

BODYCOMBAT 73

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1A. UPPER BODY WARMUP

MUSIC What Is Love 2016 3:47 mins

TRACK FOCUS

Coach your participants clearly so that they finish this warmup with a better understanding of upper body strikes. By the end of the song, the upper body will be warm and ready for the training session ahead and the mind will be engaged in the experience.

FEEL

Dance, Soulful, Energized, Eclectic

MARTIAL ART

Boxing

0:00 / Intro / (Guitar sounds)
1x8 / **Front Stance** – Boxing Guard

0:04 / Intro /
1x8 / Turn to L side

0:07 / V1 / _ Oh, I don't know if
4x8 / A / L **Combat Stance**
L Walking Jab x2 4cts
R Walking Jab x2 4cts / 4reps

0:21 / QC / What is **love**
4x8 / A¹ / L Triple Walking Jab 4cts
R Triple Walking Jab 4cts / 4reps

0:35 / B up / What is **love**
4x8 / B / L **Combat Stance**
L Jab, R Cross 2cts / 16reps

0:50 / (Synth)
4x8 / C / L, R Uppercut 2cts / 16reps

1:04 / B up
8x8 / D / L Jab, R Cross x2 4cts
L, R Uppercut x2 4cts / 8reps

1:33 / (Electronic sound)
8x8 / E / L Hook x2 4cts
R, L Scissor x2 4cts / 8reps

2:01
Repeat Sequences A to E – R (note A and A¹ only 2 reps each)

3:42
A-Frame Arms 8cts

1A. UPPER BODY WARMUP

This is an energized and eclectic song with a perfect sequence of upper body strikes to warm the muscles of the upper body and switch on the mind, leaving your class mentally and physically ready for the incredible workout to come. Enjoy the contrasts in the music and movement from the easy flow of the Walking Jabs to the power of the Double Hook/Scissors combination.

TECHNIQUE & COACHING

BOXING

Walking Jab

- Turn and face the right: 2 walking Jabs to the right, 1, 2.
- Take the arm out in the front of the face
- Target Zones: Nose, Lip, and Chin
- Corkscrewing the thumb down; elbow to the outside
- Triple: 3, 2, 1
- Boxing Guard up, chin tucked in and light on the feet

Jab/Cross

- Combat Stance: Feet shoulder-width apart. Front foot facing target and rear foot at 45=degrees
- Jab, Cross, right, left
- Target Zones: Nose, Lip and Chin

Uppercut

- Right, left
- Rolling the shoulders forward
- Aiming for a 90-degree angle up and under the chin

Jab/Cross/Uppercut Combination

- 4 Jab/Cross, 4 Uppercuts
- 45-degree-angle punch
- 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 Zone: Under the chin

Double Hook/Scissor Combination

- 2 Hooks, 4 Scissors
- Hook: Descending Punch, coming around and across from the base
- Elbow at 90 degrees
- Lift elbow higher than the fist
- Rotate your hip and release your heel of the striking side
- Strike Surface: First two knuckles, palm down
- Target Zone: Jaw or Temple
- Knees soft in the Scissors to warm up through the lower body

COACHING LAYER 2

IMPROVE EXECUTION & EDUCATE

Walking Jab

- Try to reach a little bit further
- Lift the energy up by taking bigger steps

Jab/Cross

- Going for extension: rotate the rear heel, lengthen the jab

Uppercut

- Keep rolling with the shoulder and firing the obliques, shoulders and lats, getting that ricochet effect through the muscles of the back and core

Jab/Cross/Uppercut Combination

- Twist with the Jabs and feel the warming of the mid-section
- Wide Stance: Set the foundation; the feet play an important role in great execution of your upper body strikes
- Solid stance sets you up for power!

Double Hook/Scissor Combination

- Start to bring some power: Whip the front hip around and bend the knees in the Scissor. GO!

CONNECTION

Jump in right away and get your class excited about this amazing workout. Erin connects with the class, getting them immediately engaged in the experience and psyched-up for what is to come when she says: "Who is ready for an incredible workout? We have one for you... lots of power, high energy and fun." And later she taps into that excitement when she says: "Loosening the body, winding up with the music and getting ready for an epic 55-minute workout... Great energy and attitude to set the standard of this workout.

"Find your own way to connect to the class and build excitement in the room for the training session to come.

1B. LOWER BODY WARMUP

MUSIC Setting Fires 2:23 mins

TRACK FOCUS

The exercises in this track mobilize the joints in preparation for kicking. Use Layer 2 cues to educate your class on WHY these dynamic movements are such excellent preparation for kicks. Since some of the movements are new, use Layer 1 coaching to help your participants execute the movements to enable them to maximize their effectiveness in mobilizing the joints.

FEEL

EDM, Dance/Pop, Driving

3:42 / Intro 1x8 / A-Frame arms 8cts 3:45 1x8 / Squat down – hands to knees 8cts 3:48 / V1 / I've been looking for 2x8 / R Adductor Stretch 16cts 3:56 / Chest to chest with you 2x8 / R Hip Flexor Stretch – facing L 4:03 / Out in the cold 2x8 / L Adductor Stretch 16cts 4:10 / PC / _ I can't keep you from 2x8 / L Hip Flexor Stretch – facing R (Transition to Squat, facing front, on last 4 cts) 4:17 / I can't keep you from 6x8 / A / L Double Lunge (R leg B) 4cts Double Squat 4cts R Double Lunge (L leg B) 4cts Double Squat 4cts / 3reps 4:38 / B up 4x8 / A ¹ / L Lunge 2cts Squat 2cts R Lunge 2cts Squat 2cts / 4reps 4:52 / C / (Dubstep sound) 4x8 / B / L Side Lunge – R hand reaches to inside of L knee 4cts / 4reps R Side Lunge – L hand reaches to inside of R knee 4cts / 4reps 5:07 4x8 / B ¹ / L Side Lunge – R hand reaches to inside of R calf 4cts / 4reps R Side Lunge – L hand reaches to inside of R calf 4cts / 4reps 5:22 / Setting fires to keep you warm _ 4x8 / B ² / L Side Lunge – reach R hand down towards floor 4cts R Side Lunge – reach L hand down towards floor 4cts / 4reps 5:36 / Setting fires to keep you warm _ 4x8 / C / L, R Scissor – Running Arms 2cts / 16reps 5:50 4½x8 / D / L Hip Roll 1ct Step L, R, L 3cts R Hip Roll 1ct Step R, L, R 3cts / 4½reps (On last rep, L foot lands wide to the side – sink into Squat – hands to thighs)		
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1B. LOWER BODY WARMUP

This is a great song to drive up your energy and sharpen your focus as you mobilize the joints, fire up your core, and integrate upper body and lower body movements. Go for depth on your Lunges and Squats to get all of the muscles of the lower body firing and warm for the kicking to come.

TECHNIQUE & COACHING

COACHING LAYER 1

Side Lunge Adductor Stretch and Hip Flexor Stretch

- Adductor Stretch: Side Lunge. Hips back and down
- Hip Flexor Stretch: Face the side, square the shoulders and hips to the floor, rear knee low to the floor, rear heel off the floor, shoulders down and back



Lunge/Squat Combination

- Double Lunge/Double Squat: Left leg steps back, Double Lunge, two Squats. Then right leg back
- Lunge: Long step back, chest lifted, brace the abs. Hips square to the front and front thigh parallel to the floor
- Single Lunge/Single Squat: One and one. Start driving through the heel and aim for depth



Side Lunge

- Side Lunge to the right: 4, 3, 2, 1
- Hand to the inside of the knee
- Then take your hand to the inside of the calf



Alternating Side Lunge

- One right, one left
- Start driving the hips lower and the hand down towards the floor

Scissor

- Lengthen your stride and get low down to the floor

Hip Roll

- Hands up to guard
- Mobilizing the hips to set up for perfect kicks

COACHING LAYER 2

EDUCATE

Use your Layer 2 coaching as Caley does to coach your class to understand WHY this part of the warmup is important. For example, Caley says: "Stretches are vital in warming up the body for the next part of the workout: kicks." And, later during the Side Lunge sequence, she says: "It's these dynamic movements that warm our muscles up faster." This helps participants understand how this dynamic warmup helps to prepare them for the work ahead.

CONNECTION

The Side Lunges are a great opportunity to connect to your class and check in on them. Find an opportunity during that longer block to get a pulse on the energy of the class. This is a great time in the track to look, see, and respond to your participants.

1C. INTEGRATED WARMUP

MUSIC Shut It Down 3:14 mins

TRACK FOCUS

This track engages the muscles of the lower body with Knees and Kicks, giving your class a solid understanding of these lower body strikes. Clearly coach the Kicks to set your class up with great execution of all of the basic lower strikes, getting them moving with confidence and precision, right from the start.

FEEL

Hip Hop, R'n'B

MARTIAL ARTS

Kick-boxing, Tae Kwon Do, Karate

6:06

2x8 / Squat – Adductor Stretch

(On last 4cts push hips B and lengthen legs into Double Hamstring Stretch)

6:13 / (Distorted voice)

4x8 / Squat 2cts

Double Hamstring Stretch 2cts / 7reps

(Hold last Squat down and slowly rise up – set R heel and reach arms O/H 8cts)

6:30 / (Heavy electronic sounds)

4x8 / A / L Roundhouse Knee 2cts / 16reps

👁 L Roundhouse Kick on 45-degree angle (on last 4 cts)

6:47 / C / 'bout to shut it **down**

4x8 / B / L Roundhouse Kick on 45-degree angle 2cts

Step B, F 2cts / 8reps

👁 L Knee 2cts

L Front Kick 2cts (on last rep)

7:04 / all my ladies shake they _

4x8 / C / L Knee 2cts

L Front Kick 2cts / 8reps

👁 L Side Kick 2cts

Step out, in 2cts (on last rep)

7:20 / oh yeah, that's it

4½x8 / D / L Side Kick 2cts

Step out, in 2cts / 9reps

7:40 / (Music softens)

1½x8 / Recover and transition to Wide Squat – Cross Block Guard

7:46 / B up / **Whoa** now, whoa now

2x8 / E / L Lunge (R leg B) 2cts

Squat 2cts

R Lunge (L leg B) 2cts

Squat 2cts / 2reps

7:55 / **Whoa** now, whoa now

2x8 / E¹ / Speed up

L Lunge 1ct

Squat 1ct

R Lunge 1ct

Squat 1ct / 4reps

8:03 / B up

2x8 / E² / Ginga L, R 4cts / 4reps

8:12

REPEAT SEQUENCES A to D – R

(note D only 8 Reps)

1C. INTEGRATED WARMUP

This song has a great energy and beat. Keep your coaching clear and succinct so that your class can feel the music as they perfect their kicking technique. Keep your voice conversational for most of the track to keep the vibe relaxed yet energized in this final section of the warmup.

TECHNIQUE & COACHING

Squat/Hamstring Stretch

- Sink your hips down in the Squat then push your hips back and lengthen through the hamstrings
- One Squat, one stretch

Roundhouse Knee

- Set your left leg, right Roundhouse Knee
- Knee comes up at a 45-degree angle
- Pull your hands down towards your hips
- Keep your heel close to your butt
- Strike Surface: Top of the knee
- Target Zone: Ribs of your opponent

Roundhouse Kick/Step

- Roundhouse Kick and a step on the angle
- Set your left heel out and open your right arm
- Lean back
- Target Zone: Waist
- Striking with shin/shoelaces

Front Knee/Front Kick

- One Knee, one Kick
- Knee comes up towards the body
- Front Kick Target Zone: Stomach
- Strike with the ball of the foot

Side Kick/Step

- One Side Kick, one Step
- Heel up, toes down
- Push the foot by using your glutes
- Strike Surface: Blade of the foot
- Target Zones: Thigh, hips, ribs

Ginga

- Feet wide, lift through the chest: Step back, step in
- Quicker: Rear knee goes down, front thigh parallel to the floor
- As you move into the Ginga, a little side to side

COACHING LAYER 2

Use the blocks of each kick on the second side to help your participants gain a deeper understanding of these lower body strikes with your Layer 2 Coaching.

Roundhouse Knee

- Bridge the gap between your ribs and your hips to fire up your core and prepare for the kicks ahead

Roundhouse Kick/Step

- Always retract the leg back to your body

Front Knee/Front Kick

- Lean back
- Swing the arm as you kick, to lengthen the kick

Side Kick/Step

- Last 4 reps, perfect technique to set the tone for the workout ahead!

CONNECTION

The lower body strikes in this track come at you at a comfortable pace. Use the time you have in the blocks of each kick, particularly on the second side, to connect with your participants and check in on how their bodies are feeling, like Reagan does when he says: "Are you loving the feel?" He connects with the class and turns their awareness to the feel of the movements, helping them to switch on their kinesthetic awareness and engage both physically and mentally in the experience. Throughout the track he maintains a very encouraging vibe and positive energy. Find your own ways during the track to cultivate a positive group energy and set that tone for the rest of the workout.

02. COMBAT 1

MUSIC Mayday 6:01 mins

TRACK FOCUS

The focus of this track is to perfect the technique and feel of the Jump Kick, and to clearly understand its alternative, the Step Kick.

FEEL

Electro House, Ominous, Aggressive

MARTIAL ARTS

Kick-boxing, Muay Thai

0:00 / Intro / We're going down

2x8 / **L Combat Stance**

0:07 / V1 / (Electronic sounds)

6x8 / A / L Jab, R Cross 2cts

L Ascending Elbow 2cts

Pulse F, B x2 4cts / 6reps

👁 L Front Kick 2cts

Step B 2cts (on last 4 cts)

0:27 / B up / (Breakdown)

8x8 / A¹ / L Jab, R Cross 2cts

L Ascending Elbow 2cts

L Stepping Front Kick 2cts

Step B 2cts / 8reps

(Extend stride – making steps longer – after 4 reps)

👁 L Jump Kick 2cts

Step B 2cts (on last 4 cts)

0:53 / C / Mayday, we're going down _

8x8 / A² / L Jab, R Cross 2cts

L Ascending Elbow 2cts

L Jump Kick 2cts

Step B 2cts / 8reps

1:20 / (Music fades)

1x8 / Striking Guard and hold

1:23 / V2 / (Silence)

5x8 / B / L Jab 2cts / 20reps

👁 L Jab, R Parry, L Jab 4cts

Pulse F, B x2 4cts (on last 8 cts)

1:40 / (Music lifts)

8x8 / C / L Jab, R Parry, L Jab 4cts

Pulse F, B x2 4cts / 8reps

👁 L Side Kick to the front (on last 4 cts)

2:06 / (Music drops)

8x8 / C¹ / L Jab, R Parry, L Jab 4cts

L Side Kick to the front 4cts / 8reps

👁 L Jab, R Cross 2cts

L Ascending Elbow 2cts

L Jump Kick 2cts

Step B 2cts (on last 8 cts)

2:33 / C / (Heavy electronic sound)

8x8 / A² / L Jab, R Cross 2cts

L Ascending Elbow 2cts

L Jump Kick 2cts

Step B 2cts / 8reps

2:59

2x8 / Striking Guard – Recover and transition into **R Combat Stance**

3:06

REPEAT SEQUENCES A to 2nd A² – R

5:58

Striking Guard to finish!

02. COMBAT 1

Your mind and body are ready from a great warmup; it's time to dig into this powerful track that dials up the workout to the next level! Use the builds in music to feel an increase in the power of your strikes and kicks. Coach the different training effects of the kick options: Jump Kick for agility and the Step Kick for power. Your class should finish this track feeling empowered!

TECHNIQUE & COACHING

COACHING LAYER 1

Jab, Cross, Ascending Elbow, Pulse

- Aim for the nose with the Jab/Cross
- Aim for the nose and under the chin with the Elbow; strike with the elbow
- On the Elbow, keep your arm flexed

Jab, Cross, Ascending Elbow, Step Kick

- Add the Step Kick. Step left, kick right
- As you throw the kick, lean back

Jab, Cross, Ascending Elbow, Jump Kick

- Next combo: Add the Jump Kick
- Option: For less impact: Step through with POWER
- Strike with the ball of the foot

Jab

- Right Jab
- Rotate your shoulder
- Keep your elbows bent



Jab, Parry, Jab, Pulse

- Punch, block, and punch again
- Make your Parry strong to deal with incoming punch effectively
- Attack and retreat



the

Jab, Parry, Jab, Side Kick

- Jab, Parry, Jab, Side Kick to the front
- Turn your standing heel towards the front on the Side Kick
- Toes down and hold the kick

COACHING LAYERS 2 & 3

COACHING LAYER 2

Once your class has foundational understanding of the combinations, use Layer 2 cues to help your participants improve execution and increase the intensity to get more out of each combination. Coach them towards achieving great results!

Jab, Cross, Ascending Elbow

- Make your punches long

Jab, Cross, Ascending Elbow, Step Kick

- Extend your stride; start to make your steps longer to bring in more power
- Push your hip forward to activate your abs and protect your back
- Retract your kick as fast as possible
- Take longer steps. This makes your move faster and gives you more POWER

Jab, Cross, Ascending Elbow, Jump Kick

- Aim for length
- Add the arm swing for power
- Options: Step for POWER, jump for AGILITY
- Either option gives you an integrated workout with upper and lower body working together

Jab

- Retract your arm

Jab, Parry, Jab, Pulse

- Attack, retreat, attack
- When you attack lean forward; when you escape lean backwards
- Go faster than your shadow!

Jab, Parry, Jab, Side Kick

- Feel the massive explosion in your glute muscles in the Side Kick

COACHING LAYER 3

- "I have a kick challenge for you. Who wants to kick stronger? Who wants to kick higher? Sharper? Who wants to FLY?"
- "Show me some real steel with the right feel, which is the feel of... POWER!"

CONNECTION

Watch how Eduard connects with the class, engaging his participants from the start when he says: "Welcome to your Kick-boxing extravaganza!" Find ways in the track to connect your class to each other; the track is integrated upper and lower body working TOGETHER. Make sure your class is also working TOGETHER and that they feel the energy and power of being together as ONE TRIBE! Edward does this when he says: "Join me for round number 2!"

Eduard uses the song and the power in the movement and his voice to create an exciting experience for his class. He uses a big, motivational voice to get his class to powerfully drive the Step Kick/Jump Kick and the Side Kicks. He also clearly shows shifts in the energy of the song with a shift in his physical intensity. He digs into some great Layer 3 coaching to motivate his participants to the end of the track. Find the contrast in the music and reflect these shifts in your physicality and vocals.

03. POWER TRAINING 1

MUSIC Wild Horses 4:51 mins

TRACK FOCUS

This Power Training track elevates the heart rate with multiple Boxing combinations designed to stimulate the mind and challenge the body. Fast punches and footwork take you to your next level of intensity in this training session.

FEEL

Indie Pop, Uplifting, Determined, Resilient

MARTIAL ART

Boxing

0:00 / Intro / (Dance music)
1x8 / Prepare to run 8cts

0:02
7x8 / L, R Run 56cts

0:22 / V1 / (Soft music)
16x8 / A / Front Stance
L Uppercut x3 6cts
L Hook 2cts
R Uppercut x3 6cts
R Hook 2cts / 8reps

1:06 / PC / _ I will survive
8x8 / A¹ / L Uppercut, L Hook 4cts
R Uppercut, R Hook 4cts / 8reps

1:28 / C / (Instrumental)
8x8 / B / L, R Jab x4 8cts
L Uppercut, L Hook 4cts
Cross Jack x2 4cts
R, L Jab x4 8cts
R Uppercut, R Hook 4cts
Cross Jack x2 4cts / 2reps

1:50 / V2 / _ I remember
8x8 / A¹ / L Uppercut, L Hook 4cts
R Uppercut, R Hook 4cts / 8reps

2:12 / C / _ I will survive
8x8 / B / L, R Jab x4 8cts
L Uppercut, L Hook 4cts
Cross Jack x2 4cts
R, L Jab x4 8cts
R Uppercut, R Hook 4cts
Cross Jack x2 4cts / 2reps

2:34 / PC / I will survive (Quiet vocals)
8x8 / L, R Run 64cts
(Level 2 after 32 cts and turn 45 degrees to R side)

2:56 / C / I will survive
2x8 / L Combat Stance
L Jab, R Cross x4 8cts
L Uppercut, L Hook 4cts
Cross Jack x2 4cts / 8reps
L Hook to finish and recover

3:44 / PC / one who's stronger
7x8 / R, L Run 56cts
(Level 2 after 24 cts and turn 45 degrees to L side)

4:04 / C / I will survive
16x8 / R Combat Stance
R Jab, L Cross x4 8cts
R Uppercut, R Hook 4cts
Cross Jack x2 4cts / 8reps

R Hook to finish!

03. POWER TRAINING 1

Coach the Boxing combinations with clarity and confidence so that your class executes each combination in its entirety from the very first repetition. Once participants show confidence in executing the combinations, use Layer 2 cues to help them amplify the intensity and Layer 3 cues to motivate them to the very end. The lyrics of the song create a sense of resilience and determination; choose your coaching language to create that same feeling.

TECHNIQUE & COACHING

COACHING LAYER 1

Most of your coaching in this track with be Layers 2 and 3 cues since your participants have already executed these punches earlier in the class. Focus on setting up the essentials of the combination in the first round, then helping them manage intensity and improve education as you move through the rounds. In the 8 Jabs, Uppercut, Hook, Cross Jack Combination, clearly coach that the lead arm switches in the first round when in Front Stance but then stays the same in rounds 2 and 3 once you are executing from Combat Stance. Listen to how Erin is very specific in how she cues this in the first round to make sure participants have all of the information they need to be able to complete the combination correctly from the start. She says: "8 Jabs, right, left, Uppercut, Hook, Double Cross Jack. Left side: 8." Keep your coaching succinct and clear.

Round 1

Triple Uppercut, Hook Combination

- Front Stance, Triple Uppercut Right, 3, 2, 1, Hook, Switch
- Set the base and build power from the floor up. Feet wide, knees soft
- Hips moving freely and torso rotating naturally
- Shoulders relaxed
- Punches coming under and over
- Heel releases on the Hook

Uppercut, Hook Combination

- Single time: Upper, Hook, 1, 2

8 Jabs, Uppercut, Hook, Cross Jack Combination (Front Stance)

- Speed Training: 8 Jabs, right, left, Uppercut, Hook, Double Cross Jack
- Option: For Cross Jack: Power Squat

COACHING LAYER 2 & 3 - ROUND 1

Triple Uppercut, Hook Combination

- Once you have the combination, add power: Hip turns on the hook, core firing as you add intensity to your punches, getting stronger with every strike

Uppercut, Hook Combination

- True power: Take a big breath in and stay solid in your upper body
- Use the legs and the core to work explosive power
- We should have fire in the belly
- Second set: Don't pull back. Stay in the pocket and keep the intensity high. We've lit the fire and now we're going to keep it burning

8 Jabs, Uppercut, Hook, Cross Jack Combination (Front Stance)

- Second set: Go HARDER!
- Accelerate the Jabs, lifting your heart rate and working your fast-twitch muscle fibers
- Agility training: Keep light on your feet

COACHING LAYER 2 & 3 - ROUND 2

8 Jabs, Uppercut, Hook, Cross Jack Combination (Combat Stance)

- Right Combat Stance
- 8 Combinations, back-to-back
- Power Squat: Work hard by sitting your hips back and driving arms up
- Ready to light the fire and turn it up in here? How? By using your core and using your legs
- Whip the rear hip around
- Show us what you've got!

COACHING LAYER 2 & 3 - ROUND 3

8 Jabs, Uppercut, Hook, Cross Jack Combination (Combat Stance)

- This is your last chance here: SPEED, POWER!
- Be the one who is stronger!
- Last 4: Your maximum! Your 100%!
- You get out what you put in. How are you going to finish?

CONNECTION

Use the quieter parts of the music during the Run, as Erin does, to connect to your class and congratulate them on the efforts they've put into each set. For example, after the first set she says: "Breathe... massive first set." She acknowledges their work and then starts to prepare them for the next set. The Runs provide that perfect opportunity to connect and check in on your team.

Then use the lyrics to help motivate your participants to push harder than they think possible. The song says: "I will survive and be the one who's stronger." Erin taps into this emotion when she says: "Strength comes out of the struggle. This is tough but so are you and tough situations build strong people." Motivate your class to be STRONGER than they think they can be and to push through to the end!

04. COMBAT 2

MUSIC Mama Do The Hump 3:36 mins

TRACK FOCUS

Dial up the fun with this Kick Conditioning track using Tae Kwon Do kicks and Karate upper body strikes. Test precision, control, and balance as you challenge yourself on the Kick KATA.

FEEL

Alternative Hip Hop, Fun

MARTIAL ARTS

Tae Kwon Do, Karate

0:00 / Intro /
5x8 / Prepare in Front Stance

0:12 / A /
3x8 / L Side Kick 4cts
Hold 4cts / 3reps

0:20 / V1 / Yo coming in
8x8 / B / L Side Kick 2cts
Tap down 2cts / 16reps

0:39 / **Yeah** lemme touch
8x8 / C / L Pendulum Front Kick 2cts
Tap down 2cts / 16reps

0:59 / C / Mama do the hump
8x8 / D / L Side Kick, L Front Kick (no Tap down
in between) 4cts
Land in Front Stance 4cts / 8reps
(Option to add a hop to the kicks after 4 reps)

1:18 / V2 / _ Yo it's been a long
8x8 / B / R Side Kick 2cts
Tap down 2cts / 16reps

1:38 / QC / Mama do the hump
8x8 / C / R Pendulum Front Kick 2cts
Tap down 2cts / 16reps

1:57 / Yeah yeah I love
8x8 / D / R Side Kick, R Front Kick (no Tap
down in between) 4cts
Land in Front Stance 4cts / 8reps
(Option to add a hop to the kicks after 4 reps)

2:17 / C / Mama do the hump
4x8 / D¹ / L Side Kick, L Front Kick 4cts
Land in Front Stance 4cts / 2reps
Repeat to R side 16cts

2:26 / V3 / When we step into
8x8 / E / Double L Back Fist – to L side 4cts
Pulse R, L x2 4cts
Double R Back Fist – to R side 4cts
Pulse L, R x2 4cts / 4reps
👁 R Back Fist, L Karate Punch (on last rep)

2:46 / **Hold** back na na na na
8x8 / L Back Fist, R Karate Punch – to L side
4cts
Pulse R, L x2 4cts
R Back Fist, L Karate Punch – to R side 4cts
Pulse L, R x2 4cts / 4reps

3:06 / C / Mama do the hump
12x8 / D¹ / L Side Kick, L Front Kick 4cts
Land in Front Stance 4cts / 2reps
Repeat to R side 16cts / 3reps

Ukulele finish! (Performance opportunity)

04. COMBAT 2

Highlight the Pendulum Kick for your class and coach them on how it should be executed differently in terms of style, timing, and feel as compared to a Front Kick. Use Layer 2 cues to make sure they understand the benefits. Coach them to find speed in the Back Fist, Karate Punch combination and to stay light on their feet.

TECHNIQUE & COACHING

COACHING LAYER 1

This track has some strikes that we have not seen yet in the class and also some fresh combinations of kicks that your class has already done in previous tracks. Start with Layer 1 cues to set everyone up for great execution and then move fairly quickly into Layer 2 cues, particularly for the strikes they've already executed earlier in the class.

TAE KWON DO

Side Kick Repeater

- Side Kick and down
- Aim 45 degrees down
- Bend your standing leg
- Tuck your elbows in
- Abs braced



Pendulum Front Kick

- Kick comes in and back
- More hip drive forward and back than a typical Front Kick



Side Kick, Pendulum Front Kick Combination

- Side Kick, Front Kick without touching the floor in between the strikes
- If you can, add agility and a hop



KARATE

Double Back Fist, Bounce

- Double Back fist, bounce left and right
- Elbow up and in line with the shoulder
- Strike with the back of the fist



Back Fist, Karate Punch

- Game of tag: One Back Fist high, one Karate Punch low

COACHING LAYER 2 & 3

Listen carefully to how Dan uses Layer 2 coaching to: 1) help participants improve their execution of the kicks and upper body strikes, 2) educate the class about the benefits of the movements and the Martial Arts that they come from, and 3) increase the intensity of the strikes as the track progresses.

Side Kick Repeater

- Loading your quads
- Spread your toes inside your socks to help you balance
- Bend the knee a little more
- Retraction: In and back

Pendulum Front Kick

- The increased hip drive works more hip stabilizers; this helps you to kick better, improving your precision and timing
- Shoulders go back
- Brace your abs to protect your lower back and make your kick more powerful

Side Kick, Pendulum Front Kick Combination

- Tae Kwon Do is all about flamboyancy
- You don't have to kick high but once you have the feeling, hop with it
- It's all about balance and control
- The Kick KATA makes us stronger

KARATE

Double Back Fist, Bounce

- More relaxed and freestyle; usually Karate is upright and rigid

Back Fist, Karate Punch

- Like a game of tag, can you get in and then can you get back?
- Stay light in your legs

CONNECTION

Tune into the FUN vibe of the music and movement in this track. Watch how Dan uses his facial expressions and the energy in his body to create an atmosphere of fun throughout the track. Enjoy it and your class will too!

05. POWER TRAINING 2

MUSIC Eternal 8:05 mins

TRACK FOCUS

This track has three phases to take you to ultimate fatigue: Muscular Strength and Endurance Phase, Integrated Core Phase and the Metabolic Kicker. Stay focused to challenge yourself in each phase for maximum results.

FEEL

Drum 'n' Bass, Unwavering

MARTIAL ART

MMA

0:00 / Intro /
12x8 / Transition to floor and introduce track

0:33 / V1 / I would **run** the
4x8 / A / Wide Pushup – down quickly, up slowly
8cts / 4reps

0:44 / But then we **fall**
8x8 / B / L hand F – Diagonal Pushup 4cts
Reset Pushup position 4cts
R hand F – Diagonal Pushup 4cts
Reset Pushup position 4cts / 4reps

1:05 / C / (Electronic music)
16x8 / B¹ / Faster tempo
L hand F – Diagonal Pushup – 2cts
Reset Pushup position 2cts
R hand F – Diagonal Pushup 2cts
Reset Pushup position 2cts / 16reps
(Option to stay with slower tempo or recover at any time and join back in)

1:49 / V2 / If we could run so
6x8 / Recover and demonstrate the Integrated Core Exercise
👁️ Plank position
Jump feet out, in, out 4cts
Hold 4cts
Jump feet in, out, in 4cts
Hold 4cts (on last 16 cts)

2:06 / V2 / Lift our spirits
10x8 / C / Plank position
Jump feet out, in, out 4cts
Hold 4cts
Jump feet in, out, in 4cts
Hold 4cts / 5reps
(Options - Plank with Alternating Knee Drop or hold Static Hover)

2:33 / V3 / could **give** the light to you
10x8 / Recover and slowly come up to standing
👁️ **L Combat Stance**
L Jab, R Cross x2 4cts
L Jab 2cts
R Cross 2cts
Modified Sprawl 8cts (on last 16 cts)

2:59 / I would **run** eternity
6x8 / D / L Combat Stance
L Jab, R Cross x2 4cts
L Jab, R Cross 4cts
Modified Sprawl 8cts / 3reps
👁️ L Jab, R Cross 4cts
L Jab 2cts
R Superman Punch 2cts
Modified Sprawl, Jump Up 8cts (on last rep)

3:17 / C / (Electronic music)
16x8 / D¹ / L Jab, R Cross 4cts
L Jab 2cts
R Superman Punch 2cts
Modified Sprawl, Jump Up 8cts / 8reps
(Options – 2 Power Squats or 4 Jump Jacks instead of Modified Sprawl)

4:01 / Br / (Instr)
10x8 / Recover and transition back to floor

4:28 /
REPEAT SEQUENCES A to D¹ – R (A is 6 reps)

05. POWER TRAINING 2

Coach the options in each phase clearly in order to make sure that everyone feels successful. Educate your participants on how to achieve overload in the strength phase by pulling out of the movement just BEFORE you hit fatigue and then after a short recovery coming back to the movement to challenge yourself again. This will help your class to maximize results by achieving overload of the muscles.

TECHNIQUE & COACHING

COACHING LAYER 1

MUSCULAR STRENGTH & ENDURANCE PHASE

Wide Pushups

- Hands outside shoulder-width, away from ears, weight in palms
- Chest no lower than the elbow crease

Chest, Tricep Pushup Combo

- Right arm steps forward, Diagonal Pushup, reset, and left arm steps forward, Diagonal Pushup

Options

- Slow tempo: Strengthen and condition your muscles
- Moderate tempo: Increased challenge

Just BEFORE you fatigue, sit back, shake out, and then re-attack the challenge when you're ready. Over time, you'll build up great endurance and get stronger.



INTEGRATED CORE PHASE:

Plank/Jack

- From Plank position, feet go: out, in, hold out then in, out, in, freeze
- Brace abs, long spine
- Jack your feet



- Options:
 - Alternate the leg drop
 - Hold Hover on knees or toes
- Core firing
- All options are Integrated Core Training



METABOLIC KICKER:

Jab, Cross, Superman Punch, Modified Sprawl Combination

- Draws from several Martial Arts: Kick-boxing, Muay Thai, Jui Jitsu, Wrestling
- Watch the first combo then join in on the last 3
- Jab, Cross: 1, 2, 3, 4, 5, 6, down, sprawl, stand up



Options:

- 2 Power Squats (Power)
- Modified Sprawl (Skills Training)
- Jacks (Cardio)
- Once you have the combination you can add the Superman Punch, and a jump when you come up from the Modified Sprawl
- On the Superman Punch: Push your weight into the front leg, elbow to the outside, and roll your shoulders around. Your rear leg will naturally whip.

COACHING LAYER 2 & 3

As you start the second side, coach your participants, as Dan does, on how to really improve strength and endurance. He helps them understand how to get more out of the track when he says: "We are going to hit the Muscular Strength and Endurance phase again. But because it is the second time, your muscles are going to be very fatigued. BEFORE you start to fatigue, sit back, recover for a few reps, and then join back in... that's how we get stronger."

MUSCULAR STRENGTH & ENDURANCE PHASE:

Wide Pushups

- Push the floor away from you. Push down

Chest, Tricep Pushup Combo

- Left arm first on the second side
- The pain barrier has been broken!
- Keep pushing that floor away from you
- You are nearly there!
- Don't be scared to take a break for a couple of reps and come back

INTEGRATED CORE PHASE:

Plank/Jack

- Long straight back, abs braced
- Reactive Core Training: Every time you move your body your abs have to react
- A strong core is going to perfect your punching

METABOLIC KICKER:

Jab, Cross, Superman Punch, Modified Sprawl Combination

- Integrated Core Training: Big heart-kicker. Burn fat for 2 to 3 hours after this workout
- When you squat into the Sprawl, drop down so that the butt is in line with the knees, hands low, drop down, jump your legs, brace your abs, feet wide and then stand up
- Two Jumps: One on the Superman and one on standing
- Explode the first Jab to create a domino effect and set up for more power in every strike following

CONNECTION

This is a challenging track; the group energy and connection will be key in helping your class do that extra repetition of their most challenging option. Dan shows a great example of this when he says: "Put your hands up if your heart rate was lifted." This creates the feeling for everyone that they are not alone.

Performance in this track comes in by truly challenging your participants. Watch how Dan motivates everyone to take the challenge when he says: "Sometimes you might need someone to say to you, you're awesome, you're doing fantastic but every now and then you need someone who is going to stand up to you... someone who is going to say you CAN do more, you CAN be better! That's how you create change. Push through that boundary right now!" Find an authentic way to help your class push through their preconceived notion of what they are capable of into the realm of: What if I CAN?

05. POWER TRAINING 2

MUSIC Gud Vibrations 3:29 mins

TRACK FOCUS

The focus of this track is the 13-hit, multi-directional Boxing combination that engages the mind and body.

FEEL

Dance, Electronic, Energized

MARTIAL ART

Boxing

0:00 / Intro /
8x8 / L, R Run 64cts (Level 2 after 32 cts)

0:24 / V1 / _ It's such a good vibration
8x8 / A / L Combat Stance
L Jab, R Cross 2cts / 32reps
👁 L Jab to head 1ct
L Jab to body 1ct
R Cross 2cts (on last 4 cts)

0:48 / (Instr)
4x8 / B / L Jab to head and body 2cts
R Cross 2cts
Pulse F, B 4cts / 4reps
👁 L Uppercut to R side 2cts
R Uppercut to front 2cts (on last rep)

1:00 / B up / (High energy)
4x8 / B¹ / L Jab to head and body 2cts
R Cross 2cts
L Uppercut to R side 2cts
R Uppercut to front 2cts / 4reps

1:12 / C
12x8 / C / L Jab, R Cross x4 8cts
L Jab to head and body 2cts
R Cross 2cts
L Uppercut to R side 2cts
R Uppercut to front 2cts / 6reps
(L Uppercut to finish!)

1:48 / (Music fades)
4x8 / Recover and set up R Combat Stance

2:00
REPEAT SEQUENCES A to C – R

05. POWER TRAINING 2

Turn on your mind, fire up your upper body, and find your good vibes as you dig into this winning combination! Coach your class how to clearly work the angles and levels of this combination.

TECHNIQUE & COACHING

COACHING LAYER 1

Most of your coaching in this track is in Layers 2 and 3 since you have already executed all of these punches previously in the class. Make sure you still cue the name of the move and preview as needed, to make transitions from one set to the next very clear.

Jab, Cross

- Jab, Cross, right, left

Jab (Head), Jab (Body), Cross

- Head, Body, Head and Pulse
- Bend your knees and drop down to the body and then pop up to the head

Head, Body, Cross, Uppercut, Uppercut

- Working angles and levels
- First Uppercut to the side, second Uppercut to the front

Combination: Jab, Cross/Head, Body, Cross, Uppercut, Uppercut

- Combo: Jab, Cross, R L for 8. Then add combo: Head, Body, Head, Uppercut

COACHING LAYER 2 & 3

Jab, Cross

- Try for some flow
- Great flow comes from great stance: Bend your knees, rear heel off the floor, hips forward, and chin tucked in

Jab (Head), Jab (Body), Cross

- Who feels like this punch is the winning punch?

Head, Body, Cross, Uppercut, Uppercut

- Drop and drive into the Uppercut

Combination: Jab, Cross/Head, Body, Cross, Uppercut, Uppercut

- Wrap your head around this
- This combination needs a little thinking to make you mentally agile
- Find the level, bend your knees. Then cut the angle on the Uppercuts
- Get under, pop up
- Last rep, go for speed!

CONNECTION

Find your good vibes as you teach this track and help your class connect to the energy and “good vibrations” of the song.

06. COMBAT 3

MUSIC Fracture 6:21 mins

TRACK FOCUS

Bring the heart rate down and put the work into the legs with this lower-body Capoeira conditioning track. The use of fewer repetitions of the combination allows you to focus on perfect technique to create better results and to improve efficiency in your kicks.

FEEL

Big Room, Electronic Dance, Ethereal, Focused

MARTIAL ART

Capoeira

0:00 / Intro / 1x8 / Prepare to step 0:05 / V1 / (Instr) 5x8 / A / R leg Step F, B 4cts / 10reps 0:30 / it's easier when we start 4x8 / A ¹ / R leg Lunge F, B 4cts / 8reps 0:50 / take it as it comes 8x8 / A ² / R Front Kick x2 4cts R leg Lunge F, B 4cts / 8reps (Level 2 after 4 reps) 1:30 / Br / (Breakdown) 1x8 / B / R, L Ginga 4cts / 2reps 1:35 / V2 / When I'm alone 8x8 / B ¹ / R, L Ginga 4cts R Esquiva (forward facing) 3cts R leg steps B 1ct / 8reps (Option to reach down with R hand on Esquiva after 4 reps) 2:15 / C / take it as it comes 4x8 / A ² / R Front Kick x2 4cts R leg Lunge F, B 4cts / 4reps 2:35 / Step feet together and recover 2:43 / REPEAT SEQUENCES A to 2nd A² – L 5:13 / 2x8 / Recover 16cts 5:23 / V3 / begin , need to feel 10x8 / Squat, L Front Kick 2cts Squat, R Front Kick 2cts Squat x2 4cts / 10reps (Option to hop as you kick on last 4 reps) 6:13 / Outro / 1x8 / Feet together to finish!		
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06. COMBAT 3

Less is more! The combination in this track only comes in blocks of 4 repetitions. Use your Layer 2 cues to coach participants on how to get the most out of those 4 reps by coaching range of motion and by helping them to understand HOW range of motion affects intensity.

TECHNIQUE & COACHING

COACHING LAYER 1

Lunge Forward, Lunge Back

- Step, forward and back
- Once you have the step, drop into a Lunge
- Lunge: 90/90
- Rear heel off the floor
- Chest up
- Abs braced
- Push through your front heel, and the ball of your foot on the rear leg

Capoeira Kick Combo: Two 2 Kicks, Lunge Forward, Lunge Back

- Capoeira Kick Combo: Hold at the back, 2 kicks, lunge forward and back

Ginga

- Step out, step back

Ginga, Forward-Facing Esquiva

- Forward-Facing Esquiva: Slower and forward facing with the chest
- Abs braced
- Long step, toes out, straighten the rear leg, push through the heel of your bent leg. If you can, reach down



Squat, Kick, Squat, Kick, Double Squat

- Squat Kick, right, left, then Double Squat
- As you fatigue your technique crumbles, the knees come in and the chest falls forward. Fight against this: Lift your chest, push your butt down and keep your knees out

COACHING LAYER 2 & 3

In this track, intensity is manipulated primarily by controlling the range of motion, taking longer steps, and sinking deeper into the movements to increase intensity. Help your participants achieve this by giving great Layer 2 cues to MANAGE INTENSITY by changing the range of movement to meet their needs. Be clear in your coaching so that they understand exactly HOW to shift the range of motion in each different movement in the track.

Lunge Forward, Lunge Back

- To get results from this track, take the longest step forward and the longest step back
- Use the dynamic recovery to ascertain how long your step should be

Capoeira Kick Combo: 2 Front Kicks, Lunge Forward, Lunge Back

- Only 4 reps: The biggest step forward and the biggest step back. Slam the Kick and stick the Lunge
- Stick the Lunge: Drop down and hold
- Looking for quality: Depth and range
- The challenge comes from gripping the Lunge and firing that shot from the floor
- From the floor, hold and then slam the Kick
- Feel your glutes getting stronger!

Ginga, Forward-Facing Esquiva

- Mobility, core strength, and flexibility will determine your range of motion on the Esquiva
- This is challenging. Stay in the top of your range if you need to
- Push to your next level

Squat, Kick, Squat, Kick, Double Squat

- 4 with more power and with a hop
- Abs, glutes, hamstrings are firing to give you speed and fitness!

CONNECTION

This track is all about getting your class to get the most out of every single rep, even as they begin to fatigue. Watch how Rachael keeps her participants focused when she says: "One great rep beats 10 average reps." She coaches them to push through to the very end with intense focus, staying with perfect execution even as they reach their point of fatigue when she says: "What we need to be good at is finding our threshold and smashing it!" Ask them to push through their physical and mental barriers. "The challenge is to push through your recovery!"

07. MUAY THAI

MUSIC New Era 4:40 mins

TRACK FOCUS

Time for a Muay Thai fight: Elbows, Knees, and fierce determination! Feel the gear shifts in this track as the intensity steps up, catapulting you to your cardiovascular peak!

FEEL

Drum 'n' Bass, Frenetic

MARTIAL ART

Muay Thai

0:00 / Intro / (Music builds)

2x8 / **L Combat Stance**

0:05 / V1 / (High-energy sound)

4x8 / A / L Descending Elbow 2cts

R Ascending Elbow 2cts

Pulse F, B x2 4cts / 4reps

0:16 / PC / (Music builds)

4x8 / A¹ / L Descending Elbow 2cts

R Ascending Elbow 2cts / 8reps

👁 L Knee x2 4cts (on last rep)

0:28 / C / (Heavy dance sounds)

8x8 / A² / L Descending Elbow 2cts

R Ascending Elbow 2cts

L Knee x2 4cts / 8reps

0:49

8x8 / B / R Knee x8 16cts

L Knee x8 16cts / 2reps

(Level 2 after 1 rep)

1:12 / V2 / A new era has begun _

4x8 / C / L Triple Circular Elbow 4cts

Pulse F, B x2 4cts / 4reps

👁 R Knee x2 4cts (on last rep)

1:23

4x8 / C² / L Triple Circular Elbow 4cts

R Knee x2 4cts / 4reps

1:34/ C / (Music builds)

8x8 / B¹ / L Knee x8 16cts

R Knee x8 16cts / 2reps

(Level 2 after 1 rep)

1:56 / (Music builds)

8x8 / D / L, R Running Man Knee 4cts / 16reps

L Knee to finish!

2:18

2x8 / Recover

2:24 /

REPEAT SEQUENCES A to D – R

07. MUAY THAI

Let the gear shifts in this track really show in your body and don't over-coach these changes. The increases in intensity should be evident in your physicality so that the members of your class SEE and FEEL the shift when you punch up the intensity. Work to get fit to teach this track so you have the physical range to show these shifts with authenticity and clarity.

TECHNIQUE & COACHING

COACHING LAYER 1

Descending Elbow, Ascending Elbow, Pulse

- Descending, Ascending Elbow, then Pulse
- Target Zones: Right elbow strikes the eyebrow, left elbow strikes under the chin

Continuous Descending, Ascending Elbow

- Down, up
- Opposite shoulder towards opposite hip
- On the Ascending Elbow, pop your chest

Descending Elbow, Ascending Elbow, 2 Front Knees

- Add on 2 Right Knees: Down, up, 2 Right Knees
- Knee: Up past your waist, heel close to your butt, lean back, and shunt the knee forward

Triple Elbow, Pulse

- Hands Up: 3 Elbows in a straight horizontal line

Triple Elbow, 2 Back Knees

- Add on 2 Back Knees: 1, 2, 3, 2 Back Knees

Running Man Knee

- Running Man Knee: Right, left
- Shoulders come forward, drive your hips forward as you pull the knee up

COACHING LAYER 2 & 3

Descending Elbow, Ascending Elbow, Pulse

- Keep the rotation happening in the core to shape the abs

Descending Elbow, Ascending Elbow, 2 Front Knees

- Muay Thai: The art of 8 limbs, using fists, elbows, knees, and feet. Couple that with high-intensity training and you get a lean athletic body!

8 Knees, Alternating Sides

- Starting at 70% effort, to ramp it up, speed up your arms and legs
- Who wants to come with us?

Triple Elbow, Pulse

- Back into your corner

Triple Elbow, 2 Back Knees

- Accelerate!

Running Man Knee

- When I say go, we GO!
- GO ALL THE WAY!

CONNECTION

Reagan does a great job connecting to his class while at the same time giving them information on how to meter their energy throughout the track when he says: "Save some so that at the end we can drive it up. Heart rate is going to spike. Calories are going to burn and we're going to have some fun." Find ways to connect to your team as you help them understand how to use their energy throughout the track.

The performance opportunities in this track come from the physicality of the movement and from the changes in intensity. Challenge yourself to improve your fitness so you can execute these intensity changes with confidence and authenticity. Once you can do this, then you can dig into the music and find the places to really UNLEASH yourself and the class!

08. POWER TRAINING 3

MUSIC Endorphins 5:13 mins

TRACK FOCUS

This final Boxing track of the class uses Boxing combinations to focus on ring craft and endurance, giving participants one last physical and mental challenge. Throw your best punches to the very end!

FEEL

Dubstep, Driving

MARTIAL ART

Boxing

0:00 / Intro / (Instr)
8x8 / Recover and introduce track

0:22 / V1 / **Every** breath I take
4x8 / A / **Front Stance**
L, R Jab 2cts
L Hook 2cts / 8reps

0:33 / Never give **up**
4x8 / A¹ / R, L Jab 2cts
R Hook 2cts / 8reps

0:44 / PC / I've been _ holding on
4x8 / A / L, R Jab 2cts
L Hook 2cts / 8reps (Level 2)

0:55 / C / **Holding on** for
4x8 / A² / R, L Jab 2cts
R Hook 2cts / 8reps (Level 2)
👁 L Walking Jab x3 4cts
L, R Jab 2cts, L Hook 2cts x3 12cts
(Take time to preview this combination – see Masterclass footage)

1:06 / C / (Instr)
8x8 / B / L Walking Jab x3 4cts
L, R Jab 2cts, L Hook 2cts x3 12cts
R Walking Jab x3 4cts
R, L Jab 2cts, R Hook 2cts x3 12cts / 2reps

1:28 / **Holding on**
8x8 / C / **Front Stance**
L, R Jab 2cts / 32reps

1:50
8x8 / B / L Walking Jab x3 4cts
L, R Jab 2cts, L Hook 2cts x3 12cts
R Walking Jab x3 4cts
R, L Jab 2cts, R Hook 2cts x3 12cts / 2reps
L Hook to finish!

2:12 / Br / Every breath I take
2x8 / Recover

2:18 / V2 / moment
6x8 / L, R Run 48cts (Level 2 after 16 cts)

2:34 / PC / I've been _ holding on
8x8 / C¹ / **L Combat Stance**
L Uppercut 2cts / 16reps
R Uppercut 2cts / 16reps
👁 L Jab, R Cross x2 4cts
L Uppercut 2cts
R Uppercut 2cts (on last 8 cts)

2:56 / C / (Instr)
8x8 / D / L Jab, R Cross x2 4cts
L Uppercut 2cts
R Uppercut 2cts / 8reps

3:18
8x8 / E / L Jab, R Cross 2cts / 32reps
L fist to the sky to finish!

3:42 / Br / **Every** breath I
2x8 / Recover

3:48 / the moment I awake
6x8 / R, L Run 48cts

4:04 /
REPEAT SEQUENCES C to E – R

08. POWER TRAINING 3

After the Muay Thai track, your class may be fatigued. Make sure your coaching and previews are clear so your participants can pick up the combinations easily. Be clear on lead arm and direction of movement, particularly as you move into the lateral work, so that everyone in the class can confidently move in the correct direction, together.

TECHNIQUE & COACHING

COACHING LAYER 1

Most of your coaching in this track is Layers 2 and 3. However, make sure you clearly coach the lead arm in the Jab, Jab, Hook Combination.

Use a countdown to let your participants know how many repetitions are left on each side so they are ready to switch to the other side when the change comes. Rachael does this seamlessly and simply when she says: "8 reps, 4 to go. Change sides; lead with the left." Make sure to PREVIEW the entire Triple Jab, Jab, Jab, Hook Combination so your class can execute it immediately on the first rep.

COACHING LAYER 2 & 3

Dig into your Layer 3 coaching to motivate your participants to the end so they finish feeling determined and empowered!

ROUND 1

Jab, Jab, Hook

- 3 shots, straight down the line
- Third punch (Hook) packs the power. To get Power: Sit on the punch, show me what is buried in that fire in your belly, whip your hip around

Ring Craft: Triple Jab, Jab, Jab, Hook Combination

- Ring Craft: Learn how to move your opponent around the ring and put them where you want them
- Move, then stand your ground
- Once you get them in the corner, hit them hard enough on their arm to make them drop their guard. When they drop their guard, you move

Jabs

- 20 seconds!
- You need everything you've got: Bend your knees, roll your shoulders
- Demand more from yourself!

ROUND 2

Right Uppercuts

- Uppercut, front arm, 16
- 16 of your best!
- Bend, drop, roll, and drive! Let's GO!

Left Uppercuts

- Just a little bigger!

Jab, Cross, Uppercuts Combination

- There are only 8 reps. Apply yourself to EVERY rep!
- Flow in the Jab, Cross then power from the floor in the Uppercuts.

Jab, Cross

- 20 seconds: Jab, Cross
- If you want to see the results, you're going to have to feel it first. Find the feel and go beyond!

ROUND 3

Left Uppercuts

- 16 of your best Uppercuts, left foot forward
- Ask more of yourself. The end of your workout is the beginning of the results

Right Uppercuts

- Is today YOUR day?

Jab, Cross, Uppercuts Combination

- How about you? Do you want to be better than you are right now?

Jab, Cross

- It needs to be ugly before it gets beautiful. Get ugly with me!
- Don't leave until you have given me everything you've got!

CONNECTION

Link to the feel and the lyrics of the music as Rachael does when she coaches. This will help your class to experience the music and it will drive them to finish with power in every strike. Rachael motivates her class by sharing her own story of motivation, drive, diligence, and determination when she says: "I wasn't born punching and kicking. I taught myself. Every workout I applied myself because I knew deep down that I wanted to be better than I am right now." What's your story? What is your better? And how can you help your participants continue working towards being the best version of themselves?

09. CONDITIONING

MUSIC Savage 3:25 mins

TRACK FOCUS

The exercises in this track create an awesome overall core training track with specific focus on the obliques. Feel the challenge of the Single-Leg Cross Crawl in conjunction with the Side Plank to put a good old-fashioned burn on your obliques.

FEEL

Dance

0:00 / Intro

1x8 / Lie down on back with Boxing Guard – side-on to front

0:11 / V1 / She got me loving

7½x8 / A / Crunch 4cts / 15reps

0:49 / Br / So pardon my manners

½x8 / Head down – arms by sides with palms up

Extend legs to 45 degrees

0:53 / C / **Savage**

1x8 / B / Front leg – knee comes in above hip then extends away 2cts / 4reps

0:58

3½x8 / B¹ / Fingertips to temples – Single Leg Cross Crawl to front 2cts / 13reps

(Hold last rep 4 cts)

1:16 / V2 / every time you walk **by**

3½x8 / A / Crunch 4cts / 6reps

1:31 / Br / So pardon my manners

½x8 / Head down – arms by sides with palms up

Extend legs to 45 degrees

1:35 / C / Savage

1x8 / B / Rear leg – knee comes in above hip then extends away 2cts / 4reps

1:41

3½x8 / B¹ / Fingertips to temples – Single-Leg Cross Crawl to back 2cts / 13reps

(Hold last rep 4cts)

1:59 / (Instr)

3½x8 / Transition to Side Hover – R, facing F (reach L hand to ceiling)

2:18 / _Well, pardon my manners

4x8 / C / Side Hover Hip Lift – R 2cts / 15reps (On last 4 cts, transition to lying on back)

2:40 / C / **Savage**

4x8 / B¹ / Single-Leg Cross Crawl to front 2cts / 8reps

Single-Leg Cross Crawl to back 2cts / 8reps

3:01 / (Instr)

½ x8 / Transition to Side Plank – L, facing B (R hand to ceiling)

3:04

3½x8 / C / Side Hover Hip Lift – L 2cts / 15reps (Hold last rep to finish!)

09. CONDITIONING

Be sure to show and coach the options for the Single-Leg Cross Crawl and the Side Plank Hip Lift to ensure that there are choices for all ability levels.

TECHNIQUE & COACHING

COACHING LAYER 1

Crunch

- Backs flat, Boxing Guard, crunch 2 and 2, up, up, down, down
- Elbows in
- Chin tucked in
- Crunch your ribs down towards your hips
- When you are down, look at the ceiling; when you are up, look in between your knees

Single-Leg Cross Crawl

- Head and shoulders down, legs up and extended to 45 degrees
- Front Knee: In, Out
- Fingertips to temples then add a twist: Rear shoulder comes up and across to front knee
- Push your lower back towards the floor and rotate through the middle of the chest
- Option: Non-moving leg bends and that foot comes to the floor



Side Hover Hip Lift

- Elbow under the shoulder
- Shoulders, hips, and knees in one line
- Bend your lower knee and lift your hips
- Options: For more challenge, lift the lower knee, and balance on the edges of both feet
- Hips come up and down
- Bring your hip up as high as possible and then return it to neutral. Don't bring the hip below the starting point



COACHING LAYER 2 & 3

Crunch

- The higher you go, the deeper your burn. Rise up to the burn!

Single-Leg Cross Crawl

- Open your elbows to activate the muscles of the back. This will give you some counter-tension in your rotation

Side Hover Hip Lift

- Start in one straight line
- Lift the hip high

10. COOLDOWN

MUSIC Human 3:19 mins

TRACK FOCUS

Share the victory of completing this incredible training session! Sink into the stretches and hold them a little longer to allow the muscles to lengthen and release. Connect with your class and congratulate them on their collective effort of the last hour.

FEEL

Blues, Soul, Reflective

0:00 / Intro / 4x8 / Lying Adductor Stretch		
0:13 / V1 / _ Maybe I'm foolish 8x8 / Knees to front (Lower Back Release) 32cts Knees to B 32cts		
0:38 / V2 / Take a look in the mirror 8x8 / Lying Hamstring Stretch F leg 64cts		
1:04 / PC / _ Some people got the real 8x8 / Lying Hamstring Stretch B leg 64cts		
1:29 / V3 / Don't ask my opinion 8x8 / L Hurdler Stretch, reach across to R corner after 32 cts		
1:55 / PC / _ Some people got the real 8x8 / R Hurdler Stretch reach across to L corner after 32 cts		
2:20 / C / I'm only human 4x8 / L Inner Thigh Stretch (kneeling on R knee)		
2:33 / V4 / _ 'Cause I'm no prophet 3½x8 / R Inner Thigh Stretch (kneeling on L knee)		
2:46 / Br / 1½x8 Bring knees together – push B and roll up slowly to standing 12cts		
2:50 / C / I'm only human 4x8 / L Quadriceps Stretch		
3:02 / I'm only human 4x8 / R Quadriceps Stretch		
3:13 / Outro / Bow to finish!		

10. COOLDOWN

COACHING

Lying Adductor Stretch

- Lie down on your back
- Soles of the feet together and hips open



Hurdler Stretch

- Knees up and over to the front of the stage and then anchor your bottom arm onto your knee
- Feel a deep spinal release
- Up and over to the back of the room, other hand on knee

Hamstring Stretch

- Return to lying on your back and grab a leg
- Relax your shoulders and then your tail bone down
- Switch legs
- Lengthen through the knee and send your tail bone down

Glute Stretch and Lat Stretch

- Grab behind the legs, sit up and bring the Right knee forward
- Roll the hip over and sit into the hips. Rear leg straight or bent
- Then reach over to the left-hand corner and chest down
- Hands wide and then switch sides
- Left knee forward, reaching to the right corner
- Lengthen your arms to deepen your side-body stretch



Inner Thigh Stretch

- Right leg to the side. Sit your hips back and down



- Switch sides

Standing Quadriceps Stretch

- Stand upright
- Thighs together
- Find your balance

MUSIC

KEY

OUR DECLARATION OF INTENT

- 1A What Is Love 2016 (Dimitri Vegas & Like Mike Remix) (3:47)**
Lost Frequencies
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Written by: Halligan, Torello, de Laet
- 1B Setting Fires (Blasterjaxx Remix) (2:23)**
The Chainsmokers feat. XYLO
© 2016 Disruptor Records/Columbia Records. Under licence from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Taggart, Asher, Fontana
- 1C Shut It Down (3:14)**
Party Favor & Dillon Francis
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Written by: Francis, Ragland
- 2 Mayday (6:01)**
Kxa
© 2016 Kxa.
Written by: Unknown
- 3 Wild Horses (Matrix & Futurebound Remix) (4:51)**
Dancing On My Lonesome
© 2017 Les Mills Music Licensing Ltd.
Written by: Van den Bogaerde, McDaid
- 4 Mama Do The Hump (3:36)**
Rizzle Kicks
Courtesy of the Universal Music Group.
Written by: Cook, Alexander-Sule, Stephens, Powell
- 5 Eternal (8:05)**
Shapeshifter
© 2016 A.R.T. Inc.
Written by: Apera, Robinson, Trevethick
- BONUS Gud Vibrations (3:29)**
- 5 NGHTMRE & SLANDER**
© 2016 Mad Decent.
Written by: Marenzi, Andersen, Hartman
- 6 Fracture (6:21)**
Slumberjack feat. Vera Blue
© 2017 onelove.
Written by: Addamo, Ehlers, Then
- 7 New Era (4:40)**
Andy C
© 2016 RAM Records Ltd.
Written by: Clarke
- 8 Endorphins (Sub Focus vs Fred V & Grafix Remix) (3:42)**
Sub Focus feat. Alex Clare
Courtesy of the Universal Music Group.
Written by: Dench, Douwma, Gosein, Tendayl
- Endorphins (Sub Focus vs Fred V & Grafix Remix) (1:31)**
Sub Focus feat. Alex Clare
Courtesy of the Universal Music Group.
Written by: Dench, Douwma, Gosein, Tendayl
- 9 Savage (3:25)**
Whethan feat. Flux Pavilion & Max
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Written by: Snoreck
- 10 Human (3:19)**
Rag'n'Bone Man
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Written by: Hartman, Graham

- AIK Aikido
BJJ Brazilian Jiu Jitsu
BOX Boxing
CAP Capoeira
KAR Karate
KB Kick-boxing
KF Kung Fu
MA Martial Arts
MMA Mixed Martial Arts
MT Muay Thai
TKD Tae Kwon Do
B up build up
Br bridge (non-chorus)
C chorus
cts counts
C br chorus bridge
F&B forward and backward
HOH hands on hips
Instr instrumental
Intro introduction
L left
mins minutes
O/H over head
OTS on the spot
Outro last few bars of music
PC pre-chorus
QC quiet chorus
R right
Ref reference
Seq sequence
V verse
Vox voice
👁 preview

The LES MILLS global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe. Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At LES MILLS we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

BE LOUD AND HEARD

Tell us what you think of this release.

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HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

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 1
Track 6 Combat 3
Track 7 Muay Thai
Track 8 Power Training 3
Track 10 Cooldown
Total Time 39:49

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 27:35

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

PRESENTERS

Dan Cohen (New Zealand) is co-Program Director for both BODYCOMBAT and CXWORX™, an International Master Trainer for BODYPUMP™, and a passionate mixed martial artist based in Auckland.

Rachael Newsham (New Zealand) is co-Program Director of BODYCOMBAT and Program Director of SH'BAM™. She is based in Auckland.

Caley Jäck (South Africa) is a BODYCOMBAT, BODYPUMP and SH'BAM Instructor, a BODYBALANCE™/BODYFLOW™ Trainer and a LES MILLS GRIT™ Series Coach. She is also a massage therapist, based in Cape Town City.

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Reagan Kang (Singapore) is a BODYCOMBAT, CXWORX and RPM Instructor, and a BODYPUMP and LES MILLS GRIT Series Trainer.



From L to R: Erin Maw, Eduard Zalar, Rachael Newsham, Dan Cohen, Caley Jäck, Reagan Kang

BODYCOMBAT release 73 fires the internal excitement and love for MMA training right from the moment the music starts.

The Warmups innovation showcases a NEW integrated mobility and dynamic flex to ensure the kicking muscles are primed for learning and perfecting kicking techniques. This sets the tone to an explosive high-energy workout.

With mentally stimulating Boxing combos in the Power Training tracks and kicking KATAs and leg conditioning in the Combat tracks, this allows the participants in class to truly explore their potential in power, precision, and control.

Track 5 has a triple circuit, testing your muscular strength and endurance (M.S.E) an integrated dynamic core block followed by an MMA metabolic kicker. This will allow participants to continue burning calories up to 2 to 4 hours post class.

This release is full of options to allow participants to tailor each exercise to suit themselves.

The Bonus track is a standing heavy Boxing Combo Power Training track, an alternative to the MMA conditioning track 5. And, as always, exchange tracks like for like.

Enjoy the workout.

Keep it real and stay with the fight

CREDITS

Choreography – Dan Cohen & Rachael Newsham

Chief Creative Officer – Dr Jackie Mills

Creative Director – Diana Archer Mills

Production Coordinator – Ellen Tocher

Technical Consultant – Andrew Newmarch

THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

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

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

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

THE HISTORY OF KARATE

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

Karate training is commonly divided into three sections:

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

THE HISTORY OF MUAY THAI

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

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

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

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

There are five animal forms:

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

THE HISTORY OF TAE KWON DO

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

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