

BODYCOMBAT 71 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 28:19mins

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 43:35 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		

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CONTENTS

BORN TO MOVE: NEW RESEARCH
IMPROVING SPEED IN BODYCOMBAT
THE HISTORY OF MARTIAL ARTS

	TRACK	ARTIST	
1A	UPPER BODY WARMUP	Give Me Your Love © Astrix Music, A Division of Minsitry of Sound Pty Ltd. Written by: Newman, Fielder, Manovski, Rodgers	Sigala feat. John Newman & Nile Rogers 3:17
1B	LOWER BODY WARMUP	Hype Courtesy of the Universal Music Group. Written by: Wiles, Mills	Dizze Rascal & Calvin Harris 3:15
1C	INTEGRATED WARMUP	Perfect Strangers Courtesy of the Universal Music Group. Written by: Cooper, Smith, Robin	Jonas Blue feat. JP Cooper 3:11
2	COMBAT 1	Baddest Things © 2015 Mad Decent. Written by: Ragland, Alvarez, Nemethy	Party Favor feat. NYMZ & Bunji Garlin 5:36
3	POWER TRAINING 1	Work It Out 2016 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Roman, Gale, Geiger, Voytas, Dandn, Evan	Netsky feat. Digital Farm Animals 3:13
		Work It Out 2016 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Roman, Gale, Geiger, Voytas, Dandn, Evan	Netsky feat. Digital Farm Animals 1:21
4	COMBAT 2	Titans © 2015 Monstercat. Written by: Vlastaras, Arquilla, Autore	Razihel & Aero Chord 4:57
5	POWER TRAINING 2	Feel The Love (Radio Edit) 2013 Warner Music UK Limited. Written by: Izackhah, Dryden, Aggett, Newman	Rudimental feat. John Newman & Nile Rogers 3:36
		Feel The Love (Radio Edit) 2013 Warner Music UK Limited. Written by: Izackhah, Dryden, Aggett, Newman	Rudimental feat. John Newman & Nile Rogers 3:28
Bonus 5	POWER TRAINING 2	Basque Gold © 2015 Black Lotus Records. Written by: Langeveld, van de Geer	Wydez 6:09
6	COMBAT 3	Secrets (Original Mix) Courtesy of the Universal Music Group. Written by: Karagiorgos, Bentley, Holowell-Dhar, Verwes	Tiësto, Vassy, KSHMR 2:00
		Secrets (Original Mix) Courtesy of the Universal Music Group. Written by: Karagiorgos, Bentley, Holowell-Dhar, Verwes	Tiësto, Vassy, KSHMR 2:01
7	MUAY THAI	Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigahcine, Roelandschap, Taihuttu, Rondhui	DJ Snake feat. Yellow Claw 3:31
		Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigahcine, Roelandschap, Taihuttu, Rondhui	DJ Snake feat. Yellow Claw 1:35
8	POWER TRAINING 3	Come Alive © 2012 Hospital Records Licensed courtesy of Hospital Records Ltd . www.hospitalrecords.com Written by: Daenen	Netsky 6:01
9	CONDITIONING	Time © 2015 Monstercat. Written by: Holdoe	Snavs 3:06
10	COOLDOWN	Unstoppable © 2015 Monkey Puzzle Records, under exclusive license to RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Furier, Braide	Sia 3:37

1A UPPER BODY WARMUP

Give Me Your Love > 3:17 mins

1A

FOCUS

Coach your class through skill training and the new rhythm/timing for Jab, Jab, Cross. Introduce your participants to ring craft; it will be their first chance to experience this new concept and get a taste of what is to come in Track 8.

FEEL

Upbeat, Groove,
Funky House

BOXING

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:05 Intro	1x8 L Combat Stance	8		BOX
0:10	3x8 A L Jab, R Cross	2	12x	
0:21 V1 _ I may be selfish but I'll	4x8 A ¹ L Jab 👁 L Jab L Jab, R Cross (on 15th rep)	2	16x	
0:35 QC So give me your love	8x8 A ² L Jab L Jab, R Cross	2	16x	
1:05 C Why don't you give me your love	4x8 B L Uppercut 👁 L, R Uppercut, L Hook (on 15th rep)	2	16x	
1:19	4x8 B ¹ L, R Uppercut L Hook Transition to R Combat Stance after last rep	2	8x	
1:34 V2 I will be there every lonely night	8x8 A ² R Combat Stance R Jab R Jab, L Cross	2	16x	
2:03 C Why don't you give me your love	4x8 B R Uppercut 👁 R, L Uppercut, R Hook	2	16x	
2:18 C	4x8 B ¹ R, L Uppercut R Hook	2	8x	
2:32 V3 You know all the other men baby	4x8 C Front Stance L Jab x4, travel to L side Repeat to R side	8	2x	
2:47 C So give me your love	8x8 C ¹ L Jab x3, travel to L Side Jumping Jack x2 Repeat to R side – add bob to Jacks	4	4x	
3:16	A-Frame Arms			

The Upper Body Warmup is a great start to the workout with an upbeat, groovy sound and feel. It gets the body rolling with execution of the four basic punches, Jab, Cross, Hook, Uppercut. The new timing of the Jab, Jab, Cross and traveling Jab get participants moving with ring craft in mind.

TECHNIQUE & COACHING LAYER 1

Boxing

Jab, Cross

- Throw front and rear arm
- Rotate the shoulders
- Push your weight forward on the Jab
- Release back heel on the Cross
- Keep elbow soft
- Strike Surface – front two knuckles
- Target – face/head

Jab, Jab, Cross

- 1, 1-2
- First phase of skill training

Uppercut

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

Hook

- Lift elbow to shoulder height
- Release heel and rotate your shoulder and hip forward
- Circular punch
- "Twist it, Lift it, Rock it"
- Target – jaw/temple

Ring Craft – Traveling Jab

- Learning how to move through the space
- Add a Jack, and a bob; crunch your abs

COACHING LAYER 2

COACHING LAYER 2 – IMPROVE EXECUTION, EDUCATE

Jab, Jab, Cross

- "It's like target practice"
- "Turn your rear foot a little more on the Cross"
- "Use your breath, exhale"
- Get your hands back to guard position
- Rotate the shoulders to engage the abs
- Drive from the rear leg on the Cross

Uppercut

- Short, vertical strikes
- Feel compact

Upper, Upper, Hook

- Roll with the punch

Ring Craft – Traveling Jab

- Crunch harder and travel further
- Breathe as you strike

CONNECTION

Watch how Dan delivers his cues efficiently, leaving space for the participants to connect to the music. He also lets the information land so that the class can put into action one cue and connect to the movement, before moving onto the next cue.

1B LOWER BODY WARMUP

Hype > 3:15 mins

1B

FOCUS

Teach your participants the basic kick strikes and set them up for great kicking technique by clearly coaching Layer 1 information. Connect with your class and get them excited about the training session ahead.

FEEL

Hip Hop,
Rap, EDM

KICK-BOXING KARATE TAE KWON DO

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
3:16	½x8 A-Frame Arms – Hold	4		
3:18	V1 _ Top of the roster 8x8 A Front Stance L Knee x3 Step L, R, L R Knee x3 Step R, L, R 👁 R Knee, R Front Kick, R Knee (on last 8 cts)	5 3 5 3	4x	KB
3:48	QC Hype , every time I'm around there's a 8x8 A' L Knee, L Front Kick, L Knee Step L, R, L R Knee, R Front Kick, R Knee Step R, L, R Level 2 after 2 reps	5 3 5 3	4x	KB KAR
4:17	Br Hype , every time I'm around there's a 4x8 B L Side Kick Step L, R, L R Side Kick Step R, L, R	1 3 1 3	4x	TKD
4:32	C (Instr) 8x8 A' L Knee, L Front Kick, L Knee Step L, R, L R Knee, R Front Kick, R Knee Step R, L, R	5 3 5 3	4x	KB KAR
5:02	V2 _ I'm so legit 4x8 C L Combat Stance L Roundhouse Setup Pulse OTS	2 6	4x	TKD
5:16	QC Hype , every time I'm around there's a 4x8 C' L Roundhouse Kick Repeater Step B, F	2 2	8x	TKD
5:31	(Instr) 4x8 D R Back Kick Repeater Step F, B	2 2	8x	KB
5:46	_ Anytime I'm around there's 4x8 C R Combat Stance R Roundhouse Kick Setup Pulse OTS	2 6	4x	TKD
6:01	(Instr) 4x8 C' R Roundhouse Kick Repeater Step B, F	2 2	8x	TKD
6:15	Got the whole place hype 4x8 D L Back Kick Repeater Step F, B	2 2	9x	KB

The Warmup moves into the lower body as the driving beat kicks in with the Knee, Kick, Knee combination. Use the time in the setup phase of each kick to establish great kicking technique for the workout ahead.

TECHNIQUE & COACHING LAYER 1

Kick-boxing

Front Stance

- Knee comes to the waist, toes down
- Heels towards your butt
- Hips forward
- Target – ribs/stomach

Knee, Front Kick, Knee

- One Knee, one Kick, one Knee
- Extend Front Kick, push through the leg, soft knee
- Brace the abs to protect the lower back
- Strike Surface – ball of the foot
- Target – thigh, stomach, or chest level

TAE KWON DO/KARATE

Side Kick

- Set heel of supporting leg towards target
- Coach "Kick, Step, Step" in order to set up timing and how to switch legs
- Lift kicking leg – knee across body
- Extend kick, heel up, toes down and push out of supporting leg
- Strike Surface – blade of the foot
- Target – thigh/hips/ribs

Roundhouse Kick

- Turn heel of supporting leg towards target (aim for ¾ in/1¼cm)
- Lift knee, point to target, heel to butt
- Lean back and bring knees and shin parallel to the floor
- Extend leg, striking with shin/shoelaces
- Retract heel to butt
- Target – waist

Back Kick Repeater

- Kick rear leg to back – toes down, heel up
- Chest lifted, shoulders to front
- Retract rear leg and step front leg front
- Strike Surface – heel of the foot
- Target – groin or stomach

COACHING LAYER 2

EDUCATE

Reagan taps into the BENEFITS of kicking in BODYCOMBAT when he says "If you have been sitting a while throughout the whole day, this feels SO good." This immediately helps your participants understand that one of the benefits of kicks in BODYCOMBAT is loosening hips, which are often tight from sitting throughout the day.

IMPROVE EXECUTION

Knee, Front Kick, Knee

- Pull your arms down to your hip as you drive your knees
- Start to add power and momentum

Roundhouse Kick

- Push the knee open in the right-hand side setup

Back Kick

- Look over your shoulder as you kick

CONNECTION

The repetition of the Knee, Kick, Knee combo and the simplicity of the choreography allows for plenty of space and time in the music for you to connect to your class. Use some of the time in the longer sets, as Reagan does, to really connect with your participants and get them engaged in the experience.

1C INTEGRATED WARMUP

Optional

Perfect Strangers > 3:11 mins

1C

FOCUS

Coach your participants with clear Layer 1 and 2 cues through the new move the 'Half Mount'. Educate throughout so that your participants understand HOW to execute this new move and also WHY this movement is a part of the integrated training Warmup.

FEEL

Tribal
House, Pop,
Soulful

MMA CONDITIONING

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
6:32 (Intro)	2x8	Transition to Plank position	16
6:40 V1 _ You were looking at me	4x8 A	L knee to outside L elbow and hold Return to Plank R knee to outside R elbow and hold Return to Plank 👁 L knee drops to floor R hand to R knee Twist to R side (on last rep)	6 2 6 2 2x
6:56 V2 _ Who knows the secret	4x8 A¹	L knee to outside L elbow, R knee to floor L hand to L knee, twist to L side L hand under shoulder Return to Plank Repeat on R side 👁 Lift upper body with Martial Arts Guard Half Mount position (on last rep)	2 2 2 2 8 2x
7:13 QC Maybe we're perfect	8x8 A²	Half Mount Combo – Stage 1 L knee to outside L elbow, R knee to floor Half Mount Hands under shoulders Return to Plank Repeat on R side	2 2 2 2 8 4x
7:45 C Need no reason why	4x8 B	Mountain Climber L, R knee to chest	2 16x
8:01 V3 _ No one but you got	2x8	Recover and transition to Plank	16
8:09 We can't explain	6x8 A¹	R knee to outside R elbow, L knee to floor R hand to R knee, twist to R side R hand under shoulder Return to Plank Repeat on L side	2 2 2 2 8 3x
8:34 QC Maybe we're perfect	8x8 A²	Half Mount Combo – Stage 1 – R, L Option – Stage 2 after 2 reps Rear knee lifts off floor	16 4x
9:06 C Need no reason why	4x8 B	Mountain Climber R, L knee to chest	2 16x
9:23	4x8 C	Pushup	2 16x

Dig into kick mobility training with the introduction of floor-to-standing 'Half Mount'. This training will increase the flexibility and range in your hips and improve your kicks. The integration of Mountain Climbers and Pushups will prepare your core and upper body for the workout ahead.

TECHNIQUE & COACHING LAYER 1

Half Mount Preparation

- Hands directly beneath your chest, close with your thumbs out
- Step your right leg through (towards the outside of your right hand)
- Push the floor away
- Then, drop the knee and add a twist



Half Mount – Stage 1

- Drop the rear knee, hands up
- To increase the range, lift your chest and push through into the hip
- Stage 1 of floor game: how to get from the floor to standing again



Mountain Climber

- Hands under shoulders, shoulders away from ears, weight in palms
- Chest and hips square to the floor
- Pump the knees straight down the middle towards chest
- Butt comes down and heels push back
- Engage the core

Half Mount – Stage 2

- Rear knee comes off of the floor in a deep Lunge
- Stage 2 is an option; participants can stay with Stage 1

Pushup

- Pushup position – hands wide, chest over thumbs, strong ab brace, on knees
- Chest to elbow height, no lower
- Weight in heels of palms

COACHING LAYER 2

Listen to how Rachael educates from the start of the track and continues to weave Layer 2 cues throughout the track. From the beginning she explains the WHY of the movements in the track when she says: "Kick mobility training is where we are going with this track. We are trying to increase the flexibility and range in your hips." This immediately and efficiently focuses the participants in on the FOCUS of the track and WHY these movements are incorporated into the Warmup.

Throughout the track, she references the FOCUS and WHY of different movements, as well as the Martial Arts context. For example, "This is all about warming up the body and learning about the different Martial Arts inside of BODYCOMBAT."

Half Mount Preparation

- Take a big deep Lunge and release as you twist the chest

Half Mount – Stage 1

- "Our floor game is STRONG!"

Mountain Climber

- "Warming up the core is crucial to BODYCOMBAT; all our moves are generated from the core"
- "Reduce the movement in your butt by squeezing your shoulder blades together, elbows to the back of the room"

Pushup

- "Warm up the upper body muscles so they are ready to fire the punches"
- Push the floor away

CONNECTION

Since portions of this track have the participants facing the floor, use the opportunities when they lift the torso to connect. The music provides the perfect space for this connection because it LIFTS higher just as we go into the Half Mount Stage one and look up. Once you set them up with the basics, use that uplifted feel in the music to make a connection with your class.

2 COMBAT 1

Baddest Things > 5:36 mins

2

FOCUS

Use Layer 2 cues to IMPROVE EXECUTION and MANAGE INTENSITY throughout this track. Reference the respective Martial Arts to help your participants feel and benefit from the very distinct movement qualities of Kick-boxing and Karate.

FEEL

Club, Rap, Aggressive, Driving

KICK-BOXING KARATE TAE KWON DO

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Intro (Drums)	2x8 A L Combat Stance ● L, R Uppercut L Hook (on last 4 cts)	16		
0:06 Bow, ching, ching,	6x8 A ¹ L, R Uppercut L Hook Pulse F, B x2 ● R Knee x2 (on last rep)	2 2 4	6x	KB
0:25 V1 _ When I go in	8x8 A ² L, R Uppercut L Hook R Knee x2 ● R Knee, R Front Kick (on last rep)	2 2 4	8x	
0:51 C (Dubstep Drop)	8x8 A ³ L, R Uppercut L Hook R Knee, R Front Kick Level 2 after 4 reps ● L Low Block R Karate Punch (on last 4 cts)	2 2 4	8x	
1:17 Vox	4x8 B L Low Block R Karate Punch	2 2	8x	KAR
1:29 V2 _ Everyone know me a favor	1x8 L Low Block and hold	8		
1:32 Listen up two names	1x8 Slow turn to Front Stance , facing L Martial Arts Guard	8		
1:36 Which are going every	6x8 C Shuffle L L Side Kick Shuffle R R Side Kick ● R Back Fist (on last rep)	4 4 4 4	3x	TKD
1:55 QC Over your head, keep your hands	3x8 C ¹ Shuffle L L Side Kick, L Back Fist Shuffle R R Side Kick, R Back Fist	4 4 4 4	1½x	
2:04 Br	1x8 Transition to L Combat Stance	8		

After an awesome start in the Warmup, dig into the workout with Kick-boxing and Karate combinations that create a full-body training effect. Let the music drive you through the non-stop Kick-boxing strikes and ground you into the Karate blocks, punches and kicks.

TECHNIQUE & COACHING LAYER 1

KICK-BOXING

- Uppercut, Uppercut, Hook
- Upper, Upper, Hook; 1, 2, 3
- **Target – chin, chin, jaw**
- **Release the front heel as you throw the Hook**

Knee

- 2 Rear Knees
- **Target – stomach of the opponent**
- Grab behind your opponent's neck and pull them straight down
- **Abs braced**
- Thrust the hip forward
- Heel close to your butt

Knee, Front Kick

- **Front Kick Target – stomach or chest of opponent**
- **Shoulders lean back and abs braced**
- Level 1: Strong and stable
- Level 2: Release, swing the arms
- As you swing your left arm, lean back to work the core

KARATE

Low Block

- Wide and low Karate stance
- Stay grounded
- Right arm strikes down **fist to knee/inside the knee**



Karate Punch

- Left arm targets the chest
- **Lift the back heel as you drive the punch**



Shuffle

- Front Stance, hands up to Martial Arts Guard, look right, move right
- Stay low to start

TECHNIQUE & COACHING LAYER 1 – continued

Side Kick

- Land wide, stay low
- Heels up, toes down
- **Target – waist of your opponent**
- **Set your heel towards your target**
- **Retract kicking leg**

Back Fist

- Stand up higher
- Kick and add the Back Fist
- **Target – the cheek**
- **Strike Surface – back of the hand**

COACHING LAYERS 2 & 3

LAYER 2 – IMPROVE EXECUTION AND MANAGE INTENSITY

KICK-BOXING

Uppercut, Uppercut, Hook, Knee Combination

- Lengthen the kick, lean back
- Aim for the high chest
- “You are in the ring; someone comes towards you, PUSH them away!”

KARATE

Low Block, Karate Punch Combination

- Squeeze the fist, tense the muscles
- Block with intention and power

Shuffle, Side Kick

- Head level across the floor
- Stay low

Shuffle, Side Kick, Back Fist Combination

- More dynamic, freestyle

LAYER 3 – MOTIVATION

- “Finish it!”
- “Show the best of the best technique you have today!”

2 COMBAT 1 continued

Baddest Things > continued

2

	MUSIC		SEQUENCE/EXERCISE		CTS	REPS	MA
2:08	C	Rockets	8x8	A ³	L, R Uppercut L Hook R Knee, R Front Kick	2 2 4	8x KB
2:33	Br		2x8		Martial Arts Guard – recover and transition to R Combat Stance	16	
2:40					REPEAT SEQUENCE A¹ to 2nd A³ – R		
5:07		(slight fade out)	1x8		Martial Arts Guard – Freeze Performance Opportunity (pretend finish)	8	
5:10		(Instr)	7x8	C ¹	Front Stance Shuffle L L Side Kick, L Back Fist Shuffle R R Side Kick, R Back Fist	4 4 4 4	TKD 3½x
5:32	Outro				Swagger finish – relaxed		

CONNECTION

Watch how Reagan uses the music (particularly on the second side into the Upper, Upper, Hook, Knee, Kick combo and into the second side on the Shuffle, Side Kick Combo) to connect with the participants and draw them into the vibe of the music. He uses a big voice to drive the class to the next level in the Kick-boxing combo and then pulls back to silence as he moves into the Shuffle combo. He also plays with the lyrics "keep your hands up by your head" at the top of the second side. Use the dynamic energy changes to create a journey of contrasts within the track.

3 POWER TRAINING 1

Work It Out > 4:34 mins

3

FOCUS

Coach your participants through the intensity changes within each round. As the rounds progress get participants to their first cardio peak. Make these intensity changes evident in the physicality of your movements so that participants both HEAR and SEE how their effort and intensity should ramp up within each round as the track progresses.

FEEL

Drum 'n' Bass,
Uplifting

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Piano)	4x8	Prepare for Run	32		
0:11	V1 Don't you walk away	8x8	L, R Run OTS	64		
0:33	QC _ We can, we can, we can	8x8	A Front Stance L Hook x2 R Hook x2 Level 2 – Little Hook, Big Hook (after 4 reps)	4 4	8x	BOX
0:55	C _ We can, we can, we can	8x8	A+B L, R Jab x4 L Hook x2 (1 Little, 1 Big) R Hook x2 (1 Little, 1 Big)	8 4 4	4x	
1:18		8x8	B L, R Jab	2	32x	
1:40	Br	1x8	L Jab and recover	8		
1:43		3x8	Run L, R OTS	24		
1:51	V2 _ We can, we can, we can	12x8	C L Uppercut x2 R Uppercut x2 Level 2 after 8 reps – Little Uppercut, Big Uppercut	4 4	12x	
2:25	C _ We can, we can, we can	8x8	B+C L, R Jab x4 L Uppercut x2 (1 Little, 1 Big) R Uppercut x2 (1 Little, 1 Big)	8 4 4	4x	
2:47		8x8	B L, R Jab	2	32x	
3:10	Br	1x8	L Jab and recover	8		
3:14	V3 We can	12x8	L, R Run	86		
3:46	C _ We can, we can, we can	8x8	B' L, R Jab x4 L Power Jab x2 R Power Jab x2	8 4 4	4x	
4:08	We can	8x8	B L, R Jab	2	32x	
4:30			L Jab to finish!			

This uplifting song propels us to the top of our first cardio peak! At the start of each round, slower punches provide time to work on efficiency and power. As the beat kicks in, speed picks up and we finish with increasingly higher cardio peaks each round. In the final block of work, you hit your highest cardio intensity of the track. Let the music get you through the challenging work and lift you to the top of your highest peak!

TECHNIQUE & COACHING LAYER 1

Most of your cues in this track will be Layer 2 and 3 cues. Keep your Layer 1 cues efficient and simple as your participants have already been set up with thorough Layer 1 cues for these strikes in previous tracks. However, make sure that you: 1) clearly coach the name of the move as each round contains different strikes, and 2) use the countdown approach prior to a change in movement (eg. in the Jab, Hooks Combo count down the Jabs before the Hooks on the first set) to help the participants understand the movement change immediately. The combinations are simple; for maximum intensity, we want the participants to execute every strike from the very first set of each combination without any hesitation.

COACHING LAYERS 2 & 3 ROUND 1

The Layer 2 cues in this track primarily MANAGE INTENSITY and lead right into your Layer 3 cues.

Round 1

Double Hook

- Starts in the shoulders, then ribs, then hips and then feet turn
- Little, BIG
- Relax before the second strike

Jab and Double Hook Combination

- Phase 1 of Speed Training: 8 Jabs, little, big Hooks
- Skill training: great for motor skills and coordination

Jab

- Endurance training
- Bend your knees to anchor yourself to the floor
- Punch higher than your shoulders to force your heart rate up
- Punch HARDER
- Power NOW!

COACHING LAYERS 2 & 3 – ROUND 2

Round 2

Double Uppercut

- Snap every strike
- Chin stays down
- Abs stay braced
- Lift them up on the second Uppercut; get it to the forehead
- Use your back muscles

Jab and Double Uppercut Combination

- Jabs, Little, Big Uppercut
- Deep breaths in through nose and out through the mouth

Jab

- Phase 2: intensity shift
- Bend the knees
- Hands back to the face
- Big rotation
- Hit higher than shoulder, get the heart rate back up
- Now, POWER!
- ACCELERATE!

COACHING LAYERS 2 & 3 – ROUND 3

Round 3

THIS FINAL BLOCK IS A CARDIO SHIFT OF INTENSITY TO FINISH BIGGER THAN THE PREVIOUS TWO BLOCKS.

To coach and drive this home, Dan says:

“In this last round, your heart rate has to be higher than in the first two rounds.”

“Get that finish mentality.”

Jab and Power Jab Combination

- Fast Jabs, 2 power Jabs right, 2 left
- Body from 12 o'clock to 11 o'clock and back to 1 o'clock
- Drop shoulder and work your side flexors

Jab

- Punch higher than your shoulders
- Kick it
- Stay with it
- GO FOR IT!

CONNECTION

Use the Runs and the slower section at the start of the song as a great opportunity to connect with your class. Check in, as Dan does, on how the participants are feeling at the start of the track and then, during the final Run, get their commitment for the big cardio peak push in the final round.

Unleash the class members by digging into the movement, driving to your next intensity level. Watch how Dan uses powerful movement, a strong voice, and facial expressions, particularly on the final set of Jabs, to take them to the highest of the cardio peaks in this track.

4 COMBAT 2

Titans > 4:57 mins

4

FOCUS

Set your participants up with clear cues for the Lunge, Front Kick, Lunge, Squat combination so that when they execute Level 2 with the plyometric jump they already have the correct motor pattern of the grounded combination in their minds and bodies. Motivate them to get through the tough plyometric sequence with precision and power on each side to the end of the set.

FEEL

Dubstep,
Fierce,
Heavy
Beat

MMA

Capoeira
Conditioning

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Intro (Beats)	2x8 Front Stance	16		
0:06 (Instr)	6x8 A Squat R Front Kick Squat L Front Kick	2 2 2 2	6x	CAP CON
0:26 Br (Eerie sound)	4x8 B Bottom Half Squat	4	8x	
0:39 V1 (Faint chanting)	12x8 C L Lunge, Triple Pulse (R leg B) Squat 👁 L Lunge, R Front Kick, L Lunge Squat (on last 2 reps)	6 2	12x	
1:19 C We are titans _	8x8 C' L Lunge, R Front Kick, L Lunge Squat Level 2 after 4 reps – drop L hand down on Lunge and retract kick faster	6 2	8x	
1:45 B up	4x8 L Lunge and Hold Recover Prepare by sinking into Squat (on last 4 cts)	4 28		
1:59 (Electronic)	8x8 C² Jump into L Lunge, R Front Kick, Jump into L Lunge Jump into Squat Option – no jump	6 2	8x	
2:25	L Lunge and hold	4		
Br	4x8 Recover			
2:40	REPEAT SEQUENCE A to C² – R Note: Sequence A only 4 reps this time			
4:53 Outro	R Lunge and hold to finish			

TECHNIQUE & COACHING LAYER 1

Squat, Front Kick

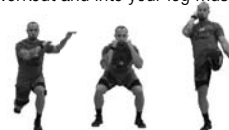
- Squat and Front Kick, left and right
- Toes turned out slightly, knees over the toes
- Tension in your abs
- Chest high
- Swing the arm to free the hip
- Use the ball of the foot to kick

Bottom Half Squat

- Toes out
- Knees over toes
- Abs braced
- Chest up

3 Lunge Pulses, Squat

- Left leg steps back for 3 Lunges, squat, repeat
- Front leg nailed into the floor, not moving
- Long step back for your Lunge
- Back knee towards the floor to get deep into the workout and into your leg muscles



Lunge, Front Kick, Lunge, Squat

- Add Martial Arts to the leg training: Lunge, Kick, Lunge, Squat
- Level 2: Drop down to the floor with your chest up and re-chamber the kick

Plyometric Lunge, Kick, Lunge, Squat

- Phase 2: jump into the Lunge
- Sink into the Squat to start and jump into the Lunge
- Smack, squat
- Option: No jumping

COACHING LAYERS 2 & 3

Squat, Kick

- Second set of Squat, Kick combination is a dynamic recovery

Bottom Half Squat

- As you fatigue you will be inclined to let your knees collapse inward. Focusing on good technique, turn knees out over toes

3 Lunge Pulses, Squat

- Take a longer step back
- Get your knee down to the floor
- Get yourself ready to engage

Lunge, Kick, Lunge, Squat

- Left leg stuck to the floor
- Level 2: By re-chambering your kick you are developing speed

Plyometric Lunge, Kick, Lunge, Squat

- Plyometric Phase: Where you build speed and POWER
- Full range will create the change that we want
- Find the level that suits you and smack it!
- Count down the last few reps to help motivate to the end

CONNECTION

Rachael uses the second side of the 3 Lunges, Squat combination to connect with the participants and motivate them to work hard: "We want everything fast. We don't want to do the work. But, here's the thing: the work is the reward because you know how you paid. You are benefitting from your work. You make it all worthwhile. That's so average... not today." Find your own way to connect to your class and help motivate them to the end of this killer track.

5 POWER TRAINING 2 SMARTSTART

Feel The Love > 7:04 mins

5

FOCUS

Teach participants the new Modified Sprawl that trains how to go from standing to the floor and back effectively. This is a tough track and your participants will need clear Layer 1 and 2 cues to execute the movements well. Bring Layer 3 cues to motivate them through the challenging final seconds of the Modified Sprawl Combination on each side.

FEEL

Soul, Motown, Club

MMA TRAINING

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 V1	14x8	Recover and introduce the track		
0:37 C	28x8 A	Pushup position – angle in on 45° to R Pushup x7 (mid-range) L, R Mountain Climber Option – Slow Pushups x4 Mountain Climber – Slower	16 16 7x	MMA CON
1:52 Br	_ Gotta tell you	3x8	Plank – Hold	24
2:00	_ Gotta tell you	9x8	Recover and stand up L Combat Stance (on last 8cts)	72
2:24	You know I said it's true	8x8 B	Modified Sprawl Combo R Cross, L Hook Squat Hands to floor, jump feet out into Plank Jump feet in and stand up Option – Squat only	4 4 4 4 4x BOX MMA
2:45 QC	You know I said it's true	19x8 B'	Modified Sprawl Combo – Faster	8 20x
3:35		10x8	Recover	80
4:02		28x8 A	Repeat on 45° angle to L	32 7x
5:16		4x8	Plank – Hold	32
5:27		8x8	Recover and stand up to R Combat Stance	64
5:48		8x8 B	Repeat Modified Sprawl Combo R	16 4x
6:10		20x8 B'	Repeat Fast Modified Sprawl Combo R	8 20x

The new Modified Sprawl has a huge cardiovascular training effect to take you to your second cardio peak! The upper body and integrated core conditioning at the start of the track helps condition your muscles to improve power in your strikes. Face this track with determination. It will test you!

TECHNIQUE & COACHING LAYER 1

Pushup

- 4 Slow Pushups or 7 Mid-range Pulses
- Chest no lower than the elbows
- Brace your core

Mountain Climber

- Hands under shoulders, shoulders away from ears, weight in palms
- Chest and hips square to the floor
- Knees come towards the middle of the thumbs
- Keep a flat back
- Engage the core
- Option: Walk the legs at half tempo



Plank

- Brace the abs
- Pull the lats back
- Squeeze the glutes
- Push the floor away from you

Modified Sprawl Combination

- Cardiovascular Training
- Hook, Cross, bend knees and open hands, shoot legs back, stand up
- Bend your knees and get your hands low
- Option: Squat and come up
- 45 seconds or 20 repetitions
- Bend your knees and get your hands low
- Every time you go down put your hands wide
- Option: Stop moving for 2 or 3 reps/drop a couple of reps and join back in when you are ready to go again
- On the Cross, twist, release rear heel



COACHING LAYERS 2 & 3

Pushup and Mountain Climber

- Condition the muscles of your upper body to improve power in your strikes
- "We never leave anyone out; we start together and we train together."
- Focus on stillness; focus on range
- "Lock and Run"

Plank

- Push your hands into the floor, squeeze your glutes, brace your abs
- Don't give up!

Modified Sprawl Combination

- Go faster with the feet on the way out
- Each time you do this track, go for 1 or 2 more reps!
- Transition from standing to down on the floor
- "Someone grabbed your legs, escape with using your hips"

CONNECTION

This track is tough and your participants will need encouragement and reinforcement of options to help them through. Watch how Dan connects to the class, particularly after the epic effort at the end of the track. This track will really test them. Find an authentic way to connect and congratulate your class after they push through those 20 reps of the Modified Sprawl Combination.

5 BONUS

POWER TRAINING 2

SMARTSTART

Basque Gold > 6:09mins

5 BONUS

NOTE

If your participants prefer to stay off the floor, skip Track 1c and go straight to Track 2, and replace the normal Track 5 with the Bonus Track 5!

FOCUS

Ring craft, lateral movement with power jabs, combined with skills training, both speed and power, will challenge your participants and take their boxing training to the next level.

FEEL

Rap, Edgy, Aggressive

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro	1x8	Prepare to Run OTS	8		BOX
0:02	Intro	3x8	R, L Run	2	12x	
0:11	(Electronic Sound)	4x8	R, L Pulse	2	16x	
0:23	V1 Let's go!	8x8	A R Walking Jabs Travel to R side Repeat to L Side	8	4x	
0:46	_Eyes peeled	8x8	B R Triple Jab – Travel to R side L, R Pulse Repeat to L side	4 4 8	4x	
1:08	Let's go go!	8x8	C R Double Power Jab – Travel to R side Repeat to L side (Finish with one R Jab to R side)	4	8x	
1:32	V2 So many pretty things	2x8	Recover and Transition to L Combat Stance			
1:37	_count on all these	14x8	D L Jab, R Cross L Hook (Level 2 after 6 reps – Increase Power) (R Cross to finish)	6 2	14x	
2:17	Br	1x8	Recover and Prepare to Run			
2:20		3x8	L, R Run	2	12x	
2:29	PC Don't let me hit	12x8	Full Combination R Double Power Jab – Travel to R side Repeat to L side L Combat Stance L Jab, R Cross L Hook (Finish with R Cross)	4 4 6 2	6x	
3:03		2x8	Recover and Prepare to Run			
3:08	Intstru	2x8	L, R Run	2	8x	
3:14	(Electronic Sound)	4x8	L, R Pulse	2	16x	
3:26			Repeat Sequence A to C+D (Full Combination) – L			

Coach your participants to find the speed in the directional change as you switch sides of the power jab combination. Drive the intensity in full combo by finding big POWER in the jabs and SPEED in the Jab/ Cross/Hook part of the full combination.

TECHNIQUE & COACHING LAYER 1

Most of your coaching in this track will be Layers 2 and 3. However, pay special attention to the following in your Layer 1 coaching:

- Clearly coach the first set of the Jab/Cross/Hook combination and cue which arm is punching as Dan does: "Right, Left, Right, Left, Right, Left, Hook."
- When you get to the full combination, coach the transition from lateral movement into Combat stance clearly and make sure you cue that in advance of the change in movement.
- Use countdowns to help participants understand when one combination will switch to the next.
- In the last run before the final set of the full combination, cue your participants, as Dan does, how much time remains in the track. This will help them to push harder in that last block of work because they will know that the end is in sight.

CONNECTION

Leave space in your coaching for your class to really feel the movement and connect with the music. Find power in jabs and speed on the Jab/ Cross/Hook combo. Use the direction CHANGE in the double power jab combination to challenge your class to move quickly from one side to the next. Have fun with pushing them to find a faster response time!

COACHING LAYERS 2 & 3

FIRST ROUND:

4 Step Jabs

- Lateral stimulus: 4 walking jabs
- Hand that is not punching stays high and the elbows stay close to the ribs
- Tuck your chin
- Walk your opponent down, incrementally start to cover more distance

Triple Jab

- Triple jab fast
- Feet wide and bent knees on the bounce, training the muscles of the outer thighs and glutes

2 Power Jabs

- Lift the heart rate and add power to the jabs
- 1, 2 CHANGE!
- Elbow turns to the outside to power the shoulder
- Option for more intensity: land both feet together as you fire the jab

Jab/Cross/Hook Combo

- On the Hook, actively integrate the whole body: let the heel release and the knee and the hip turn together
- Add Power
- Feel the shoulders start to ricochet
- Imagine that your arms are heavier

Full combo: 2 Power Jabs & Jab/Cross/Hook Combo

- Entire combination together
- Smack it!
- Muscle through it
- Add SPEED at the tail end: Jab, Cross, Hook!

COACHING LAYERS 2 & 3

SECOND ROUND:

4 Step Jabs

- Elbow turns to the outside
- As you start to move off the spot, increase the distance as you step

Triple Jab

- Hit the same step distance on the triple jab
- Fast retraction: touch the face in between the punches

2 Power Jabs

- Add POWER!
- CHANGE!
- How fast are your reactions?
- Force the punch forward

Jab/Cross/Hook Combo

- Bring purpose and intention to your strike
- Chin stays tucked and your guard high
- Muscle your way through it
- Tune into your body
- Roll with the punch
- Work the muscles of your back

Full combo: 2 Power Jabs & Jab/Cross/Hook Combo

- Drop the Hammer: POWER!
- Breathe out! SPEED!
- FEEL your muscles starting to change shape

6 COMBAT 3

Secrets > 4:01 mins

6

FOCUS

Coach your class to maximize the results in the different phases of this track: Balance Challenge, increasing intensity/height for the Roundhouse Kick, and the Kick-boxing combination. Use Layer 2 and 3 cues to help manage the intensity of the strikes in the different blocks of work.

FEEL

Electro House,
EDM, Energized

KUNG FU TAE KWON DO KICK-BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro	1x8	L Combat Stance	8		
0:03	B up	8x8	A L Roundhouse Kick Squat	2 2	16x	KF TKD
0:32	V1 Oh, won't you stay for	8x8	A ¹ L Roundhouse Kick (no touch down) 👁 L Roundhouse Kick Step B, F (on last 4 cts)	2	32x	
1:00	(Synth)	8x8	A ² L Roundhouse Kick Repeater Step B, F	2 2	16x	TKD
1:29	C (Synth and electro)	8x8	B L Jab, R Cross, L Jab R Back Kick, Step F, B x3	4 12	4x	KB
1:57		½x8	R Back Kick and recover	12		
2:02		1x8	Set up R Combat Stance	8		
2:06			REPEAT SEQUENCE A to B – R Note: Sequence A only 14 reps this time			

Get ready to train your balance and find the maximum height of your kicking range! Use the hip mobility you worked on in Track 1c to reach to new heights with your Roundhouse Kick. Finish each round with powerful upper and lower body Kick-boxing strikes to experience full-body integrated training. Let the "kick" of the driving beat propel your strikes!

TECHNIQUE & COACHING LAYER 1

TAE KWON DO/KUNG FU

Roundhouse Kick, Squat

- 1 Kick, 1 Squat
- Turn your standing leg out, knee over the ankle, and weight shifted back



Roundhouse Repeater Balance Challenge

- 32 Kicks low, no touch in between kicks
- **Brace your core**
- **Lift your chest**
- Focus your gaze on something not moving
- 'Pressure cooking' the legs by keeping the kick up without a touch down

Roundhouse Kick, Step Back

- 1 kick, 1 step
- After 4 reps target the next 4 kicks to the mid-section
- Then, take it higher: 4 kicks to the shoulder

KICK-BOXING

Jab, Cross, Jab, 3 Back Kicks

- Back Kick: lean forward, toes down, heel up, take a look over your shoulder and add power to the kick
- Count down the Back Kicks 3, 2, 1 on the first rep of the combination
- The last kick drives with the most power of the 3 kicks; "Add the sting" to the last kick
- Push/Pull

COACHING LAYER 2 & 3

Roundhouse Kick, Squat

- Focus moves into strength: bend your rear knee and focus the work into the glutes
- Power for the rest of the workout
- "Power with purpose; that's a deadly force"

Roundhouse Repeater Balance Challenge

- Revisit your focus, lift your chest
- EDUCATE about the Martial Arts of this track. To do this Lissa says: "Just like Tae Kwon Do, in Kung Fu you practice discipline, kick after kick after kick... and that is going to make you UNSTOPPABLE!"

Roundhouse Kick, Step Back

- MOTIVATE as this set progresses
- "You have to want it because today is the DAY!"
- "YES you CAN!"
- "You are primed; you are ready"
- Coach the target zone to the mid-section and then to the shoulder. Even though we did this in the first set, make sure you revisit the targets to get participants maximizing kicking range

Jab, Cross, Jab, 3 Back Kicks

- Jab, Cross, Jab, 3 Back Kicks, 3, 2, 1 (count down the Back Kicks even though this is the second side)
- "Put your name on it!"
- "There is a bite to it!"

CONNECTION

Use the the quieter parts of the music when they are in the Roundhouse Kick, Step Sequence to connect with the class. The music provides you with space to check in with your participants, especially as you just completed the second cardio peak in Track 5.

The performance opportunities in this track come from the clear musical shifts that occur as you increase the height of the kick and the musical change when you start the Kick-boxing combo. Use the musical changes to create drama within the track. The increased intensity of the third Back Kick also gives you the chance to unleash yourself and the class.

Praise in this environment is vital; acknowledge the fact that their legs are smashed and balance will be hard. But the benefits are worth the pain, so try and stay in the workout right to the end.

7 MUAY THAI

Ocho Cinco > 5:06 mins

7

FOCUS

Coach your participants through the increasing intensity of the 3 rounds of work. Use Layer 2 cues to help them understand HOW to get to this higher intensity. Then use Layer 3 cues to motivate them to finish strongly.

FEEL

High Energy
Banger,
Electronic
Assault

MUAY THAI

MUSIC	SEQUENCE/EXERCISE	CTS	REPS	MA
0:00 Intro (Beats)	2x8 L Combat Stance	16		MT
0:06 B up (Build up)	7x8 A R Knee L Knee	2 2	14x	
0:27 V1 (Calm sounds)	8x8 A ¹ R Knee x2 L Knee x2	4 4	8x	
0:51 B up (Beat builds up)	4x8 B R Descending Elbow Guard	2 2	8x	
1:03 C Yellow, yellow, yellow claw _	14x8 B ¹ L Knee x3 R Descending Elbow	6 2	14x	
1:46	4x8 Recover and set up R Combat Stance			
1:59 V2 (Calm sounds)	8x8 A ¹ L Knee x2 R Knee x2	4 4	8x	
2:23 B up (Beat builds up)	4x8 B L Descending Elbow Guard	2 2	8x	
2:35 C Yellow, yellow, yellow claw _	14x8 B ¹ R Knee x3 L Descending Elbow	6 2	14x	
3:17	4x8 C R Knee x2 L Knee x2	4 4	4x	
3:30 (Music fade)	5x8 R Knee and recover	40		
3:45	8x8 D Front Stance L Knee x2 R Knee x2 Level 2 – add power after 4 reps	4 4	8x	
4:10 C Yellow, yellow, yellow claw _	2x8 D ¹ L Knee R Knee	2 2	4x	
4:16 Ocho Cinco _	8x8 D ² L Knee (Option – Twist Knee after 16 reps)	2	32x	
4:40 Ocho Cinco _	8x8 D ² R Knee (Option – Twist Knee after 16 reps)	2	32x	
5:04 Outro	R Knee to finish!			

This is Muay Thai training at its best! Elbows and knees accelerate you to your 3rd cardio peak of the workout. The combinations are simple, which allows you to build intensity through the rounds. The final round delivers the biggest challenge of the class, driving your body to the highest cardio peak of the 3 rounds.

ROUND 1

This is the Muay Thai training phase: knees and elbows, short and sharp.

Singe Knees

- Right Combat Stance, rear knee, front knee
- Start to bring a bounce in

Double Knee

- Double the power, double the reps
- Elbows down, take your arms higher, and then slam it
- Shunt your hips forward forcefully

Descending Elbow

- Elbow from the back
- Elbow/hand up
- Strike with the forearm

3 Knees, Descending Elbow

- Triple front knee, elbow drop
- To get the heart rate up, get the knee above the belly button and the elbow high then low
- Pace yourself
- Full-body movement that engages the core

CONNECTION

The key to bringing this track to life is: 1) be efficient in your coaching language and don't over-coach, and 2) connect with the high-energy electronic assault that the music provides to drive you to your cardio peak. Watch how Dan uses his body and facial expressions several times during the song to get the intensity he wants from his participants. He lets the driving music push his intensity higher and higher. He uses the time between the rounds, when the music pulls back, to connect with his class and draw them into the shared experience.

ROUND 2

Double Knee

- Easy to start with, then ramp up the intensity
- Watch how Dan gets the class to increase the intensity of their Knees by using the core and hips to drive the knees up higher. This activates the muscles more and gets them working harder

Descending Elbow

- Slice
- Crunch
- Shoulder to knee

3 Knees, Descending Elbow

- Slower than normal, which means you can get full range, your hands can go higher
- Muay Thai: 8 limbs involved, knuckles, knees, elbows, and feet

Double Knee

- Finish this phase HARD

ROUND 3

THIS LAST ROUND IS THE MOST INTENSE OF THE 3 ROUNDS. IT SHOULD BE YOUR HIGHEST CARDIO PEAK. TO COACH THIS, DAN SAYS:

"You are going to hit the third round higher than the last two."

Double Knee

- Double right knee, double left
- Bounce with it
- Power

Single Knee

- Character building starts!

32 Right Knees, adding twist

- Bounce or no bounce
- Twisting knee, authentic, more obliques

32 Left Knees, adding twist

- Left knee up the middle
- 16 twisting knees

8 POWER TRAINING 3

Come Alive > 6:01 mins

8

FOCUS

In this final push to the end, participants work through skill training, endurance training, and ring craft. Coach them to feel and understand the differences. Motivate them to finish strongly at the end of the final round.

FEEL

Dubstep,
Driving,
Limitless,
Perseverant

BOXING

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS	MA
0:00	Intro (Xylophone sounds)	5x8	Front Stance	40		
		1x8	L Shoulder Stretch	8		
		1x8	R Shoulder Stretch	8		
		1x8	Prepare to run	8		
0:22	(Instr)	8x8	Run L, R	2	32x	
0:44	V1 _ Too good to be true	8x8	A L Combat Stance			BOX
			L Jab	1		
			R Parry	1		
			L Jab	2		
			Pulse F, B x2	4	8x	
			👁 L Jab, L Jab, R Cross (on last 4 cts)			
1:06	C My heart will come alive	8x8	B L Jab	2		
			L Jab, R Cross	2	16x	
1:28		8x8	C L Jab, R Cross	2	32x	
			👁 L Jab, L Jab, R Cross (on last 4 cts)			
1:51	C My heart will come alive	8x8	B L Jab	2		
			L Jab, R Cross	2	16x	
2:13	(Instr)	8x8	Run L, R	2	32x	
2:35			REPEAT SEQUENCE A to 2nd B – R			
4:04		1x8	R Jab and recover	8		
4:06	(Instr)	8x8	Run L, R	2	32x	
4:29	V2 _ Too good to be true	16x8	C' Front Stance			
			L Jab, L Uppercut travel to L side	4		
			L Hook to front	2		
			Bob	2		
			Repeat to R side	8	8x	
			Level 2 – add power after 4 reps			
5:13	My heart will come alive	16x8	D L, R Jab	2	64x	
5:58	Outro My heart will come alive		L Jab to finish!			

This is an EPIC final effort of skill training, endurance training, and ring craft. Powerful and explosive punches will take you to fatigue. The driving music explodes through your body to create intense punches. Persevere to the very end!

ROUND 1

ROUND 1: SKILL TRAINING AND ENDURANCE TRAINING (RIGHT)

SKILL TRAINING

Jab, Parry, Jab

- Attack and counter-attack
- Left hand pushes the Jab out of the way, as your body slips back, then sting the second Jab

- Transfer your weight: forward, back, forward
- Head to side slightly



Jab, Jab, Cross

- Target – nose, lip or chin
- On the Cross, pick up your rear heel, turn your hip
- First Jab, range game; second punch stings them; last one knocks them out

ENDURANCE TRAINING

Jab, Cross

- Right, Left, Jab, Cross
- Bury yourself into the floor
- "It's not just a filler; fill it up"
- "Gas yourself; take out all of the oxygen"

SKILL TRAINING

Jab, Jab, Cross

- Do you still have precision under pressure? Under fatigue?

CONNECTION

Use the first few quiet notes of the song to refocus your class on the work ahead. Use the music to connect, draw them into the experience, and then unleash when it is time to push hard. They are already fatigued from the Muay Thai track when they start this one. They need your physical energy and your mental focus to be able to get through to the end and finish strongly. Use the driving beat and epic Motivational Cues to encourage participants to give 100%, right to the finish line!

ROUND 2

ROUND 2: SKILL AND ENDURANCE TRAINING (LEFT)

SKILL TRAINING

Jab, Parry, Jab

- Firm hand pushes across your chest
- Lean forward, lean back

Jab, Jab, Cross

- As soon as you land your Jab, pull it back to your face

ENDURANCE TRAINING

Jab, Cross

- Reach longer
- Turn your shoulders

SKILL TRAINING

Jab, Jab, Cross

- Try to beat someone next to you

ROUND 3

ROUND 3: RING CRAFT

Ring Craft: How to move your opponent around the ring

Jab, Uppercut, Hook, Bob

- Front Stance, look right. Jab, Upper, Hook, turn, bob
- 2 steps
- Hook turns your opponent. Turn them into the corner
- POWER: Find your power! Everything from inside coming out. Increase range

Jabs

- MOTIVATE your participants to the end
- "Do you want a little more?"
- "Do you want to finish this?"
- "Down the barrel"
- "Trade in your excuses to find results"
- DIG HARDER!

9 CONDITIONING

Time > 3:06 mins

9

FOCUS

Integrate and alternate upper and lower ab exercises to train the core effectively.

FEEL

Dubstep,
Contrasting

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	(Ticking sound)	4x8	Set up – face L and lie on back, side-on to class – knuckles to face (Boxing Guard) 👁️ Crunch (on last 4 cts)	32	
0:12		(Instr)	4x8	A Crunch	4	10x
0:23	V1	Time goes ticking _	2x8	A ¹ Crunch Hold at top – R, L, R Jab (between knees) Lower down Crunch, hold Jab L, R, L Lower down Crunch up	4 2 2 4 2 2	1x
0:35	PC	Time goes ticking _	10x8	A ² Jab R, L, R Lower down Crunch, hold Jab L, R, L Lower down Crunch, hold	4 2 2 4 2 2	5x
0:59	B up	(Instr)	4x8	B Lift knees over hips Extend legs Bend knees Tap feet to floor 👁️ Upkick Lift butt up off floor as legs extend (on last rep)	2 2 2 2	4x
1:12	C	(Heavy electronic sounds)	8x8	B ¹ Upkick	8	8x
1:35	V2	Time goes ticking _	12x8	Repeat Crunch/Jab Sequence – A ¹ and A ²		
2:12	C	(Heavy electronic sounds)	8x8	B ¹ Upkick	8	8x
2:36	V3		8x8	Repeat Crunch/Jab Sequence – A ¹ and A ² Note: Sequence A ² only 4 reps this time		
3:00	Outro	Time goes ticking _		Crunch and throw R Jab to finish!		

TECHNIQUE & COACHING LAYER 1

Crunch

- Chin tucked in
- Eyes looking straight ahead
- Try to bridge the gap between your ribs and your hips

Crunch/Jab

- Throw 3 Jabs at the top of the Crunch
- 3, 2, 1, down, up
- As you lock it at the top of the Crunch, rotate through your shoulders and feel your obliques crunching
- Isometric contraction at the top of the Crunch



Upkick

- Anchor both shoulders and arms to the floor
- Setup: Knees come up, heels together, knees slightly apart, extend the legs, bend the knees, reset
- Add the challenge by adding the kick
- Up, kick, down, touch
- Knees above the hips, shins parallel to the floor
- Kick with your heels, flex your toes towards you



COACHING LAYERS 2 & 3

Crunch/Jab

- Can you come up half an inch more?
- Rotate a little more through the shoulders
- Exhale as you throw the punch
- Take it as high as you can

Upkick

- Great exercise for the lower abs
- Brace your abs on the way down; this will help strengthen your hip flexors, the lower back and the lower abs

MOTIVATE your members all the way through to the end of this track. It gets tough at the end!

10 COOLDOWN

Unstoppable > 3:37 mins

10

FOCUS

Stretch and lengthen the muscles used throughout the workout. Find recovery and give your participants a moment to reflect on the challenges they successfully tackled throughout the class.

FEEL

Uplifted,
Powerful,
Determined

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro (Soft drums)	4x8	Prepare for Down Dog	32	
0:11	V1 All smiles, I know	8x8	Down Dog Last 4 cts, drop to knees and step L leg F	64	
0:33	PC _ I put my armor on	4x8	R Hip Flexor Stretch (L leg to front) Reach arms O/H	32	
0:44	C _ I'm unstoppable	8x8	Twist to L – R hand to L knee Sink a little lower after 32 cts	64	
1:06	_ Unstoppable today	4x8	Extend L leg into Hamstring Stretch	32	
1:17	V2 Break down, only alone	8x8	Downward Dog Option – walk heels up and down	64	
1:39	PC _ I put my armor on	4x8	L Hip Flexor Stretch (R leg to front) Reach arms O/H	32	
1:50	C _ I'm unstoppable	8x8	Twist to R – L hand to R knee Sink a little lower after 32 cts	64	
2:12	_ Unstoppable today	8x8	Extend R leg into Hamstring Stretch	64	
2:34	_ I put my armor on	4½x8	L Quadriceps Stretch – Standing	36	
2:47	_ I'm unstoppable	4x8	R Quadriceps Stretch – Standing	32	
2:58	I'm so powerful	4x8	R Iliotibial Band Stretch	32	
3:08	Unstoppable today	4x8	L Iliotibial Band Stretch	32	
3:20	Unstoppable today	2x8	Step wide L Shoulder Stretch	16	
3:25	Unstoppable today	2x8	R Shoulder Stretch	16	
3:30	Outro		Feet together and bow to finish		

COACHING

This is the perfect song to tap into the unique feeling of empowerment that draws your participants to a BODYCOMBAT class. Let the music speak and give them time and space to internalize what they achieved in the hour. Keep your coaching simple. Find an authentic way to connect with your class members and acknowledge their success. Keep a strong voice – no need to whisper with a song like this. Make sure that they leave feeling absolutely unstoppable and determined to return to face the challenges of their next BODYCOMBAT class!