

BODYATTACK UNITED

MUSIC

NEW OPTION FOR 45-MINUTE EXPRESS FORMAT

EXPRESS FORMATS

01. WARM-UP

02. MIXED IMPACT

03. AEROBIC

04. PLYOMETRIC

05. ATHLETIC STRENGTH

06. RUNNING

07. AGILITY

08. INTERVAL

09. POWER

10. CORE

11. COOLDOWN

GLOSSARY

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MUSIC

01

Raindrops (4:15)

Ben Nicky feat. Stunt

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Written by: Valler, Downes, Lappessen, Alisson, Kappmeier

02

It’s Going Down (4:06)

Paffendorf feat. Sydney-7

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Written by: Zenker, Ophälders, Patrick

03

Physical (4:39)

The Arch Over

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Written by: Lipa, Coffee, Evigan, Hudson

04

Keep On Rockin’ (5:25)

Da Tweekaz & Crystal Lake

© 2019 Dirty Workz / Toffmusic BVBA.

Written by: Glemmestad, Nordli, Moerman, Gorbulski

05

Out Of Sight (5:08)

NOAM DEE

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Written by: Fairley

06

This Is Real (Future House Remix)

[Extended Edit] (4:22)

Jax Jones feat. Ella Henderson

© 2019 Power Music, Inc.

Written by: Cottone, Aluo, Henderson

07

No Effect (Sunset Bros Remix) (4:45)

Hooligan Hefs

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Written by: Silapa

08

What Is Love 2K9 (Cansis Remix Edit)

(5:28)

Klaas & Haddaway

© 2009 Central Station Records.

Written by: Halligan, Torello

09

Blackout (Extended Mix) (5:59)

Blasterjaxx

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Written by: Jongkind, Makhlaf, Housmans

10

Stupid Love (3:48)

Lady Gaga

Courtesy of the Universal Music Group.

Written by: Tchami, Germanotta

11

I’ll Be There (3:19)

Jess Glynne

© 2018 Atlantic Records UK Ltd, a Warner Music Group Company.

Written by: Purcell, Glynne, Smith, Hannson, Michelsen, Erfjord

Exp
05

Out Of Sight (2:54)

NOAM DEE

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Written by: Fairley



BODYATTACK UNITED

BODYATTACK UNITED has the perfect mix of music. A blend of sing-along songs and modern sounds to push you through the peaks and to get you the benefits of BODYATTACK. This release has a huge positive feel. It's full of so many opportunities to share the BODYATTACK energy.

The release starts with a high energy dance track to set the mood, followed by a fun, percussive beat for Mixed Impact where the focus drops to the legs. You'll have a chance to party early in this track and the Aerobic track, *Physical*. Let's go and your participants will follow!

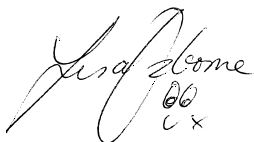
The Plyometric track is challenging. It will have you lunging and snowboarding up and down mountains to drive the intensity. Don't forget, options all the way of course!

The Athletic Strength track focuses on single leg movements to develop equal balance and strength on both sides of the body, while the upper body sections focus on strength and core stability.

You and your participants will enjoy this new sound for the Agility track while you work on lateral reaction and speed. The highlight of this track is the rugby training to deliver an authentic sports vibe.

The Interval track has one of the most loved songs, remixed to sound fresh and modern. Sing your hearts out!

Finally, the Cooldown, *I'll Be There*, sums up the whole release – people UNITED, sweating and sharing their energy. I hope you feel the love and how your passion changes the world even from your own back yard.



CREDITS

- Program Director** – Lisa Osborne
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Lily Roelofs
- Special thanks to** – Josh James and Kendall Farmer for music

PRESENTER

Lisa Osborne (Australia) 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.

SHADOWS

- Adam Snow Bramski** (United States)
- Dido Severino** (Brazil)
- Alyssa Walton** (Canada)
- Amy Styles** (United States)
- Bastian Glasmacher** (Germany)
- Ben Deng** (China)
- Claire Place** (United Kingdom)
- Dr. Dan Maroun** (United States)
- Jacqui Conder** (Australia)
- Jorge Mendes** (Portugal)
- Lidia Bodoque** (Spain)
- Maria Pinto Kucharski** (Portugal)
- Maxime Vigeant** (France)
- Mina Fujigasaki** (Japan)
- Nancy Hua** (China)
- Oscar Peiro Fernandes** (Spain)
- Robert Van Dieën** (Netherlands)
- Sokvann Thaut** (Kuwait)
- Steve Cluff** (Australia)
- Teoh Yee Sin** (Australia)

BODYATTACK TRIAL TEAM

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

- Dan Maroun** (United States)
- Adam Bramski** (United States)
- Amy Styles** (United States)
- Claire Place** (United Kingdom)
- Jacqui Conder** (Australia)
- Nick Parashchak** (New Zealand)



EXPRESS FORMATS

45-MINUTE FORMAT – OPTION 1		45-MINUTE FORMAT – OPTION 2	
Track 01	Warm-Up	Track 01	Warm-Up
Track 02	Mixed Impact	Track 02	Mixed Impact
Track 04	Plyometric	Track 04	Plyometric
Track 05	Athletic Strength	Track 05	Athletic Strength
Track 06	Running	Track 07	Agility
Track 07	Agility	Track 08	Interval
Track 09	Power	Track 09	Power
Track 10	Core	Track 10	Core
Track 11	Cooldown	Track 11	Cooldown
Total Time	41:07	Total Time	42:13
30-MINUTE FORMAT			
Track 01	Warm-Up		
Track 02	Mixed Impact		
Track 04	Plyometric		
Track 07	Agility		
Track 09	Power		
Express 05	Athletic Strength		
Total Time	27:24		

NEW 45-MINUTE EXPRESS FORMAT

BODYATTACK now has two 45-minute formats to choose from. The first four tracks remain the same. Then you can choose the Running track or the Interval track in the second cardio block.

OPTION 1 is best for clubs where BODYATTACK is a new program and for clubs that are more sports-inclined. It has a great athletic and fun vibe featuring simpler moves.

OPTION 2 is wonderful for facilities where BODYATTACK has been a staple program for years. It's great for clubs that are transitioning from the traditional 55-minute to 45-minute format and want to keep the uplifting, high-energy feel of the Aerobic dimension.

Feel free to alternate between both format options to gauge what's best for your participants and facilities. However, please note that you cannot change from the existing formats for the 45-minute workout. You must stay with the tracks in the set order.

NOTE: Track 8 Intervals is filmed head-on. If you and your class like the circle formation, feel free to try it out this release as well.

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.

Note: If you have time, use the Cooldown track to take your class through some stretches. The EXPRESS version of Track 5 *Out Of Sight* 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: Lunges = Track 4
MOVE 2: Tricep Pushup and Shoulder Tap L, R = Track 5

KEY

Alt	Alternate	HOH	Hands on hips
B	Back	ROM	Range of motion
QC	Quiet Chorus	Instr	Instrumental
B up	Build up	Seq	Sequence
R	Right	Intro	Introduction
Br	Bridge (non-chorus)	Tempo	Normal
RA	Running Arms	L	Left
C	Chorus	V	Verse
Ref	Refrain (recurring phrase or number of song lines)	F&B	Forward and Back
Cts	Counts	Preview	
Rep	Reprise (part of the chorus repeated)	O/H	Over head
F	Forward	OTS	On The Spot
Rep X	Perform the Sequence/Exercise	Outro	Last few bars of music
Mins	Minutes	Repeat	
PC	Pre-chorus		

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>



01. WARM-UP

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

Through my connection to the music and the people, I want the people to feel the uplifting and positive vibe of working together.

	MUSIC		EXERCISE		CTS	REPS
1	0:11	V / Feel so lonely	4x8	Reach up	8	
				Squat low. Elbows inside knees	8	
				Hamstring Stretch. Hands towards floor	8	
				Roll body up to standing	8	
	0:24	C / Feels like the raindrops	4x8	Reach up	4	
				Squat low. Elbows inside knees	4	
				Hamstring Stretch. Hands towards floor	4	
				Roll body up to standing	4	2x
	0:38	Instr /	4x8	A Run OTS. RA	32	
	0:51	Instr /	4x8	B Run F&B with Bounce Combo		
2				Run F. RA	8	
				Bounce OTS	8	
				Run B. RA	8	
				Bounce OTS	8	
	1:04	C / I wish	4x8	C Side Step Over L, R		
				Foot to calf, knee F. RA	4	8x
	1:17	V / Say it	4x8	D Step Touch L, R. Arms down	4	8x
	1:30	PC / Feels so lonely	4x8	E Single Squat. Hands on thighs	4	8x
	1:43	PC / Feels so lonely	4x8	E ¹ Squat & Reach Combo		
				Squat	2	
3				Hold Squat. Reach arms up O/H	2	
				Stand up. Arms O/H	2	
				Arms down	2	4x
	1:56	C / Feels like the raindrops	4x8	F Bounce OTS. RA	4	8x
	2:09	Instr /	4x8	A Run OTS. RA	32	
	2:22	Instr /	4x8	B  Run F&B with Bounce Combo	32	
	2:35	C / Feels like the raindrops	4x8	C Side Step Over L, R. RA	4	8x
	2:48	V / Say it	4x8	D Step Touch L, R. Arms down	4	8x
	3:01	PC / Feels so lonely	4x8	E Single Squat. Hands on thighs	4	8x
	3:14	PC / Feels so lonely	4x8	E ¹  Squat & Reach Combo	8	3x
				Transition to floor on last 8 cts	8	
	3:27	C / Feels like the raindrops	4x8	Mountain Climbers L, R	4	7x
				Jump up	4	
	3:41	Instr /	4x8	A Run OTS. RA	32	
			4x8	B  Run F&B with Bounce Combo	32	
	3:57	C / Feels like the raindrops	4x8	C  Side Step Over L, R. RA	4	8x



01. RAINDROPS 4:15mins

BLOCK 1 LAYER 1

Start with setting up the class to work together at their own levels. Name the move, coach how to do it and teach the options early.

- **Hamstring Stretch** – Release the hips and extend the hamstrings
- **Run OTS**. Option: **March OTS**
- **Run F&B with Bounce Combo** – Run forward, 8, 7, 6... OTS. Option: **Walk**
- **Side Step Over** – Right, left, foot to calf, **chest up and knee forward**. Option: **Step Touch**

BLOCK 2 LAYER 2

We introduce some new moves so again, teach the rhythm and safety before moving on to why the move is important. During all the running moves, stay connected and engaged with your participants.

- **Step Touch** – **Square your hips, brace your core and relax**
- **Squat** – Down and up, **knees out, chest high**
- **Squat & Reach Combo** – Say “*Squat reach and rise*”, bounce light on the feet, **feet wide, hips square**
- **Run OTS** – Connect, come alive and lift heart rate up
- **Run F&B with Bounce Combo** – To get warmer kick your feet/heels up higher
- **Side Step Over** – **Knee out, chest up** and sit hips back

BLOCK 3 LAYER 3

Make sure all of your body is ready for 3 dimensions. Have fun and train hard.

- **Step Touch** – Relax and connect to being all together to workout
- **Squat** – Target glutes/quads. Squat lower to prepare the quads and hamstrings for the workout
- **Squat & Reach Combo** – Push out of the floor and squeeze your butt, activate the glutes for control
- **Mountain Climber** – **Hands under shoulders, abs braced, hips square** and eyes forward
- **Run OTS** – Connect!
- **Run F&B with Bounce Combo** – Energy up, heels up
- **Side Step Over** – Ready for next track? Come alive together!

CONNECTION

Connect with exercising together to get fitter and stronger. Come alive together in this workout today!



02. MIXED IMPACT

AEROBIC

TRACK FOCUS

I want my participants to lift up their energy and play with the dance moves in the Bounce. This will get the heart rate up and maximize those glutes going down in the Squat moves.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	4x8	A Bounce OTS	32	
	0:12		2x8	B Squat Pulse x7 Hands on thighs	2	
				Jump feet together – stand up	2	7x
	0:18		4x8	C Run F&B Combo		
				Run F. RA	8	
				Run B. RA	8	2x
	0:30		4x8	A Bounce OTS L, R. RA Bounce OTS. Party Arms	16 16	
	0:43	Instr / Down	4x8	C  Run F&B Combo	16	2x
	0:55	Instr / Down... c'mon	4x8	D Squat Pulse Combo		
				Squat Pulse x8	16	
				Squat Pulse with small propulsion x7	14	
				Jump feet together. Hands on thighs	2	
2	1:07	Br /	½x8	E Step Curl L, R. Relaxed Arms	4	
	1:09	V / Boys, girls	4x8	E Step Curl L, R. Relaxed Arms	4	8x
	1:21	V / Boomshakalaka	4x8	F Gallop L, R. Relaxed Arms	8	4x
	1:33	V /	4x8	F¹ Gallop L, R. Double Bicep Curl	8	4x
	1:45	Instr /	4x8	C  Run F&B Combo	16	2x
	1:58	Instr / It's going down...	4x8	A Bounce OTS L, R. RA Bounce OTS. Party Arms	16 16	
	2:10	Instr /	4x8	C  Run F&B Combo	16	2x
	2:23	Instr / It's going down...	4x8	D  Squat Pulse Combo	32	
3	2:35	Br /	½x8	E Step Curl L, R. Relaxed Arms	4	
	2:37	V / Boys, girls	28½x8	E  Block 2		



02. IT'S GOING DOWN 4:06mins

BLOCK 1

LAYER 1

It's time to lift the heart rate up and get down in the legs! This is a fun track!

- **Bounce OTS – Feet wide, hips square**
- **Squat Pulse Combo** – 7, 6, 5, 4...
- **Run F&B Combo** – 8 runs forward and 8 runs back. Option: **March or Walk**
- **Bounce OTS** – Set the party feel, arms up and move them in a fun way.
- **Run F&B Combo** – Heels up
- **Squat Pulse Combo** – **Knees out, chest up**, start to add a small propulsion as you push out of the whole foot

BLOCK 2

LAYER 2

- **Step Curl** – Step and lift
- **Gallop** – Step together, step, curl, heel towards butt, **chest up**. Option: **Low impact**
- **Run F&B Combo** – Lift your energy up in your voice and in your movements.
- **Bounce OTS** – Bounce arms up and let go, then Party Arms!
- **Run F&B Combo** – Connect to the music
- **Squat Pulse Combo** – Stay down, then add small Pushup, sit back in the hips to work the glutes

BLOCK 3

LAYER 3

- **Step Curl** – Great to move!
- **Gallop** – Go down and up, step wide and drop deeper, we feel energy in the legs, push across wider
- **Run F&B Combo** – Make it big to lift the heart rate up
- **Bounce OTS** – Fun!
- **Run F&B Combo** – Last 30 seconds of this track, lift up the energy
- **Squat Pulse Combo** – Push a little higher

PERFORMANCE

Focus on lifting the heart rate up in the running moves. Focus on the down in the Gallop and Squat. Focus on fun and party feel in the Bounce. You can be free to let loose and show your party style!

The secret to success in this track is showing both vocally and physically the fun and relaxed nature of the Step Curl and the Bounce. This track has a lot of contrast from the Bounce to the Squat Pulse.



03. AEROBIC

AEROBIC

TRACK FOCUS

I want my participants to get physical together as they lift their energy and play with the feel of the music and lyrics.

	MUSIC			EXERCISE		CTS	REPS
1	0:00	Intro / C'mon	8x8	A	Run OTS	32	
					Run OTS. <i>Open arms and clap</i>	32	
	0:23	V / Common love	4x8	B	Double Knee L, R. <i>Arms Down</i>	8	4x
	0:35	V / You got me feeling	4x8	B ¹	Double Knee L, R. <i>Single Punch F</i>	8	4x
	0:47	Br / Who needs to go to	1x8	C	Jumping Jack.	2	4x
2	0:50	C / All night I'll riot with you	16x8	D	Jumping Jack & Run F With Swing B Combo		
					Jumping Jack x8. <i>Straight Arm Side Raise</i>	16	
					Run F. <i>RA</i>	8	
					Swing B. <i>RA</i>	8	4x
	1:38	V / Adrenaline keeps on	4x8	B	Double Knee L, R. <i>Arms Down</i>	8	4x
3	1:50	V / I don't wanna live	4x8	B ¹	Double Knee L, R. <i>Single Punch F</i>	8	4x
	2:02	C / All night I'll riot with you	16x8	D	Jumping Jack & Run F With Swing B Combo	32	4x
	2:50	V / Hold on...	8x8	B ²	Double knee L, R. <i>Single Punch Up</i>	8	4x
3	3:13	QC / All night I'll riot with you	4x8	A	Run OTS	32	
	3:25	QC / Lights out follow the	4x8	E	Side Step L x4	8	
					Side Step R x4	8	
					Supers L. <i>Single Arm Diagonal Punch</i> x4	8	
					Supers R. <i>Single Arm Diagonal Punch</i> x4	8	
	3:37	C / All night I'll riot with you	8x8	F	Jumping Jack & Supers Combo		
					Jumping Jack x8. <i>Double Reach Up</i>	16	
					Supers x4 L. <i>Single Arm Diagonal Punch</i>	8	
					Supers x4 R. <i>Single Arm Diagonal Punch</i>	8	4x
	4:25	Instr / Let's get physical	4x8	C ¹	Jumping Jack. <i>Double Reach Up</i>	2	16x



03. PHYSICAL 4:39mins

BLOCK 1

LAYER 1

It's time to get physical with high energy!

- **Run OTS** – Moving together
- **Double Knee** – 1 and 2, 1 and 2, **abs braced, back straight**, knees to hip-height.
Option: **Low impact**
- **Double Knee, Single Punch – Stay square to front**, opposite arm to leg
- **Jumping Jack & Run with F with Swing B Combo** – Run forward and swing back. Reach and run, 4, 3, 2, swing back, heels down in Jack. Option: Walk forward and back, and Side Taps

BLOCK 2

LAYER 2

We repeat the moves but now we want to ramp up the Aerobic energy through bigger movements.

- **Double Knee** – Lift the knee higher to lift the energy
- **Double Knee** – Single Punch, connect with feeling good together
- **Jumping Jack & Run with F with Swing B Combo** – Bend your knees more to build energy in the legs, connect to the music, get physical together and add some of your own moves in the *Lets Get Physical* lyrics.

BLOCK 3

LAYER 3

Lift the energy as soon as you hit this block. Big smiles and big moves. Finish the track with flavor and energy!

- **Double Knee, Single Punch Up** – Punch straight up, more energy together
- **Run OTS** – Tell the class to watch the next move
- **Side Step and Supers** – Start teaching the 4 steps, then layer in the Supers
- **Jumping Jack & Supers Combo** – Big energy now
- Play with the music and get your members to participate in the fun!
- Let's have some fun with this!
- Do whatever feels good for you!
- Energy up! Sweat on! Feeling great!
- Get physical!

CONNECTION

Big smiles and energy for this fun sing-along song. Sing the lyrics and play with your own interpretation of 'physical' moves. Enjoy the bring back of the Superman – now called 'Supers!'



04. PLYOMETRIC

SPORTS

TRACK FOCUS

I want my participants to turn the pain into power as you push them to their max in the 3 blocks of work.

	MUSIC			EXERCISE	CTS	REPS
1	0:01	QC / Keep on rocking	4x8	A Run OTS – Split room	32	
	0:12	B up / Keep on rocking	4x8	B Shuffle OTS. RA	32	
	0:24	Instr /	4x8	C Lunge L, R. RA	4	8x
	0:35	Instr /	4x8	D High Knee Run OTS. RA	32	
	0:46	C / Keep on rocking	4x8	C Lunge L, R. RA	4	8x
	0:57	C / Keep on rocking	4x8	D ¹ High Knee Run OTS	32	
	1:09	Instr / Keep on rocking	4x8	C Lunge L, R. RA	4	8x
2	1:20	QC / Keep on rocking	4x8	A Run OTS – Recovery	32	
	1:31	QC / Keep on rocking	4x8	E Skater & 3 Step Power Run Combo		
				Skater L, R x4. RA	16	
				3 Step Power Run x2. RA	16	
	1:42	Instr /	8x8	 Skater & 3 Step Power Run Combo	32	2x
	2:05	C / Keep on rocking	4x8	B Shuffle L, R. RA	32	
	2:16	Instr /	4x8	F Snowboard L, R.	4	8x
	2:28	C / Keep on rocking	4x8	D High knee run OTS. RA	32	
3	2:39	C / Keep on rocking	4x8	F Snowboard L, R.	4	8x
	2:50	C / Keep on rocking	4x8	D ¹ High Knee Run OTS	32	
	3:01	Instr / Keep on rocking	4x8	F Snowboard L, R	4	8x
	3:13	Br /	6x8	A Run OTS – Recovery	48	
	3:29	QC / Keep on rocking	12x8	 Skater & 3 Step Power Run Combo	32	3x
	4:04	QC / Keep on rocking	4x8	B Shuffle OTS. RA	32	
	4:15	Instr /	4x8	C Lunge L, R. RA	4	8x
	4:26		4x8	D High Knee Run OTS. RA	32	
	4:38	C / Keep on rocking	4x8	F Snowboard L, R	4	8x
	4:49	C / Keep on rocking	4x8	D ¹ High Knee Run OTS	32	
	5:00	C / Keep on rocking	4x8	C Lunge L, R. RA	4	8x



04. KEEP ON ROCKIN' 5:25mins

BLOCK 1 LAYER 1

Set the stage for how this track works. Say “*Three blocks of work*”, use a commanding voice to explain the moves. Focus on being motivated and strong.

- **Run OTS** – Keep the class moving
- **Shuffle** – Tell your participants to get ready for the first Power Block.
- **Lunge – Front knee out, back straight**, drop your back knee, hips square
- **High Knee Run** – Lift chest high, knees to hip-height. Option: **March**
- **Lunge** – Option: **Backward Stepping Lunge**
- **High Knee Run** – Knees up, pump your arms, Option: **March**
- **Lunge** – Drive to the first break

BLOCK 2 LAYER 2

- **Run OTS** – Reset active recovery
- **Skater – Knee out, chest up, hips back.** Option: **Low impact**
- **Skater & 3 Step Power Run Combo** – Hips and shoulders square, load your legs, go for width. Option: Low impact
- **Shuffle** – Get them ready to snowboard down the mountain
- **Snowboard – Knees out, butt back and down, hips and shoulders turn as one, brace your core to turn.** Option: **No jump, step into a Squat**
- **High Knee Run** – Come on, keep your knees high, push hard!
- **Snowboard** – Brace the belly as you twist, 45° turn
- **High Knee Run** – No one is stopping
- **Snowboard** – Last drop, hips back whole foot push, stay strong in your core

BLOCK 3 LAYER 3

This round needs motivation. Tap into what motivates you so that you can communicate that style to your members.

- We are going to max out this set!
- Let's find that burning feeling in our legs
- Switch on your mind, don't stop!
- Final round to max out!
- **Run OTS**
- **Skater & 3 Step Power Run Combo** – Drive side-to-side, bend and push
- **Skater** – Side-to-side, load your legs, go for width, driving off the outside of your foot
- **Shuffle** – Last set of power, Lunge up the mountain then Snowboard down
- **Lunge** – Turn your pain into power
- **High Knee Run** – Run to the top, hold on
- **Snowboard** – Down the mountain
- **High Knee Run** – Keep your knees high, run up the mountain!
- **Lunge** – We do this together! Get down to get strong! We are strong together! UNITED in fitness!

COACHING TIP

Focus on the three blocks as individual Power Blocks. Refer to Climbing Mountains in the Lunge and focus on Down Hill Skiing in the Snowboard. Use a commanding voice to explain the moves.

- We are going to max out this set!
- Let's find that burning feeling in our legs
- Switch on your mind!
- Final round to max out!



05. ATHLETIC STRENGTH

STRENGTH

TRACK FOCUS

I want my participants to use the single leg and upper body work to focus on strength and stability equally on both sides of the body.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Instr /	2x8	Set up Intro		
	0:08		4x8	Set up Single Leg Hip Extension	32	
	0:24	V / Walking	4x8	A Single Leg Hip Extension B, L Change sides	2 4	14x
	0:40	V / you got it	4x8	A Single Leg Hip Extension B, R Move to Squat	2 4	14x
	0:56	PC / Keep flowing	2x8	B Squat Hold Walk to Plank Pushup Combo	8 8	
	1:04	C / Moves	8x8	C Pushup & Shoulder Tap Combo Pushup Plank Shoulder Tap L Pushup Plank Shoulder Tap R	2 2 2 2	8x
2	1:35	V / We're the next generation	4x8	A Stand and reset Single Leg Lift B, L	4 2	14x
	1:52	V / Started	4x8	A Change sides Single Leg Lift B, R	4 2	14x
	2:08	PC / Keep flowing	2x8	B Squat hold Walk to Plank	8 8	
	2:16	C / Moves	8x8	C Pushup & Shoulder Tap Combo	8	8x
3	(NB: End song here for 30-minute format)					
	2:48	V / Said	4x8	A ¹ Stand up Set up for Single Leg Balance Single Leg Balance L Aeroplane	8 8 16	
	3:04	V / Said	4x8	A ¹ Set up for Single Leg Balance Single Leg Balance R Aeroplane	8 8 16	
	3:20	V / Moves	2x8	To the floor – Set hands wide	16	
	3:28	Instr / Beat	8x8	D Bottom Halves x7 As many as you can, rest when needed	16	4x
	4:00	PC / Keep flowing	4x8	Rest – Shake out	32	
	4:16	C / Moves	8x8	E Pushup & Shoulder Tap Combo	8	8x
	5:04	Instr /	4x8	F Single Pushup Wide	4	8x



05. OUT OF SIGHT 5:08mins

BLOCK 1 LAYER 1

Set up posture, range of motion, and options as your priorities. Focus on single upper and lower body moves to get more stability in both sides of the body

- **Single Leg Hip Extension – Front knee out, chest up**, hips and shoulders level, bend front knee. Option: **Foot touches the floor or keep toes off the floor**
- **Single Leg Hip Extensions** – Use hips and glutes to lift the straight leg
- **Squat Hold** – Transition low, hands walk forward to under shoulders
- **Pushup & Shoulder Tap Combo** – Knees or toes, keep hips square, **brace abs, squeeze butt**, tap keeping hips and shoulders level. Take a break if you need it or go on your toes, **chest to elbow height** on the Pushup

BLOCK 2 LAYER 2

In the second block we use the same moves to gain better results. These strength exercises create awesome endurance for later cardio tracks.

- **Single Leg Hip Extension** – Keep weight on supporting leg, focus on the glutes and hamstrings, lift the back leg, keep bracing hard to maintain control
- **Pushup & Shoulder Tap Combo** – In the Pushup keep elbows in and chest to elbow height

BLOCK 3 LAYER 3

- **Single Leg Balance** – Front knee out, keep hips and shoulders square
- **Bottom Halves x7** – Stay down to feel the tension in the upper chest, slow down or rest if you need to
- **Pushup & Shoulder Tap Combo** – Final set, keep moving and push through the pain to get stronger
- **Pushup** – Hands wide, chest to elbow height, keep moving to get stronger

TIP

Focus on the benefits of single leg and arm movements to strengthen both sides of the body and increase stability.



06. RUNNING

AEROBIC, SPORTS AND STRENGTH

TRACK FOCUS

I want the participants to focus on the Sprinter Knee as a great way to increase hip mobility with speed, and single leg power with a propulsive Knee Lift.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Instr /	4x8	Set up Standing Run OTS	32	
	0:12		4x8	Run OTS	32	
	0:23	V / Got vertigo falling down	4x8	A Sprinter Knee L x8. <i>RA, Blade Hands</i> Sprinter Knee R x8. <i>RA, Blade Hands</i>	2 2	8x 8x
	0:35	PC / I found somewhere	4x8	A Sprinter Knee L x8. <i>RA, Blade Hands</i> Sprinter Knee R x8. <i>RA, Blade Hands</i>	2 2	8x 8x
	0:47	Br / Belong	1x8	B Set feet wide	8	
	0:50	QC / This is real	8x8	C Knee Lunge Knee Combo Knee Lift R. <i>RA</i> R Step B, Lunge. <i>RA</i> R Knee Lift. <i>RA</i> Side Step  L. <i>RA</i>	2 2 2 2 8	4x
	1:14	Instr / Oh, oh, oh	4x8	C ¹  Knee Lunge Knee Combo L, R with Propulsion	16	2x
	1:25	Instr / Oh yeah	8x8	D Circle Run Free Run Anywhere	64	
	1:49	C / This is real	8x8	E Run F&B Combo Run F, <i>Double Reach Up</i> x4 Run OTS. <i>Hold Arms Up</i> Run B. <i>RA</i> High Knee Run OTS	8 8 8 8	2x
	2:12	V / Oh the energy's running high	28x8	 Block 1 moves C–E		
3	4:01	C / This is real	4x8	High Knee Run, move F. <i>RA</i>	32	



06. THIS IS REAL 4:22mins

BLOCK 1

LAYER 1

Enjoy the positive, uplifting feel of moving together with a smile, as you connect with the music. The overall goal of the Knee Lunge Knee Combo is to improve mobility in the hip joint, controlling the lower limb to improve our running. When you can move around again, run in a circle in the Free Run parts.

- **Sprinter Knees** – 8 knees R, 8 knees L, **abs braced, hips square**
- **Knee Lunge Knee Combo** – Say “*Knee lunge knee, change sides*”, **long step back, chest up, front knee out**. Option: **Low impact knee lift**, add a Single Knee Propulsion if you want too
- **Free Run Anywhere** – If at home, run forward and back for a small room option
- **Run F&B Combo** – 4 reaches, hold the arms up and listen to the great lyrics.

BLOCK 2 & 3

LAYERS 2 & 3

We evolve the Step Lunge Combo to make it more athletic. Coach the rhythm and then get them to move big with the propulsion. Show your enjoyment for BODYATTACK by connecting, singing and smiling with your members.

- This is about free expression, do what feel's best for you!
- Let's finish up together!
- **Sprinter Knees** – Great to develop dynamic hip mobility and power.
- **Knee Lunge Knee Combo** – Lower your voice, keep quiet, then as you add a propulsion use the quads/glutes to drive straight up
- **Free Run Anywhere** – Free to move your way.
- **Run F&B Combo** – Big reach as you run in and lift the heels as you run back.
- **High Knee Run** – Just come together and share smiles!

CONNECTION

This is such an uplifting song. Feel the high and passion of BODYATTACK, smiling and moving together.

Focus on hip mobility and power in the Sprinter and Knee Lunge Knee combinations.



07. AGILITY

SPORTS

TRACK FOCUS

I want my participants to feel the speed and agility with fast feet and quick power moves to get explosive agility.

	MUSIC			EXERCISE	CTS	REPS
1	0:00	Intro /	4x8	A	Split Room or Bounce OTS	32
	0:12	V / Never forgive, never forget	12x8	B	Side Bounce & Leap Combo	
					Side Bounce L	4
					Single Leg Leap F&B	4
					Side Bounce R	4
					Single Leg Leap F&B	4
						6x
	0:47	C / No effect	4x8	C	Ladder Run OTS	32
	0:59	Instr /	8x8	D	Ladder Run & Drop Squat Combo	
					Ladder Run x6	12
2					Drop Squat. <i>Reach Toward Floor</i>	4
						4x
	1:23	Instr / No effect	8x8	E	Side Bounce & Double Jump F&B Combo	
					Side Bounce L	4
					Double Jump F&B x2. <i>Double Bicep Curl</i>	4
					Side Bounce R	4
					Double Jump F&B x2. <i>Double Bicep Curl</i>	4
						4x
	1:47	Instr /	4x8		Release and connect	
	1:58	V / Never forgive, never forget	32x8		 Block 1 moves B–E	
3	3:33	C / No effect	6x8	F	Rugby Run OTS	
					Start slow then speed up	
					Rugby Run. <i>Arms O/H</i>	4
	3:53		16x8	G	Ladder Run, Drop Squat & Rugby Run Combo	12
					Ladder Run F x6	4
					Drop Squat. <i>Reach toward floor</i>	8
					Turn Around 180°, Run F – Turn 180° last 2 cts	8
					Rugby Run OTS. <i>Arms O/H</i>	4x



07. NO EFFECT 4:45mins

BLOCK 1 LAYER 1

Bring on speed and agility with fast moves and quick direction changes.

- **Split Room or Bounce OTS**
- **Side Bounce & Leap Combo** – Keep the feet apart as you Bounce, and brace as you leap forward and back, **landing with soft knees**, step in with the inside leg. Option: **Step across and step forward**
- **Ladder Run OTS** – Out and in
- **Ladder Run & Drop Squat Combo** – 6, 5, 4, 3, jump wide and squat, then jump the feet in. **Brace core, chest high, hips back and down**. Option: **Slow down and half Squat**
- **Side Bounce & Double Jump F&B Combo** – Say “*Side bounce and two jumps forward and back, quick feet!*”, **heels down, bend knees to land**. Option: **Stay down and walk forward and back**

BLOCK 2 LAYER 2

Focus on feeling the speed and quickness of the feet.

- **Side Bounce & Leap Combo** – When you leap, curl the leg back to work the hamstring. Imagine grabbing and passing a ball
- **Ladder Run OTS** – Push feet out and in, small and fast, get the speed effect
- **Ladder Run & Drop Squat Combo** – Hips back, chest up, reach down only as far as possible to maintain posture
- **Side Bounce & Double Jump F&B Combo** – Wide bounce and fast jumps

BLOCK 3 LAYER 3

In this final block we introduce the Rugby Run and team training feel. One more round of fitness, speed and agility.

- **Ladder Run & Drop Squat Combo** – Imagine your ladder, climb the ladder, then run around it
- We are fit and fast!
- Team effect! One team, all working together
- **Rugby Run** – Start slow, then speed up. Feet stay wide
- **Ladder Run, Drop Squat & Rugby Run Combo** – Focus on short and clear direction cues, and where to move to. Say “*Move forward*”, turn and run back to your spot, turn face to front, then drop.
- Have fun with this playful combination.

TIP

Coach to who is in front of you. If your participants are athletic, add the speed intensity but keep the fun and reference training as a team to highlight the group fitness effect.



08. INTERVAL

AEROBIC

TRACK FOCUS

I want my participants to enjoy sharing the love of coming together to overcome all challenges with a great song and passion.

MUSIC				EXERCISE		CTS	REPS
1	0:00	C / What is love	4x8	A	Run OTS. RA	32	
	0:12	Br /	1x8	B	Run OTS & Diamond Arms Combo		
					Arms straight to side	2	
					Arms cross O/H	2	
					Arms straight to side	2	
					Arms cross down	2	
	0:15	V / I don't know	4x8	B	Run OTS. Slow Diamond Arms	8	4x
	0:27		6½x8	B¹	Run OTS. Fast Diamond Arms	4	13x
	0:46	Instr /	8x8	C	Run & Kick Combo		
					Run F. Double Reach Up x4	8	
2					Single Kick L, R x2. Single Punch F	8	
					Run B. Double Reach Up x4	8	
					Single Kick L, R x2. Single Punch F	8	2x
	1:10	C / What is love	4x8	D	Double Kick L, R. Single Arm Punch F	8	4x
	1:22	Instr / Beat	4x8	A	Run OTS	32	
	1:34	V / I don't know	4x8	E	Side Flick L, R, Side Raise	4	8x
	1:46	/ woah	4x8	E¹	Double Side Flick L, R Side Raise	8	4x
	1:57	V / I don't know	4x8	B	 Run OTS. Slow Diamond Arms	8	4x
	2:09	Br /	4½x8	B¹	 Run OTS. Fast Diamond Arms	4	8½x
	2:23		2x8	G	Jumping Jack, Side Raise	2	8x
3	2:28		2x8	G¹	Jumping Jack, Raise Arms O/H	2	8x
	2:34	Instr /	8x8	C	Run & Kick Combo	32	2x
	2:58	I/C / What is love	4x8	D	Double Kick L, R. Single Arm Punch F	8	4x
	3:10	Instr /	4x8	H	Single Kick L, R. Single Punch F	4	8x
	3:22	Instr / Beat	40½x8		Block 2	32	



08. WHAT IS LOVE 2K9 5:28mins

BLOCK 1 LAYER 1

Set up the Cross Arm Pattern with short phonetic cues. Use this block to start to connect and set the tone of the track.

- **Run OTS** – This track is for us to share emotions and happiness together
- **Run OTS & Diamond Arms Combo** – Slow Diamond Arms, out, up, out, down
- **Run OTS & Diamond Arms Combo** – Fast Diamond Arms, out, up, out, down (same move faster)
- **Run & Kick Combo** – Run 4, 3, 2, kick! Kick right, left, right, left. **Long back as you kick.** Option: **Low Tap or Running with no Arms.**
- **Double Kick** – Right, left, right, left, **abs braced, back straight.** Option: **Double Tap**

BLOCK 2 LAYERS 1 & 2

In this block we bring in Side Flick to help our participants recover before we build the energy again.

- **Run OTS** – Recovery
- **Side Flick** – Option: **Tap or take arms away**
- **Double Side Flick** – Left, right, **lifting up through the chest**
- **Run OTS Slow Diamond Arms** – Drop voice but keep strong arm lines
- **Run OTS Fast Diamond Arms** – Start to build the energy of your voice
- **Jumping Jack, Side Raise – Heels down.** Option: **Side tap,** lift the energy of your voice here
- **Jumping Jack, Raise Arms O/H** – Build the energy of your moves and voice to create excitement into the run
- **Run & Kick Combo** – Pick your feet up, reach up higher, It's a BODYATTACK *"Hey!"*
- **Double Kick** – Long and strong. If you can, sing!
- **Single Kick** – Energy is up!

BLOCK 3 LAYER 3

In this final block let go of technical coaching and just allow the music and your members to take over. Praise them! Feel the love of working together as you connect to the lyrics of the song and the people.

- Let's see how much we can let go!
- Hey! Hey! Hey!
- Give it all you have!
- Feel the BODYATTACK love as we sweat and smile together

PERFORMANCE

Sing along to the words and enjoy the music. Keep coaching to a minimum. Once you have shown the options, enjoy moving together and feeling the positivity of this interval track.



09. POWER

AEROBIC AND SPORTS

TRACK FOCUS

I want my participants to feel the force of the music and movements working together to take them to the finish!

MUSIC		EXERCISE		CTS	REPS
1	0:00	4x8	A	Run OTS	32
	0:11	4x8	B	Single Knee L, R. <i>Relaxed Arms</i>	4 8x
	0:23	V / Put your hands up	4x8	B ¹ Single Knee L, R. <i>Hold Arms Straight O/H</i>	4 8x
	0:34	B /	4x8	B ² Single Knee L, R. <i>Double Arm Pull Down</i>	4 8x
	0:46	B /	2x8	Sprint OTS	8
				Set drop into Sprinter start	8
	0:52	16x8	D	High Knee Run F & Jack Combo	
				High Knee Run F. <i>RA</i>	16
				Jack x4. <i>Cross Arms O/H</i>	8
				Ski Jump L, R x4	8
2				High Knee Run B. <i>RA</i>	16
				Jack x4. <i>Cross Arms O/H</i>	8
				Ski Jump L, R x4	8 2x
	1:38	4x8	E	Double Ski Jump L, R, Skipping Rope	4 8x
	1:50	4x8	F	Side Step Jump L, R	
				Side Step Jump L & Straight Jump. <i>Shoot Arms Straight Up</i>	4
			R		4 4x
	2:01	4x8	A	Move B or Recovery	32
	2:12	V / Put your hands up	2x8	B Single Knee L, R. <i>Relaxed Arms</i>	4 4x
		V /	2x8	B ¹ Single Knee L, R. <i>Hold Arms Straight O/H</i>	4 4x
	2:23	B /	4x8	B ² Single Knee L, R. <i>Double Arm Pull Down</i>	4 8x
	2:35		2x8	Sprint OTS	8
				Set drop into Sprinter start	8
	2:41	C /	16x8	High Knee Run F & Jack/Burpee Combo	16
				High Knee Run F. <i>RA</i>	8
				Burpee Tuck or Jack x4	8
				Ski Jump L, R x4	16
				High Knee Run B	8
				Burpee Tuck or Jack x4	8 2x
				Ski Jump L, R x4	
	3:27	4x8	E	Double Ski Jump L, R	4 8x
	3:29	4x8	F	Side Step Jump L, R	8 4x



09. POWER

MUSIC		EXERCISE		CTS	REPS
3:50		4x8	A Run OTS or Recovery		
4:01	V / Put your hands up	2x8	B Single Knee L, R. <i>Relaxed Arms</i>	4	4x
		2x8	B ¹ Single Knee L, R. <i>Hold Arms Straight O/H</i>	4	4x
4:13	B /	4x8	B ² Single Knee L, R. <i>Double Arm Pull Down</i>	4	8x
4:24	B /	2x8	C Sprint OTS	16	
4:30		16x8	D  High Knee Run F & Jack/Burpee Combo	16	
			High Knee Run F. <i>RA</i>	8	2x
			Burpee Tuck 1 or 2	8	
			Ski Jump L, R x4	16	
			High Knee Run B	8	
			Burpee Tuck 1 or 2	8	
			Ski Jump L, R x4		
5:16		4x8	E Double Ski Jump L, R, move F	4	8x
5:28		4x8	F Side Step Jump L, R	8	4x
5:39		4x8	C Sprint OTS	32	

3



09. BLACKOUT 5:59mins

BLOCK 1 LAYER 1

Quickly move into setting the tone for this track, intensity! Final challenge, feel the force of the music and moves to explode to a big finish.

- **Run OTS** – First round of 3
- **Single Knee L, R. Relaxed Arms – Chest up**
- **Single Knee L, R. Hold Arms Straight O/H – Hips square, knees to hip-height**, extend arms as high as possible
- **Single Knee L, R. Double Arm Pull Down** – Reach and pull down to body with full extension overhead
- **Sprint OTS** – Get ready to explode into first big peak
- **High Knee Run F & Jack Combo** – Move F then OTS, 8x Jack, **heels down in the Jack** and feet together in the Ski Jumps. Option: **March and tap in the jacks**
- **Double Ski Jump – Chest up, sit hips back, knees soft for the Ski Jump.** Option: **Step across low**
- **Side Step Jump – Bend knees to land.** Option: **Step across low, and calf raise**

BLOCK 2 LAYER 2

In this block we bring in a Burpee. Be sure you encourage your members to choose the move that allows them to train at their level. Challenging but successful!

- **Single Knee L, R. Relaxed Arms** – Take this time to recover and get ready to work hard again.
- **Single Knee L, R. Hold Arms Straight O/H** – Keep arms straight and feel the back engage
- **Single Knee L, R. Double Arm Pull Down** – Feel the length and strength in the Arm Pull
- **Sprint OTS** – Build energy in your voice to build into the run
- **High Knee Run F & Jack/Burpee Combo** – Use arms to pump the knees high, **keep your abs braced as you jump back in the Burpee.** Option: **March, Burpee or Jack**
- **Double Ski Jump** – Grab your rope and lift your feet
- **Side Step Jump** – Bend more to go higher!

BLOCK 3 LAYER 3

In this last round we want to encourage our members to move bigger and faster. Depending on the move, they can choose to add a Tuck or 2x fast Burpees in this round. It's their choice, they need to take it to their limit. Be encouraging as you challenge and motivate your class.

- **Single Knee L, R. Relaxed Arms** – Take the recovery you need
- **High Knee Run F & Jack/Burpee Combo** – Do not switch off, go! Lift your knees higher, pump your arms, stay in the moment!
- It is time to fight for our fitness! Add a tuck jump or 2x Burpees, if you want too.
- Last 30 seconds! Go for it!

MOTIVATION

Motivate the class to choose the best option for their fitness level. Feel free to encourage them to Tuck if they want to. Motivate everyone to finish the track! Push the class to really go for height in the Side Step Jump, to get that extra lift!

What motivates you to work hard? Do you respond to intrinsic, positive or challenging cues?



10. CORE

STRENGTH

TRACK FOCUS

I want my participants to enjoy building core strength as they work through a variety of moves.

	MUSIC		EXERCISE		CTS	REPS
1	0:00	Intro /	2x8	Transition to floor, knees bent	16	
	0:08	V / You're the one	4x8	A Triple Pulse Crunch Feet down. <i>Hands behind ears.</i> <i>Reach toward toes on third pulse</i>	8	4x
	0:24	PC / Freak out	4x8	A Triple Pulse Crunch	8	4x
	0:40	C / Love...	4x8	B Crunch Straight Leg. <i>Reach toward toes</i> Feet down, set for Cross Crawl	4 4	7x
	0:57	C / Stupid love	4x8	C Cross Crawl L, R	4	8x
2	1:13	V / Now it's time	4x8	A Triple Pulse Crunch	8	4x
	1:29	PC / Freak out	4x8	A Triple Pulse Crunch	8	4x
	1:46	C / Love	4x8	B Crunch Straight Leg. <i>Reach toward toes</i> Feet down, set for Cross Crawl	4 4	7x
	2:02	C / Stupid love	4x8	C ¹ Cross Crawl L, R with Leg Extension	4	8x
3	2:18	V / I don't need	4x8	D Bridge	32	
	2:34	Instr /	1x8	Reset for Cross Crawl L, R	8	
	2:39	C / Stupid love	8x8	C ¹ Cross Crawl L, R with Leg Extension Roll to Plank last 8cts	4 8	6x
	3:07		1x8	Transition to floor	8	
	3:11	C / Stupid love	4x8	E Mountain Climber L, R	2	16x



10. STUPID LOVE 3:48mins

BLOCK 1

LAYER 1

Teach the moves focusing on the rhythms and compulsory cues.

- **Triple Pulse Crunch** – Draw your abs in, back towards the floor, elbows back, reach on count 3
- **Crunch Straight Leg** – Reach toward toes, bring ribs towards hips in the crunch
- **Cross Crawl** – Opposite elbow to knee, draw belly in

BLOCK 2

LAYER 2

This round repeats the same moves but we have to encourage members to keep alignment

- **Triple Pulse Crunch** – Hold at the top and feel the crunch and strengthening of the upper abs
- **Cross Crawl** – Option: **Extend leg**

BLOCK 3

LAYER 3

In this final block we focus on the posterior chain with the glutes, activating to keep hips up.

- **Bridge** – Feet under hips, squeeze glutes to keep hips high
- **Cross Crawl** – Turn from the middle of the chest. Option: Extend the leg
- **Mountain Climber L, R** – Brace your core tight to avoid bouncing, keep shoulders over wrists

TIP

Core training is massively important to BODYATTACK athletes. Educate your members by talking to them about what they are specifically getting fitter.



11. COOLDOWN

TRACK FOCUS

I want my participants to have enjoyed working out together. Let them know you'll always be there for them.

MUSIC		EXERCISE		CTS
0:02	V / When all the tears	4x8	Lying Glutes	32
0:21	C / oooh I'll be there	4x8	Lying Lower Back – Knees to front	32
0:40	C / I'll be there	4x8	Lying On Side – Quad	32
1:00	V / When it's Friday night	4x8	Lying Glutes	32
1:19	C / oooh I'll be there	4x8	Lying Lower Back – Knees to back	32
1:38	C / oooh I'll be there	4x8	Lying On Side – Quad	32
1:57	V / When you're lost	4x8	Down Dog Calf – Active Calf Stretch L,R	24
			Walk up to standing	8
2:17	C / I'll be there	4x8	Knee Lift	2
			Lunge B to Hip Flex. <i>Hand To Floor</i>	14
			Hamstring Stretch. <i>Hands above knee</i>	14
			Stand Up	2
2:36	C / I'll be there	4x8	Knee Lift	2
			Lunge B to Hip Flex. <i>Hand to floor</i>	14
			Hamstring Stretch. <i>Hands above knee</i>	14
			Stand Up	2
2:55	Outro / I'll be there for you	4x8	ITB L	16
			ITB R	16



11. I’LL BE THERE 3:19mins

This release is all about the benefits of working out together to achieve the different fitness goals everyone has. Tell your participants you’re there to help them and you look forward to seeing them next time.



GLOSSARY

STEP TOUCH

Chest lifted
Hips square to front

BOUNCE

Hips and shoulders square to front
Knees soft
Feet wide

SQUAT

Knees out over toes
Chest lifted

STEP CURL

Chest lifted
Heel to butt
Knees out over toes

GALLOP

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

DOUBLE KNEE

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

PLANK

Abs braced
Hips/shoulders square to floor
Back long and straight

TRICEP PUSHUP

Hands under shoulders
Chest to elbow height
Elbows to ribs
Abs braced

SQUAT PULSE

Knees out over toes
Chest up
Hips drop

LUNGE

Front knee out
Chest lifted
Back knee down
Knees bent/soft knees

JUMP

Chest lifted
Abs braced
Knees bent on landing

JUMPING JACK

Heels down
Knees out over toes and bent
Chest lifted

BURPEE

Sit back
Jump up
Feet wide in Squat
Brace abs as the feet go back

MOUNTAIN CLIMBER

Hips square to floor
Drive hands into the floor to keep upper body still

HIGH KNEE RUN

Chest lifted
Knees towards chest
Elbows drive forward

LADDER RUN

Fast feet
Upper body still
Feet move in and out

SIDE BOUNCE

On the balls of the feet
Feet wide
Chest lifted

SKATER

Knee out over toes
Chest up
Pushup out of the floor



GLOSSARY

3-STEP RUN

- Hips square to front
- Brace abs
- Lift chest

SINGLE KICK

- Back straight
- Kick from the hip with straight leg
- Chest lifted
- Hips square to front

SINGLE KNEE PULL

- Stay square to front
- Knee to hip height
- Abs braced
- Chest lifted

PULSE CRUNCH

- Chin tucked in – eye gaze to knees
- Slide ribs towards hips
- Lift shoulders off the floor
- Hands extend past thighs

SIDE STEP

- Hips square to front
- Knee out over toes
- Chest up
- Soft knees

SNOWBOARD

- Shoulders stacked over hips
- Shoulders back
- Chest up

SIDE FLICK

- Hips square to front
- Shoulders back
- Chest up

WIDE BOUNCE

- Hips and shoulders square to front
- Knees soft
- Feet wide

CROSS CRAWL

- Shoulder lifts up and across to opposite knee
- Turn chest

DOUBLE JUMP

- Chest lifted
- Abs braced
- Knees bent on landing

HAMSTRING AND HIP FLEXOR STRETCH WITH DOUBLE ARM REACH OVER HEAD

- Knee touches floor
- Opposite arm stretches up
- Hips square to front
- Tuck back foot under

HIP FLEXOR STRETCH

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

SOLEUS STRETCH

- Heel down
- Weight forward
- Knee next to toes

ADDUCTOR STRETCH

- Leg stretches out to the side
- Sit hips back
- Chest lifted

QUAD STRETCH

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

ILIOTIBIAL (ITB) STRETCH

- Cross feet and press weight into hip

SINGLE-LEG DOWN DOG CALF STRETCH

- Hips up
- Walk alternating heels down and up

GLUTE AND HIP FLEXOR STRETCH

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



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are Les Mills.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

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

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

