



LesMILLS
BODYATTACK

97

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Glossary

01. WARMUP

MUSIC My Way 5:35 mins
AEROBICS, SPORTS & STRENGTH TRAINING
TRACK FOCUS

I want my participants to understand how to execute each of the moves and to feel connected to their bodies.

BLOCK 1

0:05 / Intro / **Why** wait
4x8 / Feet apart **16cts**
R Arm Reach O/H **8cts**
L Arm Reach O/H **8cts**

0:18 / V1 / **You** are the one
4x8 / Bounce L, R. RA **2cts / 16reps**

0:31 / Ref / My **way**
8x8 / Double Bounce L, R. RA **4cts / 16reps**

0:57 / Instr / (Build)
4x8 / Bounce L, R. RA **2cts / 16reps**

1:10 / Instr / (Melody)
4x8 / Run OTS. RA **32cts**

1:23 / Instr / (Melody)
4x8 / Run F. RA **8cts**
Run B. RA **8cts / 2reps**

1:49 / Instr / My **way**
4x8 / Double Bounce L, R. RA **4cts / 8reps**

2:02 / Ref / My **way**
4x8 / A / Step Touch L, R. Arms Relaxed by sides
4cts / 8reps

2:15 / Instr / (Quiet)
4x8 / B / Side Step Lunge L, R. Hands on thighs
8cts / 4reps

2:28 / Instr / (Synth)
4x8 / C / Transition to floor **8cts**
Tricep Pushup **4cts**
Hold Plank **4cts / 3reps**

2:42 / Instr / (Build)
4x8 / D / Tricep Pushup **4cts / 8reps**

2:54 / Instr / (Quiet)
½x8 / E / Stand up **4cts**

2:56 / Instr / (Melody)
4x8 / F /  Run OTS. RA **32cts**

3:09 / Instr / (Melody)
4x8 / G /  Run F&B. RA **32cts / 2reps**

3:36 / Ref / My way _
4x8 / H /  Bounce L, R. RA **32cts**

3:49 / Ref / My way _
4x8 / I / Double Bounce L, R. RA **32cts**

4:02 / My way
32½x8 / **REPEAT SEQUENCES A – I**

TECHNIQUE & COACHING

BLOCK 1 LAYER 1

Use Block 1 to set great posture, coach the basics, provide options and give your compulsory cues.

- **Bounce** – *hips and shoulders square, knees soft, feet wide*
- **Double Bounce** – *right, left. 1, 2. Shift your weight across an imaginary line*
- **Run** – *light on the toes, lift the chest, option to march*
- **Step Touch** – *chest up, abs braced*
- **Side Step Lunge** – *knee out, hips back, chest up*
- **Tricep Pushup** – *hands under shoulders, elbows in by ribs, chest to elbow-height. Option to bring the hands in closer*

BLOCK 2 LAYER 2/3

In Block 2 we use Layer 2 cues that increase intensity to warm the body further. Bring awareness to which muscles we are warming up, to bring everyone into their bodies. In Layer 3, Shared Energy, we use Positive Motivators which are all about making people feel good! Using lots of positive language here will create a great vibe in the room and set the scene for the workout ahead.

- **Bounce** – *take feet wider, bend knees deeper, set hips back further*
- **Double Bounce** – *drop into the legs to warm them further*
- **Run** – *lift your feet higher, pick up the energy*
- **Side Step Lunge** – *step wider, push off the side of the foot to activate the glutes*
- **Tricep Pushup** – *stay strong through the mid-section*
- *Finish the Warmup feeling strong and good to go!*
- *My Way... that's the BODYATTACK way!*
- *We're gonna have some good times today!*
- *We're gonna get sporty, sweaty and feel the high energy!*
- *Feeling energetic, feeling good, looking good*

CONNECTION

Welcome your class to the workout by being enthusiastic and encouraging. Match your energy and vocals to the feel of the music. Remember to connect with everyone in the room – not just with your regular participants in the front row.

02.MIXED IMPACT

MUSIC Stay Up Till The Mornin' 4:34 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to work the legs by setting stability and control, and push the heart rate up in the final round to get everyone ready to work harder!

OPTIONS

Run – Walk

Step Curl – No arms

Side Step Over – No Jump or Step Touch

BLOCK 1

0:00 / Intro / (Beat)

8x8 / Run F. RA 8cts

Bounce L, R. RA 2cts / 4reps

Run B. RA 8cts

Bounce L, R. RA 2cts / 4reps

0:24 / V1 / **White** lines

4x8 / A / Step Curl L, R. *Relaxed Arms by sides*
4cts / 8reps

0:36 / **Now** we getting

4x8 / A¹ / Step Curl L, R. *Cross High Pull Arms* 4cts / 8reps

👁 Side Step Over

0:49 / _ Let's stay up

4x8 / B / Side Step Over L, R. RA 4cts / 8reps

RUN F & BOUNCE COMBO

1:01 / Instr / (Synth)

8x8 / C / Run F. RA 8cts

Bounce L, R OTS 8cts

Run B. RA 8cts

Bounce L, R OTS 8cts

👁 Side Step Over on last 8 cts

RUN F & SIDE STEP OVER COMBO (X2 REPS)

1:26 / Instr / (Synth)

8x8 / D / Run F. RA 8cts

Side Step Over L, R x2. RA 8cts

Run B. RA 8cts

Side Step Over L, R x2. RA 8cts

BLOCK 2

1:51 / V2 / **White** lines

4x8 / A / 📺 Step Curl L, R. *Relaxed Arms by sides*
4cts / 8reps

2:03 / **Heated**

4x8 / A¹ / 📺 Step Curl L, R. *Cross High Pull Arms* 4cts / 8reps

2:16 / _ Let's stay up

4x8 / B / Side Step Over L, R. 4cts / 8reps

2:28 / Instr / (Synth)

8x8 / D / 📺 Run & Side Step Over Combo
32cts / 2reps

RUN & SIDE STEP OVER COMBO WITH HALF TURN

2:53 / Instr / (Synth)

8x8 / D¹ / 📺 Run F. RA 8cts

Side Step Over L, R, x2 180° Turn. RA 8cts

Run F. RA 8cts

Side Step Over L, R x2, 180° Turn. RA 8cts / 2reps

BLOCK 3

3:18 / V3 / **Heated**

4x8 / A / 📺 Step Curl L, R. *Relaxed Arms by sides*
4cts / 4reps

E / Step Knee L, R knee out. *Circle Arms Around*
4cts / 4reps

3:30 / _ Let's stay up

4x8 / E¹ / 📺 Step Knee L, R. *Double Arm Pull Down* 4cts / 8reps

3:42 / Instr / (Synth)

16x8 / D¹ / 📺 Run & Side Step Over Combo with
Half Turn 32cts / 4reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Layer 1 gets everyone moving together. Cue direction and coach the rhythm of the moves first, before clarifying how to perform them. Set up the basics of the Step Curl, then drop and drive with the music – sinking into the legs and using a strong arm pull back to work the shoulders and the back. Coach the foot and body position in the Side Step Over; this move is inspired by the Single-Leg Squat. In the Run Forward & Side Step Over Combo, coach your class to brace their abs to maintain control.

- **Run F & Bounce Combo** – run forward – hold and bounce – run back, light on the feet. Option to march and step wide

- **Step Curl** – 1, 2, step, lift. **Knees out, chest up**

- **Step Curl, Cross Pull Arms** – option to add the arms. Pull through the shoulders to open up the chest

- **Side Step Over** – 1, 2. Shift your weight side to side. Sink into the legs like a Single-Leg Squat: knee forward, hips back – there's a short pause and brace of the abs before you move. **Knee out, chest up**

- **Run F & Bounce Combo** – lift up when you run then bend the knees and sink down into the legs in the Bounce

- **Run F & Side Step Over Combo** – add the control. Lose the bounce by bracing the core and bending the knee. This sets stability and control

BLOCK 2

LAYER 2

In Layer 2 we Drive Intensity by explaining how to get more out of the moves. Focus on the lower body first, then bring in the upper body. In the Run & Side Step Over Combo, coach the lift up in the Run versus the drop down into the legs. Side Step Over – you want everybody to feel the “up” and the “stop and drop” in this sequence. Explain the WHY behind the moves – we build control and stability in the Side Step Over and strengthen our backs with the Cross Pull Arms.

- **Step Curl** – bend your knees more to work the legs harder

- **Step Curl, Cross Pull Arms** – let's work the back of the body: squeeze your shoulder blades together

- **Side Step Over** – no bounce

- **Run & Side Step Over Combo** – feel the down in the legs. Imagine you've got Velcro on your foot – stick it to the floor

- **Run F & Side Step Over Combo with Half Turn** – step and turn to the back. Run to the back now – turn to face the front

BLOCK 3

LAYER 2/3

Build the energy in the Step Knee and lift the energy by making this move big and bouncy – you want everyone's heart rate to accelerate! In Layer 3, Share Energy, Ben connected to his participants by using the lyrics and lots of inclusive phrases to create the sense of training together, eg “we...”, “let's” etc.

- We're gonna lift the heart rate – reach up!

- No-one else can beat this!

- Way to go, gang!

- **Run F & Side Step Over Combo with Half Turn** – sink down into the floor – drop down

- Let's push the heart rate up by running further

03. AEROBIC

MUSIC Dance All Night 5:04 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to enjoy the BODYATTACK dance party!

OPTIONS

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

BLOCK 1

0:00 / Intro /
4x8 / Run OTS. RA **32cts**

0:13 / QC / _ Let's just dance
4x8 / Shuffle L, R. RA **2cts / 16reps**

JUMPING JACK & SHUFFLE COMBO (X2 REPS)

0:25 / _ Let's just dance
8x8 / Jumping Jack. Double Arm Reach Up x8 **16cts**
Shuffle L, R x8. RA **16cts**
👁 Single Knee L, R

BLOCK 2

0:49 / V1 / _ I was out on a trip
4x8 / A / Single Knee L, R. Single Punch F
4cts / 8reps

1:01 / _ Someone tells you to
4x8 / A¹ / Single Knee L, R. Single Punch Up
4cts / 8reps

1:13 / C / _ Let's just dance
8x8 / B / 🎧 Jumping Jack & Shuffle Combo
32cts / 2reps

1:37 / Instr / (Synth)
4x8 / C / Double Shuffle L, R. Double Arm Bicep
Curl **2cts / 8reps**
D / Double Hop L, R. Double Arm Swing Up
4cts / 8reps

RUN & HOP COMBO (X2 REPS)

1:49 / Instr / (Synth)
8x8 / E / Run & Hop
Run F. Double Arm Reach Up **16cts**
Double Hop L, R Move B. Double Arm Swing Up
16cts

BLOCK 3

2:13 / V2 /
28x8 / **REPEAT SEQUENCES A – E**

3:38 / Instr / (Low)
4x8 / F / 🎧 Shuffle OTS. RA **32cts**

RUN & HOP COMBO WITH TURN COMBO

3:49 / QC / _ Let's just dance
4x8 / E¹ / Run & Hop
Run F. Double Arm Reach Up **2cts / 8reps**
Double Hop L, R. Move B. Double Arm Swing Up
4cts / 2reps
Double Hop L, R, Turn 360°. Double Arm Swing Up
4cts / 2reps

4:01 / C / _ Let's just dance
8x8 / E¹ / 🎧 Run & Hop Combo with Turn Combo
32cts / 2reps

4:25 / Instr / (Synth)
8x8 / B / 🎧 Jumping Jack & Shuffle Combo
32cts / 2reps

4:49 / Instr / (Synth)
4x8 / G / Jumping Jack. Double Arm Reach Up
2cts / 16reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/3

Welcome to your BODYATTACK dance party!
This is an awesome track but beware of getting lost in the music straightaway...It can be tempting to just sing and party.... Make sure you pull back and coach your Layer 1 basics first: name the move, number of reps, compulsory cues and options. Count down the reps in the Jumping Jack & Shuffle Combo so everyone is moving together well, and be sure to cue direction in the Run & Hop Combo.

- I have a BODYATTACK dance party for you!
- Let's bring the BODYATTACK energy up
- **Jumping Jack & Shuffle Combo** – 8 Jacks. 8, 7, 6... Shuffle. **Knees out, heels down, chest up, back straight.** Option: tap wide and low. Chest up in Shuffle, on the balls of the feet
- **Single Knee Lift** – right, left, **hips square, abs switched on, chest up.** Option to remove the bounce
- **Run & Hop Combo** – reach and run. Stay here – double hop back: side to side, lift the rear heel. Option to march and remove the impact

BLOCK 2

LAYER 2/3

In Layer 2 we Improve Execution and Drive Intensity by explaining how to get more out of the moves. In Layer 3, Share Energy, we bring in more of the party feel and lift the energy!

- Reset. Refocus, lift knees, chest up, you guys look so good!
- Drop it like it's hot!
- **Single Knee & Arm Punch Up** – punch sky-high and use your shoulders
- **Jumping Jack & Shuffle Combo** – sink low into your hips to engage your glutes
- **Run & Hop Combo** – pick your heels up, hamstrings on
- Choose your dance partner!

BLOCK 3

Layer 3 is all about celebrating the energy and making everyone feel good. Let go, have fun and don't focus too much on having a perfect script – it's about completely being in the moment with your participants. Nikki and Jeremiah added their own dance moves and hooked into the lyrics to create the party vibe. How will you bring this alive in YOUR class?

- Bodyattack Crew – one more chance to break out on the dance floor!
- We're gonna make this party sizzle with a 360° turn
- We got good vibes, good people – where's the party at?
- What's YOUR go-to dance move?

04. PLYOMETRIC

MUSIC Go! 5:41 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to know exactly where we are in the track so they can 'max out' in each of the 4 rounds.

OPTIONS

High Knee Run – March or Jog
Skater – Low Skater Step Across
3-Step Run – Low 3-Step Run Across
Burpee & Tuck Jump – Wide Pulse Squat or Burpee & Straight Jump

BLOCK 1

0:00 / Intro / (Beat)

4x8 / Setup **32cts**

0:11 / Instr / (Beat)

4x8 / B / 8x Skater L, R. RA **16cts**

Jog OTS. RA **16cts**

0:23 / Instr / (Synth)

12x8 / B¹ / 8x Skater L, R. RA **16cts**

High Knee Run OTS. RA

👁 Skater & High Knee Run F&B Combo on last **32cts**

SKATER & HIGH KNEE RUN F&B COMBO (X2 REPS)

0:57 / Instr / (Beat)

8x8 / B² / 8x Skater L, R. RA **16cts**

High Knee Run F. RA **8cts**

High Knee Run B. RA **8cts**

1:20 / Instr / (Fast beat)

4x8 / B³ / Skater L, R. *Single Arm Reach Down*

4cts / 8reps

1:31 / Instr / (Techno)

5x8 / C / Recovery **40cts**

1:46 / Instr / (Synth)

4x8 / D / Athletic 3-Step Run L, R. RA **8cts / 4reps**

1:57 / Instr / (Synth)

4x8 / D¹ / Power 3 Step Run L, R. RA **8cts / 4reps**

2:09 / Instr / (Fast beat)

4x8 / E / Wide Pulse Squat. *Hands on thighs*

2cts / 16reps

👁 Burpee Jump on last 16cts

2:20 / Instr / (Synth)

8x8 / F / Burpee With Tuck Jump **8cts / 8reps**

BLOCK 2

2:43 / Instr / (Beat)

4x8 / C / Recovery **32cts**

2:54 / Instr / (Beat)

4x8 / B / 🎧 8x Skater L, R. RA **16cts**

Jog OTS. RA **16cts**

3:06 / Instr / (Beat)

20x8 / B² / 🎧 Skater & High Knee Run Combo F&B

32cts / 5reps

4:03 / Instr / (Build)

4x8 / B³ / 🎧 8x Skater L, R. *Single Arm Reach*

Down **4cts / 8reps**

4:15 / Instr / (Techno)

5x8 / C / Recovery **4cts / 8reps**

4:29 / Instr / (Synth)

4x8 / D / 🎧 Power 3-Step Run L, R. RA

8cts / 4reps

4:40 / Instr / (Synth)

4x8 / D¹ / Power 3-Step Run L, R. RA **8cts / 4reps**

4:52 / Instr / (Build)

4x8 / D¹ / 🎧 Wide Pulse Squat. *Hands on thighs*

2cts / 16reps

5:03 / Instr / (Synth)

8x8 / F / 🎧 Burpee with Tuck **8cts / 8reps**

5:26 / Instr /

2x8 / G / High Knee Run, Fast! Bring group together

16cts

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/2

In Layer 1 we explain the track objective and how many blocks of work there are. Coach the basics: name the move, number of reps, direction, compulsory cues. Clearly cue the rhythm of the 3-Step Run, eg: up, up, down, 1, 2, drop, side to side. Use short cues – 1 to 2 words max – and be careful not to over-coach this track. Deliver your cue and trust that everyone has heard it.

Be sure to nail your previews. If participants choose to stay with the Wide Pulse Squats instead of the Burpee, help them to achieve the correct level of intensity by coaching the powering up out of the legs and sinking down.

- Plyometric training – 4 rounds of high-intensity intervals
- **Skater** – set up 8 Skaters and run: 8, 7, 6, 5... run on the spot. **Knee out, hips back, chest up**
- **Skater/High Knee Run** – knees to hip-height, chest lifted. Option: step wide and stay low
- **Skater & High Knee Run F&B Combo** – 8 Skaters on the spot. High Knee Run forward and back. Bend and push across. Go wider in your Skater, drive your knees high then push back
- **Skater** – reach down, chest up
- **3-Step Run** – 1, 2, 3. Up, up, down. **Knee out, hips square.** Stop, brace, then drive across
- **Power 3-Step Run** – go wider, push off from outside of foot
- **Wide Pulse Squat** – feet wide, knees out, hips back, **chest up**
- **Burpee with Tuck Jump** – brace as you jump back, use the abs to lift the knees high, **land in the Squat with feet wide.** Option: Stay with Squats

BLOCK 2

LAYER 2/3

Allow recovery at the start of Block 2, then bring your class back into the work. Help them get more out of the moves by driving intensity in Layer 2: everything is wider, deeper and higher.

In Layer 3, Challenge, we help everyone to the finish line with lots of motivational cues. This is a great track to use 'team' cues to create a sense of training together. Jeremiah used challenging cues such as "Get to work – do it!" to push his class to keep going. Your participants will want to stop when they come out of the last set of Burpees; motivate them to finish the High Knee Run so they don't give up before the finish.

- Half time – second half is where the real game starts!
- **Skater setup** – easy, just relax
- **Skater & High Knee Run F&B Combo** – game time! Grip the floor, push across. Drive your knees up to accelerate your heart rate. Training single-leg strength in your quads
- 2 more! Come on – now is when we need you! High knees is where we build the heart rate of champions!
- 20 seconds – skate! Get down to get strong; finish it
- **3-Step Run** – straightaway get to work. Grip the floor, feel the recoil in your legs and slingshot across – do it!
- **Wide Pulse Squat** – go deeper, go higher, heels push up off the floor
- **Burpee with Tuck Jump** – only 30 seconds. We are one team. You're in the red zone right now!
- **High Knee Run** – 5-second Sprint, push over the line – go!

05. ATHLETIC STRENGTH

MUSIC Mic Check 5:17 mins

COMBINATION OF UPPER & LOWER BODY STRENGTH TRAINING

TRACK FOCUS

I want my participants to experience great control in the short sets of Lunges, then feel the fatigue in the longer sets of Tricep Pushups.

OPTIONS

All Pushups – On knees, toes or rest!

BLOCK 1

0:00 / Intro /
4x8 / Move to floor **32cts**

0:14 / Instr / (Build)
4x8 / A / Single Tricep Pushup **4cts / 8reps**

0:29 / _ Check is this thing
4x8 / Stand up **32cts**

BACKWARD-STEPPING LUNGE & PULSE LUNGE COMBO

0:44/ Ref / When I **say**
5x8 / B / Step B L leg **4cts**
8x Bottom Half Pulse Lunge L **16cts**
Hold Lunge at bottom **4cts**
8x Bottom Half Pulse Lunge R **16cts**

1:03 / Instr / (Build)
4x8 / C / Aeroplane Balance L **24cts**
Transition to floor **8cts**
👁 Tricep Pushup

1:18 / Instr / Bounce _
4x8 / D / 1x Tricep Pushup **2cts**
Plank on toes **2cts**
Hold Plank **4cts / 4reps**
👁 2x Tricep Pushup, 2x Jumping Jack Plank

1:33 / Instr / (Beat)
4x8 / E / 2x Tricep Pushup **4cts**
2x Jumping Jack Plank **4cts / 4reps**

1:48 / Instr / (Build)
4x8 / F / Bottom Half Tricep Pushup **2cts / 16reps**

BLOCK 2

2:03 / Instr / (Beat)
4x8 / G / Stand up and reset starting on R leg B for lunge **32cts**

2:18 / Ref / When I **say**
5x8 / B / 🏃 Backward-Stepping Lunge & Pulse Lunge Combo R, L **40cts**

2:37 / Instr / (Build)
4x8 / C / 🏃 Aeroplane Balance R **24cts**
Transition to floor **8cts**

2:52 / Instr / Bounce _
4x8 / D / 🏃 1 Tricep Pushup **2cts**
Plank on toes **2cts**
Hold Plank **4cts / 4reps**

3:07 / Instr / (Beat)
4x8 / E / 🏃 2x Tricep Pushup
2x Jumping Jack Plank **4cts / 4reps**

3:22 / Instr / (Beat)
4x8 / F / 🏃 Bottom Half Tricep Pushup **2cts / 16reps**

30-MINUTE EXPRESS VERSION FINISHES HERE

BLOCK 3

3:38 / _ Is this thing on
4x8 / Stand up **32cts**

BACKWARD-STEPPING LUNGE AND PULSE LUNGE COMBO

3:50 / Ref / When I **say**
8x8 / B¹ / Step B L Leg **4cts**
8x Bottom Half Pulse Lunge L with Propulsion **16cts**
Change legs **4cts**
Bottom Half Pulse Lunge R with Propulsion **16cts**

4:09 / Instr / (Build)
4x8 / Transition to floor **32cts**

4:24 / Instr / Bounce _
8x8 / E / 🏃 2x Tricep Pushup **4cts**
2x Jumping Jack Plank **4cts / 8reps**

4:54 / Outro
4x8 / F / 🏃 Bottom Half Tricep Pushup **2cts / 16reps**

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Coach Layer 1 with simplicity, explaining body position and establishing good alignment. Don't be tempted to overload your participants with too much information; choose clear, simple cues and allow space for them to land.

Set the rhythm of the Tricep Pushup & Hold Plank first, before you coach the technical aspects of the move. Once everyone has nailed the timing, bring in stability cues.

- **Tricep Pushup** – *hands under shoulders, chest to elbow-height, elbows in, abs braced*
- **Backward-Stepping Lunge & Pulse Lunge Combo** – *feet under hips, long step back, front knee out, chest up, front thigh parallel to floor. Bottom Half Pulse Lunge – 8, 7, 6...*
- **Aeroplane Balance** – *weight on front leg, bend front knee, tip forward from the hip*



- **Tricep Pushup & Hold Plank** – *down, up, hold Plank*
- **Tricep Pushup & Jumping Jack** – *brace as you jump, hips down*
- **2x Tricep Pushup & Jumping Jack** – *speed Pushup. Bend elbows quickly; keep the back flat*
- **Bottom Half Tricep Pushup** – *Stay down, squeeze your triceps into the ribcage. Isolate and activate*

BLOCK 2

LAYER 2

In Layer 2 we Improve Execution by coaching participants how to do the move better, eg: by maintaining a straight spine in the Lunges so they aren't collapsing through the torso. Drive Intensity in this move by explaining how to feel the load in the legs.

When you return to the Pushups, reinforce the timing of the combos then coach stability through the upper body when you add the Jumping Jack.

- Set 2 – *we do it all again, and we do it better*
- **Backward-Stepping Lunge & Pulse Lunge Combo** – *stay low in the legs, lift the chest. Load the glutes and the hamstrings*
- **Aeroplane Balance** – *use your glutes to lift your leg, eyes down*
- **Tricep Pushup & Jumping Jack** – *this is about stability in the shoulders. Push your hands firmly into the floor for stability*
- **2x Tricep Pushup & Jumping Jack** – *quick elbows, swift push to the top*
- **Bottom Half Tricep Pushup** – *focus on the down for the first 8, then focus on the up! Push your energy into the floor*

BLOCK 3

LAYER 3

In Layer 3, Challenge, we motivate everyone to hang on to the end! Praise the efforts on the floor and demonstrate that you yourself are working hard. Authentically conveying your own struggle and sense of pushing hard will motivate the people in front of you.

- **Backward-Stepping Lunge & Pulse Lunge Combo** – *as a team we move with control*
- *You know where we're going! 1 or 2 Pushups, knees or toes, success is in your effort*
- **2x Tricep Pushup & Jumping Jack** – *drive your energy into the floor and make the decision to bend your elbows. Look at your effort! Look at your strength! We find strength in the struggle – fight for it!*

06. RUNNING

MUSIC The Feeling 5:15 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to execute the Sprinter Knee effectively and understand the benefits of this move.

OPTIONS

Run - Walk

Fast 3-Knee Sprinter with Bounce – No Jump

BLOCK 1

0:00 / Intro

4x8 / Jog OTS. RA 32cts

0:12 / Ref / _ I've got the feeling

8x8 / Slow 3-Sprinter Knee Combo L, R
32cts / 2reps

0:35 / Instr / (Techno)

8x8 / Fast 3-Sprinter Knee Combo L, R
(Low Impact) 16cts / 4reps
👁 Double Bounce

0:59 / Instr / (Synth)

8x8 / Fast 3-Sprinter Knee Combo L, R with Double
Bounce 16cts / 4reps

1:22 / Instr / (Synth)

8x8 / Circle Run – clockwise 64cts

1:46 / Instr / (Low)

4x8 / Bounce OTS face center 32cts

👁 Fast 3-Sprinter Knee on last 8 cts

BLOCK 2

1:58 / _ I've got the feeling

8x8 / A / 🎧 Fast 3-Sprinter Knee Combo With
Double Bounce L, R 16cts / 4reps

2:21 / Instr / (Synth)

8x8 / B / Wide Squat x4. Hands on thighs 16cts
Narrow Ski Squat x4. Ski Pole Arms 16cts / 2reps

2:45 / Instr / (Synth)

8x8 / C / Circle Run – anticlockwise 64cts

RUN IN & OUT COMBO (X2 REPS)

3:08 / Instr / (Synth)

8x8 / D / Run In. Double Arm Reach Up x4 8cts
Run OTS. Double Arm Reach Up x4 8cts

Run B. RA 8cts

Run OTS. RA 8cts

BLOCK 3

3:32 / Ref / _ I've got the feeling

8x8 / A / 🎧 Fast 3-Sprinter Knee Combo with
Double Bounce 16cts / 4reps

3:55 / Instr / (Techno)

8x8 / B / 🎧 Wide & Narrow Ski Squat Combo 32cts
/ 2reps

4:19 / Instr / (Synth)

8x8 / C / 🎧 Circle Run – clockwise 64cts

4:42 / Instr / (Synth)

4x8 / D / 🎧 Run In and Out Combo 32cts

4:54 / Instr / (Synth)

4x8 / D¹ / Run In. Double Arm Reach Up 8cts

Run OTS. Double Arm Reach Up 8cts

High Knee Run OTS. Double Arm Reach Up 16cts

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

This track is all about where the feet are, where the knees are, and then where the body is!

Follow this pattern to set up each of the moves.

Coach the pattern of Sprinter Knee: the direction of the knee and how many reps, then set up the position of the upper body. When the move gets faster with the Bounce, coach your class to be light on the toes with sharp, fast knees.

· We focus on the knee drive of the running motion

· **Slow 3 – Knee Sprinter Combo – 1 – 2 – 3 – stop – other leg. Front, side, front. Hips and shoulders square, abs braced**



Fast 3 – Knee Sprinter Combo – 1 – 2 – 3 – hold. Hips still

· **Fast 3 – Knee Sprinter Combo with Double Bounce – 1 – 2 – 3 – bounce, bounce. Light on the toes, use the abs to pull the knee up**

· **Circle Run – relax the upper body. Option to march**

BLOCK 2

LAYER 2/1

Reinforce the rhythm of the 3-Knee Sprinter, then Improve Execution in Layer 2 by coaching the knee drive and opening up the hips for mobility. Coach Layer 1 setup cues for the Wide Squat into Narrow Ski Squat, explaining foot placement and how to execute the moves.

· **Fast 3-Knee Sprinter Combo with Double Bounce – 1, 2, 3 bounce, bounce. Think hip flexion: pull your knee through, like you're running. Open wide and drive the knee high for hip mobility**

· **Wide Squat – feet wide, knees out, butt sits back and down to just above knee level**



· **Narrow Ski Squat – jump your feet in, sit back through the heels, chest up, eyes forward**



BLOCK 3

LAYER 2/3

Find intensity in the Squats by encouraging your class to explore the depth and then drive fast out of the floor to activate the glutes. Educate your class about the WHY behind the 3-Knee Sprinter – it's not just a knee lift: the purpose behind it is to help us run faster.

In Layer 3, Share Energy, we celebrate the workout and find ways to have fun with our class. Bevan used Intrinsic Motivational cues – referring to how good BODYATTACK makes us feel! This is a great way to keep people coming back to class as it brings awareness to the immediate benefits of exercise.

· **Fast 3-Knee Sprinter Combo with Double Bounce – 1, 2, 1, bounce, bounce.**

· This is fantastic functional training. But let's be honest – it just feels good!

· It's energetic, athletic, and it makes you feel alive

· **Wide Squat – stand up fast. Shoot through the glutes to activate them**

· **Narrow Ski Squat – shoot up through the heels**

· **Circle Run – increase the speed by turning your feet over faster and lengthen out by pulling your knee through more**

· I know that you wanna sing! Let's do this together!

· Team, this is the BODYATTACK feeling!

06. RUNNING

SMALL-ROOM OPTIONS

BLOCK 3

3:32 / Ref / _ I've got the feeling
8x8 / A /  Fast 3-Knee Sprinter Combo with
Double Bounce 16cts / 4reps

3:55 / Instr / (Techno)
8x8 / B /  Wide & Narrow Ski Squat Combo
32cts / 2reps

4:19 / Instr / (Synth)
8x8 / C / Run OTS 64cts

4:42 / Instr / (Synth)
4x8 / D /  Run In & Out Combo 32cts

4:54 / Instr / (Synth)
4x8 / D¹ / Run In. Double Arm Reach Up 8cts
Run OTS. Double Arm Reach Up 8cts
High Knee Run OTS. Double Arm Reach 16cts

MUSIC The Feeling 5:15 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to execute the Knee
Sprinter effectively and understand the benefits of
this move.

OPTIONS

Run – Walk

Fast 3-Knee Sprinter with Bounce – No Jump

BLOCK 1

0:00 / Intro /
4x8 / Jog OTS. RA 32cts

0:12 / Ref / _ I've got the feeling
8x8 / Slow 3-Knee Sprinter Combo L, R
32cts / 2reps

0:35 / Instr / (Techno)
8x8 / Fast 3-Knee Sprinter Combo L, R Low Impact
16cts / 4reps

0:59 / Instr / (Synth)
8x8 / Fast 3-Knee Sprinter Combo L, R with
Double Bounce 16cts / 4reps

1:22 / Instr / (Synth)
8x8 / Run OTS 64cts

1:46 / Instr / (Low)
4x8 / Bounce OTS face center 32cts
 Fast 3-Knee Sprinters last 8 cts

BLOCK 2

1:58 / _ I've got the feeling
8x8 / A /  Fast 3-Knee Sprinter Combo with
Double Bounce L, R 16cts / 4reps

2:21 / Instr / (Synth)
8x8 / B / Wide Squat x4. Hands on thighs 16cts
Narrow Ski Squat x4. Ski Pole Arms 16cts / 2reps

2:45 / Instr / (Synth)
8x8 / C / Run OTS 64cts

RUN IN & OUT COMBO

3:08 / Instr / (Synth)
8x8 / D / Run In. Double Arm Reach Up x4 8cts
Run OTS. Double Arm Reach Up x4 8cts
Run B. RA 8cts
Run OTS. RA 8cts / 2reps

07. AGILITY

MUSIC Jungle Bae 4:39 mins

SPORTS TRAINING

TRACK FOCUS

I want my participants to know what they are doing and when — so they can experience the speed and agility training.

OPTIONS

Ladder Run — March OTS

Side Bounce Combo – No Impact, 2 Steps, Walk or March OTS

Double Jump / Lunge Jump – Squat OTS

BLOCK 1

0:00 / Intro / (Beat)

4x8 / Split room to face front – 1 side works, the other holds **32cts**

👁️ Side Bounce & Drop Squat & Sprint Combo on last 16cts

SIDE BOUNCE, & DROP SQUAT & RUN COMBO (X2 REPS)

0:12 / Ref / Hands up

8x8 / A / Side Bounce in **6cts**

Drop Squat, touch floor **2cts**

Run out **8cts**

Run OTS. RA **16cts**

SIDE BOUNCE & DROP SQUAT & RUN COMBO WITH LADDER RUN

👁️ Ladder Runs

0:37 / (Synth) / Hands up

4x8 / A¹ / Side Bounce in **6cts**

Drop Squat touch floor **2cts**

Run out. RA **8cts**

Ladder Run. RA **16cts**

0:49 / Instr / (Synth)

8x8 / A¹ / 🏃 Side Bounce, Drop Squat & Run

Combo with Ladder Run **32cts / 2reps**

BLOCK 2

1:14 / Instr / _ Hands up

4x8 / Face middle – now both sides move at the same time. **32cts**

👁️ Long Jump & Hold Combo on last 16cts

BLOCK 3

LONG JUMP AND HOLD COMBO (X4 REPS)

1:26 / Ref / _ Hands up

8x8 / B / Double Jump F **2cts**

Jump Half Turn **2cts**

Double Jump F **2cts**

Jump Half Turn **2cts**

Hold OTS **8cts**

👁️ Ladder Run last 8cts

LONG JUMP & LADDER RUN COMBO (X4 REPS)

1:51 / Instr / (Beat)

8x8 / B / Double Jump F **2cts**

Jump Half Turn **2cts**

Double Jump F **2cts**

Jump Half Turn **2cts**

Ladder Run OTS **8cts**

2:16 / Ref / _ Hands up

4x8 / Change sides **32cts**

2:28 / Ref / _ Hands up

REPEAT SEQUENCES A – B¹

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/2

In Block 1 you need to take control of the room and set up the two groups with their moves. Think of it as directing traffic! All the focus is on what, where and when. Use big visual cues and simple cues to get everyone moving at the right time. The first time you teach this you'll be moving between the two teams to make sure they're moving in the right direction, at the right time.

When you get into the Long Jump Combo – get everyone to face center and tell them that now we all work together. Preview the Long Jump and coach the timing of the Combo first, before explaining how to execute the move.

Speed and agility training – *split the room and get everyone to face the front. One side moves whilst the other holds OTS*

· **Side Bounce, Drop Squat & Run Combo** – you guys: *Wide Side Bounce, stop – Squat, turn, run back to your spot. Stay where you are – your turn. Drop Squat – feet wide, **knees out, chest up, butt to just above knee-level.** When you turn into the Run, release your heel and turn your whole body as one*

· **Side Bounce, Drop Squat & Run Combo with Ladder Run** – now we're moving all the time. *Ladder: on toes, feet move out and in, abs braced, upper body still*

· *This is the speed before the agility and control*

· **Long Jump & Hold Combo** – feet apart, knees bent as you land. **Brace your abs as you turn.**

· **Long Jump & Ladder Run Combo** – add a speed Ladder Run – *quick and on the toes. In the Long Jump – down through the legs and use your butt to drive*

BLOCK 2

LAYER 2/3

The Change Sides is fast so tell everyone to hustle!

In Layer 2 we Drive Intensity by coaching depth in the Drop Squat and speed on the Sprint and Ladder Run. Nikki introduced the fun in the final set by asking her class to imagine they were playing tag – and at the same time challenging them to move faster! She then introduced external cues in the Long Jump by asking her participants to focus on jumping to the center of the room. Asking people to visualize a target that's external to the body can increase performance – in this case, helping them to jump further. How will you coach your participants to get more out of their workout?

· **Side Bounce, Drop Squat & Run Combo** – *Bounce – 7, 6, 5, 4, Squat – turn. Get low in your Squat and then sprint back*

· **Side Bounce, Drop Squat & Run Combo with Ladder** – *faster in your Ladder. See how much ground you can cover in your Bounce. Push off your back leg when you run. It's like a game of tag*

· **Long Jump & Hold Combo** – *longer jump. Sit your hips back then extend when you jump. More distance, more calorie burn!*

· **Long Jump & Ladder Run Combo** – *add the speed! We're all gonna go the distance – try to hit the middle*

08. INTERVAL

MUSIC Scream & Shout 5:23 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to enjoy this singalong track, and feel the contrast between the highs and lows of the music and movement.

OPTIONS

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

BLOCK 1

0:00 / Intro
4x8 / Run OTS. RA **32cts**

0:11 / Ref / **Scream** and shout
8x8 / B / Run F. RA **8cts**
Bounce OTS L, R. RA **8cts**
Run B. RA **8cts**
Bounce OTS L, R. RA **8cts / 2reps**

0:34 / Instr / (Synth)
8x8 / B¹ / Run F. RA **8cts**
Run OTS. *Slow Double Arm Reach Up* x2 **8cts**
Run B. RA **8cts**
Run OTS. *Slow Double Arm Reach Up* x2
8cts / 2reps

RUN & KICK COMBO (X2 REPS)

0:59 / Instr / (Melody)
8x8 / C / Run F. *Double Arm Reach Up* x4 **8cts**
Single Kick L, R x2. *Single Arm Punch F* **8cts**
Run B. *Double Arm Reach Up* x4 **8cts**
Single Kick L, R x2. *Single Arm Punch F* **8cts**

SINGLE KICK SQUARE COMBO

1:22
4x8 / D / 4x Single Kick L, R Face Front Turn 45°
Left **8cts**
4x Single Kick L, R, Face L Turn 45° Left **8cts**
4x Single Kick L, R, Face B Turn 45° Left **8cts**
4x Single Kick L, R, Face Front Turn 45° Left **8cts**

1:34
4x8 / D¹ / Single Kick L, R. *Single Arm Punch F*
4cts / 8reps

1:46 / Instr / (Downbeat)
4x8 / Run OTS. RA **32cts**

1:58 / Instr / _ Rock 'n' Roll
8x8 / E / Side Flick L, R. *Double Arm Side Raise*
4cts / 16reps

2:21 / Ref / **Scream** and shout
8x8 / B¹ /  Run & Slow Reach Combo
32cts / 2reps

2:45 / Instr / (Synth)
8x8 / C /  Run & Kick Combo **32cts / 2reps**

3:09 / **Oh** we oh
4x8 / D /  Single Kick Square **32cts**

3:21 / **Oh** we oh
4x8 / D¹ /  Single Kick L, R. *Single Arm Punch F*
4cts / 8reps

BLOCK 2

3:33 / Instr / (Downbeat)
REPEAT SEQUENCES A, E, B¹, C, D, D¹

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Set up Layer 1 with the basics: direction in which to move, number of reps, safety cues and options.

- *We have a BODYATTACK concert! We are the stars – we're gonna scream and shout, let it all out!*
- **Run & Bounce Combo** – *Run forward, Bounce side to side – 4, 3... run straight back. Option to reduce impact*
- **Run & Bounce Combo with Slow Arm Reach** – *reach arms up and hold: up, down, up, down. Reach up high and pull through your back*
- **Run & Kick Combo** – *reach and run – 4 Kicks. Option to stay low*
- **Single Kick Square** – *take it around the world. 4 Kicks – turn to the side, to the back, to the side*
- **Single Kick** – **chest up, back straight, kick to hip-height, hips square**

BLOCK 2

LAYER 1/2/3

We introduce the Side Flick here so set up this move with Layer 1. In Layer 2 tell your class how to get more out of the moves to maximize the workout. Bring in the feel by matching your vocals and physical movements to the drop and rise in the music, and use the lyrics encourage them to Scream and Shout! Lead by example – and your class will follow.

- *Bring the action! We're gonna work altogether*
- **Side Flick – hips square, shoulders back, chest up.** *Energy out through your fingers and your toes*
- *I think it's time to Scream and Shout!*
- *That's the BODYATTACK energy*
- **Run & Kick Combo** – *run to the front, 4 big Kicks*
- **Single Kick Square** – *keep your energy up, keep your kicks up, move forward, turn to the right, move forward*
- **Single Kick** – *kick strong and long with powerful extension*

BLOCK 3 LAYER 3

In Block 3 we give our class permission to just let go and enjoy the feeling of the music with the movement. Layer 3, Share Energy, is all about celebrating the workout and being 100% present with your class. There's lots of cool musical moments to play with in this track; check out the Masterclass for inspiration and then find your own way to share the fun with your participants.

09. POWER

MUSIC Get Up! 5:30 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to ‘max out’ in every set as we train speed and power.

OPTIONS

Run/High Knee Run – March or Jog

Jumping Jack – Tap

Burpee – Jack or Tap

Tuck Jump – Jump F or Jack

BLOCK 1

0:00 / Intro /
4x8 / A / Jog OTS. RA **32cts**

0:12 / Instr / (Synth)
4x8 / B / 3x Jumping Jack. Pec Dec Arms **6cts**
1x Double Jump F. Double Arm Punch F
2cts / 4reps
👁️ Tuck Jump

0:28 / Instr / (Build)
4x8 / B¹ / 3x Jumping Jack. Pec Dec Arms **6cts**
1x Tuck Jump **2cts / 4reps**

HIGH KNEE RUN F – 180° TURN & RUN TO B COMBO

0:40 / Instr / (Synth)
4x8 / C / High Knee Run F. RA Turn 180° last 2 cts
16cts
Sprint Run to B. RA **8cts**
Run OTS. Turn to F. RA **8cts**

0:51 / Instr / (Synth)
4x8 / B¹ / 🏃 3x Jumping Jack **6cts**
1x Jump F OR Tuck Jump **2cts / 4reps**

1:03 / Instr / (Synth)
4x8 / C / 🏃 High Knee Run F – 180° Turn and
Run to B Combo **32cts**

1:15 / Instr / (Techno)
4x8 / B¹ / 🏃 3x Jumping Jack **6cts**
1x Jump F OR Tuck Jump **2cts / 4reps**

1:26 / Instr / (Beat)
4x8 / C¹ / High Knee Run F – into group **16cts**
High Knee Sprint OTS. RA **16cts**

BLOCK 2

1:38 / Instr / (Quiet)
4x8 / A / Recovery – Move B **32cts**

1:49 / Instr / (Synth)
4x8 / D / Double Shuffle L, R. RA
4cts / 8reps

2:01 / Instr / (Build)
4x8 / E / Single Plyometric Lunge L, R. RA
4cts / 8reps

2:13 / Instr / (Synth)
4x8 / C / 🏃 High Knee Run F – 180° Turn and
Run to B Combo **32cts**

2:24 / Instr / (Synth)
4x8 / E / 🏃 Single Plyometric Lunge. RA **4cts / 8reps**

2:36 / Instr / (Synth)
4x8 / C / 🏃 High Knee Run F – 180° Turn and
Run to B Combo **32cts**

2:47 / Instr / (Techno)
4x8 / E / 🏃 Single Plyometric Lunge. RA
4cts / 8reps

2:59 / Instr / (Beat)
4x8 / C¹ / 🏃 High Knee Run F – Into group **16cts**
High Knee Sprint OTS. RA **16cts**

BLOCK 3

3:11 / Instr / (Quiet)
4x8 / A / Recovery – Move B **32cts**

3:22 /
4x8 / B / 🏃 3x Jumping Jack **6cts**
1x Jump F **2cts / 4reps**

👁️ Burpee & Pushup Combo with Wide Tuck on
last
16cts

BURPEE & PUSHUP COMBO WITH WIDE TUCK JUMP OR JUMPING JACK COMBO (X2 REPS)

3:34 / Instr / (Build)
4x8 / F / Burpee down **4cts**
Chest Pushup x2 **8cts**
Get up **4cts**

3:45 / Instr / (Synth)
4x8 / C / 🏃 High Knee Run F – 180° Turn and
Run to B Combo **32cts**

3:57 / Instr / (Synth)
4x8 / F / 🏃 Burpee & Pushup Combo with Wide
Tuck Jump OR Jumping Jack Combo **16cts / 2reps**

4:08 / Instr / (Synth)
4x8 / C / 🏃 High Knee Run F – 180° turn and Run
to B Combo **32cts**

4:20 / Instr / (Techno)
4x8 / F / 🏃 Burpee & Pushup Combo with Wide
Tuck Jump OR Jumping Jack Combo **16cts / 2reps**

4:32 / Instr / (Synth)
8x8 / E / 🏃 Single Plyometric Lunge. RA **4cts / 16reps**

4:43 / Instr / (Synth)
4x8 / C¹ / Run in to circle. RA **32cts**

5:07 / Instr / (Fastbeat)
C² / Speed High Knee Run OTS. Go faster **64cts**

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/2/3

This whole track is taught from the floor – a point of difference for Track 9. Each block introduces a feature power move, so you will need to script your Layer 1 Setup, Layer 2 Drive Intensity and Layer 3 Challenge cues carefully for each move. In Block 1 – it's the 3x Jumping Jack & Tuck Jump. Deliver your safety cues, directional cues and get your options out early on. In the High Knee Run F – 180° Turn & Run B Combo, take charge and bring everyone to the front and hold them in the High Knee Run. Use clear directions so everyone knows where to go, eg “come in, wait, hold, go...”

· 5 minutes. 3 sets. *This is the last big track – let's all ‘max out’ together*

· **3x Jumping Jack & Double Jump F** – 1, 2, 3, jump jump. **Knees out, heels down, chest up**

· **High Knee Run F – 180° Turn & Run B Combo** – knees to hip-height

· **High Knee Sprint** – short burst of speed, accelerate!

3x Jumping Jack & Tuck Jump

· **Layer 1** – *knees out, heels down, chest up. Bend your knees to land, brace abs as you Tuck Jump*

· **Layer 2** – *use your core – drive your knees into chest for power in your Tuck Jump*

BLOCK 2

LAYER 1/2/3

Allow recovery in the Run OTS and Double Shuffle. Set up the Plyometric Lunge with Layer 1 basics, and then intensify by coaching range of motion to create explosive power.

· **High Knee Run F - 180 ° Turn & Run to B Combo** – *accelerate back*

· **High Knee Sprint** – *let's pushup the heart rate. Crank it go, we can do it!*

Single Plyometric Lunge

· **Layer 1** – *front knee out, abs braced, chest up. Option: Backward-Stepping Lunge*

· **Layer 2** – *stay down, explosive training for the legs, push your heels through the floor. Let's all stay low and work the big muscles of our legs*

BLOCK 3

Layer 1/2/3

Final round – take it to the next level! Set up the options clearly – your class can stay with the Jumping Jack or take the option with the Burpee. Make sure everyone has room to move as you'll be moving up and down really quickly. Motivate your class by telling them the benefits of pushing hard to the end, and using positive cues such as “you can do it” to keep everyone engaged. There's lots of cool musical moments in this block, so try using the music as a motivator to keep everyone maxing out.

· *This is the final round*

· *Time to get fitter!*

· *Jumping Jack or Burpee*

· *Come on team – now we're getting fitter*

· *Come on, we can do it – we can work together*

· *You've got 20 seconds to go crazy; let the music guide us*

Burpee & Pushup Combo

· **Layer 1** – *feet wide as you Squat, abs braced as you Plank, chest to elbow-height in the Pushup, land with bent knees from the Tuck Jump*

· **Layer 2** – *drive out of the floor and use your abs to rip your knees to chest when you do the Tuck Jump*

CONNECTION

Working on the floor for the entire track gives you a unique chance to create connection. Think about dragging the participants deep into the workout with you, in an inclusive way. Sometimes you have to lead from the front – “follow me on this one” – and at other points it's OK to pull out and connect with individuals. Try using inclusive language to create the sense of a team training together, such as “let's...,” “we can...” “team...” etc. Use the recoveries to pull back, connect and acknowledge everyone's effort, before you lead them into the next set.

10. CORE

MUSIC Love On Me 4:50 mins

CORE STRENGTH

TRACK FOCUS

I want my participants to feel the work in their abs, shoulders and upper back in the Hover, then hit the 3 directions to work hard in the Rotating Oblique Twist.

OPTIONS

Hovers on knees or toes
Oblique Twist – Cycle legs or Toe Tap to floor

BLOCK 1

0:01 / QC / **Girl** put your love

4x8 / Set up Hover

👁️ Arm Circle **32cts**

HOVER WITH ARM CIRCLE (SLOW)

0:17 / Instr / (Melody)

4x8 / A / L Arm F **4cts**

L Arm Circle around to slap leg **4cts**

Return to Hover **8cts**

Repeat R **16cts**

0:32 / C / **Girl** put your love

8x8 / A / 🎧 Hover with Arm Circle (Slow)

32cts / 2reps

HOVER WITH ARM CIRCLE FAST (X2 REPS)

1:03 / C / **Girl** put your love

4x8 / A¹ / L Arm F **2cts**

L Arm Circle around to slap leg **2cts**

Return to Hover **4cts**

Repeat R **8cts / 2reps**

1:19 / Ref / Singing _

1x8 / Hold – Option: Move to toes **8cts**

1:23 / Ref / _ I feel it

4x8 / A¹ / 🎧 Hover with Arm Circle (Fast) L, R

16cts

1:38 / Ref / Singing _

2x8 / Roll over to back **16cts**

OBLIQUE FULL CIRCLE TWIST SLOW (X4 REPS)

1:46 / Chorus / **Girl** put your love

8x8 / B / Twist L. Feet On Floor **4cts**

Center **4cts**

Twist R **4cts**

Roll around **4cts**

2:17 / Ref / Singing _

4x8 / B¹ / 🎧 Oblique Full Circle Twist – Faster

8cts / 4reps

Hold last one to center

2:32 / C / **Girl** put your love

4x8 / C / Pulse Crunch. Knees over hips hands by

sides **2cts / 16reps**

2:48 / Ref / Singing _

1x8 / Hold and set up for Oblique Crunch **8cts**

2:52 / Ref / I feel it

4x8 / D / Oblique Crunch L, R. *Fingers to temples*

4cts / 8reps

3:07 / Br /

1x8 / Break **8cts**

3:09 / C / **Girl** put your love

REPEAT SEQUENCES - B, B¹, C & D (Oblique

Twist to R)

4:30 / QC / **Girl** put your love

4x8 / Scoop & Hold **32cts**

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

In Layer 1, set up the body position and direction of the moves, then deliver your safety cues for stability. Offer the different levels of intensity so everyone feels successful in their efforts.

- **Hover with Arm Circle** – arm forward, around, slap the thigh and reset to Hover. **Abs braced, hips and shoulders square to floor, long straight back**
- As you reach forward the thumb is up and as you come around the palm faces the floor. This is a great exercise for your core, shoulders and upper back.
- If the Arm Reach is too intense, stay in the Hover
- If you want more – jump up on your toes. If this is too difficult, come back to your knees
- **Rotating Oblique Twist 360° (slow)** – face front, center, back, then roll down. We're training our obliques and upper abdominals



- **Pulse Crunch** – tuck in your chin, slide your ribs into your hips
- **Cross Crawl** – legs to 45 degrees, aim shoulder to opposite knee, turn from the center of your chest. If this is too much you can tap the toes

BLOCK 2

LAYER 2/3

Help your class to get more out of the workout in Layer 2 by telling them how to do it better, and educate them about which muscles we are engaging in the moves.

- **Hover with Arm Circle** – The Arm Reach engages our shoulders and upper back Push through the arm on the floor to stabilize and stay strong through the upper back with a strong ab brace to maximize results
- **Rotating Oblique Twist 360° (slow)** – we do the same thing: to the back, center, front. Every time you twist, it's like your abs are a dish cloth and you're wringing them out
- BODYATTACK won't let you down!
- **Cross Crawl** – these will take us to the end, stay with me team!
- **Scoop** – legs to 45 degrees, lift your shoulders, take your hands forward. If you want more challenge, extend the hands overhead but keep the lower back down

11. COOLDOWN

MUSIC Never Give Up 3:41 mins

TRACK FOCUS

Hook into the lyrics as you guide everybody through the Cooldown.

BLOCK 1

0:00

3x8 / Transition to kneeling **24cts**

0:18 / V1 / _ I've battled demons

2x8 / Kneeling Soleus Stretch L **16cts**

0:28 / **But** I won't ever give up

2x8 / Standing Calf Stretch R **16cts**

0:39 / C / _ Let you

4x8 / Kneeling Hip Flexor Stretch R **8cts**

Reach R Arm Up **8cts**

Shoulder Stretch R **8cts**

Kneeling Lower Back Twist L **8cts**

1:00 / Ref / I'll find my way

2x8 / Kneeling Adductor Stretch L **16cts**

1:11 / Ref / I'll find my way

2x8 / Kneeling Side Stretch L **16cts**

1:21 / V2 / _ Oh yeah I'm haunted

2x8 / Kneeling Soleus Stretch R **16cts**

1:32 / **Ever** give up

2x8 / Standing Calf Stretch L **16cts**

1:42 / C / _ Let you

4x8 / Kneeling Hip Flexor L **8cts**

Reach L Arm Up **8cts**

Shoulder Stretch L **8cts**

Kneeling Lower Back Twist R **8cts**

2:03 / Ref / I'll find my way

2x8 / Kneeling Adductor Stretch R **16cts**

2:14 / Ref / I'll find my way

2x8 / Kneeling Side Stretch R **16cts**

2:24 / Instr / (Low)

2x8 / ITB Stretch R **16cts**

2:35 / Instr / (Low)

2x8 / Stretch up **8cts**

2:40 / **Never** give up

2x8 / ITB Stretch L **16cts**

2:51 / C / _ Let you

2x8 / Standing Quad Stretch L. R arm out to side

16cts

3:01 / _ Let you

2x8 / Standing Quad Stretch L. arm out to side

16cts

3:12 / Ref / I'll find my way

2x8 / Standing Hamstring Stretch L **16cts**

3:22 / Ref / I'll find my way

2x8 / Standing Hamstring Stretch R **16cts**

3:33 / Instr /

½x8 / Standing Stretch. L Arm Reach O/H **4cts**

3:36 / Outro /

½x8 / Standing Stretch. R Arm Reach O/H **4cts**

TECHNIQUE & COACHING

COACHING TIPS

- Clearly explain body part and direction as you lead your class through the stretches
- Praise your class for their efforts today

GLOSSARY

SIDE STEP LUNGE

Abs braced
Chest up
Hips Square
Knees out over toes
Long stationary leg

SIDE STEP OVER

Chest up
Abs braced
Knee out

JUMPING JACK

Heel down
Knees out and bent
Chest up

SHUFFLE

Chest up
Hips square
Feet parallel
Light on balls of feet

SINGLE KNEE

Stay square to front
Knee to hip height
Abs braced
Chest up

SKATER

Knee out
Chest up
Push up out of the floor

HIGH KNEE RUN

Chest up
Knees toward chest
Elbows drive forward

POWER 3-STEP RUN

Chest up
Abs braced
Up and down movement
Sink into squat at each side
Push from side of butt

WIDE PULSE SQUAT

Feet wide
Knees out
Chest up
Hips just above knee line

TRICEP PUSHUP

Hands under shoulders
Chest to elbow height
Elbows to ribs

BACKWARD-STEPPING LUNGE

Long step back
Front knee out
Chest up
Front thigh parallel to floor

AEROPLANE BALANCE

Hips and shoulders square
Abs braced
Back long and straight

SIDE BOUNCE & DROP SQUAT

On the balls of the feet
Feet wide
Butt drops down and back
Chest up
Abs braced
Knee out

LADDER RUN

Fast feet
Upper body still
Feet move in and out

SINGLE KICK

Back straight
Kick from the hip with straight leg
Chest up
Hips square

SIDE FLICK

Hips square
Shoulders back
Chest up

SINGLE PLYOMETRIC LUNGE

Front knee out
Chest up
Back knee down
Hips square

HOVER

Abs braced
Hips and shoulders square
Back long and straight

OBLIQUE CRUNCH

Shoulder lifts up and across to opposite knee
Turn chest

KNEELING SOLEUS STRETCH

Keep feet parallel, stretch into calf
Head up

STANDING CALF STRETCH

Keep feet parallel
Stretch into calf
Head up

KNEELING HIP FLEXOR STRETCH

Ensure the front knee is above the ankle
Squeeze the glute or rear leg to open hip
Hips stay square to the front

KNEELING ADDUCTOR STRETCH

Leg stretches out to the side
Sit hips back
Chest up

KNEELING SIDE STRETCH

Arm reaches overhead
Chest and hips square to front

ITB STRETCH

Cross feet and press weight into hip

STANDING QUAD STRETCH

Use abs to help balance and point
Knee of lifted leg down to the floor
Squeeze butt muscles to keep hips forward

STANDING HAMSTRING STRETCH

Hips square to front
Weight in heel of standing leg
Bend knee and lift from the hips
Front leg extended with heel down

MUSIC

- 1 **My Way (Bonjkers & Staynee Remix Edit)** (5:35)
Hollywood Hustlers
© 2016 LNG Music.
Written by: Wiles
- 2 **Stay Up Till The Mornin' (Original Mix)** (4:34)
Will Sparks & Luciana
© 2016 Bourne Recordings Pty Ltd, licensed courtesy of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au
Written by: Caporaso, Clow, Sparks
- 3 **Dance All Night (Raindropz! vs. Topless Remix Edit)** (5:04)
Kori Cosby
© 2016 LNG Music.
Written by: Unknown
- 4 **Go! (Vincent Price Remix)** (5:41)
Wolfpack & Avacada
© 2016 Smash The House.
Written by: Peiken, Frank
- 5 **Mic Check (Original Mix)** (3:38)
GTA & TJR
© 2015 Warner Bros Records.
Written by: Mejia, Toth, Rozdilsky
- 5 **Mic Check (Original Mix)** (1:39)
GTA & TJR
© 2015 Warner Bros Records.
Written by: Mejia, Toth, Rozdilsky
- 6 **The Feeling** (5:15)
TI-MO
© 2016 YAWA Recordings GmbH.
Written by: Richly, Erlenbruch
- 7 **Jungle Bae** (4:39)
Heads Will Roll
© 2017 Les Mills Music Licensing Ltd.
Written by: Moore, Pentz, Alvarez, Bisnaught, Huguet
- 8 **Scream & Shout (Basslouder Remix Edit)** (5:23)
Fly Dollah
© 2013 LNG Music.
Written by: Adams, Martens, Baptiste
- 9 **Get Up! (Club Edit)** (5:30)
Tom Reevoxx
© 2016 Shootin Records - a division of Munix Music.
Written by: Unknown
- 10 **Love On Me** (3:08)
Galantis & Hook N Sling
© 2016 Atlantic Recording Corporation.
Written by: Karlsson, Eldöw, Svidden, Koitzsch, Jonback, Maniscalco, Boardman, Blanchard, White
- 10 **Love On Me** (1:42)
Galantis & Hook N Sling
© 2016 Atlantic Recording Corporation.
Written by: Karlsson, Eldöw, Svidden, Koitzsch, Jonback, Maniscalco, Boardman, Blanchard, White
- 11 **Never Give Up** (3:41)
Sia
© 2016 The Weinstein Company, LLC under exclusive licence to Sony Music Entertainment.
Written by: Kurstin, Furler
- EXP 5 **Mic Check (Original Mix)** (3:39)
GTA & TJR
© 2015 Warner Bros Records.
Written by: Mejia, Toth, Rozdilsky
- ALT 5 **The Bass** (5:12)
K.E.S
© 2017 Les Mills Music Licensing Ltd.
Written by: Kalampoki, Langeveld, van de Geer
- ALT 5 **The Bass** (3:39)
K.E.S
© 2017 Les Mills Music Licensing Ltd.
Written by: Kalampoki, Langeveld, van de Geer

OUR DECLARATION OF INTENT

The LES MILLS global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At LES MILLS we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering Cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

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.

EXPRESS FORMATS

45-MINUTE FORMAT

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 41:21

Note: If you have time, use the Cooldown track to take your class through some stretches.

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

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!

INSTRUCTOR TABATA WORKOUT 20 ON, 10 OFF – 12 INTERVALS

MOVE 1: Burpee Tuck = Track 4
MOVE 2: Tricep Pushup = Track 5
MOVE 3: Plyometric Lunge = Track 9
MOVE 4: Hover = Track 10

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)
C br chorus bridge of song (lines)
cts counts Rep reprise (part of the chorus repeated)
F forward
Rep Xx perform the Sequence/Exercise
F&B forward and backward x times
HOH hands on hips

ROM range of motion
Instr instrumental
Seq sequence
Intro introduction
Tempo normal pace of the music
L left
V verse
mins minutes
preview
O/H over head
repeat
OTS on the spot
Outro last few bars of music

CREDITS

Choreography – Lisa Osborne
Chief Creative Officer – Dr Jackie Mills
Creative Director – Kylie Gates
Technical Consultant – Andrew Newmarch
Program Coach – Bevan James Eyles
Program Planner – Tenille Graham

Special Thanks to: Sarah Shortt, Liam Dermott

PRESENTERS

Lisa Osborne (New Zealand) is Program Director for BODYATTACK and Creative Director for BODYSTEP. She is a former three-time world champion and seven-time Australian aerobics champion, who is based in Auckland.

Ben Main (New Zealand) is a BODYATTACK, BODYPUMP and LES MILLS GRIT Series Trainer, based in Auckland.

Bevan James Eyles (New Zealand) is a BODYATTACK, BODYPUMP, BODYSTEP and RPM Trainer and a LES MILLS GRIT Series Coach. He has received the New Zealand Group Fitness Instructor of the Year award three times and is based in Christchurch, where he is also a personal trainer.

Nikki Schultz (United States) is a BODYATTACK, BODYCOMBAT, CXWORX and SH'BAM Instructor and a BODYPUMP, BODYJAM and LES MILLS GRIT Series Trainer. She is based in Chicago, where she is also a group fitness manager.

Jeremiah Evans (United States) is a BODYATTACK and RPM Instructor and a BODYPUMP, CXWORX and LES MILLS GRIT Series Trainer. He is based in Alabama.



From L-R: Bevan James Eyles, Nikki Schultz, Ben Main, Lisa Osborne, Jeremiah Evans

BODYATTACK 97 is super sporty and athletic – your participants are going to love it!

Highlights of this release include...

Track 3 is our BODYATTACK dance party! Bring everyone into the energy and celebrate the workout together.

There's a new innovation in Track 6 with the Sprinter Knee. This is fantastic functional training that will help your participants improve their running technique – be sure to coach the WHY behind this move and educate your class about the benefits.

Track 7 is all about directing traffic – be clear who is doing what, when they are moving, and where! You need to have your script organized for this one.

Track 8 is a good old BODYATTACK singalong! Share the energy with your members and encourage them to join you in singing the lyrics.

Track 9 has a fresh feel as the Instructor teaches the entire track on the floor. This will help you connect to your participants and motivate them as one team.

Have fun and remember to always be inclusive. It doesn't matter what age or level of fitness people have – there's a place for everyone in BODYATTACK!

Lisa xxx