



LES MILLS **BODYCOMBAT** **LIVE IN SWEDEN**

PRESENTERS FROM NEW ZEALAND, UK, FRANCE

RELEASE

67

FEATURES

- BODYPUMP & BONE HEALTH
- MIXING RELEASES
- BODYCOMBAT: CONNECTION & PERFORMANCE
- IMPROVING SPEED IN BODYCOMBAT
- THE HISTORY OF MARTIAL ARTS

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 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 of 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.

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, please try to teach most tracks from the past 20 releases, with the odd 'throwback' track from BODYCOMBAT 20 onwards. Use common sense and be mindful of not selecting tracks with lots of similar moves. Always teach with the current coaching model in mind.

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	TRACK	ARTIST	
1A	UPPER BODY WARMUP I'm An Albatraoz (Sunny Dee Remix) © 2015 LNG Music. Written by: Ekberg	4kast	4:59
1B	LOWER BODY WARMUP Fight For Your Right! (Yelhigh! Remix Edit) © 2015 LNG Music. Written by: Horovitz, Yauch, Rubin	Boogie Bros feat. Big Daddi	4:03
2	COMBAT 1 Thnks Fr Th Mmrs Courtesy of the Universal Music Group. Written by: Hurley, Wentz, Stumph, Trohman	Fall Out Boy	3:09
	Thnks Fr Th Mmrs Courtesy of the Universal Music Group. Written by: Hurley, Wentz, Stumph, Trohman	Fall Out Boy	3:12
3	POWER TRAINING 1 Set You Free (Hixxy Remix) © General Overseas Music/AATW. Licensed from General Overseas Music. Under Exclusive License to Central Station Records. Written by: Lewis, Longworth, O'Toole	N-Trance	6:38
4	COMBAT 2 Chopstick (Mado Kara Mieru) © 2014 Sheffield Tunes/Kontor Records GmbH. Under Exclusive License to Central Station Records. Written by: Tin	Scooter	5:03
5	POWER TRAINING 2 Sound Bang © 2015 Les Mills Music Licensing Ltd. Written by: Pentz, Izdorek, Wells, Montano, Padmore, Kubayashi, London, Machel, Nebula 868	The Noble Ascent	3:57
6	COMBAT 3 Bottles Up © & © 2015 Vicious Recordings Pty Ltd. vandalism.com.au soundcloud.com/jasonrisk I info@vicious.com.au viciousrecordings.com Licensed courtesy of Vicious Recordings. Written by: A. Van Dorsselaer, C. Van Dorsselaer, Clarke	Vandalisim & Risk	4:02
7	MUAY THAI Breathe © 2015 Les Mills Music Licensing Ltd. Written by: Howlett, Palmer, Flint	Tickling Transit	4:54
8	POWER TRAINING 3 Surrender (Clubland Mix) © 2011 24/7 Hardcore. Written by: Taylor	Al Storm feat. Amy	6:41
9	CONDITIONING Hard Courtesy of the Universal Music Group. Written by: Stewart, Nash, Fenty, Jenkins	Rihanna feat. Jezzy	4:11
10	COOLDOWN Battle Cry Courtesy of the Universal Music Group. Written by: Meunier, Rexha, Keys, Smith	Havana Brown feat. Bebe Rexha & Savi	3:18

BODYCOMBAT 67 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 (approx 2 mins)
TOTAL TIME 26:48

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 7 Muay Thai
Track 8 Power Training 3
Track 10 Cooldown (approx 2 mins)
TOTAL TIME 41:39

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

CREDITS

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Bryce Hastings – Technical Consultant
Eden Graziani – Program Planner

KEY

AIK Aikido
BJJ Brazilian Jiu Jitsu
BOX Boxing
CAP Capoeira
KAR Karate
KB Kick-boxing
KF Kung Fu
MA Martial Arts
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
Ref Reference
Seq sequence
V verse
Vox voice
 preview

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 67



From L to R: Maya Remi (Shadow), Alex Veret, Sylvie Long (Shadow), Dan Cohen, Rachael Newsham, Michelle Nicholls (Shadow), Dave Cross, Matt Molloy (Shadow)

Without a doubt, this is one of the most memorable BODYCOMBAT releases so far – setting the inner warrior free to tailor each part of this workout to suit.

This release proves that Martial Arts conditioning brings out the very best in each and every one of us, whether it's starting smart or pushing the boundaries – to ensure there's no more 'bottled up' stress.

Endurance, speed and power training all play a vital role in BODYCOMBAT Release 67. Somehow, combining floor training with 112 total kicking strikes results is more fun than pain, and in our opinion that's magic right there.

Bringing the banging sounds in Track 5 will have the heart rate pumping and the obliques, shoulders and back muscles screaming.

Spending time perfecting combos is a strong focus in this workout; challenging the cross-coordination is one of the most common forms of Martial Arts training.

Filming on the large stage in Stockholm, Sweden, with over 2,000 warriors exercising, truly was our battle cry!

Keep it real and stay with the fight!

Dan & Rach

Dan Rachael

BODYCOMBAT Presenters

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.

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

Alex Veret (France) is a BODYCOMBAT, BODYPUMP, CXWORX and an RPM Instructor and Trainer, and a LES MILLS GRIT Series Coach and Trainer. He is based in Paris, where he is also a Les Mills Training Manager and Club Coach.

Dave Cross (United Kingdom) is a BODYCOMBAT and CXWORX Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a BODYPUMP and an RPM Instructor. He is based in Dudley, where he is also a personal trainer and group fitness manager.

BODYPUMP & BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start at as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone

density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term than trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29%, while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore, is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to <http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155>



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure, we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

- **Change RPM and BODYPUMP the most.**

If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.

- For BODYATTACK, BODYCOMBAT and SH'BAM try to switch out **3 to 5 tracks each week.**
- For BODYSTEP, BODYVIVE, CXWORX and BODYBALANCE/BODYFLOW try to vary your playlist by **2 to 4 tracks each week.** LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/BODYFLOW often have a sequence of movements that are introduced, mastered and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try – mix it up!



BODYCOMBAT: CONNECTION & PERFORMANCE

We know that BODYCOMBAT can be a little intimidating for the new people in your classes.

As instructors, it's our job to approach every single one of our members with Respect and Care, and make them feel Valued when they attend our classes. We need them to leave **feeling like they belong in this workout.**

We've made some changes to Connection and Performance in initial training. **Here's everything you need to know to keep your classes packed!**

Use these five simple tools to eliminate any inhibitions or fears that new people may have:

1. Provide a clear introduction of yourself and give a description of the class. This lets people know what they're in for. . .
2. Use SMARTSTART. Tell people they can leave after a few tracks if they are new, to build their confidence and fitness gradually.
3. If you have time, add a short ice-breaker: something about your life that will make people smile and help them to relax.
4. Offer options so people can tailor their workout to suit them. Providing choices is a crucial part of motivation and reducing inhibitions. Make these options cool! It's not "If you want the easy version", but rather: "Here's an alternative if you need to use it, for now".
5. Show enthusiasm! A reassuring nod or smile might be just what it takes for that new person to come back next week.

Make every one of your participants feel valued, every time they walk into your class. When we feel like we are part of something, and that we belong, we are more easily hooked on the experience.

- Take time to remember names and information about people. What are their interests? What songs do they like? What goals are they working towards?
- During class, find time to Look, See and Respond. Take time to really look at somebody, 'see' what they are doing, and choose how you will provide meaningful feedback that will make them feel valued. Do they need a response that is encouraging, reassuring, supportive or challenging?
- Remember, it's our job to help our members feel less vulnerable and experience both a sense of achievement, and belonging.

Performance (formerly 'Fitness Magic') now has three elements:

1. Unleash yourself
2. Use the music
3. Unleash the group

Performance is what takes the class from 'just being another workout' to an experience that **takes people out of their everyday existence into something special and exhilarating.** It's key to getting people hooked on BODYCOMBAT.



To create a true Performance, you **need to tap into your best version of yourself**. It means unleashing yourself, which creates space to unleash others and you can't have one without the other. To get into the zone, think of a moment when you felt truly empowered or inspired. When you teach from this place, with this sense of empowerment, you will be able to unleash yourself.

The next part of creating a Performance is to **teach with the music**:

- Identify the WOW moments of the music.
- Create space for the music by not talking too much.
- Sing the lyrics – especially the ones that lift the atmosphere and will resonate with your class.
- Use the music to land our cues at just the right time.
- Prepare by listening to the music over and over again...
- STOP TALKING! A key part of enabling our members to unleash themselves is to let them find themselves in the music, so make sure you allow it to be heard.

Finally, **unleash the group** by using movement and expressions that will inspire your class to unleash themselves. Our movements have to be larger than life, and reflect the four types of Martial Arts:

- In Karate our movements are rigid, with upright posture, grounded to the floor, a clear start and stop before every move, and the use of Kiai.

- In Capoeira we move like an acrobat – with circular, flowing and lateral movements. It's disguised as part fight, part game and part dance.
- In Tae Kwon Do we move with speed and flamboyancy.
- In Kick-boxing it's all about having a hard powerful attitude.

Finally, we use our **facial expressions and our vocals to add more drama to the Performance**.

So now you're up to date!

- Create a connection with every participant by helping to reduce their fears and make them feel **VALUED** when they come to your classes.
- Use the elements of unleashing yourself, using the music, and unleashing the group to create a powerful Performance that will get your **members coming back, week after week**.

IMPROVING SPEED IN BODYCOMBAT

Using more speed in our punch and kick patterns in BODYCOMBAT increases intensity. The faster you move, the more muscle fibers you activate. This means you burn more calories during the class and – if you reach maximum training zones – afterwards as well (EPOC).

THE SECRET TO SPEED: RELAX

The key to creating speed when punching and kicking is in the relaxation phase between the two contractions of the strike.

A previous study* has shown that there is a contract–relax–contract cycle during forceful and quick strikes – so-called “double peak muscle activation”:

1. An initial peak of muscle activation occurs at the start of the strike, as the muscles tense to generate force.
2. This is followed by a relaxation phase to allow the speed of the movement to increase.
3. A second contraction takes place in the final moment of the strike (at the moment of ‘contact’ with the opponent).

HOW DO WE APPLY THE SCIENCE TO BODYCOMBAT?

In the Education session in the Release Kit, the first big peak on the graph occurs when Dan contracts his muscles to prepare for the strike. This is followed by a trough – indicating that he has relaxed his muscles – so you see less activity on the chart. At the last second he tenses again as he ‘lands’ the punch.

It's the relaxation phase that enables the body to move fast. The more force you apply to the movement, ie ‘muscling’ the punch, the slower you will actually move. This contraction–relaxation–contraction state is replicated in other areas of the body – particularly the legs and the core.



*McGill, S.M., Chaimberg, J.D., Frost, D.M., & Fenwick, C.M.J. (2010). Evidence of a double peak in muscle activation to enhance strike speed and force: An example with elite mixed martial arts fighters. *The Journal of Strength and Conditioning Research*, 24(2), 348–357.

PREPARING FOR SPEED

Let's think about the difference between power and speed.

To perform a move with immense **POWER**:

- Take a breath.
- Squeeze your fists.
- Tense the muscles of your legs.
- Imagine your body as immobile as an iron bar.
- Visualize yourself physically projecting immense power.

Example: To execute the Roundhouse power kick, you should focus on causing as much 'damage' as possible. Mentally navigate the movement, visualizing your shinbone striking the middle of the punchbag.

Now, let's consider performing a strike with immense **SPEED**:

- Stay calm.
- Remain relaxed until a fraction of a second before performing the strike.
- Imagine yourself getting in and out really quickly – focus on moving through time and space as fast as your body will allow.

Example: To perform a Karate Punch – breathe, relax, stay agile. You don't want any tension through your body.

TRAINING FOR SPEED IN BODYCOMBAT

There are three key training tools for increasing speed:

1. Strength
2. Power
3. Pure Speed Training

For **strengthening** the lower body, you can't beat Squats and Lunges. Then, once you have established a foundation of leg strength, introduce exercises to improve **power** – eg multiple power kicks on a heavy bag. The next stage is **speed** – eg performing multiple speed kicks on the bag.

The Bench Press is really effective for building **strength** in the upper body and this type of training assists us with explosive **power**. To really improve power, the medicine ball is a great tool: try medicine ball slams and wall balls.

The final element is **speed**. For explosive fitness, we suggest you practise: ¾-range Speed Pushup; Speed Pushups with locked elbows; and Plyometric Pushups.

With Speed Training you aim for **maximum speed** in every rep – you can't afford to burn out. Keep your sets really brief and ensure that you're well warmed up and not fatigued from a previous workout.

Remember: Think fast, be explosive, and relax when you do these drills.

Check out the awesome Education session in the Release Kit to see this theory live in action with Dan and Rach!

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

FOCUS

Coach the Strikes using Layer 1 – Strike and Execution Setup Cues when the tempo is slow then connect to the music and your participants in the 30-second speed intervals.

FEEL

Playful,
Powerful,
Invigorating

BOXING

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:05	Intro (Circus organ)		L Combat Stance	4		
0:07		2x8 A	Pulse F, B	2	8x	BOX
0:13	V1 Let me tell...	4x8 B	L Jab	2	16x	
0:26	B up Albatraoz	4½x8 C	L Hook R Cross	2 2	9x	
0:41	Vox I got it _	8x8 D	L Jab, R Cross	2	32x	
1:08	Instr (Piano)	1x8	A-Frame Arms Guard Up	4 4		
1:11		1x8 A	Pulse F, B	2	4x	
1:14	Br (Boom beat)	6x8 E	L Uppercut x2 R Uppercut x2	4 4	6x	
1:34	Vox I'm an Albatraoz	½x8 E¹	L, R Uppercut	2	2x	
1:36	Instr (Heavy beat)	8x8 E¹	L, R Uppercut	2	32x	
2:03	Vox _ this is Albatraoz	½x8	Front Stance	4		
2:04	Instr (Heavy beat)	8x8 F	Shuffle L Scissor R, L x2 Repeat R side	4 4 8	4x	
2:33	Intro (Circus organ)		REPEAT SEQUENCES A to F – R Note: Sequence A is 2½x8			
4:57	Outro I'm an Albatraoz		A-Frame Arms – Jump wide Guard Up	2 2		

BODYCOMBAT 67 is a force to be reckoned with. There are lots of opportunities to dial up the intensity or dial it down – which means your class is successful from the start. Keep your coaching in this track simple and allow the big moments in the music to invigorate your class and shift them from warming up to working out.

TECHNIQUE & COACHING

Boxing

Jab, Cross

- Throw front and rear arm, rotate through shoulders
- **Drive movement from the feet for stability and power**
- Strike Surface – front two knuckles
- Target Zone – face/head

Hook

- Lift elbow to shoulder height
- **Release heel and rotate your shoulder and hip forward**
- Circular punch
- Target Zone – jaw/temple

Uppercut

- Drop shoulder down and forward, **soft knees**
- Arm bent and drive vertically
- Reload fist to Guard position
- Target Zone – chin

COACHING & CONNECTION

There are quite distinct tempo shifts in the music, which make it really interesting and engaging but also provide a framework for delivering coaching. Keep the slow sections to where you nail your **Layer 1 – Strike and Execution Setup Cues** above.

Your class has the opportunity to learn to throw the strikes and perform them correctly. Then, when the beat drops and the music kicks in – let them feel it! Notice in the Masterclass how Dan connects with the room using the music and they can't help but cheer with excitement.

1B LOWER BODY WARMUP

FOCUS

Coach the Layer 1 – Strike and Execution Setup Cues for each strike and safe posture for the Plank Climber.

FEEL

Pumped up, Throwback, Chunky

**MIXED MARTIAL ARTS
TAE KWON DO
KARATE
MUAY THAI
MMA CONDITIONING**

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
4:58	Intro (Heavy guitar beat)	8x8	Front Stance L, R Shoot	8	8x	MMA
5:24	C ... fight for your	4x8	A ¹ L, R Shoot – Add pulse	8	4x	
5:36	Instr (Guitar chords)	3x8	A ² L, R Shoot – Add range	8	3x	
5:46	Vox To party	1x8	Jump wide Set R heel for L Side Kick	4 4		TKD
5:50	Instr (Dubstep drop)	4x8	B L Side Kick Pulse OTS x2	4 4	4x	
6:02	Vox You gotta fight	4x8	B R Side Kick Pulse OTS x2	4 4	4x	
6:15	Instr (Dubstep beat)	4x8	B ¹ L Side Kick – Level 2 Pulse OTS x2	4 4	4x	
6:27	Instr (Heavy guitar)	4x8	B ¹ R Side Kick – Level 2 Pulse OTS x2	4 4	4x	
6:40	C You gotta fight	4x8	C L Front Kick x2 Pulse OTS x2 R Front Kick x2 Pulse OTS	4 4 4 4	2x	KAR
6:52	Instr (Synth piano)	6x8	C ¹ L Front Kick x2 – Level 2 Pulse OTS x2 R Front Kick x2 – Level 2 Pulse OTS x2 (Last 4cts set Guard for Roundhouse Kick)	4 4 4 4 4	3x	MT
7:12	Instr (Dubstep drop)	4x8	D L Roundhouse Kick – To L Pulse OTS x2	4 4	4x	TKD
7:25	C You gotta fight	4x8	D R Roundhouse Kick – To R Pulse OTS x2	4 4	4x	
7:38	Instr (Dubstep beat)	4x8	D ¹ L Roundhouse Kick – To L Pulse OTS x2 R Roundhouse Kick – To R Pulse OTS x2	4 4 4 4	2x	
7:50	Instr (Synth chords)	2x8	L Roundhouse Kick – To L Set up Plank position	4 12		
7:57	Instr (Synth piano)	4x8	E L Plank Climber R Plank Climber	8 8	2x	MMA CON
8:09	C You gotta fight	7x8	E ¹ L, R Plank Climber	4	14x	
8:32	Vox To party	1x8	Jump feet wide Stand up	4 4		
8:35	Instr (Dubstep drop)	8x8	C ¹ Repeat L, R Front Kick x2 Pulse OTS x2 Combo	16	4x	MT
9:00	Outro (Dub beat)		L Front Kick and Hold			

This track is a 'throwback' with a massive twist and will get your class pumped for the rest of the release. Coach the basics – again, there are plenty of repetitions to perform for each strike so they will not only get right into the workout zone but also have the time to become confident with performing each kick. The floor work makes an early appearance and will engage the whole body, prepping them for the remainder of the workout.

TECHNIQUE

Mixed Martial Arts

Shoot

- Lunge forward
- **Weight in heel, core braced, rear heel off floor**
- Arms grab opponent's knee and pull to chest
- Drive off front leg, back to Combat Stance



Tae Kwon Do

Side Kick

- **Set heel of supporting leg toward direction of kick**
- Lift kicking leg – knee across body
- Extend kick, heel up, toes down and push out of supporting leg
- Retract knee, foot down and pulse OTS
- Target Zone – top of knees/thighs/hips/ribs

Roundhouse Kick

- **Turn heel of supporting leg in 90 degrees**
- Lift knee, point to target, heel to butt
- Extend leg, striking with shin/shoelaces
- Retract heel to butt
- Target Zone – top of knees/thighs/hips/ribs

Karate/Muay Thai

Double Front Kick – Tap

- Extend Front Kick leading leg, push through the leg, **soft knee**
- Pull toes back and strike with ball of foot
- Take the leg back and tap the floor, before firing the kick again
- **Brace abs as you kick**
- Perform 2 Front Kicks
- Swing the leading arm as you kick, to add power (Level 2)

MMA Conditioning

Plank Climber

- **Hands under shoulders**
- **Hips and shoulders square to the floor**
- **Abs braced**
- On toes – Option knees
- Draw knee to elbow L to R – **maintain strong core, brace hips and shoulders square to floor**



1B LOWER BODY WARMUP



COACHING

Keep your Layer 1 – Strike and Execution Setup Cues very clear and succinct. Set the posture and footwork first, then build the cues on top. This will allow your participants to ground themselves to the floor, making it easier to perform lunging and kicking movements safely and with confidence. And everyone has different hip joint and muscular flexibility – so ensure you set achievable kick heights (target zones) to enable everyone to feel successful.

Coach the setup of the **Plank Climber** by nailing the position of the body first, then coach the leg movement. Be sure to set up the option too – allowing everyone to perform the movement successfully.

CONNECTION

Where we had the class connect to the music in the Upper Body Warmup – now we connect the class to the workout. You want to ensure that they can feel the muscles you describe working; that the Setup Cues you delivered for each strike are being performed, resulting in safer and more effective technique from your class.

2 COMBAT 1

FOCUS

Martial Arts Conditioning – use the contrast of the Martial Arts style to deliver two outcomes: Cardio and Power in Kick-boxing, Speed Training in Tae Kwon Do.

FEEL

Rock,
Energetic,
Contrasting

KICK-BOXING TAE KWON DO

MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro	(Horns)	2x8	A	L Combat Stance	16		
0:06	V1	_ I'm gonna make it	4x8		L, R Uppercut	2		KB
					L Hook	2		
					Pulse F, B x2	4	4x	
0:18	V1	And I want	4x8	A ¹	L, R Uppercut	2		
					L Hook	2	8x	
0:30	C	One night and	8x8	B	Rear Knee	2	32x	
0:55	Instr	(Guitar)	2x8		Pulse F, B (Optional performance opportunity)	2	8x	
1:02	V2	I've been	8x8	A ¹	Repeat Uppercut, Hook Combo	4	16x	
					 Add R Knee x2			
1:26	C	One night and	8x8	A ²	Repeat Uppercut, Hook Combo – Add R Knee x2	8	8x	
1:51	Br	They say only	4x8	C	L Back Fist (to front)	2		TKD
					Pulse F, B x3	6	4x	
2:03	Br	Get me out	4½x8	C ¹	L Back Fist	2		
					Pulse F, B	2	9x	
2:17	PC	One night and	8x8	C ¹	L Back Fist	2		
					L Roundhouse Kick	2		
					Pulse OTS x2	4	8x	
2:42	C	One night and	8x8	A ²	Repeat Uppercut, Hook, Knee Combo	8	8x	KB
3:07					Freeze Guard	4		
3:09	Intro	(Horns)			REPEAT SEQUENCES A to 2nd A² – R			
6:17	Outro	(Guitar)			R Back Fist to finish			

Combat 1 brings Martial Arts conditioning to the workout. The first Kick-boxing element increases the cardio output quickly with powerful upper and lower body strikes that are short, sharp and powerful – inside fighting. The contrast comes with the Tae Kwon Do speed and range focus. These two Martial Arts complement each other well and will challenge your fitness and flexibility!

TECHNIQUE

Kick-boxing

Rear Knee

- Lift rear knee to chest height
- Drive through the hip, toes down
- Pull fists to hip
- Retract knee, tap foot to back

Tae Kwon Do

Back Fist

- Point leading elbow towards target (head)
- Extend forearm quickly, striking with back of fist
- Retract powerfully as soon as your arm reaches full extension
- **Keep the elbow joint soft, tense bicep to control extension**
- Target Zone – temple



COACHING

Layer 1 – Strike and Execution Setup

Use simple, clear coaching to get your class to perform the Kick-boxing punches correctly from the start. This will ensure that when the combo is repeated non-stop your class will move confidently.

- “Upper, upper, hook – right, left, right”
- “Two to the chin and one to the jaw”
- “Tuck in your chin, round your shoulders”

In the Tae Kwon Do section – set up the Back Fist and Roundhouse Kick with safety cues and simple execution to make sure your class is moving effectively and can safely dial up the intensity when coached.

- “Back Fist, right arm to the front”
- “Feet wide, strike with the outside of the fist”
- “Roundhouse Kick – set the supporting heel towards target”
- “Strike with the top of the foot, lean head and shoulder away”

Layer 2 – Improve Technique Execution

In the second half you have the opportunity to help your class move better – allowing them to dial up the intensity and start to work even harder in the combinations. The Kick-boxing combo is made of short sharp strikes that can be thrown hard and fast. Tae Kwon Do requires use of speed and agility. Use cues like:

- “Let your shoulders roll”
- “A little more compact, more whip from the hips and heel”
- “Pull your chest up higher to pull harder as you knee”
- “Tae Kwon Do – to smash with foot or hand”
- “Speed training – move faster, snap the Back Fist!”

3 POWER TRAINING 1

FOCUS

Set up combo 1 and 2 clearly then put them together for powerful speed and power Boxing training intervals.

FEEL

Euphoric, Happy
Hardcore, Inspiring

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Instr (Synth beat)	8x8	L, R Run	2	32x	BOX
0:22	V1 _ When we touch	8x8	A L Combat Stance L Jab, R Cross  L Jab, R Cross Combo	2	32x	
0:44	C Set you free	8x8	A ¹ Combo 1 L Jab, R Cross x2 L Jab x2 R Cross	4 2 2	8x	
1:07	Instr (Techno beat)	8x8	B L Hook  Double Hook, Jack Combo	2	32x	
1:29	V2 _ When I hold	8x8	B ¹ Combo 2 L Hook x2 Jack x2	4 4	8x	
1:52	Br Set you free	8x8	L, R Run	2	32x	
2:15	V2 _ When I hold	6x8	A ¹ Repeat Combo 1	8	6x	
2:32	V2 Only love	2x8	C Repeat Combo 1 , add Combo 2	16	1x	
2:38	C (Synth beat)	16x8	C Combo 1 + Combo 2	16	8x	
3:22	Instr (Synth melody)	4x8	L, R Run	2	16x	
3:34	V3 _ When we touch		REPEAT SEQUENCES A to C – R Note: Repeat Run on L, R			
6:35	Outro (Boom)		R Hook to finish!			

First peak of intensity! Together, you and your class are going to lift to new heights of fitness in the workout. Set up the Boxing combinations clearly. Combo 1 is about speed – long strikes that snap quickly. Combo 2 is short sharp power, driving from the legs and into the fist. When we put them together we supercharge our workout.

COACHING

Prepare your class, letting them know that the focus is on speed and power. This gives them a clear focus for the track. Nail each combo, allowing your class to learn and move well, then put them together for the perfect blend of speed and power.

Boxing Combo 1

Layer 1 – Setup

- “Jab, Cross, Jab, Cross, Double Jab Cross

Layer 2 – Improve Technique

- “Back foot – let it twist on the Cross”
- “Extend the Cross, throwing your power forward”
- “Whip the hip, a little drop, a whole lotta drive”

Boxing Combo 2

Layer 1 – Setup

- “2 Hooks, 2 Power Jacks”
- “Jacks – Knees out in line with mid foot”
- “Option – Squat”

Layer 2 – Improve Technique

- “Lift your elbow a little higher and dig into the heavy bag”
- “Turn your hips and drive from the legs as you throw the Hook”

Layer 3 – Motivate – Full Combo (1 and 2)

Be passionate and inspiring with your voice and movements. Your class will want to absolutely smash it as hard as they can if they feel you're willing to go there with them. Acknowledge that you are here to train with your class and together you'll achieve results and push harder than you have so far.

4 COMBAT 2

FOCUS

Coach the Karate Punch with great position and power cues. Coach the Tae Kwon Do Kick KATA with focus on balance, agility and control.

FEEL

Mysterious, Enigmatic, Discipline

KARATE

**TAE KWON DO
MMA CONDITIONING**

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
		Front Stance				
0:01	V1 (Japanese choir)	4x8	A L Karate Punch R Karate Punch	2 2	8x	KAR
0:14	Instr (Synth smash)	4x8	A ¹ L, R, L Karate Punch R, L, R Karate Punch	4 4	4x	
0:28	V2 (Japanese choir)	4x8	B Turn R heel to L Side Kick position L Knee x2 L Side Kick	8 8	2x	TKD
0:41	Instr (Big snare)	4x8	B ¹ L Knee x2 L Side Kick	4 4	4x	
0:55	Instr (Synth melody)	16x8	B ² Repeat L Knee & Side Kick Combo L Front Kick x4	8 8	8x	
1:48	Instr (Synth shimmer)	4x8	A-Frame Arms Arms O/H, down, cross through mid-section	16 16		
2:02	V3 (Japanese choir)		REPEAT SEQUENCES A to B² – R			
3:49	Instr (Synth shimmer)	4x8	A-Frame Arms Plank Setup	8 24		MMA CON
4:03	Instr (Synth melody)	8x8	C L, R Plank Climber	4	16x	
4:29	Instr (Synth smash)	8x8	D Pushup	2	32x	
4:57	Outro (Synth shimmer)		Down and hold			

Contrasting yet complementary Martial Arts styles to work your power and agility. This track lends itself to Karate Dojo Training in the Karate Punch combo. Short direct cues will enhance this feel. The balance and agility of the Tae Kwon Do Kick KATA will challenge your class and lift the leg speed and cardio fitness higher. Plus, there's a core blast to engage your mid-section, chest and shoulders at the end!

TECHNIQUE & COACHING

Clear position setup and rhythm cues are vital to getting your class moving with success. Once you have established the rhythm then you can bring in the feel of the different Martial Arts to help improve technique. Strong, grounded power in Karate – almost a Dojo feel, as Dan demonstrates in the Masterclass. Tae Kwon Do will improve balance, precision and agility as your class performs the many strikes of the Kick KATA.

Layer 1 – Strike Setup

Karate Punch

- Karate Punch – Right, left, right. Left, right, left
- Chest up, shoulders back
- Target Zone – chest



Tae Kwon Do Kick KATA (Side Kick)

- Balance on the left leg
- Up, down, up
- Target Zones – the ribs (Knees), the knees/hips (Side Kick)



Layer 2 – Improve Technique

Karate Punch

- Relax and tense
- Grounded to the floor – squeeze the floor together between your feet

Tae Kwon Do Kick KATA

- Tip the body for balance
- Reach and pull to engage the mid-section
- Light, fast and precise kicks improve agility and leg speed

MMA Conditioning

Coach the Plank position as in the Lower Body Warm Up. Give options where necessary – knees to floor – to ensure everyone can achieve the workout. This section will give your class greater core conditioning, build strength in their upper body and allow them to throw better punches and kicks as they improve their strength.

Pushup

- Hands outside shoulders, **shoulders away from ears, weight in palms**
- **Chest and hips square to floor, on knees**
- Press down – **shoulders to elbow height**
- Pushup, returning to start position



5

POWER TRAINING 2

SMARTSTART

FOCUS

Hard, fast, quick and dirty – get your class working to max effort in the Boxing and Sprint intervals with Layer 2 – Improve Technique Cues to help them move faster and more powerfully.

FEEL

Caribbean Bounce, Big, Powerful and Heavy, Island Styles

BOXING
METABOLIC
CONDITIONING

MUSIC			SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	(Ukulele)	2x8	Make you way onto your feet	16		BOX
0:05	When the sound bang	8x8	L, R Run	2	32x	
0:26	Vox (Jump!)	4x8	L Combat Stance			
		A	L, R Uppercut	4	8x	
0:38	Instr (Boing snare)	8x8	A' L Uppercut	2	32x	
			 Uppercut, Cross, Uppercut			
0:59	V1 Boy, fall over	4x8	B L Uppercut, R Cross, L Uppercut	4		
			Pulse F, B x2	4	4x	
1:10	C Turn up when de	4x8	B' L Uppercut, R Cross	2	16x	
1:21	Vox (Jump!)	8x8	A' L Uppercut	2	32x	
1:43	(Jump!)	2x8	Recover	16		
1:48	B up (Jump!)	2x8	R Combat Stance			
		A	R, L Uppercut	4	4x	
1:54	Instr (Boing snare)		REPEAT SEQUENCES A' to A' – R			
2:59	V2 When the sound bang	4x8	Recover – Performance Opportunity	32		
3:10	C Turn up when	4x8	L, R Run	2	16x	MET CON
3:21	B up (Jump!)	4x8	L, R Run x4	8		
			L, R Sprint	8	2x	
			 Wide Run on last rep			
3:32	(Jump!)	8x8	L, R Wide Run x4	8		
			L, R Sprint	8	4x	
3:54	Outro (Snare)		Finish!			

We took it to another level of fun and intensity in this bumping Power Training 2 track. Great musical contrast of island-style ukulele and then crazy, dirty beats that drive the Boxing and Sprint intervals. This will get your class working to their max intensity and help create that HIIT – High-Intensity Interval Training – workout that gives your class faster fitness results.

COACHING

Boxing

Layer 2 – Improve Technique

Use the following cues or similar cues of your own to help your class move faster and more powerfully in the intervals. This will increase the power output of the class, increase their hand speed and get their core muscles working super hard to drive the punches.

Uppercut Intervals

- Drop the shoulder and twist through the mid-section
- Weight on the front foot as you drive
- Lean slightly to one side – this will improve the twist

Cross

- Lift elbow, come down on the nose
- Rotate the body to create massive power

Speed (Boxing)

- The more relaxed you are, the faster you are
- Relax then fire! – Light hands

Sprint Intervals

Set up the Sprint intervals in the building phase of the music to prepare your class for what is ahead. We prep the legs and glutes with a Wide Run then bring the legs into a natural running position and sprint for 4 seconds. The repetition will create a huge spike in the heart rate, encouraging calorie burn and faster fitness results.

Layer 2 – Improve Technique

Sprints

- Run as fast as you can for 4 seconds
- Fast small steps, focusing on speed
- Option – Slower High Knee Run
- Lean forward and pump the arms as fast as you can to help move the legs

Options

- Chest up, arms pump as you run
- Tip forward slightly from the hips and SPRINT!
- Lift the knees for a slower run but greater range of motion

Connection

This track is fun and fast and will get your class working extremely hard! The music contrasts beautifully to reflect the interval training of the track. So use the moments of lightness when the ukulele plays to connect to the class and have a little fun – because when it's time to work, it's at 100% intensity.

6 COMBAT 3

FOCUS

Cardio elevation in the Jump Kick combo and depth and speed of the Lunge combo to increase leg strength.

FEEL

Top 40
EDM
Attitude

TAE KWON DO CAPOEIRA

MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro	(Buzz synth)	2x8	L Combat Guard	16		TKD
0:06	V1	Bottles up we're	4x8	A R Knee	2		
				L Front Kick	2		
				Pulse OTS	4	4x	
0:20	B up	We're bottles up	4x8	A ¹ R Knee – Hold, Jump Switch	2		
				L Front Kick	2		
				Pulse OTS	4	4x	
0:33	Instr	(Synth bass drop)	8x8	A ² L Jump Kick	4		
				Shuffle B	4	8x	
1:01	V2	Bottles up we're	4x8	B L Lunge (R foot B)	3		CAP
				R foot taps in	1	8x	
1:14	Instr	(Heavy synth)	4x8	B ¹ L Lunge – Lower	3		
				Feet jump together	1	8x	
1:28	Instr	(Synth bass drop)	8x8	A ² Repeat L Jump Kick Combo	8	8x	
1:56	Instr	(Wind-down)	4x8	Recover	32		
2:10	V3	Bottles up we're		REPEAT SEQUENCES A to 2nd A² – R			
3:59	Outro	(Synth hit)		R Front Kick to finish			

Leg conditioning and cardio makes up our Combat 3 workout. The speed and extension of the Jump Kick – plus the option to elevate into the kick – will push your heart rate higher. It then contrasts with low and heavy loading of the legs to create strength gains and endurance in the muscles.

COACHING

Use the setup of the Jump Kick to focus on getting your class shifting their weight from one leg to the other. The lift of the knee is a great way to work the core and the stabilizing muscles of the body, before firing a powerful Front Kick.

TECHNIQUE

Tae Kwon Do

Jump Switch, Front Kick (Jump Kick Setup)

- Lift rear knee and balance
- Drop knee, switching weight into rear leg and fire the Front Kick
- **Soft knee as you kick**

Jump Kick

- Sweep the rear leg forward to create momentum to jump forward as you kick
- Switch legs mid-air and perform Front Kick
- Retract Front Kick as you land on rear leg
- **Knees soft to absorb impact as you land**
- Shuffle back and reset Combat Stance
- **Option – Step, Kick instead of Jump**

This is athletic Capoeira! To attack the leg muscles and build strength and endurance, coach very clear Lunge position from the start. This will keep your class safe as they perform the powerful Lunge movements. Use **Layer 2 – Manage Intensity Cues** to keep them working hard – challenge your participants to stay low in the Lunges as they move or give them the option to tap if they need to pull back.

Capoeira

Lunge Tap

- Set Lunge position – **long stride, weight in heel front leg, on ball of foot on rear leg**
- Capoeira guard, arms to side of leading leg
- **Chest up, abs braced**
- Keep low and tap your rear foot in next to front foot
- Arms sweep across chest as you step



Power Lunge

- Maintain Lunge position – **long stride, weight in heel front leg, on ball of foot on rear leg**
- Capoeira guard, arms to side of leading leg
- **Chest up, abs braced**
- Jump feet together and jump back to Lunge
- Arms sweep across chest as you jump
- **Option – Tap foot, no Jump**

7 MUAY THAI

FOCUS

Coach intensity options in the Muay Thai combo intervals to keep your class working hard.

FEEL

Intense, Pressure, Relentless

MUAY THAI

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro Breathe with me	2x8	L Combat Stance	16		MT
0:06	Instr (Distorted melody)	2x8 A	R Circular Elbow Hold	2 6	2x	
0:11	Instr (Snare hit)	4x8 A ¹	R Circular Elbow Pulse F, B x3 👁 L Knee x3	2 6	4x	
0:23	Instr (Dubstep drop)	8x8 A ²	R Circular Elbow L Knee x3	2 6	8x	
0:46	Instr (Distorted melody)	2x8 B	L Ascending Elbow Pulse F, B x3 👁 Ascending Elbow, Knee	2 6	2x	
0:53	Instr (Hi-hats)	8x8 B ¹	L Ascending Elbow R Knee	2 2	16x	
1:15	Rap _ I'm Mr	4x8 C	Front Stance L Knee x2 R Knee x2	4 4	4x	
1:27	Rap (Snare hits)	4x8 C ¹	L Power Knee x2 R Power Knee x2	4 4	4x	
1:39	Instr (Heavy synth beat)	8x8 C ²	L Power Knee x2 R Power Knee x2 L, R Running Man Knee	4 4 8	4x	
2:02	Vox Breathe with me _	8x8 D	L, R Running Man Knee	4	16x	
2:25	Instr (Distorted melody)	4x8	L Knee and Recover – Set R Combat Stance	32		
2:37	Instr (Distorted melody)		REPEAT SEQUENCES A to D – R Note: Move A is 4x8			
4:51	Breathe with me		R Knee to finish!			

Short, sharp strikes to work power and speed. Combined with powerful music, it makes for a massive lift toward the end of the class! Use short direct cues to allow the music to come through and once the interval starts – put your foot on the accelerator and go hard.

TECHNIQUE & COACHING

You have short-range movements and lots of power to create massive cardio intensity. This track has interval training, which means that when the combo is put together – we work hard! Set up the strikes simply using short direct cues as your class is going to be pushing hard.

In the second half use **Layer 2 – Manage Intensity Cues** to encourage more power output in the elbow and knee strikes.

- “Turn the whole body as you elbow, to create massive core work”
- “You want more intensity? Lift your chest high and snap the elbow faster!”
- “Recovery Phase – Breathe with me, recharge before we go hard!”
- “3 levels of intensity coming, Running Man – use your hips, then pull, now arms above head”

By educating your class how to manipulate their intensity they can dial up the workout and push their limits in the combos or pull back a little and breathe when the going gets tough.

Muay Thai

R Circular Elbow

- Hands to Muay Thai Guard
- Throw Rear Elbow towards the front, sweeping horizontally
- **Release rear heel** and turn powerfully through the core
- **Soften knees**

Running Man Knees

- Pull knee to front, arms pull to hips
- As you switch legs, kick the other leg back
- Pull the rear knee to front and repeat
- Swing the hips as you strike
- **Option – Single Knee L to R**

8

POWER TRAINING 3

FOCUS

Finish the fight with a focus on coaching the different Jab techniques to create massive cardio intensity and muscular power.

FEEL

Uplifting, Euphoric,
Empowering

BOXING

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro (Synth)	4x8	L Combat Stance	32		BOX
0:10	_ it's tearing	2x8	L Shoulder Stretch	16		
0:16	I'm praying	2x8	R Shoulder Stretch	16		
0:21	Vox (Ich Ni I D)	9x8	A L, R Hook  Jab, Cross, Hook	4	18x	
0:45	...to my heart _	16x8	A ¹ L Jab, R Cross x2 L, R Hook	4 4	16x	
1:28	Instr (High synth)	4x8	B Jab Sequence L Jab	2	16x	
1:39	V1 _ I always thought	4x8	B ¹ L Stiff Jab	2	16x	
1:50	V1 _ I've had a	4x8	B ² L Jump Jab	2	16x	
2:01	V1 _ Don't you know	8x8	B ³ L Corkscrew Jump Jab	2	32x	
2:22	C _ How long will	8x8	A ¹ Repeat Jab Cross Hook Combo	8	8x	
2:44	Ref _ How long will	8x8	L, R Run	2	32x	
3:05	Vox (Ich Ni I D)		REPEAT SEQUENCES A to 2nd A¹ – R			
5:28	Instr (High synth)	4x8	L, R Run	2	16x	
5:39	Ref I want you	6x8	Front Stance C L Jab x2 R Jab x2	4 4	6x	
5:55	Instr (High guitar)	8x8	A ² L, R Jab x2 L, R Hook	4 4	8x	
6:16	C _ How long will	8x8	D L, R Jab	2	32x	
6:39	Outro (Synth)		L fist to sky to finish			

Cardio endurance and unrelenting punches to finish the class strongly! Your class will love the challenge and final push to the end of the workout – especially if you are encouraging, motivating and inspiring them to finish strongly. You've coached the majority of the punches before so now it's about setting up the combos quickly and then motivating the class to stay in the workout and fight until the end. The key focus in this track is on the Jab intervals where we dial up the intensity bit by bit for massive cardio and muscular gains.

TECHNIQUE

Boxing

Jump Jab

- Lifting the knee above your waist you will elevate your heart rate further, burning calories faster. Like we've said before, it's not authentic Boxing technique – but is amazing cardiovascular training!

Corkscrew Jump Jab

- Add a twist to the fist at the end of the punch by turning your elbow to the outside. This increases the shoulder muscle activation and forces your core to work hard to keep you balanced – Reactive Core Training



Layer 2 – Manage Intensity

Giving your class cues to dial up or dial back in this track is vital to keep them working as hard as they can – even if that means they pull back a little to push hard later on. Encourage them when you come back into the combo in the second half – to pull back a little, feel the muscles flush and then dial back in to create massive speed and power when you motivate them to push again.

Layer 3 – Motivation

The majority of the in-depth coaching has been in the previous Boxing tracks. Remind your class quickly about the key cues for each strike then use your motivation to help keep them engaged – they will be fatiguing at this stage.

Intrinsic motivation, focusing on how people are feeling, will connect them to how hard you are working together – “How amazing does this feel? You’ll be buzzing for the rest of the day!” Or you could use extrinsic motivation and focus on the physical goals of your class: “Now we are shaping the upper back, strengthening the heart and lungs, and trimming the waistline!”

9 CONDITIONING

FOCUS

Total core conditioning – coach each position clearly and give options where necessary to keep your class in the workout.

FEEL

Swag, Street,
Hip Hop

MMA CONDITIONING

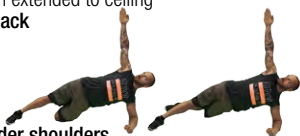
	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Hi-hats)	4x8	Set up Side Hover (Facing Forward)	32		
0:21	V1 They can say	8x8	A Side Hover Crunch x3 – Hold 3 rd Crunch (Last 4cts roll into Hover)	8	8x	MMA CON
1:03	C That I, I, I	4x8	B Hover – Walk Out, Out, In, In (Front leg first) Option: Knee Drop	4	8x	
1:24	Instr (Synth shimmer)	8x8	C Hover – L Arm, R Leg Extension Hover – R Arm, L Leg Extension	16 16	2x	
1:46	V2 All up on it	8x8	A Side Hover Crunch x3 (Facing Backwards)	8	8x	
2:28	C That I, I, I	4x8	B Hover – Walk Out, Out, In, In (Back leg first)	4	8x	
2:49	Rap Go hard or	2x8	Roll to back. Set up Leg Extension, legs to 90°	16		
2:59	Couldn't even	6x8	Extend legs to 45° – Option One Leg Alternate Lower Lift to 45° Draw in legs to 90°	2 2 2 2	6x	
3:31	Br Where dem	4x8	Repeat Leg Extension – Add Crunch	8	4x	
3:52	C That I, I, I	3½x8	Scissor Drop – Extended legs or Toe Tap L, R, L R, L, R	4 4	3½x	

Total core conditioning to strengthen all the muscles that support our bodies as we move and enable us to transfer power through the body effectively. These exercises also have the benefit of strengthening the muscles we use in BODYCOMBAT to punch and kick which, over time, will help your class to throw harder punches, stronger kicks with better control and create faster fitness results.

TECHNIQUE & COACHING

Side Hover Crunch

- **Elbow under shoulder**, shoulders stacked and top arm extended to ceiling
- **Hips in line with shoulders – avoid hips dropping back**
- Option: On one knee or split feet
- Lift hips, top half range on the beat x3, hold the 3rd



Hover – Walk

- **Arms parallel under chest**, with elbows directly under shoulders
- **Shoulders and hips in line**
- **Abs braced and long straight back in neutral spine position**
- Long legs, tension in the quads
- Walk feet out, out, in, in
- Option: On knees – Knees up, up, down, down



Hover – Arm and Leg Extension

- **Arms parallel under chest**, with elbows directly under shoulders
- **Shoulders and hips in line**
- **Abs braced and long straight back in neutral spine position**
- Long legs, tension in the quads
- Extend arm and opposite leg and hold. Repeat other side. Maintain hips and shoulders square to floor, abs braced and spine neutral

Leg Extension Combination and Crunch

- Extend legs to 45 degrees
- Lower legs and draw into towards chest
- **Maintain abs braced, lower back towards floor throughout the movement**
- Option: One leg moves at a time
- Add Crunch as you pull legs in for intensity – eyes gaze through the knees



Scissor Drop 3x

- Extend legs and drop switch L, R, L and hold. Repeat R side
- **Maintain abs braced, lower back towards floor throughout the movement**
- Option: Toe Tap, legs at 90 degrees



10 COOLDOWN

MUSIC			CTS	REPS
0:00	(Guitar strum)	6x8 Set up facing front on knees		16
0:12	V1 I'm a straight	L Adductor Stretch		16
0:24	I'm a lone	Extend L Arm Karate Slice		16
0:37	_ Lock stock two	4x8 R Adductor Stretch		16
0:49	PC _ And I don't	Extend R Arm Karate Slice		16
				
1:01	C ...my battle cry	2x8 Jump wide – Double Hamstring Stretch		16
				
1:14	V2 I'm a straight	8x8 R Hip Flexor Stretch		16
1:28	I'll hook you	Add Tricep Stretch L, R		16
1:40	_ Lock stock two	L Hip Flexor Stretch – Clasp hands behind back on last 4		16
1:52	_ And I don't	counts		16
1:58	_ And I don't	Chest Stretch		8
		Roll up		8
2:04	C ...my battle cry	4x8 L Iliotibial Band Stretch		16
2:17	Br Ooooooh	R Iliotibial Band Stretch		16
2:29	Br ... down	3x8 R Shoulder Stretch		8
2:35	... now	L Shoulder Stretch		8
2:41	... now	Upper Back Stretch – Roll arms to ribs		8
2:47	PC _ And I don't	4x8 L, R, L Karate Punch		4
	wanna	L foot step in front L – Guard to L side		2
		Step to Wide Stance, arms roll to ribs		2
		Repeat R side		8
				
3:12	Outro (Water drop)	Bow to finish!		2x

COACHING

After a hurricane of punches, kicks and intense Martial Arts Conditioning training, you and your class are going to enjoy stretching the muscles and bringing much-needed recovery to the body. There are longer stretch periods for the major muscle groups and this will enable faster recovery and enhance the flexibility of your participants.

Take your time to coach your class through each stretch and give them praise for hanging in there and fighting hard to the finish. This is a moment to reflect on the efforts given and bring peace to each person before they head out, back to their everyday activities.

What an epic journey and an amazing experience to share with all the trainers in Sweden who travelled from all over the world to help bring this release to life. As always fighters – keep it real and stay with the fight!

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