

BODYCOMBAT 69 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 29:39 mins

45 MINUTES

Track 1A Upper Body Warmup
Track 1B Lower Body Warmup
Track 2 Combat 1
Track 3 Power Training 1
Track 4 Combat 2
Track 7 Muay Thai
Track 8 Power Training 3
Track 10 Cooldown (approx 2 mins)
TOTAL TIME 43:32 mins

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		

CONTENTS

NEW RESEARCH: LES MILLS SPRINT
BODY LANGUAGE FOR POWER AND PERFORMANCE
IMPROVING SPEED IN BODYCOMBAT
THE HISTORY OF MARTIAL ARTS

	TRACK	ARTIST	
1A	UPPER BODY WARMUP Everybody Stand Up © 2015 Central Station Records Written by: Caporaso, Clow, M. Coleman, T. Coleman.	Bombs Away feat. Luciana	5:15
1B	LOWER BODY WARMUP Nuclear (Dillon Francis Remix) © 2015 Never Say Die Records. Written by: Francis, Jenkin	Zomboy	4:28
2	COMBAT 1 I'm Alive © 2012 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. Produced under license from Atlantic Recording Corp. Written by: Smith, Bassett, Bass	Shinedown	3:34
	I'm Alive © 2012 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. Produced under license from Atlantic Recording Corp. Written by: Smith, Bassett, Bass	Shinedown	1:03
3	POWER TRAINING 1 Good Times Courtesy of the Universal Music Group. Written by: McMahon, Fielder, Edwards, Lenzie	Sigma & Ella Eyre	3:09
	Good Times Courtesy of the Universal Music Group. Written by: McMahon, Fielder, Edwards, Lenzie	Sigma & Ella Eyre	3:09
4	COMBAT 2 Say My Name (Dual Thieves Remix) © 2015 Vicious Bitch. Written by: Hyde, Styles-Richards, Woolner-Kirkham	Peking Duck feat. Benjamin Joseph	5:36
5	POWER TRAINING 2 Count On Me (Andy C Remix) Courtesy of the Universal Music Group. Written by: Kennard, Milton, Lower, Ritson, Aud-Gy	Chase & Status	3:45
6	COMBAT 3 Wine Dem © 2015 Henry Fong LLC. Written by: Unknown	Henry Fong	3:49
7	MUAY THAI Testify © 2015 Masif Recordings. Written by: Hill, Brett	Steve Hill & Klubfiller	6:47
8	POWER TRAINING 3 Watch It Burn © 2011 Hospital Records. Written by: Reitsch, Wagner, Marar	Camo & Krooked feat. Ayah Marar	6:18
9	CONDITIONING Bring 'Em Out © 2004 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. Contains excerpts of "What More Can I Say" written by S. Carter, Thomas Randolph Bell, Kenneth Gamble & Roland Lawrence Chambers, performed by Jay-Z courtesy of Roc-A-Fella Records. Produced under license from Atlantic Recording Corp. Written by: Dean, Gamble, Chambers, Harris, Carter, Bell	T.I.	3:36
10	COOLDOWN Rise Up © 2015 Warner Bros. Records Inc. Produced under license from Warner Bros. Records Inc. Written by: Decilveo, Day	Andra Day	4:13

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1A UPPER BODY WARMUP

Everybody Stand Up > 5:15 mins

1A

FOCUS

Coach the Boxing strikes using simple and effective Layer 1 Setup cues and connect to your class using the music

FEEL

EDM, Banger, Upbeat

BOXING

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:05 Intro	1x8 Front Stance Hold Boxing Guard	8		BOX
0:08 Vox Geronimo-ooo	4x8 Pulse L, R Pulse L, R – slowly bringing left leg forward into L Combat Stance	2	8x	
0:22 B up (Build up)	4x8 A L Jab 👁️ L Jab, R Cross, L Jab Pulse F, B x2 (last 8 cts) NB: Last 4 Reps add Body Cross	2	16x	
0:35 Put your, put your, hands up _	12x8 A' L Jab, R Cross, L Jab Pulse F, B x2	8	12x	
1:17 See me Spark up	4x8 B L Uppercut x2 R Uppercut x2	4	4x	
1:31 Vox geronimo-ooo	8x8 B' L, R, L Upper Cut Jack x2	4	8x	
1:58 B Up (Build Up)	4x8 C L, R Hook 👁️ L, R, L Hook Pulse F, B x2 (last 8 cts)	4	8x	
2:12 Put your, put your, hands up _	8x8 C' L, R, L Hook Pulse F, B x2	4	8x	
2:39	L Hook		1x	
2:42 Vox Geronimo	4x8 Front Stance Pulse R, L Pulse into R Combat Stance	2	8x	
2:43 (Build Up)	40x8 REPEAT SEQUENCE A to C' – R			
5:13 Outro	Freeze Martial Arts Guard	4		

BODYCOMBAT 69 comes out of the blocks firing on all pistons! The Upper Body Warmup is simple – it has the four basic punches in BODYCOMBAT – the Jab, Cross, Uppercut and Hook – and will get your class moving with confidence early on. It also means the Warmup is easy to learn and gives you a great opportunity to connect with your class from the start.

TECHNIQUE

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

Hook

- Lift elbow to shoulder height
- **Release heel and rotate your shoulder and hip forward**

Uppercut

- Circular punch
- Target Zone – jaw temple
- Drop shoulder down and forward, **soft knees**
- Arm bent and drive it 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.

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

This track is upbeat and has a heavy kick – which lifts the intensity naturally from the start of the class. Notice how Rachael in the Masterclass uses the music and space in the choreography to connect with the class and get people on board for the BODYCOMBAT workout ahead. By keeping your coaching simple, you can also give yourself time to link into the music and welcome your participants.

1B LOWER BODY WARMUP

Nuclear > 4:28 mins

1B

FOCUS

Teach the participants the basic kick strikes and accelerate the Warmup with the tempo shifts in the music.

FEEL

Dubstep,
Contrasting,
Jacked

**KICK-BOXING,
TAE KWON DO,
KARATE, MMA
CONDITIONING,
CAPOIERA**

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
5:13	R Combat Stance			
5:15	V (Instr) 4x8 A R Roundhouse Kick Setup Step B, F	2	8x	tkd
5:34	PC In the air come on 4x8 A ¹ R Roundhouse Kick Step B,F Jump Switch into L Combat Stance (last 2 cts)	2	8x	
5:51	C (Dubstep) 4x8 A L Roundhouse Kick Setup Step B, F	2	8x	
6:09	In the air yeah 2x8 A ¹ L Roundhouse Kick Step B, F	2	8x	
6:27	Come on and let 1x8 Front Stance – prepare for knees	8		
6:32	air, air, air, air 8x8 B L Knee R Knee Rhythm increases – speed up with beat Into Running Man Knees after 14 reps	2	22x	KB
7:05	(Dubstep) 4x8 C L Knee L Front Kick Hold Front Stance R Knee L Front Kick Hold Front Stance	2	4x	
7:28	Come on and let 1x8 Prepare for Jumping Jacks	8		
7:33	air, air, air, air 8x8 D Jump Jacks Increase speed with beat Reach arms O/H on last 4 cts	2	28x	
7:54	Come on and let 4x8 D ¹ Jumping Jacks with Pulldowns Hold Front Stance on last 4 cts		14x	MMT
8:05	2x8 Front Stance – hold	4		
8:07	(Dubstep) 8x8 E L Side Kick Step out, in	2	8x	TKD
8:24	Yeah 8x8 E ¹ R Side Kick Step out, in Transition to L Combat Stance (last 2 cts)	2	8x	
8:42	Come on 4x8 F R Back Kick Step F, B Sweep R leg F into R Combat Stance (last 2 cts)	2	8x	
9:00	Come on 4x8 F ¹ L Back Kick Step F, B Step into Front Stance Squat (last 2 cts)	2	8x	KB
9:19	Come on 4x8 Lunge R foot B Squat Lunge L foot B Squat Flow into Ginga (after 4 reps)	1	8x	CAP
	Squat – arms in Cross Guard to finish			

Simple kicks and combinations will mean that the Lower Body Warmup takes the class into the workout phase. Set up great kicking technique for the tracks ahead and then let the moments of tempo shift to elevate the heart rate.

TECHNIQUE & COACHING

Kick-boxing/Muay Thai

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

Knee Front Kick

- Front knee lifts toward chest, toes down
- Target mid-section, reset foot to floor
- Extend front Kick leading leg, push through the leg, soft knee
- Pull toes back and strike with ball of foot
- Jump to Front Stance

Back Kick

- Step front leg in
- **Kick rear leg to back – toes down, heel up**
- **Chest lifted, shoulders to front**
- Retract rear leg and step front leg F
- **Option – Step to Squat**

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/hip/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/hip/ribs

MMA Conditioning

Overhead Jack

- **Jump feet out, in – knees soft and out as you land wide**
- **Chest up**
- **Abs braced**
- Lift arms to O/H and pull down as you jump wide
- **Option – Squat**



1B LOWER BODY WARMUP

Nuclear > continued

1B



COACHING

Again like in the Upper Body Warmup use **Layer 1 – Strike Setup** cues to tell your class what to do and when. This time, though, let them know when the accelerated sections take the heart rate up and engage more of the body faster.

This is an opportunity to use a couple of **Layer 2 – Improve Execution** cues using **Internal Focus** coaching cues here to help your class to improve their execution in each kick.

Running Man Knee – “Shoulders forward, send your hips back and crunch your abs”

Side Kick – “45° angle with toes turned in”

Back Kick – “Hips stay to the front, toes down on the kick”

Connection

There's a lot of changes in the Lower Body Warmup – so nail the basics of each movement and then let the music push the class. This will give you time to connect with your participants and space for you to give them the preview/pre-cue necessary to keep them in the workout.

2 COMBAT 1

I'm Alive > 4:37 mins

2

FOCUS

Roundhouse Kick – use Layer 2 Improve Execution cues to help your class deliver powerful kicks.

Karate – Coach Layer 2 Improve Execution cues to help them generate power in the punches.

FEEL

Rock, Powerful, Challenging

KICK-BOXING, TAE KWON DO, KARATE

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Intro Guitar	4x8 L Combat Stance – hold	32		
0:12 (Drums)	4x8 A L Jab, R Cross, L Hook Hold ➤ Pulse F, B x2 (last 4 cts)	4 4	4x	KB
0:24 Alive, alive	4x8 A ¹ L Jab, R Cross, L Hook Pulse F, B x2 ➤ R Knee x2 (last 4 cts)	4 4	4x	
0:36 V1 So you were six feet...	8x8 A ² L Jab, R Cross, L Hook R Knee x2	4 4	8x	
1:01 Br _ say it with me	1x8 L Combat Stance – freeze	8		
1:04 C I'm alive , I'm alive	10x8 B L Roundhouse Kick Pulse OTS Switch to R Combat Stance (last 4 cts)	4 4	10x	TKD
1:34 V2 So how far did you go	8x8 A ² R Jab, L Cross, R Hook L Knee x2	4 4	8x	KB
1:58 Br _ say it with me	1x8 R Combat Stance – freeze	8		
2:01 C I'm alive , I'm alive	10x8 B Repeat Roundhouse Kick on R side Switch to Front Stance (last 4 cts)	4 4	10x	TKD
2:31 B up (Drums) Ooh ooh ooh	4x8 C Front Stance L Karate Punch R Karate Punch ➤ L, R, L Karate Punch L Side Kick (last 8 cts)	2 2	8x	KAR
2:43 Instr (Guitar)	4x8 C ¹ L, R, L Karate Punch L Side Kick	4 4	4x	
2:56 Br I'm alive, I'm alive	1x8 L Combat Stance – freeze	8		
2:59 C I'm a slap in the face	10x8 B L Roundhouse Kick Transition to Front Stance (last 4 cts)	4 4	10x	TKD
3:32 Save your life	1x8 Front Stance – Karate Guard Music fades			
3:36 B up (Drums) Ooh ooh ooh	3x8 C Front Stance Repeat Karate Punch on R side ➤ R,L,R Karate Punch R Side Kick (last 4 cts)	2 2	6x	KAR
3:45 Instr (Guitar)	4x8 C ¹ Repeat Karate Punch & Side Kick Combo on R side	4	4x	
3:58 Br I'm alive , I'm alive	1x8 R Combat Stance – freeze	8		
4:01 C I'm a slap in the face	B Repeat Roundhouse Kick on L side	4	10x	TKD
4:34 Outro	Roundhouse Kick to finish			

TECHNIQUE

Karate Punch

- **Wide Squat position – chest up, core in and braced, knees out**
- Throw punch – target sternum
- Tension at the end of the strike
- **Repeat other arm**
- Note: The set of the arms as they finish the side kick and perform the Karate Punch



COACHING

Your class now has the basics of the punches and kicks from the warmup. This means we can help to coach them to use better technique and increase their intensity and output in the workout.

Layer 2 – Improve Execution

Kick-boxing

Roundhouse Kick

- Re-chamber the kick to work the hamstrings and glutes
- Whip the leg into the bag, driving the foot/shin through it
- Place your arm out and get your balance
- Options – You can pick your target low, medium or high, you decide where you can go!

Karate Punch

- Upright posture, relaxed before the point of impact for max power in the punch
- Send your punches through the wall, keeping your body grounded, immovable
- Snap the punches, use the reset of the Guard to prep each Karate Punch ready to fire!

This is a challenging track! So you'll need to drop some motivation into the track. It's not about holding on here but rather getting them to feel free enough to 'go for it'.

Layer 3 – Motivation

Roundhouse Kick

- Each kick takes you a little closer to the ultimate roundhouse!
- If it's gonna happen it's because you made it happen – make your move

Karate Punch

You're immovable, unstoppable – break through your power limits now
Send you punch through the bag and stamp your footprint on the wall – this is your time to fire!

3 POWER TRAINING 1

Good Times > 6:18 mins

3

FOCUS

Boxing conditioning – use the 3 levels of intensity to ensure y our class is moving with great technique and then is explosive in the strikes.

FEEL

Euphoric,
Drum 'n' Bass,
Uplifting

BOXING

		MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	PC	Tell me, tell me	8x8	Run L, R	2	32x	BOX
0:22	C	Oh oh oh oh oh	8x8	A Combo 1 - L Combat Stance L Jab, R Cross x2 L Jab x2 Push off B foot after 4 Reps	4 4	8x	
0:44	Instr	(Violin)	4x8	B L Uppercut R Uppercut 👁 Step & Weave R, L (last 4 cts)	2 2	8x	
0:55	V1	Get back done it	8x8	B ¹ Combo 2 L Uppercut R Uppercut Step & Weave R, L	2 2 4	8x	
1:17	PC	Tell me, tell me	4x8	C L Jab	2	16x	
1:28	B up	Tell me, tell me	4x8	C ¹ L Jab adding step F, B	2	16x	
1:39	C	Oh oh oh oh oh	12x8	A Combo 1 Level 1 (focused and compact) Level 2 (explosive technique) Level 3 (maximum effort)	8 8 8	4x 4x 4x	
2:12	Br	_ what is it that	4x8	D Run L, R	32		
2:23	PC	Tell me, tell me	4x8	B ¹ Combo 2	8	4x	
2:34	C	Oh oh oh oh oh	12x8	A Combo 1 Level 1 (focused and compact) Level 2 (explosive technique) Level 3 (maximum effort)	8 8 8	4x 4x 4x	
3:07				L Jab to finish			
3:10	PC	Tell me, tell me	8x8	Recover and Run R, L	2	32x	
3:32				REPEAT SEQUENCE A to 3rd A – R			

TECHNIQUE & COACHING

Boxing

Uppercut Step & Weave Combo

- Uppercut Left, Right
- Step to Right
- **Feet wide, bend knees as you drop shoulder down and up**
- Step in
- Repeat L



Coaching

Using your Layer 2 – Managing Intensity cues is vital here. We want to ensure that the class has the know-how of each strike and how they can move with greater speed and power. Increasing the output of each punch will ensure they get a great cardio spike and take their shoulder muscles to fatigue.

Layer 2 – Manage Intensity

Jab, Cross, Jab (Combo 1)

Level 1

- Compact and focused
- Chin tucked in, weight on the front leg
- Now push off the back leg

Level 2

- Explosive movement
- Delay the punch and then step forward and explode into the Jab
- Relax your body to move faster naturally – relaxed muscles respond faster than tense muscles

Level 3

Hit the max! Turn the elbow and twist the shoulders and 'go for it'.

External – Focused Cues

Using an external focus helps your participants to perform each movement with more intensity – it gives them a goal to reach or a visual to focus on. Here's a great example from the Masterclass:

Uppercut, Step & Weave Combo

"Imagine there's a piece of string from the front wall to the back head height. You're going to duck back and forth under that string as you weave – get your shoulders under it!"

This will help your class to move with more confidence as they now are focused on getting under, that string, rather than thinking about crunching.

4 COMBAT 2

Say My Name > 5:36 mins

4

FOCUS

Leg training – coach great range in the Lunges and snap in the Front Kicks.

FEEL

Intense,
Motivating,
Playful yet
confident

CAPOIERA

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Instr)	2x8	Set up R leg F	16		
0:09	V1 (Drums)	6x8	A R Combat Stance L leg step F, B Gradually increase depth and drop into Lunge F, B	4	12x	CAP
0:37	B up Say my name	4x8	B L Knee R Lunge (left leg B) x3	2 6	4x	
0:55	C (Synth drops)	4x8	C L Front Kick R Lunge	2 2	8x	
1:14	Vox Say my name	4x8	C' L Front Kick Lunge with Reach Down R Arm	2 2	8x	
1:32	Br Say my name	4x8	D Ginga L, R	4	8x	
1:51	V2 Four doors where I	4x8	B L Knee R Lunge (left leg B) x3	2 6	4x	
2:10	(Synth drops)	8x8	C' L Front Kick Lunge with Reach Down L Arm	2 2	16x	
2:47			Feet together, arms by sides to finish!			
2:56			REPEAT SEQUENCE A to 2nd – C'			

TECHNIQUE & COACHING

Capoeira

- Step Left leg to front & back into Lunge Position
- Chest lifted, abs braced, front knee in line with mid foot
- Long step forward & back

Front Kick, Lunge Combo

- Front Kick, soft knee, toes back, strike with ball of foot
- Take front leg to back, long Lunge; take outside hand to shin height
- Chest lifted, abs braced, front knee in line with mid foot
- Option – Low Kick



Layer 1 – Strike Setup

Front Kick, Lunge Combo

- Kick, Lunge, Kick, Lunge
- Mid foot, strike the body
- Kick and reach (arm to shin/ankle on Lunge)
- Keep the chest up as you move

Layer 2 – Manage Intensity

Front Kick, Lunge Combo

- If you want to reach further down with your arm, take your back leg further
- For more balance, lean back and brace your abs
- Snap the kick – re-chamber the leg and drop

Layer 3 – Motivation

- My Mom always said if you want results, you gotta get them yourself – get them now!
- This track is going to shape your legs and core like none other – if you want stronger, toned legs and abs this is it!

Connection

Like Regan did in the master class, feel free to use the lyrics of the song to be playful. A big part of why he's using that type of connection is that this track is CHALLENGING! So the contrast of playful cues with powerful training enables your class to have moments of fun when the going gets tough.

5 POWER TRAINING 2 SMARTSTART

Count On Me > 3:45 mins

5

FOCUS

Set up the 20-second rounds of High-Intensity Interval Training clearly so your participants can 'max out' when each interval starts.

FEEL

Drum 'n' Bass, Epic, Peak Training

BOXING, TIME TRIAL

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Instr 4x8	Intro and Recover			
0:11 V All this love 4x8	Run L, R	2	16x	
0:22 PC/C For you 16x8	A L Combat Stance L Jab R Uppercut L Hook Pulse F, B x2 👁 Continuous combo on last 8 cts	1 1 2 4	16x	BOX
1:07 PC There for you 8x8	A ¹ L Jab R Uppercut L Hook	1 1 2	16x	
1:29 C I know 8x8	A ² L Jab R Uppercut L Hook (Option to perform on/off beat - as fast as you can or multidirectional)	1 1 2	16x	
1:52 V2 There for you 4x8	Recover and set up Pushup on knees	32		
2:03 I'm in the dark 4x8	B Pushup Down, hold Up, hold	3 4 4	4x	
2:14 C There for you 8x8	B ¹ Pushups – as fast as possible (After 7x8, jump up to standing and set R Combat Stance)			
2:36 C On me...	REPEAT SEQUENCE A to A² – R			
3:43	Finish with R Hook			

New innovation TIME TRIAL to BODYCOMBAT: move as powerfully as you can in 20 seconds – your time to 'go all the way'. This track will drastically improve your punching fitness and focuses on massive power to generate huge intensity in the workout. The first 20 seconds is all about consistency – hitting the same spot every punch with pure focused power. The second 20 seconds is as fast and as hard as you possibly can go!

COACHING

Boxing

Layer 2 – Manage Intensity

Your class will be able to generate massive power in the first 20 seconds of the interval. Encourage them to hit the same spot on the bag with great technique and power.

Jab, Uppercut Hook Combo – 20 seconds consistently

- Ease into it – take your time and find your rhythm
- Power comes from the core – release the heel and hip to allow your core to fire as you throw the punch
- Let the power transmit into the punch
- Hit the bag on the same spot so you leave a dent in the bag



Jab, Uppercut, Hook Combo – 20-second time trial

- As many strikes as you can!
- You can go on the beat or you can race the beat
- You can go multi-directional too; move the body and use max power

Technique

Pushup

- **Pushup position – hands wide, chest over thumbs, strong abs brace, on knees**
- **Chest to elbow height, no lower**
- Push back to start position
- Weight in heels of the palms



Connection

This is a new structure to BODYCOMBAT, so embrace the feeling of doing new training! The freedom to go as hard as you want when you teach and participate in class enables you to challenge yourself and your class in a new way and also get results faster than ever before! Connect to the feeling of challenge and encourage your class to hang on and 'go all the way'.

6 COMBAT 3

Wine Dem > 3:49 mins

6

FOCUS

Full-body integrated training with the use of combos that combine upper and lower body strikes.

FEEL

Pumped Up,
Striking, Heavy

KICK-BOXING BOXING

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Instr 4x8 A	L Combat Stance Pulse F, B  Combo on last 8 cts	2	16x	
0:12 B up ...jump, jump 4x8 B	L Hook x2 R Back Kick  L Front Knee	4 4	4x	KB
0:25 C 8x8 B ¹	L Hook x2 R Back Kick L Front Knee	4 2 2	8x	
0:50 V ...What 8x8 C	Front Stance R Jab x2, travel to R side Bob x2 OTS Repeat to L side (Level 2 after 2 REPS)	4 4 8	4x	BOX
1:15 B up 4x8 C ¹	R Jab, travel to R side Bob x1 OTS Repeat to L side	2 2 4	4x	
1:28 C 8x8 B ²	L Hook x2 R Back Kick L Propulsive Knee	4 2 2	8x	KB
1:53	Feet together	4		
1:54 Instr	REPEAT SEQUENCE A to B² – R			
3:47	Finish with R Hook			

This track is about full-body training. The combinations use punches, knees and kicks to engage every muscle in the body and keep your class working hard. There are also moments of agility and speed training as you move laterally across the floor, encouraging better transfer of energy from the legs into each punch.

COACHING

Set up the combo clearly using **Layer 1 – Strike Setup** for each punch, knee and kick so that your class knows what to do and when to do it.

Kick-boxing Combo

- 2 Right Hooks, Left Back Kick and Step
- Back Kick – toes down, heel up
- Add on Right Knee

Jab Combo

- 2 Jabs Right
- 2 Bobs
- Keep legs wide as you bob

Layer 2 – Improve Technique

When the class knows the choreography you can layer in some great cues to get them to strike better – using more muscle, speed and agility.

Kick-boxing Combo

- Lift now – add the jump to the Knee!
- Drive out of the floor to explode into the air
- Push through the heel to fire the glutes as you back-kick

Jab Combo

- Push out of the back leg for power
- Get out of the way! Crunch your abs as you duck
- Snap the Jab – stay relaxed to punch faster

CONNECTION

Use the natural bass drop in the music to help shift your level of intensity in class. When you move hard and fast with the music it will show your participants where they can go with their own physicality – and it looks incredible too.

7 MUAY THAI

FOCUS

High-Intensity Interval Training – coach short, explosive movement in the Knee and Elbow strikes and power in the Superman Punches with good recovery in between each interval.

FEEL

Accelerated,
Intense,
Unrelenting

MUAY THAI

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Intro	2x8	Prepare for Running Man Knee	16	MT
0:05 ready to testify	8x8 A	L, R Running Man Knee	4	16x
0:29 Instr (Instr)	8x8 B	L Combat Stance L, R Circular Elbow	4	16x
0:52 realise your pupose	4x8 C	L, R Ascending Elbow	4	8x
1:03 (Heavy synth beat)	8x8 D	L, R Running Man Knee (4 levels)	4	16x
1:27 Brothers and sisters	12x8 E	L, R Circular Elbow X2 L Knee x4	8 8	6x
2:02 Instr (Music drops)	2x8	Recovery		
2:07 Brothers and sisters	10x8 F	L Jab, R Cross x2 L Jab, R Cross Note: After 6 reps lift B foot and add slight hop F Preparing for Superman Punch  R Superman Punch (last 2 cts)	4 4	10x
2:36 Testify	8x8 F ¹	L Jab, R Cross x2 L Jab R Superman Punch	4 2 2	8x
2:59 (Heavy Beat)	8x8 D	L, R Running Man Knee (4 levels)	4	16x
3:22 (Music drops)		L Knee and recover		
3:29		REPEAT SEQUENCE A to 2nd D – R		

Testify > 6:47 mins

7

Relentless strikes with speed and power ensure that you hit max effort in this Muay Thai track. There is great contrast in this track with the addition of the Superman Punch. It means you have incredible upper body speed, power in the Superman Punches and amazing core work with the Running Man Knees.

TECHNIQUE & COACHING

Muay Thai

- Circular Elbow
- Hands to Muay Thai Guard
- Throw rear elbow toward the front sweeping horizontally
- **Release rear heel** and turn powerfully through the core
- **Soften knees**

Superman Punch

- Set up Cross punch – fist to jaw
- As you throw the Cross, lift your back knee and hop forward on front leg
- Fire the Cross as you land, kicking your rear leg back at the same time
- **Land softly**
- Reset Guard
- **Option – No Jump, heavy Cross**

Layer 2 – Improve Technique and Manage Intensity

Focus on coaching speed and power in the Elbow and Knee strikes. These strikes are all inside the focus of fighting (short range) and due to the shorter range, they can be thrown very quickly. The key is to coach the body movements that generate the power in each strike.

Running Man Knee

- Level 1 – Chest up
- Level 2 – Arms reach down, use obliques
- Level 3 – Height, knee towards belly button
- Level 4 – Crunch from the top down

Circular Elbow

- Twist through the body to create awesome rotational power
- Short, sharp and hard – slice through the air

Running Man Knee

- Whip the hips in as you pull the knee up
- Arms rip to the hips every time you knee
- Lift your knees higher – above the waist
- Crunch Ribs to hips

Superman Punch

- Get your whole body behind the punch
- Smash your fist through the wall

Layer 3 – Motivation

Your class is going to be breathing hard and working harder – it's the perfect time to inspire them to hang on for every rep. Tell them that with every strike they are getting fitter, faster!

- “You wanna burn fat and get fitter? You gotta work for it!”
- “Take control of your workout – you have the power now to make the change you’re looking for.”
- “Results are waiting for you – you just have to be brave enough to get them. We can do this; who’s with me?”

8 POWER TRAINING 3

Watch It Burn > 6:18 mins

8

FOCUS

Massive Boxing intervals and footwork to take your class through their final Power Track.

FEEL

Desperate,
Survival, Driven

BOXING

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	I don't really want	2x8	Recover and step into Front Stance	16		
0:05	V1 Throw it into the	2x8	L Shoulder Stretch	16		
0:11		2x8	R Shoulder Stretch	16		
0:16	Must have been	2x8	Step into L Combat Stance	16		
0:21	Watch it burn	8x8 A	L Jab, R Cross 👁️ L Uppercut x2 L Uppercut to 45° R Corner(last 8 cts)	2	32x	BOX
0:44	Watch it burn	8x8 B	L Upper Cut x2 L Upper Cut to 45° R Corner	4 4	8x	
1:06	Watch it burn	8x8 C	Combo (A + B) L Jab, R Cross x4 L Upper Cut x2 L Upper Cut to 45° R Corner	8 4 4	4x	
1:28	Instr Watch it burn	4x8 4x8	L, R Run L, R Run – knees higher	2 2	16x 16x	
1:50	C (Electronic sound)	8x8 C	Repeat Combo (A + B)	16	4x	
2:12	Br Watch it burn	8x8	L, R Run	64		
2:34	Watch it burn		REPEAT SEQUENCE A to 2nd C – R			
4:25		8x8	L, R Run	2	32x	
4:47	_ I don't really want	8x8 D	Front Stance L Hook x2 R Hook x2	4 4	8x	
5:09	Watch it burn	16x8 D'	L, R Jab x4 L Hook x2 R Hook x2 (Level 2 after 4 reps)	8 4 4	8x	
5:52	Watch it burn	8x8	L, R Jab	2	32x	
6:15	Outro		L fist to the sky to finish			

This is the last effort and will require massive inspiration and commitment to powerful technique to get your class to the end of the workout.

TECHNIQUE & COACHING

Coaching

Your class will be very familiar with the basics of punching now, so quickly set up the strikes of the combo and then focus on coaching them to remain in great technique as they fatigue in the previous track. The way to get the most out of this track will be to coach explosive movements in the punches – this encourages massive core activation and will elevate the heart rate.

Jab, Cross, Uppercut Combo

- Turn from the shoulders, the whole body down to your hips in each punch
- Bring the right shoulder with you as you turn into the Uppercut
- Pop the Uppercut – pop it!
- Hold back until the last second and then explode into the punch

Layer 3 – Motivation

This is the last effort of the workout and therefore requires the most amount of motivation to help your class get to the end and feel like champions. Ben uses amazing motivation in the Masterclass to help the participants feel like they are making a difference – check some of them out here:

"If you wanna shine like the sun, you gotta burn like the sun."

"This is not the time to be average – be extraordinary!"

"Commit, commit, finish like a champion."

Take some time to think about how this track makes you feel and what you would need to hear to keep going when things gets tough – speaking from the heart will be authentic and you'll definitely connect with your class on a personal level.

Technique

45° Uppercut

- Step across the body to the 45° angle
- Throw a powerful Uppercut as your foot lands
- Whole foot lands
- **Soft knees**
- Push back to Guard position, facing front

9 CONDITIONING

Bring 'Em Out > 3:36 mins

9

FOCUS

3 exercises to maximize the front and sides of the core to complete the workout.

FEEL

Swag, Street, Hip Hop

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro Bring' em out	Lie on back – side on to class		
0:06	4x8 Lift legs, to 45° and prepare for Leg Criss-Cross		
0:16 V1 T.I.P comin' live	12x8 A Leg Criss-Cross	4	24x
0:45 C I got the crowd yellin'	4x8 B Pulse Crunch	4	8x
0:55 V2 Yeah what other	12x8 A Leg Criss-Cross	4	24x
1:24 C I got a packed house	4x8 B Pulse Crunch	4	8x
1:33 V3 Mic check 1-2, 1-2	12x8 A Leg Criss-Cross Option – Add Pulse Crunch for last 8 reps	4	24x
2:03 C In your front yard	8x8 B Pulse Crunch Set up Lying Side Oblique Pulse Crunch – R side (last 16 cts)	4	14x
2:22 Hands in the air	16x8 C R Lying Side Oblique Pulse Crunch Last rep, up and hold Transition to L side	8 8	15x
3:01 Bring em out_	12½x8 C L Lying Side Oblique Pulse Crunch Last rep, explode up and freeze	8	12½x

TECHNIQUE & COACHING

Coaching

This core track is very simple in structure and has only 3 exercises – which means more work and intensity for you and your participants' core muscles.

Set up great body position in the Leg Criss-Cross using **Layer 1 Setup cues**

- Legs above hips, brace abs really tightly
- Arms lie flat on floor, palms up
- Relax through your neck and shoulders, eyes up

When you are coaching your class to maintain a great core brace you can use **External Focused** cues to help your class. Dan's examples in Masterclass are:

"Imagine someone standing on your core."

"Now someone is throwing a medicine ball at your core!"

This will help your class to perform a better brace by helping them to visualize an external force to work against.

Technique

Leg Criss-Cross

- Lie on back side-on to class
- Arms flat, palms up, legs lift above hips
- Criss-cross legs, maintaining length in the legs
- Strong core brace throughout the movement
- Option – Add Crunch on every Criss-Cross in the 3rd set, eye gaze through legs as you crunch



Pulse Crunch

- Lie on back side-on to class
- Lift ribs toward hips and reach arms past legs
- Eye gaze through the legs



Oblique Pulse Crunch

- Lie on side, weight in glutes, supporting arm extended
- Pull knees toward chest as you reach top arm toward feet, ribs to hips
- Extend legs and reset upper body to floor, controlling the movement with your supporting arm
- Option – Bottom leg stays down



10 COOLDOWN

Rise Up > 4:13 mins

10

FOCUS

To bring recovery to the body and mind and acknowledge the effort of everyone who completed the workout

MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:00			Lie on back – side-on		
0:03	V1	You're broken	2x8	Lying Adductor Stretch	16
0:19	PC	Moo-oo-ve	2x8	L Gluteal Stretch	16
0:35	C	And I'll rise up	2x8 2x8	L Hamstring Stretch R Hamstring Stretch	16 16
0:51			2x8	R Gluteal Stretch Roll up to knee	16
1:24	V2	When the silence	1x8	R Hip Flexor Stretch	8
1:33		And I know you feel	1x8	Add Tricep Stretch R	8
1:41	PC	Moo-oo-ve	1x8	L Hip Flexor Stretch	8
1:49		Moo-oo-ve	1x8	Add Tricep Stretch L	8
1:57	C	And I'll rise up	2x8	L Quadricep Stretch – Standing	16
2:13		For you – oo	2x8	R Quadricep Stretch – Standing	16
2:30	V3	All we need	2x8	R Iliotibial Band Stretch	16
2:45		We will rise	2x8	L Iliotibial Band Stretch	16
3:00				Wide Front Stance – Fists to ribs	
3:02	C	I'll rise up		Circle Arms O/H with open hands	4
3:06		I'll rise up		Float hands down in front	4
3:10				R Adductor Stretch	4
3:14		I will rise times again		R arm circles O/H and down mid-line Repeat L side	4 16
4:06	Outro	(Music fades)		Bow to finish	2x



COACHING

This is the perfect track to bring relaxation, mindfulness and recovery back to the class. Spend time in each stretch encouraging your participants to stretch each muscle until it feels very slightly uncomfortable and hold it until the muscles relaxes.

This is also the perfect time to congratulate your class on their efforts – celebrate the fact they made it until the end and gave it all they had. Encourage them to return next time and as they continue to train they will achieve great physical results – burn fat, get fitter and leaner. And they will also achieve fantastic emotional results – the feeling of euphoria when you have completed a challenging and empowering workout!

Keep it real and stay with the fight!