

LES MILLS BODYCOMBAT™



7 6-WEEK INTRODUCTION TO GROUP FITNESS PLAN

RELEASE **54**

PRESENTERS FROM: NEW ZEALAND & DENMARK

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 14,000 fitness clubs, 90,000 instructors and millions of participants from 80 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.

THE
ESSENCE



**BODYCOMBAT™ – THE FIERCELY ENERGETIC
MARTIAL ARTS WORKOUT WHERE YOU ARE
TOTALLY UNLEASHED AND EMPOWERED.**

BLAH

BE LOUD AND HEARD – tell us what you think of this release. Visit lesmills.com/BLAH

6-WEEK INTRODUCTION TO GROUP FITNESS PLAN

THE HISTORY OF MARTIAL ARTS

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1a UPPER BODY WARMUP	What Doesn't Kill You (Stronger) (B&W Remix Edit) © 2011 LNG Music. Written by: Elofsson, Tamposi, Gamson, Kurstin	Dirty Scandal	3:45
1b LOWER BODY WARMUP	Blow (Web Remix Edit) © 2011 LNG Music. Written by: Ahlund, Gottwald, Grigg, Levin, Martin, Sebert	Diva Chain	4:06
2 COMBAT 1	Turbulence © 2011 Mixmash, under exclusive license to Huslle Recordings, a division of Ministry of Sound Australia Pty Ltd. Licensed courtesy of Ministry of Sound Australia Pty Ltd. (www.ministryofsound.com.au) Written by: van Scheppingen, Aoki, Smith	Laidback Luke & Steve Aoki feat. Lil Jon	6:30
3 POWER TRAINING 1	Gona Love Me © 2011 HTID Ltd. Written by: Hicks	Hixxy & R. S. R	5:24
4 COMBAT 2	Paradise City © 2012 Les Mills Music Licensing Ltd. Written by: Rose, Hudson, Adler, McKagan, Stradlin	Rising Edge	5:18
5 POWER TRAINING 2	Invincible (Barracuda Album Mix 2012) © 2012 Les Mills Music Licensing Ltd. Written by: Tipene, Grey, Langeveld, van de Geer	Sharnee	5:00
6 COMBAT 3	DOA © 2009 Les Mills Music Licensing Ltd. Written by: Grohl, Hawkins, Mendel, Shiflett	Telstarr	5:35
7 MUAY THAI	The Switch © 2012 Les Mills Music Licensing Ltd. Written by: Langeveld	DJ Recoil	5:34
8 POWER TRAINING 3	Dark Skies © 2007 HTID Ltd. Written by: Hicks, Clarke	Hixxy, Dougal & Gammer	6:47
8a POWER TRAINING 3	Invincible (Barracuda Album Mix 2012) © 2012 Les Mills Music Licensing Ltd. Written by: Tipene, Grey, Langeveld, van de Geer	Sharnee	0:26
9 CONDITIONING	Internet Friends © 2012 Les Mills Music Licensing Ltd. Written by: Swire, McGrillen	Captain Karate Intention	3:35
10 COOLDOWN	Payphone © 2012 Big Bite. Written by: Levin, Levine, Malik, Omello, Schuster, Thomaz	Audiogroove	3:52

KEY



Martial Arts inspiration for this track

BJJ	Brazilian Jiu Jitsu
BOX	Boxing
CAP	Capoeira
KAR	Karate
KB	Kick-boxing
KF	Kung Fu
MMA	Mixed Martial Arts
MT	Muay Thai
TKD	Tae Kwon Do
B up	build up
Br	bridge (non-chorus)
C	chorus
cts	counts
C br	chorus bridge
F&B	forward and backward
HOH	hands on hips
Instr	instrumental
Intro	introduction
L	left
mins	minutes
O/H	over head
OTS	on the spot
Outro	last few bars of music
PC	pre-chorus
QC	quiet chorus
R	right
Seq	sequence
V	verse
	preview

CREDITS

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BODYCOMBAT™ EXPRESS FORMATS

30 MINUTES

Track 1a Upper Body Warmup
Track 1b Lower Body Warmup
Track 8 Power Training 3
Track 4 Combat 2
Track 6 Combat 3
Track 10 Cooldown/Recovery (approx 2 mins)

45 MINUTES

Track 1a Upper Body Warmup
Track 1b Lower Body Warmup
Track 2 Combat 1
Track 3 Power Training 1
Track 4 Combat 2
Track 6 Combat 3
Track 7 Muay Thai
Track 8 Power Training 3
Track 10 Cooldown

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYCOMBAT™ 54



From L-R: Rachael Newsham, Dan Cohen and Sarah Galan

Hey guys and welcome to BODYCOMBAT™ 54! This release is going to knock you into a whole new world. We have made some really amazing changes based on your huge amount of feedback, and here is the crazy tough class to prove it!

Start softly with a double combo of Rock-chick hits, tons of combos and a lot of movement to really warm deep into your upper and lower bodies.

Then... you will not believe what is about to hit you!

The tempo of Track 2 is super slow, and the movement...

TURBULENT. You will probably be finding it a bit tricky to stand up the morning after this workout!

So how do we follow up such a massive, epic Legs track? With the MOST EUPHORIC Track 3 BODYCOMBAT™ has ever seen.

The pain and subsequent pleasure continues with some 'sick' tunes and unthinkable combos until you come to, honestly, one of our most favorite Track 7 and 8 combos ever. You will not believe these two tracks – the sounds are unusual and the choreography is out of control. Just hold on tight!

Now you would think we would've given you enough after that, right? Well have you got a surprise in store... Check out the Hip Escape in Track 9, and remember to never ever block us on Facebook!

Enjoy this one and remember people...

... stay with the fight.

Rachael Dan

BODYCOMBAT™ Presenters

Rachael Newsham (New Zealand) is co-Program Director of BODYCOMBAT™ and Program Director of SH'BAM™, based in Auckland.

Dan Cohen (New Zealand) is co-Program Director for both BODYCOMBAT™ and CXWORX™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

Sarah Galan (Denmark) is a BODYCOMBAT™, BODYJAM™ and SH'BAM™ Trainer. She also works as a journalist. This is her first time presenting on a Masterclass DVD.

6-WEEK INTRODUCTION TO GROUP FITNESS PLAN

Last round we looked at how well LES MILLS™ classes work. Now we are going to discuss a key component involved in this – one that will grow your classes just by asking people to do less!

One of the startling results that came out of our 30-week study was the high level of compliance. Of our 25 untrained participants, **20 of them** never missed a class! That is unheard of in this type of study. And we can credit that in large part to the first six weeks, the familiarization period where we gradually introduced them to their exercise routine.

In Week 1 we only asked them to do 20 minutes of a cardiovascular class. Their choices were: BODYATTACK™, BODYCOMBAT™, RPM™ or BODYSTEP™ – Tracks 1 through 4. They also did 20 minutes of a BODYPUMP™ class to start their strength training – they left after the Back track. And finally in the first week, they did 10 minutes of BODYBALANCE™/BODYFLOW® – the Tai Chi and Sun Salutations tracks.

So this was their base and over the next five weeks they slowly increased the duration of their sessions.

In Week 2 they doubled their cardio sessions by adding another class – but still left after Track 4. We added two more tracks in their BODYPUMP™ class so they left after the Biceps track – although they were still only doing one class per week. Same with BODYBALANCE™/BODYFLOW® – we added two more tracks so they stayed through to the end of the Balance track.

By taking this approach, the participants were never daunted by their workouts – **they** felt in control. They were not intimidated by the length or intensity of the workout and they did not get injured or burnt-out – and that meant **they enjoyed themselves**, so they kept coming back.

In fact, two of the participants from this study were so transformed by their group fitness experience that they are now going on to become LES MILLS™ instructors!

This is a new approach you can take to your classes and share with your members.

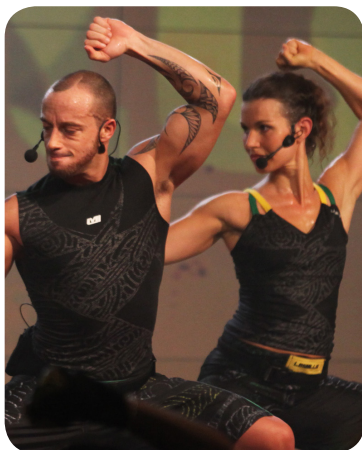
If new participants are introduced to classes slowly:

They are less intimidated and therefore less inclined to drop out.

They have a lower chance of getting injured.

And all of this means that they have a higher level of enjoyment so they are more likely to get hooked into regular class attendance.

If you want to read more about this study or download the class introduction table, go to www.lesmills.com/research.





THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

1. Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
2. If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
3. If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of kara is open and the translation of te is hand. So Karate means 'empty hand'.

Karate training is commonly divided into three sections:

1. Kihon (the basics or fundamentals)
2. KATA (forms)
3. Kumite (sparring)

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (nak muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.



THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practised by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

1. The Dragon
2. The Snake
3. The Tiger
4. The Crane
5. The Leopard or Panther

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word tae means 'to strike or break with foot'; kwon means 'to strike or break with fist'; and do means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.

THE HISTORY OF CAPOEIRA

Capoeira is essentially a Brazilian art. This form combines three elements:

1. Martial Arts
2. Game playing
3. Dance

It was created in Brazil by slaves brought from Africa, some time after the 16th century.

Participants form a roda or circle, and take turns playing musical instruments (such as the Berimbau), singing, or ritually sparring in pairs in the center of the circle. The sparring is marked by fluid acrobatic play, feints, and extensive use of Sweeps, Kicks and even head butts.

THE HISTORY OF TAI CHI

Tai Chi is an internal Chinese Martial Art, often practised for health reasons.

Tai Chi can be practised for a variety of other personal reasons — its hard and soft Martial Art techniques can help self-defense, focus and breathing.

Consequently, a multitude of training forms exist, both traditional and modern.

Some Tai Chi training forms are well known to Westerners as the slow-motion routines that groups of people practise together every morning in parks around the world, particularly in China.

THE HISTORY OF JIU-JITSU

Jiu-Jitsu originated 2,500 years ago in India. It was developed by monks as a method of self-defense against thieves on long journeys.

In 1919, Jiu-Jitsu was introduced to Brazilian Hélio Gracie, who developed the Japanese art into what is known today as Brazilian Jiu-Jitsu.

Brazilian Jiu-Jitsu (BJJ) focuses on grappling and ground fighting. It promotes the principle that a smaller, weaker person can successfully defend themselves against a bigger, stronger opponent using leverage and proper technique during locks and choke-holds.

What will Brazilian Jiu-Jitsu do for you and your members?

1. Burn calories
2. Increase strength
3. Gain discipline
4. Provide self-defense
5. Build confidence

1a UPPER BODY WARMUP

Track Focus I want my participants to feel connected to the workout through simple coaching and great connection.



MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
0:01		Bass	4x8	Pulse R, L	32		BOX
0:14	C	Stronger	4x8	A R Jab x2 to R side	4		
				Pulse L, R	4		
				L Jab x2 to L side	4		
				Pulse R, L	4	2x	
0:40	Instr	(Heavy beat)	8x8	A ¹ R Jab x3 to R side	4		
				Scissor L, R	4		
				L Jab x3 to L side	4		
				Scissor R, L	4	4x	
				L Combat Stance			
0:53	C	Stronger	8x8	B L, R Uppercut	4		
				L, R Uppercut x2	4	8x	
				Front Stance			
1:20	Instr	(Music drop)	9x8	C L, R Hook	4		
				Cross Jack x2	4	9x	
1:50	Instr	(Big beat)	8x8	A ¹ L Jab x3 to L side	4		
				Scissor R, L	4		
				R Jab x3 to R side	4		
				Scissor L, R	4	4x	
				R Combat Stance			
2:16	C	Stronger	8x8	B R, L Uppercut	4		
				R, L Uppercut x2	4	8x	
				Front Stance			
2:42			1x4	A-Frame Arms	4		KAR
				KATA			
2:44	Br	(Boom drop)	8x8	D Mid Block R, Rising Block R – Lean L	16		
		_ You know		Mid Block L, Rising Block L – Lean R	16		
2:57	PC	Think	4x8	D ¹ Mid Block R, Rising Block R – Lean L	4		
				Mid Block L, Rising Block L – Lean R	4	4x	
3:11	C	Stronger	4x8	C R, L Hook	4		
				Cross Jack x2	4	4x	
3:23	C	_ Stronger	8x8	A ¹ L Jab x3 to L side	4		
				Scissor R, L	4		
				R Jab x3 to R side	4		
				Scissor L, R	4	2x	
3:36	Outro	(Music drop)		Scissor L, R	2	8x	
				Transition to Lower Body Warmup			

TECHNIQUE & COACHING

This is a great track to connect early with the participants and get them to start performing the upper body moves with confidence. It is also designed to move the participants into the workout zone quickly to prepare them for the huge tracks ahead! This Upper Body Warmup sets up each punch separately which gives you time to coach the specific Initial Cues for each one.

Also, the Triple Jab Combo comes in early to really turn up the heat.

Focus on **Key 1 – Strike and direction** and **Key 2 – Strike surface and target zone** early in the track to get the class moving well. Once you have established the basics, connect well with your participants to build rapport and get them on board for BODYCOMBAT™ 54's killer workout.



Example Class Intro:

Welcome to BODYCOMBAT™ Release 54! We get moving quickly, to get us into the workout zone and then we go toe to toe for another 9 rounds of intense Martial Arts-inspired training. Some of the transitions can be quick but don't sweat it – just keep moving and enjoy the fight.

CONNECTION

Connecting to the class at the beginning of the track by using great eye contact, being open and approachable and engaging the participants. It's really important to connect early on so that you build trust with your participants and they feel comfortable with the workout and yourself.

The 6 Keys to Success

1. **Strike** and **direction**
2. **Strike surface** and **target zone**
3. Advanced coaching/**Martial Arts essence**
4. **How** to enhance the movement
5. The **why**; why we do what we do
6. The **musical** feel



Workout Focus:

1. To lift the heart rate into the workout zone
2. To introduce the upper body strikes and movement
3. To set up the rhythm of striking in time to the music



Feel: Energetic, uplifting



KNOW IT? SHOW IT!

Why do we bring in the Triple Jab Combo early in the track?

1b LOWER BODY WARMUP

Track Focus I want my participants to feel they have moved fully into the workout zone through effective coaching of MMA, Muay Thai and Tae Kwon Do kicking.



	MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
3:40	Instr	(Synth melody)	4x8	A	L Front Knee, Step L, R, L R Front Knee, Step R, L, R	4		KB
3:53	C	Blow	4x8	B	Shoot Lunge L Shoot Lunge R	4	4x	MMA
4:06	Instr	(Heavy beat)	4x8	A	L Front Knee, Step L, R, L R Front Knee, Step R, L, R	4	4x	KB
4:19	Vocal	Woah	4x8	B ¹	Shoot Lunge L – Level 2 (add Double Bounce) Shoot Lunge R – Level 2	4	4x	MMA BJJ MT
4:32	V1	(Music drop)	2x8		L Combat Stance Hold	4		
4:34		Now what			L Leg Check Hold	4	2x	
4:40	V1	Dirt and	6x8	C	L Leg Check L Front Kick Pulse OTS	2 2 4	6x	
5:00	C	Blow	4x8	D	Front Stance L Side Kick Pulse OTS	4 4	4x	TKD
5:13	C	Blow	4x8	D ¹	Shuffle L L Side Kick Shuffle R Pulse L, R Use last 4 cts to transition to L Combat Stance	4 4 4 4	2x	
5:27	Instr	(Synth melody)	4x8	E	L Combat Stance L Roundhouse Kick Pulse OTS	4 4	4x	
5:40	C	Blow	4x8	E ¹	Shuffle F L Roundhouse Shuffle B Pulse F&B Use last 4 cts to transition to R Combat Stance	4 4 4 4	2x	
5:53	Instr	(Synth melody)	4x8	E	R Combat Stance R Roundhouse Kick Pulse OTS	4 4	4x	
6:06	Instr	(Synth melody)	4x8	E ¹	Shuffle F R Roundhouse Shuffle B Pulse F&B	4 4 4 4	2x	
6:19		(Music drop)	1x4		Hold – Muay Thai Guard	4		MT
6:21	V2	Now what	2x8		R Leg Check Hold	4 4	2x	

6:27	V2	Dirt and	6x8	C	R Leg Check	2		
					R Front Kick	2		
					Pulse OTS	4	6x	
					Use last 4 cts to jump into Front Stance			
					Front Stance			TKD
6:47	C	Blow	4x8	D	R Side Kick	4		
					Pulse OTS	4	4x	
7:00	C	Blow	4x8	D ¹	Shuffle R	4		
					R Side Kick	4		
					Shuffle L	4		
					Pulse R, L	4	2x	
					Use last 4 cts to transition to L Combat Stance			
					L Combat Stance			
7:13	Instr	(Synth melody)	4x8	F	R Back Kick	4	7x	
					Switch to R Combat Stance on last 4 cts	4		
					R Combat Stance			
7:27	C	Blow	4x8	F	L Back Kick	4	8x	
7:40	C	Blow			R Front Kick finish			

TECHNIQUE & COACHING

The Shoot Lunge from MMA makes a return to engage the muscles of the lower body effectively, before we practise each kick and get on track to make this release BLOW! Start with low intensity as you perform the first round of the Shoot Lunge, coaching the participants through the Initial Cues to get them moving safely. Then, as you perform the second round of Shoot Lunges, you can add a little more energy and depth to the Lunges, bringing the heart rate up higher.

Authentic Muay Thai training is a feature in this Lower Body Warmup. By combining the Leg Check with the Front Kick into a short, sharp combo, it will engage the muscles of your core, hip flexors and thighs and give you a powerful authentic Muay Thai experience, early in the class.

Kicking is a personal thing. Everyone has varying levels of hip/glute strength and flexibility, so it is important that you give achievable targets for kicking heights. We want our participants to feel successful in their movements so give clear, concise cues about the foot position, body position, kick height and range of motion (ROM) for the Kicks.



Workout Focus:

1. To lift the heart rate
2. To introduce the lower body strikes and movement
3. To set up the rhythm of kicking in time to the music



Feel: Dance-Pop, powerful, energetic



KNOW IT? SHOW IT!

Why do we give options for kick heights in the Lower Body Warmup?

2 COMBAT 1

Track Focus I want my participants to experience a tough Martial Arts-inspired workout that challenges the legs further as the music builds.



MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
0:00	Vocal Ready for		L Combat Stance			KB
0:10	Instr (Epic bass)	4x8 A	L Knee x3 R Step B, F 👁️ L Knee x2, R Front Kick on last rep	6 2	4x	
0:25	Instr Let's go! _	8x8 A ¹	L Knee x2 L Front Kick R Step B, F	4 2 2	8x	
0:54	Instr ... a rush _	8x8 A ²	L Knee x2 L Front Kick R Step B, F L Evasive Side Kick R Step B, F L Lunging Front Kick	4 2 2 2 2 4	4x	TKD
1:24	Instr (High synth)	4x8 B	Front Stance Jump wide to A-Frame Arms L C-Block Arms to ribs R C-Block Transition to L Combat Stance	4 8 8 8 8 4		KAR
1:38	Rap Ladies and	8x8 C	L Combat Stance L Roundhouse Kick x2 – no touch down Treble Squat	8 8	4x	TKD
2:08	Rap I regret to	4x8 C ¹	L Roundhouse Kick L Tap	2 2	8x	
2:23	... positions _	4x8 C ²	L Roundhouse Kick Repeater – no touch down	2	16x	
2:38	(Silence)	1x8	Hold L Roundhouse Kick	8		
2:41	Instr Yeah!	8x8 A ²	Repeat Full Combo L Double Knee, Front Kick, Evasive Side Kick, Lunging Front Kick	16	4	
3:11	We hit	2½x8	Front Stance Jump wide to A-Frame Arms			
3:13			REPEAT SEQUENCE A to A² – R			

TECHNIQUE & COACHING

This is an epic Track 2. It has a slower tempo allowing you the time to increase muscle tension while striking and a giant beat to keep you driving the intensity hard all the way to the finish!

The first combo is Kick-boxing. A Triple Knee combo to start, which then gets layered by first adding a Front Kick. It keeps building from there as we add an Evasive Side Kick and Lunging Front Kick!

Use Keys 1 and 2 early to enable correct execution of the Knee Strikes and the Kicks. Then, as the combo builds, start to layer in **Key 4 – Enhancement** to coach the participants about using their core and glute muscles to add power and stability to the kicking combo.

Then we switch styles to bring in the agility and precision aspect of Tae Kwon Do (TKD). This focuses on a huge Roundhouse Kick that will build phenomenal kicking endurance and strength in your legs.

Key 4 is important here to ensure the participants are kicking correctly and feel the muscle pressure build by using great range of motion (ROM) and effective use of the muscles of the core and glutes.

Just when you thought it was over, the first combo comes back in to finish the job.

Smile – you're now halfway.



Feel: Massive, thunderous, powerful



Workout Focus:

1. To accelerate the heart rate
2. To introduce coordination and integrated upper and lower body combo skills
3. To engage the muscles of the core



KNOW IT? SHOW IT!

What aspects of Tae Kwon Do feature in this track?

3 POWER TRAINING 1

Track Focus I want my participants to feel 3 rounds of Boxing-inspired training. I will coach great footwork and Reactive Core Training throughout each round.



MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
				L Combat Stance			BOX
0:00	Instr	(Beat)	4x8	Pulse F&B	2	16x	
0:11	C	You're gonna	2x8	A L Jab, R Cross	4	4x	
0:16		(Fast beat)	4x8	A ¹ L Jab, R Cross	2	8x	
0:22	Instr	(Big synth)	16x8	A ² L Jab, R Cross x4	8		
				L Uppercut x4	8	8x	
1:07	Instr	(Synth)	1x8	B L, R Hook	4	2x	
1:10	Instr	(Squeaky synth)	15x8	B ¹ L, R Hook	4		
				Weave R, L	4	15x	
1:53		(Beat)	8x8	A-Frame Arms	2	32x	
				Run L, R			
2:15	C	You're		REPEAT SEQUENCE A to B¹ – R			
3:57	C	(Beat)	8x8	A-Frame Arms	2	32x	
				Run L, R			
4:19	C	You're	4x8	Front Stance	4		
				L Power Jab x2	4	4x	
				R Power Jab x2			
4:30		(Big synth)	16x8	C ¹ L, R Jab x4	8		
				L Power Jab x2	4		
				R Power Jab x2	4	8x	
5:16		(Boom)		L Uppercut to finish!			



What are the benefits of Reactive Core Training?

TECHNIQUE

Straight off the back of a huge Track 2, we now step into the world of Boxing and coach our participants through successful footwork and 3 rounds of Boxing training.

There are 3 rounds to the track:

Round 1

The first combo is working the Jab, Cross and Uppercut. Begin by coaching the basics, concentrating on getting people starting to engage their core as they rotate through the punches. This is how we use **Reactive Core Training**. As the Hooks come in, clearly coach people through the footwork of the Weave. This is where you can use **Key 3 – Martial Arts Essence** – to help coach your participants to move, and feel, like fighters.

Round 2

Identical to Round 1, now focus on enhancing the workout. Use **Keys 4 and 5** to enhance the movement and sell the benefits of the track. Boxing training cues like *"Fighters! Keep your chin in and drive out of your legs into the Uppercut – this will increase your punching power"* is a good example. As the footwork returns, get your participants to move faster and tighter. This will help them to duck and weave like fighters in the ring, creating a fantastic experience and excellent core training.

Round 3

Finish the track BIG!

Simple and powerful, Round 3 is time to work speed and power to the finish. Use great Motivational Cues to help them dig deep and continue to punch well, even when fatigue is starting to set in their shoulders.

COACHING

The **Key focuses are 3, 4 and 5 – Martial Arts Essence, Enhancement and the Why**. Use Key 3 to create the Boxing experience. The Weave is a great example of authentic training. It's vital for Boxers to have great footwork, or they'll get hit badly. Use the imagery of ducking punches and maintaining Boxing technique to create the Boxing experience for your participants.

Keys 4 and 5 are about helping your participants to move better, increasing their intensity and then letting them know why it's important. Explain and demonstrate the value of Reactive Core Training – by urging your class to drive power out of the legs through the core into the upper body. And make sure you let them know how beneficial it is for increasing core strength, toning and power.



Feel: Euphoric, uplifting, Boxing Gym training



Workout Focus:

1. **Key 3 – Martial Arts Essence.** Boxing training is in the house and we have 3 rounds in which to work hard
2. **Key 4 – Enhancement.** Will help participants to move better and feel how the power transfers through the core
3. **Key 5 – Why/Benefits.** Will give them an understanding of how this track will strengthen their core and tone the body with powerful Boxing combinations

4

COMBAT 2

Track Focus I want my participants to build into the combos effectively through great coaching and to push their cardio limit at the end with the Double Under.



MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
0:00	Intro	Won't you				
0:04	(Guitar)	4x8 A	L Combat Stance L, R, L Uppercut Pulse F&B	4 4	4x	KB
0:17	V1	Just an urchin 2¾x8 B	R Knee	2	11x	
0:26	(Guitar)	4x8 A¹	L, R, L Uppercut R Knee x2	4 4	4x	
0:40	V2	Rags to riches 2¾x8 C	Jump Kick setup R Knee switch to L Front Kick Pulse OTS Option – show low-impact Knee, Step, Kick	4 4	3x	KB
0:49	C	Take me 8x8 A²	L, R, L Uppercut R Knee x2 L Jump Kick F Shuffle B Option – show low-impact knee, Step, Kick	4 4 4 4	4x	
1:15	V3	Strapped in 2¾x8 D	Cross Block R Rising Block Karate Guard, Pulse OTS (Last guard has only 2 cts)	2 2 4	3x	KAR
1:24	C	Take me 8x8 D¹	Cross Block R Rising Block R Front Kick to R side Karate Guard	2 2 2 2	8x	
1:51	C	Take me 4x8 A²	Repeat Uppercut, Knee, Jump Kick Combo	16	2x	KB
2:03	Home	2x8 E	Double-time Skip L, R	1	16x	
2:14			REPEAT SEQUENCE A to 2nd A² – R			
4:13	(Drums)	2x8 E	Double-time Skip L, R			
4:18	(guitar solo)	8x8 E	Double-time Skip L, R			
4:37	I want	10x8 E¹	Double Under Double-time Skip L, R x4	2 6	10x	
5:02	Outro Home	E²	Double Under – continuous until finish!			

TECHNIQUE & COACHING

Time to rock out and thrash your whole body using powerful Kick-boxing and Karate combinations.

The first combo is focused around Kick-boxing. Heavy-hitting upper body strikes, with powerful lower body movements including the Jump Kick, will drive the heart rate up to burn calories.

Then the second combination features Karate. To get the most out of the Karate combo, coach your participants to perform these moves with authenticity. Use **Key 3 – Martial Arts Essence** – in your cues to help them achieve the technique.

The 5 key concepts to authentic Karate technique are:

- 1 – Grounded to the floor
- 2 – Posturally upright
- 3 – A clear start and finish to your movements
- 4 – Tension at the point of impact
- 5 – Kiai for focus and power

And just when you thought it was done, the Double-time Skip and Double Under will get your lungs and legs burning. Coach participants through the rhythm and to keep the knees soft as they land out of the Double Under. Keep them pushing hard, right to the very end. Hold them accountable for their results and watch as everyone groans with exertion and, eventually, relief.

CONNECTION

Real success in this track will come from showing the levels of intensity through the combinations. Use **Key 4 – Enhancement** – to help them move more effectively, which will increase their output and therefore give them a greater workout experience.



Feel: Rock, empowering, fun



Workout Focus:

1. To create total body conditioning to burn calories
2. To use Karate technique to work the core muscles
3. To improve cardiovascular fitness in the body



KNOW IT? SHOW IT!

What do we use to lift the cardio output toward the end of the track?

5 POWER TRAINING 2

Track Focus Reactive Core Training at its best. My participants will shatter their cardio limit and core activation with the relentless Hook combo.



MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
0:00				L Combat Stance				BOX
0:04	V1	I won't let	8x8	A	L Jab	2	32x	
0:25	PC	(Boom crash)	8x8	B	Double L Jab, R Uppercut Pulse F&B	4		
0:47	B up	Let go, let go	4x8	B'	Double L Jab, R Uppercut	4	8x	
0:57	Instr	... down	16x8	C	L Jab, R Cross x4 Double L Jab, R Uppercut x2	8		
1:40	V2	Invincible	8x8	D	L Double Hook Pulse F&B	4	8x	
2:02	PC	... me	8x8	D'	L Hook	2	32x	
2:24	Instr	(Boom crash)	4x8		L Hook Hold Switch to R Combat Stance for last 8 cts	2	1x	
2:34	V3	I won't let		REPEAT SEQUENCE A to D' – R				
4:55				R Hook to finish				



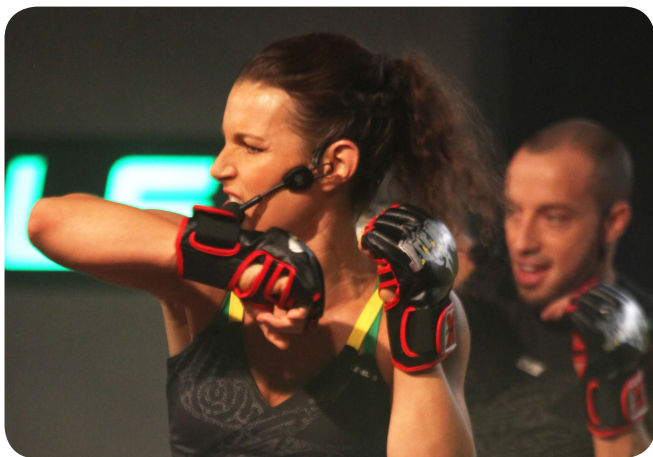
KNOW IT? SHOW IT!

Where does the power from a punch come from?

TECHNIQUE & COACHING

Relentless Boxing combinations with inspiring music equals a massive Track 5 that will challenge your core and power in your punches. Coach your participants to move with great technique – releasing the heel and driving from the legs and hips through the core into the upper body.

Use **Key 5** – the **Why** – in this track to help people understand why using great Boxing technique will improve their core strength. Layer it into your coaching of the first combo and then let them feel it as the huge 33 Hook combo tears through their body, shredding up the core muscles.



Feel: Inspiring, high-energy, challenging



Workout Focus:

1. To create flow and maintain excellence in punching
2. To use Boxing technique to work the core muscles
3. To deliver cardio results

6 COMBAT 3

Track Focus I will keep the energy high and aggressive as I introduce the two combos with focus on coaching the Blitz effectively.



	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MARTIAL ARTS
0:00	(Guitar)		L Combat Stance			KB
0:07	V1	I did it, I'm	4x8 A R Back Kick	4		
			Pulse OTS	4	4x	
0:20	V1	I went down	4x8 A ¹ R Back Kick Repeater	4	8x	
			👁️ Knee on last rep			
0:33	PC	Never mind	3½x8 A ² R Back Kick	2		
			L Knee	2	7x	
0:46	C	It's a shame	9x8 A ³ R Back Kick (first rep is a 👁️)	2		
			L Knee	2		
			R Cross, L Uppercut, R Cross	4	9x	
1:13	Instr	(Guitar)	1x8 Pulse F&B	2	4x	
1:16	V2	I'm finished	4x8 B R Blitz (Karate Punch)	2		KAR
			Pulse F&B	6	4x	
1:29	V2	Take a good	4x8 B ¹ R Blitz x2	4		
			Pulse F&B	4	4x	
1:42	PC	Never mind	4x8 B ² R Blitz	2	16x	
1:55	C	It's a shame	8x8 C R Back Kick	2		
			L Knee	2		
			R Blitz x2	4	8x	
2:22	Br	Time	6x8 D Shuffle L	4		TKD
			L Side Kick	4		
			Shuffle R	4		
			R Side Kick	4	3x	
2:42	(Guitar chord)	1x8	Front Stance			
			A-Frame Arms	8		
2:45	(Guitar strum)	4x8	REPEAT SEQUENCE FROM A to D – R	8	4x	
5:26	Outro		A-Frame Arms to finish			

TECHNIQUE, COACHING & CONNECTION

This track is powerful, comes in hard and doesn't hold back as we return to Kick-boxing, Karate and Tae Kwon Do in our third fight track.

Powerful Back Kicks will quickly engage your participants in the feeling of the track, getting their legs back in the fight ready for the combo. Adding the Front Knee then the Cross, Uppercut, Cross will feel powerful, heavy-hitting and allow them to really put power behind their strikes.

Then we bring in the Blitz from Karate – an explosive Karate Punch that drives the fist forward hard for massive impact. As you deliver the punch bring the Kumae (Guard – Front Hand) toward the opposite shoulder. Build it into the combo and let your participants unleash huge Karate power!



FITNESS MAGIC

The track is instantly recognizable and has great lyrics you can use to make it come alive. Enjoy the feeling of power in your movements and allow the members to experience moving like warriors with the contrasting combinations.



Feel: Rock, driven, Top 40



Workout Focus:

1. To create power and cardio during the Blitz
2. To challenge the whole body with Martial Arts combinations
3. To deliver amazing muscle-toning results



KNOW IT? SHOW IT!

How do you perform the Blitz?

7

MUAY THAI

Track Focus Elite cardio and core training. I will use the levels in the music to drive the Muay Thai-inspired fight track!



MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
				L Combat Stance			MT
0:01	V1 (Bam! beat)	4x8	A	Descending Elbow L, R	4	8x	
0:13	Go! G,g,go	8x8	B	L Treble Elbow	4		
				R Knee x2	4	8x	
0:36	Instr (Synth beat)	8x8	C	L Knee x16	32		
				R Knee x16	32		
1:00	Instr (Squeaky synth)	2x8		Pulse F&B	2	8x	
1:05	Instr (Air slice)	2x8	D	Plyo Push	2		
				Hold	6	2x	
1:11	Instr (Beat)	4x8	D ¹	Plyo Push	2		
				Pulse F&B	6	4x	
				👁️ Push Kick on last rep			
1:22	Go! G,g,go	8x8	D ²	Plyo Push	2		
				L Push Kick	2		
				Pulse F&B	4	8x	
1:45	(Synth beat)	8x8	C	L Knee x16	32		
				R Knee x16	32		
				Front Stance			
2:09	(Downbeat)	4x8		Pulse R, L & transition to R Combat Stance	2	16x	
	Hit the switch!	1/2x8		Hold	4		
2:22	(Bam! Beat)			REPEAT SEQUENCE A to 2nd C – R			
				Front Stance			
4:30	(Downbeat)	4x8		Pulse R, L	2	16x	
4:42	(Synth beat)	4x8		L Street Brawl Downward Punch	2	16x	
4:53	(Synth crash)	4x8		R Street Brawl Downward Punch	2	16x	
5:05	Hit the switch	4x8		L, R Knee	4	8x	
5:16	Go! Hit the	4x8		L, R Running Man Knee	4	8x	
5:28	(Synth crash)			L Knee finish			

TECHNIQUE & COACHING

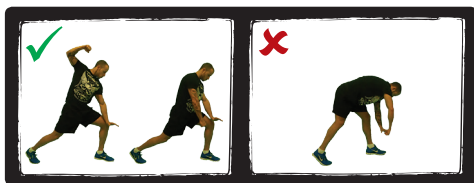
Hit the Switch!

Time to explode into another BEAST of a Muay Thai track. It will really challenge the participants' fitness and core strength with relentless Knee Strikes, not to mention the Elbow Strikes, Plyo Pushes, Front Kicks and Street Brawl Downward Punches...

Hold on tight – 'cause once it starts, there's no stopping!

Use the levels in the music to help build intensity through the track. The structure is clear and simple – to allow you to increase intensity with each combination change.

Double Knee Strikes that lift into Running Man Knees smash the core and cardio limit to the end of the track. Ensure that you swing the hips during the Running Man Knees to get the core muscles working hard.



Workout Focus:

1. Elite fitness with high intervals
2. Stress release
3. To improve Knee Strikes



Feel: Hardcore, pumping, relentless



KNOW IT? SHOW IT!

How do we build intensity in this track?

8

POWER TRAINING 3

Track Focus Time to blow the roof off the club! Massive Boxing-inspired training with inspirational cues to get the participants giving everything they've got.



MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MARTIAL ARTS
0:00	V1	You won't see	8x8	Front Stance				BOX
				L Shoulder Stretch		32		
				R Shoulder Stretch		32		
				L Combat Stance				
0:21	Instr	Synth melody)	8x8	A	L Jab, R Cross	2	32x	
0:43	Instr	You won't see	8x8	B	L Jab, R Cross x3½	8		
					Speed Ball	8	4x	
1:05		(Synth beat)	8x8	C	L Jab	2	32x	
1:27		(Cymbal crash)	8x8	D	L Jab	2		
					R Hook	2		
					Cross Jack	4	8x	
1:49		(Synth melody)	8x8	B	L Jab, R Cross x3½	8		
					Speed Ball	8	8x	
2:32		Morning comes		Front Stance				
3:05		You won't see	8x8	Run OTS L, R		2		
				(Sprint on last 8 cts)				
3:16		(Synth melody)		REPEAT SEQUENCE A to 2nd B – R				
5:27		Morning comes	8x8		Run OTS L, R	2	32x	
				Front Stance				
5:49		You won't see	4x8	E	L, R Power Jab	4	8x	
5:59		(Synth melody)	16x8	E'	L, R Jab	2	64x	
6:43	Outro			L Punch the sky to finish				
6:46		(Synth outro)		Jog around the room				

TECHNIQUE & FITNESS MAGIC

Time to finish the fight!

In true BODYCOMBAT™ essence, we bring the final power track home using powerfully inspiring music and simple yet effective Boxing combinations to blow out the shoulders and leave you completely breathless.

Set the expectation at the start that it is time to dig deep and empty the tank!

Rounds 1 and 2

Quickly set up Boxing Guard and coach participants to move like Boxers. This will allow them to move under pressure effectively, getting the most out of the Boxing combinations. Emphasize the need to drive the movement from their core and to rotate through the upper body, using the power from the legs and leaning into the punch. Great Follow-up Cues in the Jab, Cross, Speed Ball combo and the Jab Hook combo mean you'll be free to motivate through to the end of each round.

Round 3

Fire everything! This is the last blow-out. Start with heavy Power Jabs, letting the participants know that this is their last chance to unleash themselves. Then take a deep breath, use a big voice and motivate to the finish.

Leave nothing behind.



Feel: EPIC, euphoric, intense



Workout Focus:

1. Boxing endurance training
2. Stress release
3. To improve cardiovascular training



KNOW IT? SHOW IT!

Why do we set up the Boxing technique early on in the track?

9

CONDITIONING

Track Focus I want my participants to experience the true power and strength of Brazilian Jiu Jitsu core training.



MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:28	Instr (Mind-melting bass)	4x8	Hip Escape HOLD Brazilian Jiu Jitsu Hover – bent knees Level 1 L Knee to R side R Knee to L side	4 4	4x
0:43	... to die _	4x8	Level 2 L Knee, R arm to L shoulder R Knee, L arm to R shoulder	4 4	4x
0:57	(Dubstep growl)	4x8	Level 3 L Leg Extend and Tap R side, R arm to L shoulder R Leg Extend and Tap L side, L arm to R shoulder	4 4	4x
1:12	... Facebook _	4x8	Level 4 L Leg Extend to R side, R arm to L shoulder R Leg Extend to L side, L arm to R shoulder	4 4	4x
1:30	(Music drop)	6x8	Hold	4	
1:38	(Quiet synth)		Transition to knees L Shoulder Stretch R Shoulder Stretch Last 4 cts, transition onto back	12 16 16	
1:58	(Low synth)	6x8	Extend legs to Pike position	16	
	(Synth chord)		Lower to 45°, lift shoulders off floor	16	
2:05	(B up)		Single Crunch up, down x4	16	
2:20	(Mind-melting bass)	16x8	Triple C-Crunch Overhead Extended Crunch	8 8	8x
3:20	(Dying synth)	1x8	Crunch up and hold	16	

TECHNIQUE & COACHING

Brazilian Jiu Jitsu makes a comeback in the Conditioning track to develop power and strength in your core. The move integrates the upper and lower body and is a great example of functional core training.

Hip Escape

- > *Brazilian Jiu Jitsu Hover position*
- > *Knees away from hips*

Level 1

- > *Knee to opposite side*
- > *Arms under shoulders*

Level 2

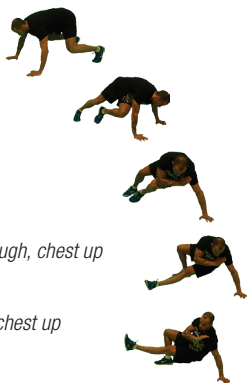
- > *Knee to opposite side, push hip through, chest up*
- > *Arm to opposite shoulder*

Level 3

- > *Leg extend to opposite side and tap heel, push hip through, chest up*
- > *Arm to opposite shoulder*

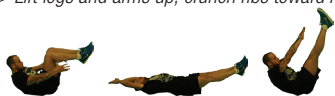
Level 4

- > *Leg extend to opposite side, no tap, push hip through, chest up*
- > *Arm to opposite shoulder*



Triple C-Crunch and Overhead Extended Crunch

- > *Triple C-Crunch, slide ribs to hips, arms reach forward*
- > *Arms and legs extend out, lower back toward floor*
- > *Chin stays tucked in*
- > *Lift legs and arms up, crunch ribs toward hips*



Feel: Dubstep, heavy, powerful



Workout Focus:

1. Abdominal conditioning
2. Improve core strength and stability
3. Learn the Hip Escape

10 COOLDOWN

Track Focus I want my participants to feel victorious! They have made it through 10 rounds of BODYCOMBAT™ coming out on top. Massive effort – well done!



		MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	C	I'm at a payphone	4x8	Lying Groin Stretch/Adductor		
				Lower Back Stretch		
0:18	V1	_ I know it's	4x8	Drop knees to front	8	
		You say it's		Pull top leg further up		
0:36	PC	Down I've	4x8	Drop knees to back	8	
		Time when		Pull top leg further up		
0:53	C	I'm at a payphone	8x8	Lying Hamstring Stretch F leg	32	
1:10		After did exist		Lying Hamstring Stretch B leg	32	
1:28	V2	... your back	4x8	Kneeling Adductor Stretch L		
1:45	PC		4x5	Kneeling Adductor Stretch R		
2:03	C	I'm at a payphone	8x8	R Hip Flexor Stretch – L leg F, R	32	
		Times gone		Shoulder Stretch then R Tricep Stretch		
		After did exist		L Hip Flexor Stretch – R leg F, L	32	
		Fairytales are full		Shoulder Stretch then L Tricep Stretch		
2:38	Rap	Man, flip that...	8x8	L Standing Quadricep Stretch	16	
		_ And all of my		R Standing Quadricep Stretch	16	
		Switch, what a		Chest Stretch	16	
		_ Phantom pulled		Upper Back Stretch	16	
3:13	C	I'm at a payphone	8x8	Front Stance		
				KATA		
				L C-Block	8	
				Arms cross chest	8	
				R C-Block	8	
				Arms cross chest	8	2x
3:47	Outro			Feet together and bow – WE MADE IT!		

COACHING

Calm the room with rejuvenating stretches and congratulate your participants on a job well done. Coach through each stretch to explain the benefits of recovery and flushing out the muscles to enable quicker recovery from training. Bring the heart rate down and connect well with the class. You've just completed another monster of a release!



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