

BODYATTACK

- 01. 热身
- 02. 混合冲击
- 03. 有氧训练
- 04. 强度巅峰
- 05. 力量训练
- 06. 跑步
- 07. 灵活性训练
- 08. 间歇训练
- 09. 力量巅峰
- 10. 核心训练
- 11. 放松

术语表

莱美国际教练资源是为莱美国际认证教练提供的独一无二、有价值的资源，以便你能够学习每个新动作并仅在莱美国际授权俱乐部进行指导。资源不可分享。通过互联网复制、上传或分享文件或向他人出售莱美国际的教练资源以及欺诈莱美国际、其经销商及其他教练都是非法的。如果你正在参与非法活动，可能会对你个人造成严重的后果，包括提起法律诉讼以、莱美国际证书暂停或永久撤销。非常感谢你的合作！

01. 热身

MUSIC Don't Look Back 5:27 mins

AEROBICS, SPORTS & STRENGTH TRAINING

小节焦点

希望我们的学员都先让肌肉热身，在开始锻炼前先让身体兴奋起来。

BLOCK 1

0:05 / Intro / _ So finally the

6x8 / Feet hip-width apart 16cts

L Arm Raise – Chest Stretch 16cts

R Arm Raise – Chest Stretch 16cts

0:25 / **And** you gonna forget

4x8 / **A** / Step Touch L, R. Relaxed Arms by sides

4cts / 8reps

0:37 / C / I just wanna have

4x8 / **B** / Bounce L, R. RA 2cts / 16reps

0:50 / C / **Nah** nah

4x8 / **C** / Run OTS. RA 32cts

1:03 / Instr / (Synth)

4x8 / **D** / Single Squat. Hands on thighs

4cts / 6reps

Walk to Plank Position 8cts

1:16 / Instr / (Synth)

4x8 / **E** / Tricep Pushup 4cts / 6reps

Hands walk B and stand up 8cts

1:29 / Instr / **Let's** go

RUN F&B COMBO (2reps)

8x8 / **F** / Run F. RA 8cts

Run B. RA 8cts

Bounce L, R. RA 16cts

1:55 / Br / **Oh** yeah

½x8 / **G** / Step L foot B to Lunge. Fists to hips

4cts

1:57 / V2 / **We** in the club

4x8 / **H** / Lunge L. Fists to hips 4cts / 7reps

Change sides 4cts

2:10 / Ref / **So** finally the week

4x8 / **H** / Lunge R. Fists to hips 4cts / 7reps

Step in 4cts

BLOCK 2

2:23 / V2 / And you can

4x8 / **A**¹ /  Step Touch L, R. Double-Arm Bicep Curl 4cts / 8reps

2:35 / C / I just wanna have

4x8 / **B** /  Bounce L, R. RA 2cts / 16reps

2:49 / Rep / **Nah** nah

4x8 / **C** /  Run OTS. RA 32cts

3:02 / Instr / Synth

4x8 / **D** /  Single Squat. Hands on thighs 4cts / 6reps

Walk to Plank Position 8cts

3:14 / Instr / Synth

4x8 / **E**¹ /  Tricep Pushup 4cts / 5reps

Hands walk B & stand up 12cts

3:27 / Instr / Synth

8x8 / **F** /  Run F&B Combo 32cts / 2reps

3:53 / Br /

½x8 / **G** / Step R foot B to Lunge 4cts

3:55 / V3 / **We** in the club

4x8 / **H** /  Lunge R 4cts / 7reps

Change sides 4cts

4:08 / Ref / **So** finally

4x8 / **H** /  Lunge L 4cts / 7reps

Step in 4cts

BLOCK 3

4:21 / V4 / _ and you can

4x8 / **A¹** /  Step Touch L, R. *Double-Arm Bicep Curl* 4cts / 8reps

4:34 / C / I just wanna have

4x8 / **B¹** /  Bounce L, R. *RA* 4cts / 8reps

4:47 / Rep / **Nah** nah

12x8 / **F** /  Run F&B Combo 32cts / 3reps

技术与教授

第 1 段 第 1 层

通过练习第 1 段动作将姿势摆好，教授基本内容，提供大量选择动作并给出必要提示语。

- **左右并步 - 挺胸，保持腹部收紧**
- **弹跳 - 臀部和腰部向前，膝盖放松，双脚宽距**
- **跑步 - 向右，向左，重量轻盈置于脚尖，挺胸，你可以把姿势调整为踏步**
- **半蹲 - 双脚张开，下蹲，站起。膝盖向外张开，挺胸，臀部保持在膝盖上方**
- **三头肌俯卧撑 - 双手位于肩部下方，手肘向内收至肋骨两侧，胸部与手肘同高，保持腹部收紧；选择动作只是手肘向下**
- **向后 - 迈弓步 - 向后跨一大步，前腿膝盖向外张开，挺胸**

第 2 段 第 2 层

在第2段动作中，我们使用能增加强度的第2层提示语来进一步热身。

- **左右并步 - 向下和向上。开始向后坐以锻炼你的股四头肌和臀部肌肉**
- **跑步 - 抬起脚跟，提升力量和心率**
- **下蹲 - 蹲得更低，我们双腿必须为 BODYATTACK 训练做好准备**
- **三头肌俯卧撑 - 我们一起让核心部位和上肢都做好准备，以迎接接下来的训练**
- **向后 - 迈弓步 - 最后一次腿部热身的机会**

第 3 段 第 3 层

在第3层分享力量环节，我们用积极的激励方式，让大家感觉状态很好！使用大量积极的语言可以极大地激发大家的积极性，能够为接下来的锻炼营造良好氛围。

- 训练马上就要开始啦！
- 我很喜欢这种感觉
- 不要回头看！
- 这将是一次非常棒的训练
- 你们已经准备好进入下一阶段了，下一轮马上开始

沟通

欢迎课堂上的每个人，营造他们对接下来的锻炼帮助的期待氛围！该课程全程贯穿“派对”主题，所以请利用音乐来将大家都带入到 BODYATTACK 派对中来。展示你自己本身对训练的激情，让教室里充满正能量。

02. 混合冲击

MUSIC Shape Of You 4:36 mins

AEROBICS TRAINING

小节焦点

希望我们的学员能保持在L型侧腿迈步组合并体验轻松、向上和灵活的感觉。

OPTIONS

Run – Walk

Step Curl – No arms

Gallop – No impact / No arms

Agility L-Step Side Step Combo – No impact

INTRO

0:00 / Intro / (Techno beat)

6x8 / **F** / Run F. RA 8cts

Run B. RA 8cts

Bounce L, R. RA 16cts / 2reps

BLOCK 1

0:24 / V1 / **Parties** are the best

2x8 / **A** / Step Curl L, R. *Relaxed Arms by sides*
4cts / 4reps

0:30 / V1 / **Come** over

2x8 / **A¹** / Step Curl L, R. *Double-Arm Bicep Curl*
4cts / 4reps

0:37 / PC / **And** girl

4x8 / **B** / Gallop L, R. *Double-Arm Bicep Curl*
8cts / 4reps

0:49 / PC / _ I'm in love

4x8 / **C** / Agility Side Step Over L, R. RA
4cts / 8reps

👁 Agility L-Step Side Step Combo on last 8cts

1:01 / Instr /

AGILITY L-STEP SIDE STEP COMBO (8reps)

8x8 / **C¹** / Side Step L. RA 2cts

Step F. RA 2cts

Step To B. RA 2cts

Side Step R. RA 2cts

1:26 / Ref / **Come** on be

4x8 / **D** / Run F. RA 8cts

Run B. RA 8cts / 2reps

👁 Run F & Swing B Combo on last 16cts

1:39 / Ref / **Come** on be

RUN F & SWING B COMBO (2reps)

4x8 / **D¹** / Run F. RA 8cts

Swing B. RA 8cts

1:52 / Instr / (Synth)

TRIPLE SQUAT JUMP IN COMBO (4reps)

4x8 / **E** / 3x Squat Pulse. *Hands on thighs* 6cts
Jump in 2cts

BLOCK 2

2:04 / C / Shape of **you**

32x8 / **REPEAT Sequences A, A¹, B, C, C¹, D¹ (x4), E to R**

BLOCK 3

3:44 / C / **I'm** in love

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

3:56 / Ref /

8x8 / **D¹** / **REPEAT** Run F & Swing B Combo
16cts / 4reps

4:21 / Instr / (Synth)

4x8 / **E** / **REPEAT** Triple Squat Jump In Combo
8cts / 4reps

技术与教授

第 1 段

第 1 层

我们伴随力量和热情来到这段节奏，因为这是第一个让我们真正动起来的机会。先摆正并控制姿势做好基本准备，清晰地教授灵活的L型侧腿迈步组合的训练方向。一旦大家都一起动起来了，提供一个让大家从一侧到另一侧运动并降低冲击的选项。

- **前后跑步/弹跳** - 向前跑步，向后跑步，从右边弹跳至左边
- **迈步后屈腿** - 先迈出一只脚，然后迈出另一只脚，**膝盖张开，挺胸**
- **Gallop** - 双脚并拢，迈步后屈腿。**挺胸，保持腹部收紧，保持髋关节正对前方**
- **灵活的侧推跨越** - 从一侧到另外一侧，保持骨盆和肩部向前，**膝盖向外张开，挺胸**
- **灵活的L型侧腿迈步组合** - L型步，侧身，向前，向后，侧身保持较低重心，你们可以选择从一侧运动到另外一侧。
- **向前跑 & 向后晃腿组合** - 向后摆动左腿，右腿，左腿，右腿
- **三组深蹲跳组合** - 三组深蹲后跳跃，**将双膝向外推开，保持胸部挺直**



第 2 段

第 2 层

在第2层训练，我们通过解释如何从各动作中得到更好的锻炼效果来增加强度。重点在迈步后屈腿和gallop中的腿部力量，然后增加深蹲的深度。在L型侧腿迈步组合动作中，重点是以前脚为重心并迈腿以保持轻松、向上和灵活的感觉。

- **迈步后屈腿** - 我们一起开始做“向下”的动作
- **Gallop** - 屈膝以完成向下，向上，向下
- **灵活的侧推跨越** - 从一侧转到另外一侧，保持收紧
- **向前跑 & 向后晃腿组合** - 利用双臂，靠近一点
- **三组深蹲跳组合** - 向下，向下，向下。臀部向下向后推，让双腿带动力量肌肉群。

第 3 段

第 3 层

最后一轮练习！在这一套动作的最后，你希望大家的心率都有所提升，这样能为更高强度的训练做好准备。利用音乐来增添趣味，让大家都代入到训练中。

- 如果你感觉很棒，那跟着一起唱吧
- 心率要开始上升啦
- 你们已经完全准备好了！

03. 有氧训练

MUSIC Work Hard Party Harder 5:16 mins

AEROBICS TRAINING

小节焦点

希望我们的学员在享受音乐并感受到“努力工作，尽情派对”的同时能感受到力量的提升。

OPTIONS

Run – Walk or Jog

Knee Lift – No hop or no arms

Jumping Jack – Side Tap or Side Flick

INTRO

0:00 / Instr / (Melody)

4x8 / **D** / Run OTS. RA 32cts

BLOCK 1

0:13 / V1 / **Monday** morning

4x8 / **A** / Single Knee Lift L, R. *Single-Arm Punch*
F 4cts / 8reps

0:25 / PC / **Drink** too much

4x8 / **A¹** / Single Knee Lift L, R x4. *Single-Arm*
Punch Up 4cts / 8reps

0:37 / C / **Work** hard party harder

4 KNEES & SHUFFLE COMBO (2reps)

8x8 / **B** / 4x Knee L. *Single-Arm Bicep Curl* 8cts

Shuffle OTS. RA 8cts

4x Knee R. *Single-Arm Bicep Curl* 8cts

Shuffle OTS. RA 8cts

1:01 / **Hard** or right

4x8 / **C** / Shuffle L, R. *Single Arm Punch Up* 45°
2cts / 16reps

1:13 / Br / Instr (Melody)

2x8 / **D** / Run OTS. RA 16cts

1:19 / Instr / (Heavy beat)

CROSS PATTERN

8x8 / **E** / Run to front. RA 8cts

Run B, Turn 90° L. RA 8cts

Run F 8cts

Run B, Turn 90° L. RA 8cts

Run F 8cts

Run B, Turn 90° L. RA 8cts

Run F 8cts

Run B, Turn to face front. RA 8cts

1:43 / Instr / (Synth)

CROSS PATTERN WITH ARMS

8x8 / **E¹** / Run to front. *Double-Arm Reach Up*
8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn to face front. RA 8cts

2:07 / Instr / (Synth)

4x8 / **F** / Jumping Jack. *Double-Arm Reach Up*
2cts / 16reps

BLOCK 2

2:19 / V2 / **Come** on

22x8 / **REPEAT SEQUENCES A – D**

3:25 / Instr / (Synth)

CROSS PATTERN WITH JUMPING JACK

8x8 / **E²** / Cross Pattern

Run F. RA 8cts

Run B. RA 4cts

Jumping Jack x2 – Turn 90° L 4cts / 4reps

3:49 / Instr / (Heavy beat)

CROSS PATTERN WITH ARMS & JUMPING JACK

8x8 / **E**³ /  Cross Pattern With Arms

Run F. *Double-Arm Reach Up* 8cts

Run B 4cts

Jumping Jack. *Double-Arm Reach Up* – Turn 90°

L 4cts / 4reps

4:13 / Instr / (Synth)

4x8 / **F** /  Jumping Jack. *Double-Arm Reach*

Up 2cts / 16reps

BLOCK 3

4:25 / QC / **Work** hard

4x8 / **D** /  Run OTS 32cts

4:37 / C / **Work** hard party harder

8x8 / **E**³ /  Cross Pattern With Arms &

Jumping Jack 64cts

5:01 / Rep / **Hard**

4x8 / **F** /  Jumping Jack. *Double-Arm Reach*

Up 2cts / 16reps

技术与教授

第 1 段

第 1 层

教授第1层的基本动作-动作名称，身体位置和动作的执行。用清晰简单的提示语告知学员们在十字组合中的起步位置和时间。

- 我们已经热起来了，我们准备好了，我们要尽兴地玩
- **单腿抬膝** - 右/左，**髌关节正对前方，腹部收紧，挺胸**。你们可以随时移动弹跳位置
- **单腿抬膝，单臂挥拳** - 把手臂直接挥向天花板
- **4x 膝盖 & 跳步组合** - 4组膝盖向右，保持并跳步。**挺胸，髌关节正对前方，双脚平行，重心落在脚掌中前部**。如果你不是跳跃，那就迈过并原地踏步
- **跳步及单臂45°挥拳** - **腹部收紧以保持髌关节正对前方**
- **十字组合** - 向前跑4, 3, 2...向后跑，向右转，向前跑，向后跑，向右转...
- 你们准备好加大幅度了吗？
- 高举双臂并将脚跟提拉至臀部
- **开合跳** - 跳起回落，跳起回落。**脚跟落地，双膝张开，挺胸**。任何时候都可以不跳

第 2 段

第 2/3 层

在第2层，我们通过解释如何让动作发挥更好的效果来改善动作执行并加强强度。请确保在这段音乐中你预留了充分的时间，让大家享受派对而不是过度教授。请尽情享受并结合合唱部分歌词让歌曲生动起来！

- **单脚抬膝盖，单臂挥拳** - 现在加大力度
- BODYATTACK 的爱好者们喜欢尽情锻炼，尽情狂欢
- 就像没人在看一样的狂欢！
- **跳步及单臂45°挥拳** - 用力向上伸出你的手臂
- **十字组合** - 向前跑，向后跑，做2个开合跳。跳，转，跳。总是在喊第二声跳的时候转身
- 你能跑得更远伸得更高吗？
- 你看起来棒极了！
- **开合跳** - 进一步屈膝，身体下沉，加大腿部力量

第 3 段

第 3 层

在第3层力量分享环节，我们庆祝一起训练的感觉。

- 再来一次——一起来！
- 我们要在派对上好好玩
- 坚持30秒，坚持到派对结束
- 能量上来了，我们感觉棒极了！

04. 强度巅峰

MUSIC Crazy Trumpets 6:27 mins

SPORTS TRAINING

小节焦点

希望我们的学员在更长的弓步练习和远距离深蹲跳中加强力量。

OPTIONS

Run – March or Jog

Plyometric Lunge – Step Knee or Alternating Lunge

Long Jump F – No impact

Butt Kick – Squat Jump

BLOCK 1

0:00 / Intro / Best

4x8 / Run OTS. RA 32cts

0:11 / Instr / (Quiet)

4x8 / **A** / Shuffle L, R. RA 8cts

Light Run OTS. RA 8cts

2reps

0:23 / Rep / Instr / (Techno)

8x8 / **A**¹ / Shuffle L, R OTS. RA 8cts

Run OTS. RA 8cts

4reps

0:46 / Instr / (fast beat)

8x8 / **B** / Single Plyometric Lunge L, R x2. RA

8cts

High Knee Run OTS. RA 8cts

4reps

1:09 / Instr / (Synth)

8x8 / **C** / Single Plyometric Lunge L, R. RA

4cts / 16reps

1:32 / Br / Instr

2x8 / Hold 16cts

1:38 / Instr / (Synth)

4x8 / Recovery – Run OTS 32cts

👁 Long Jump F & Run B Combo on last 16cts

1:44 / Instr / (Techno)

LONG JUMP F & RUN B COMBO (4reps)

8x8 / **D** / Long Jump F x2. Double-Arm Bicep

Curl 8cts

Run B. RA 4cts

Set feet apart 4cts

👁 High Knee Run on last 8cts

2:12 / Instr / (Fast beat)

12x8 / **D**¹ / Long Jump F x2. Double-Arm Bicep

Curl 8cts

High Knee Run B. RA 4cts

Set feet apart 4cts

6reps

2:48 / Instr / (Fast beat)

4x8 / **E** / Butt Kick. Double-Arm Swing 4cts /

8reps

2:59 / Br / Instr (techno)

4x8 / Recovery 32cts

BLOCK 2

3:11 / Instr / (Techno)

4x8 / **A** /  Shuffle L, R. RA 8cts

Light Run OTS. RA 8cts

2reps

3:22 / Rep / Instr / (Synth)

8x8 / **A**¹ /  Shuffle L, R. RA 8cts

Run OTS. RA 8cts

4reps

3:45 / Instr / (Synth)

8x8 / **B** /  Single Plyometric Lunge L, R x2. RA

8cts

High Knee Run OTS. RA 8cts

4reps

4:08 / Instr / (Synth)

8x8 / **C** /  Single Plyometric Lunge L, R. RA

4cts / 16reps

4:31 / Instr / (Quiet)

2x8 / Hold 16cts

4:37 / Instr / (Quiet)

4x8 / Recovery Run OTS 32cts

 Long Jump F & Run B Combo on last 16cts

4:43 / Instr / (Techno)

8x8 / **D** /  Long Jump F x2. Double-Arm

Bicep Curl 8cts

Run B. RA 4cts

Set feet apart 4cts

4reps

5:11 / Instr / (Synth)

12x8 / **D¹** /  Long Jump D x2. Double Arm

Bicep Curl 8cts

High Knee Run B. RA 4cts

Set feet apart 4cts

6reps

5:47 / Instr / (Fast beat)

4x8 / **E** /  Butt Kick. Double-Arm Swing

4cts / 8reps

技术与教授

第 1 段 第 1 层

先设置好跳步/弓步和跑步组合的韵律，然后提供一些选项。在单个弓步练习中，教授安全提示语和动作范围。

- 4组力量训练从现在开始
- 2个动作：8 个跳步，轻松跑
- **跳步/跑步** - 重心放在脚掌中前部，跑步中踢起后跟
- **复合弓步** - 4个弓步，前膝向外张开，后膝向下屈，**挺胸，保持腹部收紧**。选择动作：向后-迈弓步
- **提膝急跑步** - **挺胸**，提膝；可选择踏步
- 加长的力量训练 - 继续加油！一直坚持到完成第一段训练。

第 2 段 第 1 层

先设置好向前跳和向后跑的韵律，注意脚的位置和安全提示语的指导。

- 现在我们要锻炼双腿的爆发性力量
- **长跳x2** - 2次向前跳，跑回原位，迈开步子，屈膝，起跳。1，2，跑回原位，迈开步子。**落地时屈膝，挺胸**。当你起跳时，向后坐，双腿受力并向前发力
- **提膝急跑步** - 提高腿部，膝盖与骨盆同高
- **踢臀** - **保持腹部支撑，屈膝落地**。如果你不想踢臀，就保持蹲跳



第 3 段 第 2/3 层

在第2层，我们通过解释如何让动作发挥更好的效果或者他们可以表现得更好来改善动作执行并加强强度。我们鼓励所有学员坚持到最后！挑战式教授例如“我知道你可以做得更好的”可以让有些人更加努力锻炼，然后有些人比较受用的是类似“你一定可以做到的”这样的积极鼓励。

- 放轻松，把心率降下来，重新来
- **跳步/跑步** - 感受双腿和双手的力量
- **复合弓步** - 后膝微屈以活动肱四头肌并让臀大肌燃起来
- **提膝急跑** - 提起膝盖，向后倾斜
- 我们非常喜欢！
- 停留在锻炼中
- 全部是你们的时间-20秒-坚持

第 4 段 第 2/3 层

最后再努力一把！通过解释如何在跳远中挑战他们的极限，然后鼓励他们坚持做完最后一组踢臀练习。

- **跳远x2** - 提起双脚，多屈膝以让腿部受力。停，下降，起跳。跳跃式摆动双臂。
- **提膝急跳** - 向后倾斜，提起膝盖
- 腿部在燃烧；肺部在燃烧！
- **踢臀** - 15秒！开始！

05. 力量训练

MUSIC Catch 6:08 mins

COMBINATION OF UPPER & LOWER BODY STRENGTH TRAINING

小节焦点

希望我们的学员都能成功跟上两组混合练习，以获得功能性训练的益处。

OPTIONS

All Pushups – On knees, toes, or rest!

BLOCK 1

0:00 / Instr / (Synth)

4x8 / Set up Squat 32cts

0:14 / Instr / (Synth)

6x SQUAT & 6x PUSHUP COMBO (4reps)

16x8 / **A** / 6x Bottom Half Pulse Squat. *Hands on thighs* 2cts

Walk hands to Plank position 4cts

6x Tricep Bottom Half Pushup 2cts

Walk Hands B to Standing 4cts

Last rep hold down. *Set hands wide*

1:15 / Instr / (Techno)

4x8 / **B** / Fast Chest Pushup 2cts / 16reps

BLOCK 2

1:28 / Instr / (Quiet)

4x8 / Recovery 32cts

👁 Squat – Pushup – Mountain Climber – Pushup Combo

1:44 / Instr / (Techno)

SQUAT – PUSHUP – MOUNTAIN CLIMBER – PUSHUP COMBO (5reps)

20x8 / **C** / 3x Bottom Half Squat – Hold last one down 6cts

Walk To Plank 2cts

3x Tricep Bottom Half Pushup 6cts

Hold Plank 2cts

Mountain Climber L, R x3 8cts

1x Pushup 2cts

Jump Feet wide 2cts

Walk B 4cts

BLOCK 3

2:59 / Instr / (Techno beat)

4x8 / Recovery 32cts

3:14 / Instr / (Techno beat)

16x8 / **A** /  6x Squat & 6x Pushup Combo 32cts / 4reps

Last rep, hold down. *Set hands wide* 4cts

4:14 / Instr / (Upbeat)

4x8 / **B** /  Fast Chest Pushup 2cts / 16reps

BLOCK 4

4:29 / Instr / (Quiet)

8x8 / Recovery 64cts

4:59 / Instr / (Build)

16x8 / **C** /  Squat – Pushup – Mountain Climber – Pushup Combo 32cts / 4reps

技术与教授

第 1&2 段

第 1/2 层

为了成功教学，你必须及时并以正确的节奏给出教授提示语。你需要提前准备好文本。请确保你早些时候给出提示语，那样大家都可以跟上节奏。先设置好组合动作，并教授基本的提示语让大家都能按照节奏练习。运动范围和时间点要精准，提供选项把6个快速俯卧撑减少至3个。

- **6x 深蹲& 6x 俯卧撑组合** - 6个深蹲：1, 2, 3, 4...双手向前爬行，下半部三头肌俯卧撑。双手位于肩部下方，手肘朝内位于肋骨内侧，胸部与手肘同高，挺胸，骨盆向下向后，保持双脚打开
- 你可以选择做6个快速俯卧撑或者3个慢速俯卧撑
- **胸部俯卧撑** - 双手打开，向下，向上，向上，向下。**胸部与手肘同高，保持腹部收紧。**可选择放慢向下的速度。
- **深蹲-俯卧撑-登山式-俯卧撑组合** - 3个深蹲，向前走，3个三头肌俯卧撑，3个登山式，1个俯卧撑，跳跃并走回原位
- 深蹲时保持骨盆下沉以向前移动。登山式时骨盆保持不动，腹部收紧
- 三头肌俯卧撑和登山式中保持重心前移
- 登山式中双膝靠近地板



第 3&4 段

第 2/3 层

在第2层，我们通过如何让动作发挥更好的效果来加大强度，关键是在深蹲时要做完完整过程，做俯卧撑时双腿和上肢受力。让学员注意我们训练的各肌肉群-判断是上肢还是下肢肌肉群。通过解释功能性强度训练来帮助每一位学员完成全部内容。本组内容很艰难，所以需要展现同情心，鼓

励和支持来帮助大家认真完成训练。

这一段音乐很繁忙，每一组训练之后都会有明确的效果。思考：每一组动作带来一个效果。明确的效果让音乐可以贯穿始终并让你可以配合音乐的高潮与低潮来讲话。这样的对比会引导你的学员们知道何时要再加把劲！

- 我们锻炼双腿时上肢会复原，反之亦然
- **6x 深蹲 & 6x 俯卧撑** - 保持深蹲姿势以加强腿部力量。俯卧撑动作要慢，幅度要小，重心前移，双手向内收紧。腿部用力-它们正在发力。然后腿部放松，上肢用力
- 保持姿势，再重复做一组
- 下半身俯卧撑时要靠近地板
- **胸部俯卧撑** - 保持向下推；用力与地板对抗，完成整组练习！
- 还有1组练习！
- 每个年龄段都需要功能性力量
- 我们再训练身体快速贴近地板，然后快速回位让我们变得强壮和灵活
- **深蹲-俯卧撑-登山式** - 俯卧撑组合 - 2: 3深蹲，向前走，俯卧撑，登山式，1个俯卧撑，用力跳，往回走。保持动作顺畅并受控
- 继续保持 - 只有几组动作要做了
- 我们正变得更加强壮，更加灵活

06. 跑步

MUSIC Are You With Me 4:41 mins

AEROBICS, SPORTS & STRENGTH TRAINING

小节焦点

希望我们的学员都能够感觉到与音乐的联系，能够一起享受训练的感觉。

OPTIONS

Run – Walk or Jog

Step Lunge with Runner Knee and Propulsion – No Jump

BLOCK 1

0:02 / Instr / (Melody)

4x8 / Jog OTS. RA 32cts

0:14 / Rep / I wanna dance

4x8 / A / Backward-Stepping Lunge L 4cts / 8reps

0:25 / I wanna dance

4x8 / A / Backward-Stepping Lunge R 4cts / 8reps

0:37 / Instr / (Beat)

4x8 / A¹ / Backward-Stepping Lunge L, R. RA 8cts / 4reps

0:50 / Instr / (Synth)

8x8 / B / Circle Run. RA 64cts

1:13 / If I

RUN IN & OUT COMBO

8x8 / C / Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

Run B. RA 8cts

Run OTS. RA 8cts

Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

High Knee Run OTS 16cts

1:36 / Br / Instr

2x8 / Run B. RA 16cts

BLOCK 2

1:42 / Rep / I wanna dance

4x8 / D / Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

1:53 / I wanna dance

4x8 / Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

2:05 / Instr / (Beat)

4x8 / A¹ / REPEAT Backward-Stepping Lunge L, R. RA 8cts / 4reps

2:17 / Instr / (Synth)

8x8 / B / REPEAT Circle Run. RA 64cts

2:40 / If I want

8x8 / C / REPEAT Run In & Out Combo 64cts

3:04 / Br / Instr / (Quiet)

2x8 / C¹ / Run B. RA 16cts

BLOCK 3

3:10 / Rep / I wanna dance

4x8 / D / REPEAT Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

3:21 / I wanna dance

4x8 / REPEAT Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

3:33 / Instr (Beat)

4x8 / **A**¹ /  Backward-Stepping Lunge L, R.
RA 8cts / 4reps

3:45 / Instr (Synth)

8x8 / **B** /  Circle Run. RA 64cts

4:08 / I wanna dance

8x8 / **C** /  Run In & Out Combo 64cts

技术与教授

第 1 段

第 1 层

这一节非常适合让力量提升！使用原地跑步来连接音乐，然后快速关注设置向后迈弓步。先清晰指导保持在同一条腿，然后指导什么时候换腿。教导让大家在正确的时机和姿势进行运动。

- 找回你的热爱，找回你的感觉——一起动起来的感觉好极了
- **向后-迈弓步** - 右腿-8个弓步。8, 7, 6...**前膝张开，挺胸，大腿前起与地板平行**
- **转圈跑** - 快速运动双手和双腿；想跑多快就跑多快
- **跑进&跑出组合** - 跑进8, 7, 6...，跑回

第 2 段

第 1/2 层

教授设置第1层跑步时的膝盖及发力位置，然后在第2层通过增加弓步的运动范围加大强度，来让双腿受力，并在转圈跑中加快速度以提高心率。利用Are You With Me的音乐与学员进行有趣的互动，然后将此轮训练与力量训练的精确教授进行对比。

- **跑步膝盖与发力的向后迈弓步** - 膝盖笔直下降后笔直上提，**保持后背挺直，髌关节正对前方**。抬高臀部并放下脚跟，脚掌发力
- **向后迈弓步** - 重心向前放低，股四头肌发力
- **转圈跑** - 如果你想跑快一点，快速运动双臂并抬高双脚让心率加快
- 你要加入我们吗？

第 3 段

第 2/3 层

继续通过教授学员感受到从脚跟-脚掌-脚趾动作到跳的更高这一系列动作中的推动力来继续加强跑步膝盖和推动力的强度。教导学员该动作带来的益处；锻炼单脚力量的感觉棒极了！

- **跑步膝盖和推动力情况下的向后迈弓步** - 屈后膝将脚后跟-脚掌-脚趾依次推至空中。越用力，你越接近飞翔的状态！
- **向后迈弓步** - 保持“向下”的状态
- 我们要把它带回家吗？拿了就跑吧！
- 跟我一起唱！



06. 跑步

MUSIC Are You With Me 4:41 mins

AEROBICS, SPORTS & STRENGTH TRAINING

小节焦点

希望我们的学员都能够感觉到与音乐的联系，能够一起享受训练的感觉。

BLOCK 1

0:02 / Intro / (Melody)

4x8 / Jog OTS. RA 32cts

0:14 / Rep / I wanna dance

4x8 / **A** / Backward-Stepping Lunge L 4cts / 8reps

0:25 / I wanna dance

4x8 / Backward-Stepping Lunge R 4cts / 8reps

0:37 / Instr / (beat)

4x8 / **A**¹ / Backward-Stepping Lunge L, R. RA 8cts / 4reps

0:49 / Instr / (Synth)

8x8 / **B** / Shuffle OTS. RA 64cts

1:13 / If I

RUN IN & OUT COMBO

8x8 / **C** / Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

Run B. RA 8cts

Run OTS. RA 8cts

Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

High Knee Run OTS 16cts

1:36 / Br / Instr

2x8 / Run B. RA 16cts

BLOCK 2

1:42 / Rep / I wanna dance

4x8 / **D** / Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

小型健身房 选项

OPTIONS

Run – Walk or Jog

Step Lunge with Runner Knee and Propulsion – No Jump

1:53 / I wanna dance

4x8 / Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

2:05 / Instr / (Beat)

4x8 / **A**¹ /  Backward-Stepping Lunge L, R. RA

8cts / 4reps

2:17 / Instr / (Synth)

8x8 / **B** /  Shuffle OTS. RA 64cts

2:40 / If I want

8x8 / **C** /  Run In & Out Combo 64cts

3:04 / Br / Instr / (Quiet)

2x8 / **C**¹ / Run OTS. RA 16cts

BLOCK 3

3:10 / Rep / I wanna dance

4x8 / **D** /  Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

3:21 / I wanna dance

4x8 /  Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

3:33 / Instr (Beat)

4x8 /  Backward-Stepping Lunge L, R. RA 8cts / 4reps

3:45 / Instr (Synth)

8x8 / **B** /  Shuffle OTS. RA 64cts

4:08 / I wanna dance

8x8 / **C** /  Run In & Out Combo 64cts

07. 灵活性训练

MUSIC Axel F 4:14 mins

SPORTS TRAINING

小节焦点

希望我们的学员都能在3步跑中训练稳定性和控制力，并在爬梯跑中训练速度。

BLOCK 1

0:00 / Instr / (Techno)

4x8 / Split room 32cts

0:11 / I / (Heavy Techno)

8x8 / **A** / 3-Step Run L 4cts

Hold – 1-Legged Squat 4cts

3-Step Run R 4cts

Hold – 1-Legged Squat 4cts

4reps

👁 Leap F&B Combo on last 4cts

0:35 / Instr / (Techno)

3-STEP RUN & LEAP F&B COMBO (4reps)

8x8 / **B** / 3-Step Run L 4cts

Leap F R 2cts

Leap B L 2cts

3-Step Run R 4cts

Leap F L 2cts

Leap B R 2cts

0:58 / Instr / (Synth)

4x8 / **C** / F&B Straddle Run. RA 32cts

1:10 / Instr / (Synth)

4x8 / **D** / Ladder Run OTS. RA 2cts / 16reps

BLOCK 2

1:21 / Instr / (Techno)

4½x8 / Change sides – Run! 36cts

1:35 / Instr / (Heavy Techno)

8x8 / **A** /  3-Step Run L 4cts

 Hold – 1-Legged Squat 4cts

OPTIONS

Ladder Run – Walk or Jog

3-Step Run Combos – No impact

 3-Step Run R 4cts

 Hold – 1-Legged Squat 4cts

4reps

1:58 / Instr / (Techno)

8x8 / **B** /  3-Step Run & Leap F&B Combo

16cts / 4reps

2:22 / Instr / (Synth)

4x8 / **C** /  F&B Straddle Run. RA 32cts

2:34 / Instr / (Synth)

4x8 / **D** /  Ladder Run OTS. RA 32cts

BLOCK 3

2:45 / Instr / (Techno)

4x8 / Change sides – Run! 32cts

2:57 / Instr / (Heavy Techno)

8x8 / **B** /  3-Step Run & Leap F&B Combo

16cts / 4reps

3:21 / Instr / (Techno)

3-STEP RUN & ROCK STEP F & B COMBO (4reps)

8x8 / **E** / 3-Step Run L 4cts

Rock Step F&B x2 R 4cts

3-Step Run R 4cts

Rock Step F&B x2 L 4cts

3:44 / Instr / (Synth)

4x8 / **C** /  F&B Straddle Run. RA 32cts

3:56 / Instr / (Synth)

4x8 / **D** /  Ladder Run, move F. RA 32cts

技术与教授

第 1 段

第 1 层

明确设置第1层的环节，命名各动作并解释何时何地需要做动作。注意设置在加入前后跳跃前设置好“1, 2, 保持”的节奏。清楚教授如何执行跳跃。

- **3步跑** - 跨2步，停。1，2，停。**髌关节正对前方**。停止时，**腹部收紧并提起胸部**。
- **前后跳跃与3步跑组合** - 1，2，停，向前跳，返回。当你起跳时，向前后推动。用前大腿肌肉推动你的位置，但是保持躯干不动。
- **跨跑** - 向前，向后。重心放在脚趾上，然后移开你的位置。
- **爬梯跑** - 跑出和跑进。**腹部收紧，髌关节正对前方**，从髌关节前倾。

第 2 段

第 2 层

在第2层中，我们通过增加3步跑奔跑距离和前后跳跃深度来加强力量。使用能帮助学员在爬梯跑中加快速度的提示语。Giles选择用跑过地板上的线作为明确提示，你们准备怎样教授你的成员们加快速度呢？

- **3步跑** - 跑，跑，停。你能往下左一点以运动你的臀大肌吗？你能推动更靠近地板一点吗？
- **前后跳跃与3步跑组合** - 跑，跑，停，向前，向后。注意你跳进和跳出的距离。强度就取决于距离的长短。向前松开臀大肌并收回前脚
- **跨跑** - 向前，向后。快速运动双脚以加快练习。想象地板上有一条线并且你需要跑过它，快速运动你的双臂以加快速度
- **爬梯跑** - 跑出和跑进。你可以步子再大一点以加快心率吗？

第 3 段

第 2/3 层

继续鼓励大家保持同样的距离和运动范围，但是现在我们要介绍摇摆步。确保教授该动作的节奏，让大家注意用力与地板对抗来运动肱四头肌和臀大肌。最后一组爬梯跑只是用于激励和复习。

- **前后跳跃与3步跑组合** - 跑到要求的距离。使用臀大肌向前跳并用前大腿肌肉向后收回力量。
- 我们能控制并获得稳定性 - 让我们加速吧！
- **前后摇摆步跳跃与3步跑组合** - 1, 2, 1,用力推。双脚张开更宽一些，使用你脚外侧的力量
- **跨跑** - 推动，迅速运动双膝以加速

08. 间歇训练

MUSIC It Ain't Me 4:09 mins

AEROBICS TRAINING

小节焦点

希望我们的学员能享受音乐并分享BODYATTACK的热爱！

OPTIONS

Side Flick – Side Tap

Run – March or Jog

Kick – Tap or Low Kick

INTRO

0:00 / V1 / **I** had a dream

6x8 / Run OTS. RA 48cts

0:18 / C / **Who's** gonna walk

RUN & LOW KICK COMBO (2reps)

8x8 / Run F. RA 8cts

Low Kick L, R. *Single-Arm Punch F* x4 8cts

Run B. RA 8cts

Low Kick L, R. *Single-Arm Punch F* x4 8cts

0:42 / C / **It** Ain't Me

4x8 / Single Kick L, R. *Single-Arm Punch F*
4cts / 8reps

BLOCK 1

0:54 / V2 / **I** had a dream

4x8 / **A** / Side Flick L, R. *Straight Arm Side Raise*
4cts / 8reps

1:06 / QC / **Who's** gonna

4x8 / **B** / Double Flick L, R. *Straight Arm Side Raise*
8cts / 4reps

1:17 / C / **No** it ain't me

8x8 / **C** / **REPEAT** Run & Low Kick Combo 32cts / 2reps

1:41 / I / (Synth)

RUN & SINGLE KICK COMBO (2reps)

8x8 / **D** / Run F. *Double-Arm Reach Up* x4 8cts

Single Kick L, R. *Single-Arm Punch F* 8cts

Run B. *Double-Arm Reach Up* x4 8cts

Single Kick L, R. *Single-Arm Punch F* 8cts

BLOCK 2

2:05 / V3 / **I** had a dream

REPEAT SEQUENCES A – D

BLOCK 3

3:16 / Instr (Synth)

4x8 / Jog OTS. RA 32cts

3:29 / C / **Who's** gonna walk

JUMPING JACK COMBO

4x8 / **E** / Jumping Jack x8. *Arms down* 2cts

Jumping Jack x4. *Double Punch Down 45°* 8cts

Jumping Jack x4. *Slow Arm Circle Raise to Top*
8cts

3:41 / Instr / (Synth)

4x8 / **D** / **REPEAT** Run & High Kick Combo 32cts

3:53 / C / **Who's** gonna walk

4x8 / **F** / **REPEAT** Single Kick L, R. *Move F, Single-Arm Punch F* 4cts / 8reps

技术与教授

第 1 段 第 1 层

清晰地指导跑步/踢腿组合的方向和次数，提供低冲击力的选择，这样每个人都能有成就感。这一段都是基本提示：动作名称，低强度选择，建立良好的排列和安全提示语。

- 间歇性训练：我们有好音乐和好的氛围
- **跑步&下踢组合1** - 轻松跑，4个下踢，4, 3, 2... 跑回原位。你总是可以用减掉冲击和踏步，然后长时间向下点地
- **单腿前踢** - 挺胸，背部挺直，踢至骨盆同高，髌关节正对前方
- **单侧弹腿** - 向右，向左，髌关节正对前方，双肩向后回收，挺胸。可以选择轻敲下方
- **跑步&单腿前踢组合** - 通过踢腿进行动作延伸，跑步时提高脚后跟以加强力量

第 2 段 第 2/3 层

告诉全体学员如何充分利用各个动作以达到锻炼的最大效果。教授学员们通过双手和双腿延伸动作从而加强力量。在跑步&单腿前踢组合中使你的身体、声音和面部表情与音乐的力量相匹配。

- 重新开始并重新集中注意力
- **双侧弹推** - 将双臂延伸至墙壁并通过双腿将动作加长
- **跑步&单腿前踢组合** - 感受动作的长度和拉伸
- 如果感到快乐你就拍拍手！

第 3 段 第 3 层

在第3层，我们庆祝一起训练的感觉。这都是关于对BODYATTACK的热爱——分享力量并一起流汗！

- 保持原地不动——继续踢腿
- 我们一起锻炼！
- 感受BODYATTACK的热爱

训练表现

让音乐带动大家的节奏，允许音乐响起来——把自己当做用音乐进行的“团队-教导”，而不是在把音乐间隙塞满教授语，你只需要说你真正需要说的，相信你的学员们都会跟上你。在这一段中，越不繁，越不凡！

09. 力量巅峰

MUSIC Black Rose 5:27 mins

AEROBICS AND SPORTS TRAINING

小节焦点

希望我们的学员都能通过在每一组动作和在最后高潮的“刷爆”中得到力量的锻炼。

BLOCK 1

0:00 / Intro /

4x8 / **A** / Run OTS. RA – Move to R side of room
32cts

0:10 / A / **This** is where

4x8 / **B** / Run OTS. RA 32cts

0:22 / I can feel

4x8 / **C** / Easy Jumping Jack. *Relaxed Arms by sides* 2cts / 16reps

0:34 / V / _ Black Rose

4x8 / **C**¹ / Single Knee Lift L, R Relaxed. *Single-Arm Bicep Curl* 4cts / 8reps

0:45 / C / **Finger** on it

4x8 / **D** / Double Knee Lift L, R Relaxed. *Single-Arm Bicep Curl* 8cts / 4reps

0:57 / Instr / Rose _

8x8 / **D** / Run to L side 8cts

Double Jump F&B x4 – Turn 180° to R side 8cts

Run to R side 8cts

Double Jump F&B x4 – Turn 180° to face L side
8cts

2reps

👁 Tuck Jump x1 on last 2cts

1:20 / Instr / (Synth)

4x8 / **D**¹ / Run to L side 8cts

Double Jump F&B x3 – Turn 180° to R side 6cts

Tuck Jump x1 2cts

Run to R side 8cts

Double Jump F&B x3 – Turn 180° to face L Side
6cts

Tuck Jump x1 2cts

👁 Tuck Jump x2 on last 4cts

1:31 / Instr / (Build)

4x8 / **D**² / Run to L side 8cts

Double Jump F&B x2 – Turn 180° to R side 4cts

Tuck Jump x2 4cts

Run to R side 8cts

Double Jump F & B x2 – Turn 180° to face L
side 4cts

Tuck Jump x2 4cts

1:55 / Instr / (Synth)

4x8 / **E** / High Knee Run – Move in together into
a circle 32cts

2:07 / Instr / (Synth)

4x8 / **F** / Jumping Jack. *Cross Arms O/H*
2cts / 16reps

2:18 / Instr / (Synth)

4x8 / **G** / Ski Jump L, R 2cts / 16reps

2:29 / Instr / (Synth)

4x8 / **H** / Air Jack. *Double-Arm Reach Up*
2cts / 16reps

BLOCK 2

2:42 / **This** is where

4x8 / Recovery 32cts

2:53 / I can feel

REPEAT SEQUENCES B – H

5:12 / Instr / (Synth)

4x8 / High Knee Run In – move faster with the
music 32cts

技术与教授

第 1 段

第 1/2 层

告诉学员们在每一组动作中他们在极限状态下要保持多久。设置的基本动作。用简短清晰的提示语清楚地教导不同的动作组合，让全班学员明白他们可以现在保持4次跳跃或增加加强力量的抬膝跳。

- 5分钟，最后一段节奏：2组锻炼
- 在这一组动作中我们坚持用最大力量坚持45秒
- **单腿抬膝** - 右，左，膝盖与骨盆同高，后背挺直，**挺胸，保持腹部收紧**
- **双腿抬膝** - 1, 2
- 换到右边，开始组合练习
- **跑步&跳跃组合** - 8个跑步，4个跳跃；拐弯，向前，拐弯，向前，侧面，跑。4个跳跃，转到前面。**落地时屈膝。**
- **跑步&抱膝跳组合** - **将膝盖提至胸部**，屈膝跳跃后落地。
- 45秒，4次动作
- **提膝急跑步** - 动作1：面朝中间，**挺胸**
- **开合跳** - 动作2：**脚跟向下，双膝打开，挺胸**，双脚依次打开合并
- 左右双腿跳 - 动作3：**放松膝盖，保持腹部收紧，挺胸**，双脚一起，一侧到另一侧
- 空中跳 - 动作4：伏地挺身，**屈膝落地，保持腹部收紧，挺胸**

第 2 段

第 2/3 层

你不需要花很多时间来教授第2层，所以你只需要选择最有用的提示语来帮助学员们通过动作得到更多的东西。教育他们了解我们训练的健身基本原理和原因：左右双腿跳能提升心率，锻炼敏捷能力，空中跳让你有力量进行下一步健身。如果你已经进入最后55秒训练，使用时间参考以帮助大家坚持到完成训练！

- **BODYATTACK**粉丝喜欢努力锻炼！我们知道这样感觉很好，我们锻炼的力量会让我们走得更远。
- **跑步&跳跃组合** - 跑远一点，提起双脚
- **跑步&抱膝跳组合** - 将双膝抬高
- 最后一个段，55秒！
- **提膝急跑步** - 努力上提膝盖，快速运动双臂
- **开合跳** - 努力降低骨盆，运用臀大肌的力量
- **左右双腿跳** - 利用灵活性提高心率
- **空中跳** - 20秒！我们的力量会让我们再健身中走得更远！
- 10秒 - 冲刺！

强度

这段音乐中最重要的是要在每段训练内容中加大强度，但是要注意不能一下加到最大！音乐的作用相当大，所以把音乐与你的教授内容以及你说话的方式，面部和肢体语言相结合。请注意教的时候不要太急——总是有机会放松和微笑的。教授中保持支持和鼓励。

10. 核心训练

MUSIC Game Time 5:18 mins

CORE STRENGTH

小节焦点

希望我们的学员能感受到侧平板支撑60秒钟重点持续锻炼核心的感觉。

BLOCK 1

0:00 / C / **Down**

4x8 / Transition to floor 32cts

0:21 / Instr / (Beat)

6x8 / **A** / C-Crunch 4cts / 12reps

0:52 / Br / **You** gonna

2x8 / **B** / Roll to Side Plank 8cts

Set arm straight up 8cts

1:02 / C / It's about to go **down**

4x8 / **C** / Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

1:23 / Br / Instr (beat)

1x8 / **C**¹ / Hold Side Plank. *Top Arm Reach Up* 8cts

1:28 / **I'm** gonna let

1x8 / **D** / Roll to Hover 8cts

1:34 / V2 / **I'mma** let you

4x8 / **D**¹ / Hover 32cts

1:55 / PC / _ we gonna make

2x8 / **REPEAT** Roll to Side Plank 16cts

2:05 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

2:26 / Br / Instr / (Beat)

½x8 / Sit up 4cts

BLOCK 2

2:27 / Br / Instr (Beat)

2x8 / Transition to other side 16cts

2:38 / V3 / I'm a **hustler**

4x8 / **A** / **REPEAT** C-Crunch 4cts / 8reps

2:59 / **We** gonna make

2x8 / **B** / Roll to Side Plank 8cts

Set arm straight up 8cts

3:09 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

3:30 / C / Instr (beat)

2x8 / **C**¹ / **REPEAT** Hold Side Plank. *Top Arm Reach Up* 8cts

3:35 / **I'm** gonna let

1x8 / **D** / Roll to Hover 8cts

3:41 / V4 / **I'm** gonna let

4x8 / **D**¹ / Hover 32cts

4:01 / PC / **We** gonna make

2x8 / **REPEAT** Roll to Side Plank 16cts

4:12 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

4:32 / V5 / **Step** back

4x8 / **E** / Oblique Crunch L, R 8cts / 4reps

4:53 / C / **Down**

2x8 / **F** / Cross Crawl L, R 4cts / 4reps

5:04 / C / **Friend** zone

2x8 / **F**¹ / Cross Crawl L, R 2cts / 8reps

技术与教授

第 1 段

第 1/2 层

在第1层，设置好身体位置和动作的执行，然后说出稳定性相关的安全提示语。清楚设置侧向平板支撑的位置，并教授全体学员将骨盆抬起。教导锻炼重点是通过挤压下侧锻炼核心部位的耐力。

- **C形卷腹** - 指尖到太阳穴。向上，向下，膝盖直接停在骨盆上，**下巴收起以拉长颈部，肋骨朝骨盆位置弯曲**
- **侧向平板支撑 - 第1层**：双腿张开，骨盆上提离开地面。小幅度支撑：向上，向上，向上。保持身体向前，推动骨盆向上走。如果有必要，你可屈后膝获得更多支撑力。**第2层**：我们在锻炼核心部位的耐力。集中注意力挤压骨盆和肋骨下方的力量，稍微向上抬高一点
- **翻转悬停** - 在旋转准备悬停时请保持腹肌用力
- **悬停** - 手肘位于肩下，**腹肌用力，背部挺直**，你随时可以放下膝盖

第 2 段

第 2/3 层

在第2层，我们通过告诉学员如何提高动作质量来感受锻炼目标肌肉群，从而提升强度并改善动作执行。请确保学员们从侧向平板支撑旋转至悬停并反过来回到侧向平板支撑时保持用力。教育他们这样锻炼的好处：保持核心部位紧紧锁定可保证锻炼更加安全更有力量。请记得在教授中抽出时间享受音乐。这一节非常有效，你可以利用振奋人心的音乐与全班互动。

- **C形卷腹** - 当你努力把膝盖停在顶部时，你迫使更多的肌肉相互用力
- **侧向平板支撑** - 重新设置你的注意力；你仍然是保持在向前的姿势吗？骨盆还是在用力向上提吗？你能感受到肌肉在燃烧吗？
- **翻转悬停** - 注意在慢速旋转时保持核心部位用力
- **悬停** - 我们为上肢运动锻炼了核心部位耐力
- 我们是胜利之队！
- 现在是游戏时间！
- 我一整晚就是等这个时候了
- **侧卧腹斜肌卷腹** - 向前，向后。**将肩膀穿过身体中线与膝盖对抗**
- **交叉爬行** - 腿部呈45°，**将肩膀与膝盖对抗**，从胸部中间开始脱离

11. 放松

MUSIC Mama 3:02 mins

小节焦点

通过参加放松训练庆祝一起健身。

BLOCK 1

0:00 / Intro / (Instr)

2x8 / Transition to floor **16cts**

0:09 / V1 / **Where** should we

2x8 / **A** / Kneeling Hip Flexor Stretch R. *R Arm Reach O/H* **16cts**

0:17 / V1 / **Babe**

2x8 / **A**¹ / Straighten rear leg. *R hand to floor* **16cts**

0:26 / PC / **Don't** wanna wake

2x8 / **B** / Hamstring Stretch L. *HOH* **16cts**

0:36 / **Don't** want

2x8 / **C** / Soleus Stretch L. *Hands to floor* **16cts**

0:45 / C / **Hey** mama

2x8 / **D** / Standing Calf Stretch R **8cts**
O/H Tricep Stretch **8cts**

0:54 / C / **We'll** be back

2x8 / **E** / Quad Stretch R. *L arm out to side* **16cts**

1:03 / Instr / (Beat)

2x8 / **F** / Side-to-Side Adductor Stretch R, L.
Hands on thighs **16cts**

1:12 / C / **Tonight**

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

1:22 / V2 / **Where** shall

2x8 / **A** / Kneeling Hip Flexor Stretch L. *L Arm Reach O/H* **16cts**

1:31 / **Mama**

2x8 / **A**¹ / Straighten rear leg. *L hand to floor* **16cts**

1:40 / PC / **Don't** wanna

2x8 / **B** / Hamstring Stretch R. *HOH* **16cts**

1:49 / PC / **Don't** wanna

2x8 / **C** / Soleus Stretch R. *Hands to floor* **16cts**

1:59 / C / **Hey** mama

2x8 / **D** / Standing Calf Stretch L **16cts**
O/H Tricep Stretch **16cts**

2:08 / C / **We'll** be back

2x8 / **E** / Quad Stretch L. *R arm out to side* **16cts**

2:17 / C / **Hey** mama

2x8 / **F** / Side-to-Side Adductor Stretch L, R.
Hands on thighs **16cts**

2:26 / **We'll** be back

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

2:35 / Instr / (Beat)

2x8 / **G** / Iliotibial Stretch L **16cts**

2:45 / Instr / (Beat)

2x8 / **G** / Iliotibial Stretch R **16cts**

技术与教授

教授建议

- 当你带领全班做伸展动作时，清楚解释身体部位和方向
- 表扬全班学员今天的付出

GLOSSARY

STEP TOUCH

Chest up

Hips square to front

BOUNCE

Hips and shoulders square to front

Knees soft

Feet wide

SQUAT

Knees out

Chest up

PLANK

Abs braced

Body square to floor

Back long and straight

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

STEP CURL

Chest up

Heel to butt

Knees out

GALLOP

Chest up

Abs braced

Step, skip, Step Curl

Push out of the floor

Move down and up

SIDE STEP OVER

Chest up

Abs braced

Knee out

SINGLE KNEE LIFT

Stay square to front

Knee to hip-height

Abs braced

Chest up

SHUFFLE

Chest up

Hips square to front

Light on balls of feet

JUMPING JACK

Heel down

Knees out and bent

Chest up

SINGLE PLYOMETRIC LUNGE

Front knee out

Chest up

Back knee down

LONG JUMP

Land with bent knees

Chest up

HIGH KNEE RUN

Chest up

Knees towards chest

Elbows drive forward

BUTT KICK

Abs braced

Land with bent knees

BOTTOM HALF PULSE SQUAT

Knees out
Weight in heels
Chest up
Hips just above knee-line

BOTTOM HALF TRICEP PUSHUP

Hands under shoulders
Elbows in by ribs
Chest to elbow-height

PUSHUP

Chest to elbow height
Abs braced

BOTTOM HALF SQUAT

Knees out
Weight in heels
Chest up
Hips just above knee-line

MOUNTAIN CLIMBER

Knee towards chest
Butt down
Abs braced to support mid-section

BACKWARD-STEPPING LUNGE WITH RUNNER KNEE AND PROPULSION

Back straight and hips square
Push the hip and heel down and push off the
ball of your foot
Front knee out
Chest up
Front thigh parallel to floor

3-STEP RUN

Hips square to front
Brace your abs
Lift your chest

LEAP

Chest up
Drive out of floor
Knees bent on landing
Knee out over toes

STRADDLE RUN

Weight in the toes and move off your spot
Fast feet

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 to front

SIDE FLICK

Hips square to front
Shoulders back
Chest up

DOUBLE FLICK

Hips square to front
Shoulders back
Chest up

TUCK JUMP

Drive knees to chest
Knees bent on landing

SKI JUMP

Knees bent on landing
Brace abs
Chest up

AIR JACK

Bent knee landing

Abs braced

Chest up

C-CRUNCH

Fingers to temples

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Ribs to hips as you crunch

Lower back close to floor as your legs lower

Chin tucked in

SIDE PLANK

Keep body square

Elbow under shoulder

Abs braced

SIDE PLANK PULSE

Split feet, lift hips off the floor

Keep body square to floor

Push hips towards ceiling

ROLL TO HOVER

Elbows under shoulders

Abs braced

Back straight

Hips level with shoulders

HOVER

Abs braced

Hips and shoulders square to floor

Back long and straight

OBLIQUE CRUNCH

Shoulder lifts up and across to opposite knee

Turn chest

CROSS CRAWL

Shoulder lifts up and across to opposite knee

Turn chest

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 HAMSTRING STRETCH

Hips back

Tip forward from the hips

SOLEUS STRETCH

Heel down

Weight forward

Knee next to toes

STANDING CALF & TRICEP STRETCH

Keep feet parallel, stretch into calf

Head up

STANDING QUADRICEP STRETCH

Use abs to help balance and point knee of lifted leg down to the floor

Squeeze butt muscles to keep hips forward

ADDUCTOR STRETCH

Leg stretches out to the side

Sit hips back

Chest up

ILIOTIBIAL (ITB) STRETCH

Cross feet and press weight into hip

MUSIC

- 1 **Don't Look Back (5:27)**
DJ Gollum
© 2012 LNG Music.
Written by: Remscheidt, Böge
 - 2 **Shape Of You (Wings And Rider Remix) (4:36)**
Hyperbeat Meets Skitzmix
© 2017 LNG Music.
Written by: Briggs, Burruss, Cottle, Sheeran, McDaid and Mac
 - 3 **Work Hard Party Harder (The Nation Remix Edit) (5:16)**
ALEX M.
© 2017 LNG Music.
Written by: Jäger, von Brücken
 - 4 **Crazy Trumpets (Extended Mix) (6:27)**
Monkey Warriors
© 2016 Funk Food!
Written by: Saintviteux, Munch
 - 5 **Catch (Radio Edit) (3:00)**
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks
Catch (Radio Edit) (3:08)
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks
 - 6 **Are You With Me (Chris Diver Remix) (4:41)**
Quadrifonix
© 2015 LNG Music.
Written by: McAnnaly, McBride, Lee James
 - 7 **Axel F (4:14)**
Andrew Spencer & Ron Rockwell
© 2016 LNG Music.
Written by: Faltermeier
 - 8 **It Ain't Me (Basslouder Remix Edit) (4:09)**
Monsta Kat
© 2017 LNG Music.
Written by: Gorvell-Dahll, Gomez, Wotman, Lee, Tamposi
 - 9 **Black Rose (Extended Mix) (5:27)**
Blasterjazz feat. Jonathan Mendelsohn
© 2017 MAXXIMIZE / under exclusive license to Spinnin' Records BV.
Written by: Mendelsohn, Makhlaif, Jongkind
 - 10 **Game Time (2:28)**
Flo Rida feat. Sage the Gemini
© 2017 Atlantic Recording Corporation.
Written by: Woods, Franks, Haukeland, Lavigne, Majic, Dillard
Game Time (2:50)
Flo Rida feat. Sage the Gemini
© 2017 Atlantic Recording Corporation.
Written by: Woods, Franks, Haukeland, Lavigne, Majic, Dillard
 - 11 **Mama (3:02)**
Jonas Blue feat. William Singe
Courtesy of the Universal Music Group.
Written by: Robin, Drewett, Romans
- EXP 5 Catch (Radio Edit) (3:02)**
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks

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 42:18

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Mixed Impact
Track 4 Plyometric
Track 7 Agility
Track 9 Power
Express 5 Athletic Strength
Total Time 29:13

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

The EXPRESS version of Track 5 *Catch* 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: Plyometric Lunge / High Knee Run = Track 4
MOVE 2: Tricep Pushup = Track 5
MOVE 3: Tuck Jump = Track 9
MOVE 4: Mountain Climber = Track 5

写给教练

当谈到与之前的课程融合到一起时，请尽量之前的10个套路中选择最常用的歌曲。

BODYATTACK现在的重点是运动和健身训练，我们希望你的课程能反映出新的训练理念和运动风格。这个项目已经不再是“旧学院派”的有氧运动了，所以在你选择音乐的时候要记住这一点。



从左至右：Giles Bryant, Lisa Osborne, Steven Cluff, Nikki Schultz and Dr. Dan Maroun.

准备好流汗，努力锻炼吧！

第99期是集能量、挑战和庆祝于一身的完美结合。

BODYATTACK喜欢这种强度，但我们也知道如何找到乐趣。庆祝我们在第3节Work Hard Party Harder的音乐中锻炼吧！重要的就是音乐本身，所以要确保你能在歌曲中找到空隙，来享受派对的气氛。

在第5段音乐中，你和你的学生们精神上需要“燃”起来。这一段音乐对于锻炼功能性强度很有用，所以要让每一个人都集中精力，充分提示这2个组合让每个人都可以跟上你。

我喜欢第6段音乐！利用Are You With Me的歌词和我分享能量，在房间里创造一个美妙的团队感觉。

第7段音乐带来了反应性训练。我们快速变化方向来发展稳定和控制力。

第9段音乐是一个怪物，带来两套很耗力量的动作。每一段的强度都在不断地加强，最终达到了45秒的最高强度。当你教授时，你要以身作则并激励你的学员达到新的健身水平。

记住，学员们可以自己加强或降低强度，以适应今天的健身水平。

教授大家训练，但自己也要享受音乐的感觉和激情。我们希望我们的学员们都度过一段美好的时光，享受我们的BODYATTACK派对！

我们即将迎来第100期...

制作人

Lisa Osborne（新西兰）是BODYATTACK的项目总监，也是BODYSTEP的创意总监。曾获三次世界冠军和七次澳大利亚有氧运动冠军，她的主要工作地点在奥克兰。

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KEY

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

CREDITS

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不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

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在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。

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BODYATTACK

- 01. Warmup
- 02. Mixed Impact
- 03. Aerobic
- 04. Plyometric
- 05. Athletic Strength
- 06. Running
- 07. Agility
- 08. Interval
- 09. Power
- 10. Core
- 11. Cooldown
- Glossary

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01. WARMUP

MUSIC Don't Look Back 5:27 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to warm their muscles and feel excited about the workout ahead.

BLOCK 1

0:05 / Intro / _ So finally the
6x8 / Feet hip-width apart **16cts**
L Arm Raise – Chest Stretch **16cts**
R Arm Raise – Chest Stretch **16cts**

0:25 / **And** you gonna forget
4x8 / **A** / Step Touch L, R. *Relaxed Arms by sides*
4cts / 8reps

0:37 / C / **I** just wanna have
4x8 / **B** / Bounce L, R. RA **2cts / 16reps**

0:50 / C / **Nah** nah
4x8 / **C** / Run OTS. RA **32cts**

1:03 / Instr / (Synth)
4x8 / **D** / Single Squat. *Hands on thighs*
4cts / 6reps
Walk to Plank Position **8cts**

1:16 / Instr / (Synth)
4x8 / **E** / Tricep Pushup **4cts / 6reps**
Hands walk B and stand up **8cts**

1:29 / Instr / **Let's** go
RUN F&B COMBO (2reps)
8x8 / **F** / Run F. RA **8cts**
Run B. RA **8cts**
Bounce L, R. RA **16cts**

1:55 / Br / **Oh** yeah
½x8 / **G** / Step L foot B to Lunge. *Fists to hips*
4cts

1:57 / V2 / **We** in the club
4x8 / **H** / Lunge L. *Fists to hips* **4cts / 7reps**
Change sides **4cts**

2:10 / Ref / **So** finally the week
4x8 / **H** / Lunge R. *Fists to hips* **4cts / 7reps**
Step in **4cts**

BLOCK 2

2:23 / V2 / And you can
4x8 / **A**¹ /  Step Touch L, R. *Double-Arm Bicep Curl* **4cts / 8reps**

2:35 / C / I just wanna have
4x8 / **B** /  Bounce L, R. RA **2cts / 16reps**

2:49 / Rep / **Nah** nah
4x8 / **C** /  Run OTS. RA **32cts**

3:02 / Instr / Synth
4x8 / **D** /  Single Squat. *Hands on thighs*
4cts / 6reps
Walk to Plank Position **8cts**

3:14 / Instr / Synth
4x8 / **E**¹ /  Tricep Pushup **4cts / 5reps**
Hands walk B & stand up **12cts**

3:27 / Instr / Synth
8x8 / **F** /  Run F&B Combo **32cts / 2reps**

3:53 / Br /
½x8 / **G** / Step R foot B to Lunge **4cts**

3:55 / V3 / **We** in the club
4x8 / **H** /  Lunge R **4cts / 7reps**
Change sides **4cts**

4:08 / Ref / **So** finally

4x8 / **H** /  Lunge L 4cts / 7reps

Step in 4cts

BLOCK 3

4:21 / V4 / _ and you can

4x8 / **A¹** /  Step Touch L, R. *Double-Arm Bicep Curl* 4cts / 8reps

4:34 / C / I just wanna have

4x8 / **B¹** /  Bounce L, R. *RA* 4cts / 8reps

4:47 / Rep / **Nah** nah

12x8 / **F** /  Run F&B Combo 32cts / 3reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

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

- **Step Touch** – *chest up, abs braced*
- **Bounce** – *hips and shoulders square to front, knees soft, feet wide*
- **Run** – *right, left, light on the toes, lift the chest, you can dial it down to a March*
- **Squat** – *feet wide, down, up. Knees out, chest up, hips above knee level*
- **Tricep Pushup** – *hands under shoulders, elbows in by ribs, chest to elbow-height, abs braced; option to drop the elbows back*
- **Backward-Stepping Lunge** – *long step back, front knee out, chest up*

BLOCK 2

LAYER 2

In Block 2, we use Layer 2 cues that increase intensity to warm the body further.

- **Step Touch** – *down and up. Start to sit back to engage your quads and glutes*
- **Run** – *kick your heels up, get your energy and your heart-rate up*
- **Squat** – *sit deeper, our legs need to be ready for the BODYATTACK workout*
- **Tricep Pushup** – *let's prepare our core and upper body for the work ahead*
- **Backward-Stepping Lunge** – *last chance to warm the legs*

BLOCK 3

LAYER 3

In Layer 3 Share 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.

- *The workout is about to begin!*
- *I love this feeling*
- *Don't look back!*
- *It's gonna be a great workout*
- *You're ready for the next phase, the next shift up*

CONNECTION

Welcome everyone along to class and help them to feel good about the workout ahead! There's a 'party' theme that runs through this release so use the lyrics to bring everyone into the BODYATTACK party. Show your own excitement for the workout ahead to create positive energy in the room.

02. MIXED IMPACT

MUSIC Shape Of You 4:36 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to nail the direction on the L-Step Side Step Combo and experience the light, lifted, agility feeling.

OPTIONS

Run – Walk

Step Curl – No arms

Gallop – No impact / No arms

Agility L-Step Side Step Combo – No impact

INTRO

0:00 / Intro / (Techno beat)

6x8 / **F** / Run F. RA 8cts

Run B. RA 8cts

Bounce L, R. RA 16cts / 2reps

BLOCK 1

0:24 / V1 / **Parties** are the best

2x8 / **A** / Step Curl L, R. *Relaxed Arms by sides*
4cts / 4reps

0:30 / V1 / **Come** over

2x8 / **A¹** / Step Curl L, R. *Double-Arm Bicep Curl*
4cts / 4reps

0:37 / PC / **And** girl

4x8 / **B** / Gallop L, R. *Double-Arm Bicep Curl*
8cts / 4reps

0:49 / PC / _ I'm in love

4x8 / **C** / Agility Side Step Over L, R. RA
4cts / 8reps

👁️ Agility L-Step Side Step Combo on last 8cts

1:01 / Instr /

AGILITY L-STEP SIDE STEP COMBO (8reps)

8x8 / **C¹** / Side Step L. RA 2cts

Step F. RA 2cts

Step To B. RA 2cts

Side Step R. RA 2cts

1:26 / Ref / **Come** on be

4x8 / **D** / Run F. RA 8cts

Run B. RA 8cts / 2reps

👁️ Run F & Swing B Combo on last 16cts

1:39 / Ref / **Come** on be

RUN F & SWING B COMBO (2reps)

4x8 / **D¹** / Run F. RA 8cts

Swing B. RA 8cts

1:52 / Instr / (Synth)

TRIPLE SQUAT JUMP IN COMBO (4reps)

4x8 / **E** / 3x Squat Pulse. *Hands on thighs* 6cts
Jump in 2cts

BLOCK 2

2:04 / C / Shape of **you**

32x8 / **REPEAT Sequences A, A¹, B, C, C¹, D¹ (x4), E to R**

BLOCK 3

3:44 / C / **I'm** in love

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

3:56 / Ref /

8x8 / **D¹** /  Run F & Swing B Combo
16cts / 4reps

4:21 / Instr / (Synth)

4x8 / **E** /  Triple Squat Jump In Combo
8cts / 4reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Come into this track with energy and excitement as it is the first opportunity to really get moving. Establish the basics in Layer 1 by setting good posture and control. Clearly coach direction in the Agility L-Step Side Step Combo. Once everyone is moving together, offer the options to stay moving side to side, and to reduce the impact.

- **Run F&B/Bounce** – run forward, run back, bounce right to left
- **Step Curl** – step lift, step lift. **Knees out, chest up**
- **Gallop** – step together, step curl. **Chest up, abs braced**, stay square to the front
- **Agility Side Step Over** – side to side. Hips and shoulders square to the front, **knee out, chest up**
- **Agility L-Step Side Step Combo** – L-step. Side, forward, back, side. You can lose impact and stay low, and you can choose to move side to side



- **Run F & Swing B Combo** – swing back left, right, left, right
- **Triple Squat Jump In Combo** – three Squats then jump in. **Push your knees out, keep your chest lifted**

BLOCK 2

LAYER 2

In Layer 2, we Drive Intensity by explaining how to get more out of the moves. Focus on driving the legwork in the Step Curl and the Gallop, then increase the depth in the Squat. In the L-Step Side Step Combo, the focus is to stay on the fore foot and push away from the floor to nail the light, lifted, agility feeling.

- **Step Curl** – let's start to work the 'down' phase
- **Gallop** – bend your knees to work the down, up, down
- **Agility Side Step Over** – side to side, keep it light
- **Agility L-Step Side Step Combo** – push away from the floor to keep you light, lifted and agile
- **Run F & Swing B Combo** – use your arms and come a little closer
- **Triple Squat Jump In Combo** – down, down, down. Push the hips back and down. Drive into your legs to turn on your power muscles

BLOCK 3

LAYER 3

Final round! By the end of this block, you want everyone's heart rates to be up and for them to be ready to work harder. Have some fun by using the lyrics to keep everyone connected to the workout.

- If you feel good, sing along
- Heart rate is starting to lift
- You are so ready for this workout!

03. AEROBIC

MUSIC Work Hard Party Harder 5:16 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to feel the lift in energy while enjoying the music and the feel of "work hard and party harder".

INTRO

0:00 / Instr / (Melody)

4x8 / **D** / Run OTS. RA 32cts

BLOCK 1

0:13 / V1 / **Monday** morning

4x8 / **A** / Single Knee Lift L, R. *Single-Arm Punch F* 4cts / 8reps

0:25 / PC / **Drink** too much

4x8 / **A¹** / Single Knee Lift L, R x4. *Single-Arm Punch Up* 4cts / 8reps

0:37 / C / **Work** hard party harder

4 KNEES & SHUFFLE COMBO (2reps)

8x8 / **B** / 4x Knee L. *Single-Arm Bicep Curl* 8cts

Shuffle OTS. RA 8cts

4x Knee R. *Single-Arm Bicep Curl* 8cts

Shuffle OTS. RA 8cts

1:01 / **Hard** or right

4x8 / **C** / Shuffle L, R. *Single Arm Punch Up 45°* 2cts / 16reps

1:13 / Br / Instr (Melody)

2x8 / **D** / Run OTS. RA 16cts

1:19 / Instr / (Heavy beat)

CROSS PATTERN

8x8 / **E** / Run to front. RA 8cts

Run B, Turn 90° L. RA 8cts

Run F 8cts

OPTIONS

Run – Walk or Jog

Knee Lift – No hop or no arms

Jumping Jack – Side Tap or Side Flick

Run B, Turn 90° L. RA 8cts

Run F 8cts

Run B, Turn 90° L. RA 8cts

Run F 8cts

Run B, Turn to face front. RA 8cts

1:43 / Instr / (Synth)

CROSS PATTERN WITH ARMS

8x8 / **E¹** / Run to front. *Double-Arm Reach Up* 8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn 90° L. RA 8cts

Run F. *Double-Arm Reach Up* 8cts

Run B, Turn to face front. RA 8cts

2:07 / Instr / (Synth)

4x8 / **F** / Jumping Jack. *Double-Arm Reach Up* 2cts / 16reps

BLOCK 2

2:19 / V2 / **Come** on

22x8 / **REPEAT SEQUENCES A – D**

3:25 / Instr / (Synth)

CROSS PATTERN WITH JUMPING JACK

8x8 / **E²** / Cross Pattern

Run F. RA 8cts

Run B. RA 4cts

Jumping Jack x2 – Turn 90° L 4cts / 4reps

3:49 / Instr / (Heavy beat)

CROSS PATTERN WITH ARMS & JUMPING JACK

8x8 / **E³** /  Cross Pattern With Arms

Run F. *Double-Arm Reach Up* 8cts

Run B 4cts

Jumping Jack. *Double-Arm Reach Up* – Turn 90°

L 4cts / 4reps

4:13 / Instr / (Synth)

4x8 / **F** /  Jumping Jack. *Double-Arm Reach*

Up 2cts / 16reps

BLOCK 3

4:25 / QC / **Work** hard

4x8 / **D** /  Run OTS 32cts

4:37 / C / **Work** hard party harder

8x8 / **E³** /  Cross Pattern With Arms &

Jumping Jack 64cts

5:01 / Rep / **Hard**

4x8 / **F** /  Jumping Jack. *Double-Arm Reach*

Up 2cts / 16reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Coach Layer 1 basics – name of move, body position and execution. Clearly coach the Cross Pattern with clear, simple cues that tell the class where to run and when to turn.

- *We're warm, ready to raise the energy, and to party hard*
- **Single Knee Lift** – right/left, **hips square to front, abs switched on, chest up**. You can remove the bounce anytime
- **Single Knee Lift, Single-Arm Punch Up** – push arm straight up to the ceiling
- **4x Knee & Shuffle Combo** – 4 Knees to the right, hold and shuffle. **Chest up, hips square to front, feet parallel**, on the balls of the feet. If you're not jumping, step across and march on the spot
- **Shuffle and Single-Arm Punch Up 45°** – **brace abs to keep hips square to front**
- **Cross Pattern** – run forward 4, 3, 2... run back, turn right, run forward, run back, turn right...
- *Are you guys ready to go bigger?*
- *Reach your arms higher and lift your heels to your butt*
- **Jumping Jack** – out in, out in. **Heels down, knees out, chest up**. Take out the jump anytime

BLOCK 2

LAYER 2/3

In Layer 2, we Improve Execution and Drive Intensity by explaining how to get more out of the moves. Make sure you allow time in this track to break away from the coaching and show how to party and really let go. Have fun and engage with the lyrics of the chorus to bring the song alive!

- **Single Knee Lift, Single-Arm Punch Up** – *more energy now*
- *BODYATTACK fans like to work hard and party hard*
- *Party like no one's watching!*
- **Shuffle and Single-Arm Punch Up 45°** – *reach your arm up higher for energy*
- **Cross Pattern** – *Run forward, run back, 2 Jumping Jacks. Jack, turn, jack. Always turn on the second Jack*
- *Can you run further and reach higher?*
- *You look so good!*
- **Jumping Jack** – *bend your knees more and sink down to energize your legs*

BLOCK 3

LAYER 3

In Layer 3 Share Energy, we celebrate the feeling of training together.

- *One more time – together!*
- *We're gonna work this party hard*
- *Just 30 seconds till this party is over*
- *Energy's up – we feel fantastic*

04. PLYOMETRIC

MUSIC Crazy Trumpets 6:27 mins

SPORTS TRAINING

TRACK FOCUS

I want my participants to train for power in the extended block of Lunges and explosive distance in the Squat Jump.

BLOCK 1

0:00 / Intro / Best

4x8 / Run OTS. RA 32cts

0:11 / Instr / (Quiet)

4x8 / **A** / Shuffle L, R. RA 8cts

Light Run OTS. RA 8cts

2reps

0:23 / Rep / Instr / (Techno)

8x8 / **A**¹ / Shuffle L, R OTS. RA 8cts

Run OTS. RA 8cts

4reps

0:46 / Instr / (fast beat)

8x8 / **B** / Single Plyometric Lunge L, R x2. RA

8cts

High Knee Run OTS. RA 8cts

4reps

1:09 / Instr / (Synth)

8x8 / **C** / Single Plyometric Lunge L, R. RA

4cts / 16reps

1:32 / Br / Instr

2x8 / Hold 16cts

1:38 / Instr / (Synth)

4x8 / Recovery – Run OTS 32cts

👁 Long Jump F & Run B Combo on last 16cts

1:44 / Instr / (Techno)

LONG JUMP F & RUN B COMBO (4reps)

8x8 / **D** / Long Jump F x2. Double-Arm Bicep

Curl 8cts

OPTIONS

Run – March or Jog

Plyometric Lunge – Step Knee or Alternating Lunge

Long Jump F – No impact

Butt Kick – Squat Jump

Run B. RA 4cts

Set feet apart 4cts

👁 High Knee Run on last 8cts

2:12 / Instr / (Fast beat)

12x8 / **D**¹ / Long Jump F x2. Double-Arm Bicep

Curl 8cts

High Knee Run B. RA 4cts

Set feet apart 4cts

6reps

2:48 / Instr / (Fast beat)

4x8 / **E** / Butt Kick. Double-Arm Swing 4cts /

8reps

2:59 / Br / Instr (techno)

4x8 / Recovery 32cts

BLOCK 2

3:11 / Instr / (Techno)

4x8 / **A** /  Shuffle L, R. RA 8cts

Light Run OTS. RA 8cts

2reps

3:22 / Rep / Instr / (Synth)

8x8 / **A**¹ /  Shuffle L, R. RA 8cts

Run OTS. RA 8cts

4reps

3:45 / Instr / (Synth)

8x8 / **B** /  Single Plyometric Lunge L, R x2. RA

8cts

High Knee Run OTS. RA 8cts

4reps

4:08 / Instr / (Synth)

8x8 / **C** /  Single Plyometric Lunge L, R. RA

4cts / 16reps

4:31 / Instr / (Quiet)

2x8 / Hold 16cts

4:37 / Instr / (Quiet)

4x8 / Recovery Run OTS 32cts

 Long Jump F & Run B Combo on last 16cts

4:43 / Instr / (Techno)

8x8 / **D** /  Long Jump F x2. Double-Arm

Bicep Curl 8cts

Run B. RA 4cts

Set feet apart 4cts

4reps

5:11 / Instr / (Synth)

12x8 / **D¹** /  Long Jump D x2. Double Arm

Bicep Curl 8cts

High Knee Run B. RA 4cts

Set feet apart 4cts

6reps

5:47 / Instr / (Fast beat)

4x8 / **E** /  Butt Kick. Double-Arm Swing

4cts / 8reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Set up the rhythm of the Shuffle/Lunge and Run combo first, then give your options. In the block of single Lunges, coach your safety cues and the range of motion.

- 4 blocks of power starting right now
- 2 moves: 8 Shuffles, easy Run
- **Shuffle/Run** – stay on the balls of your feet in the Shuffle; kick your heels up in the Run
- **Plyometric Lunge** – 4 Lunges, **front knee out**, rear knee down, **chest up, abs braced**. Option: Backward-Stepping Lunge
- **High Knee Run** – **chest up**, knees up; option to March
- Extended block of power – keep going! Commit to the finish of the first block

BLOCK 2

LAYER 1

Set up the rhythm of the Jump Forward and Run Back, then focus on where the feet are and on coaching safety cues.

- Now we work explosive power in the legs
- **Long Jump x2** – 2 Jumps Forward, Run Back. Step wide, bend, jump. 1, 2, run back, step wide. **Land with soft knees and chest up**. When you jump, sit back, load the legs and explode forward



- **High Knee Run** – drive your legs up, knees to hip-level
- **Butt Kick** – **abs braced, land with bent knees**. If you don't want to kick back, stay with the Squat Jump

BLOCK 3

LAYER 2/3

In Layer 2, we Drive Intensity and Improve Execution by explaining how to get more out of the moves or how they can perform them better. In Layer 3, we motivate our participants to hang on to the end! Challenging coaching such as “I know you’ve got more” will get some people to work harder, whereas others respond to Positive Motivators such as “You can do this”.

- Easy, bring your heart rate down, reset
- **Shuffle/Run** – feel the power in your feet and your arms
- **Plyometric Lunge** – bend your rear knee to engage your quads and fire up your glutes
- **High Knee Run** – knees up, lean back
- We love it!
- Stay down in the workout
- It's all yours – 20 seconds – hang on

BLOCK 4

LAYER 2/3

Final effort! Help everyone to reach their maximum by explaining how they can jump further in the Long Jump, then motivate them to hang on in the final set of Butt Kicks.

- **Long Jump x2** – pick your feet up, bend your knees more to load your legs. Stop, drop, jump. Swing your arms as you jump
- **High Knee Run** – Lean back, drive your knees up
- Legs are burning; lungs are burning!
- **Butt Kick** – 15 seconds! Go!

05. ATHLETIC STRENGTH

MUSIC Catch 6:08 mins

COMBINATION OF UPPER & LOWER BODY STRENGTH TRAINING

TRACK FOCUS

I want my participants to follow the two combinations successfully to achieve the functional training benefits.

OPTIONS

All Pushups – On knees, toes, or rest!

BLOCK 1

0:00 / Instr / (Synth)

4x8 / Set up Squat 32cts

0:14 / Instr / (Synth)

6x SQUAT & 6x PUSHUP COMBO (4reps)

16x8 / **A** / 6x Bottom Half Pulse Squat. *Hands on thighs* 2cts

Walk hands to Plank position 4cts

6x Tricep Bottom Half Pushup 2cts

Walk Hands B to Standing 4cts

Last rep hold down. *Set hands wide*

1:15 / Instr / (Techno)

4x8 / **B** / Fast Chest Pushup 2cts / 16reps

BLOCK 2

1:28 / Instr / (Quiet)

4x8 / Recovery 32cts

👁 Squat – Pushup – Mountain Climber – Pushup Combo

1:44 / Instr / (Techno)

SQUAT – PUSHUP – MOUNTAIN CLIMBER – PUSHUP COMBO (5reps)

20x8 / **C** / 3x Bottom Half Squat – Hold last one down 6cts

Walk To Plank 2cts

3x Tricep Bottom Half Pushup 6cts

Hold Plank 2cts

Mountain Climber L, R x3 8cts

1x Pushup 2cts

Jump Feet wide 2cts

Walk B 4cts

BLOCK 3

2:59 / Instr / (Techno beat)

4x8 / Recovery 32cts

3:14 / Instr / (Techno beat)

16x8 / **A** /  6x Squat & 6x Pushup Combo 32cts / 4reps

Last rep, hold down. *Set hands wide* 4cts

4:14 / Instr / (Upbeat)

4x8 / **B** /  Fast Chest Pushup 2cts / 16reps

BLOCK 4

4:29 / Instr / (Quiet)

8x8 / Recovery 64cts

4:59 / Instr / (Build)

16x8 / **C** /  Squat – Pushup – Mountain Climber – Pushup Combo 32cts / 4reps

TECHNIQUE & COACHING

BLOCK 1 & 2

LAYER 1/2

To teach this track successfully you need to coach cues that are timely and delivered at a good pace. Planning your script is essential. Make sure you cue early to ensure that everyone can follow you. Set up the Combination early on and coach basic Layer 1 cues to get everyone moving on the beat. Be precise with range and timing and offer the option to slow the 6 Fast Pushups down to 3.

- **6x Squat & 6x Pushup Combo** – 6 Squats: 1, 2, 3, 4... hands walk forward, 6 Bottom Half Tricep Pushups. **Hands under shoulders, elbows in by ribs, chest to elbow-height.**

Knees out, chest up, hips back and down.
Keep your feet wide

- You can do 6 Fast Pushups, or 3 slow
- **Chest Pushup** – hands wide, down, up, up, down. **Chest to elbow-height, abs braced.** Option to slow the move down
- **Squat – Pushup – Mountain Climber – Pushup Combo** – 3 Squats, walk forward, 3 Tricep Pushups, 3 Mountain Climbers, 1 Pushup, jump wide and walk back
- Keep the hips down in Squat to move forward. Hips still, abs braced in the Mountain Climber
- Keep your weight forward in the Tricep Pushup and Mountain Climber
- Knees close to the floor in the Mountain Climber



BLOCK 3 & 4

LAYER 2/3

In Layer 2, we Drive Intensity by telling our class

how to get more out of the exercises. Focus on achieving full range in the Squats and Pushups to keep the load in the legs and the upper body. Bring their attention to which muscle group we are training – whether it's the upper or lower body. Help everyone to the finish line by explaining the benefits of functional strength training. This is a tough track so show empathy, encouragement and support, to help everyone to the end with authenticity.

This is a busy track so have some clear outcomes for each block. Think: one outcome per rep. Having clear outcomes will allow the music to come through and allow you to match your voice to the highs and lows of the song. This contrast will help guide your participants as to when they need to be working hard!

- The upper body recovers as we work the legs, and vice versa
- **6x Squat & 6x Pushup Combo** – stay down in the Squat to strengthen the legs. Keep the Pushup low and small, weight forward, elbows in tightly. Work the legs – they're on. Then legs off, upper body on
- Stay in the work, 1 more rep for this set
- Stay close to the floor in the Bottom Half Pushup
- **Chest Pushup** – keep pushing; push the floor away, finish the set!
- 1 more set to go
- We need functional strength at every age
- We're training our bodies to get down to the floor quickly, and then quickly back up to make us strong and agile
- **Squat – Pushup – Mountain Climber – Pushup Combo** – 2: 3 Squats, walk forward, Pushup, Mountain Climber, 1 Pushup, jump wide, walk back. Keep it smooth and controlled
- Stay in it – only a couple of reps to go
- We're getting stronger and more agile

06. RUNNING

MUSIC Are You With Me 4:41 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to feel connected to the lyrics and enjoy the sense of training together.

OPTIONS

Run – Walk or Jog

Step Lunge with Runner Knee and Propulsion – No Jump

BLOCK 1

0:02 / Instr / (Melody)

4x8 / Jog OTS. RA 32cts

0:14 / Rep / I wanna dance

4x8 / **A** / Backward-Stepping Lunge L 4cts / 8reps

0:25 / I wanna dance

4x8 / **A** / Backward-Stepping Lunge R 4cts / 8reps

0:37 / Instr / (Beat)

4x8 / **A**¹ / Backward-Stepping Lunge L, R. RA 8cts / 4reps

0:50 / Instr / (Synth)

8x8 / **B** / Circle Run. RA 64cts

1:13 / **If** I

RUN IN & OUT COMBO

8x8 / **C** / Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

Run B. RA 8cts

Run OTS. RA 8cts

Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

High Knee Run OTS 16cts

1:36 / Br / Instr

2x8 / Run B. RA 16cts

BLOCK 2

1:42 / Rep / I wanna dance

4x8 / **D** / Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

1:53 / I wanna dance

4x8 / Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

2:05 / Instr / (Beat)

4x8 / **A**¹ / **REPEAT** Backward-Stepping Lunge L, R. RA 8cts / 4reps

2:17 / Instr / (Synth)

8x8 / **B** / **REPEAT** Circle Run. RA 64cts

2:40 / **If** I want

8x8 / **C** / **REPEAT** Run In & Out Combo 64cts

3:04 / Br / Instr / (Quiet)

2x8 / **C**¹ / Run B. RA 16cts

BLOCK 3

3:10 / Rep / I wanna dance

4x8 / **D** / **REPEAT** Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

3:21 / I wanna dance

4x8 / **REPEAT** Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

3:33 / Instr (Beat)

4x8 / **A**¹ /  Backward-Stepping Lunge L, R.
RA 8cts / 4reps

3:45 / Instr (Synth)

8x8 / **B** /  Circle Run. RA 64cts

4:08 / I wanna dance

8x8 / **C** /  Run In & Out Combo 64cts

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

This is a great track to lift the energy back up! Use the Jog OTS to connect the music and then quickly focus on the setup of the Backward-Stepping Lunge. Clearly coach to stay on the same leg first, and when to switch. Coach Layer 1 basics to get everyone moving with good alignment and timing.

- *Bring back the love, bring back the feel – it just feels good to move together*
- **Backward-Stepping Lunge** – right leg – 8 Lunges. 8, 7, 6... **front knee out, chest up, front thigh parallel to floor**
- **Circle Run** – pump the arms and the legs; go as fast as you want to
- **Run In & Out Combo** – run in 8, 7, 6... run back

BLOCK 2

LAYER 1/2

Coach Layer 1 Setup of the Runner Knee and Propulsion, then in Layer 2 we Drive Intensity by increasing the range of motion in the Lunge to load the legs and add more speed in the Circle Run to lift the heart rate. Use the words of the song *Are You With Me* to create fun Connection with your participants, then contrast this with precise coaching in the strength work.

- **Backward-Stepping Lunge with Runner Knee and Propulsion** – knee straight down and straight up. **Keep your back straight and hips square to front.** Push the hip and heel down, and push off the ball of your foot
- **Backward-Stepping Lunge** – stay low at the

front to load your quads

- **Circle Run** – if you want to run faster, pump the arms and pick up your feet to get the heart rate up
- *Are you with me?*

BLOCK 3

LAYER 2/3

Continue to Drive Intensity in the Runner Knee and Propulsion by coaching your class to feel the push through the heel-ball-toe action to jump higher. Educate your class on the benefits of this move – it's fantastic for building single-leg power!

- **Backward-Stepping Lunge with Runner Knee and Propulsion** – bend your rear knee down then push heel-ball-toe to get up in the air. The harder you push, the higher you're going to fly!



- **Backward-Stepping Lunge** – work the 'down' phase
- *Shall we bring it home? Reach and run!*
- *Sing it with me!*

06. RUNNING

MUSIC Are You With Me 4:41 mins

AEROBICS, SPORTS & STRENGTH TRAINING

TRACK FOCUS

I want my participants to feel connected to the lyrics and enjoy the sense of training together.

BLOCK 1

0:02 / Intro / (Melody)

4x8 / Jog OTS. RA 32cts

0:14 / Rep / I wanna dance

4x8 / **A** / Backward-Stepping Lunge L 4cts / 8reps

0:25 / I wanna dance

4x8 / Backward-Stepping Lunge R 4cts / 8reps

0:37 / Instr / (beat)

4x8 / **A**¹ / Backward-Stepping Lunge L, R. RA 8cts / 4reps

0:49 / Instr / (Synth)

8x8 / **B** / Shuffle OTS. RA 64cts

1:13 / If I

RUN IN & OUT COMBO

8x8 / **C** / Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

Run B. RA 8cts

Run OTS. RA 8cts

Run In. Double-Arm Reach Up x4 8cts

Run OTS. Double-Arm Reach Up x4 8cts

High Knee Run OTS 16cts

1:36 / Br / Instr

2x8 / Run B. RA 16cts

BLOCK 2

1:42 / Rep / I wanna dance

4x8 / **D** / Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

SMALL-ROOM OPTIONS

OPTIONS

Run – Walk or Jog

Step Lunge with Runner Knee and Propulsion – No Jump

1:53 / I wanna dance

4x8 / Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

2:05 / Instr / (Beat)

4x8 / **A**¹ /  Backward-Stepping Lunge L, R. RA

8cts / 4reps

2:17 / Instr / (Synth)

8x8 / **B** /  Shuffle OTS. RA 64cts

2:40 / If I want

8x8 / **C** /  Run In & Out Combo 64cts

3:04 / Br / Instr / (Quiet)

2x8 / **C**¹ / Run OTS. RA 16cts

BLOCK 3

3:10 / Rep / I wanna dance

4x8 / **D** /  Backward-Stepping Lunge L with Runner Knee and Propulsion 32cts

3:21 / I wanna dance

4x8 /  Backward-Stepping Lunge R with Runner Knee and Propulsion 32cts

3:33 / Instr (Beat)

4x8 /  Backward-Stepping Lunge L, R. RA 8cts / 4reps

3:45 / Instr (Synth)

8x8 / **B** /  Shuffle OTS. RA 64cts

4:08 / I wanna dance

8x8 / **C** /  Run In & Out Combo 64cts

07. AGILITY

MUSIC Axel F 4:14 mins

SPORTS TRAINING

TRACK FOCUS

I want my participants to train for stability and control in the 3-Step Run and speed in the Ladder Runs.

BLOCK 1

0:00 / Instr / (Techno)

4x8 / Split room **32cts**

0:11 / I / (Heavy Techno)

8x8 / **A** / 3-Step Run L **4cts**

Hold – 1-Legged Squat **4cts**

3-Step Run R **4cts**

Hold – 1-Legged Squat **4cts**

4reps

👁 Leap F&B Combo on last 4cts

0:35 / Instr / (Techno)

3-STEP RUN & LEAP F&B COMBO (4reps)

8x8 / **B** / 3-Step Run L **4cts**

Leap F R **2cts**

Leap B L **2cts**

3-Step Run R **4cts**

Leap F L **2cts**

Leap B R **2cts**

0:58 / Instr / (Synth)

4x8 / **C** / F&B Straddle Run. RA **32cts**

1:10 / Instr / (Synth)

4x8 / **D** / Ladder Run OTS. RA **2cts / 16reps**

BLOCK 2

1:21 / Instr / (Techno)

4½x8 / Change sides – Run! **36cts**

1:35 / Instr / (Heavy Techno)

8x8 / **A** /  3-Step Run L **4cts**

 Hold – 1-Legged Squat **4cts**

OPTIONS

Ladder Run – Walk or Jog

3-Step Run Combos – No impact

 3-Step Run R **4cts**

 Hold – 1-Legged Squat **4cts**

4reps

1:58 / Instr / (Techno)

8x8 / **B** /  3-Step Run & Leap F&B Combo

16cts / 4reps

2:22 / Instr / (Synth)

4x8 / **C** /  F&B Straddle Run. RA **32cts**

2:34 / Instr / (Synth)

4x8 / **D** /  Ladder Run OTS. RA **32cts**

BLOCK 3

2:45 / Instr / (Techno)

4x8 / Change sides – Run! **32cts**

2:57 / Instr / (Heavy Techno)

8x8 / **B** /  3-Step Run & Leap F&B Combo

16cts / 4reps

3:21 / Instr / (Techno)

3-STEP RUN & ROCK STEP F & B COMBO (4reps)

8x8 / **E** / 3-Step Run L **4cts**

Rock Step F&B x2 R **4cts**

3-Step Run R **4cts**

Rock Step F&B x2 L **4cts**

3:44 / Instr / (Synth)

4x8 / **C** /  F&B Straddle Run. RA **32cts**

3:56 / Instr / (Synth)

4x8 / **D** /  Ladder Run, move F. RA **32cts**

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Set up Layer 1 with clarity, naming the moves and explaining where to move and when. Focus on setting up the “1, 2, hold” rhythm before you add in the Leap F&B. Clearly coach the execution of the Leap.

- **3-Step Run** – 2 steps over, stop. 1, 2, stop. **Hips square to front.** When you stop, **brace your abs and lift your chest**
- **3-Step Run with Leap F&B Combo** – 1, 2, stop, leap forward, back. When you leap, push forward and back. Use your thigh muscles to push off your spot but keep your torso still
- **Straddle Run** – forward, back. Weight in the toes and move off your spot
- **Ladder Run** – out and in. **Brace abs, hips square to front**, hinge forward from the hips

BLOCK 2

LAYER 2

In Layer 2, we Drive Intensity by increasing the distance travelled and the depth in the 3-Step Run and the Leap F&B. Use cues that will help your class move faster in the Ladder Run. Giles chose the External cue of running over a line on the floor. How will you coach your participants to increase their speed?

- **3-Step Run** – run, run, stop. Can you sit down lower to engage your glutes? Can you push further across the floor?
- **3-Step Run with Leap F&B Combo** – run, run, stop, forward, back. Focus on the distance you’re jumping in and out. The intensity is in the distance. Drive forward off your glutes, and back off your front foot

- **Straddle Run** – forward, back. Quick feet for speed training. Imagine a line on the floor and run over it; pump your arms for speed
- **Ladder Run** – out and in. Can you take your feet wider to push the heart rate?

BLOCK 3

LAYER 2/3

Keep encouraging the same distance and range from Block 2, but now we introduce the Rock Step. Be sure to coach the rhythm of this move, and then keep everyone working hard by focusing on pushing out of the floor to engage their quads and glutes. Finally, the last set of the Ladder Runs is all about motivation and connection!

- **3-Step Run with Leap F&B Combo** – go for the distance. Use your glutes to jump forward and then drive back through your thigh muscles
- We’ve got control and stability – let’s add the speed!
- **3-Step Run with Rock Step Leap F&B Combo** – 1, 2, 1, push. Go wider, use the outside of your foot
- **Straddle Run** – push it, pump your knees for speed

08. INTERVAL

MUSIC It Ain't Me 4:09 mins

AEROBICS TRAINING

TRACK FOCUS

I want my participants to enjoy the music and share the BODYATTACK love!

OPTIONS

Side Flick – Side Tap

Run – March or Jog

Kick – Tap or Low Kick

INTRO

0:00 / V1 / **I** had a dream

6x8 / Run OTS. RA 48cts

0:18 / C / **Who's** gonna walk

RUN & LOW KICK COMBO (2reps)

8x8 / Run F. RA 8cts

Low Kick L, R. *Single-Arm Punch F* x4 8cts

Run B. RA 8cts

Low Kick L, R. *Single-Arm Punch F* x4 8cts

0:42 / C / **It** Ain't Me

4x8 / Single Kick L, R. *Single-Arm Punch F*
4cts / 8reps

BLOCK 1

0:54 / V2 / **I** had a dream

4x8 / **A** / Side Flick L, R. *Straight Arm Side Raise*
4cts / 8reps

1:06 / QC / **Who's** gonna

4x8 / **B** / Double Flick L, R. *Straight Arm Side Raise*
8cts / 4reps

1:17 / C / **No** it ain't me

8x8 / **C** /  Run & Low Kick Combo 32cts / 2reps

1:41 / I / (Synth)

RUN & SINGLE KICK COMBO (2reps)

8x8 / **D** / Run F. *Double-Arm Reach Up* x4 8cts

Single Kick L, R. *Single-Arm Punch F* 8cts

Run B. *Double-Arm Reach Up* x4 8cts

Single Kick L, R. *Single-Arm Punch F* 8cts

BLOCK 2

2:05 / V3 / **I** had a dream

REPEAT SEQUENCES A – D

BLOCK 3

3:16 / Instr (Synth)

4x8 / Jog OTS. RA 32cts

3:29 / C / **Who's** gonna walk

JUMPING JACK COMBO

4x8 / **E** / Jumping Jack x8. *Arms down* 2cts

Jumping Jack x4. *Double Punch Down 45°* 8cts

Jumping Jack x4. *Slow Arm Circle Raise to Top*
8cts

3:41 / Instr / (Synth)

4x8 / **D** /  Run & High Kick Combo 32cts

3:53 / C / **Who's** gonna walk

4x8 / **F** /  Single Kick L, R. *Move F, Single-Arm Punch F* 4cts / 8reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1

Clearly coach the direction and reps of the Run/Kick Combo and offer the low impact option early on so everyone feels successful. This set is all Layer 1 basics: name the move, options, setting up good alignment and safety cues.

- *Interval Training: we've got good music and good vibes*
- **Run & Low Kick Combo 1** – *run easy, 4 low Kicks, 4, 3, 2... run back. You can always take out the impact and march, then tap long and low*
- **Single Kick** – ***chest up, back straight, kick to hip-height, hips square to front***
- **Side Flick** – *right, left, hips square to front, shoulders back, chest up. Choice to tap low*
- **Run & Single Kick Combo** – *extend through the kick and lift the heels as you run to lift the energy*

BLOCK 2

LAYER 2/3

In Layer 2, tell your class how to get more out of the moves to maximize the workout. Coach your participants to feel the extension through the arms and legs to lift the energy. Match your body, voice and facial expression to the energy of the music when it lifts in the Run & Single Kick Combo.

- *Reset and refocus*
- **Double Side Flick** – *extend your arms to the walls and lengthen through your legs*
- **Run & Single Kick Combo** – *feel the length and the reach*
- *If you're happy and you know it clap your hands!*

BLOCK 3

LAYER 3

In Layer 3, we celebrate the feeling of training together. This one is all about the BODYATTACK love – sharing the energy and sweating together!

- *Stay here – keep kicking*
- *We work together!*
- *Feel the BODYATTACK love*

PERFORMANCE

Let the music be the driver in this track. Allow it to have a voice – think of yourself as 'team-teaching' with the music. Rather than being tempted to fill the gaps, just say what you need to and trust that your class will follow you. Less is more in this track!

09. POWER

MUSIC Black Rose 5:27 mins

AEROBICS AND SPORTS TRAINING

TRACK FOCUS

I want my participants to build intensity through each block and 'max out' in the final peak.

BLOCK 1

0:00 / Intro /

4x8 / **A** / Run OTS. RA – Move to R side of room
32cts

0:10 / A / **This** is where

4x8 / **B** / Run OTS. RA 32cts

0:22 / I can feel

4x8 / **C** / Easy Jumping Jack. *Relaxed Arms by sides* 2cts / 16reps

0:34 / V / _ Black Rose

4x8 / **C**¹ / Single Knee Lift L, R Relaxed. *Single-Arm Bicep Curl* 4cts / 8reps

0:45 / C / **Finger** on it

4x8 / **D** / Double Knee Lift L, R Relaxed. *Single-Arm Bicep Curl* 8cts / 4reps

0:57 / Instr / Rose _

8x8 / **D** / Run to L side 8cts

Double Jump F&B x4 – Turn 180° to R side 8cts

Run to R side 8cts

Double Jump F&B x4 – Turn 180° to face L side
8cts

2reps

👁 Tuck Jump x1 on last 2cts

1:20 / Instr / (Synth)

4x8 / **D**¹ / Run to L side 8cts

Double Jump F&B x3 – Turn 180° to R side 6cts

Tuck Jump x1 2cts

Run to R side 8cts

Double Jump F&B x3 – Turn 180° to face L Side
6cts

Tuck Jump x1 2cts

👁 Tuck Jump x2 on last 4cts

1:31 / Instr / (Build)

4x8 / **D**² / Run to L side 8cts

Double Jump F&B x2 – Turn 180° to R side 4cts

Tuck Jump x2 4cts

Run to R side 8cts

Double Jump F & B x2 – Turn 180° to face L
side 4cts

Tuck Jump x2 4cts

1:55 / Instr / (Synth)

4x8 / **E** / High Knee Run – Move in together into
a circle 32cts

2:07 / Instr / (Synth)

4x8 / **F** / Jumping Jack. *Cross Arms O/H*
2cts / 16reps

2:18 / Instr / (Synth)

4x8 / **G** / Ski Jump L, R 2cts / 16reps

2:29 / Instr / (Synth)

4x8 / **H** / Air Jack. *Double-Arm Reach Up*
2cts / 16reps

BLOCK 2

2:42 / **This** is where

4x8 / Recovery 32cts

2:53 / I can feel

REPEAT SEQUENCES B – H

5:12 / Instr / (Synth)

4x8 / High Knee Run In – move faster with the
music 32cts

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/2

Tell your participants how long they will be working at maximum effort for in each block. Set up Layer 1 with the basics. Clearly teach the different combinations using short, clear cues and let the class know they can choose to stay with the 4 Jumps, or add the Tuck Jump for more intensity.

- 5 minutes, final track: 2 blocks of work
- We work for 45 seconds of maximum effort in this block
- **Single Knee Lift** – right, left. Knee to hip-height, back straight, **chest up, abs braced**
- **Double Knee Lift** – 1, 2
- Turn to the right, combination is coming
- **Run & Jump Combo** – 8 Runs, 4 Jumps: corner, front, corner, side, run. 4 Jumps, turn to the front. **Land with soft knees**
- **Run & Tuck Jump Combo** – **drive knees to chest**, bend knees to jump and to land
- 45 seconds, 4 moves
- **High Knee Run** – move 1: face the middle, **chest up**
- **Jumping Jack** – move 2: **heels down, knees out, chest up**, feet out and in
- **Ski Jump** – move 3: **knees soft, abs braced, chest up**, feet together, side to side
- **Air Jack** – move 4: pushup, **bent knee landing, abs braced, chest up**

BLOCK 2

LAYER 2/3

You don't have much time to coach Layer 2, so pick the most useful cues to help your class get more out of the movements. Educate them on what fitness element we are training and why: the Ski Jump is agility to drive the heart rate up, the High Knee Run is speed training, and the Air Jack gives us power to take our fitness further. When you're into the final 55 seconds, use time references to help everyone hang on to the finish!

- BODYATTACK fans love to work hard! We know it feels good and the power we build takes us further
- **Run & Jump Combo** – run further, pick up your feet
- **Run & Tuck Jump Combo** – pull your knees higher
- Final block, 55 seconds!
- **High Knee Run** – drive your knees up, pump your arms
- **Jumping Jack** – drive your hips down, use your glutes
- **Ski Jump** – use the agility to drive the heart rate up
- **Air Jack** – 20 seconds! We use power to take your fitness further
- 10 seconds – sprint!

INTENSITY

The most important thing in this track is that you increase the intensity in each block, but be careful not to peak too soon! The music has great builds so match these with your coaching and the way you use your voice, face and body. Be careful not to teach this track too aggressively – there are still opportunities to lighten up and smile. Keep your coaching supportive and encouraging.

10. CORE

MUSIC Game Time 5:18 mins

CORE STRENGTH

TRACK FOCUS

I want my participants to feel the endurance focus of 60 seconds of continuous core activation in the Side Plank Hover.

BLOCK 1

0:00 / C / **Down**

4x8 / Transition to floor 32cts

0:21 / Instr / (Beat)

6x8 / **A** / C-Crunch 4cts / 12reps

0:52 / Br / **You** gonna

2x8 / **B** / Roll to Side Plank 8cts

Set arm straight up 8cts

1:02 / C / It's about to go **down**

4x8 / **C** / Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

1:23 / Br / Instr (beat)

1x8 / **C**¹ / Hold Side Plank. *Top Arm Reach Up* 8cts

1:28 / **I'm** gonna let

1x8 / **D** / Roll to Hover 8cts

1:34 / V2 / **I'mma** let you

4x8 / **D**¹ / Hover 32cts

1:55 / PC / _ we gonna make

2x8 / **REPEAT** Roll to Side Plank 16cts

2:05 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

2:26 / Br / Instr / (Beat)

½x8 / Sit up 4cts

BLOCK 2

2:27 / Br / Instr (Beat)

2x8 / Transition to other side 16cts

2:38 / V3 / I'm a **hustler**

4x8 / **A** / **REPEAT** C-Crunch 4cts / 8reps

2:59 / **We** gonna make

2x8 / **B** / Roll to Side Plank 8cts

Set arm straight up 8cts

3:09 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

3:30 / C / Instr (beat)

2x8 / **C**¹ / **REPEAT** Hold Side Plank. *Top Arm Reach Up* 8cts

3:35 / **I'm** gonna let

1x8 / **D** / Roll to Hover 8cts

3:41 / V4 / **I'm** gonna let

4x8 / **D**¹ / Hover 32cts

4:01 / PC / **We** gonna make

2x8 / **REPEAT** Roll to Side Plank 16cts

4:12 / C / **Down**

4x8 / **C** / **REPEAT** Side Plank Pulses. *Top Arm Reach Up* 2cts / 16reps

4:32 / V5 / **Step** back

4x8 / **E** / Oblique Crunch L, R 8cts / 4reps

4:53 / C / **Down**

2x8 / **F** / Cross Crawl L, R 4cts / 4reps

5:04 / C / **Friend** zone

2x8 / **F**¹ / Cross Crawl L, R 2cts / 8reps

TECHNIQUE & COACHING

BLOCK 1

LAYER 1/2

In Layer 1, set up the body position and execution of the moves, then deliver your safety cues for stability. Clearly set up the position of the Side Plank, and coach your class to lift their hips up in the Side Pulse. Coach the Track Focus of building endurance in the core by squeezing the underside of the body.

- **C-Crunch** – *fingertips to temples. Up, down. stop knees directly above your hips, **tuck your chin in to lengthen your neck, draw your ribs towards your hips***
- **Side Plank Pulse** – **Layer 1:** *split feet, lift hips off the floor. Small pulse: up, up, up. Keep body square to front and push hips towards ceiling. If you need to, bend your bottom knee for more support. **Layer 2:** we are building endurance in our core. Focus on squeezing under your hip and ribs, pushing a little higher*
- **Roll to Hover** – *keep tension in your abs as we rotate as one unit to Hover*
- **Hover** – *elbows under shoulders, **abs braced, back straight**, you can drop to your knees anytime*

BLOCK 2

LAYER 2/3

In Layer 2, we Drive Intensity and Improve Execution by telling your participants how they can improve their quality of movement to feel the work in the target muscles. Make sure your class is maintaining tension through the core as they rotate from Side Plank to Hover and then back again. Educate them on the benefits: keeping their core locked tightly will make the exercise both safer and more intense. Remember to take some time out of the coaching to enjoy the song! It's a great track, with motivating lyrics that you can use to connect with your class.

- **C-Crunch** – *when you stop your knees hard at the top, you force more muscles to contract*
- **Side Plank Pulse** – *reset your focus; are you still square to the front? Are you still pushing your hips high? Can you feel it starting to burn?*
- **Roll to Hover** – *focus on maintaining a tight core through the slow rotation*
- **Hover** – *we build core endurance for athletic performance*
- *Championship round crew!*
- *It's game time!*
- *I've been waiting all night for this*
- **Oblique Crunch** – *front, back. **Pull your shoulder across your mid-line to opposite knee***
- **Cross Crawl** – *legs to 45°, **aim shoulder to opposite knee**, turn from the center of your chest*

11. COOLDOWN

MUSIC Mama 3:02 mins

TRACK FOCUS

Celebrate the workout together as you take your class through the Cooldown.

BLOCK 1

0:00 / Intro / (Instr)

2x8 / Transition to floor **16cts**

0:09 / V1 / **Where** should we

2x8 / **A** / Kneeling Hip Flexor Stretch R. *R Arm Reach O/H* **16cts**

0:17 / V1 / **Babe**

2x8 / **A**¹ / Straighten rear leg. *R hand to floor* **16cts**

0:26 / PC / **Don't** wanna wake

2x8 / **B** / Hamstring Stretch L. *HOH* **16cts**

0:36 / **Don't** want

2x8 / **C** / Soleus Stretch L. *Hands to floor* **16cts**

0:45 / C / **Hey** mama

2x8 / **D** / Standing Calf Stretch R **8cts**
O/H Tricep Stretch **8cts**

0:54 / C / **We'll** be back

2x8 / **E** / Quad Stretch R. *L arm out to side* **16cts**

1:03 / Instr / (Beat)

2x8 / **F** / Side-to-Side Adductor Stretch R, L.
Hands on thighs **16cts**

1:12 / C / **Tonight**

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

1:22 / V2 / **Where** shall

2x8 / **A** / Kneeling Hip Flexor Stretch L. *L Arm Reach O/H* **16cts**

1:31 / **Mama**

2x8 / **A**¹ / Straighten rear leg. *L hand to floor* **16cts**

1:40 / PC / **Don't** wanna

2x8 / **B** / Hamstring Stretch R. *HOH* **16cts**

1:49 / PC / **Don't** wanna

2x8 / **C** / Soleus Stretch R. *Hands to floor* **16cts**

1:59 / C / **Hey** mama

2x8 / **D** / Standing Calf Stretch L **16cts**
O/H Tricep Stretch **16cts**

2:08 / C / **We'll** be back

2x8 / **E** / Quad Stretch L. *R arm out to side* **16cts**

2:17 / C / **Hey** mama

2x8 / **F** / Side-to-Side Adductor Stretch L, R.
Hands on thighs **16cts**

2:26 / **We'll** be back

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

2:35 / Instr / (Beat)

2x8 / **G** / Iliotibial Stretch L **16cts**

2:45 / Instr / (Beat)

2x8 / **G** / Iliotibial Stretch R **16cts**

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

STEP TOUCH

Chest up

Hips square to front

BOUNCE

Hips and shoulders square to front

Knees soft

Feet wide

SQUAT

Knees out

Chest up

PLANK

Abs braced

Body square to floor

Back long and straight

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

STEP CURL

Chest up

Heel to butt

Knees out

GALLOP

Chest up

Abs braced

Step, skip, Step Curl

Push out of the floor

Move down and up

SIDE STEP OVER

Chest up

Abs braced

Knee out

SINGLE KNEE LIFT

Stay square to front

Knee to hip-height

Abs braced

Chest up

SHUFFLE

Chest up

Hips square to front

Light on balls of feet

JUMPING JACK

Heel down

Knees out and bent

Chest up

SINGLE PLYOMETRIC LUNGE

Front knee out

Chest up

Back knee down

LONG JUMP

Land with bent knees

Chest up

HIGH KNEE RUN

Chest up

Knees towards chest

Elbows drive forward

BUTT KICK

Abs braced

Land with bent knees

BOTTOM HALF PULSE SQUAT

Knees out
Weight in heels
Chest up
Hips just above knee-line

BOTTOM HALF TRICEP PUSHUP

Hands under shoulders
Elbows in by ribs
Chest to elbow-height

PUSHUP

Chest to elbow height
Abs braced

BOTTOM HALF SQUAT

Knees out
Weight in heels
Chest up
Hips just above knee-line

MOUNTAIN CLIMBER

Knee towards chest
Butt down
Abs braced to support mid-section

BACKWARD-STEPPING LUNGE WITH RUNNER KNEE AND PROPULSION

Back straight and hips square
Push the hip and heel down and push off the
ball of your foot
Front knee out
Chest up
Front thigh parallel to floor

3-STEP RUN

Hips square to front
Brace your abs
Lift your chest

LEAP

Chest up
Drive out of floor
Knees bent on landing
Knee out over toes

STRADDLE RUN

Weight in the toes and move off your spot
Fast feet

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 to front

SIDE FLICK

Hips square to front
Shoulders back
Chest up

DOUBLE FLICK

Hips square to front
Shoulders back
Chest up

TUCK JUMP

Drive knees to chest
Knees bent on landing

SKI JUMP

Knees bent on landing
Brace abs
Chest up

AIR JACK

Bent knee landing

Abs braced

Chest up

C-CRUNCH

Fingers to temples

Chin tucked in – eye gaze to knees

Slide ribs towards hips

Ribs to hips as you crunch

Lower back close to floor as your legs lower

Chin tucked in

SIDE PLANK

Keep body square

Elbow under shoulder

Abs braced

SIDE PLANK PULSE

Split feet, lift hips off the floor

Keep body square to floor

Push hips towards ceiling

ROLL TO HOVER

Elbows under shoulders

Abs braced

Back straight

Hips level with shoulders

HOVER

Abs braced

Hips and shoulders square to floor

Back long and straight

OBLIQUE CRUNCH

Shoulder lifts up and across to opposite knee

Turn chest

CROSS CRAWL

Shoulder lifts up and across to opposite knee

Turn chest

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 HAMSTRING STRETCH

Hips back

Tip forward from the hips

SOLEUS STRETCH

Heel down

Weight forward

Knee next to toes

STANDING CALF & TRICEP STRETCH

Keep feet parallel, stretch into calf

Head up

STANDING QUADRICEP STRETCH

Use abs to help balance and point knee of lifted leg down to the floor

Squeeze butt muscles to keep hips forward

ADDUCTOR STRETCH

Leg stretches out to the side

Sit hips back

Chest up

ILIOTIBIAL (ITB) STRETCH

Cross feet and press weight into hip

MUSIC

- 1 **Don't Look Back (5:27)**
DJ Gollum
© 2012 LNG Music.
Written by: Remscheidt, Böge
 - 2 **Shape Of You (Wings And Rider Remix) (4:36)**
Hyperbeat Meets Skitzmix
© 2017 LNG Music.
Written by: Briggs, Burruss, Cottle, Sheeran, McDaid and Mac
 - 3 **Work Hard Party Harder (The Nation Remix Edit) (5:16)**
ALEX M.
© 2017 LNG Music.
Written by: Jäger, von Brücken
 - 4 **Crazy Trumpets (Extended Mix) (6:27)**
Monkey Warriors
© 2016 Funk Food!
Written by: Saintviteux, Munch
 - 5 **Catch (Radio Edit) (3:00)**
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks
Catch (Radio Edit) (3:08)
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks
 - 6 **Are You With Me (Chris Diver Remix) (4:41)**
Quadrifonix
© 2015 LNG Music.
Written by: McAnnaly, McBride, Lee James
 - 7 **Axel F (4:14)**
Andrew Spencer & Ron Rockwell
© 2016 LNG Music.
Written by: Faltermeier
 - 8 **It Ain't Me (Basslouder Remix Edit) (4:09)**
Monsta Kat
© 2017 LNG Music.
Written by: Gorvell-Dahll, Gomez, Wotman, Lee, Tamposi
 - 9 **Black Rose (Extended Mix) (5:27)**
Blasterjazz feat. Jonathan Mendelsohn
© 2017 MAXXIMIZE / under exclusive license to Spinnin' Records BV.
Written by: Mendelsohn, Makhlaif, Jongkind
 - 10 **Game Time (2:28)**
Flo Rida feat. Sage the Gemini
© 2017 Atlantic Recording Corporation.
Written by: Woods, Franks, Haukeland, Lavigne, Majic, Dillard
Game Time (2:50)
Flo Rida feat. Sage the Gemini
© 2017 Atlantic Recording Corporation.
Written by: Woods, Franks, Haukeland, Lavigne, Majic, Dillard
 - 11 **Mama (3:02)**
Jonas Blue feat. William Singe
Courtesy of the Universal Music Group.
Written by: Robin, Drewett, Romans
- EXP 5 Catch (Radio Edit) (3:02)**
Will Sparks
© 2014 Ultra Records / Sony Music Entertainment.
Written by: Sparks

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 42:18

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Mixed Impact
Track 4 Plyometric
Track 7 Agility
Track 9 Power
Express 5 Athletic Strength
Total Time 29:13

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

The EXPRESS version of Track 5 *Catch* 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: Plyometric Lunge / High Knee Run = Track 4
MOVE 2: Tricep Pushup = Track 5
MOVE 3: Tuck Jump = Track 9
MOVE 4: Mountain Climber = Track 5

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.



From L-R: Giles Bryant, Lisa Osborne, Steven Cluff, Nikki Schultz and Dr. Dan Maroun.

Get ready to sweat and work hard! Release 99 is the perfect blend of energy, challenge, and celebration.

BODYATTACKers love the intensity but we also know how to have fun. Celebrate the workout in Track 3 where we *Work Hard Party Harder!* This one is all about the music, so make sure you find moments in the track to break out and enjoy the party vibes.

You and your class need to be mentally “on” for Track 5. This track is great for developing functional strength, so keep everyone focused and cue the 2 Combinations really well so everyone can follow you.

I love Track 6! Use the lyrics *Are You With Me* to Share Energy and create a fantastic team feel in the room.

Track 7 brings in reactive training. We develop great stability and control with fast changes in direction.

Track 9 is a monster with 2 big blocks of Power. The intensity progresses in each block, to a massive peak in the final 45 seconds. Be the physical role-model when you teach this track and inspire your class to reach new levels in their fitness.

Remember – participants can dial the intensity up or down so they tailor the workout to suit their level of fitness today.

Coach the workout, but also enjoy the feel and the passion of the music. We want our participants to have a great time and enjoy the BODYATTACK party!

We're almost at 100...

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.

Dr. Dan Maroun (USA) is a BODYATTACK, CXWORX and SH'BAM Trainer and a BODYJAM, BODYPUMP and BODYSTEP Instructor. He lives in Illinois, where he is a university professor.

Giles Bryant (New Zealand) is a BODYATTACK, BODYSTEP and RPM Trainer and a BODYPUMP Instructor, LES MILLS GRIT Series and LES MILLS SPRINT Coach. He lives in Auckland, where he is the group fitness manager at Les Mills Takapuna.

Nikki Schultz (USA) 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.

Steven Cluff (Australia) is a BODYATTACK and BODYPUMP Trainer and a BODYBALANCE/ BODYFLOW and CXWORX Instructor. He is based in Sydney, where he is also a personal trainer.

KEY

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

Program Planner – Courtney Watt

Special Thanks to: Sarah Shortt, Liam Dermott

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