



SMASH

LesMILLS BODYCOMBAT

PRESENTERS FROM NEW ZEALAND

RELEASE

68

FEATURES

- INTERNAL & EXTERNAL COACHING
- NEW RESEARCH: RPM BENEFITS
- 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 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, Omello, Althison, 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

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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Rachael Newsham – Choreography & Music
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Diana Archer Mills – Creative Director
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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 68



From L to R: Dan Cohen, Rachael Newsham, Tavuga Siolo

Training mixed martial arts disciplines and combining them with the training principles will help you to develop explosive upper body striking, controlled kicking techniques, and all-over body conditioning.

This incredible cardiovascular workout has some amazing moments of sweat-drenched fun.

The combination of simplicity and add-on choreography combinations has the members in class fully engaged with the ability to truly 'go for it'.

Release 68 sees some new creative programming, which allows each individual to tailor the workout to suit them personally. By using either modifications, speed changes or low loaded exercises, BODYCOMBAT is designed for anyone and everyone.

The pockets of exhilarated Warmup give members in class the authenticity of mixed martial arts. For example, the Jump Kicks in the first quarter lift the heart rate, while grounded strength training conditions the muscles in our bodies.

With some amazing added features such as lateral plyometric training, Extended Kick KATAs and 'Jab until it's perfect' will completely inspire every participant to book back into the very next class.

Until next time...

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.

Tavuga Siolo (New Zealand) is a BODYCOMBAT, BODYJAM, BODYPUMP and SH'BAM Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a CXWORX and an RPM Instructor. He is based in Auckland, where he is also Group Fitness Manager at Les Mills New Lynn.

INTERNAL & EXTERNAL COACHING

Great coaches have the ability to drive people to succeed in ways they never would have dreamed of. **Don't you want to be that coach?**

Internal and External cueing can make a huge difference to athletic performance in our participants. They'll help you to improve execution and manipulate intensity – two key objectives of Layer 2 coaching.

- **Internal** cues encourage people to focus on their **body parts and the mechanics of the movement**.
- **External** cues inspire people to focus on the **outcome of the movement**; their energy is directed **outside the body**.

For example, in the Tricep Kickback Row in BODYPUMP, we could say, “squeeze the triceps”. This is an Internal cue that focuses the attention inward. OR we could say, “drive the plate up and back”. This is an External cue – you're asking participants to focus on the outcome of the movement.

To get someone to run faster, you could say “extend your hip” – this would be Internal – or “push the floor behind you” – which would be External.

When we train the core, we often say, “squeeze your abs” – this is Internal. An External, outcome-focused cue would be to say, “imagine you're about to get punched in the stomach”.

So why should we care?

Different cues can produce different outcomes, and many coaches believe that External cues deliver better results. This is because External cues work with the body's natural movement;

they are in sync with it.

Internal cues, on the other hand, can interrupt automatic movement. When you concentrate on how things move, you can interrupt the body's natural response. Think about how you teach a child to walk. Most parents don't say, “lift your foot off the floor by flexing at the knee and engaging your hip flexor”! Instead we say: “come to me, over here...” By focusing on the movement outcome (External focus) we achieve the goal in the most natural way.

Many athletes improve performance when they have an external focus. People doing a forward jump went further when encouraged to get as close to the target as possible, compared to a group who were asked to extend their knees as quickly as possible when they jumped.¹

Are Internal cues still relevant then?

Yes! People don't always know how to perform an exercise instinctively. For example, getting the glutes to engage optimally doesn't come naturally to many people. Some participants – particularly beginners – need to be coached with an internal focus to establish good technique.

Example: The Squats track in BODYPUMP.

- In Set 1 you'll use Layer 1 cues to set up the move correctly.
- In Set 2 the majority of your coaching will focus on Layer 2, eg in a Wide Squat you could cue, “driving your knees out” to engage the side glutes. This is an Internal Layer 2 cue.
- In Set 3 you could follow up with an External, outcome-focused cue to enhance that element of the Squat, eg “let's focus on driving those knees out even more; try and rip the floor beneath you apart”. Focusing on

trying to rip the floor apart is External and builds on your coaching from Set 2.

Example: The Deadlift in BODYPUMP.

- You could cue: "Lift your chest as you tip forward from the hips". This is an Internal cue to improve execution.
- This can be followed up with "show me what's written on your tee-shirt". This is a great External cue that enhances the move by providing an outward focus.

Using a mix of Internal and External cues in Layer 2 is the best way to coach people to achieve more than they could do on their own. It will help give clarity and flow to your Layer 2 coaching, and prevent you from cluttering this phase with too many ideas.

Action Plan: Watch the Masterclass and identify as many Internal and External cues as you can. Listen carefully. Are the cues encouraging participants to focus on their body parts and mechanics? Or are the cues directing the energy outside the body, inspiring people to focus on the outcome of the movement? Become a master at identifying the difference between Internal and External cues.

¹Effect of Attentional Focus Strategies on Peak Force and Performance in the Standing Long Jump. Wu et al. May 2012.



NEW RESEARCH:

RPM BENEFITS

New research has shown that RPM delivers the combined benefits of cardiovascular training coupled with short bursts of intensity known as cardio peak training.

A study conducted at Loughborough University in the UK measured the effects of doing RPM for 8 weeks on individuals who were not regularly active.

Participating in classes 3 times per week with no changes in diet generated the following benefits:

- 11% increase in VO2
- 7% reduction in systolic blood pressure
- 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in LDL's – (considered the 'bad' cholesterol)
- Participants also lost – on average – 1 inch (3cm) in their waist circumference.

The subjects in this trial also had a compliance rate of 95% during the study, which was very high for this type of group.

Many of the participants achieved a heart rate of 95% of their maximum during the workouts. This indicates the effectiveness of the program to hit short peaks of intensity off a cardiovascular training base.

We can therefore say that RPM delivers the combined benefits of cardiovascular conditioning with multiple peaks of intensity AND the advantage of great instruction and awesome music – which serve to increase the attendance beyond what we normally see with this type of training.

For more on this study go to <http://fitnessresearch.edu.au/journal-view/group-studio-cycling-an-effective-intervention-to-116>



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: $\frac{3}{4}$ -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

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

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	C' 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	D' 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	A' Front Stance L, R Jab	2	16x	
4:31	Instr	(Saw synth)	4x8	B' L, R Uppercut	2	16x	
4:45		(Boom)		A-Frame Arms			

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.

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

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



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!		

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!			

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								

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!			

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	2		TKD
			R Front Kick	2		
			Pulse OTS x2	4	6x	
			👁️ add Back Kick, Side Step on last rep			
0:36	C (Bee synth)	12x8	A ¹ L Side Kick	2		
			R Front Kick	2		
			L Back Kick	2		
			R Step to R side	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			

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			

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

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'	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 A ¹	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 A ¹	Repeat Scissor Legs with Crunch	2	16x

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

FOCUS

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

FEEL

Dramatic,
Silent, Chills

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

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!

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