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1A. UPPER BODY WARMUP

MUSIC Nobody To Love 3:57 mins

TRACK FOCUS

This is a solid upper-body Boxing warmup that needs a firm approach. Focus on clearly coaching technique as you work through the basic punches you will use throughout the class. This will help your participants establish great technique, right from the start of the training session.

FEEL

Drum 'n' Bass, Energized, Breezy

MARTIAL ARTS

Boxing

0:05 / Intro / (High-energy beats)

2x8 / Pulse L, R 16cts / 8reps

0:10 / (Intro)

2x8 / Bring Pulse slowly round to L Combat Stance

16cts / 8reps

0:16

10x8 / A / L Combat Stance

L Jab 2cts

R Cross 2cts / 20reps

👁 L Jab, Bob on last rep

0:43 / QC / I know

8x8 / B / L Jab 2cts

Bob 2cts / 16reps

(After 8 reps, add step L leg forward on Jab – Level 2)

1:05 / C / I know

8x8 / C / L Jab, R Cross x4 8cts

L Jab, Bob x2 8cts / 4reps

1:27 / Instr

8x8 / D / L Uppercut x2 4cts

R Uppercut x2 4cts / 8reps

1:49 / ah ha honey

8x8 / E / L, R Hook x2 8cts

L Hook x2 4cts

R Hook x2 4cts / 4reps

L Hook to finish!

2:11

1x8 / Recover

2:14

2x8 / Transition to R Combat Stance

Repeat Sequences A to E – R (Note: A only 6 reps)

An energized song and the perfect sequence of upper body strikes gets our training off to a great start! By the end of this track the mind should be switched on, the upper body should be warm, our core should be firing and ready, and the heart rate should be starting to increase. Ready, set, go!

TECHNIQUE & COACHING

BOXING

Jab, Cross

- Combat Stance: feet shoulder-width apart. Front foot facing target and rear foot at 45 degrees
- Fist with thumb on the outside of the fingers
- Return your fist to Guard position
- Keep elbows soft
- Push your weight forward on the Jab
- Release the rear heel and turn the hips on the Cross
- Rotate the shoulders
- Strike Surface: two big knuckles of the fist
- Target: Nose, lip and chin

Jab, Bob

- 1 Jab, 1 Bob
- After 8 reps, shift your weight and step into the Jab
- Target: Nose, lip and chin

Jab/Cross/Jab/Bob Combination

- Relax the shoulders
- Land Jab at the same time as the step in the Jab/Bob combo

Double Uppercut

- Punch at 45-degree angle
- Starts from the floor up, drive from the legs and hips
- Rotate your shoulders, come on the inside and drive straight up
- Strike Surface: First two knuckles, palm facing you
- Target: Under the chin, jaw/temple

Single Hook/Double Hook Combination

- Elbow at 90 degrees
- Lift elbow higher than the fist
- Turn your hip and release your heel of the striking side
- Sit down on the Double Hook
- Strike Surface: First two knuckles, palm down
- Target: Jaw or temple

COACHING LAYER 2

IMPROVE EXECUTION & EDUCATE

Jab, Cross

- Relax the shoulders
- Punch down the mid-line

Jab, Bob

- Step on the Jab and loosen the shoulders

Jab/Cross/Jab/Bob Combination

- This is a 55-minute core workout: every time you fire a strike or kick your core fires the shots

Double Uppercut

- You know your core is firing when your shoulders move in a figure 8
- Sit down in the Double Hook
- Ground yourself into the floor
- Turn your whole body into the punch

CONNECTION

Hook your participants into the experience by getting them fired up for the training session ahead. Rachael does this when she says: “Let’s see if we can lift your heart rate just a little more to get this workout under way;” “Let’s see if we can get this party started” and “I love the Hook; it’s pretty wild.” Find what you love in the strikes of the warmup and tap into that to get your participants psyched up for what is to come.

1B. LOWER BODY WARMUP

MUSIC Praise You 2:57 mins

TRACK FOCUS

Focus on coaching technique of the kicks and knee strikes and lifting the heart rate with the flowing rhythm and steady movement throughout the track. The Leg Check gives you a great opportunity to open the hips before the Roundhouse Repeater and the Advancing Side Kick gets you moving to further elevate the heart rate.

FEEL

House, Big Beat, Uplifting

MARTIAL ARTS

Kick-boxing, Karate, Tae Kwon Do

3:58 / V1 / come along
4x8 / A / Front Stance – Triple Knee Combo
L Knee to front 2cts
L Knee to side 2cts
L Knee to front 1cts
Step L, R, L 3cts
Repeat on R side 2reps

4:12 / (Building)
4x8 / A¹ / Repeat Triple Knee Combo with arm pull
16cts / 2reps

4:27 / (Uplifted)
4x8 / A² / Add bounce 2reps
👁️ R Knee to front 2cts
R Leg Check to side 2cts
R Front Kick to front 1cts
Step R, L, R 2cts (On last rep)

4:41
8x8 / A³ / L Knee to front 2cts
L Leg Check to side 2cts
L Front Kick to front 1cts
Step L, R, L 3cts
Repeat on R side 4reps
(Level 2 after 2 reps)

5:10 / have to praise you
L Roundhouse Kick Repeater
4x8 / L Roundhouse Kick 2cts
Step B, F 2cts / 8reps
(Jump into R Combat Stance on last 2cts)

5:25 / Praise you
5x8 / Roundhouse Kick Repeater
R Roundhouse Kick 2cts
Step B, F 2cts / 8reps
(Hold leg up after kick on last rep)

5:43
1x8 / Hold and prepare for Advancing Side Kick

5:47 / We've come along
L Advancing Side Kick 4cts

Hold and slowly switch Martial Arts Guard to R side 4cts
Repeat on R side 5reps

6:23 / C / have to praise you
8x8 / A³ / L Knee to front 2cts
L Leg Check to side 2cts
L Front Kick to front 1cts
Step L, R, L 3cts
Repeat on R side 4reps
(Level 2 after 2 reps)
L Knee to finish!

This is a great song with a positive vibe to get everyone sweating and ready for the training ahead. The lyrics provide many ways to connect to your class and to get everyone's mind and body engaged in the experience ahead. Coach technique with clarity and precision, leaving space in the music for people to hear the lyrics and absorb the positive groove of the tune.

TECHNIQUE & COACHING LAYER 1

KICK-BOXING

Triple Knee

- Triple Knee: Front, side, front
- In, Out, In
- Pull your hands to your hips and lean into it
- Target for front knee: Ribs/stomach of your opponent

Knee/Leg Check/Front Kick

- Use the ball of your foot to push your opponent away
- Brace your abs to protect the lower back
- Target: Thigh, stomach, or chest



TAE KWON DO/KARATE

Roundhouse Kick Repeater

- Kick and tap back
- Set your heel towards your target
- Brace your abs and lean your upper body away
- Strike with the shin
- Retract your leg back to the preload position
- Target: Leg (to begin) and as you find your balance move upward to body

Advancing Side Kick

- Step the foot behind and set the heel towards your target
- Strike with the outside of your foot and turn your toes down
- Slow switch into Martial Arts Guard as you switch sides
- Lean away and look in the direction you are kicking
- Draw the knee in and load the kicking leg
- Retract your kicking leg
- Target: Legs or body

COACHING LAYER 2

IMPROVE EXECUTION & EDUCATE

KICK-BOXING

Triple Knee

- Add the bounce to increase the heart rate and get you ready for lower body strikes

Knee/Leg Check/Front Kick

- Up, side, smash it
- The side Knee opens up your hips to prepare for the training session ahead
- Pick it up... Show some attitude

TAE KWON DO/KARATE

Roundhouse Kick Repeater

- Start low and as you find your balance, increase the height of your kick
- Drop your head and shoulders away as you take your kick higher

Advancing Side Kick

- Push/Pull
- Focus on the pull back

CONNECTION

Use the music to connect to your class; tap into the lyrics "We've come a long, long way together through the hard times and the good." This provides the perfect opportunity to connect with your participants. It is a reminder of the journey that you take together each time you step into a training session and will help focus everyone on getting through the "hard times" in the class to make it through the end together, as one tribe. Listen to how Bettina also links the "hard times" to getting results when she says: "It's going to be tough times with great results."

1C. INTEGRATED WARMUP

MUSIC Kids 3:42 mins

TRACK FOCUS

Make sure participants understand the benefits of this Integrated Warmup. Coach the options and timing of Knee To Belly and Half Mount. Be clear in your coaching and execution of the transitions from one exercise to the next, as participants will be on the floor and may not be able to see you well.

FEEL

Electropop, Pop-Rock, Hopeful

MARTIAL ARTS

Brazilian Jiu Jitsu

6:56 / (Intro)

3x8 / Transition to **Bear Crawl position**

7:13 / V1 / Days when

4x8 / A / **Bear Crawl Combo** 2reps

L leg steps out to side and hold 2cts

R knee drops to floor 2cts

R knee lifts up 2cts

L leg returns back in 2cts

Repeat on R side 2cts / 2reps

👁️ **Chest Up Combo**

R leg steps out and L knee drops to floor 2cts

Lift chest – hands in Boxing Guard 2cts

Hands back to floor, under shoulders 2cts

R leg returns back in and L knee lifts up 2cts

(on last 8cts)

7:32 / and on most of

3½x8 / A¹ / L leg steps out and R knee drops to floor 2cts

Lift chest – hands in Boxing Guard 2cts

Hands back to floor, under shoulders 2cts

L leg returns back in and R knee lifts up 2cts

2 reps – On last rep, hold when hands on floor

under shoulders and leg is out to side 2reps

7:48

½x8 / Hold 2cts

7:50 / C / I refuse to look

8x8 / A² / Speed up

Jump L leg out and R knee drops down 1ct

Lift chest with Boxing Guard 1ct

Hands back to floor, under shoulders 1ct

Hold 1ct

Repeat on R side 4cts / 8reps

On last rep, hold when hands on floor under

shoulders and leg is out to side

8:28 / V2 / lights down

2x8 / Transition to lying on back - Side-on to class

– Lift into Bridge position

8:37 / yeah, perfect disasters

4x8 / B / Staying high in Bridge

Reach front hand over back shoulder – rotate

through center of chest – front shoulder lifts off

floor and fingers touch floor 2cts

Return to center – both shoulders down – hands

open and close to chest 2cts

Repeat with rear hand over front shoulder and

return to center 4cts / 4reps

(After last rep drop butt down to floor)

8:55 / C / I refuse to look

3½x8 / B¹ / Add hip drive – lift up into Bridge as

front hand reaches over back shoulder 2cts

Return to center – drop butt down to floor – hands

open and close to chest 2cts

Repeat with rear hand over front shoulder and

return to center 4cts / 3½reps

9:12 / when we were kids

½x8 / Transition to Pushup position

9:14

4x8 / C / **Pushup** 2cts / 16reps

9:33 / V3 / Nights when we

2x8 / C / Recover and Transition to

Bear Crawl position. Knees are down

9:42 / Feel the years

2x8 / A² / L leg steps out 2cts

Lift chest – hands in Boxing Guard 2cts

Hands back to floor, under shoulders 2cts

L leg returns back in and 2cts

Repeat on R side 8cts – hold when hands on floor

under shoulders and leg is out to side (last 2cts)

1rep

9:51

½x8 / Hold 2cts

9:54 / C / we were kids

4x8 / A³ / Speed up

Jump L leg out and R knee drops down 1ct

Lift chest with Boxing Guard 1ct

Hands back to floor, under shoulders 1ct

Hold 1ct

Repeat on R side 4cts / 4reps

👁️ Half Mount

Jump R leg forward and L knee drops down 1ct

Lift chest with Boxing Guard 1ct

Hands back to floor, under shoulders 1ct

Hold 1ct (last 4cts)

10:12 / C / I refuse to

4x8 / A⁴ / Half Mount

Jump R leg forward and L knee drops down 1ct

Lift chest with Boxing Guard 1ct

Hands back to floor, under shoulders 1ct

Hold 1ct (last 4cts)

Repeat on R side 4cts / 4½reps – Freeze on last rep to

finish!

Mobility training and conditioning provide excellent preparation for the workout to come. Dig into these integrated movements and enjoy getting your core fired up and ready to engage in the training session. Feel how the timing of the knee to belly fits perfectly with the music.

TECHNIQUE & COACHING

BRAZILIAN JIU JITSU

Knee To Belly

- Hands directly under shoulders and knees just off of the floor
- Leg comes out, knee comes down, knee lifts, and reset
- Brace your abs
- Add a hip thrust with a chest lift
- Slow rhythm: great alternative that you can come back to at any time
- Faster rhythm: down, hold, then bring your hands high
- Focus on transitioning from one side to the other
- Quick switch



Torso Twist

- Onto your back in Bridge position, weight in the heels, hips parallel, hands on chest
- Rotate and twist to the back; reach your opposite arm across your chest, palms face out
- Back, center, front, center
- Keep your hips up to start position
- Rotate from the center of the chest

Torso Twist with Hip Drive

- Add the hip drive
- Drop the hips down in the center and drive them all the way up as you twist



Pushup

- Firing up the shoulders
- Chest no lower than the elbow
- Brace your abs
- Keep your hips still
- To increase intensity, come to the toes

Half Mount

- Both knees and feet face forward
- Quick transition to both knees and feet facing forward
- Drop the knee and bring the hands up



COACHING LAYER 2

Dan sets the tone at the start of the track by educating participants on the purpose of the Integrated Warmup.

He says: “We are going to continue to mobilize through the shoulders, our spine and our hips, and strengthen and integrate the muscles of the core.” This provides your participants with a good understanding of the focus of the Integrated Warmup. He also references Brazilian Jiu Jitsu so that they can understand the Martial Arts context of the movements. Providing this foundation of understanding will help get ‘buy-in’ from the participants as they execute these new movements.

Knee To Belly

- On the floor is a punching bag; put your hands on the bag and then jump to the other side
- Ground and pound
- Push your hands into the floor to stabilize your shoulders
- Hands UP!
- Before switching to the faster timing on the 2nd set, coach them to stay down and put more weight into their hands to set up for the fast switch to the other side. This will help people nail the timing

Torso Twist

- Try to get high onto the opposite shoulder

Torso Twist with Hip Drive

- Lower the hips with control
- Take your eye gaze to your fingers and REACH a little farther
- Drive your weight through your heels as you reach

Half Mount

- Great for mobilizing the hips and getting you ready for the rest of the workout
- Use the core to control the movement

CONNECTION

Since there are parts of this track where you are facing down or lying down, use the transitions between exercises and the times in the Knee To Belly and the Half Mount when your torso is up to connect with your participants. Dan checks in with the class after the Pushups when he asks “How are you guys doing so far? Do you feel mobile?” He also links everyone back to the WHY of the Integrated Warmup as mobilizing through the shoulders, spine and hips is one of the primary goals of the track. Praise them when they hit the timing on the Knee To Belly and Half Mount.

02. COMBAT 1

MUSIC Believer 6:13 mins

TRACK FOCUS

Kick-boxing and Muay Thai combinations work the entire body and improve coordination in this track. There are clear work-to-rest blocks and alternative moves to cater to all. Be sure to coach the alternatives clearly. Use the 8 knee – kick repetitions to ramp the energy up into the combo sections. The sets of each combination are short; so when they come, it's GO time! Coach the combinations with short sharp cues so that your participants don't miss one at the start of each set.

FEEL

Reggae Fusion, EDM, Contrasting

MARTIAL ARTS

Kick-boxing, Muay Thai

0:00 / Intro

4x8 / **L Combat Stance**

0:09

8x8 / A / L Jab, R Cross 2cts

L Hook 2cts / 6reps

👁 L Knee becomes Front Kick on last rep

0:19 / V1 / When the valley

8x8 / A¹ / L Jab, R Cross 2cts

L Hook 2cts

R Knee 2cts

L Knee 2cts / 8reps

👁 L Knee becomes Front Kick on last rep

0:44 / I'm a believer

4x8 / A² / L Jab, R Cross 2cts

L Hook 2cts

R Knee 2cts

L Front Kick 2cts / 4reps

0:57 / PC

4x8 / A³ / R Knee 2cts

L Front Kick 2cts / 8reps

(Option: After 4 reps Hop Kick OTS 4cts)

1:10 / C

4x8 / A⁴ / Kick-boxing Combo

L Jab, R Cross 2cts

L Hook 2cts

L Jump Kick 4cts / 4reps

(Option: Step Kick)

👁 L Descending Elbow 2cts

L Side Elbow 2cts

L Roundhouse Kick 4cts (on last rep)

1:23 / Br / Freetown is my family

8x8 / B / Muay Thai Combo

L Descending Elbow 2cts

L Side Elbow 2cts

L Roundhouse Kick 4cts / 8reps (level 2 after 4reps)

1:49 / V2 / When the valley

4x8 / Repeat A¹ 8cts / 4reps

👁 L Knee becomes Front Kick on last rep

2:02 / The hotter the

8x8 / Repeat A² – adding a pause after retracting

Front Kick 8cts / 8reps

2:27 / Build up

4x8 / Repeat A³ 2cts / 8reps

(Option: After 4 reps, Hop Kick OTS 4cts)

2:40 / C / Dubstep

4x8 / Repeat A⁴ / Kick-boxing Combo 8cts / 4reps

2:53

4x8 / Repeat B / Muay Thai Combo 8cts / 4reps

L Descending Elbow to finish!

3:06

4x8 / Recover

Repeat Sequences A to 2nd B – R (Note: A only 4 reps)

6:09 / Outro

R Descending Elbow to finish!

This is your first track of the class with integrated combinations. Be precise in your execution and feel the heart rate increase as the movements start to flow. Enjoy getting a taste of Muay Thai at this point in the class and feel the difference between the Kick-boxing combination and the Muay Thai combination. The music will dictate your shifts in energy and how you use your voice and body should reflect these shifts. Ready, set, STRIKE!

TECHNIQUE & COACHING

LAYER 1

KICK-BOXING

Jab, Cross, Hook

- 1, 2, 3
- Target: the face

Jab, Cross, Hook, Back Knee, Front Knee/
Front Kick

- In the first rep, cue this combination using Left Knee and Right Knee as Tau does in order to make sure participants are clear on which knee is lifting. Keep it simple and clear
- Jab, Cross, Hook, Left Knee, Right Knee
- Start with the upper body, turn through the shoulders, and as you lift the knee pull the hands to the hip
- Start to dial it up, one Knee, one Front Kick
- Pull your toes back, strike the mid-section

Knee, Front Kick

- One Knee, one Kick, continuous
- Once Tau gets everyone kicking continuously, he starts to count down from 7. This immediately gives the participants an idea of how long the set is
- Then, he can give the alternatives: “Stay with the Knee Kick or go to the Hop Kick”

Jab, Cross, Hook, Jump Kick

- Full combination: Jab, Cross, Hook, Jump Kick
- Jump Kick: sweep the rear leg, Front Kick
- Option: Step Kick

MUAY THAI

Descending Elbow, Side Elbow, Roundhouse Kick

- One Descending Elbow, one Side Elbow, and a Roundhouse Kick
- On the Side Elbow, draw the hand across the top of the chest, sharpening the elbow

COACHING LAYERS 2 & 3

Layer 2 – Improve Execution & Manage Intensity

KICK-BOXING

Jab, Cross, Hook, Back Knee, Front Knee/
Front Kick

- Linking through the core
- Mind and body working together in this combo
- 2nd set, add a little pause after the Front Kick
- Then bring power to the Jab by using the body weight after the pause
- Pause, then FIRE the Jab
- Using your body weight will engage more muscles of the body and you will get fitter and stronger
- Encourage more power by turning through the body

Knee, Front Kick

- Start to pick it up to the Hop Kick

Jab, Cross, Hook, Jump Kick

- Unleash a little power
- Swing it
- Feel the lift in the cardio

MUAY THAI

Descending Elbow, Side Elbow, Roundhouse Kick

- Add power, slice through the air
- Use your elbow to slice through the air and then swing your leg like a baseball bat
- A big whirlwind kick
- When you pull the elbow across, engage all of the muscles of the back to shape
- Add POWER!
- Kick strongly, cut down the tree

Layer 3 – Motivation

- “Say it with me, count down... 8, let's pick it up!
- Take control, right NOW!
- Keep it coming!

CONNECTION

The music has distinct shifts: flowing in the verses then building to a driving beat in the chorus. Use the energy shifts in the music to create more urgency and power in Jab, Cross, Hook, Jump Kick combination and in the Muay Thai combo. Tau pulls his voice back in the Jab/Cross/Hook and Jab/Cross/Hook/Knee/Kick combinations and uses this more relaxed part of the music to connect with his class. He also links his cues to the lyrics in the music when he says “I believe in you guys! I'm a believer,” and “Best believe that you will get results today!” Give your participants the information they need but don't over-coach: leave space for participants to absorb the movement, your coaching, and the music.

03. POWER TRAINING 1

MUSIC Sweet Lies 5:13 mins

TRACK FOCUS

The focus of this track is to hit the first cardio peak of the class with 3 massive rounds of work using speed, power training and evasive combinations. Coach a clear purpose to the entire track and then to each round so that your participants can focus on their goal for that block of work and thereby maximize their effort and intensity in each round. Within each round, make sure you coach and physically show when to pull back the energy and when to punch up to full power and max effort. They should hear, see and then feel the changes in intensity throughout the track that accumulate to take them to a cardiovascular challenge.

FEEL

EDM, Assertive, Love/Hate

MARTIAL ARTS

Boxing

0:00 / (Intro) / (Soft melody)
2x8 / Prepare for Run 16cts

0:05
6x8 / L, R Run OTS 48cts

0:22 / V1 / softly here upon
8x8 / L, R Run – Level 2 64cts

0:44 / C / sweet lies
8x8 / A / Front Stance
L, R Jab x4 8cts
L Hook x4 8cts
R, L Jab x4 8cts
R Hook x4 8cts / 2reps

👁 On 2nd rep, add Power Hook to 4th Hook
each side

1:06 / V2 / Look me in the
8x8 / A¹ / Front Stance
L, R Jab x4 8cts
L Hook x3 6cts
L Power Hook 2cts
R, L Jab x4 8cts
R Hook x3 6cts
R Power Hook 2cts / 2reps
L Hook to finish!

1:28
2x8 / Recover

1:33
6x8 / L, R Run 48cts

1:50 / V3 / Fearless, although we
4x8 / B / L Combat Stance
L Uppercut x2 4cts
Step B, F 4cts / 4reps

👁 On last rep, add twist to Step B, F

2:01 / V3 / Wasted
4x8 / B¹ / L Uppercut x2 4cts
Step B, F with Twist 4cts / 4reps

2:12 / C / sweet lies
8x8 / B² / Full Combo
L Jab, R Cross x4 8cts
L Uppercut x2 4cts
Step B, F with Twist and R Cross 4cts / 4reps

2:34 / look me in the eye
8x8 / C / L Jab 2cts / 32reps
Level 2 after 16 reps – Step F, B on front foot
Level 3 after 20 reps – Speed

2:56 / C / sweet lies
8x8 / Repeat B² / Full Combo 16cts / 4reps

3:19 / (Music fades out) / _ lies
1x8 / Recover

3:22 / (Intro) / (piano sounds)
7x8 / L, R Run 56cts
Repeat Sequences B to 2nd B² – R

The Wall is a defensive movement in essence, but used in this workout to activate more abdominal muscles. It also works very well as a ‘pre-load’ for the counter-strike, the Cross. Feel the huge power that you can get out of the Cross when you fully activate your core into the punch!

TECHNIQUE & COACHING LAYER 1

Most of your coaching in this track will be Layer 2 and 3 cues as your participants have already executed these punches earlier on in the class. Be sure to coach movement changes in advance of the change and count down the repetitions in the combinations so that participants can get maximum intensity by not missing a single punch. Listen to how Erin does this seamlessly in the first set of Round 1 when she says:

- “Front Stance, Jab Right Left, 8
- 4 Right Hooks: 4, 3, 2. Left side, 8 Jabs
- 8, then 4 Left Hooks”

You need to coach left and right precisely in these first two sets because the lead arm changes from one set to the next. If participants can understand this immediately they will nail the combination for the entire round.

As the Wall is a new move, set up execution of the move with clear Layer 1 cues.

Double Uppercut/Wall

- Double Uppercut, step back, step forward
- 1, 2 step left, right
- Guard is up, elbows in
- Add the twist: rotate back, front

COACHING LAYERS 2 & 3 ROUND 1

Most of your Layer 2 cues in this track will be used to MANAGE INTENSITY to help your participants get the most out of the movement and hit their cardio peak. These will lead right into the Layer 3 cues.

Round 1

To set up Round 1, Erin says: “We have our first cardio peak track using Boxing training. Three massive rounds to lift your heart rate using speed, power training and evasive combinations. So, get ready, because we are going to hammer the speed and power, right from the first set.” This is clear, efficient and gets your participants psyched and ready for what is to come.

8 Jabs, 4 Hooks

- After you set up the combination, turn up the intensity by coaching incremental increases in the power of each Hook: 1, 2, 3, POWER!
- Momentum comes from the core
- The power of the Hook shifts your body weight on the final hook in each set
- Incrementally getting bigger with every punch

COACHING LAYERS 2 & 3 ROUND 2

To set up Round 2, Erin says: “Two rounds left to work evasive combinations. We are going to start slow and build up”

Round 2

Double Uppercut/Wall

- [This is your wall of protection](#)
- [Now WIND UP!](#)

Evasive Combination: Jab, Cross, Double Uppercut, Wall, Cross

1st set:

- Your twist helps you evade and pre-load for the counter-strike

2nd set:

- Wind it up and FIRE! The Cross is your powerful knockout, so wind the hip and give it everything you’ve got!
- Finish it!

Single Jabs

- Pull back and breathe
- Chin down, eyes up
- Level 2: add the feet
- Level 3: speed, fast, activate the fast-twitch muscle fibers

COACHING LAYERS 2 & 3 ROUND 3

To set up for Round 3, coach the recovery in the Run; they should need the recovery if they pushed hard in the second round. Coach that it is the LAST round. This lets them know that they can drive even harder because the end of the track is in sight.

Double Uppercut/Wall

- Breathe
- Evade your opponent by twisting the shoulders and working the feet and waiting for that moment to STRIKE!

Evasive Combination: Jab, Cross, Double Uppercut, Wall, Cross

- 1st set: Launch your body forward like a catapult!
- 2nd set: Bring it on!
- “I’m not giving up! I am going to fight to the bitter end.”
- Start strongly and finish strongly!
- Fight to the end!

Single Jab

- Breathe
- Then bridge the gap
- Lift the heart rate, add the footwork
- Now go for SPEED!
- Erin gives a great Layer 3 cue when she says: “Look me in the eyes and be honest: are you going as fast as you can?”

CONNECTION

Use the runs in between the rounds to connect with the class. Praise them for the work in the previous round and take your focus off coaching technique to feel the energy in the room and connect.

Watch how Erin really digs into the physicality of the shifts in intensity. Her voice gets bigger and more bold as the movements increase in intensity. You can see her ramp up with her whole body, face and vocals. You can feel the contrast because she uses the quieter parts of the music to pull back her vocals and her energy; this creates a real journey in the track. You can hear this in the final round when she says: “Your Evasive Combo is your defensive pattern. Evade your opponent by twisting the shoulders and working the feet and waiting for that moment to STRIKE!” She taps into the confrontational lyrics of the song when she says: “Look me in the eyes and be honest: are you going as fast as you can?” The music and the pre-load created by the twist provide a great canvas for making this track an explosive mind and body experience. Find the opportunities to unleash yourself!

04. COMBAT 2

MUSIC B.O.B. 4:18 mins

TRACK FOCUS

This Tae Kwon Do kick training track will hit different angles of the glutes, legs and the abs using a selection of kick training drills. It is traditional Tae Kwon Do kick training at its best: speed, precision and endurance, putting a fierce burn into your lower body. Coach your participants to dig into the flamboyant yet precise feel of the kick combinations and encourage them to play with speed in the kicks.

FEEL

Hip Hop, Rap, Frenetic

MARTIAL ARTS

Tae Kwon Do

0:00 / Intro
2x8 / Front Stance

0:06 / V1 / In-slum-national
8x8 / A / L Side Kick – Strike and retract 2cts
Hold leg up 2cts
Jump wide and hold 4cts / 8reps
◀➤ On last rep, L Double Side Kick
(one low, one middle)

0:31 / V1 / too high to jump
8x8 / A' / L Double Side Kick 2cts
Hold leg up 2cts
Jump wide and hold 4cts / 8reps

0:56 / C / Don't pull the thang
8x8 / B / L Front Kick 2cts
L Knee 2cts
Hold 4cts / 8reps
Level 2 after 4 reps – adding speed

1:21 / V2 / Uno, dos, tres
24x8 / Repeat A and B – R

2:36 / Guitar sounds
8x8 / B' / L Front Kick 2cts
L Knee 2cts
Hold 4cts
R Front Kick 2cts
R Knee 2cts
Hold 4cts / 4reps
(Option to hop on Knee)

3:01 / Instr
8x8 / A² / L Double Side Kick 2cts
Hold leg up 2cts
Jump wide and hold 4cts
R Double Side Kick 2cts
Hold leg up 2cts
Jump wide and hold 4cts / 4reps
(Become more fluid and relaxed between kicks)

3:26 / Bob your head
4x8 / C / Side Kick Repeater
L Side Kick and retract 2cts / 15reps
(Keep foot lifted off floor – balance challenge – On last 2cts, transition to R side)

3:38
4x8 / Side Kick Repeater – R side 2cts / 15reps
(On last 2cts, transition to L side)

3:51 / Po-wer music
4x8 / C' / Repeat L Side Kick Repeater with bounce 2cts / 15reps
(On last 2cts, transition to R side)

4:03 / Po-wer music
4x8 / Repeat R Side Kick Repeater with bounce 2cts / 15reps

Go to the edge of your comfort zone in this track: challenge your legs and move faster than you thought you could! Have FUN with the moments of speed! Take this opportunity to embody the essence of Tae Kwon Do.

TECHNIQUE & COACHING LAYER 1

Side Kick

- One low Right Side Kick
- Out, in, then hold wide
- Hands up, feet wide, knees out when you land
- Set your heel to the target



Double Side Kick

- Low, middle
- Bend your standing leg

Front Kick, Knee (One side)

- New move: Right Front Kick, Right Knee

Repeater Side Kick

- Strike down
- Elbows tucked
- Body tilted
- Count down some of the reps so that participants know in advance when to switch sides. Dan does this perfectly when he says: “3, 2, change”

COACHING LAYERS 2 & 3

Use these LAYER 2 cues to educate your participants about Tae Kwon Do and about the benefits of this type of kick training and to help them improve execution as they progress through the track.

Side Kick

- Think more about the retraction: it gives us more core control
- Freeze, control
- Dan educates and improves execution when he says: “Tae Kwon Do is flamboyant. Tae Kwon Do is precision. Toes down, heel up – that targets the muscles of our glutes and hip abductors; that will allow you to balance better and maintain more precision in your kick. ”

Double Side Kick

- Once you have core control, bend your standing knee, and double the kick
- Bending the standing knee will help you balance
- Look at the direction you kick and visualize the target
- Retract: really focus on bringing the knee back

Front Kick, Knee (One side)

- Tae Kwon Do is fun, playful... so use speed
- Relax to move with speed
- Option: Add a hop on the Knee

Alternating Front Kick, Knee

- Always think two or three steps ahead of your opponent
- The lighter you are, the faster you will be
- Traditional Tae Kwon Do kick training

Alternating Double Side Kick

- Fluid move
- Create space
- Don't hesitate!
- On your own timing
- Middle, high, if you choose

Repeater Side Kick

- Glute stimulus and core training
- Add a bounce with it
- Working the muscles of the legs
- Step with it

CONNECTION

Enjoy this track! Have fun exploring the speed and accuracy of Tae Kwon Do. Watch how Dan plays with the timing on the Alternating Front Kick, Knee Combo and has fun with the flashy Alternating Double Side Kick, using his facial expressions and physicality to bring Tae Kwon Do kick training to life.

05. POWER TRAINING 2

MUSIC Changing 5:10 mins

TRACK FOCUS

Time to hit the second cardio peak with full-body conditioning inspired by Mixed Martial Arts circuit training! Two phases - the muscular strength and endurance phase and the cardiovascular training phase - challenge your muscles, your heart and your commitment to taking your fitness to the next level. Clearly coach the mechanics of the movements in the strength phase and drive the intensity during the cardiovascular phase. Let the empowered vibe in the music propel you to the end!

FEEL

Drum 'n' bass, Soulful, Empowered

MARTIAL ARTS

MMA training

0:00 / Intro	3:39 / C / Everything is changing
4x8 / Recover and introduce track	16x8 / C¹ / L, R Sprint – 11 seconds 22cts
0:11 / V1 / Hell down, heaven down	Recover 10cts / 4reps
8x8 / Come down to the floor	4:24 / here for too long
👁️ Demonstrate Cross Mountain Climber and Pushup Shoulder Tap	4x8/ C² / L, R Sprint – 13 seconds 26cts
0:33 / C / Everything is changing	Recover 6cts
16x8 / A / L, R Cross Mountain Climber x8 16cts	4:35 / here for too long
Pushup Shoulder Tap L, R x2 16cts / 4reps	4x8/ C³ / L, R Sprint – 17 seconds 34cts
Plyometric Pushup on last rep of Pushups	4:46 / Outro / ooohhh
1:18 / Br / (Violin)	8x8 / Recover, celebrate and congratulate members!
4x8 / Recover and set up Bear Crawl position (or option to perform standing alternative)	
1:30 / V2 / I don't understand	
8x8 / B / L Hip Escape and hold 12cts	
Return to Bear Crawl position 4cts	
R Hip Escape and hold 12cts	
Return to Bear Crawl position 4cts / 2reps	
1:52 / C / Everything is changing	
8x8 / B¹ / L Hip Escape	
R Hip Escape 8cts / 8reps	
2:14 / Ooh oh oh	
16x8 / A / R, L Cross Mountain Climber x8 16cts	
Pushup Shoulder Tap R, L x2 16cts / 4reps	
Plyometric Pushup on last rep of Pushups	
2:59 / Oohhh (Music fades out)	
6x8 / Recover and prepare to run 64cts	
3:22 / V3 / I can't work it	
6x8 / C / L, R Run 48cts	

This is incredible core training: Mountain Climbers, Pushups with Shoulder Taps, and the Hip Escapes get the core firing, right from the start of the track. There is a good selection of Options on the Masterclass for this muscular strength and endurance phase. Learn the alternatives and teach them before the track if you teach class alone, as it is a lot to say all at once. Encourage everyone to give everything a go first before they 'opt out'. They will see progress over time if they truly push themselves to overload by the end of each block.

TECHNIQUE & COACHING LAYER 1

MUSCULAR STRENGTH & ENDURANCE PHASE

Mountain Climber

- Hands under shoulders, shoulders away from ears, weight in palms
- Hips and shoulders square to front
- Drive the knees through the middle
- Brace your abs
- Hips down
- Push the floor away
- Option: Half tempo, hit the opposite elbow with your knee



Pushup with Shoulder Tap

- Chest to elbow level
- Tap alternating shoulder as you come to the top of the pushup
- Keep your core braced
- Option: Take out the Tap, regular Pushup
- Option: Plyometric – down and push up sharply
- Option: On the knees or on the toes



Hip Escape

- Start in a Bear Crawl position: hands under shoulders, knees under hips and off the floor, core braced
- Take left leg through and sit on your left glute
- Rear knee up and rear foot down
- Ribcage comes to bicep
- To increase intensity, speed it up and jump change

Hip Escape - Standing Alternative

- Step back into a Lunge
- Take opposite arm in front and twist into it
- Keep the chest lifted and core engaged
- Take a long step back and sink low into the Lunge

CARDIOVASCULAR PEAK PHASE

Sprint

- Count the seconds of full speed exertion in the Sprint, then recover
- Sprint, on the spot

COACHING LAYERS 2 & 3

MUSCULAR STRENGTH & ENDURANCE PHASE

Mountain Climber & Pushup with Shoulder Tap

- Fatigue is setting in... your muscles are under stress, under pressure; it makes your muscles stronger!
- Maximum effort!
- Speed! Brace your abs!

Hip Escape

- If you are moving slowly, as you reset for your transition, push out the hand to clear the floor

CARDIOVASCULAR PEAK PHASE

Make sure the participants know how they should feel in this cardio phase of the track. Dan does this by saying: "By the end of this phase, you want to experience a burning sensation in your heart and lungs. That burning sensation is top end fitness. It is a metabolic response. It will allow you to burn fat and get fitter, faster." This will help them to really push to achieve this cardio peak.

Sprint

- Faster arms
- Bring the knees up higher
- FINISH!

CONNECTION

This is a fierce track with a lot to say to keep your participants moving with the correct mechanics as well as giving the options. Keep your coaching very clear and directive throughout the first few blocks of muscular strength and endurance work. As you move into the cardiovascular peak phase, do not be afraid to talk less and let the music and the movement drive you through. Power and performance in this track comes from truly pushing yourself and your class together to unleash the cardiovascular burn! Watch how Dan teaches that phase; he uses his body to communicate the start of some of the sprinting blocks and to show the recoveries. Then he praises the class at the end for the all-out effort. Be authentic! Push yourself, and your class will take the challenge with you!

05. POWER TRAINING 2

MUSIC Slappin It 5:12 mins

TRACK FOCUS

The focus of this track is Boxing training: combinations to increase speed and power. They will challenge the muscles of the shoulders, back and core.

FEEL

EDM, Driving

MARTIAL ARTS

Boxing

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!

0:00 / (Electronic music)
1x8 / Prepare to Run
0:02 /
7x8 / L, R Run 2cts / 28reps
(On last 4cts, transition to **L Combat Stance**)

0:22 /
8x8 / A / L Double Uppercut 4cts
R Double Uppercut 4cts / 8reps

0:44 /
8x8 / B / L Jab, R Cross 2cts / 32reps
👁 L Double Jab 2cts
R Hook 2cts
On last 8cts, Pulse OTS x2 4cts

1:06 /
8x8 / C / L Double Jab 2cts
R Hook 2cts
Pulse OTS x2 4cts / 8reps

1:28 /
24x8 / D / Full Combination
L Double Uppercut 4cts
R Double Uppercut 4cts
L Jab, R Cross x2 4cts
L Double Jab 2cts
R Hook 2cts / 12reps
(Finish with L Uppercut)

2:34 /
2½x8 / Recover
2:41 /
5½x8 / L, R Run 2cts / 22reps

Repeat Sequences A to D – R

On the first side, focus on coaching technique in each short combination and in the full combination. Use clear Layer 1 cues to teach the sequence of the punches and how the combinations build together. Then use Layer 2 cues to improve execution so that by the end of the first side the class is moving well and has a good handle on the sequence of the punches in the full combination. As you move into the second side, focus on getting the class to FEEL the essence of the combination: the POWER in the Uppercuts and the SPEED in the Jab, Jab, Hook combination. Once they feel it, coach them to DRIVE it through to the end!

TECHNIQUE & COACHING LAYER 1

Since we have already executed all of these punches earlier on in the class and coached the essential Layer 1 information, the majority of your coaching in this track will be in either Layer 2 or Layer 3. Make sure to coach clearly that there are 3 short combinations which will be combined into one full movement. This will help your participants execute the full combination immediately from the first set, allowing them to maximize intensity with the entire block of work. Make sure to pre-cue the changes from one combination to the next with clarity and short, sharp cues. Also, as you move into the full combination, cue which arm is punching - as Dan does: “Right, Left, Right, Left, Right, Right, Left”. This will help your participants to understand which arm starts each part of the full combination.

COACHING LAYERS 2 & 3

1st Side:

Alternating Double Uppercuts

- Actively rotate inward to the strike to use the muscles of the core
- Bend your knees and then stand up a little taller as you hit the peak of the strike

Jab/Cross

- Bend your knees, lift your rear heel, and sink down as you strike - Double Jab, Hook, Pulse
- Speed test: 1, 2, 3 then nothing. Play with speed training

Full Combination: Alternating Double Uppercuts, Jab/Cross, Double Jab/Hook

- 45 seconds of work: drop the hammer
- Down the middle
- Keep the power coming
- Muscles working: shoulders, back, obliques
- Cardio training as you push through the combinations

2nd Side:

On the 2nd side, coach your class to maintain the great technique they have set up on the 1st side but to go for the feeling of the movement. Dan does this by saying: “Now, we are going to visualize our end goal: to maximize the rest of the workout.”

Alternating Double Uppercuts

- Feel your abs moving in a figure 8: come up and then under
- Use your breath: exhale as you strike

Jab/Cross

- Visualize hitting a punching bag. What would that feel like? Feel the ricochet coming back into your shoulders. See the indentation in the bag
- Work the muscles of your upper arms

Double Jab, Hook, Pulse

- Breathe and let the heart rate come down a little bit. Refocus.
- Then focus on SPEED!
- Twist your rear foot

Full Combination: Alternating Double Uppercuts, Jab/Cross, Double Jab/Hook

- Testing your motor skills. Cross-coordination training and mental stimulus
- POWER: drop under on the Uppercut
- Imagine you have someone holding boxing pads: HIT the pad!
- Get more forceful with your strikes
- WHIP your Hook!
- Big finish!

CONNECTION

Use the Runs at the start of the track and in between the 1st and 2nd sides to connect with your class. Drive and motivate your team as you get into the final blocks of the full combination. To get the most out of this track, participants need to feel the speed of the Double Jab/Hook part of the full combination. Coach this clearly and also make sure that you FEEL speed in your body so that your participants hear, see and feel where they should be going physically when they put their foot on the gas pedal.

06. COMBAT 3

MUSIC Run (Beautiful Things) 4:27 mins

TRACK FOCUS

Time to focus on the back of the body, the glutes and the legs, with 'wicked' Capoeira leg conditioning and plyometric training. The grounded combinations create pressure in the lower body while the plyometrics give you a cardiovascular challenge. Integration through the core makes this track a full-body onslaught. Time to FLY!

FEEL

Industrial/Electronic Rock, Gritty, Dark

MARTIAL ARTS

Capoeira

0:00 / Intro / (Soft piano sounds)

4x8 / Feet under hips and prepare to lunge back

0:12 / (Louder piano sounds)

4x8 / A / Step R leg back into Lunge 4cts

Quarter-Turn to R 4cts

Turn back to face front 4cts

Step R leg back in 4cts / 2reps

◀➡ Lift R knee on last rep and balance 4cts

0:24 / V1 / I am a human being

8x8 / A¹ / Step R leg back into Lunge 4cts

Quarter-Turn to R 4cts

Turn back to face front 4cts

Lift R knee and balance 4cts / 4reps

0:48 / (deep metallic sounds)

8x8 / A² / Step R leg back into Lunge – deeper 4cts

Quarter-Turn to R – stay deep 4cts

Turn back to face front – stay deep 4cts

R Front Kick and balance 4cts / 4reps

1:12 / C / Run

8x8 / A³ / Step R leg back into Lunge 2cts

Jump into Quarter-Turn R 2cts

Jump back to face front 2cts

R Front Kick and balance 2cts / 8reps

1:36 / Br

4x8 / B / Lunge R leg back 2cts

R Front Kick 2cts / 8rep

◀➡ Lunge R leg back 2cts

R Front Kick 2cts

Lunge R leg back 2cts

On last 8cts, Switch Lunge 2cts (jump into Lunge, L leg back)

1:47 / C / Run

8x8 / B¹ / Jump into Switch Lunge, R leg back 2cts

R Front Kick 2cts

Lunge back R leg 2cts

Switch Lunge (Jump L leg back) 2cts / 8reps

(Jump feet to together – arms by sides to finish!)

2:12 / (quiet piano sounds)

4x8 / Recover

2:24

Repeat Sequences A to B¹ – R (L Leg Lunge back)

The release of the toes and the heel pivot is a critical point for safe execution of the Quarter-Turn. Make sure that you coach the heel pivot with clear LAYER 1 cues and reattack the point with LAYER 2 cues. Stress the importance of these mechanics to your classes when you coach so that they know to tune in, listen, and check their own foot movements.

TECHNIQUE & COACHING LAYER 1

Lunge, Quarter-Turn, Squat, Knee Combo

- Start with feet beneath your hips, then take a long step back with your left leg into a big Lunge
- Step back, Quarter-Turn out, square up, replace
- Get your balance by lifting the knee as you come forward
- You MUST lift your toes on the front foot and PIVOT on your HEELS

Lunge, Quarter-Turn, Squat, Kick Combo
(Grounded)

- In the Squat (when facing side): knees out, abs braced, chest up, butt down



Lunge, Quarter-Turn, Squat, Kick Combo
(Jumping)

- Two jumps: Jump in the Quarter-Turn into the Squat and jump Quarter-Turn back and square up to Lunge position
- Option: Use the Pivot Turn, lift up the toes to pivot on the heel on the front leg

Lunge, Kick

- Recovery, lunge and kick 8 in a row
- Reach down, chest up
- Back heel off the floor
- Back knee towards the floor

Lunge, Kick, Switch Lunge

- Combo: Lunge, kick switch, switch
- Option: To step in and replace instead of jumping to Lunge

COACHING LAYERS 2 & 3

Watch how Rach does an amazing job of motivating people to push through this intense leg conditioning track. Her LAYER 3 cues connect seamlessly with her LAYER 2 cues; she coaches people to MANAGE INTENSITY and then MOTIVATES them to go after it!

Lunge, Quarter-Turn, Squat, Knee Combo

- Go for range now: drop down and plug the Lunge. It is important to show this drop physically. You can see a huge physical change when Rach says drop – all of the presenters go lower visibly into the floor.
- Take a look at your own foot and make sure you are PIVOTING on the heel as you turn
- Welcome to the world of Capoeira Leg Conditioning

Lunge, Quarter-Turn, Squat, Kick Combo
(Grounded)

- Your ability to control your body comes from integration: the core, the mind, and the power to push yourself through your comfort zone!

Lunge, Quarter-Turn, Squat, Kick Combo
(Jumping)

- Find the point of comfort for you and then nudge past it; get down where it hurts!
- Every time you kick, tick-tock on the clock
- Maintain your form by sinking into your legs and gripping your core tightly
- Work to the reward of the recovery!

Lunge, Kick

- Keep your Lunges low and let the kicks FLY!

Lunge, Kick, Switch Lunge

- Let them know there are 8 in the set and then where there's 4 left, so they know that they can really 'go for it'. As this is a challenging block, giving them the number of reps provides them with an end goal that helps to make it feel achievable.
- Don't just look at me; show me what you've GOT!

CONNECTION

The lyrics of this song are full of opportunity to connect with your class and unleash their potential. Rach uses the lyrics to motivate the class and draw them into the experience, engaging the mind and body. She weaves a tapestry of inspiration throughout the track, erasing self-doubt and refocusing the mind on a positive outcome. A perfect example of this is when she says: "We are human beings and we are capable of beautiful things; the only thing that stops us is the story we tell ourselves. So, it's time to find a good story." Find your own way to connect to the lyrics and inspire your classes to believe in themselves because BODYCOMBAT is more than a training session: it's a way of finding our inner strength, the strength to believe in ourselves, and to fight through to the end to accomplish our goals.

07. MUAY THAI

MUSIC Welcome To The Black Parade 6:36 mins

TRACK FOCUS

This fierce Muay Thai track takes us to our third cardio peak. Elbows, Knees, Kicks, and the Plyometric Jump Knee launch the cardio training in this track into the stratosphere! The defiant music keeps you fierce and ready to stay in the fight to the very end.

FEEL

Punk Rock, Alternative, Defiant

MARTIAL ART

Muay Thai

0:00 / V1 / _ When I was
4x8 / Recover and introduce track
0:14 / V1 / Son, when you
4x8 / A / L Jab, R Cross 2cts
L Ascending Elbow 2cts
Pulse F, B x2 4cts / 4reps
◀➤ L Jab, R Cross 2cts
L Ascending Elbow 2cts
R Knee x2 4cts (on last rep)

0:25 / V1 / will you defeat them
8x8 / A¹ / L Jab, R Cross 2cts
L Ascending Elbow 2cts
R Knee x2 4cts / 8reps
◀➤ R Leg Check to side 2cts
R Front Kick 2cts
Hold 4cts (on last rep)

0:49 / B up / When I was
8x8 / B / R Leg Check to side 2cts
R Front Kick 2cts
Hold 2cts / 8reps
◀➤ L Jab, R Cross 2cts
L Ascending Elbow 2cts
R Knee x2 4cts
R Leg Check to side 2cts
R Front Kick 2cts
Hold 4cts (on last 16cts)

1:11 / C / (Dubstep sounds)
8x8 / C / L Jab, R Cross 2cts
L Ascending Elbow 2cts
R Knee x2 4cts
R Leg Check to side 2cts
R Front Kick 2cts
Hold 4cts / 4reps

1:34 / B up / _ Marching band
4x8 / D / L Knee 2cts / 16reps
◀➤ L Knee x2 4cts
R Jump Knee 4cts

1:46 / C / (Dubstep sounds)
8x8 / D¹ / L Knee x2 4cts
R Jump Knee 4cts / 8reps
(Option is R Power Knee)

2:08 / Br / We'll carry on

4x8 / Recover and Performance opportunity to
clap with the music!

2:20 / Br / We'll carry on
12x8 / C / L Jab, R Cross 2cts
L Ascending Elbow 2cts
R Knee x2 4cts
R Leg Check to side 2cts
R Front Kick 2cts
Hold 4cts / 6reps
(Level 2 after 2reps)

2:54 / C / (Dubstep sounds)
8x8 / D¹ / L Knee x2 4cts
R Jump Knee 4cts / 8reps
(Option is R Power Knee)

3:17 / (Music fade)
4x8 / Recover and prepare for R Combat Stance

3:30
Repeat Sequences A to 2nd D¹ – R

Coach the Leg Check so that your participants understand WHAT it is and WHY it is being used. Then help the class to play with the tempo so the Leg Check becomes authentic in its execution. Make sure to coach the options clearly for the jump knee with a focus on generation of power from the core in the Power Knee.

TECHNIQUE & COACHING LAYER 1

Jab, Cross, Ascending Elbow

- Combat Stance: Jab, Cross, Ascending Elbow
- Slide the elbow past the face and under the chin

Jab, Cross, Ascending Elbow, 2 Knees

- Add on Double Back Knee

Leg Check, Front Kick

- One Leg Check, one Front Kick, same leg
- The Leg Check is our defensive move to create a wall with your shin and your elbow, to block and then counter-strike



Full Combo: Jab, Cross, Ascending Elbow, Double Knee, Leg Check, Front Kick

- Full combo: Jab, Cross, Ascending Elbow, Double Knee, Check, and Kick
- Front Kick: the ball of your foot aims for the stomach or chest

2 Front Knees, Plyometric Jump Knee

- 2 Knees from the front, one from the back
- Plyometric Jump Knee: pull your knees up, arms pull to the hip as the leading knee drives to front
- Drive out of both feet in the Jump Knee and land softly on both feet with bent knees
- Option: Power Knee from the floor up, no jump

COACHING LAYERS 2 & 3

Jab, Cross, Ascending Elbow, 2 Knees

- Muay Thai: Use all points of your body

Leg Check, Front Kick

- On the Front Kick, swing the arm to release the power in the hip
- A little wider in the stance

Full Combo: Jab, Cross, Ascending Elbow, Double Knee, Leg Check, Front Kick

- Level 2: Do or Die!
- Pause after the Front Kick

· 2 Front Knees, Plyometric Jump Knee

- If you want to jump, bring your knee to your chest
- Power Knee: Ground your legs, reach up and pull with the arms to create power from the core
- Integration of upper body and lower body is mastery of BODYCOMBAT
- Maximum effort!

CONNECTION

Rach plays off the defiant feel of the song to keep people committed this Muay Thai fight. She says:

“BODYCOMBAT: we carry on; we don’t quit. We give it everything we’ve got.”

“That’s our message to you: carry on with whatever you’ve got!”

She engages and connects with the class when she says:

“What does ‘do or die’ mean to you?”

“Show me where your heart is.”

Find your own ways to tap into the feel of the music to help participants defy their own expectations and push harder than they thought possible.

08. POWER TRAINING 3

MUSIC Let You Go 6:20 mins

TRACK FOCUS

Put the finishing touch on this training session with Boxing training using speed, ring craft and endurance. Finish strongly, together!

FEEL

Electronic Rock, Driving

MARTIAL ARTS

Boxing

0:00 / V1 / You say
8x8 / Recover and introduce track

0:22 / There's nowhere to run
16x8 / L, R Run 2cts / 64reps
(Level 2 after 32reps)

1:05 / C / Let you go!
16x8 / A / Front Stance
L, R Jab x4 8cts
L, R Jab 2cts
L Jab 2cts
R, L Jab 2cts
R Jab 2cts / 8reps (Speed up after 2reps)

1:50 / Instr
8x8 / B / L Uppercut x2 4cts
R Uppercut x2 4cts / 8reps

2:12 / C / Let you go!
8x8 / A / L, R Jab x4 8cts
L, R Jab 2cts
L Jab 2cts
R, L Jab 2cts
R Jab 2cts / 4reps
(Finish with L Jab after last rep)

2:34
2x8 / Recover

2:40
6x8 / L, R Run 2cts / 24reps

2:56 / C / Let you go!
16x8 / C / L Combat Stance
L Body Hook x4 8cts
L Jab, R Cross 2cts
L Jab 2cts
L Jab, R Cross 2cts
L Jab 2cts / 8reps

3:40 / C / Let you go!
16x8 / D
L Jab, R Cross 2cts / 64reps
(L Jab to finish!)

4:26 / B up
4x8 / Recover

4:37 / B up
4x8 / L, R Run 2cts / 16reps

4:48 / C / Let you go!
16x8 / C / R Combat Stance
R Body Hook x4 8cts
R Jab, L Cross 2cts
R Jab 2cts
R Jab, L Cross 2cts
R Jab 2cts / 8reps (Speed up after 2reps)

5:32 / C / Let you go!
16x8 / D / R Jab, L Cross 2cts / 64reps
(R Jab to finish!)

This is the final opportunity to push ourselves beyond our expectations. Tap into the energy in the room and in the music to punch with power through to the very end. Make every punch count!

ROUND 1

Most of your coaching in this track is LAYER 2 and LAYER 3 to get people to finish strongly at the end of the class and get as much intensity as they can out of this final cardio track. Set up the basic sequence of the combinations with LAYER 1 cues and then help the participants to drive up the effort with LAYER 2 and LAYER 3 cues.

SPEED TRAINING

Jabs Combination

- Front Stance
- 8 Jabs, then Right, Left, Right and Left, Right, Left
- To bring in speed, relax the arms and fire the 3 Jabs with speed

Double Uppercuts

- Power block: Double Right Upper, Double Left Upper

ROUND 2

Ring Craft & Endurance

Ring Craft: Body Hooks, Jab, Cross, Jab Combination

- Body Hook, right arm, 4, 3, 2, 1, Jab, Cross, Jab (use the countdown to help people catch the first Jab of the combination)
- First two combos, find your rhythm

Endurance: Jab, Cross

- Chin down
- Shoulders in

COACHING LAYERS 2 & 3

Round 1: Speed Training

Jabs Combination

- Move so fast that you create a break between the 3 hits; you have to wait to throw the 2nd combo.
- Exhale as you punch to strengthen your fast twitch muscle fibers, burn calories and make you fitter, faster!

Double Uppercut

- Bend the knees and focus on driving power from the legs
- Lower body is a huge engine; use the muscles

Round 2 & 3: Ring Craft & Endurance

Ring Craft: Body Hooks, Jab, Cross, Jab Combination

- Once you have the rhythm, bend your knee and sink into the front leg for power and find speed in the Jab, Cross, Jab
- Ground yourself in the front leg to allow the power to come around the corner
- Get up and get down
- Low then high
- On the Body Hook, use the whole body, release the heel and the whole body around the corner
- Core, legs and heart are getting stronger with every punch
- Now get up and hit that speed on the Jab, Cross, Jab

Endurance: Jab, Cross

- Turn your shoulders
- Motivate at the end of the set: unload everything, GO FOR IT!
- "We made a promise to finish together. Let's finish this training session together: 64! Let nothing hold you back now! This is OUR time!"

CONNECTION

Listen to how Tau brings everyone together in this track. He focuses the collective energy throughout the track on finishing together as a team and exudes a positive, encouraging, yet strong, presence throughout this last push. The focus is on what WE can accomplish together. He uses language that reflects this team focus when he says:

"Can we do one more together?"

"We won't let you go; we got you."

"I promise I am going to commit to everything. How about you?"

"Are we in?"

Teach this track, as Tau does, to finish as ONE TRIBE, getting stronger and fitter TOGETHER!

09. CONDITIONING

MUSIC Words 3:31 mins

TRACK FOCUS

Time to train your source of power and control: the core. The focus is on the obliques in this core training track. The modified Russian Twist takes our Abs track and gives us an ab rack! Feel the twist and nail the timing to experience the full-force training effect of this move.

FEEL

Pop, Uplifting

0:00 / Intro
2x8 / Setup – face L and lie on back, side-on to class – knuckles to face (Boxing Guard)

0:07 / V1 / _ Sorry boy, even not
8x8 / A / Crunch 4cts / 16reps

0:38 / PC / Don't want a good
4x8 / B / Triple Pulse Crunch 8cts / 4reps
(Reach hands up above shoulders as if holding a medicine ball)
◀➤ Stay lifted on last rep and bring hands together

0:54 / C / In the way, oh way
4x8 / C / Russian Twist
Drop hands down to R side 2cts
Lift hands back up above shoulders 2cts
Drop hands down to L side 2cts
Lift hands back up above shoulders 2cts / 4reps

1:09 / (Electronic sounds)
4x8 / C' / Russian Twist – faster with Crunch
Drop hands down to R side – shoulders drop 1ct
Lift hands back up above shoulders – Crunch up 1ct
Drop hands down to L side – Shoulders drop 1ct
Lift hands back up above shoulders – Crunch up 1ct / 8reps

1:24 / Br
½x8 / Transition – Lie on R side, facing forwards

1:26 / V2 / Like you lots
7½x8 / D / R Side Lying Oblique Crunch 4cts / 7reps

1:39 / to do the same
4x8 / D' / R Side Lying Oblique Triple Pulse Crunch 8cts / 4reps

1:55 / PC / Don't want a
4x8 / C / Repeat Russian Twist 8cts / 4reps

2:10 / C / In the way, oh way
8x8 / C' / Repeat Russian Twist – faster with Crunch 4cts / 16reps
(Transition to L Side Lying position on last 4cts)

2:41 / PC / Don't want a good
4x8 / D / L Side Lying Oblique Crunch 4cts / 8reps

2:57 / C / In the way
4x8 / D' / L Side Lying Oblique Triple Pulse Crunch 8cts / 4reps

3:11
4x8 / C' / Repeat Russian Twist – faster with Crunch 4cts / 8½ reps

Coach the elbow drop speed in the modified Russian Twist so that your participants get the right feel of the quickness from 'up' to 'down' and back 'up' again. The interlocking of the hands helps with control. Be sure to specify and demonstrate the options during the track so that everyone can achieve success.

TECHNIQUE & COACHING LAYER 1

Crunch

- Back is flat, make a fist around your forehead, single Crunch up and down
- Elbows in
- Chin tucked in
- Crunch your ribs down towards your hips

Triple Pulse Crunch

- Triple Pulse, arms up
- 3, 2, 1

Russian Twist

- Imagine you have a heavy medicine ball in your hands
- Shoulders up, then drop front and catch
- Catch and up
- Front and back
- Add the rhythm double-time
- Option: Stay with the slower timing



Side Crunch

- Bottom arm extended
- Feet together
- Chest facing forward
- Crunch in and out, upper arm reaches towards the feet
- Option: Keep the bottom leg down
- Triple Pulse: small movement crunching your top ribs towards your top hip, to work the obliques



COACHING LAYERS 2 & 3

Russian Twist

- In the slow twist: keep the shoulder blades up, to isolate your abs
- In the double-time twist, go for height and focus on the quickness from up to down and back up again
- Interlock the hands
- Get your hands high
- Power Pulldown: crack the floor with your medicine ball
- FINISH IT! SLAM DUNK!

Side Crunch

- The stronger the core the better your training will be; it's crucial for Mixed Martial Arts.
- Training hard and training smart
- Feel the bite in your obliques

10. COOLDOWN

MUSIC Love\$ick 3:11 mins

TRACK FOCUS

Congratulate your class for their epic effort throughout the class. Mention a few of the highlights of the training session to give them a specific sense of accomplishment. Bettina does this during the Hip Flexor stretch: "How many Jump Kicks did you do today?" and she links it to the muscles that they are stretching. Enjoy the relaxed, mellow vibe of the music together and use the breath to refocus the energy of the class. They should leave on a high, feeling awesome about the journey that you all took together in the past hour.

FEEL

Relaxed, Mellow, Steel Drums

0:00 / Intro / Please man, pretty
Recover and prepare for Cooldown

0:04 / (Instr)
4x8 / Set up L Seated Glute Stretch

0:14 / V1 / The weather cold
8x8 / L Seated Glute Stretch 64cts
(After 32cts, L hand to floor and rotate L side)

0:36 / QC / I need you
8x8 / R Hip Flexor Stretch – R hand to floor and L hand pushes L knee out
(After 32cts, reach L hand up and rotate to face L side)

0:57 /
4x8 / Kneeling Adductor Stretch – R leg turns in and toes to floor sink forward into L leg 32cts

1:08 / I need you
4x8 / L Kneeling Hamstring Stretch 32cts

1:19 / V2 / Ok she giving me
8x8 / R Seated Glute Stretch 64cts
(After 32cts, R hand to floor and rotate R side)

1:40 / Yeah I heard she
8x8 / L Hip Flexor Stretch – L hand to floor and R hand pushes R knee out
(After 32cts, reach R hand up and rotate to face R side)

2:02 / C / I need you
4x8 / Kneeling Adductor Stretch – L leg turns in and toes on floor – sink forward into R leg 32cts

2:13 / I need you
4x8 / R Kneeling Hamstring Stretch 32cts
(Feet together and roll up on last 4cts)

2:24 / I need you
4x8 / L Quadriceps Stretch

2:34 / I need you
4x8 / R Quadriceps Stretch

2:45 / (Steel drums)
2x8 / R Iliotibial Band Stretch

2:50 / (Instr)
2x8 / L Iliotibial Band Stretch

3:01
2x8 / R Shoulder Stretch

3:06 / (Outro)
Step feet together – A-Frame Crms then take a bow!

COACHING

Glute Stretch and Spinal Twist

- Right leg over left to start
- Pull your knee in
- Lengthen through the spine as you twist
- Open up to your right side, squeeze your shoulder blades together, and let your shoulders sink down.
- This stretch will help stretch the glutes that we challenged in the TKD kick training track, giving us greater mobility in our kicks



Hip Flexor Stretch

- Turn your toes out and push your knee out so that your hips can sink into the stretch
- Open up through your right side and let your eyes follow your hands
- Our hip flexors are used in all of the Knees, Front Kicks and Jump Kicks so it's important to give them a good stretch at the end
- Maintaining good mobility in the hips is important for being able to execute great kicks



Standing Quadriceps Stretch

- Stand tall
- Thighs together
- Find your balance
- Give your quads a good stretch after the epic Capoeira leg conditioning track



MUSIC

- 1A **Nobody To Love (Extended Mix)** (3:57)
Sigma
Courtesy of the Universal Music Group.
Written by: West, Dean, Jones, Young, Self, Dukes, Massey, McKenzie, Sandifer, Pope, Wilson
- 1B **Praise You (Radio Edit)** (2:57)
Mind Electric
© 2016 Vicious.
Written by: Cook, Yarbrough
- 1C **Kids** (3:42)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Kutzle, Collins, Wilmot
- 2 **Believer** (6:13)
Showtek & Major Lazer
© 2016 Husle Recordings a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au
Written by: Pentz, W. Janssen, S. Janssen, Meckseper
- 3 **Sweet Lies** (3:19)
Wilkinson feat. Karen Harding
Courtesy of the Universal Music Group.
Written by: Wilkinson, Sample, Ellis, Mills, Jefferson
Sweet Lies (1:54)
Wilkinson feat. Karen Harding
Courtesy of the Universal Music Group.
Written by: Wilkinson, Sample, Ellis, Mills, Jefferson
- 4 **B.O.B.** (4:18)
Outkast
© 2000 LaFace Records LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment
Written by: Sheats, Benjamin, Patton
- 5 **Changing** (3:04)
Sigma feat. Paloma Faith
Courtesy of the Universal Music Group.
Written by: Hector, McMahon, Kelleher, Kohn, Barnes
Changing (2:06)
Sigma feat. Paloma Faith
Courtesy of the Universal Music Group.
Written by: Hector, McMahon, Kelleher, Kohn, Barnes
- 5B **Slappin' It (Inner Voice Remix)** (5:12)
Wydeez
© 2015 Black Lotus Records.
Written by: Newport, Langeveld, van de Geer
- 6 **Run** (Beautiful Things) (Hightsociety Remix) (4:27)
AWOLNATION
© 2015 Red Bull Records.
Written by: Bruno
- 7 **Welcome To The Black Parade (Steve Aoki 10th Anniversary Remix)** (3:17)
My Chemical Romance
© 2016 Reprise Records.
Written by: G. Way, M. Way, Toro, Iero, Bryar
Welcome To The Black Parade (Steve Aoki 10th Anniversary Remix) (3:19)
My Chemical Romance
© 2016 Reprise Records.
Written by: G. Way, M. Way, Toro, Iero, Bryar
- 8 **Let You Go (Brookes Brothers Remix)** (4:25)
Chase & Status feat. Mali
Courtesy of the Universal Music Group.
Written by: Ballance-Drew, Kennard, Milton
Let You Go (Brookes Brothers Remix) (1:55)
Chase & Status feat. Mali
Courtesy of the Universal Music Group.
Written by: Ballance-Drew, Kennard, Milton
- 9 **Words** (3:31)
Daya
© ARTBEATZ Entertainment LLC.
Written by: Fontana, Barletta, Jeberg
- 10 **LoveSick** (3:11)
Mura Masa feat. A\$AP Rocky
Courtesy of the Universal Music Group.
Written by: Crossan, Mayers

EXPRESS FORMATS

- 45-MINUTE FORMAT**
- Track 1A** Upper Body Warmup
- Track 1B** Lower Body Warmup
- Track 1C** Integrated Warmup
- Track 2** Combat 1
- Track 3** Power Training
- Track 6** Combat 3
- Track 7** Muay Thai
- Track 8** Power Training 3
- Track 10** Cooldown
- Total Time** 42:35

- 30-MINUTE FORMAT**
- 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** 28:51

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	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		

CREDITS

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