

BODYCOMBAT 74

CONTENTS

1A. Upper Body Warmup

1B. Mobilization Warmup

1C. Lower Body Warmup

02. Combat 1

03. Power Training 1

04. Combat 2

05. Power Training 2

06. Combat 3

07. Muay Thai

08. Power Training 3

09. Conditioning

10. Cooldown

05. Power Training 2 (Bonus)

07. Muay Thai (Bonus)

Express Formats

History of Martial Arts

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

1A. UPPER BODY WARMUP

MUSIC Rich Boy 2:47 mins

TRACK FOCUS

Use simple, clear language to coach the basics of the upper body strikes. This will get your participants moving with great technique, right from the start of the class. In this Warmup we move in 4 directions, forward - back, and side to side. So, be sure to coach direction of movement and striking arm clearly so that your participants begin to feel confident and comfortable as they work through this Warmup track.

FEEL

Electronic, Dance, Energized

MARTIAL ART

Boxing

0:00 / Intro /
1x8 / Prepare to Scissor
0:08 /
3x8 / L, R Scissor 8cts / 3reps
0:19 / I don't need a rich boy
4x8 / A / L Walking Jab x2 4cts
R Walking Jab x2 4cts / 4reps
0:33 / B / Hey _
4x8 / B / L **Combat Stance**
L Jab, R Cross x2 4cts
L Double Jab 4cts / 4reps
0:47 / B up /
4x8 / C / L, R Uppercut 2cts / 16reps
1:01 / (Heavy dance sounds)
4x8 / D / Shuffle F 3cts
R Hook 1ct
Shuffle B 3cts
L Hook 1ct / 4reps
👁 L Circular Elbow on last rep
1:15 / (Deeper dance sound)
4x8 / D¹ / Shuffle F 3cts
R Circular Elbow 1ct
Shuffle B 3cts
L Circular Elbow 1ct / 4reps
(Miss out last L Elbow)
1:29 / I don't need a rich boy
4x8 / R Triple Walking Jab 4cts
L Triple Walking Jab 4cts / 4reps

1:44 / Hey _
4x8 / B / R **Combat Stance**
R Jab, L Cross x2 4cts
R Double Jab 4cts / 4reps
1:57 / B up /
6x8 / C / R, L Uppercut 2cts / 24reps
2:19 / (Heavy dance sounds)
4x8 / D / Shuffle F 3cts
L Hook 1ct
Shuffle B 3cts
R Hook 1ct / 4reps
👁 R Circular Elbow on last rep
2:33 /
4x8 / D¹ / Shuffle F 3cts
L Circular Elbow 1ct
Shuffle B 3cts
R Circular Elbow 1ct / 4reps
(Finish in Boxing Guard)

1A. UPPER BODY WARMUP

This energized song will get your participants mentally and physically 'switched on' for the training session. Be succinct in your coaching so that they can tap into the vibe of the song and really feel the movements of the track. This will allow their mind and body to start to engage in the full BODYCOMBAT experience.

TECHNIQUE & COACHING LAYER 1

BOXING

Scissors

- Scissors, right and left
- Knees soft
- Chest up
- Elbows in
- Boxing Guard up
- Shoulders relaxed

Walking Jabs

- Turn and face the right: 2 Walking Right Jabs, 1, 2, and switch
- Take the arm out directly in the front of the face
- Opposite arm in Guard Position, chin tucked in, and light on the feet

Jab/Cross/Double Jab Combination

- Right Combat Stance: feet shoulder-width apart. Front foot facing target and back foot at 45 degrees
- Jab, Cross, right, left, right, left and Double Right Jab
- Turn the elbow to the outside and point the thumb down as you extend the punch
- Let the shoulders rotate naturally

Uppercuts

- Right, left
- Rolling the shoulders and warming through the core
- Aiming the fist up and under the chin

Shuffle/Hook

- Shuffle forward, back arm Hook, shuffle back, front arm Hook

- Feet wide and bend your knees to help you rotate on the Hooks
- Release the heel on the Hook
- 90 degree bend in the elbow on the Hook

Shuffle/Elbow

- Change the Hook to an Elbow
- Whip the Elbow around, open the palms
- Rotate through the shoulders
- Aim for face height

Walking Triple Jab

- Triple Jab to the left: 3, 2, 1, switch
- Muscles starting to relax
- Body getting warmer

COACHING LAYER 2

Jab/Cross/Double Jab Combination

- As you start to get warmer, add more power with more rotation and then push off from the back foot

Uppercuts

- Hold your ground: Uppercuts, left, right
- Roll the shoulders
- Fire up through the obliques
- Keep the knees soft
- Short-range strike
- Feel the ENERGY lift in the room!

Shuffle/Hook

- Release the heel on the Hook so that the body rotates

Shuffle/Elbow

- Shuffle a little further, to engage the legs

CONNECTION

Find the spaces in the music and choreography where you can check in on your class as they start to get warm. As there's quite a bit of technique to coach, keep it simple as Erin does when she simply says "How are you?" Make sure your participants get the feeling that you're in this workout together, as a team, right from the start.

1B. MOBILIZATION WARMUP

***Please Note: The Track title graphics on the Masterclass Video are incorrect for 1B and 1C. Please follow the notes.**

MUSIC Rebound To The Beat 2:16 mins

TRACK FOCUS

Our focus in this track is to mobilize the joints in preparation for kicking, prime the muscles for the workout ahead, and to increase the heart rate. The movements are simple so that your participants can grasp the movement sequence immediately and then focus on engaging the core and maximizing the effect of the integrated movements.

FEEL

EDM, Driving

MARTIAL ART

2:47 / V1 / _ Let's turn it around

½x8 / Hold Boxing Guard 4cts

½x8 / Step into A-Frame position 4cts

2:50 / and do it **again**

3x8 / A / R Adductor Stretch – Double Pulse
(Hands to L thigh) 4cts

L Adductor Stretch – Double Squat Pulse (Hands
to R thigh) 4cts / 3reps

3:01 / To the **beat**

4x8 / B / Dynamic Hip Flexor Stretch R (Turn to L)
Lunge down and stand 4cts / 4reps

Dynamic Hip Flexor Stretch L (Turn to R)
Lunge down and stand 4cts / 4reps

3:15 / Yeah Yeah Yeah _

2x8 / C / Squat Pulse with Cross Block Arms 2cts
/ 8reps

3:22 / (Heavy electronic sound)

8x8 / D / L Knee x2 4cts

L Hip Roll 1ct

Step L, R, L 3cts

R Knee x2 4cts

R Hip Roll 1ct

Step R, L, R 3cts / 4reps

(Level 2 after 2reps – reach arms higher)

3:51 / _ Let's turn it around

4x8 / E / L Side Lunge – reach R hand down 4cts
L Lunge 4cts (R leg steps back) 4cts / 4reps

4:05 / to the **beat**

4x8 / E¹ / R Side Lunge – reach L hand down 4cts
R Lunge (L leg steps back) 4cts / 4reps

4:19 / C / B up /

4x8 / C / Squat Pulse with Cross Block Arms 2cts
/ 16reps

4:33 / (Heavy electronic sound)

8x8 / D / L Knee x2 4cts

L Hip Roll 1ct

Step L, R, L 3cts

R Knee x2 4cts

R Hip Roll 1ct

Step R, L, R 3cts / 4reps

(Level 2 after 2reps – reach arms higher)

1B. MOBILIZATION WARMUP

Go for depth in the Squat Pulse and the Lunge and a wide step on the Side Lunge to maximize engagement of the lower body muscles and core. When you do, your body will be more than ready for the challenging kicks to come!

TECHNIQUE & COACHING LAYER 1

Alternating Dynamic Adductor Stretch

- Step wide and hands to your right thigh
- Shift your weight side to side
- Mobilizing through the hips



Dynamic Hip Flexor Stretch

- Turn to the right 90 degrees
- Lift your back heel and square your hips and shoulders to the side
- Full range: drop your back knee down and rise
- Squeeze your butt



Squat Pulse

- Send the hips back and down and pulse down
- Knees out
- Chest up
- Abs switched on



Double Front Knee/Hip Circle Combination

- Double Right Knee, Hip Circle, Step Switch
- 2 Knees, Circle, Step, switch sides
- Hips square to the front on the 2 front knees

and then open your hip out to the side on the Hip Circle

- Then, pull the arms down: hands together and pull the arms to the outside hip to engage the obliques

Side Lunge/Backward-Stepping Lunge

- Right leg steps out to the side, then left leg steps back into a Lunge
- Right leg Side Lunge, left leg long step back
- Hips square to the front, chest up
- Inside leg is straight in the Right Side Lunge
- Then switch to the left: Left Side Lunge, right leg steps back

COACHING LAYER 2

Side Lunge/Backward-Stepping Lunge

- Step wider and push off from the outside of the foot to engage your glutes and inner thigh

Squat Pulse

- Squeeze your butt tighter to work it more
- Sit deeper in the Squat to load the quads

Double Front Knee/Hip Circle Combination

- Reach arms higher

CONNECTION

Erin uses the longer sets of music to connect with the class and draw them into the beat and feel of the song. Find the places during the longer sets where you can get your participants hooked into the experience of the class and the energy in the room.

1C. LOWER BODY WARMUP

***Please Note: The Track title graphics on the Masterclass Video are incorrect for 1B and 1C. Please follow the notes.**

MUSIC Wild Flowers 2:22 mins

TRACK FOCUS

This track methodically works through all of the major lower body strikes so that you're ready for the awesome kicking tracks later on in the class. Each strike starts simple with a setup to establish the movement pattern or single leg kick to warm the lower body and engage the mind.

FEEL

Alternative Rock, Hardcore Punk

MARTIAL ARTS

5.01 / Intro /
½x8 / A-Frame Position
5.03 / (Drums)
2x8 / L, R Pulse, gradually turning into L **Combat Stance**
5.09 / V1 / she is so **beautiful**
4x8 / A / L Roundhouse Kick Setup 2cts
Pulse OTS 6cts / 4reps
5:20 / And her **hair** is as black
4x8 / A¹ / L Roundhouse Kick 2cts
Pulse OTS 6cts / 4reps
5:31 / C / _ We picked daisies and we
4x8 / B / R Back Kick 2cts
Pulse OTS 6cts / 4reps
👁 L Front Knee on last rep
5:43 / _ and this is it
4x8 / B¹ / R Back Kick 2cts
L Front Knee 2cts
Pulse OTS 4cts / 4reps
(Last 4cts – Switch into R Combat Stance)
5:54 /
REPEAT SEQUENCES A to B¹ - R
6:39 / _ Tiny wild flowers
8x8 / C / Shuffle L 4cts
L Side Kick 4cts
Shuffle R 4cts
R Side Kick 4cts / 4reps

7:02 / C / _ We picked daisies and we
4x8 / D / **Front Stance**
L Front Kick 2cts
Pulse OTS 6cts
R Front Kick 2cts
Pulse OTS 6cts / 2reps
7:14 / _ And if this isn't
4x8 / D¹ / L Front Kick 2cts
R Front Kick 2cts
Pulse OTS 4cts / 4reps

1C. LOWER BODY WARMUP

This hardcore punk song just makes you feel like KICKING! So, go with the feeling!

TECHNIQUE & COACHING LAYER 1

Roundhouse Setup

- Right Roundhouse Setup
- Turn the standing heel towards the front of the room
- Shin in line with the ankle
- Lean away
- Lift the chest

Roundhouse Kick

- First we aim, then we fire the kick, Right Roundhouse
- Start low and bring the leg out, in, and down
- Strike with the shin
- Retract the kick
- When you land from the kick, land wide with knees soft

Back Kick

- Square the shoulders: left leg Back Kick
- Drive the heel into the middle of the body, toes pointing down
- Look over your shoulder as you fire the kick

Back Kick/Front Knee

- 1 Back Kick, 1 Front Knee
- Knee comes forward and up towards the mid-line of the body
- Pull the hands towards the hip

Shuffle/Side Kick

- Shuffle to the right, Side Kick Right
- Outside of the foot drives into your opponent
- Turn the standing heel towards your target
- Retract the kick, pulling the knee back across the body

Front Kick

- Front Stance
- Drive the ball of the foot forward
- Lean the shoulders away
- Right, left, then nothing

COACHING LAYER 2

Roundhouse Setup

- To mobilize the hips more, lift the chest and push the hips forward to lengthen the body from head to toe

Roundhouse Kick

- Lean away to kick higher
- Use the hips to whip around for further power

Back Kick/Front Knee

- Lean forward and backward more to warm the core

CONNECTION & PERFORMANCE

Listen to how Marlon uses his voice throughout this track. He sets up the technique of each strike in a relaxed, conversational tone but then digs into a louder voice that matches the energy of the chorus. Tap into these shifts in the music. This is the final part of the Warmup sequence so don't be afraid to start to amplify the energy in your body and in the room. Dig into the hardcore feel of the song!

02. COMBAT 1

MUSIC Going Crazy 5:27 mins

TRACK FOCUS

Multi-directional training using multiple Martial Arts is the focus of this track. Upper and lower body combinations in four directions - forward, back, right, and left - provide training stimulus for the entire body and mind. Focus on the shift in direction and the change in the feel of the movement in each different block.

FEEL

Big Room, Electronic Assault

MARTIAL ARTS

Kick-boxing, Tae Kwon Do

0:00 / Intro / I think we're going
1x8 / Set up L **Combat Stance**

0:04 / I **think** we're going
3x8 / A / L Jab, R Cross **2cts**
L Uppercut **2cts / 6reps**
👁 R Knee, L Front Kick on last rep

0:14 / B up /
4x8 / A¹ / L Jab, R Cross **2cts**
L Uppercut **2cts**
R Knee **2cts**
L Front Kick **2cts / 4reps**
👁 L Jump Kick on last rep

0:27 / C / (Heavy electronic sound)
8x8 / A² / L Jab, R Cross **2cts**
L Uppercut **2cts**
L Jump Kick **4cts / 8reps**

0:54 / B up / _ I think we're going
8x8 / B / Shuffle F **4cts**
L Roundhouse Kick **4cts**
Shuffle B **4cts**
R Roundhouse Kick **4cts / 4reps**
(Level 2 after 2reps)

1:21 / (Music fades)
1x8 / Striking Guard to front and freeze
1x8 / Transition to **Front Stance** – Fists to waist

1:28 / (Clashing sounds)
4x8 / C / L Double Side Elbow **4cts**
Pulse L, R **4cts / 4reps**
👁 Small Elbow, Big Elbow on last rep

1:42 / B up /
2x8 / C¹ / L Double Side Elbow (small/big) **4cts**
Pulse L, R **4cts / 2reps**
👁 R Side Kick on last rep
1.49 / B up (Music lifting)
8x8 / C² / L Double Side Elbow (small/big) **4cts**
R Side Kick **4cts / 8reps**

2:15 / C / (Heavy electronic music)
8x8 / A² / L Jab, R Cross **2cts**
L Uppercut **2cts**
L Jump Kick **4cts / 8reps**
(Striking Guard and Freeze!)

2:42 / _ I think we're going
2x8 / Recover and set up R **Combat Stance**
2:49 /

REPEAT SEQUENCES A to 2nd A² – R
(note – A only 4reps this time)

02. COMBAT 1

Kicks, punches, elbows, and footwork in four directions take this track to the next level! Use the shifts in the music to highlight the differences in the feel of the movement as you switch between Martial Arts and move into different blocks of movement. Be sure to coach the options to the Jump Kick and the benefit of each option in the Kick-boxing combination.

TECHNIQUE & COACHING LAYER 1

Jab/Cross/Uppercut

- Left Combat Stance, Boxing Guard: Jab, Cross, Uppercut, right, left, right
- Aim for the nose or chin with the Jab/Cross
- Let the shoulders roll

Jab/Cross/Uppercut/Knee/Front Kick Combination

- Shoulders lean away and hips drive forward in the kick
- Snap the kick; retract it in

Kick-boxing Combination: Jab/Cross/Uppercut/Jump Kick

- Kick-boxing combo: add the Jump Kick
- Swing the back leg through
- OPTION for less impact: Step Kick, big step on the left, slam the Right Kick
- Strike with the ball of the foot
- Swing the arm and the leg to create more momentum

Shuffle/Roundhouse

- Shuffle to the front, Roundhouse Right, Shuffle to the back, Roundhouse Left
- Multi-directional training
- Feet stay wide
- Set the heel of the standing leg towards the target
- Lean away for more height

Double Side Elbow/Pulse

- Front Stance
- Chest lifted
- 2 Side Elbows, bounce right and left
- Back of the arm strikes
- Pull the fist across the chest and squeeze the shoulder blades together
- Smaller, bigger. Travel further on the second Elbow



Double Side Elbow/Side Kick Combination

- Add on Side Kick Left
- Drive the kick away
- Pull the knee back in
- Step wide in the feet
- Shift your weight right and left
- Set the heel for the kick

COACHING LAYERS 2 & 3

Once you've set up your participants with Layer 1 cues on the first side, use Layer 2 cues to help them maximize what they get out of each combination. Motivate them to push harder once they understand how to execute the combinations and when to shift direction.

Jab/Cross/Uppercut

- Catch your breath as you move into the second side

Kick-boxing Combination: Jab/Cross/Uppercut/Jump Kick

- Agility with the Jump Kick; power with the Step Kick
- Awesome cardiovascular training!

02. COMBAT 1

COACHING LAYERS 2 & 3

- Bring more attention to the shoulders: rotate through the upper body
- Rotation helps you link through the core
- Bring the back shoulder forward to engage the obliques and tighten through the mid-section
- Shoulders firing; core warm
- BIG FINISH!
- 'Legs full throttle! It doesn't have to be pretty. It just has to be your best!'

Shuffle/Roundhouse Combination

- Back to multi-directional training
- Keep the legs wide and knees soft
- Add POWER!
- Add height: lean AWAY!
- Add BOTH!

Double Side Elbow/Pulse

- Sink into the knees: this is how we build an excellent foundation from which to kick.
- Small then big
- Travel further

Double Side Elbow/Side Kick Combination

- Emphasize the step wide in the Elbows
- Sink into the left Elbow and exhale on the second Elbow
- Retract the kick: push/pull

CONNECTION & PERFORMANCE

Watch how Marlon uses the shifts in the music to create a journey in this track. For example, when the music drops down after the Kick-boxing Combination, immediately before the Double Side Elbow/Pulse, he pulls back with his voice, becoming very quiet. He uses that moment of quietness to shift the energy. Then as the music builds his voice gets louder, his movements get more powerful, resulting in huge energy in the Kick-boxing Combination. Find these shifts in the music and use them to create contrasts in the track.

03. POWER TRAINING 1

MUSIC Skin 5:13 mins

TRACK FOCUS

There are two main focuses in this track: Power and Cardio. We create power with skills training, advancing your technique and helping you move efficiently to create maximum power. The cardiovascular training effect is created by speed. Work the two of these elements in sequence throughout the track to achieve your first cardiovascular peak of the class.

FEEL

Driving, Relentless

MARTIAL ART

Boxing

0:00 / Intro / When I heard that
1x8 / Prepare to run

0:04 / When the **wall** came down
15x8 / L, R Run **120cts**

0:45 / C / (Electronic sounds)
16x8 / A / **Front Stance**
L, R Jab **2cts / 64reps**
(L fist to sky to finish!)

1:29 / Br / (Music fades)
2x8 / Recover

1:35 / (Quiet instr)
6x8 / L, R Run **48cts**
 L Combat Stance
L Jab, R Cross **2cts**
L Hook 2cts on last **4cts**

1:51 / QC / When I run out of
8x8 / B / **L Combat Stance**
L Jab, R Cross **2cts**
L Hook **2cts / 16reps**

2:14 / C / (Electronic sounds)
8x8 / C / L Jab, R Cross **2cts / 32reps**
 L Jab, R Cross **2cts**
L Hook 2cts on last **4cts**

2:36 / When I _
8x8 / B / L Jab, R Cross **2cts**
L Hook **2cts / 16reps**

2:58 / When I **run** out of
8x8 / C / L Jab, R Cross **2cts / 32reps**
(L Jab to finish!)

3:20 / Br / (Music fades)
3x8 / Recover

3:28 /
5x8 / R, L Run **40cts**

3:42 / When I run out of
REPEAT SEQUENCES B to 2nd C – R

03. POWER TRAINING 1

This track provides different rhythms to achieve different results: skill training combo for power and speed training combo for cardio. Explore the different feel of the combinations to get the most out of each phase.

TECHNIQUE & COACHING LAYER 1

Most of your coaching in this track will be using Layer 2 and 3 cues since your participants have already executed these punches earlier on in the class. Use a few simple Layer 1 cues to set up each round.

Round 1

Jabs

- Wide Front Stance
- 50 seconds, max effort, max power.
- Jabs, right, left, 1, 2
- Bent knees

Round 2

Jab/Cross/Hook

- Skill Training Combo
- Right Combat Stance
- Jab, Cross, Hook, right, left, right
- Lean forward and lift the back heel

Jab/Cross

- Speed Training: Jab, Cross only
- 20-second block

COACHING LAYERS 2 & 3

Simple combinations give your participants a chance to dig in, to get maximum intensity out of each round. Use Layer 2 cues to help them truly achieve their first cardio peak of the class by helping them understand how to use the core to produce power and drive to reach higher intensity.

Round 1

Jabs

- Start to squeeze the floor between your feet to give yourself a stronger base
- Some movement in the hips, knees, and feet

- Punch higher than your shoulder to drive your heart rate up
- Rotate even more
- Chin tucked in
- Deep breaths
- Accelerate!

Round 2

Jab/Cross/Hook

- Work your abdominals with big rotation
- Unwind the hip and unwind the foot on the Hook
- Movement efficiency is all about great technique
- Use the Jab and Cross as the gateway in producing power in the Hook

Jab/Cross

- Take the punch higher than the shoulder
- Big rotation

Round 3

Jab/Cross/Hook

- On the rhythm, or just ahead of the rhythm
- Big twist
- Like you're wearing gloves, hitting a bag, creating an indentation in the bag with every Hook, in the same spot, every time

Jab/Cross

- Reach!
- Training the muscles in the shoulders, back, and core
- Relaxed in your stance
- Finish BIG!

CONNECTION & PERFORMANCE

Watch how Dan connects with his participants, especially as he is driving them to fatigue in the cardio rounds. He pushes them to higher intensity by connecting and praising them as they challenge themselves towards the end of each round. Use the songs lyrics and find authentic ways to draw your participants into the experience.

Performance in this track comes from the physicality of hitting your own maximum power and effort. Challenge yourself to push to your true cardio peak and your participants will come with you!

04. COMBAT 2

MUSIC Great Spirit 6:11 mins

TRACK FOCUS

206 Kicks! This track is intense, kick training at its best: a Tae Kwon Do Kick Kata that trains the legs for stronger and more powerful kicks and a Kung Fu combination that conditions the muscles of the legs with precise repetition.

FEEL

Psychedelic-Trance, Tribal

MARTIAL ARTS

Karate, Tae Kwon Do, Kung Fu

0:00 / Intro / (Quiet chanting)

2x8 / A / **Front Stance** – Hands open and wrists crossed

0:06 /

2x8 / A¹ / Raise hands slowly up O/H 8cts

Lower hands back down and into fists by waist 8cts

0:13 / (Light dance music sounds)

4x8 / B / L Low Block, L Mid Block 4cts

R Low Block, R Mid Block 4cts / 4reps

0:26 / (Heavy dance music sounds)

4x8 / C / L, R Karate Punch 4cts / 8reps

(Sink lower in stance after 4reps)

0:39 / B up /

4x8 / C¹ /

L, R, L Karate Punch 4cts

R, L, R Karate Punch 4cts / 4reps

0:53 / C / (Dark, heavy dance sound)

8x8 / D / L Front Knee x2 4cts

L Front Kick 2cts

Step out/in 2cts / 8reps

1:19 / (Chanting)

12x8 / D¹ / L Front Knee x2 4cts

L Front Kick 2cts

Step out/in 2cts

L Side Kick x2 8cts / 6reps

1:59 /

8x8 / E / L **Cat Stance**

L Front Kick x2 4cts

Single Leg Squat x2 4cts / 8reps

2:25 / C / (Chanting)

8x8 / D¹ / L Front Knee x2 4cts

L Front Kick 2cts

Step out/in 2cts

L Side Kick x2 8cts / 4reps

2:52 / B up /

3x8 / E¹ / L **Cat Stance**

L Front Kick 2cts / 12reps

(OPTION: to bounce after 4reps)

3:02 / (Music fades)

1x8 / L Front Kick to finish and Recovery

3:05 /

REPEAT SEQUENCE A to E¹ – R

04. COMBAT 2

The focus of this track is definitely on kick training. However, don't neglect the Karate blocks and punches at the start of each side. Getting low and grounded in the legs and engaging the core on these blocks and strikes will help prime your body for the Kick Kata that comes later on in the track. It also helps refocus you mentally, allowing you to shift gears from the Boxing training in the previous track.

TECHNIQUE & COACHING LAYER 1

KARATE

Kata

- Bend your knees and lift your chest
- Cross your wrists, open hands
- Take a deep breath in and bring the hands up; exhale and bring them back down.



Low Block/Mid Block

- Front Stance
- Low Block, Mid Block, right, left
- Using the inside of your forearm, stop inside the thigh on the Low Block and inside the shoulder on the Mid Block
- Create tension by squeezing your fist at the end of the movement



Karate Punch

- Karate Punch, right, left
- Target the sternum using the big knuckle of your striking fist
- Posture is upright
- Grounded to the floor
- Change the rhythm: 3 punches, right, left, right then left, right, left



TAE KWON DO

Double Knee/Front Kick/Step

- Double Right Knee, 1 Front Kick, step out, step in
- Welcome to your Kick Kata training!

Kick Kata: Double Knee/Front Kick/Step/2 Side Kicks

- Add on: Double Side Kick right side
- 2 Knees, 1 Front Kick, SLAM, step, step, step, SLAM!
- Use your arm to reach and pull for power in the Knees
- In the knees, heel to butt
- Side Kick: toes down, heel up, push/pull
- As you get into the first set of the Kick Kata on the second side, make sure that you cue which leg is kicking – as Dan does when he says: "Add the Bounce: full Kick Kata, look to your left and add the left side Kicks"

04. COMBAT 2

KUNG FU

Double Front Kick/Single-Leg Squat Pulse

Down

- Right foot forward, Cat Stance
- Double Front Kick, then down, down
- Cat Stance: toes out, knee over toes, butt back
- Down and hold



TECHNIQUE & COACHING LAYER 2

KARATE

Low Block/Mid Block

- Create some tension in your upper body: squeeze the shoulders back
- Have a clear start and stop for each move

Karate Punch

- Sit 2 inches LOWER in your stance!
- 1, 2, 3 or Ichi, Ni, San!
- Karate Punch: brings POWER in the abdominals and STRENGTH in the legs
- Triple Punch: once you have it, rotate the fist and add a little SNAP. Relax, then PUSH it!

TAE KWON DO

Double Knee/Front Kick/Step

- On the Double Knee, focus on pulling the elbow down and in
- On the Front Kick, swing the arm to free the kick
- As you extend the kick, brace your abs to support the spine

Kick Kata: Double Knee/Front Kick/Step/2 Side Kicks

- SLAM the Side Kick: push/pull!
- Working harder!
- Use the step of the standing leg as a SET to load the kick
- "Tae Kwon Do Kick training: it's about precision; it's about timing; it's about speed!"
- "Precision always beats power. And, timing always beats speed." Find your precision and timing on the Side Kicks

KUNG FU

Double Front Kick/Single-Leg Squat Pulse

Down

- Toes turned out slightly in the Cat Stance to load the quads and the glutes
- Shoulders back and brace the abs to be strong in the Cat Stance

Repeater Front Kick

- Swing out of the kick
- 206!

CONNECTION & PERFORMANCE

Rachael connects and gets the class to commit to the challenge of 206 Kicks from the start of the track when she says: "Who heard me say 206 Kicks? Are you excited? Are you scared?" Keep bringing your participants back to this challenge once you have set it up, as Dan and Rach do, and let them know how many kicks they have done at various points in the track. Giving them the challenge of 206 Kicks and then reminding them where they are in achieving that goal creates a sense of accomplishment, success, and empowerment as they reach each milestone and then even more by the end of the track. That feeling is what keeps people coming back for more!

05. POWER TRAINING 2

MUSIC Bomberdrop 4:36 mins

TRACK FOCUS

This track has two phases to take you to ultimate fatigue: Muscular Strength and Endurance Phase and the Metabolic Kicker Phase. This allows you to continue burning fat for 2 hours after the workout. The focus is to challenge yourself in each of these phases as much as possible to get the maximum training effect from this track.

FEEL

Electro-house, Frenetic

MARTIAL ART

MMA

0:00 / Intro /

8x8 / Recover and introduce track

👁 Demonstrate **Plank – Jack Feet Out/In x2, Pushup 8cts**

👁 OPTION: **Plank – Knees Drop/Lift, Pushup 8cts**

0:26 / (Electronic sounds)

8x8 / A / Plank – Jack Feet Out/In, Pushup 8cts / 8reps

0:51 / B up /

4x8 / B / L, R Mountain Climber 2cts / 16reps
(OPTION: slower or faster speed)

1:04 /

2x8 / Hold Plank then stand and recover

1:11 /

👁 Modified Sprawl 8cts

1:14 /

2x8 / C / Modified Sprawl 8cts / 2reps

1:21 /

1x8 / Hold

1:24 / C / (Heavy dance music)

16x8 / C¹ / Modified Sprawl – Faster 4cts
Run OTS 12cts / 8reps

OPTIONS: – Double Pulse Squat or Double Jack instead of Modified Sprawl

2:16 /

4x8 / Recover

2:29 /

4x8 / Transition to floor and prepare Plank

2:42 / (Electronic sounds)

8x8 / A / Plank – Jack Feet Out/In, Pushup 8cts / 8reps

3:08 / B up /

4x8 / B / L, R Mountain Climber 2cts / 16reps
(OPTIONS: slower or faster speed)

3:21 / (Music fades)

6x8 / Recover

3:40 / C / (Heavy dance music)

16x8 / C¹ / Modified Sprawl – Faster 4cts
Run OTS 12cts / 8reps

05. POWER TRAINING 2

Both phases of this track will challenge your participants. To make sure that everyone feels successful, coach and demonstrate the options in each phase. Encourage your class to choose their hardest level and then pull back if needed.

TECHNIQUE & COACHING LAYER 1

Muscular Strength and Endurance Phase:

Combination: Plank with Jacks/Pushups

- Wide Pushup position: 2 Jacks out, 1 Pushup
- Brace the abs tightly to keep the hips square to the floor
- Chest no lower than the elbow joint
- Push the ground away from you



- OPTION: Lift the knees, lower the knees, then pushup on the knees



Mountain Climber

- Hands come under the shoulders, then Mountain Climber right, left
- OPTIONS: On the rhythm of the music, slower, or faster than the beat for an extra kicker



Metabolic Kicker Phase:

Modified Sprawl

- Half Squat, Jump back, then in and up
- Get low to the floor in the Squat phase of the Modified Sprawl so that your hands don't have as far to travel



Modified Sprawl/Sprint Combination

- Double-time Sprawl and Sprint
- OPTION for Modified Sprawl: Double Squat Pulse or double Jack
- OPTIONS for Sprint: Walk, March, or Sprint

COACHING LAYERS 2 & 3

Muscular Strength and Endurance Phase:

Combination: Plank with Jacks/Pushups

- Squeeze your glutes, push your heels back and get long through the legs
- Shoulders no lower than the elbow crease at the bottom of the Pushup
- Push the floor away from you
- Time to OWN your ZONE!

Mountain Climber

- Butt down
- Drive knees towards elbows
- Shin close to the floor
- Shoulders over fingernails

05. POWER TRAINING 2

COACHING LAYERS 2 & 3

Metabolic Kicker Phase:

Modified Sprawl

- When you drop, squat, tip forward from the hips, and your legs will shoot back. When they shoot back, squeeze your glutes and brace your abs
- Abs switched on when you jump up

Modified Sprawl/Sprint Combination

- On the Sprint, knees up, pump your arms, push your hips back
- "The rep that breaks you; the rep that makes you... Let's break it!"

CONNECTION & PERFORMANCE

The intensity of this track speaks for itself. Really push yourself physically in this track and your participants will go with you. Let the music drive the movement and help your class push past their preconceived limits. Coach them on the mental aspect of fitness so they can experience being capable of more than they thought possible.

06. COMBAT 3

MUSIC Kiwi 4:00 mins

TRACK FOCUS

This track gives us two rounds of pure kicking and punching, single side movements to perfect our counter technique, and a big, integrated movements to challenge the muscles of your upper body and core: the Plyo Push.

FEEL

Rock/Pop, Rebellious, Aggressive

MARTIAL ART

Kick-boxing

0:00 / V1 / She walked away
1x8 / L **Combat Stance** – Hold

0:04 / Hard liquor mixed
3x8 / A / R Cross 2cts
R Uppercut 2cts
Pulse F, B 4cts / 3reps
👁 R Back Kick on last 3reps

0:13 / Crazy, but I'm into it
4x8 / A¹ / R Cross 2cts
R Uppercut 2cts
R Back Kick 4cts / 4reps
👁 L Front Knee on last rep

0:26 / C / I'm having your **baby**
8x8 / A² / R Cross 2cts
R Uppercut 2cts
R Back Kick 2cts
L Front Knee 2cts / 8reps
(OPTION: add a hop to knee after 4reps)

0:53 / V2 / It's New York, baby
1x8 / R **Combat Stance** – Hold

0:56 /

REPEAT SEQUENCES A to A² – R

1:45 / Instr /
4x8 / B / L Cross 2cts
R Hook 2cts
Bob 4cts / 4reps

1:58 / V3 / She sits beside me
16x8 / C / Shuffle B 4cts

L Cross 1ct
R Hook 1ct
Bob 2cts
Shuffle F 4cts
Plyo Push 2cts
R Push Kick 2cts / 8reps
(Level 2 after 2reps)

2:50 / Instr /
1x8 / Recover and set up L **Combat Stance**

2:53 /
3x8 / B / R Cross 2cts
L Hook 2cts
Bob 4cts / 3reps

3:03 / V4 /
16x8 / C / Shuffle B 4cts

R Cross 1ct
L Hook 1ct
Bob 2cts
Shuffle F 4cts
Plyo Push 2cts
L Push Kick 2cts / 8reps
(Performance finish – walk away and then turn and throw a R Cross!)

06. COMBAT 3

Use the Shuffle/Plyo Push combination as an opportunity to coach your participants to attack and then 'get out of the way' as they shuffle back. Help them to tap into the song and get aggressive with the move.

TECHNIQUE & COACHING LAYER 1

Cross/Uppercut/Pulse

- Left Arm, Cross, Uppercut, then Pulse

Cross/Uppercut/Back Kick

- Add on: left leg Back Kick
- Step, look, and kick

Kick-boxing Combination: Cross/Uppercut/Back Kick/Front Knee

- Add on 1 Front Knee
- Lift the intensity: hop the knee
- Release the heel on the Cross

Cross/Hook/Bob

- Slow it down, on the spot
- Cross, Hook, Bob
- Back, Front, Drop
- Guard stays up

Shuffle Back/Cross/Hook/Bob/ Shuffle Forward/Plyo Push/Kick

- Shuffle Back, Cross, Hook, Bob. Then, shuffle forward, Plyo Push, Kick
- Get out of the way!
- Plyo Push: a big powerful movement to create space between you and your opponent. Breathe in and pull your elbows back. Then exhale and slam the palms forward



COACHING LAYERS 2 & 3

Cross/Uppercut/Pulse

- Single side movement

Cross/Uppercut/Back Kick

- Big Back Kick: find your heel and plant it behind you

Kick-boxing Combination: Cross/Uppercut/Back Kick/Front Knee

- Use your abs to drive the knee up
- Get extension in the Cross; release the heel and whip the hip
- Single side movement will perfect your counter technique

Shuffle Back/Cross/Hook/Bob/ Shuffle Forward/Plyo Push Kick

- Go for POWER!
- Feel all of your upper body muscles working: your lats, your chest, and, if you breathe, your abs
- Get out of the way!
- "It's like a game. You chase them and then they chase you"
- Get in their space!
- Get aggressive!

CONNECTION & PERFORMANCE

Dig into the aggressive sound of the song and the physicality of the Plyo Push and the big Back Kick. These big, physical moves will give your class a chance to really 'let it rip'. Hook into the music, unleash yourself, and your class will go with you!

07. MUAY THAI

MUSIC This Time 5:15 mins

TRACK FOCUS

This is a mixed-intensity, mixed impact Muay Thai track with clear gear changes as you work through the rounds. Show the intensity changes physically and use Layer 2 cues to coach your participants on how to increase the intensity of the moves when the music says it's 'GO' time.

FEEL

Hard Dance, Contrasting, Gritty

MARTIAL ART

Muay Thai

0:00 / Intro / (Quiet electronic sounds)
4x8 / Recover and introduce track
0:11 /
8x8 / A / L **Combat Stance**
L Front Knee x2
R Back Knee x2 8reps
(Add Bounce after 2reps – Level 2 after 4reps)
0:35 / C / (Techno)
8x8 / B / L Front Knee x6 12cts
R Jump Knee 4cts / 4reps
(OPTION: R Power Knee)
0:58 / (Quiet breakdown)
12x8 / C / L **Combat Stance**
L Jab, R Cross x3 6cts
L Descending Elbow 2cts / 12reps
1:33 / B up /
4x8 / D / R Back Knee x2 4cts
L Front Knee x2 4cts / 4reps
(Level 2 after 2reps)
1:44 / C / (Techno)
8x8 / E / R Back Knee x6 12cts
L Jump Knee 4cts / 4reps
(OPTION: L Power Knee)
2:08 / (Quiet breakdown)
4x8 / Recover and prepare R **Combat Stance**
2:19 /
REPEAT SEQUENCES A to E – R
4:15 / (Quiet breakdown)
2x8 / Recover

4:22 /
10x8 / F / **Front Stance**
L, R Jab x2 4cts
L, R Descending Elbow 4cts / 10reps
4:50 / C / (Techno)
8x8 / G / L, R Running Man Knees 4cts / 16reps
(Level 2 after 8 reps – 1 extra L Knee to finish!)

07. MUAY THAI

Clearly coach how to execute the Jump Knee so that those who want to give it a try have a clear understanding of the mechanics of the move. Fire out the Jump Knee options early on for those who need it.

TECHNIQUE & COACHING LAYER 1

Alternating Double Knees

- Double Right Front Knee, Double Left
- Start to add the Bounce and bring the energy back up
- Gear change
- Elbows down; smack the obliques

6 Front Knees/1 Jump Back Knee

- 6 Front Knees and a Jumping Back Knee
- OPTION: stay grounded and pull a big Power Knee on the Back Knee
- Pull the arms down and crunch the abs
- Soft landing
- Big vertical jump

Combination: 6 Jabs/Cross and Descending Elbow

- Jab/Cross, 1, 2, 3, 4, 5, 6, Elbow
- Wide Combat Stance so that you can twist your hips on the Elbow
- Thumb close to the mid-line of your chest on the Elbow
- Strike with the elbow or the forearm

6 Back Knees/1 Jump Front Knee

- Back Knee, 6, 5, 4, 3, 2, 1, Jump Front Knee
- Jump Knee: Jump vertically and then split your legs at the last minute

Combination: 4 Jabs/Descending Elbow Right/Descending Elbow Left

- Front Stance
- Jabs, 4, 3, 2, 1, Descending Elbow right, left
- Body position: 12 o'clock in the Jabs, moves to 11 o'clock and 1 o'clock in the Elbows

Running Man Knees

- Running Man right, left
- Crunch
- Hips back and swing the knee through to the front
- OPTION: stay grounded and Power Knees without the hop

COACHING LAYERS 2 & 3

As you move to the second side, remind your participants to choose the intensity and impact level that works for them. Dan does this efficiently at the start of the second side when he says: "All on the other side. Choose your intensity. Choose your impact."

Alternating Double Knees

- Gear change: point the toes down to bring sharpness to the knee strikes
- Speed your arms up; pull them down harder
- Wind it up!

6 Front Knees/1 Back Jump Knee

- In the Jump Knee: big exhalation as you drive up; force the air out

Combination: 6 Jabs/Cross/Descending Elbow

- Actively relax your leading hand in the Elbow to free up tension so that you can bring the elbow all the way across the body and feel the twist through the core
- Rotate

07. MUAY THAI

COACHING LAYERS 2 & 3

- Huge crunching action in the Elbow
- Come up onto your toes just before you throw the Elbow
- Whip your trunk

6 Back Knees/1 Jump Front Knee

- Knee comes right up the middle
- Lock your arms and your grip

Combination: 4 Jabs/Descending Elbow Right/Descending Elbow Left

- Head moves off of the center point in the Elbows
- Relax the hands and feel the tipping action of the body in the Elbows

Running Man Knees

- Speed change: pull the hands DOWN
- Intensify!

CONNECTION & PERFORMANCE

Tap into the shifts in the music that drive the intensity changes in the movement. Watch how you really see those gear changes physically in the whole presenter team in the Masterclass. Strive to physically 'go there' with each intensity shift and coach your participants to do the same. You'll know that you're coaching those shifts effectively when you SEE the physical intensity in the room increase with each gear shift and you FEEL the energy amplify as the music demands it. Pull back your voice and don't over-coach in the moments when the music gets quiet. You can't feel the build if you never pull back. When the music gets quiet, pull back your voice and your energy; this gives you a place to go as the music builds.

08. POWER TRAINING 3

MUSIC Happy Alone 6:33 mins

TRACK FOCUS

This classic Boxing training track challenges your speed, power, and endurance with two huge rounds that never stop!

FEEL

Drum 'n' Bass, Euphoric, Free

MARTIAL ART

Boxing

0:00 / V1 / I hope it's not too late
4x8 / Recover

0:11 / _ sometimes it's hard
4x8 / L Shoulder Stretch 16cts
R Shoulder Stretch 16cts

0:22 / PC / not a **song** about love
8x8 / L, R Run 64cts

0:44 / C / cos I'm happy **alone**
4x8 / A / L **Combat Stance**
L Jab, R Cross 2cts / 16reps
👁 L Uppercut, R Uppercut on last 4cts

0:55 / C / _ Won't sing about
4x8 / A1 / L Jab, R Cross x2 4cts
L Uppercut 2cts
R Uppercut 2cts / 4reps

1:06 / V2 / _How's it gonna end
12x8 / B / L Jab 2cts / 16reps
L Step Jab 2cts / 16reps
L Stiff Jab 2cts / 16reps

1:39 / C / cos I'm happy **alone**
4x8 / A / L Jab, R Cross 2cts / 16reps
👁 L Uppercut, R Uppercut on last 4cts

1:50 / C / _ Won't sing about
4x8 / A1 / L Jab, R Cross x2 4cts
L Uppercut 2cts
R Uppercut 2cts / 4reps

2:01 / V3 / I no longer feel the
4x8 / C / L Jab 2cts
R Uppercut 2cts

L Hook 2cts
Roll 2cts / 4reps

2:12 / B up / No nothing round here
6x8 / C1 / L Jab 1ct
R Uppercut 1ct
L Hook 2ct
Pulse F, B x2 4cts / 6reps
👁 L Step Jab x2 on last 4cts

2:29 / QC / Won't sing about
8x8 / C2 / L Jab 1ct
R Uppercut 1ct
L Hook 2cts
L Step Jab x2 4cts / 8reps

2:50 / C / cos I'm happy alone
4x8 / A / L Jab, R Cross 2cts / 16reps
👁 L Uppercut, R Uppercut on last 4cts

3:02 / _ Won't sing about
4x8 / A1 / L Jab, R Cross x2 4cts
L Uppercut 2cts
R Uppercut 2cts / 4reps

3:13 / _ Won't sing about
4x8 / A / L Jab, R Cross 2cts / 16reps
(L fist to sky – finish!)

3:24 / Br / (Music fades)
3x8 / Recover

3:32 / QC / cos I'm happy **alone**
6x8 / R, L Run 48cts

3:48 /

REPEAT SEQUENCE A to 4th A – R

08. POWER TRAINING 3

At this point in the class your participants have done all of these punches in previous tracks and if you have coached them well throughout the class, they are executing the mechanics of the movements well. So, don't over-coach the basics. Leave plenty of space in the music and with your language for connection and performance. This euphoric song provides the perfect opportunity for your class to release into the music and dive into the experience.

COACHING ROUND 1

Jab/Cross

- 10 seconds
- Chin tucked in
- Long through the punch, soft at the elbow
- Back heel up off the floor
- Shoulders rolling, calories burning
- Down the line!

Combination: Jab/Cross/Uppercuts

- 4, 3, 2, 1, Uppercut

Jabs

- Right Jab, down the line, out and in
- One hand by your face, elbow to ribcage
- Push your weight into the front foot
- Push/pull
- Snap Jab: Step and Jab fast; hold it just a little longer
- "Like you're the world's best boxer!"
- Make it a Stiff Jab: lock your foot down, lift your elbow, and corkscrew the punch

Jab/Uppercut/Hook

- Slow Jab, Upper, Hook
- Roll the shoulders
- Speed it up

Combination: Jab/Uppercut/Hook/2 Power Jabs

- Add 2 Step Jabs
- Snap the Jab

COACHING ROUND 2

Jab/Cross

- Left Combat Stance, Jab, Cross
- Your shoulders should be burning! Your heart should be pumping!

Combination: Jab/Cross/Uppercuts

- "Is this the round where you dig a little deeper? Where you squeeze your fists a little harder? And you really go for the knockout?"

Jabs

- Make it a snappy step on the Jab

Jab/Uppercut/Hook

- Go slow; get the roll
- A big part of Boxing is knowing how to roll with the punches, through your core, and the punch will follow
- Speed: get light, get loose

Final Set Jab/Cross

- Final set down the line!
- Last sprint to the finish!
- KIA KAHHA!

CONNECTION & PERFORMANCE

Watch how Rachael hooks into the energy of the song and uses the lyrics to motivate the class. There are several times when she finds ways to push the class to the next level when she says:

- *"It's a song about love; this is your time to shine..."*
- *"Don't fear it, embrace the pain...If you embrace fear, you have conquered it"*
- *"Nothing changes unless you are ready for the change. Who's ready?"*
- *"Love. I won't sing about it. I'm going to breathe it, I'm going to live it and I'm going to show it."*
- Teach this track with passion and intention. Let your love for BODYCOMBAT shine though!

09. CONDITIONING

MUSIC Lingua 3:20 mins

TRACK FOCUS

The focus of this track is isolating and strengthening the muscles of the core. The load of these movements can easily be modified by changing the angle of the legs, which allows participants to challenge themselves to the level that works perfectly for them to hit fatigue by the end of the track.

FEEL

Drum 'n' Bass

0:00 / Intro /

4x8 / Setup – face L and lie on back, side-on to class

Lift knees over hips – shins parallel to floor and arms by sides

0:11 / V1 / (Beats)

12x8 / A / **Oblique Knee Drop**

Drop knees down – F 4cts

Extend legs 4cts

Bend knees 4cts

Reset knees over hips 4cts

Repeat – B 16cts / 3reps

(OPTION: extend top leg only. Extend legs up straight on last 2cts)

0:44 / C / kill em wit the **lingua**

4x8 / B / **Criss-Cross Legs**

Criss-Cross 4cts / 8reps

0:55 / kill em wit the **lingua**

4x8 / B¹ / **Criss-Cross Legs with Pulse Crunch**

Criss-Cross with Pulse Crunch 4cts / 8reps

1:06 / V2 / Listen to me, I'm a **killer**

8x8 / A / Repeat **Oblique Knee Drop** R, L 32cts / 2reps

1:28 / kill em wit the **lingua**

4x8 / B / Repeat **Criss-Cross Legs** 4cts / 8reps

1:39 / kill em wit the **lingua**

4x8 / B¹ / **Criss-Cross Legs with Pulse Crunch** 4cts / 8reps

1:50 / kill em wit the _

8x8 / C / Extend legs 4cts

Lower to 45° 4cts

Lift back up 4cts

Reset – bend knees 4cts / 8reps

(OPTION: to lower legs past 45° to increase intensity after 4 reps)

2:34 / C / kill em wit the **lingua**

4x8 / B / **Criss-Cross Legs** 4cts / 8reps

2:45 / kill em wit the **lingua**

12x8 / B¹ / **Criss-Cross Legs with Pulse Crunch** 4cts / 24reps

09. CONDITIONING

Be sure to coach and show the different options for the Oblique Knee Drop, the Leg Extension and the Leg Criss-Cross so your participants know how to moderate the load and intensity of the movements.

TECHNIQUE & COACHING LAYER 1

Oblique Rotation with Leg Extension

- On your back
- Anchor the head and shoulders to the floor
- Knees above the hips and at 90-degrees
- Drop the knees towards the front of the room to a 45-degree angle, extend the legs, and then re-set
- OPTION: extend only the top leg to decrease the load
- Brace the core for stability through the trunk
- Feel the stretch and the tension in the obliques



Leg Criss-Cross

- Legs up, Criss-Cross
- Brace the core
- Push the lower back towards the floor



Leg Criss-Cross with Crunch

- Next, add the Crunch
- Slide the ribcage towards the pelvis
- Eyes look through the legs
- Squeeze the abs



Leg Extension

- New move: bend the knees, extend the knees straight up, drop the legs to a 45-degree angle, bring the legs back in, and re-bend the knees to the starting position
- Strong brace of the abs
- Keep the lower back on the floor
- Anchor through the head and shoulders to build strength and endurance throughout the abdominals



COACHING LAYERS 2 & 3

Oblique Knee Drop with Leg Extension

- Stronger obliques help us to strike and kick more effectively because the obliques flex and rotate the trunk; we need that trunk movement for safe and effective kicks and strikes

Leg Criss-Cross

- To increase the tension in the abs, take the legs a little lower
- Lower abs heating up; obliques warm

Leg Criss-Cross with Crunch

- This time really squeeze the core and crunch the abs
- OPTION: to decrease intensity, bend your knees, lock the ankles, engage the glutes, and stay with the Pulse Crunch
- OPTION to increase intensity: drop the legs a little lower in the Criss-Cross

Leg Extension

- To add more load: extend the knees to 45-degree angle, drop the legs lower than 45-degree, then return to 45-degree angle and return to the start position
- With this option, you'll feel more work in the lower abs

10. COOLDOWN

MUSIC Whatever It Takes 3:20 mins

TRACK FOCUS

Use the Cooldown as an opportunity to connect with your class and congratulate them on their efforts. Make their sense of accomplishment feels more tangible by reminding them, as Dan does, how many kicks and reps they did in the class. When they hear those numbers "206 kicks in just one track" "over 4,500 reps in the entire class" they will take a moment to reflect on the past hour and what their mind and body achieved together. This will leave them feeling empowered, strong, and committed to get to their next BODYCOMBAT class!

FEEL

Alternative, Indie

0:00 / Intro /

4x8 / Recover and prepare for Cooldown

0:14 / V1 / Falling too fast to

4x8 / L Seated Glute Stretch 32cts

0:28 / PC / Whip, whip

4x8 / L Lying Quadricep Stretch 32cts

0:42 / C / Whatever it **takes**

4x8 / L Lying Hamstring Stretch 32cts

0:56 / Whatever it **takes**

4x8 / L Lying Glute Stretch (L ankle across R knee) 32cts

1:11 / V2 / Always had a fear

4x8 / R Seated Glute Stretch 32cts

1:25 / PC / Whip, whip

4x8 / R Lying Quadricep Stretch 32cts

1:39 / C / Whatever it **takes**

4x8 / R Lying Hamstring Stretch 32cts

1:53 / Whatever it **takes**

4x8 / R Lying Glute Stretch (R ankle across L knee) 32cts

2:08 / V3 / Hypocritical, egotistical

4x8 / R Hip Flexor Stretch – R hand to floor, L hand to thigh 32cts

2:22 / I'm an **apostrophe**

4x8 / Kneeling Adductor Stretch – R leg turns in. Sink forward into L leg and lean back slightly 32cts

2:36 / At least I go down to the

4x8 / L Hip Flexor Stretch – L hand to floor, R hand to thigh 32cts

2:47 / C / Whatever it **takes**

4x8 / Kneeling Adductor Stretch – L leg turns in. Sink forward into R leg and lean back slightly 32cts

3:01 / Whatever it **takes**

2x8 / L ITB Band Stretch 16cts

3:08 / Whatever it **takes**

2x8 / R ITB Band Stretch 16cts

3:15 / (Outro) / I do what it **takes**

Step out – fists clenched and arms out slightly – slide feet in and take a bow!

10. COOLDOWN

COACHING

Glute Stretch

- Right knee over left
- Release your glute
- Hand on the floor
- Unwind the spine
- Breathe



Quad Stretch

- Drop down to your left forearm for Quad Stretch
- Heels close to butt
- Ribcage down, push your hips forward



Hamstring Stretch

- Roll onto your back
- Head and shoulders relaxed
- Hips stay down
- Relax the leg and bring the knee a little closer

Glute Stretch (Lying Down)

- Cross that leg over the knee, reach through the middle for a big Glute Stretch
- As you exhale, pull the legs closer to your chest

Hip Flexor Stretch

- Right leg step forward into a Hip Flexor Stretch
- Turn the toes out slightly, gentle push on the inside of the knee
- Sink down into the opposite hand

Inner Thigh Stretch

- Sit up. Lock your back foot down. Turn your body to the side
- Sink down and gently lean away to feel a stretch in the back leg



BONUS

05. POWER TRAINING 2

MUSIC She's Out Of Her Mind 5:45 mins

TRACK FOCUS

Have fun with this classic Boxing training track! The four basic punches work your upper body in this track and the "old school, new cool" Jump Jab, High Knee run combination provides a great cardiovascular training effect.

FEEL

Rock, Irreverent

MARTIAL ART

Boxing

0:00 / (Intro) / (Drums and guitar)
4x8 / Recover and introduce track
👁️ L **Combat Stance** L Jab x2, R Cross on last
4cts
0:11 / V1 / I said settle down, settle down
8x8 / A / L **Combat Stance**
L Jab x2 2cts
R Cross 2cts / 16reps
(Level 2 after 8 reps)
👁️ L Jump Jab OTS x2 on last 4cts
0:32 / C / I'm in deep with this girl
8x8 / B / L Jump Jab F x4 8cts
L, R Run B 8cts / 4reps
0:53 / Br / Oh yeah
4x8 / C / L Jab, R Cross 2cts / 16reps
1:04 / V2 / I let her down, let her
8x8 / D / L Uppercut 2cts
R Uppercut 2cts
L, R Uppercut x2 4cts / 8reps
1:25 / C / I'm in deep with this girl
8x8 / B / L Jump Jab F x4 8cts
L, R Run B 8cts / 4reps
1:46 / Br / Oh yeah
4x8 / E / R, L Speed bag with Pulse F, B 32cts
1:57 / (Instr)
1x8 / Recover and set up **Front Stance**

2:00 / Br / _ She's not complicated
7x8 / F / L Hook 2cts
Bob 2cts
R Hook 2cts
Bob 2cts / 7reps
2:18 / C / I'm in deep with this girl
8x8 / B / L Jump Jab x4 F 8cts
L, R Run B 8cts / 4reps
2:40 / Br / Oh yeah
4x8 / C / L Jab, R Cross 2cts / 16reps
(L Jab to finish!)
2:52 / (Intro)
4x8 / Recover and prepare R **Combat Stance**
3:03 /
REPEAT SEQUENCES A to 2nd C – R

05. POWER TRAINING 2

Classic Boxing training to a great Rock song! Dig in, work hard, and have fun!

TECHNIQUE & COACHING LAYER 1

Double Jab/Cross

- Right Combat Stance; hands in Boxing Guard
- Double Jab and a Cross
- Relaxing through the upper body
- Knees soft
- Rotating the body
- Release the heel on the Cross
- Use the back of the body to propel the Cross forward

Jump Jab/High Knee Run

- Jump Jab forward, 4, 3, 2, 1, High Knee Run back
- Jump Jab: lift your knee up and as you plant the foot, plant the punch at the same time
- OPTION: remove the jump on the Jab

Jab/Cross

- On the spot, Jab, Cross, 1, 2
- Roll the shoulders

2 Slow Uppercuts/4 Fast Uppercuts

- 2 Slow Uppercuts, 4 Fast
- Hit under the chin
- Relax through the upper body
- Let the shoulders roll

Speed Bag

- Throwback: Speed bag! Roll!
- Fists roll forward above the shoulders
- Small, fast move

Hook/Bob

- Front Stance. 1 Hook, 1 Bob
- Get under your Guard

COACHING LAYERS 2 & 3

Double Jab/Cross

- When you come to the second side: 3 big rounds to go
- Relax into it and say hello to the Cross
- Whip the back hip through

Jump Jab/High Knee Run

- This movement provides a great cardiovascular response. Drive the knee up higher to increase the heart rate
- Move forward further and bring more power to the punch
- More POWER! More SNAP!

Jab/Cross

- We are in deep for 20 seconds! GO!
- Something to live for!
- Go for speed! Rotate!
- Put your foot down; keep your chin in

2 Slow Uppercuts/4 Fast Uppercuts

- Bend the knees and lift. Create a POP at the end!

Speed Bag

- Let's take it back to the gym: Speed Bag!
- Speed Bag: the Boxer's favorite tool for training speed
- Your hands are weightless

CONNECTION & PERFORMANCE

Hook into the feeling of this song and get your class singing with you. The song provides the perfect spot to bring your class together on the Jump Jab sequence when it says "oh oh oh oh she's out of her mind". The song also provides lots of lyrics that you can hook into and play with: "She's out of her mind." "She's not complicated at all". "She's anti-social." Find an authentic way to use these lyrics to connect and have fun with this track. Watch how the presenters each have a unique take on the song and the lyrics. What's your take? Have fun with it!

BONUS

07. MUAY THAI

MUSIC Hypnotic 4:50 mins

Bonus Track 7 choreographed by Taine Phillips. Taine has been a BORN TO MOVE™ choreographer for the past four years. He is a Tae Kwon Do International Federation Black Belt. Currently Taine travelling in South America.

TRACK FOCUS

The focus of this track is agility, speed, and power. We integrate lower body movements (quick switches of the legs and Squats) with upper body strikes to create this training effect.

FEEL

Trance, Energized

MARTIAL ART

Muay Thai

0:00 / Intro / 1x8 / Prepare to run	2:12 / (Instr) 8x8 / D / L Knee x4 8cts R Knee x4 8cts / 4reps (Level 2 after 2reps)
0:02 / 7x8 / L, R Run 56cts	2:34 / V2 / _ You pour, I drink 4x8 / Recovery
0:22 / V1 / _ I smoke, you blow 2x8 / A / L Combat Stance L Jab 2cts Bob 2cts / 4reps	2:45 / _ We take our time 2x8 / Repeat A 16cts
0:27 / imagination takes control 2x8 / A¹ / R Combat Stance R Jab 2cts Bob 2cts / 4reps	2:51 / no, we don't wanna 2x8 / Repeat A¹ 16cts
0:33 / _ I take my time though 2x8 / Repeat A 16cts	2:56 / PC / Oh, it's so hypnotic 8x8 / B / L Combat Stance L Jab x4 8cts R Combat Stance R Jab x4 8cts / 4reps (Level 2 after 2reps)
0:38 / no, I don't want to waste 2x8 / Repeat A¹ 16cts	3:18 / C / (Dance music) 8x8 / C / Front Stance L, R Jab x2 4cts Squat 4cts / 8reps 👁 L Circular Elbow 2cts, R Circular Elbow 2cts on last rep
0:44 / PC / Oh, it's so hypnotic 16x8 / B / L Combat Stance L Jab x4 8cts R Combat Stance R Jab x4 8cts / 8reps (Level 2 after 4reps)	3:40 / Oh, it's so hypnotic 8x8 / C¹ / L, R Jab x2 4cts L Circular Elbow 2cts R Circular Elbow 2cts / 8reps
1:28 / C / (Dance music) 8x8 / C / Front Stance L, R Jab x2 4cts Squat 4cts / 8reps 👁 L Circular Elbow 2cts, R Circular Elbow 2cts on last rep	4:02 / (Instr) 8x8 / D / L Knee x4 8cts R Knee x4 8cts / 4reps (Level 2 after 2reps)
1:50 / Oh, it's so hypnotic 8x8 / C¹ / L, R Jab x2 4cts L Circular Elbow 2cts R Circular Elbow 2cts / 8reps	4:25 / Outro / (Music calms) 8x8 / Recover

07. MUAY THAI

Since we've not had any quick leg switches in recent releases, be sure to clearly coach these changes from one side to the other. Make sure to coach the benefit of this footwork (agility) to your class as well, so they understand the purpose of that movement.

TECHNIQUE & COACHING LAYER 1

Jab/Bob

- Right Combat Stance, Jab, Bob, then switch to the left side
- Chin tucked in
- Shoulders forward
- Hands up

Fast Jabs

- 4 Fast Jabs, 4, 3, 2, 1, switch to the left
- Agility in the legs as you switch sides
- Shift your weight to the front foot and snap the punch

Combination: 4 Jabs/Squat

- Front Stance
- 4 Jabs, 4, 3, 2, 1, Squat down and up
- Hips back and down in the squat
- Tuck in your chin in and turn the shoulders

Combinations: 4 Jabs/Elbow/Elbow

- From Speed to Power: add on Elbow, Elbow
- 4 Jabs and 2 Elbows
- Elbow: Short, sharp strike to fire the muscles and lift the intensity

Combination: 4 Knees Each Side

- 4 Right Knees, 4 Left Knees
- Pull your arms to the hip
- Toes down
- Swing the knee in
- Level 2: Pull it higher, pull the arms down stronger

COACHING LAYERS 2 & 3

Fast Jabs

- To add a sting to the punch, push off your back leg
- To add power, use the legs and shift the weight
- Bring power into the fist
- Push off your back leg
- Lean into it

Combination: 4 Jabs/Squat

- Shift your butt down to knee height
- When you punch, turn your shoulders
- Add a snap to the punch

Combinations: 4 Jabs/Elbow/Elbow

- Slice through the air with your elbow

Combination: 4 Knees Each Side

- Last 30 seconds of the track!
- Level 2: Pull the arms down stronger
- 8 seconds!

CONNECTION & PERFORMANCE

These combinations have simple choreography that allows you to connect with your class once you've set up each combination. Once you have your participants moving well in each combination take the opportunity to connect with them. Watch how Tau connects and encourages the class throughout the track. Find the moments in the track where YOU can make those important connections and give your participants the feeling that you're working together as a team.

MUSIC

1A **Rich Boy (Quintino Remix)** (2:47)

Galantis

© 2017 Atlantic Recording Corporation.

Written by: Poole, Hunter, Walcher, Karlsson, Jonback, Eklow, Koitzsch

1B **Rebound To The Beat** (2:16)

Promise Land & Luciana

© 2016 Doorn/ Spinnin Records under exclusive license to Hussy Recordings a division of Ministry Of Sound Australia.

Written by: Caporaso, Clow, Ranucci, Pelusi

1C **Wild Flowers** (2:22)

Frank Carter & The Rattlesnakes

© 2017 International Death Cult.

Written by: Carter, Richardson

2 **Going Crazy** (5:27)

Hardwell & Blasterjaxx

© 2016 Central Station Records.

Written by: van de Corput, Jongkind, Makhlef

3 **Skin (Wilkinson Remix)** (3:23)

Rag'n'Bone Man

© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.

Written by: Graham, Scott, Coffey, Needle, Bryer, Williams

Skin (Wilkinson Remix) (1:50)

Rag'n'Bone Man

© 2017 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.

Written by: Graham, Scott, Coffey, Needle, Bryer, Williams

4 **Great Spirit** (6:11)

Armin van Buuren & Vini Vici feat. Hilight Tribe

© 2016 405 Recordings under exclusive license from Armada Music BV.

Written by: Unknown

5 **Bomberdrop** (4:36)

Bustin Jeeber

© 2017 Les Mills Music Licensing Ltd.

Written by: Unknown

6 **Kiwi** (4:00)

Lee Is Here

© 2017 Les Mills Music Licensing Ltd.

Written by: Styles, Bhasker, Salibian, Johnson, Rowland

7 **This Time** (5:15)

Kayzo

Courtesy of MONSTERCAT 2017.

Written by: Capuzzo

8 **Happy Alone** (3:26)

Matrix & Futurebound feat. V Bozeman

© 2015 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Company.

Written by: Fielder, Christopher, Collins, Quinn

Happy Alone (3:07)

Matrix & Futurebound feat. V Bozeman

© 2015 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Company.

Written by: Fielder, Christopher, Collins, Quinn

9 **Lingua** (3:20)

Sub Focus feat. Stylo G

Courtesy of the Universal Music Group.

Written by: Ralph, Macgillvray, Lane, McDermott, Douwma

10 **Whatever It Takes** (3:20)

Imagine Dragons

Courtesy of the Universal Music Group.

Written by: Sermon, Reynolds, McKee, Platzman, Little

BONUS Shes Out Of Her Mind (5:45)

05 **Spring Is Coming**

© 2017 Les Mills Music Licensing Ltd.

Written by: Hoppus, Feldmann, Skiba, Barker

BONUS Hypnotic (4:50)

07 **Wilkinson feat. Shannon Saunders & Youngman**

Courtesy of the Universal Music Group.

Written by: Wilkinson, Saunders, Smith

OUR DECLARATION OF INTENT

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.

Visit lesmills.com/BLAH

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 37:13

Please note: The 30 and 45-minute class formats have been customized for this release.

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** 27:29

KEY

- AIK Aikido
- BJJ Brazilian Jiu Jitsu
- BOX Boxing
- CAP Capoeira
- KAR Karate
- KB Kick-boxing
- KF Kung Fu
- MA Martial Arts

- MMA Mixed Martial Arts
- MT Muay Thai
- TKD Tae Kwon Do

- B up build up
- Br bridge (non-chorus)
- C chorus
- cts counts
- C br chorus bridge
- F&B forward and backward

- HOH hands on hips
- Instr instrumental
- Intro introduction
- L left
- mins minutes
- O/H over head
- OTS on the spot
- Outro last few bars of music
- PC pre-chorus
- QC quiet chorus
- R right

- Ref reference
- Seq sequence
- V verse
- Vox voice
-  preview

PRESENTERS



From L to R: Marlon Wood, Erin Maw, Tauvaga Siolo, Rachael Newsham, Dan Cohen

BC release 74 has a strong dynamic focus on kicking technique and a high level of cardiovascular training.

Introducing a dynamic stretch and mobility early on in the warmup allows for a greater prep for all upper and lower body strikes. Multidirectional movement tests your participant's ability to execute exciting combos. Coaching a strong layer 1 will allow participants a greater level of success giving them the opportunity to perfect their understanding and technique. Blasting the shoulders with simplistic boxing strikes creates a magical and uplifting environment, but the challenge is still yet to come.

206 continuous kicks combined with high knee runs, modified sprawls, plyometric pushes and powerful jump knees takes your heart rate through the roof. You would be mistaken to think that an abdominal track would be a moment for rest. If you can survive the onslaught of crunching power and lower abdominal endurance you then have won the right to relax in this soft developmental stretch.

With a specific focus on maintaining great technique your participants will welcome this refreshing wide variety of strikes in release BC 74. Coach to all the options so that your participants can tailor each exercise to them. There are 2 bonus tracks in this release - Track 5 and 7.

Keep it real and stay with the fight

Dan and Rach

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.

Erin Maw (New Zealand) is a BODYCOMBAT, BODYATTACK™, BODYJAM™, SH'BAM and LES MILLS GRIT™ Series Trainer, and a BODYBALANCE/ BODYFLOW™ and CXWORX Instructor. She is based in Auckland.

Marlon Woods (USA) is a BODYCOMBAT Trainer and BODYPUMP Instructor. He lives in Georgia, where he also works as an intelligence analyst.

Tauvaga Siolo (New Zealand) is a SH'BAM BODYCOMBAT, BODYJAM and BODYPUMP Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a CXWORX and an RPM™ Instructor. He is based in Auckland, where he is also Group Fitness Manager at Les Mills New Lynn.

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, practiced 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.