

BODYCOMBAT 68 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 29:42

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 41:38

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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KEY

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

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NEW RESEARCH: RPM BENEFITS
IMPROVING SPEED IN BODYCOMBAT
THE HISTORY OF MARTIAL ARTS

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1A	UPPER BODY WARMUP	Freak © 2014 Mad Decent. Written by: Pentz, Orrosquieta, Aoki, Bays	Steve Aoki, Diplo & Deorro feat. Steve Bays 4:47
1B	LOWER BODY WARMUP	Break The Rules © 2015 Les Mills Music Licensing Ltd. Written by: Steve, Omelio, Altchison, Eriksen, Hermansen	Anonymous Hotel 4:32
2	COMBAT 1	Push © 2015 Downright Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Written by: Nishimura, Coquia, Roh, Calleja, Savellio	Kronic, East Movement & Savage 4:49
3	POWER TRAINING 1	On My Way © 2015 Les Mills Music Licensing Ltd. Written by: Unknown	Jupiter Soliloquy 5:25
4	COMBAT 2	My Songs Know What You Did In The Dark (Light 'Em Up) (Remix) Courtesy of the Universal Music Group. Written by: Epps, Wentz, Stumph, Trohman, Hurley, Hill, Walker	2 Chainz 3:14
		My Songs Know What You Did In The Dark (Light 'Em Up) (Remix) Courtesy of the Universal Music Group. Written by: Epps, Wentz, Stumph, Trohman, Hurley, Hill, Walker	2 Chainz 3:14
5	POWER TRAINING 2	Dirty (Metrik Remix) © 2012 Dim Mak Inc. Written by: Barranger, Desbouvrie, Lignon, Corrales	Dirtyphonics 5:02
6	COMBAT 3	She Got It (Club Mix) © 2009 Vicious Recordings Pty Ltd, Australia. Written by: C. van Dorsselaer, A. van Dorsselaer, Morrison, Dimas	Vandalism & Angger Dimas 4:49
7	MUAY THAI	The United Vibe © 2012 Sheffield Tunes/Kontor Records GmbH. Under exclusive license to Central Station Records. www.centralstation.com.au Written by: Simon, Baxter, Thele, Jordan	Scooter 6:31
8	POWER TRAINING 3	Out Of My Hands © 2015 Les Mills Music Licensing Ltd. Written by: Donnelly, Hughes, Bethell	Olympic Daydream 7:06
9	CONDITIONING	Turn Down For What © 2013 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Smith, Grigahcine, Guess	DJ Snake & Lil Jon 3:34
10	COOLDOWN	I See Fire Courtesy of the Universal Music Group. Written by: Sheeran	Sol3 Mio 4:11

1A UPPER BODY WARMUP

Freak > 4:47 mins

1A

FOCUS

To connect with the class and teach them the basics of upper body strikes. Round 1 – Set up punches. Round 2 – Coach the body movement. Round 3 – Connect and let them have fun!

FEEL

EDM, Punchy, Confident

BOXING

This Upper Body Warmup will take your class into the workout with simple combinations and a fresh sound to pump them up! The track is structured so that you perform 3 rounds of 30-second intervals of Jabs, Crosses and Uppercuts followed by simple combos to lift the heart rate further and teach your class the basics of throwing punches in BODYCOMBAT.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:05	Intro (Synth beat)	1x8	L Combat Stance	8		
0:10		3x8	Pulse F, B	2	12x	BOX
0:21	C Let's get freaky _	4x8	A L Jab, R Cross	2	16x	
0:32	Instr (Saw synth)	4x8	B L, R Uppercut	2	16x	
0:46	Ref I just wanna	4x8	C L, R Hook 👁️ L, R, L Hook, Jack In and Out x2	4	8x	
1:00	C Freak _	4x8	C¹ L, R, L Hook Jack In and Out x2 – Option Squat	4	4x	
1:14	V1 Freaky _	6x8	D L Jab, R Cross, L Jab Pulse F, B x2 👁️ Jab, Body Cross, Jab, Pulse F, B x2	4	6x	
1:35	V1 I just wanna	4x8	D¹ L Jab, R Body Cross, L Jab Pulse F, B x2 👁️ Continuous Combo	4	4x	
1:49	I just wanna	4x8	D² L Jab, R Body Cross, L Jab Step L leg in	3	8x	
2:03	B up Freaky _	4x8	Front Stance Pulse R, L Pulse into R Combat Stance	2	8x	
2:17	C Let's get freaky _		REPEAT SEQUENCE A to D² – R			
4:03	B up Freaky _	2x8	Run L, R	2	8x	
4:09	(Synth build)	2x8	Sprint	16		
4:17	C Let's get freaky _	4x8	A¹ Front Stance L, R Jab	2	16x	
4:31	Instr (Saw synth)	4x8	B¹ L, R Uppercut	2	16x	
4:45	(Boom)		A-Frame Arms			

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 2 knuckles
- Target zone – face/head or torso (Body Cross)

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 – under chin

COACHING & CONNECTION

Nail your **Layer 1 – Strike Setup cues** as you perform each strike and combo for the first time – Strike and Direction. Use simple execution cues to ensure the class knows the basics of each punch. Remember to coach the rhythm of the Jab, Body Cross Jab when you go continuously – “1, 2, 3 step in! 1, 2, 3 step in!”

In Round 2 the focus is to bring awareness to the body movement behind the punches and to get your class to start to use that movement.

Jab, Cross

- Rotate through the torso as you punch – this will increase the power of the punch and the work in your core

Hook

- Turn the hips and release the heel as you throw the punch
- Drive power into the punch as you push through your legs

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 or sing along with the lyrics “I just wanna FREAK!”

1B LOWER BODY WARMUP

Break The Rules > 4:32 mins

1B

FOCUS

Coach the Layer 1 Strike and Execution Setup Cues for each strike, and safe posture for the Pushup Plank Combo and Triple Pushup Plank.

FEEL

Pop Dance,
Familiar,
Pumping

**KICK-BOXING
KARATE
MUAY THAI
TAE KWON DO
MMA
CONDITIONING**

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
4:47	C	I don't wanna	2x8	Front Stance	16	
4:54	C	Going to a	14x8	A	L Knee x3 Step L, R, L R Knee x3 Step R, L, R	5 3 5 3 7x KB
5:42	V1	_ I'm such a star	4x8	B	L Front Kick Step L, R, L R Front Kick Step R, L, R	1 3 1 3 4x KAR
5:57	Instr	(Synth drop)	4x8	B'	L Push Kick Step L, R, L R Push Kick Step R, L, R	1 3 1 3 4x MUAY THAI
6:12	Instr	(Synth shimmer)	2x8		L Push Kick and Hold Set up L Combat Stance	8 8
6:18	C	I don't wanna	4x8	C	L Roundhouse Kick Setup Pulse OTS x2	4 4 4x TKD
6:33	Instr	(Heavy synth)	8x8	C'	L Roundhouse Kick Pulse OTS	4 4 8x
7:01	Instr	(Heavy synth)	4x8	D	Front Stance L Side Kick Pulse OTS x2	4 4 4x
7:16	C	I don't wanna	4x8	C	R Combat Stance Repeat Roundhouse Kick Setup and Pulse – R	8 4x
7:29	Instr	(Heavy synth)	8x8	C'	Repeat Roundhouse Kick and Pulse – R	8 8x
7:57	Instr	(Heavy synth)	4x8	D	Front Stance Repeat Side Kick and Pulse – R	8 4x
8:11	Instr	(Synth shimmer)	2x8		A-Frame Arms Set up Pushup position	16 MMA CON
8:18	V2	Got my guitar	8x8	E	Pushup on knees Plank Reset – Knees to floor	4 2 2 8x
8:46	Instr	(Heavy synth)	8x8	F	Triple Top Half Pushup Plank position	6 2 8x
9:15		(Boom)			Jump feet in from Plank and stand to finish	

The Lower Body Warmup is structured so that the intensity of the workout lifts at the start – warming up the muscles of the lower body faster before performing a range of basic kicks. Then the end of the track is focused on Integrated Core Training – using Planks and Pushups to enable your class to accelerate into the workout.

TECHNIQUE & COACHING

Kick-boxing

Knee

- Lift knee past hip height
- Drive through the hip, toes down
- Pull fists to hip
- Reset and repeat
- Option: Level 2 Hop – **soft landing**

Karate

Front Kick

- Lift knee, extend Front Kick leading leg, push through the leg, **soft knee**
- Pull toes back and strike with ball of foot
- Maintain Combat Guard

Muay Thai

Push Kick

- Lift knee, extend Front Kick leading leg, push through the leg, soft knee
- Pull toes back and strike with ball of foot
- **Brace abs as you kick**
- Swing the leading arm as you kick, to add power

Tae Kwon Do

Roundhouse Kick

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

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 knee/thigh/hips/ribs

MMA Conditioning

Pushup Plank Combo

- **Hands outside shoulders**
- **Hips and shoulders square to the floor**
- **Abs braced**
- H to elbow height
- On knees
- Press down, Pushup into Plank then drop knees to floor
- **Maintain strong core, brace hips and shoulders square to the floor**

Triple Pushup Plank Combo

- **Hands outside shoulders**
- **Hips and shoulders square to the floor**
- **Abs braced**
- On knees
- Triple Top Half Pushup into Plank then drop knees to floor to repeat
- **Maintain strong core, brace hips and shoulders square to the floor**

1B LOWER BODY WARMUP

Break The Rules > Continued

1B



COACHING

Keep using your Layer 1 – Strike Setup Cues

Set the position for each strike using clear concise cues – foot position, body position and strike. Kicking in BODYCOMBAT will help to develop good flexibility and mobility in the hips; however, we must allow our class to perform each strike to where they feel successful – give options where necessary for height of kicks.

Coach the setup of the Pushup Plank Combo.

Pushup Plank Combo

- Hands outside shoulders, on knees
- Hips and shoulders square to the floor
- Abs braced

This will ensure your class is safely set up before they perform the exercise.



2 COMBAT 1

FOCUS

Coach the Jump Kick with options for all, focusing on lifting the cardiovascular work and, in the Capoeira, the focus is on range of motion and muscular activation of the legs.

FEEL

Hip Hop Remix,
Swag, Hectic

TAE KWON DO CAPOEIRA

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Vox _ Push it	2x8	L Combat Stance	16		TKD
0:09	(Synth rhythm)	2x8	👁️ R Knee, L Switch Front Kick, Pulse OTS x2	4	2x	
0:13	V1 _ Yeah I push	4x8	A R Knee L Switch Front Kick Pulse OTS x2 👁️ L Jump Kick, Step B x2 on last rep	2 2 4	4x	
0:27	C (Heavy beat)	4x8	B L Jump Kick OTS Step B R leg	2 2	8x	
0:42	V2 Lose your mind	8x8	C R Knee L Lunge – R leg to B Level 2 on last 4 reps	2 2	16x	CAP
1:11	B up (Synth build)	2x8	C' R Knee Repeater	2	8x	
1:18	C (Heavy beat)	8x8	B L Jump Kick OTS Step B R leg	2 2	16x	TKD
1:47	V3 Yeah I push	4x8	C R Knee L Lunge – R leg to B	2 2	8x	CAP
2:01	B up (Synth build)	2x8	C' R Knee Repeater	2	8x	
2:08	C (Heavy beat)	4x8	B L Jump Kick OTS Step B R leg	2 2	8x	TKD
2:23	Vox _ Push it		REPEAT SEQUENCE A to 3rd B – R			
4:45			Jump Kick to finish!			

Push > 4:49 mins

2

Tae Kwon Do to lift the heart rate and get you fitter, and Capoeira to increase the strength in your legs. The contrast in this track means there is a real dynamic shift in tempo and style of training – you're going to feel light and agile, then powerful and strong!

TECHNIQUE

Tae Kwon Do

Jump Kick OTS

- Sweep rear leg to front
- As rear leg sweeps through, jump and switch to Front Kick off the front leg
- **Retract Front Kick and land softly – soft knee, tap down**
- Step B rear leg and repeat

Capoeira

Rear Knee, Lunge

- Lift rear knee to torso
- Extend rear leg B to long Lunge
- Arms sweep across body for balance
- **Chest lifted, abs braced throughout movement, front knee in line with middle of foot**
- Option: Level 2 – Sweep arm to tap shin/foot

COACHING

Layer 1 – Strike Setup

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

- “Left Knee, Right Kick – Pulse”
- “Lift knee and switch to the back foot as you kick”
- “Sweep Kick, step back, Sweep Kick, step back”

Capoeira – set up the Knee Lunge Combo with the posture and safety cues to ensure your class is moving effectively and can safely dial up the intensity when coached.

- “Chest up, hips square, abs braced”
- “Take a long stride back, rear knee toward floor”

Layer 2 – Improve Execution

Dial up the intensity of the movements by helping your participants to move better. This may be through the recruitment of the upper body in the Jump Kick Combo or by increased range in the Knee Lunge Combo.

Tae Kwon Do

“Swing the arms to drive the legs”
“The arms transfer rotational power through the core, helping you to whip the legs”
“Option: Step Kick, Step Back”

Capoeira

“Front thigh parallel to the floor”
“Touch your shin/ankle as you lunge back”
“Drive out of the front heel to work your glutes harder”

3 POWER TRAINING 1

FOCUS

Coach power in the Uppercuts and speed in the Jabs and Scissor combo, then connect your participants to the uplifting music.

FEEL

Happy,
Hardcore,
Inspiring,
Challenging

BOXING

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	C	I'm on my way	2x8 6x8	Front Stance L, R Run	16 2	24x	BOX
0:23	C	Ohhhh _	8x8	A L Combat Stance L, R Uppercut	2	32x	
0:46	Instr	(Synth melody)	8x8	B L Jab, R Cross, L Jab Scissor R, L x2	4 4	8x	
1:09	Instr	(Low synth)	16x8	C Full Combo L, R Uppercut x2 L Jab, R Cross, L Jab Scissor R, L x2	4 4 8	8x	
1:54	Instr	(Synth drop)	9x8	L, R Run	2	36x	
2:19	C	On my way	8x8	C Repeat Full Combo	8	4x	
2:41		I'm on my way	8x8	R, L Run	2	32x	
				REPEAT SEQUENCE A to 2nd C – R			
5:22	Outro	(Synth snare)		R Uppercut to finish!			

On My Way > 5:25 mins

3

This is a massive euphoric lift into Boxing – with a focus on speed and power in the Uppercut. Your class will love the challenge of combining the Uppercuts with the Jab, Cross combo and it will lift their heart rate and core work to their first major peak in the class.

COACHING

This track is simple and challenging – which means you can focus on driving power into the Uppercut, and on speed in the Jab, Cross combo.

Uppercut

Layer 2 - Improve Execution

- "Twist through the core as you throw the Uppercut"
- "Keep it short and sharp – snap under the punch!"
- "Lean in and accelerate – this will keep you working hard"

Jab, Cross Combo

Layer 1 – Setup

- "Jab, Cross, Jab, Scissor"
- "Strike with the big knuckles, fists tighten on impact"

Layer 2 – Improve Execution

- "Rotate through the shoulders to extend your punch"
- "Drive out of the floor and send power through the punch"
- "Keep the feet wide on the Scissor and bend the knees to engage the muscles"

Layer 3 – Motivate

Dan uses incredible energy to match the music and take the class higher. Use this opportunity to show your passion and energy to inspire and motivate your participants to push themselves through the first peak.

Example

Intrinsic motivation

- "Feel the power of the music driving you harder!"
- "Smash the Uppercut, feel your arms explode with power!"
- "Let the music drive you to the end"

Extrinsic motivation

- "This combo will create incredible results in your upper body – toned shoulders and core"
- "Everyone is looking fierce! Who can keep smashing it until the end?"

4 COMBAT 2

FOCUS

Coach the Block and Kicks with focus on control and extension. Coach the MMA Conditioning with focus on great posture and range.

FEEL

Rock & Hip Hop
Remix, Leg
Punishing, Total
Body Toning

KARATE TAE KWON DO MMA CONDITIONING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:05	Vox _ "Ahhhh"	2x8 4x8	A L Wide Combat Stance L Low Block L Mid Block 👁️ Low and Mid Block, L Roundhouse Kick Combo	16 2 2	8x	KAR
0:17	V1 Be careful	10x8	B L Low Block L Mid Block L Roundhouse Kick 👁️ Triple Block Roundhouse Kick Combo	1 3 4	10x	
0:47	PC Light 'em up	7x8	B ¹ L Low, Mid, Low Block L Roundhouse Kick	4 4	7x	
1:08	C Oooh	1x8	Jump wide to Front Stance Set up Side Kick Repeater	4 4		TKD
1:11	V2 Writers keep writing	4x8	C L Side Kick L Tap down	2 2	8x	
1:23	A constellation of	6x8	C ¹ L Side Kick x2 L Tap down 👁️ Triple Side Kick on last rep	4 4	6x	
1:42	PC Light 'em up	8x8	C ² L Side Kick x3 L Tap down	6 2	8x	
2:05	Br (Claps)	2x8	Hold Set up Tricep Pushup	8 8		
2:11	Rap _ Light it up	12x8	D Tricep Pushup on knees Plank position Reset – Knees down	4 2 2	12x	MMA CON
2:47	PC So light' em up	4x8	D ¹ Triple Tricep Top Half Pushup Plank position	6 2	4x	
2:59	C Oohhh	4x8	E Mountain Climber – L, R	2	16x	
			REPEAT SEQUENCE A to E – R			

My Songs Know What You Did In The Dark > 6:28 mins

4

This track is a powerful leg and core training track that mixes Karate, Tae Kwon Do and MMA Conditioning for an incredible workout. It will have your class working the stability muscles of the body too, as there is a real challenge in the Side Kick Repeater Combo. Finally, the upper and lower body get a powerful integrated workout with Tricep Pushups and Mountain Climbers.

TECHNIQUE & COACHING

Set up the Karate guard and position in a Wide Combat Stance. Focus on great Position and Strike Setup first, then preview the Roundhouse Kick add-on. Coach the rhythm so that your class can follow and are aware of the pause between the Block and the Kick.

Layer 1 – Strike Setup

Low & Mid Block Combo

- Wide Combat Stance
- **Chest up, shoulders back, grounded through the heels**
- Arm to the inside of the thigh, rotate outwards to be in line with shoulder, then reset
- Add extra Low Block on the Triple Block Combo



Side Kick Repeater Combo

- Set heel toward target
- Kick and Tap – strike with side of foot, toes down, heel up
- Soft knee on supporting leg

Layer 2 – Improve Execution

Low & Mid Block Roundhouse Kick Combo

- Relax and tense at the end of the Block
- Grounded to the floor – squeeze the floor together between your feet
- Light and agile in the Kick – retract the foot before you land
- Slide into the Roundhouse Kick for increased speed!

Side Kick Repeater Combo

- Stay low in the supporting leg for balance
- Slam the kick to drive intensity into the leg and glutes
- Extend the kick as far as you can on every kick

MMA Conditioning

Coach the Plank position as in the Lower Body Warmup. 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 the upper body and allow them to throw better punches and kicks as they improve their strength.

Tricep Pushup Plank Combo

- **Hands under 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 then lift into Plank
- **Maintain a strong core brace throughout the movement**
- Triple Pushup – add 3x Top Half Pushups then Plank



Mountain Climber

- **Hands under shoulders, shoulders away from ears, weight in palms**
- **Chest and hips square to floor, on knees**
- Knees run in toward chest – **maintain strong core brace, flat back**
- **Options: Slow or as fast as you can**

5 POWER TRAINING 2 SMARTSTART

FOCUS

Coach power and endurance in the Boxing combos and clearly set up the power conditioning in the Counterforce Squat Jump.

FEEL

Intense, Dirty, Driving

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Low beat)	8x8	Set up the Track	64		BOX
0:20	V1 (Beat drop)	8x8	Run L, R	2	32x	
0:41	Vox (Say)	4x8	A L Combat Stance L, R Hook 👁 Hook, Body Hook L, R	4	8x	
0:52	Instr (Beat build)	4x8	A ¹ L Hook R Body Hook 👁 Hook, Body Hook, Hook Combo	2 2	8x	
1:02	Instr (Synth beat)	9x8	A ² L Hook R Body Hook L Hook Pulse F, B x2	1 1 2 4	9x	
1:26	Instr (Synth snare)	8x8	A ² Repeat Combo – Level 2	8	8x	
1:47	Instr (Synth beeps)	4x8	B R Cross x2 Pulse F, B x2	4 4	4x	
1:58	Instr (Synth beeps)	4x8	B ¹ R Cross	2	16x	
2:09	Instr (Low synth)	8x8	R Cross x1 Recover	2 62		
2:29	V2 Think dirty		REPEAT SEQUENCE A to B¹ – R SIDE			
3:56	Instr (Low synth)	4x8	L Cross x1 Recover	2 30		
4:06	Instr (Background drum)	4x8	C Counterforce (CF) Squat Jump	8	4x	
4:17	Vox (Say)	4x8	C ¹ Counterforce (CF) Squat Jump	4	8x	
4:27	B up (Beat build)	4x8	Run L, R	2	16x	
4:38	Instr (Synth beat)	8x8	C ² Lateral Continuous CF Squat Jump	4	16x	
4:59	Outro		Lateral Continuous CF Squat Jump to L to finish!			

Dirty (Metrik Remix) > 5:02 mins

5

Time to hammer the upper body with a simple yet powerful combo that will challenge your class to move hard and fast over time! This will drive the intensity of the workout to another level and improve the way your members burn calories gradually. The last round is focused on transferring power from the legs through the hips and torso to get them off the floor with 17 lateral jumps at the end!

COACHING

Boxing

Layer 2 – Improve Execution and Manage Intensity

Use the speed of the combo to help your class recognize that they need to move their body to maintain power and speed. You can also allow them to dial back the power if they are struggling to move fast.

Hook Combo

- Rotate the body as you throw the Hook
- Drive from the legs and turn the hips
- Keep the punch short and snap it every time

Cross

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

Continuous Cross

- Keep driving out of the legs as you punch
- Rotate through the shoulders and whip the hip forward on every punch

Counterforce Squat Jump

Set up the Counterforce Squat Jump

Layer 1 – Setup Cues

- **Feet outside Hips**
- **Hips back and down, knees out**
- **Land softly to absorb the force in the legs**



Layer 2 – Improve Execution

- Drive out of the legs as you jump
- Swing your arms up over head to generate power in the jump
- Lift your chest and drive your hips to explode upwards

Connection

The music is driving and dark, which allows you to go a little heavier and harder in your voice to match the intensity of the track. Use the natural lifts in the music to increase the feeling of power in the Boxing combinations. And ensure you give your class adequate recovery between the working intervals – allow them to rest, shake their arms out and to reset, ready for the next round.

6 COMBAT 3

FOCUS

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

FEEL

Crazy! Agile, Bounce

TKD CAPOEIRA

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	She got it! _	4x8	Front Stance Intro track	32		
0:14	V1 Hey! She got it	6x8	A L Side Kick R Front Kick Pulse OTS x2 👁 add Back Kick, Side Step on last rep	2 2 4	6x	TKD
0:36	C (Bee synth)	12x8	A ¹ L Side Kick R Front Kick L Back Kick R Step to R side	2 2 2 2	12x	
1:19	V2 Hey! She got it	4x8	B L Back Kick, Step R F	4	8x	
1:33	Hey, hey, hey	4x8	B ¹ L Back Kick, Step R F – Level 2	4	8x	
1:47	C (Bee synth)	6x8	A ¹ Repeat Kick KATA	8	6x	
2:09	V3 Hey!	2x8	C L Lunge – L leg to front	2	8x	CAP
2:16	B up Hey! Hey, hey	2x8	C ¹ L Lunge – L leg to front – Level 2	2	8x	
2:24	Vox _ Ra uh	4½x8	Recover	36		
2:38	V4 Hey! She got it		REPEAT SEQUENCE FROM A to C¹ – R SIDE			
4:47	Outro Pow!		Hold R Lunge to finish			

She Got It (Club Mix) > 4:49 mins

6

This track has a great Kick KATA for insane leg conditioning! Multiple targets encourage your class to improve control of their legs and the volume of kicks will create toning and strength in the muscles. It's finished off with a challenging Lunge combo at the end of each round to 'put the icing on the cake'.

TECHNIQUE & COACHING

Tae Kwon Do

Kick KATA – Side Kick, Front Kick, Back Kick

Back Kick

- Step front foot in and lift rear knee
- Extend rear leg in to Back Kick – toes down, heel up, hips square to front
- Reset – step rear leg to side

There are 3 challenges to the Kick KATA that will help your class find their level and enable them to work hard. The first challenge is to coach the class using Layer 1 – Setup Cues to perform the 3 Kicks, so keep the targets low and coach the basic setup of each kick.

The second challenge is to coach Layer 2 – Improve Execution and get your class to focus on precision in the kick. Here are some examples from the Masterclass:

- “Same spot every kick”
- “Extend the arms to get balance”
- “Keep chopping the same spot until it hurts!”

The last challenge is to power the kick – stab the kick to activate the muscles further.

- “Use the whole body to power the kick”
- “Slam it! Drive your heel into the kick”
- “Integrate – Push and Pull the kick”

CONNECTION

This a great track to use your intrinsic and extrinsic Motivational Cues to help power your class through the workout.

Intrinsic

- “Can you feel the work in the legs? It feels like change!”
- “How agile do you feel – fast as lightning? Yes you are!”
- “Take control of your workout – with every kick you're more powerful”

Extrinsic

- “You want tight toned legs – this is where we get them”
- “You look amazing; keep kicking to bring the results to your body”
- “If the Kardashians can have it – so can we! Build yourself a toned backside”

7 MUAY THAI

FOCUS

Coach the contrasting intensity options in the Muay Thai combos to keep your class working hard.

FEEL

#TBT, Pumped
Up, Light and
Heavy

MUAY THAI

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	_ Welcome back	4x8	L Combat Stance Set up Track 👁 Jab Elbow Knee Combo on last 8 cts	32		MT
0:11	V1 H. is back	8x8	A L Jab L Ascending Elbow R Knee x2	2 2 4	8x	
0:36	Instr Hardcore _	8x8	B L Knee x4 R Knee x4	8 8	4x	
0:59	PC _ Alright	4x8	B ¹ L Knee x2 R Knee x2	4 4	4x	
1:10	C (Epic techno)	8x8	B ² L, R Running Man Knee	4	16x	
1:34	Instr (Beat drop)	½x8	L Knee forward & hold	4		
1:35	V2 _ After screaming	8x8	C L, R Descending Elbow	4	16x	
1:58	Instr (Middle Eastern melody)	8x8	D L Street Brawl Downward Punch – Slow down, add power as the music slows	2	32x	
2:25	Vox (Ahhh)	1x8	L Street Brawl Downward Punch and recover	8		
2:29	Instr (Twinkle melody)	6x8	A Repeat Jab Elbow Knee Combo	8	6x	
2:46	C (Epic techno)	8½x8	B ² L, R Running Man Knee	4	17x	
3:15	_ welcome back	4½x8	L Knee & Hold R Combat Stance Recover and reset Guard Position	36		
3:25	V3 H. is back		REPEAT SEQUENCE A to 2nd B² – R			
6:24	Outro (Boom)		R Knee to finish			

The United Vibe > 6:31 mins

7

Time for another BODYCOMBAT throwback – we're rocking a massive Muay Thai track! Plenty of contrast here – fun yet physically tough combos and strikes, combined with intervals of high intensity Knee Strikes.

TECHNIQUE & COACHING

The combo will get your class using strikes that incorporate the whole body and have different ranges of motion. Coach the Ascending Elbows and Descending Elbows with Layer 1 – Setup Cues as this is the first time they will see these strikes.

Muay Thai

Ascending Elbow

- Lift the elbow vertically
- Lift chest, keep tension in the core
- **Fingers to upper back – full range**

Descending Elbow

- Lift elbow and drop diagonally
- Turn the hand to the chest
- Crunch the abs as you throw the elbow
- **Soft knees, release the heels to rotate**

The Running Man Knee intervals are an incredible lift in this track. Let your class perform them at a lower level to begin with. Then, when they feel comfortable, coach them to slam the knee, lifting higher and increasing the intensity.

Use **Layer 2 – Manage Intensity Cues** to show the levels of intensity in the Knee Strikes

- “Pull your arms across the body, fists into the opposite hip”
- “Add a little hop – drive off the floor into the knee”
- “Start to shunt the hips forward as you lift the knees higher”
- “Option: Stay grounded in the Running Man Knees”

The Street Brawl Downward Punch makes a comeback! This time with an increase of power as the tempo of the track slows – this will help your participants to feel the power of their punches and allow them to use their whole body in the movement.

Street Brawl Downward Punch

- Long stride – Lunge position
- Lift elbow above head and drop into the Punch
- **Soft knees, chest remains upright**
- **Aim for the mid-shin in full range, keeping core braced as you throw the Punch**

8 POWER TRAINING 3

Out Of My Hands > 7:06 mins

8

FOCUS

The key strike in this track is the Jab. In each half there are two massive rounds of Jabs – one has 64, and the other 128! Motivate your class to hang in there to the end!

FEEL

Challenging,
Inspiring,
Uplifting

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Synth melody)	4x8	Front Stance	32		BOX
0:10	Vox (Out of my hands)	4x8	L Shoulder Stretch R Shoulder Stretch	16 16		
0:22	Instr (Boom)	6x8	A L, R Jab	4	12x	
0:39	PC (Out of my hands) _	4x8	B Double L Jab Double R Jab	4 4	4x	
0:50	PC Hanging on to	8x8	C L, R Jab x4 Double L, R Jab	8 8	4x	
1:13	C (Synth melody)	8x8	D L, R Jab	2	32x	
1:36	Instr (Synth beat)	8x8	E L Combat Stance L Hook	2	32x	
1:58	V1 Take me up	8x8	E ¹ L Hook x4 Jump Jack x4 On last rep, turn to Front Stance	8 8	4x	
2:20	Vox _ (Out of my hands)	1x8	B Repeat Double Jab L & R	8	1x	
2:23	PC Hanging on to	8x8	C Repeat Single Jab, Double Jab Combo	16	4x	
2:45	Instr (Insane synth melody)	16x8	D L, R Jab	2	64x	
3:31	Instr (Synth melody)	10x8	Run L, R – Connect with the class	2	40x	
4:00	Vox (Out of my head) _	8x8	Run L, R – Level 2	2	32x	
4:22	PC Hanging on to		REPEAT SEQUENCE C to 2nd D – R			
7:03	Outro (Bang!)		R fist to sky to finish			

COACHING

This is not a long Power Training 3 Track, but it is INTENSE. The load on the shoulders as you perform an incredible 384 Jabs in the intervals between combos means fast results! Continued pressure from the continuous Hooks also means that there is very little recovery before you nail the shoulders again. Pressure creates change in this track, and your shoulders, cardiovascular system and core will thank you for it later.

Layer 2 – Manage Intensity

Use your levels to demonstrate when to increase the power of the Jabs/Hooks, and when you can pull back for active recovery. Be sure to give options where necessary, especially for those who have stayed until Track 8 for the first time.

Layer 3 – Motivation

This track will require a lot of motivation and encouragement as the class will now be close to the point of fatigue. Watch the Masterclass and notice how Rachael is fully connected to the class, the music and the workout. She can see who needs help and where she can give the class the boost they need to hang on until the end.

Here's some examples you can use in class:

Intrinsic Motivators

- "How amazing does it feel to take control of your fitness? Hang in there!"
- "You're more powerful than you can imagine, stay in the fight."
- "You have to be your own hero – time to save yourself and fight for your fitness!"

Extrinsic Motivators

- "We are now getting fitter, faster! Your shoulders are going to look amazing!"
- "Your core is working hard – we are becoming leaner and faster with every punch!"

9 CONDITIONING

FOCUS

Total core conditioning! Coach each position clearly and give options where necessary to keep your class in the workout to the very end.

FEEL

Club Banger,
Intense,
Effective

MMA CONDITIONING

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	(Trap beat)	2x8	Setup – On back, side-on to class	16	
0:09	B up	(Synth build)	2x8	Extend legs to 45° Take legs apart. Scissor Legs	16	
0:19	C	Turn down for what	4x8 A	Scissor Legs, cross and out	2	16x
0:28	C	Turn down for what	4x8 A¹	Scissor Legs – Add Crunch on every cross	2	16x
0:57	Instr	(Trap beat)	2x8	Feet down Set up Oblique Crunch position	16	
1:06	B up	(Synth build)	2x8	Lift legs off floor – Option 1 leg	16	
1:16	C	Turn down for what	8x8 B	Double Oblique Crunch Extend legs	3 1	16x
1:55	B up	Fire up that loud	4x8	Feet down, rotate to other side Set up Oblique Crunch Lift legs off floor	16 16	
2:13	C	Turn down for what	8x8 B	Repeat Double Oblique Crunch	4	16x
2:52	Instr	(Zippy synth)	1x8	Feet down Set up Scissor Legs	4 4	
2:57	Instr	(Zippy synth)	3x8 A	Repeat Scissor Legs	2	12x
3:12	Instr	(Jingle beat)	4x8 A¹	Repeat Scissor Legs with Crunch	2	16x

Turn Down For What > 3:34 mins

9

TECHNIQUE & COACHING

Two exercises with options to increase or maintain intensity, and what an incredible challenge! This track is designed to finish off the workout with a simple structure that will improve the core strength of your participants dramatically. They will really feel the difference in their core strength after a few classes doing this Conditioning track!

Scissor Legs

- **Lie on back, side-on to the class**
- **Abs braced, shoulders away from ears**
- Lift knees above hips, then extend legs to 45° and take them apart
- Cross legs and open, **maintaining strong core brace**
- Option: Add Crunch on every Leg Cross, **eye gaze through legs**

Double Oblique Crunch

- **Lie on side glute, side-on to the class**
- **Lower arm extended to front for support**
- Lift legs 6 inches off the floor
- Crunch knees toward chest, lifting armpit toward hip, arm extended
- Reset position

10 COOLDOWN

I See Fire > 4:11 mins

10

FOCUS

Use the music to bring recovery to the room with simple cues and effective stretches.

FEEL

Dramatic,
Silent, Chills

COACHING

A truly beautiful and majestic song to finish an incredible workout. Let the music take you and your participants to a place of full recovery – with you guiding the stretches and letting the music do the rest. Be sure to connect with all the people in your class who have made it this far and help them to understand how to stretch effectively.

- Extend each stretch until you feel a slight pressure in the muscles and then hold until you feel the tension release

And with each stretch and breath take yourself deeper into recovery and ready for the next challenge of the day, knowing you have accomplished an incredible workout.

Keep it real and stay with the fight!

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	(Haka)		Lie on back, side-on to class		
0:10	V1	_ Oh misty mountain my brother's soul Keep watch over	5½x8 Front Leg Hamstring Stretch Rear Leg Hamstring Stretch Hug knees to body – lower back release	22 16 6	
0:44					
0:53	Vox	(Hiiii!)	6x8 Roll up	8	
1:00	V2	If this is to end	L Hurdler Stretch – front leg 90° Option – Bent rear leg or extended rear leg	16	
1:11		Calling out Father	Extend arms L, R & hold	16	
1:24		Desolation	Retract arms	4	
1:27		_ the sky	A-Frame Arms – Hands on floor	4	
1:31	C	I see fire!	4½x8 Repeat Hurdler Stretch Combo R Last 4 cts, step R leg through	36	
1:58	C	Remember me	6x8 R Hip Flexor Stretch (L leg to front) Combo		
2:00	Vox	(Hiiii)	Arms to A Frame	8	
2:04	V3	And if we should	Raise arms to V	8	
			L Tricep Stretch	8	
2:17		Calling out Father	Switch to R Tricep Stretch	8	
			Arms down to A Frame	16	
2:35	C	I see fire (Hiii)	5x8 L Hip Flexor Stretch (R leg to front) Combo	16	
2:48		I see fire	Arms to A Frame	16	
3:01		And I hope	Arms link behind back, Lift into Chest Stretch Stand	16 8	
3:06	Br	And with the shadow	3½x8 L Quad Stretch	12	
3:17	C	I see fire	L Iliotibial Band Stretch	16	
3:29		I see fire	4x8 R Quad Stretch	16	
3:41		I see fire	R Iliotibial Band Stretch	16	
3:54		I see fire	1x8 R Shoulder Stretch L Shoulder Stretch	4 4	
4:01		(Hiiii)	Feet together, fists on hips to finish		