



LesMILLS BODYCOMBAT

PRESENTERS FROM NEW ZEALAND, MALAYSIA

RELEASE
70

FEATURES

- HOT TIPS FOR MEMORIZING CHOREOGRAPHY
- LES MILLS GRIT™: CARVING INCHES OFF YOUR WAISTLINE
- 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 Bust 'Em © 2016 Mad Decent. Written by: Ragland, K. Nicholls, S. Nicholls	Party Favor	2:56
1B	LOWER BODY WARMUP Don't Stop the Madness © 2015 Revealed Recordings, under exclusive license to Central Station Records. Written by: Hanegem, Harst, van de Corput, Boselovic, Dibri, Freeman	Hardwell, W&W feat. Fatman Scoop	4:05
1C	INTEGRATED WARMUP The Thrill Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	2:32
2	COMBAT 1 How We Do (Original Mix) © 2012 Central Station Records. Written by: van de Corput, Vroom, S. Janssen, W. Janssen, Velberg	Hardwell & Showtek	4:43
3	POWER TRAINING 1 Higher Courtesy of the Universal Music Group. Written by: Hector, Hull, Barnes, Kelleher, Kohn	Sigma	3:58
	Higher Courtesy of the Universal Music Group. Written by: Hector, Hull, Barnes, Kelleher, Kohn	Sigma	1:45
4	COMBAT 2 Kraken (Original Mix) © 2015 Earstorm Records distributed by Warner Music UK Limited. Produced under license from Warner Music UK Limited. Written by: Ingamells, Swire	Knife Party & Tom Staar	2:08
	Kraken (Original Mix) © 2015 Earstorm Records distributed by Warner Music UK Limited. Produced under license from Warner Music UK Limited. Written by: Ingamells, Swire	Knife Party & Tom Staar	2:08
5	POWER TRAINING 2 Not Giving In (Original Mix) © 2013 Warner Music UK Limited. Produced under license from Warner Music UK Limited. John Newman and Alex Clare appear courtesy of Universal-Island Records, a division of Universal Music Operations Ltd. Written by: Dryden, Amor, Aggett, Newman	Rudimental feat. John Newman & Alex Clare	3:46
	Not Giving In (Loadstar Remix) © 2013 Warner Music UK Limited. Produced under license from Warner Music UK Limited. John Newman and Alex Clare appear courtesy of Universal-Island Records, a division of Universal Music Operations Ltd. Written by: Dryden, Amor, Aggett, Newman	Rudimental feat. John Newman & Alex Clare	2:19
6	COMBAT 3 1 In 100,000 © 2016 Elefant Traks. Written by: Bhogal, McGlynn, Singh	L-Fresh The Lion	4:06
7	MUAY THAI Freak © 2015 Klubbed Up. Written by: Connor, Brett, Di Scala	Re-Con & Klubfiller	4:25
8	POWER TRAINING 3 We Won't Be Alone © 2015 Monstercat. Written by: Craddock, Hu, Brehm	Feint feat. Laura Brehm	6:51
9	CONDITIONING Don't Let Me Down © 2015 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Warren, Harris	The Chainsmokers feat. Daya	3:29
10	COOLDOWN I Need A Dollar © 2010 Stones Throw LLC. Written by: Michels, Movshon, Silverman, Blacc, Dawkins	Aloe Blacc	4:03

BODYCOMBAT 70 EXPRESS FORMATS

30 MINUTES

Track 1A Upper Body Warmup
Track 1B Lower Body Warmup
Track 1C Integrated Warmup
Track 8 Power Training 3
Track 4 Combat 2
Track 6 Combat 3
Track 10 Cooldown
TOTAL TIME 28:19

45 MINUTES

Track 1A Upper Body Warmup
Track 1B Lower Body Warmup
Track 1C Integrated Warmup
Track 2 Combat 1
Track 3 Power Training 1
Track 4 Combat 2
Track 6 Combat 3
Track 7 Muay Thai
Track 8 Power Training 3
Track 10 Cooldown
TOTAL TIME 43:10

CREDITS

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Rachael Newsham – Choreography & Music
Dr Jackie Mills – Chief Creative Officer
Diana Archer Mills – Creative Director
Bryce Hastings – Technical Consultant
Ngawhatuhuia Arahanga-Doyle – Program Planner

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

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 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, uploading or sharing files on 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 70



From L to R: Alex Wang, Maya Remy, Douglas Pereira, Dan Cohen, Rachael Newsham, Regan Kang, Oscar Peiro, Ivan Figueroa, Redouane Zaakour, Eduard Zalar

Release 70 makes way for the freshest of feels for your BODYCOMBAT workout.

The introduction of mobility, core and conditioning into the Warmup phase really sets you up exceptionally well for success in the workout ahead.

Musically each tune drops into place and owns its space in the workout like a boss!!

The Boxing tracks smash the shoulders and heart and lungs early on, giving the workout factor a massive boost from the start.

The introduction of the Evasive Boxing technique, the Parry, gives Track 4 a sharp new edge to it, and brings some excellent core engagement.

Along with a good pre-fatigue for the lower body, as we sink into the stance and react quickly the Jump Kick sucks the lungs dry, forcing the cardiovascular system to step up significantly.

Track 5 is bold and brilliant in its design. Upper body conditioning chisels away at the shoulders, leaving tears of sweat cascading onto the canvas. The core is getting beaten up with Mountain Climbers, as the shoulders beg for a break.

At this point things get a little primitive as the Modified Bear Crawl comes in, to finish off the floor work. Shoulder stabilizers

are freaking out and the quads and glutes have turned to jelly. The good news is: once it's over and you stand up again, you literally can see the changes/gains INSTANTLY as everyone is pumped up and ripped to bits, haha!

We finish it off with a bit of sprint training to really give the CV system another shot of the good hard lung-busting stuff Boxing champs are made of – killer cardio!

Track 6 looks tame, but it's a wolf in sheep's clothing. Legs get a dose of the conditioning by means of the ancient practice of Kung Fu. What seems to make this so damn challenging is what's been done in the workout prior to this. The pain is written all over our faces.

Track 8 is dedicated to the Jab and the Hook, and there isn't much left in the tank at this stage, so endurance becomes key. Plenty of cardio happens and tests your capacity here, so the mental game comes into play.

Track 9 incorporates the medicine ball for some explosive abdominal training and Track 10 is super-'chilled' stretch time...

All in all, the 70s are bringing new gains so let's gooooooooooooo Team BODYCOMBAT ha ha ha ha!

Dan Racho

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.

Regan Kang (Malaysia) is a BODYCOMBAT Instructor, a BODYPUMP and CXWORX Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and an RPM™ Instructor. He is based in Singapore where he is also a personal trainer and CrossFit coach.

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

Choreography is the foundation of all LES MILLS programs. It's what allows us to deliver safe and effective classes, role-model great technique, coach, connect, and to create awesome fitness experiences every time!

It's your job as the instructor to breathe life into the Program Director's choreography. It's a big responsibility, and one that requires you to learn new choreography every 3 months. If you teach more than 1 program, the time spent learning choreography can add up FAST. Whether you've been a Les Mills Instructor for a long time or just starting your journey, use the 5 tips below to help you memorize the choreography in record time.

Hot Tip #1 – Say No to Social

To learn choreography quickly, give it your undivided attention – even if it's for just 5–10 minutes. Turn off anything that will distract you, such as email notifications or cellphones. Create an environment that will let you concentrate – away from your partner, kids and pets – and resist the urge to check social media!

Hot Tip #2 – Become a Visual Learner

Our visual senses are a powerful tool when it comes to learning choreography.

Go to 'audio settings' on the Masterclass and turn off the Presenter's voice so that you watch the video with the music only. This will allow you to focus solely on the movement and music, helping you to absorb the choreography.

Think you don't need to watch the Masterclass? OK, here's your challenge! When you learn your next release, watch the filming video first to engage your visual senses. You may be surprised by how quickly and accurately you can learn the choreography, simply by watching the video.

Hot Tip #3 – Wash, Rinse, Repeat

Listen to the music over and over again so you can identify the verses, the chorus and the bridge. The more familiar you are with the music, the easier you will find it to align the choreography with it. Pay attention to the details! A cymbal crash, a catchy lyric, a sound effect... these are all important ways to link the right moves to the right parts of the music.

Hot Tip #4 – X Marks the Spot

Dancers have one of the best techniques when it comes to memorizing choreography. It's called 'marking'.

To mark a dance means to go through the motions of the dance in a minimized way. For example, instead of performing a pirouette, a dancer might mark the move with a twirl of their fingers in the

direction of the turn. Marking isn't just a way to conserve energy while rehearsing: new research shows that marking makes it easier to learn it!

Mark the moves the next time you need to learn a new release and feel how this allows your brain and body to connect. It's not exclusive to learning dance; it works for any type of program.

Hot Tip #5 – Channel Your Inner Spock

A valuable way to help you to retain choreography for the long term is to understand the logic behind it.

For example, in a BODYPUMP Chest track we might have 16x Bottom Half Pulses, a Hold at the top for 4 counts, then a 2/2 rhythm.

To make sense of this choreography: 16x Bottom Half Pulses are meant to be challenging, which means you'll need a break. The 4-count hold at the top provides that quick rest before moving onto the next working phase – the steady 2/2 rhythm.

Try to comprehend the logic behind the Program Director's choreography. Is it a specific training stimulus they're trying to achieve, a story they want to tell, or a feeling they want to convey? If you can understand their intention, you've unlocked one of the most powerful tools to memorizing choreography.

Which of these tips do you already use?

Which tip(s) are you willing to try for the first time?

How will you use 1+ of these tips the next time you are learning choreography?

1. Warburton E C, Wilson M, Lynch M & Cuykendall S (2013). The cognitive benefits of movement reduction: evidence from dance marking. *Psychological Science*, 24(9):1732-9 PMID: 23863756.

LES MILLS GRIT

CARVING INCHES OFF YOUR WAISTLINE

Abdominal fat: not only is it considered undesirable but it's also unhealthy.

An increased waist circumference is strongly associated with diabetes, metabolic syndrome, heart disease and hypertension. It's even thought to disrupt your hormonal balance. So, what can we do to get rid of the dreaded abdominal bulge?

New evidence has shown that 8 weeks of LES MILLS GRIT is the perfect way to carve inches off your waistline.

High-Intensity Interval Training (HIIT) consists of short, intermittent bursts of maximum-intensity exercise interspersed with periods of rest. LES MILLS GRIT utilizes these training methods with short but explosive workouts.

Previous research has shown that these workouts deliver accelerated changes in body composition, aerobic fitness and strength. A research team from the University of Nicosia in Cyprus wanted to know what effect combining LES MILLS GRIT Cardio with conventional training might have on our body composition and – in particular – that stubborn type of abdominal fat that interferes with our health.

The Study

Two groups of adults participated in an 8-week intervention. One group performed four regular workouts combining cardio and resistance training, while the other group replaced two of the cardio sessions with two LES MILLS GRIT Cardio workouts – and kept the remainder of the training the same.

Body composition and physical fitness tests were performed at the beginning and end of the study.

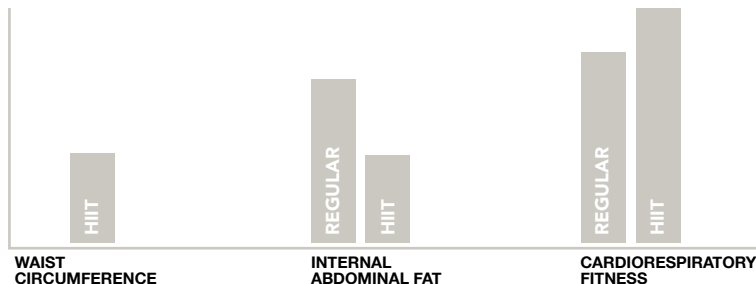
Results

The results were impressive. While both groups saw a reduction in body fat, the HIIT group experienced a much greater reduction in waist circumference and internal abdominal fat. They lost an average of 0.86 inches (2.2cm) from their waistlines, and 2.2% of the fat from deep inside their abdomen; this is the type of fat that causes serious health issues. The HIIT group also significantly increased their cardiorespiratory fitness, sprint speed and arm strength.

Conclusion

This study proves that if you want to maximize the results of your training, all you need to do is replace two of your regular gym sessions with two 30-minute HIIT workouts.

Combining these two types of training will increase your aerobic fitness, grow lean muscle tissue and amplify fat burn – and this latest study demonstrates that it will also carve inches off your waistline.



LES MILLS' RESEARCH

Features at World Sports Medicine Conference

Les Mills research reached new heights in June when the results of one of our research projects was presented at the American College of Sports Medicine (ACSM) World Scientific Congress in Boston, USA.

Bryce Hastings, LES MILLS International Head of Research presented the findings from the Group Fitness Instructor injury survey .with Dr Jinger Gottschall, Professor of Kinesiology at Penn State University in attendance.

Being accepted to present at this conference is deemed to be a huge accomplishment, with only the top research projects in the field of Sports Medicine making the grade.

This achievement is a testament to the dedication and expertise of Dr Gottschall and her team at Penn State, and goes a long way towards showcasing LES MILLS programs on the scientific world stage. We'll keep you up-to-date about this research in future releases.



IMPROVING SPEED IN BODYCOMBAT

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

THE SECRET TO SPEED: RELAX

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

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

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

HOW DO WE APPLY THE SCIENCE TO BODYCOMBAT?

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

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

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

PREPARING FOR SPEED

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

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

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

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

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

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

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

TRAINING FOR SPEED IN BODYCOMBAT

There are three key training tools for increasing speed:

1. Strength
2. Power
3. Pure Speed Training

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

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

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

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

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

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

THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

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

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

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

THE HISTORY OF KARATE

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

Karate training is commonly divided into three sections:

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

THE HISTORY OF MUAY THAI

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

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

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

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

There are five animal forms:

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

THE HISTORY OF TAE KWON DO

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

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

THE HISTORY OF CAPOEIRA

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

1. Martial Arts
2. Game playing
3. Dance

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

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

THE HISTORY OF TAI CHI

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

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

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

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

THE HISTORY OF JIU-JITSU

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

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

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

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

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

1A UPPER BODY WARMUP

FOCUS

Coach the Boxing strikes using simple and effective Layer 1 Setup cues. Connect with your energy and excitement using the music.

FEEL

Confident,
Jacked Up,
Fresh

BOXING

MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MA
0:07	Intro	Run that badman	½x8		Front Stance – hold	4		BOX
0:09		(Beat)	2½x8		Pulse L, R	2	10x	
0:17			1x8		Pulse L, R – slowly bring left leg forward into L Combat Stance	2	4x	
0:20	PC	(Build up)	4x8	A	L Combat Stance L Jab	2	16x	
0:33	C	Oh is can you really _	4x4	A¹	L Jab, R Cross	2	16x	
0:46	V1	_ thing looks good	2x8	B	L Uppercut	2	8x	
0:53	V1	Run that badman _	4x8	B¹	L, R Uppercut	4	8x	
1:05	C		4x8	C	L, R Hook  L Hook x2 Jack x2	4 4 4	8x	
1:18		Oh is can you really _	4x8	C	L Hook x2 Jack x2	4 4	4x	
1:31			4x8	C¹	Jack (8 reps in L Combat Stance 4 reps in Front Stance 4 reps in R Combat Stance)	2	16x	
1:44					REPEAT SEQUENCE A to C¹ – R			
2:54	Outro				R Hook to finish			

BODYCOMBAT 70 is a game-changer! Three tracks in the Warmup mean you get a comprehensive warmup of every muscle group used in BODYCOMBAT and shift into the workout zone before Track 2. Track 1A is a mixture of Boxing strikes in easy-to-follow combinations that will get your participants moving confidently from the beginning.

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

Uppercut

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

Hook

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

COACHING & CONNECTION

Simplicity

Use Layer 1 – Strike Setup cues. Strike, Direction and the basic execution. As there is a lot of repetition you can stagger your cues to allow the class time to listen and implement your coaching as you deliver each cue.

This is an opportunity to use a couple of Internal Focus cues for Layer 2 – to help improve Execution use cues here to help your class improve their execution in each punch.

Jab, Cross – Anchor your feet to allow better power transfer from legs into your arms

Hook – Full body rotation – we integrate lower and upper body through the core!

Uppercut – Twist the torso as you snap the Uppercut – we get warmer, faster

Connection

The tempo is up and the music is dripping with swag. It lets you accelerate the excitement and heart rate as you move with the beat. Encourage your class to have a little fun at the start as your simple coaching and focus on the basics will allow plenty of time for them to feel the music and your energy.

1B LOWER BODY WARMUP

FOCUS

Teach the participants the basic kick strikes to further warm up the class and for use in the workout ahead.

FEEL

EDM, Synth
Banger,
Building

KICK-BOXING, TAE KWON DO, KARATE

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
2:55		1x8	Front Stance – hold	8		
2:59	V1 (Electro beats)	7x8	A L Knee with Hip Roll Step L, R, L R Knee with Hip Roll Step R, L, R	1 3 1 3	7x	KB
3:24	C Let's go	4x8	B L Front Kick Step L, R, L R Front Kick Step R, L, R	1 3 1 3	4x	KB/ KAR
3:38	V2 (Instr)	1x8	L Front Kick Set up L Combat Stance	1 7		
3:41	(Instr)	4x8	C L Roundhouse Kick Setup Pulse OTS x2	4 4	4x	TKD
3:55	C Let's go	12x8	C ¹ L Roundhouse Kick Pulse OTS x2 (4 kicks low, 4 kicks middle, 4 kicks higher) Use last 4 counts to transition to Front Stance	4 4	12x	
4:37	(Synth)	8x8	D L Side Kick Pulse OTS x2 (4 kicks low, 4 kicks higher) Use last 4 counts to transition to L Combat Stance	4 4	8x	
5:04	V3 (Instr)	4x8	E R Back Kick Step F,B	2 2	9x	
5:18		1x8	E ¹ R Back Kick, swing R leg F into R Combat Stance and hold	8		
5:22			REPEAT SEQUENCE FROM C to E – R SIDE			
6:59		½x8	L Back Kick to finish	4		

The Lower Body Warmup is focused on a steady slower rhythm to allow you to set up each kick with simple coaching. This gives your participants time to follow, practise and become familiar with each strike. This builds on the work done in the upper body, shifting you and the class to another level of intensity.

TECHNIQUE

Tae Kwon Do/Kick-boxing

Hip Roll

- Knee sweeps from inside to outside, hip height
- Step, step, step, repeat other side

Front Kick

- Front knee lifts towards 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

Roundhouse Kick

- **Turn heel of supporting leg 90 degrees**
- 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

Side Kick

- **Set heel of supporting leg towards 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

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 forward
- **Option – Step to Squat**

COACHING & CONNECTION

Coaching

Use Layer 1 – Strike Setup cues to tell your class what the strike is and where it's going. Keep your coaching as bullet points when setting up, to clearly explain how to perform the strike.

Roundhouse Kick

*Set the heel, shoulders back, abs on,
Strike with the shin to the lower foot,
Aim to the lower part of the heavy bag*

When they have nailed the basics use Layer 2 – Improve Execution Internal Focus cues to help your class to improve their execution in each kick.

Roundhouse Kick

*Lift the kick by leaning back,
Sweep the leg through the air like a
baseball bat,
Drive your leg into the bag*

Connection

There's a very simple structure to this track and that allows plenty of time for real connection with your class. Once you have set them up with the basics and added 1 or 2 cues to improve their movement – use the music to connect with the class. The vocals in the track allow you to call them out/connect to them and get your class hyped up to add a little more snap to their strikes.

1C INTEGRATED WARMUP

FOCUS

Teach the participants basic floor MMA conditioning exercises to complete the total – body Warmup.

FEEL

Euphoric,
Synth
Driven,
Dramatic

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
7:01		4x8	Prepare for Hip Escape			
7:14	V1	12x8	A L Hip Escape Use last 4 counts to transition to Pushup position 	8	15x	BJJ
7:52	C Yes I know it's up	8x8	B Drop knees Pushup Lift knees 	2 4 2	8x	CON
8:17	(Instr)	4x8	C Pushup	4	8x	
8:29		1x8	Recover (sit up and shake arms)	8		
8:32	V2 It's impossible	15x8	A R Hip Escape Use last 4 counts to transition to Pushup position	8	15x	BJJ
9:20		4x8	C Pushup	4	8x	CON
9:32			Jump feet wide and come up to standing			

Brand-new to BODYCOMBAT – 1C Integrated WarmUp. We use MMA conditioning exercises to complete the warm up of the body, allowing your class to shift their workout to another level safely and comfortably now that their body is ready!

TECHNIQUE

MMA Conditioning

Hip Escape

- Start in Bear Crawl position – hands under shoulders, knees under hips, strong core brace
- Take left leg through to right side, foot on floor, hips close to supporting hand, chest lifted
- Reset Bear Crawl position
- Repeat other side

Pushup to Plank

- Pushup position – hands outside shoulder width, knees on floor, strong core brace
- Chest to elbow height
- Push up to Plank position
- Reset knees to floor

COACHING & CONNECTION

Again, like in the Upper Body Warmup use **Layer 1 – Strike Setup** cues to tell your class what to do and when. This time, 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**, Internal Focus cues here to help your class to improve their execution in each 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 inspire the class to succeed. This will give you time to connect with the participants and space for you to give your participants the previews/pre-cues necessary to keep them in the workout.

2 COMBAT 1

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 class generate power in the punches.

FEEL

Structured,
Banger, Lifted

KICK-BOXING, TAE KWON DO, KARATE

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:00		2x8	Front Stance			
0:06	(Synth)	10x8	A L Roundhouse Knee x2 L Side Kick (option to add hop on knees for last 4 reps – level 2)	4 4	10x	TKD
						
0:42	(Heavy synth)	12x8	A R Roundhouse Knee x2 R Side Kick	4 4	12x	
1:24		1x8	Recover and set up L Combat Stance			
1:28	(Quiet synth)	7x8	B L Jab, R Cross, L Uppercut L Front Kick, Step B	4 4	7x	KB
1:52	C How we do _	8x8	B ¹ L Jab, R Cross, L Uppercut L Front Kick, Step B x3 (3 rd Kick is a Stamp Kick) 4 Front Kicks to finish last rep	4 12	4x	
2:20	(Quiet synth)	2x8	Recover and set up R Combat Stance	16		
2:27	(Building synth)	6x8	B R Jab, L Cross, R Uppercut R Front Kick, Step B	4 4	6x	
2:48	(Heavy synth)	8x8	B ¹ R Jab, L Cross, R Uppercut R Front Kick, Step B x3 (3 rd Kick is a Stamp Kick) 4 Front Kicks to finish last rep	4 12	4x	
3:17	(Quiet synth)	2x8	Recover and prepare for Run OTS	16		
3:24	(Building synth)	6x8	Run L,R Option sprint	2	24x	
3:45	C How we do _	8x8	B ¹ L Jab, R Cross, L Uppercut L Front Kick, Step B x3	4 12	4x	
4:12	(Synth)	8x8	B ¹ R Jab, L Cross, R Uppercut R Front Kick, Step B x3	4 12	4x	
			R Front Kick to finish!			

Cardio and core training begins now. There is a clear structure to this track, giving your participants a taste of Tae Kwon Do and Kick-boxing! Tae Kwon Do works the legs and core like crazy where Kick-boxing now integrates the upper body with powerful strikes.

TECHNIQUE

Tae Kwon Do

Roundhouse Kick Side Kick Combo

- Knee strike – pull leading knee across body into the heavy bag (ribcage height) 3 times
- **Shift body weight to supporting leg**
- **Supporting leg – toes turned out, knee soft**
- On 3rd rep extend knee into Side Kick – toes down, heel up
- Retract knee and reset
- Option – hop on the knee strike

Kick-boxing

Stamp Kick

- Lift leading knee towards chest
- Explode through the leg, pushing through the ball of the foot
- Re-chamber and reset the leg

COACHING

The track starts with leg and core work using Tae Kwon Do. The Roundhouse Kick Combo is a beautiful combination of leg, core and cardio. Set up your class using short Layer 1 cues.

- Ground supporting foot to floor, shift body weight to supporting leg
- Pull arms to hips, knee to ribs
- Push through heel as you kick, heel up, toe down

When your class is moving safely you can use Layer 2 – Manipulate Intensity cues to help them dial up the workout.

- Hop! Drive out of the supporting leg as you lift the knee
- Power through the Side Kick – send your foot through the wall

In the Kick-boxing Combo the focus is on bringing the power into the Stamp Kick. Set up your class first – using Layer 1 cues.

- Bring the knee up
- Push your foot away from your body

Then add the Layer 2 – to help them explode through the kick.

- Imagine an opponent coming for you, send them flying back with your stamp kick!
- Push your foot through the bag! Kick through to the other side

Layer 3 – Motivation

This is a HUGE track and it's only Track 2! You want to still encourage a little push at the end, to lift into the next peak track. So think about your class – what kind of intrinsic motivational cues can you use? Or positive motivators?

Find the power within! Knock down the front wall with the power of your kick!

Show 'em you mean business – show yourself you're here to win!

You guys are smashing it – show your eye of the tiger, your focus, your drive!

3 POWER TRAINING 1

FOCUS

To coach the class how to increase their power output in the Double Uppercut and Double Jab combo.

FEEL

Inspiring,
Drum 'n' Bass,
Driving

BOXING

MUSIC			SEQUENCE/EXERCISE		CTS REPS		MA
0:00	(Intro)	4x8	Front Stance				BOX
0:11	(Piano sound)	4x8	A	L, R Uppercut	4	8x	
0:22	V1 Have given all myself	16x8	A ¹	L Uppercut x2 R Uppercut x2  Level 2 – strike higher on 2nd Uppercut L Uppercut x2 – Level 2 R Uppercut x2 – Level 2	4 4 4 4	12x 4x	
1:07	PC So what is love	16x8	B	L Combat Stance L Jab, R Cross x4 L Uppercut x2 R Uppercut x2 Level 2 after 4 reps – higher 2nd Uppercut	8 4 4	8x	
1:52	C Not high enough _	8x8	C	L Jab, R Cross Level 2 after 16 reps One extra L Jab on last rep	2	32x	
2:15	C Not high enough _	4x8		Recover and set up Front Stance	32		
2:25	V2 Take my heart back	8x8	D	L Power Jab x2 R Power Jab x2	4 4	8x	
2:48	PC So what is love	8x8	D ¹	L, R Jab x4 L Power Jab x2 R Power Jab x2	8 4 4	4x	
3:10	C Higher , higher,	16x8	D ²	L, R Jab Level 1 – 32 reps Level 2 – 32 reps	2	64x	
3:56	(fade)	4x8		Recovery and set up Front Stance			
4:07	V3 Take my heart back	4x8	A ¹	R Uppercut x2 L Uppercut x2 Level 2 after 4 reps – strike higher on 2nd Uppercut	4 4	8x	
4:29	PC So what is love	16x8	B	R Combat Stance R Jab, L Cross x4 R Uppercut x2 L Uppercut x2 Level 2 after 4 reps – higher second Uppercut	8 4 4	8x	
5:14	C Still not high enough _	8x8	C	R Jab, L Cross Level 2 after 16 reps One extra R Jab on last rep to finish!	2	32x	

Simple, powerful and intense. The training has been structured into 3 blocks of Boxing rounds that drive the power and endurance in the upper body. This track will challenge your class to maintain speed and power throughout the full track and allow them to use two punches and absolutely nail them.

TECHNIQUE & COACHING

Boxing

Power Shift – Uppercut and Jab

- On the second Jab/Uppercut – explode into the strike
- Aim slightly higher than the shoulder in the Jabs to activate more shoulder muscle

Coaching

The focus for the track is to get as much power and core activation from the Double Uppercut and Double Jab as possible. To do that requires you to coach your class on the **how** and the **why**.

Layer 2 – Improve Execution

Double Uppercut

- Shoulders twist forward
- Then the hips and feet – let them twist with you
- Drive out of the legs to transfer power to the fist
- Actively power the second punch to forehead height!

Double Jab

- Twist your elbow to the outside of the punching arm
- Lean your body – 11 o'clock, 1 o'clock (or off-center L, R)

Layer 2 – Educate

Double Uppercut

- Stay in the wide stance – the stability will allow you to engage your obliques as you punch
- When you twist from the back keep your shoulders back and core will fire

Double Jab

- This uses the side flexor muscles to power the Jab
- Dropping the body off center allows more power transfer from the core

4 COMBAT 2

FOCUS

Coach agility in the Jump Kick and how to be evasive in the Parry.

FEEL

Pumping, Agile, Digital

KICK-BOXING, TAE KWON DO, Boxing

MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	(Beats)	2x8	L Combat Stance		16		
0:07	V1	2x8	A	R Knee L Front Kick Pulse OTS x2	2 2 4	2x	KB/ TKD
0:14		4x8	A ¹	R Knee L Switch Front Kick Pulse OTS x2 👁️ L Jump Kick Step B x2 (on last rep)	2 2 4	4x	
0:28		8x8	B	L Jump Kick OTS Step B R leg	2 2	16x	TKD
0:56	Vox Non-stop, take it up	4x8	C	Double L Jab R Parry 👁️ Jump F on Jab and B on Parry	2 2	8x	BOX
							
1:10	PC Non-stop, take it up	4x8	C ¹	Double L Jab, Jump F R Parry, Jump B 👁️ Add L Jump Kick on last rep	2 2	8x	
1:23	C Come with me	8x8	C ²	Double L Jab, Jump F R Parry, Jump B L Jump Kick OTS Step B R leg	2 2 2 2	8x	BOX/ KB/ TKD
1:51		4x8	B	L Jump Kick OTS Step B R leg	2 2	8x	
2:06		2½x8	Striking Guard, Recover				
2:14			REPEAT SEQUENCE FROM A to 2nd B – R				
4:14	Outro (Synth Snare)		Striking Guard to finish				

Track 4 features the agility and speed of Tae Kwon Do in the legs with a playful upper body combo that uses a new defensive move – the Parry – to add a little upper body and core work to the mix. The Jump Kicks lift the cardio and core work by linking the muscles of the lower body through the core.

TECHNIQUE & COACHING

Tae Kwon Do

Jump Kick

- Combat Stance
- Sweep the rear leg to F
- Switch to Front Kick leading leg, **soft knee as you kick**
- **Land softly**, reset step back
- Swing your arms forward and back to power the kick

Boxing Combo

- Double Jab
- Slip back, rear arm Parry – slide shoulders back and to the side, rear arm pushes past face

Layer 2 – Manipulate Intensity (Jump Kick)

The option to dial up into the Jump Kick or Step and Kick is great for members – new and regular – to achieve great intensity at their level. Whenever they need to, they can bring it back down to a Step and Kick if the Jump Kick is getting too intense. When they feel good, jump again!

Layer 2 – Improve Execution (Parry)

- Lean forward, lean back
- Push a flat hand across the chest
- Shift back quickly – feel the core kick in as you do!

Connection

There is great contrast in the music – use these level shifts to help power the strikes and intensity of the kicks. When you do the Jab and Parry – the robot voice in the song kicks in, allowing you to be playful with the movement. Attack and retreat!

FOCUS

MMA Conditioning – use Layer 2 Manage Intensity coaching to control the intensity of the workout.

FEEL

Drum 'n'
Bass, Intense,
Contrasting

MMA

CONDITIONING

MUSIC				SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro	Well it's time	8x8	Set up on floor in Pushup position		64		MMA
0:23	QC	Not giving in	8x8	A	Plank/Pushup Sequence Drop knees down Push up Lift knees up Hands come under shoulders on last 2 cts	2 4 2	8x	
0:46	C	_ ohhh ohhhh	8x8	B	Mountain Climber L, R Option to work on half speed/on beat or slightly faster	2	32x	
								
1:09	Br		½x8	Hands go wider to Pushup position				
1:11	V1	Waste my time	16x8	A	Repeat Plank/Pushup Sequence		16x	
1:57	C	_ ohhh ohhhh	8x8	B	Repeat Mountain Climber L, R	2	32x	
2:20	Br		4x8	Recovery and come to the floor				
2:31	C	giving in	2x8	C	 Modified Bear Crawl L, R hand walk out/out – in/in L, R leg walk out/out – in/in	8 8		
								
2:37		giving in	12x8	C	Modified Bear Crawl	16	6x	
3:11	Vox		8x8	B	Repeat Mountain Climber L, R	2	32x	
3:35		(Trumpet)	4x8	D	Hold Plank position	32		
3:46		(Piano)	8x8	Recover and come up to standing		64		
4:08	Instr	(Drum)	8x8	E	Easy Jog OTS L, R	2	32x	
4:31			8x8	E ¹	Sprint L, R – 4 seconds Recover	8 8	4x	
4:52		(Dubstep)	8x8	E ²	Sprint L, R – 5 seconds Recover	10 6	4x	HIIT
5:15	V3	Waste my	8x8	E ³	Sprint L, R – 6 seconds Recover	12 4	4x	
5:37	C	giving in	6x8	E ⁴	Sprint L, R – 7 seconds Recover	14 2	3x	
5:54		_ this time	2¼x8	E ⁵	Sprint L, R – 9 seconds to finish!	18		

A brand new training structure to Power 2 – MMA Conditioning. This track was inspired by the training fighters use to improve their muscular conditioning for power in strikes and cardio to last the distance in each round. It is a very challenging track so let your members know that they can break when they need to and join again when they are able to.

TECHNIQUE & COACHING

MMA Conditioning

Push up to Plank position

- Pushup position – **hands outside shoulder width, knees on floor, strong core brace**
- **Chest to elbow height**
- Push up to Plank position
- Reset knees to floor

Mountain Climbers

- Pushup position – **hands just outside shoulder width, strong core brace. Option on knees**
- Knees run towards chest, alternating one to the other
- Option – slow, on the beat, fast as you can

Modified Bear Crawl

Bear Crawl position – **Hands under shoulders, knees under hips, strong core brace**

Hands move one at a time – Forward, Forward, Back, Back. Distance is one palm length forward and back
Now legs move one at a time – Back, Back, Forward, Forward – into full Plank extension

Option – knees on floor

There are 3 rounds of floor work in this track followed by sprints for cardio at the end of the track. It means you can structure your track with clear layers through each round.

Round 1 – Layer 1 Setup

Coach the position of the body and execution of each move as detailed above.

Round 2 – Layer 2 Improve Execution and Manage Intensity

Mountain Climber

Try this: knees closer to the thumbs, hips down – this will drive up the intensity and keep you in a long, strong position.

Screw your palms into the floor – this will anchor you, putting the work into the core muscles.

Round 3 – Layer 1 Setup Modified Bear Crawl, Layer 3 – Motivate (Mountain Climber)

Set up the new floor movement using the cues detailed above. Now your class is going to be really fatigued in their core! So you'll need to motivate them to stay committed to the Mountain Climber – think of how you can use your positive and challenging motivational cues to drive your class.

You want to get great results? Your effort now determines the outcome of this track, come on I know you can hold on for a little longer!

Keep pushing through team – you're owning your workout!

Round 4 – Layer 3 – Motivate (Sprints)

This is the 'go for broke' round to elevate the cardio to new heights. All you need to do is indicate how long to sprint for and let your class 'go for it'. Empty the tank and earn a well-deserved break at the end of the track.

Connection

Use the moments between the working rounds to check in with the class. Hook into the lyrics too: "This time, I'm gonna be stronger, not giving in" – the perfect lyrics to use in a massively challenging track like this!

6 COMBAT 3

FOCUS

Slow, controlled strikes to keep the muscles working under time and load. Coach the 3 levels of Squat in the combo.

FEEL

Street Swag,
Hip Hop, Rap

KUNG FU, MMA CONDITIONING

MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	(Eastern sounds)	2x8	L Cat Stance	16		KF
0:08	V1 (Drums)	6x8 A	L Front Kick Squat	2 2	12x	KF/ CON
0:33	C Even if I'm 1 in	4x8 A ¹	L Front Kick x2 Squat x2	4 4	4x	
0:50	1, 2, 3 Drop _	4x8 B	L Front Kick Jump wide into Squat, reach down R arm Jump B into Cat Stance	2 1 1	8x	
1:06		2x8 A	L Front Kick Squat	2 2	4x	
1:15	If life's a test	4x8 A ¹	L Front Kick x2 Squat x2	4 4	4x	
1:31	V2 If you're ready	4x8 B	L Front Kick Jump wide into Squat, reach down R arm Jump B into Cat Stance Transition to R Cat Stance on last 2 cts	2 1 1	8x	
1:48	I see hungry power	4x8 A	R Front Kick Squat	2 2	8x	
2:05	Even if I'm 1 in	4x8 A ¹	R Front Kick x2 Squat x2	4 4	4x	
2:21	1, 2, 3 Drop _	4x8 B	R Front Kick Jump wide into Squat, reach down L arm Jump B into Cat Stance	2 1 1	8x	
2:38	V3 Ha yo this is a protest	4x8 A	R Front Kick Squat	2 2	8x	
2:55	C So just bounce to this	4x8 A ¹	R Front Kick x2 Squat x2	4 4	4x	
3:12	Ha yeah so just bounce to this	4x8 B	R Front Kick Jump wide into Squat reach down L arm Jump B into Cat Stance	2 1 1	8x	
3:28	yeah uh so just bounce to this	8x8	Jump Wide Double Squat, reach down R arm, jump feet in Jump Wide Double Squat, reach down L arm, jump feet in Level 2 after 4 reps – explosively jump feet in as you lift up	4 4	8x	CON
4:01			Jump feet together to finish!			

Time to slow things right down.

TECHNIQUE & 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.

Kung Fu

Cat Stance

Weight in rear leg, **hips shift back slightly, rear knee bent**

Front leg lightly tapping floor

Chest lifted, core braced

Rear arm fist in front of chest, leading arm in front, blade hand

Layer 2 – Improve Execution and Manage Intensity

There is an incredible amount of Strikes and Squats in this track. To get the most out of the Strikes coach the Kicks and Squats well to get your class moving better with intensity.

Kung Fu Combo

As you sink back into single-leg Squat, slide the hips back and bend the knee.

Level 2 – Down, up, freeze, hold the last Squat

Level 3 – Jump to Wide Squat. Push your knees out and engage the glutes – Option: just step into Squat, no Jump

Push your feet apart as you jump into Squat – recruit some power in the butt muscles and kick your heart rate up

PERFORMANCE

There is huge contrast in the choreography – use the different levels of combos to help shift your vocal tone and energy in the track. When it's slow and controlled, use these moments to connect with a conversational tone. As the intensity of the combo picks up – drive the vocals up a little more and start to reflect the feeling in the legs with your vocals.

7 MUAY THAI

FOCUS

High-Intensity Interval Training – when the beat drops, encourage max speed and effort in each combo interval.

FEEL

Freaky,
Contrasted,
Heavy, Tough-
going

MUAY THAI

MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Instr	(Dance sounds)	1x8	L Combat Stance – hold	8		MT
0:02	B up		7x8 A	R Knee 👁 L Jab, R Cross, L Ascending Elbow R Knee x2 (last 8 cts)	2	28x	
0:22	V1	I can be a freak	4x8 B	L Jab, R Cross, L Ascending Elbow R Knee x2 👁 R Knee, R Propulsive Knee – 2 levels (last rep)	4 4	4x	
0:33		(Synth sound)	8x8 B'	L Jab, R Cross, L Ascending Elbow R Knee x2 – 2 levels	4 4	8x	
0:56			5½x8 C	L, R Ascend Elbows	4	11x	
1:11	Br		½x8	Hold – Step into R Combat Stance Reach arms high, grasp hands	8		
1:13	C	I can be a freak _	8x8 A	L Knee 👁 R Jab, L Cross, R Ascending Elbow L Knee x2 (last 8 cts)	2	32x	
1:35	V2	I can be a freak	4x8 B	R Jab, L Cross, R Ascending Elbow L Knee x2 👁 L Knee, L Propulsive Knee – 2 levels (last rep)	4 4	4x	
1:47		(Instr)	8x8 B'	R Jab, L Cross, R Ascending Elbow L Knee x2 – 2 levels	4 4	8x	
2:10		(Menacing laugh)	2x8	Recover and step into L Combat Stance	16		
2:17	PC	(Windup)	7x8 D	L Jab, L Ascending Elbow L Knee x2 (Slowing)	4 4	7x	
2:43	C	I can, I can be a freak_	8x8 D'	L Jab, L Ascend Elbow L Knee x2 (Fast)	4 4	8x	
3:06		(Menacing laugh)	2x8	Recover and step into R Combat Stance	16		
3:13	PC	(Windup)	7x8 D	R Jab, R Ascending Elbow R Knee x2 (Slowing)	4 4	7x	
3:40	C	I can, I can be a freak _	8x8 D'	R Jab, R Ascending Elbow R Knee x2 (Fast) 👁 L, R Running Man Knee (last 4 cts)	4 4	8x	
4:02		I can be a freak	8x8 E	L, R Running Man Knee	4	16x	
4:25				L Knee to finish!			

Hectic rounds of upper and lower body Muay Thai strikes that focus on speed and power. The short range of the Elbow and Knee strikes mean that you can put an amazing amount of speed and energy into each strike. This lifts the heart rate and the explosive power in the muscles. You can be a freak of fitness too.

TECHNIQUE & COACHING

Muay Thai

Ascending Elbow

- Muay Thai Guard position
- Throw elbow vertically, soft hand that passes the side of the head
- Release front heel and lift powerfully through the chest
- Strike with the elbow, upper forearm

Rear Jump Knee

- Muay Thai Guard
- Jump off both legs, sending your rear knee to front
- Arms pull to hip
- Soft knees as you land

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

Layer 2 – Improve Execution and Manage Intensity

Freaky fitness comes from incredible speed and these short-range strikes are perfect for getting your class to hit as fast and as hard as they can. Use Improve Execution cues to engage more muscles – including the core.

Jab Cross, Ascending Elbow & Double Rear Knee Combo

- Use explosive movements. Drive out of the legs to lift the knee higher
- Relax the arms to snap the strikes faster – slice the air with your elbow!
- Lean into the strikes so you can transfer power to your strikes through the legs

Manage Intensity cues can help increase the output power and cardio in the workout – or dial it back if necessary.

L Jab, Ascending Elbow, Front Knee x2

- Pull your arms across your body to the hips for massive core work
- Speed time – relax and snap the strike faster to increase your cardio output

Layer 3 – Motivation (Challenge Cues)

Challenge motivation is where you can use slight dissatisfaction cues to help challenge your class to work harder. It's not about antagonizing your class but, rather, asking them if they are happy with their current effort – or can they take it higher!

I'm trying to beat myself – all I hear is my own voice pushing me harder

You're only as good as your last workout – what can we achieve today?

8 POWER TRAINING 3

FOCUS

Jabs and Hooks create power and speed for peak cardio training. Motivate the class to the end of the track.

FEEL

Yearning,
Euphoric,
Soaring

BOXING

MUSIC			SEQUENCE/EXERCISE		CTS	REPS	MA
0:00	Intro	8x8	Recover and step into Front Stance		64		BOX
0:21	V1 You paint a picture You want to leave	2x8 2x8	L Shoulder Stretch R Shoulder Stretch		16 16		
0:32	In a world that's	8x8	L, R Run		2	32x	
0:54	B up When the night gets cold	4x8	A L Jump Jab  L Jab, R Cross x2 L Jump Jab x2		2 4 4	16x	
1:05	C We won't be alone	8x8	A ¹ L Jab, R Cross x2 L Jump Jab x2		4 4	8x	
1:27	QC	8x8	B L Hook		2	32x	
1:49	C We won't be a-lone	8x8	A ¹ L Jab, R Cross x2 L Jump Jab x2 – level 2		4 4	8x	
2:11		8x8	C L Jab, R Cross		2	32x	
2:33			L Jab				
2:34	V2 This lake of fire burns	4x8	Recover and step into Front Stance				
2:44	I'm sinking in the	12x8	D L Hook x2 R Hook x2 Level 2 after 8 reps		4 4	12x	
3:17	C We won't be alone	8x8	D ¹ L, R Jab x4 L Hook x2 R Hook x2  L Hook, L Power Hook R Hook, R Power Hook (last rep)		8 4 4 4	4x	
3:39	QC	8x8	D ² L, R Jab x4 L Hook, L Power Hook R Hook, R Power Hook		8 4 4	4x	
4:01			L Hook				
4:02	(Music mellows)	4x8	Recover		32		
4:12	I won't let it die	20x8	L, R Run Lift knees higher – level 2 after 32 reps		2	80x	
5:07			REPEAT SEQUENCE A to C – R				
6:45			R Jab to finish!				

This track is dedicated to the Jab and the Hook – unrelenting upper body strikes to finish the workout. There is massive opportunity to connect with the room in between each round of work. Use that time to encourage and motivate your participants to hang on for one last massive effort to empty the tank and leave feeling empowered and unleashed!

TECHNIQUE & COACHING

Boxing

- Jump Jab
- Boxing Guard
- Power Hook
- Front Stance
- Throw regular Hooks then rechannel and explode into Power Hooks
- **Elbow lifts to 90 degrees**, body rotates into punch
- **Legs** shunt to side following punch
- Repeat other side

Coaching

Start by connecting with your class – stretch the arms, shoulders and then run. Introduce the class to the focus – the track is dedicated to the Jab and the Hook.

Layer 2 – Manage Intensity

Jab

- Tuck chin in and rotate through the shoulders as you fire the Jab
- The body drives the punch – whip your shoulders with the core
- Leave your mark! Send your elbow to the outside to increase the impact of the punch

Hook

- Elbow slightly higher than the wrist
- Unwind through the body, lifting front heel for power
- Use the body to drive the punch through the arm
- Don't punch the bag – punch THROUGH the bag!

Layer 3 – Motivation

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

We all come from different walks of life and in BODYCOMBAT we can embrace our differences and share our success – who's ready to embrace success together?

A true champion may not have the fastest punches or kicks; a true champion has heart!

I promise you that if you stay in the fight – I can guarantee success because we are successful together.

9 CONDITIONING

FOCUS

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

FEEL

Electro Soul,
Fresh, Pop

MUSIC			SEQUENCE/EXERCISE		CTS REPS	
0:00	Intro	2x8		Set up – on back, side on to class	16	
0:11	V1 Crashing, hit a	4x8	A	Crunch	4	8x
0:35	PC I need you, I need you	4x8	A ¹	Medicine Ball Crunch Crunch – throw hands up (catch medicine ball) Lower down slowly – hands to chest On last rep, stay lifted in Crunch and lift feet at same time (knees over hips) Extend legs to vertical	2 2 2 2	8x
1:00	C Don't let me down	2x8	A ²	Medicine Ball Pike Crunch Crunch – pushing hands (medicine ball) Towards feet – legs extended straight	2	8x
1:12	V2 Running out of time	2x8	A	Crunch	4	4x
1:23	PC I need you, I need you	4x8	A ¹	Repeat Medicine Ball Crunch	4	8x
1:47	C Don't let me down	3½x8	A ²	Repeat Medicine Ball Pike Crunch	2	14x
2:08		½x8		Rest head down and bend knees	4	
2:11	V3 _ oh I think I'm losing	6x8	B	Leg Extension Sequence Extend legs to 45° Lower Lift to 45° Draw in legs to 90°	2 2 2 2	6x
2:47	C Don't let me do-own	4x8	C	Pike Crunch Feet up, knees at 90° Crunch up, arms/legs extend straight Lower down, fingertips to temples	2 2	8x
3:11	Outro Don't let me down			Pike Crunch hold at the top Head down, arms to sides Legs lower slowly as music fades	2 2 4	

TECHNIQUE & COACHING

When you are coaching your class to maintain a great core brace you can use **Externally Focused** cues to help your class. Rach's examples are:

Set up the Medicine Ball Throw using **Layer 1 Setup Cues**

Crunch position, feet flat on floor

Throw ball directly above chest

Catch and relax

Arms above chest

Layer 2 – Use **Externally Focused** cues to help visualize the movement and drive performance of the core work

Imagine training with a partner as you throw and they catch and throw it back down at you

Catch the heavy ball as you bring your body down, squeeze it tightly

Can you throw the ball to the ceiling? Throw it through the roof!

This will help your class to perform a better Crunch by helping them to visualize the actual movement of throwing a heavy medicine ball.

Technique

Medicine Ball Throw Crunch

- Lie on back side-on to class
- Throw arms towards ceiling as you crunch up, mimicking a medicine ball throw
- **Keep your feet down to stabilize hips and lower your back**
- **Eye gaze towards ceiling through your palms**
- As you release the core, bring hands to chest as if catching and lowering medicine ball

Medicine Ball Pike Crunch

- Lie on back, side-on to class
- Lift feet above hips, arms above shoulders
- Hands reach to feet as you pulse crunch up and down
- Option – knees at 90 degrees

Leg Extension to Leg Lower

- Lie on back, side-on to class, legs at 90 degrees
- Extend legs to ceiling, lower to 45 degrees (**or until lower back starts to come up off floor**)
- **Strong core brace**
- Lift up and bend to 90 degrees reset

Pike Crunch

- Crunch position – knees at 90 degrees over hips
- Lift into V-Sit – legs and arms to ceiling
- Reset to Crunch position

10 COOLDOWN

FOCUS

Acknowledge the effort to the end and coach each stretch with focus on great position and stretch for maximum recovery.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	(Piano)	2x8	Roll up and set up for R Hip Stretch – L leg F	16	
0:10	C	I need a dollar	2x8	Hip Flexor Stretch R – R hand on floor	16	
0:20	PC	I need a dollar	2x8	L arm pushes L leg out slightly	16	
0:30	V1	Bad times are coming	4x8	L arm opens – L hand to ceiling – rotate	32	
0:50	C	I need a dollar	2x8	Hip Flexor Stretch L – L hand on floor R arm pushes R leg out slightly	16	
1:00	Br	I don't know	4x8	R arm opens – R hand to ceiling – rotate	32	
1:18	V2	I had a job but the	8x8	Adductor Stretch – option = Frog Pose or Seated	64	
1:58		Well I don't know	4x8	Lie on R side, facing F – L Quadricep Stretch	32	
2:16		What in the world	4x8	Lie on back L Hamstring Stretch	32	
2:36	V3	I had some good old	4x8	R Hamstring Stretch	32	
2:56		Your mom of mayhem	4x8	Lie on L side, facing B – R Quadricep Stretch	32	
3:15	C	I need a dollar	4x8	Seated Glute Stretch – L – face front	32	
3:35		Come on share	4x8	Seated Glute Stretch – R	32	
3:55	Outro	(Percussion)		Seated – crossed legs – Bow to finish		

COACHING

A soulful, Blues vibe to help everyone mellow out after an epic BODYCOMBAT training session. There is a great selection of stretches specific to BODYCOMBAT that open up the hips and hip flexors, releases the muscles of the legs and glutes and all the muscles of the back and upper body too.

Take your time with each stretch and actively resist the stretches – encourage your participants to stretch until it feels slightly uncomfortable, to get the most relaxation through the muscle.

BODYCOMBAT 70 – what an incredible workout. We love your support and passion. Continue smashing it out and, as always, “Keep it real and stay with the FIGHT!”

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