burpee last 16 cts			2
	2:44 Instr Tell me why 8x8 C ¹	Burpee	6		
		Jump Feet Together – Squat low	2		
		Jog OTS	8	4x	
3	3:08 Instr (Quiet) 4x8 A	Circle Run – clockwise	32		1
	3:19 Ref Tell me why 12x8 B	Run & Lunge Freeze Combo	16	6x	
	3:55 Ref Tell me why 4x8 A	Circle Run – clockwise	16		
		A ¹ High Knee Run F	16		
	4:07 Instr (Synth) 2x8 C ¹	Triple Squat or Burpee	6		
		Jump feet together – Squat low	2		
		Jog OTS. RA	8	4x	2
		Run F & Run B on last 8 cts			
	4:30 Instr Tell me why 14x8 C ²	Burpee or Triple Squat	6		
		Jump feet together – Squat low	2		
		Run F. RA	4		
		Run B. RA	4	4x	
		Last 4 cts stay in the center			

Tell Me Why 2K15 > 4:57 mins

6

BLOCK 1

LAYER 1

Coach Layer 1 timing cues in the Run & Lunge Freeze Combo and set up good muscle alignment in the Lunge. In the Triple Jump Squat & Run Combo, coach the placement of the feet and the rhythm of the movement to get everyone moving together.

- We have movement, core stability and control
- **Circle Run** – relax. Keep running – watch this
- **Run & Lunge Freeze Combo** – 1, 2, 3, 4, 5, 6, 7, 8, stop in a Lunge. 8 Runs, then step and stop in a small Half Lunge. When you lunge, brace abs, back straight and rear heel up
- **Triple Squat or Burpee Combo** – feet wide, feet together. 3 out, 1 in. Knees out, chest up. 3 wide Squats and then jump into 1 narrow Squat. Stay down in the low Squat, eyes forward

BLOCK 2

LAYER 2/1

In Layer 2 we improve execution by focusing on core stability and control in the Run Lunge & Freeze Combo. Drive intensity in the Triple Squat, encouraging everyone to drop deeper into their Squats to feel the work in the legs. We introduce the Burpee in this set, so coach Layer 1 body position and stability cues for good execution.

- **Run & Lunge Freeze Combo** – back to core stability and control. 8 Runs, stop and hold. Heels up when you run. Control then add depth in the Lunge by dropping the rear knee deeper
- **Triple Squat or Burpee combo** – work the quads then sit back and work the glutes. Watch your option – add the Burpee. Out, in, out, in, run. Brace as you jump back in Plank, and Squat with feet wide and chest up

BLOCK 3

LAYER 3/1

The third block is about maintaining control in the Run & Lunge Freeze Combo, and then allowing everyone to enjoy the freedom of the Circle Run. Clearly coach Layer 1 direction when we add the Run F&B into the combo, then in Layer 3 Shared Energy just show your enjoyment of working with your team. Lisa used people's names and her "energy high five" to keep everyone feeling good.

- **Run & Lunge Freeze Combo** – here comes the freeze game again! Keep abs braced, shoulders back, don't drop them forward. Control is in the hips and butt
- **Circle Run** – 15 seconds, free run, don't stop!
- **Triple Squat or Burpee Run F&B Combo** – 1, 2, 3, 4 run forward – push back. When you run forward, stop and brace your abs, then get out of the way. Team in, team out!
- Who would think you would smile so much in a workout?

6 RUNNING SMALL-ROOM OPTIONS

Tell Me Why 2K15 > 4:57 mins

6

AEROBICS, SPORTS & STRENGTH TRAINING

BLOCK		MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00	Instr (Quiet)	4x8	A High Knee Run. <i>RA</i>	32		
	0:11	Ref Tell me why	4x8	A High Knee Run. <i>RA</i> 👁 Run & Lunge Freeze Combo	32 16		
	0:23	Ref Tell me why	12x8	Circle Run 👁 RUN & LUNGE FREEZE COMBO	16		1
			10x8	B Run F. <i>RA</i> Stop and Lunge Freeze	8 8	5x	
	0:29	Beat	10x8	Run & Lunge Freeze Combo (Alternating legs)		5x	
	0:58	Instr (Synth)	8x8	C TRIPLE SQUAT JUMP & RUN COMBO Triple Squat Jump feet together – Squat low Jog OTS	6 2 8	4x	2
2	1:22	Instr (Quiet)	4x8	A 🏃 High Knee Run. <i>RA</i>	32		1
	1:33	Ref Tell me why	12x8	B 🏃 Run & Lunge Freeze Combo	16	6x	
	2:09	Ref Tell me why	4x8	A 🏃 High Knee Run. <i>RA</i>	32		2
	2:20	Instr (Synth)	8x8	C 🏃 Triple Squat Jump & Run Combo	16	4x	
	2:44	Instr Tell me why	8x8	C ¹ Burpee Jump feet together – Squat low Jog OTS. <i>RA</i>	6 2 8	4x	
3	3:08	Instr (Quiet)	4x8	A 🏃 High Knee Run. <i>RA</i>	32		1
	3:19	Ref Tell me why	12x8	B 🏃 Run & Lunge Freeze Combo	16	6x	
	3:55	Ref Tell me why	4x8	A High Knee Run. <i>RA</i>	32		2
	4:07	Instr (Synth)	8x8	C ¹ 🏃 Triple Squat or burpee Jump feet together – Squat low Jog OTS	6 2 8	4x	
	4:30	Instr Tell me why	8x8	C ² 🏃 Burpee or Triple Squat Jump feet together – Squat low Run F. <i>RA</i> Run B. <i>RA</i>	6 2 4 4	4x	

7 AGILITY

SPORTS TRAINING

TRACK FOCUS

I want my participants to experience training agility and speed, using the imagery of a ladder to achieve this.

OPTIONS

F&B Speed Straddle – No impact
Jump F&B – Squats
Ski Jump – Step Touch or Alt Side Squat

BLOCK		MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00	Instr (Beat)	4x8	Split room – Bounce OTS	32		
	0:11	Instr (Beat)	4x8	Bounce OTS. <i>Relaxed Arms</i>	32		
	0:23	Ref Hey we	8x8 A	4x Jumping Jack – Hold last Jack Out Step in Fast Speed Run  4x Jumping Jack F on the last 16 cts	8 8	4x	1
	0:46	Instr (Synth)	8x8 B	4x Jumping Jack, Move F – Hold Last Jack out Fast Speed Run B – Feet Wide	8 8	4x	2
	1:10	Instr Hey	4x8 C	F&B Speed Straddle, Face middle – Quarter Turn on last 2 cts F&B Speed Straddle, Face front – Quarter Turn on last 2 cts F&B Speed Straddle, Face out – Quarter Turn on last 2 cts F&B Speed Straddle, Face B – Quarter Turn on last 2 cts	8 8 8 8		3
	1:22	Instr Hey	4x8 D	Jump F&B, Double Punch F	2	8x	2
			E	Slow Double Jump F&B	4	4x	3
	1:33	Ref Hey hey hey	4x8	Change sides	32		
2	1:45	Ref Hey we	8x8 A ¹	 4x Jumping Jack – Hold last Jack out and Reach both arms towards floor Step in  4x Jacks Move F – Hold Last Jack Out Reach toward floor	8 8	4x	1
	2:09	Instr (Synth)	8x8 B ¹	 4x Jumping Jacks Move F – Hold Last Jack out Reach towards floor Fast Speed Run B – Feet wide	8 8	4x	2
	2:32	Instr Hey	4x8 C	 F&B Speed Straddle, Face middle - Quarter Turn on last 2 cts F&B Speed Straddle, Face front - Quarter Turn on last 2 cts F&B Speed Straddle, Face out - Quarter Turn on last 2 cts F&B Speed Straddle, Face B - Quarter Turn on Last 2 cts	8 8 8 8		3
	2:44	Instr Hey	4x8 D	 Jump F&B. Double Punch F	2	8x	2
			E	Slow Jump F&B	4	4x	3
	2:56	Ref Hey hey hey	4x8	Change sides	32		
3	3:08	Ref Hey we	24x8	REPEAT SEQUENCES A ¹ to E	192		
	4:18	Ref Hey hey hey	4x8 F	Ski Jump side to side Double Ski Jump with Power Tuck	2 4	8x 4x	3

We Wanna Party > 4:37 mins

7

BLOCK 1

LAYER 1

In Layer 1 explain the training objectives and introduce the imagery of the ladder. Cue the number of Jacks in the Jumping Jack & Hold combo to get everyone moving together, then set up the position of the body. Clearly coach direction in the new move Speed Straddle – you will need to tell people to move forward and back.

There's lots of fast changes in this track; previewing all the relevant moves will help everyone to stay with you and feel successful.

- **Bounce OTS** – *relax your upper body, brace your core. Imagine there is a ladder in front of you. We're gonna use it to train speed and agility*
- **Jumping Jack & Hold combo** – *step behind your ladder, 4 Jacks. 1, 2, 3, stop. Knees out, chest up*
- **Ladder Jack Combo** – *watch this: out in out in out in, stop – fast feet back. Keep your feet wide as you move back. Hips back, on your toes. Chest slightly forward, keep it lifted.*
- **Speed Straddle Run Square** – *OTS new move – Straddle Run. Forward and back. Quarter turn. Light on your toes. Brace the core*
- **Slow Double Jump F&B** – *light on the toes, bend your knees as you land*

BLOCK 2

LAYER 1/2

Congratulate everyone in the transition, and reinforce Layer 1 cues and number of reps and timing. Then layer 2 is all about driving the intensity. Coach your members to drop deeper into their Squat and pick up the speed in the fast feet movements.

- **Jumping Jack & Hold combo** – *step behind your ladder. 4 Jacks, 1, 2, 3, squat. On number 4 you squat. Reach down as you squat*
- **Ladder Jack Combo** – *fast feet outside your ladder. Bend your knees and drop into the squat. Hips down, chest up, lift your eyes*
- **Speed Straddle Run** – *faster feet! Keep your pace, step over the line*
- **Jump F&B** – *push back quickly, ricochet back*
- **Slow Jump F&B** – *power down, push back with force*

BLOCK 3

LAYER 3

Layer 3 is all about motivating everyone to the finish! Using references to time and telling your class about the benefits of training speed and power can inspire participants to work harder. Set the expectation for speed by showing them what moving fast looks like!

- **Ladder Jack Combo** – *we're training power and speed! Train like a psycho and get crazy fit!*
- **Ladder Runs F&B 4 Sides** – *45 seconds to the finish! stay light – accelerate, then overtake!*
- **Double Jump F&B Slow** – *final surge of power*
- **Ski Jump** – *brace the core, jump over the line, train for the game!*

PERFORMANCE

- Make sure you find moments to congratulate people and have some play time in this track; don't just drill them hard for the entire 5 minutes. Moments of lightness create contrast in your teaching and act as a refresher before you ask them to work hard again.

8 INTERVAL

AEROBICS TRAINING

TRACK FOCUS

I want my participants to celebrate the feeling of the music and the movements.

OPTIONS

Run – March or Jog
Side Flick – Side Tap
Kicks – Tap or Low Kick

BLOCK	MUSIC	SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00 V1 We just want 8x8	Run OTS. RA	64		1
	0:24 We are young 4x8	A Side Flick L, R. <i>Double Arm Side Raise</i>	4	8x	
	0:36 Can you feel 4x8	B Double Side Flick L, R. <i>Double Arm Side Raise</i>	8	4x	
	0:48 C Hearts 8x8	C RUN F TO F&B & SIDE FLICK COMBO Run F 8 Run B 8 Low Kick L, R x4 16 2x <i>Single Arm Punch F</i>  Run F&B with 180° Turn 2x			2
	1:12 Instr (Synth) 8x8	D RUN F&B WITH 180° TURN & SINGLE KICK COMBO Run F, Double Reach Up x4 Turn 180° face B on Last 2 cts 8 2x Run F – RA, Turn 180° face F on last 2 cts 8 Single Kick L, R. <i>Single Arm Punch F</i> x4 16 2x			
	1:35 Instr (Synth) 2x8 2x8	E Single Kick L, R. <i>Single Arm Punch F</i> x4 4 4x F Single Knee Pull Down L, R. <i>Double Arm Pull Down</i> 4 4x			3
2	1:47 V2 We are young 32x8	REPEAT SEQUENCES A to F	256		
3	3:10 V3 We just want 32x8	REPEAT SEQUENCES A to F	256		

Summer In Our Hearts > 4:37 mins

8

BLOCK 1

LAYER 1

Set up Layer 1 with the basics: which leg is moving, how many reps, direction in which to move, and compulsory cues. In the Run & Kick Combo, you need to turn early to ensure you are facing the front for the Single Kick, so practise the timing on this and make sure you cue your class to turn early so everyone faces the front together.

- *Let's enjoy this together. We're gonna have some fun with each other, with the moves and with the music*
- **Side Flick** – left, right. Upper body still: abs braced, hips square to front. If you're not jumping today, tap low
- **Double Side Flick** – 1, 2, 2 on the right, 2 on the left
- **Run & Low Kick Combo** – run forward, 8, 7, 6... Run straight back. Low kick
- **Run & High Kick Combo** – reach and run! Turn right, run back. Turn to the front and kick. Run – or you can march – this still works and it feels good! Kick or low tap
- **Single Kick** – big kick – go! Keep your back straight and hips square to front
- **Single Knee Pull Down** – chest up, reach high, pull to hip height

BLOCK 2

LAYER 2/3

In Layer 2 tell your class how to get more out of the moves to maximize the workout. In Layer 3 Shared Energy, find moments to just 'be' in the moment and connect with your class.

- *Let's not think about tomorrow. The best times happen when you're 100 per cent present, so let's enjoy this moment*
- **Double Side Flick** – extend longer through your arms, longer through your toes.
- **Run and Low Kick Combo** – run easy, low kick. Grab your breath
- **Run and High Kick Combo** – pick up your feet, big reach up, strong kicks
- **Single Knee Pull Down** – extend through your triceps and use your lats to pull down

BLOCK 3

LAYER 3

Layer 3 is about hooking into the musical feel and giving everyone permission to just enjoy the experience. You create the atmosphere in the room through the language you choose, and how you express emotions with your face and body. Steve used lots of praise, the word "love", and when you watch the Masterclass you'll see the Presenting team smiling and showing how much they enjoy the workout. How will you express your love of BODYATTACK when you teach this track?

- *Together we are one! Can you feel the BODYATTACK love?*
- *In our hearts. This is what we do – it's in everything we say, everything we do, how we move! BODYATTACK love!*
- *Here's where you just let loose and feel*
- *You guys look amazing! There is no better feeling than this, right here, right now!*

9 POWER

AEROBICS & SPORTS TRAINING

TRACK FOCUS

I want my participants to improve their cardiovascular fitness through intense bursts of power and speed training.

OPTIONS

Tuck Jump, Heel Raise – No impact
Snowboard – No impact
Air Jack, Side Tap or Jumping Jack

BLOCK		MUSIC		SEQUENCE/EXERCISE	CTS	REPS	GEARS
1	0:00	Instr (Techno)	8x8	A Run OTS. RA	64		1
	0:23	Instr (B up)	4x8	B Side Bounce L Run OTS or Shuffle OTS Jumping Jack x4. Bent Arm Side Raise Side Bounce R, Shuffle OTS Run OTS Jumping Jack x4. Bent Arm Side Raise 👁 Tuck Jump on last 2 cts	4 4 8 4 4 8		2
	0:34	Instr (Synth)	12x8	C SIDE BOUNCE & JUMPING JACK COMBO Run OTS, Shuffle OTS Jumping Jack x3. Bent Arm Side Raise Tuck Jump x1 Side Bounce R, Shuffle OTS Run OTS Jumping Jack x3. Bent Arm Side Raise Tuck Jump x1	4 6 2 4 4 6 2		3
	1:09	Br (Beat)	2x8	A Jog OTS	16		1
	1:15	Instr (Synth)	4x8	D Double Shuffle L, R. RA	4	8x	
	1:27	Instr Hands	4x8	D ¹ Double Shuffle Turn L, R. RA	4	8x	2
	1:38	If you don't	4x8	E Snowboard L, R	4	8x	
	1:50	Go _	4x8	F Jumping Jack. Cross arms over head	2	16x	
	2:02	Instr (Synth)	8x8	G High Knee Run F. RA High Knee Speed Run OTS High Knee Run OTS. RA High Knee Speed Run OTS	16 16 16 16		3
	2:25	Instr (B up)	4x8	F Jumping Jack. Cross arms over head H Air Jack x8. Cross arms over head	2 2	8x 8x	3/4
2	2:36	Instr (Techno)	54x8	REPEAT SEQUENCES A to H	432		

Ready For Action > 5:20 mins

9

BLOCK 1

LAYER 1/2/3

In Layer 1 explain that there are 4 rounds of work, and each round starts low before building to a peak of intensity. The Side Bounce & Jumping Jack Combo is fast; just say the name of the move, how many reps there are, and your compulsory cues – there's no space for any extras! Layer 2 drives the intensity, then in Layer 3 Challenge we motivate everyone to work hard to the end of the block.

- 4 rounds of work. Each block of work starts low then builds to a max effort
- We're gonna work power and speed to get us fitter to attack life harder
- Side Bounce & Jumping Jack Combo – Side Bounce, Shuffle, Jack
- Side Bounce, Jumping Jack & Tuck Jump Combo – side – shuffle – 3 Jacks, 1 Tuck. Option: 2 big steps, big March, 3 Taps and 1 lift. Brace your abs as you tuck, land with bent knees
- Double Shuffle – relax, recover
- Double Shuffle Turn – turn whole body as one to 45 degrees – shoulders hips and knees. Brace to turn
- Snowboard – whole body turns as one. Feet wide, butt down, chest up. Option to work low in a Pulse Squat
- Jumping Jack – out and in. Start easy, then drop your butt and bend your knees!
- High Knee Speed Run – knees to hip height then fast feet on the spot
- Jumping Jack/Air Jack – last move! Push down, work your butt! Push up in the Air Jack, bend your knees as you land

BLOCK 2

LAYER 1/2/3

Block 2 mirrors Block 1. Remind everyone of the direction and moves in Layer 1, then quickly drive the intensity in Layer 2 using short, sharp cues. In Layer 3 Challenge, using urgency in your voice and movements will bring everyone to the finish line.

- Just recover, 'chill out' and breathe – you're doing great
- Let's all reset together, build and move again
- Side Bounce & Jumping Jack Combo – Side Bounce, Shuffle, Jack
- Side Bounce Jumping Jack & Tuck Jump Combo – drop in the Jack, lift in the Tuck. Drop – explode! 2 more... last one!
- Double Shuffle – relax, recover, this is our final block
- Snowboard – power training. Sink down, drive off the floor
- High Knee Speed Run – lift up, pump the knees as fast as you can! Altogether – drive your knees
- Jumping Jack/Air Jack – short finish, come on! 8 up!

PERFORMANCE

- Match your voice and your movements to the music and moves to create contrast in your teaching. This is your opportunity to inspire and motivate your class with your own athleticism: role-model great fitness in the way YOU move. Your members will require extra motivation in this track, so use your own physicality to push everyone to the end.

10 CORE

CORE STRENGTH

TRACK FOCUS

I want my participants to maintain a strong ab brace in the Hand-Walking Plank, and understand how to modify the intensity.

OPTIONS

Bolt Plank – On knees
Foot Stomp – No stomp

MUSIC	MUSIC	SEQUENCE/EXERCISE	CTS	REPS
1	0:01 Rep Whatever 4x8	Transition to floor – set up Plank on knees	32	
	0:16 Br 1x8	Hold Plank	8	
	0:19 V1 There's no place 8x8	A Hand-Walking Plank F L, R x2 Hand-Walking Plank B L, R x2	8 8	4x
	0:49 C Whatever 4x8	A' Hand Walking Plank Forward L, R x2 – toes Hold Roll over	8 16 8	
	1:04 C Whatever 4x8	B Pulse Crunch – knees over hips	2	16x
	1:19 Instr (Techno) 4x8	C Extend legs out 45° Hold Dish – <i>Arms Back 45°</i> Snow Angel Dish – Arms and legs open	8 8 16	
2	1:34 V2 Let's explore 20x8	REPEAT SEQUENCES A to C	60	
3	2:49 V3 Tonight 4x8	D Bridge	32	
	3:04 C Whatever 4x8	B  Pulse Crunch – knees over hips	2	16x
	3:19 C Whatever 8x8	E Cross Crawl L, R	4	16x

Down For Whatever > 3:54 mins

10

BLOCK 1

LAYER 1

In Layer 1 explain the position of the body, and set everyone up with a strong core brace to work from a solid foundation. Cue the timing and count the Plank Walk so everyone is moving together. There are 3 levels to the Leg Extension and Snow Angel Dish; if your participants can't keep their lower backs down to the floor, they should stay with the easier levels as each progression will challenge their core strength.

- 5 minutes to train your core
- **Hand Walking Plank F&B** – hands under shoulders, knees slightly behind hips, abs braced. 4 walks forward – 1, 2, 3, 4 – 4 back. The further you walk your hands, the tighter you need to brace your abs to keep hips still and strengthen your core
- **Hold Plank** – keep the abs braced and keep the shoulders down away from the ears



- **Pulse Crunch** – knees up, slide ribs towards hips, eyes look between knees
- **Leg Extension and Snow Angel Dish** – keep bracing tightly, extend legs to 45 degrees. Level 2, arms to 45 degrees. Level 3 – BODYATTACK Snow Angel! Keep the abs braced on to keep lower back close to the floor



BLOCK 2

LAYER 2/3

Layer 2 intensifies the Plank Walk by challenging participants to walk the hands further away from the body. Watch out for hips lifting and rocking from side to side; the focus is to stay strong through the mid-section, keeping the hips down and still. In Layer 3 Challenge, motivate everyone with the benefits of having a strong core.

- **Hand Walking Plank F&B** – BODYATTACK Challenge 2 – straight on to your toes! Aim to reach longer with your hands
- **Hold Plank** – back long and straight and keep the hips down to engage the core
- **Pulse Crunch** – slide your ribs closer to hips to lift shoulder blades higher and build strength
- **Leg Extension and Snow Angel Dish** – how do you look from above? You look fantastic!

BLOCK 3

LAYER 1/3

The final block introduces the Bridge and Cross Crawl so set these moves up with Layer 1 cues first, then motivate everyone to keep going with Layer 3 Challenge. People will be fatiguing by this stage so provide the option to tap the toes, and then encourage them to just hold on for a few more seconds!

- **Bridge** – squeeze butt to lift the hips
- **Cross Crawl** – 30 seconds to the finish! Opposite shoulder to knee. Option to tap the toes. 15 seconds to go – you're so close! Don't stop!

11 COOLDOWN

Gold > 3:29 mins

11

TRACK FOCUS

Connect your members to the music and movement to stretch each worked muscle group.

	MUSIC		SEQUENCE/EXERCISE	CTS
0:00	Instr	4x8	Transition to floor	32
0:12	V1 Losing control	4x8	Lower Back Twist – F	32
0:25	It's getting realer	4x8	Lower Back Twist – B	32
0:37	_ You burn	4x8	Lying Hamstring Stretch L	32
0:50	Ref Ooh tonight	4x8	Lying Hamstring Stretch R	32
1:03	Instr (Synth)	4x8	Lying Glute Stretch R	32
1:16	Ref Ooh tonight	4x8	Lying Glute Stretch L	32
1:29	Instr	2x8	Transition to kneeling	16
1:35	V2 _ Step up	4x8	Kneeling Hip Flexor Stretch R <i>R arm lifts</i>	8 24
1:48	All the money	2x8	Kneeling Soleus Stretch L	16
1:55	_ They say that I'm lost	2x8	Kneeling Soleus Stretch R	16
2:03	High	4x8	Kneeling Hip Flexor Stretch L <i>L Arm lifts</i>	8 24
2:15	_ I know you're poison	2x8	Squat. <i>Elbows to thighs</i> Roll up	8 8
2:22	_ You burn	4x8	Standing Calf Stretch R Tricep Stretch R Shoulder Stretch R	8 16 8
2:34	Ref Ooh tonight	4x8	Standing Calf Stretch L Tricep Stretch R Shoulder Stretch R	8 16 8
2:47	Instr (Synth)	4x8	Standing Quad Stretch L. <i>Arm out to side</i>	32
3:00	Ref Ooh tonight	4x8	Standing Quad Stretch R. <i>Arm out to side</i>	32
3:13	Instr	2x8	ITB Stretch L	16
3:21	Instr	2x8	ITB Stretch R	16

COACHING TIPS

- Be descriptive in how to stretch and where they should experience it
- Acknowledge the effort that's gone into the workout today and congratulate them on completing it!

BODYATTACK 96 INSTRUCTOR TABATA WORKOUT



20 ON, 10 OFF – 12 INTERVALS

MOVE 1: Snowboard = Track 9

MOVE 2: Tricep Pushup = Track 5

MOVE 3: Tuck Jump = Track 4/9

MOVE 4: Plank = Track 10