

BODYCOMBAT 75

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BONUS

03. 力量训练 1

BONUS

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BONUS

05. 力量训练 2 – 选项 A

BONUS

05. 力量训练 2 – 选项 B

MUSIC

嗨，教练们，我们期待您对新内容做出反馈！
请点击此处填写一份快速调查
https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01A. 上肢热身

小节焦点

一个充满活力的音乐和来自多样化武术艺术的上肢热身运动能让你的学员在精神和身体上为这个精彩的训练课做好准备。使用清晰的第一层教授提示，指明每个上肢热身动作和训练每一种武术，使你的课堂能够体验拳击和空手道的不同感觉。

感受

宽敞的房间，热动起来，充满活力

武术

拳击，空手道

	Music			Exercise	CTS	REPS
0:05	Intro / Everybody in	1x8		L Combat Stance – Boxing Guard	8	
0:08	Everybody in	3x8	A	L Jab, R Cross	4	6x
0:18	B up / (Music builds)	4x8	A ¹	L Jab, R Cross 👁 L, Jab, R Cross x2 L Uppercut x2 (on last 8cts)	2	16x
0:32	C / (Heavy dance sounds)	8x8	A ²	L Jab, R Cross x2 L Uppercut x2	8	8x
1:00	V2 / Everybody in	4x8	B	L, R Hook	4	8x
1:12	QC / are you ready? _	8x8	C	L Jab x3 L Jab to R side	6 2	8x
1:41	Everybody in	4x8	D	L Low Block L Mid Block	2 2	8x
1:54	Instr / are you ready? _	8x8	E	L Lunge x3 (R leg B) L Adductor Stretch (R foot steps out)	6 2	8x
2:21	B up /	2x8		L Lunge and hold – Recover and transition into R Combat Stance – Boxing Guard	16	
2:28	REPEAT SEQUENCES A to E – R Note: A only 4reps					

01A. READY 4:38 min

这首歌的歌词非常适合让你的参与者全身心投入到锻炼中去。一旦你为他们设置了每个动作的基础，随着音乐的节奏开始并与他们联系，让他们完成这一小节，充满活力和兴奋的投入训练!让你的学员们做好心理准备！

技术与教授

直拳,后手拳

第 1 层

- 直拳，后手拳，右，左
- 目标：鼻子，嘴唇和下巴
- 用大指关节敲击
- 肩部放松

第 2 层

- 肩膀下沉，感受身体的转动

直拳，后手拳，双勾拳

第 1 层

- 目标：对于直拳，后手拳：鼻子，嘴唇，下巴，对于上勾拳：收紧下巴
- 放松肩部
- 在做后手拳时弯曲膝盖，下降，然后抬高
- 姿势：后脚跟抬起，离开地面，臀部向上

第 2 层

- 转动肩膀
- 肩部放下在你做上勾拳时
- 为了使肌肉完全工作，放松肩膀，让它们动起来

勾拳

第 1 层

- 放松脚后跟，转动你的臀部
- 目标：下巴或太阳穴
- 肘部弯曲90度挥舞一个圆形
- 使用指关节出拳

第 2 层

- 松开脚后跟，在出拳的时候转动臀部

3 直拳 侧边 1 直拳

第 1 层

- 朝前打出3记直拳，侧边打出一记直拳，握紧，放松
- 抬起你的后脚跟，将重心放在你的后脚上，向侧边出拳
- 向前出拳迈步
- 脚步要轻盈

第 2 层

- 注意速度：放松，然后回到倒数第二个

低位格挡，中位格挡

第 1 层



- 弯曲膝盖，挺胸
- 用前臂做格挡动作
- 低位格挡停在大腿内侧，中位格挡与肩平

第 2 层

- 运用前臂去格挡来拳

3 弓步，侧弓步

第 1 层



- 弓步：向后撤一大步，膝盖离开地面，髋部向前倾
- 侧弓步：侧边迈开一大步，臀部向后推

第 2 层

- 挺胸
- 步子迈的越大，你的腿部就能够得到更多活动，也更能热起来，准备就绪y



01B. 下肢热身

小节焦点

提高心率，温暖下肢。我们练习你在整个课程中使用的下肢做动作。用明确的教练语言来教授每一个动作，然后用顶膝提高心率。

感受

朋克，叛逆的

武术

跆拳道，空手道

Music			Exercise		CTS	REPS
4:39	Intro /	2x8		L, R Pulse – transitioning into L Combat Stance	2	8x
4:45	V1 / You say	4x8	A	L Roundhouse Kick Setup Pulse OTS x2	4 4	4x
4:57	I can’t sleep	4x8	A ¹	L Roundhouse Kick Pulse OTS x2	4 4	4x
5:10	PC / Frustration	4x8	B	R Back Kick Pulse OTS x2	4 4	4x
5:22	Br / _ Hey I’m	4½x8	C	L Knee x2 R Knee x2	4 4	4½x
5:36	Br / La da na	1x8		R, L Pulse – transitioning into R Combat Stance	2	4x
5:39	V2 / Voices	4x8	A	R Roundhouse Kick Setup Pulse OTS x2	4 4	4x
5:51	Watch out	4x8	A ¹	R Roundhouse Kick Pulse OTS x2	4 4	4x
6:04	PC / _ Frustration	4x8	B	L Back Kick Pulse OTS x2	4 4	4x
6:16	C / Hey I’m	4x8	C	R Knee x2 L Knee x2	4 4	4x
6:28	Hey I’m	4x8	C ¹	R Knee R Front Kick Hold in Front Stance Repeat on L side	2 2 4 8	2x
6:41	Br / _ Na-na, na-na	7x8	D	R Side Kick Pulse OTS x2 Repeat on L side	4 4 8	3½x
7:03	B up / Congratulations,	6x8	D ¹	Shuffle L L Side Kick Repeat on R side	4 4 8	3x
7:21	B up /	½x8		Hold	4	
7:23	C / Hey I’m	4x8	C	L Knee x2 R Knee x2	4 4	4x
7:35	Hey I’m	4x8	C ¹	L Knee L Front Kick Hold in Front Stance Repeat on R side L Knee to finish!	2 2 4 8	2x



01B. PERMANENT VACATION 3:12 mins

使用双膝和歌曲的合拍来获得乐趣。与你的学员互动，享受这种感觉当你开始流汗的时候，你就会觉得你已经准备好了。

技术与教授

回旋踢准备

第 1 层

- 把你的后脚跟转到前面四分之三处
- 撑起，脚着地
- 膝盖和小腿成一条直线
- 收紧腹肌以保护背部
- 倾斜身体

回旋踢

第 1 层

- 手臂伸展，最大限度踢腿
- 着地时双脚分开，膝盖放松
- 选择一个舒适的高度，低位或者中位

后踢腿

第 1 层

- 踢出，收回，保持
- 脚趾想先，脚后跟向上
- 胸部向前
- 臀部往前推
- 最大限度做动作

双膝运动

第 1 层

- 膝盖向胸部位置抬高
手肘下拉

膝盖，前踢

第 1 层

- 空手道动作：1个膝盖，1个前踢
- 在做前踢动作时，肩膀向后，同时挥动手臂
- 收回前踢动作

侧踢

第 1 层

- 从低位开始，收起，踢出，然后保持，之后换另一侧
- 注意回收时的动作
- 脚趾轻微地下降
- 用脚的外侧踢出

第 2 层

- 假想一个你的目标
- 使你的踢腿更远



02. 战斗训练 1

小节焦点

这一小节是全身运动和有氧训练:上半身的打击，假想目标的转换，和集中的下肢训练与膝盖回旋/侧踢组合。感受这些不同部分的对比，以充分利用每一个元素。

感受

充满电子乐感的房间 很有趣 很活泼

武术

腿法拳击，跆拳道

	Music		Exercise	CTS	REPS
0:00	Intro /	2x8	Set up L Combat Stance – Boxing Guard	16	
0:07		2x8	A L Jab, R Cross	2	
			L Hook	2	
			Pulse F, B x2	4	2x
0:14	V1 / Turn it up loud	4x8	A ¹ L Jab, R Cross	2	
			L Hook	2	8x
			L Roundhouse Kick (on last 4cts)		
0:28	PC / (Mash up)	8x8	A ² L Jab, R Cross	2	
			L Hook	2	
			L Roundhouse Kick	4	8x
0:56	C / (Jump) _ (Heavy synth)	8x8	A ³ L Jab, R Cross	2	
			L Hook	2	
			L Roundhouse Kick	3	
			Decoy Switch into R Combat Stance	1	
			R Jab, L Cross	2	
			R Hook	2	
			R Roundhouse Kick	3	
			Decoy Switch back to L Combat Stance	1	4x
1:24	V2 / Turn it up loud	1x8	Recover and set R heel	8	
1:27	Turn it up loud	3x8	B L Roundhouse Knee Repeater	2	12x
			L Side Kick (on last 8cts)		
1:38	PC / (Mash up)	8x8	B ¹ L Roundhouse Knee x2	4	
			L Side Kick	4	8x
			OPTION: Add hop to knees after 4reps		
2:06	C / (Jump) _ (Heavy synth)	8x8	A ³ L Jab, R Cross	2	
			L Hook	2	
			L Roundhouse Kick	3	
			Decoy Switch into R Combat Stance	1	
			R Jab, L Cross	2	
			R Hook	2	
			R Roundhouse Kick	3	
			Decoy Switch back to L Combat Stance	1	4x
2:34		2x8	Recover and transition into R Combat Stance – Boxing Guard	16	
2:41			REPEAT SEQUENCES A to 2nd A ³ – R		



02. JUMP 5:10 mins

感受在目标转换过程中所需要的敏捷度挑战，注意要清晰地使用教练用语，确保每一个学院都能够感受到成功从而获得乐趣。

技术与教授

直拳，后手拳，勾拳

第 1 层

- 防守姿势
- 保持击打的动作高低程度在中部
- 勾拳时脚跟抬起，臀部随着出拳转动

第 2 层

- 勾拳时转动全身以增加力量
- 精益求精

直拳，后手拳，勾拳，回旋踢

第 1 层

- 旋转后脚跟周围为回旋踢做准备
- 在踢的过程中倾斜胸部
- 把你的腿伸向对方
- 可选：踢腿的高度可高可低

第 2 层

- 选择你感觉舒服的高度
- 你觉得它在哪里: 腘绳肌，臀部还是背部肌肉？

直拳，后手拳，勾拳，回旋踢，目标切换组合

第 1 层

- 新动作：着地，然后换边
- 可选：走着，或者跳着换边
- 当你迈步时，前脚甩向后面来切换
- 在跳跃时，落地膝盖要放松

第 2 层

- 注意踢出的速度或力量
- 做出你的选择：迈步或者跳跃

第 3 层

- 每个人都说：跳！
- 你做到了！
- 一起来：跳！
- 我想听到你们的声音！

回旋踢膝盖重复动作

第 1 层

- 弯曲支撑腿
- 挺胸
- 将膝盖抬到肋骨处

第 2 层

- 真正运用你的支撑腿

回旋踢膝关节、侧踢膝关节组合

第 1 层

- 从侧踢膝关节动作到回旋踢膝关节动作
- 将脚跟推到45度角度
- 向后回收膝关节，注意每次都要到达同样的高度点
- 添加一个跳跃
- 手臂向下

第 2 层

- 感受平衡性：向一侧倾斜身体然后 伸展你的腿

第 3 层

- 增加强度！



03. 力量训练 1

小节焦点

用拳击训练提高心率和耐力。把侧重点放在扭转，预先准备好，然后在勾拳时产生最大的力量。

感受

鼓声的低音、欣快的，有决心的

武术

拳击

	Music		Exercise	CTS	REPS
0:00	V1 / Would you take a bullet	2x8		16	
0:06	I fall onto my knees	14x8	L, R Run OTS	2	56x
0:44	C / When it all goes wrong	8x8	A L Combat Stance L Jab, R Cross	2	32x
1:07	Br / (Instr)	9x8	B L Uppercut 👁 Step R, L (on last 8cts)	2	36x
1:31	PC / Through the fire	4x8	B ¹ L Uppercut x2 Step R, L 👁 Add R Hook as you step L (on last rep)	4 4	4x
1:42	C / When it all goes wrong	8x8	B ² L Uppercut x2 Step R Step L, R Hook 👁 L Jab, R Cross x2 (on last 4cts)	4 2 2	8x
2:04	Just like I take my feints	4x8	C L Jab, R Cross L fist to sky to finish!	2	16x
2:15	Br /	4x8	Recover and prepare to Run OTS	32	
2:26	V2 / Through dark nights	4x8	L, R Run OTS	2	16x
2:37	PC / Through dark nights	16x8	D L Combat Stance L Jab, R Cross x4 L Uppercut x2 Step R Step L, R Hook (Level 2 after 2reps)	8 4 2 2	8x
3:20	(Fade out)	2x8	Recover and prepare to Run OTS	32	
3:28	PC / Will I hold myself	6x8	R, L Run OTS	2	24x
3:45	C / When it all goes wrong		REPEAT SEQUENCES A to D – R		



03. ALL GOES WRONG 6:23 mins

使用跑步来和你的学员建立联系，检查，并在你引导他们进入最后一组完整组合动作的时候，制造兴奋和能量。音乐提供了完美的动力，推动课堂进入最后的小节。聆听它，找到你自己的方法，让全班一起跑，从团队的角度最大的强度和力量完成!

技术与教授

直拳，后手拳

第 1 层

- 屈膝
- 收紧下巴
- 扭动腰部
- 往高处出拳

第 2 层

- 膝部更加弯曲
- 达到最大距离
- 收起双腿。摸摸你的腹肌:腹肌在意识中被点燃

第 3 层

- 快速练习！只有15秒钟时间！



上勾拳



第 1 层

- 垂直地打出勾拳，瞄准下巴
- 屈膝，和腿部一起

第 2 层

- 背肩向前倾，然后在垂直出拳时拉回
- 运用转身来增加更多力量

双勾拳，攻击，收回，勾拳

第 1 层

- 脚步动起来
- 在勾拳时，伸出肘部，引导你的臀部转动
- 勾拳时集中全身力量

第 2 层

- 肘部保持太高
- 使用你的“腹斜肌”:调整步调，让你的勾拳能够转动，在你做动作的时候

全部组合，直拳/后手拳，双勾拳，进，出，摆拳

第 1 层

- 把所有动作组合起来：直拳/后手拳 8组，上勾拳2组，出，进，然后是摆拳
- 注意运用脚步
- 转动身体当你出拳的时候
- 然后，转动臀部，当你在出勾拳的时候

第 2 层

- 在勾拳时注意运用冲力！
- 感受直拳和/后手拳的速度，感受勾拳的力量

第 3 层

- 展示一下你学到了什么！
- 到了挑战自我的时间了！
- 当它错的时候，打他!
- 最后一组！



04. 战斗训练 2

小节焦点

魔爪回来啦！这个邪恶而狂野的运动提供了很棒的腹部训练和一个令人难以置信的机会让你的课堂能够充分释放！

感受

摇滚、力量、前卫

武术

功夫，跆拳道，拳击

Music			Exercise		CTS	REPS
0:00	Intro /	1x8	L Combat Stance – Martial Arts Guard		8	
0:04		3x8	A	R Claw	8	3x
0:14	Instr / (Drums)	4x8	A ¹	L Jab x2	2	
				R Claw	2	
				Pulse F, B x2	4	4x
				👁 L Knee x2 (on last 4cts)		
0:27	V1 / I’m a white light that’s burning	4x8	A ²	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	4x
0:41	C / My name is Thunder	4x8	B	R Knee	2	
				L Front Kick	2	8x
0:54	V2 / Now they’re running for	4x8	A ²	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	4x
1:07	Br / _ Whatever happened to the	4x8	B	R Knee	2	
				L Front Kick	2	8x
1:21	B up / (Screams)	6x8	C	L Jump Kick	4	
				OPTION: L Step Front Kick	4	6x
				Shuffle B		
1:41	C / My name is Thunder	8x8	D	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	
				L Jump Kick	4	
				Shuffle B	4	4x
				OPTION: L Step Front Kick instead of Jump Kick		
2:08	Outro / My name is Thunder	1x8	E	L Jab x2	2	
				R Claw	2	
				Hold Martial Arts Guard to finish!	4	
2:12	(Drums)	1x8		Recover and transition to R Combat Stance		
2:15				REPEAT SEQUENCES A¹ to E – R		
				Note* A¹ is only 2 reps		



04. MY NAME IS THUNDER 4:12 mins

跳起踢腿的动作给予这一小节一个有氧运动挑战。教授过程中，选择最合适学员们的方式，确保你教会了爪的基本动作，因为对于课堂上的一些学员来说这是一个新的动作。

技术与教授

爪击

第 1 层



- 手掌呈爪形，从后手挥出
- 伸展手臂，放下
- 后肩靠前下方，手爪至肘部下方停止

第 2 层

- 斜着身体运用腹肌
- 手掌呈爪形——正宗的功夫招式
- 大幅度挥舞！

双直拳，爪击，双前膝盖

第 1 层

- 膝盖抬高至腰部，双手推臀部。

第 2 层

- 手放下，运用腹肌

第 3 层

- 你逃命去了!

膝盖向后，朝前踢

第 1 层

- 朝前踢的时候倾斜身体
- k腹部用力以支撑低位的踢击收回
- 臀部向前，在你做前踢动作时

第 2 层

- 手臂摆动，以增强力量
- 用有力的前踢来塑造腿部的前部和后部!

第 3 层

- 每次踢腿时你能用多大力？
- 倒数8，7，6，5.....

跳踢

第 1 层

- 可选：迈步踢
- 如果你跳起，落地式要轻盈
- 让锻炼成为你自己的;选择适合自己的

全套动作组合：双直拳，爪击，双膝，跳踢

第 1 层

- 可选：用脚踢来代替跳踢腿
- 迈步踢腿为力量;跳踢为敏捷性

第 2 层

- 跳踢时增加更多的距离和更大的推进力

第 3 层

- 完成了不起的动作！
- 燃烧大量卡路里！
- 完成动作带来很大感动！
-



05. 力量训练 2

小节焦点

这一小节又三部分:肌肉耐力、综合腹肌训练和高强度有氧运动。专注于帮助你的学员在每个阶段最大化训练效果。

感受

流行、深情的，胜利的，自由的

武术

MMA

Music		Exercise		CTS	REPS
0:00	Intro /	8x8	Transition to floor and introduce the track – Set up Pushup position on knees	64	
0:22	V1 / _ Guess you could call me	12x8	A Pushup L Shoulder Tap Pushup R Shoulder Tap	4 4 4 4	6x
0:55	C / Something like flying	4x8	A ¹ Medium Tempo Pushup L Shoulder Tap Pushup R Shoulder Tap OPTION: Stay on slower tempo 👁 Plyo Pushup Pushup Push off floor and hands tap opposite shoulders – land back in Pushup position (on last 8cts)	2 2 2 2 2	4x
1:06	Something like freedom	4x8	A ² Plyo Pushup OPTIONS: Stay with slow or medium tempo Pushup with Shoulder Tap)	4	8x
1:17	V2 / _ Every moon and every star	2x8	Recover	16	
1:22	_ knows who you are	2x8	Set up Bridge position	16	
1:28	_ So ever if it gets too dark	4x8	B Alternating Single-Leg Stamp L leg stamps out L foot down R leg stamps out R foot down	4 4 4 4	2x
1:40	PC / And it's safe to say	8x8	B ¹ Alternating Single-Leg Stamp with Shoulder Tap L leg stamps out , R hand taps L shoulder L foot and R hand down R leg stamps out , L hand taps R shoulder R foot and L hand down	4 4 4 4	4x
2:01	C / Something like flying	8x8	B ² Faster Tempo L leg stamps out, R hand taps L shoulder L foot and R hand down R leg stamps out , L hand taps R shoulder R foot and L hand down	2 2 2 2	8x
2:23	Instr /	4x8	B ³ Single-Leg Stamp with Shoulder Tap L leg stamps out , R hand to L shoulder Lower hips towards floor, keep R hand on shoulder	2 2	8x



05. 力量训练 2

Music		Exercise		CTS	REPS
2:34		4½x8 B³	Single-Leg Stamp with Shoulder Tap R leg stamps out , L hand to R shoulder Lower hips towards floor, keep L hand on shoulder R Leg stamps out on last 4cts to finish	2 2	8x
2:45	QC / Something like flying	4x8	Recover then stand up on last 8reps	32	
2:59	Something like freedom, freedom	9x8	L, R Run OTS 👁 L, R Wide Run x4 (bounce) Sprint OTS (on last 16cts)	2	36x
3:24	PC / My god, I’m breathing under water	18x8 C	L, R Wide Run x4 (bounce) Sprint OTS	8 8	9x
4:14	Outro /		Recover and congratulate members!		



05. BREATHING UNDERWATER 4:26 mins

教授Plyo俯卧撑和单腿踏地时，务必细心，确保学员们理解动作的机制并熟悉这些新动作。在有氧运动阶段，教授和展示出高强度、满负荷的执行。

技术与教授

肌肉耐力阶段：俯卧撑并拍打肩膀



第 1 层

- 双手打开比肩宽，双膝分开宽于髋部
- 胸部不低于手肘底部的距离
- 到俯卧撑的底部，当你起身时轻拍你的肩膀
- 将腹肌紧绷以稳定下半身

第 2 层

- 慢节奏：点燃三头肌，肩膀和胸部肌肉
- 可选：快节奏
- 保持腹肌绷紧

PLYO俯卧撑



第 1 层

- 抬起你的膝盖，举起双手，将它们交叉放在你的肩膀上，然后当你在俯卧撑中快落地时，弯曲肘部
- 略收紧腹部

第 2 层

- 膝部用力抬起，然后回落到底

综合TED MMA核心阶段 第 1 层



- 准备：双手外侧比肩宽，臀部向上，挺胸
- 抬起脚，脚跟高于臀部，然后放下，回落地面

交替单腿踏地并拍打肩膀 第 1 层



- 在做腿部动作的时候，用另一只手从胸前交叉拍打另一侧肩膀
- 用力撑起离开地面
- 可选：保持双手同时在地面上，只做腿部动作

第 2 层

- 带动臀大肌和腿部肌肉
- 转动髋部带动臀大肌参与到动作中

第 3 层

- 你做好迎接另一个挑战的准备了吗？

单腿踏地，单侧拍打肩膀

第 1 层

- 单侧运动8次

第 2 层

- 继续从支撑腿上去感受臀大肌的受力

第 3 层

- 继续以上动作，再来9次！

有氧运动阶段 附加的单侧运动/中间阶段冲刺 第 1 层

- 4组附加的侧边动作，然后立刻冲刺到中间
- 冲刺的时候向前倾斜身体，甩动胳膊使腿部更快

第 2 层

- 在额外动作阶段，脚外侧向外用力

第 3 层

- 要全力以赴！
- 高强度！



06. 战斗训练 3

小节焦点

这一小节的焦点是新动作：Esquiva，他会挑战你的腿部，你的腹部，以及你的灵活性。

感受

陷阱，电子，桑巴风格

武术

卡波耶拉舞

Music		Exercise		CTS	REPS
0:00	Intro /	2x8	L leg F, R leg B – setup for Lunges – Ginga Arms	16	
0:07	V1 / (Sound effect)	6x8	A L Lunge x3 (R leg B) R Esquiva 👁 Reach R hand down on Esquiva (on last rep)	6 2	6x
0:29	C / (Heavier dance sound)	4x8	A ¹ L Lunge x3 – reach L hand down R Esquiva – reach R hand down	6 2	4x
0:44	V2 / Aqui tem putaria	4x8	B L Lunge – R leg B R Knee 👁 L Lunge, R Front Kick (on last 4cts)	2 2	8x
0:59	Aqui tem putaria	4x8	B ¹ L Lunge R Front Kick	2 2	8x
1:14	(Calm)	1x8	L Lunge and hold	8	
1:18	B up /	3x8	C Shuffle R Ginga Shuffle L Ginga	2 2 2 2	3x
1:29	Aqui tem putaria	4x8	C ¹ Shuffle R Ginga Esquiva to the B Reset to Ginga Repeat to L side 👁 R Front Kick (on last 2cts)	2 2 2 2 8	2x
1:44	(Trap drop)	4x8	C ² Shuffle R Ginga Esquiva to the B L Front Kick Repeat to L side	2 2 2 2 8	2x
1:58	Aqui tem putaria	4x8	D L Pulse Lunge (R leg B)	2	16x
2:13	(Trap drop)	4x8	C ² Shuffle R Ginga Esquiva to the B L Front Kick Repeat to L side L Lunge and hold to finish!	2 2 2 2 8	2x
2:28		2x8	Recover	16	
2:37	REPEAT SEQUENCES A to 2nd C ² – R				

06. DISBROQUEIA A TELA 4:59 mins

Esquiva的基础训练能很好地训练到背部，这样你的学员们就能在这个新动作中获得成功。确保你练习了整个过程。在你教授它之前，你要先掌握它，这样你才能真正掌握它的感觉，在你教授它之前，你会感到100%的舒适。

技术与教授

3次弓步,1 次ESQUIVA

第 1 层



- 弓步：向后伸长，臀部和肩部到前面。
- Esquiva：长步，膝盖超过脚趾，伸直后腿。伸到腿的前侧，向地板方向移动。

- 第 2 层
- 接触地面
 - 蹲下，到地板上。下蹲深度取决于核心力量和机动性
 - 在做Esquiva动作时，将后腿伸直，并控制身体重心

- 第 2 层
- 迈一大步！
 - 向前推！

弓步，膝盖/突进，前踢

第 1 层



- 以弓步姿势迈出一大步，脚后跟抬起，小腿与地板平行
- 挥动手臂保持平衡

- 第 2 层
- 支撑腿要尽量保持平衡
 - 做膝盖动作时，将你的手拉到大腿外侧，抬高膝盖以增加力量，并点燃腹肌!

- 第 2 层
- 支撑腿在燃烧！坚持！

滑步，GINGA舞步

第 1 层

- 以Ginga舞步直线后退

- 第 2 层
- 卡波耶拉训练：部分游戏，部分战斗，部分跳舞

滑步，GINGA舞步，Esquiva后撤步



- 第 1 层
- Esquiva后撤步：释放前脚趾，保持胸部挺直
 - Esquiva回到后侧时，收至内侧腿部
 - 回到弓步姿势，臀部向前

- 第 2 层
- 向后一大步，挺胸，放松前脚趾

滑步，GINGA舞步，Esquiva后撤步，前踢

第 1 层

- Esquiva后撤步，增加前踢动作
- 做Esquiva动作时放松前脚趾，保持胸部挺直
- 做Esquiva后撤步时，放松臀部，然后紧绷做出前踢动作

- 第 2 层
- 拍拍运动
 - 做Esquiva后撤步时，避开收回的踢腿，然后反踢
 - 肩膀向后，运用臀部肌肉使之紧绷
 - 当你后撤步时，到达腿部侧边
 - 注意动作要简洁

脉冲弓步



- 第 1 层
- 向后撤一大步
 - 挺胸
 - 脚后跟抬起
 - 弓步时短暂停顿

- 第 2 层
- 弓步时，压低
 - 前膝盖超过前脚

- 第 3 层
- 做弓步的时候姿势压的足够低吗？



07. 泰拳

小节焦点

这是一条凶猛的泰拳小节，有机会跳踢到肘部下侧。整套的组合训练融合了下肢和上肢动作，让你的学员有机会真正的释放肘部。专注于教授你的学员，让每一个动作都达到最高强度。

感受

大房间，驱动力，振奋人心的

武术

泰拳

Music			Exercise		CTS	REPS
0:00	Intro / (Piano)	4x8	L Combat Stance – Boxing Guard		32	
0:14	V1 / _ No time to pretend	4x8	A	L Jab	2	
				R Descending Elbow	2	
				Hold	4	4x
0:26	_ That’s what I’ve been told	4x8	A ¹	L Jab	2	
				R Descending Elbow	2	
				Pulse F, B x2	4	4x
0:36	I’m gonna hit the lotto	8x8	A ²	L Jab, R Cross x2	4	
				L Jab	2	
				R Descending Elbow	2	
				Pulse F, B x4	8	4x
1:00	B up / on my way, on my way, on my way	4x8	A ³	L Jab, R Cross x2	4	
				L Jab	2	
				R Descending Elbow	2	4x
				👁 Jump F into R Descending Elbow (on 2cts)		
1:11	C / (Dubstep)	8x8	A ⁴	L Jab, R Cross x2	4	
				L Jab	2	
				R Jumping Descending Elbow	2	8x
				OPTION: No jump		
1:34		4x8	B	L Knee x2	4	
				R Knee x2	4	4x
1:45	I’m gonna hit the lotto	2x8		L Knee to finish and recover	16	
1:51	PC / Go tell everyone under he sun	6x8	A ²	L Jab, R Cross x2	4	
				L Jab	2	
				R Descending Elbow	2	
				Pulse F, B x4	8	3x
2:08	B up / on my way, on my way, on my way	4x8	A ³	L Jab, R Cross x2	4	
				L Jab	2	
				R Descending Elbow	2	4x
				👁 Jump F into R Descending Elbow (on 2cts)		
2:20	C / (Dubstep)	12x8	A ⁵	L Jab, R Cross x2	4	
				L Jab	2	
				R Jumping Descending Elbow	2	
				L Knee x2	4	
				R Knee x2	4	6x
				L Knee to finish!		
2:57	(Piano)	4x8		Recover and transition to R Combat Stance	32	
3:08				REPEAT SEQUENCES A to A ⁵ – R		



07. ON MY WAY 5:51 mins

伴随音乐和歌词挥舞勾拳，帮助你教授你的学员，让他们感受这一小节的高强度。让音乐带动大家完成泰拳，这样他们就能为第8小节的有氧运动挑战做好准备。

技术与教授

直拳，下击肘



第 1 层

- 1次直拳，一次下击肘用后面的胳膊，
- 放松

组合：直拳，后手拳，下击肘，短暂停顿

第 1 层

- 直拳、后手拳后数：5,4,3,2,1 屈肘
- 下击肘：挤压你的二头肌，放松你的手，弯曲膝盖，并旋转你的躯干，因为肘部需要保持一条对角线。

第 3 层

- 告诉大家你在阳光下，我们在路上！

组合：直拳，后手拳，下击肘，连续

第 1 层

- 连续：在动作之间不要停，不要停顿
- 在下击肘后面加一个跳跃，落地式膝部放松，腿部用力
- 可选：跳跃一向前一大步

第 2 层

- 运用你的腹部肌肉
- 迈步、身体重心前倾
- 短促以及尖锐

第 3 层

- 来吧队员们—这是你们最后的机会了！

顶膝

第 1 层

- 把膝盖抬高
- 放下手臂
- 脚跟向臀部

完整组合：直拳、后手拳、下击肘、顶膝

第 1 层

- 把动作都放在一起：直拳，后手拳，屈肘以及顶膝

第 2 层

- 使膝盖高于腰部，脚跟向臀部
- 在做肘部及膝部动作时运用腹部肌肉

第 3 层

- 运动！
- 展示你能做什么！
- 再来2次！
- 最后一次！



08. 力量训练 3

小节焦点

这一小节专注于经典的拳击训练和技巧，以期在完成训练时提高心率和创造一个愉快的体验。

感受

舞蹈、自由、愉悦

武术

拳击

	Music			Exercise	CTS	REPS
0:00	Intro /	4x8		Recover and transition into Front Stance	32	
0:11	V1 / <i>_ Nothing is sacred</i>	4x8		L Shoulder Stretch	16	
				R Shoulder Stretch	16	
0:22	<i>_ You gotta love it</i>	8x8	A	L Combat Stance – Boxing Guard		
				L, R Uppercut	2	
				L Hook	2	
				Pulse F, B x2	4	
				R, L Uppercut	2	
				R Hook	2	
				Pulse F, B x2	4	4x
				(level 2 after 2reps)		
0:44	PC / <i>When did we get so tired</i>	8x8	A ¹	L, R Uppercut	2	
				L Hook	2	
				R, L Uppercut	2	
				R Hook	2	8x
1:07	C / Liiiigghht us up	8x8	B	L Jab, R Cross x4	8	
				L, R Uppercut	2	
				L Hook	2	
				R, L Uppercut	2	
				R Hook	2	4x
1:29	V2 / <i>_ Trying to listen</i>	2x8		Recover and transition to R Combat Stance	16	
1:34	<i>Trying to catch my breath</i>	6x8	A	R, L Uppercut	2	
				R Hook	2	
				Pulse F, B x2	4	
				L, R Uppercut	2	
				L Hook	2	
				Pulse F, B x2	4	3x
1:52	PC / <i>When did we get so tired</i>	4x8	A ¹	R, L Uppercut	2	
				R Hook	2	
				L, R Uppercut	2	
				L Hook	2	4x
2:03	C / Liiiigghht us up	8x8	B	R Jab, L Cross x4	8	
				R, L Uppercut	2	
				R Hook	2	
				L, R Uppercut	2	
				L Hook	2	4x
2:25	Br / <i>When did we get so tired</i>	2x8		Recover	16	
2:31	PC / <i>How did we get so scared of losing</i>	2x8		L, R Run OTS and then slowly run B	2	8x
2:37	<i>When did we get so tired</i>	8x8		L, R Run F	2	32x
2:58	QC / Liiiigghht us up	8x8	C	L Walking Jab x2	4	
				L Uppercut, L Hook to F	4	
				R Walking Jab x2	4	
				R Uppercut, R Hook to F	4	4x
				(Power Jabs after 2 reps)		
				👁 R Walking Jab x3		
				R, L Uppercut, R Hook to F (on last 8cts)		



08. 力量训练 3

Music		Exercise		CTS	REPS
3:20	C / (Dance sounds)	8x8	C ¹	L Walking Jab x3	4
				L, R Uppercut, L Hook to F	4
				R Walking Jab x3	4
				R, L Uppercut, R Hook to F	4 4x
3:42	Lights us up	8x8		Front Stance L, R Jab	2 32x
4:03	How did we get so tired	8x8	C ¹	L Walking Jab x3	4
				L, R Uppercut, L Hook to F	4
				R Walking Jab x3	4
				R, L Uppercut, R Hook to F	4 4x
4:26	Br / get so tired	2x8		Recover	16
4:32	PC / How did we get so scared of losing	2x8		L, R Run OTS and then slowly run B	2 8x
4:37	How did we get so tired	8x8		L, R Run F	2 32x
5:00	C / Liiiigghht us up	8x8	D	Front Stance	
				L, R Jab x2	4
				L, R Hook	4 8x
				👁️ L, R Jab (on last 4cts)	
5:22	Outro /	8x8	D ¹	L, R Jab L fist to sky to finish!	2 32x



08. LIGHT US UP 5:47 mins

这首歌的主题是把你的学员们者带到一个身体和精神上都无法独自到达的高度。你要让他们完成这段旅程，但更重要的是，你要让他们沉浸在整个体验中。为了做到这一点，让音乐说话。不要过度教授。找到连接音乐和身体训练的方法。关注你的第三层教授。找到一些方法来激发你，从而能够自然而真实地传递信息。还有，你自己就在这一刻!用你的心和灵魂感受这一小节！

技术与教授

上勾拳，上勾拳，勾拳

第 3 层

- 你有一项任务：向我们展示你会的一切！
- 感受光芒！准备好出拳！

组合：直拳，后手拳4次，上勾拳，上勾拳，勾拳2次

第 2 层

- 抬起肩膀，保持自然

第 3 层

- 在BODYCOMBAT训练中使你的锻炼达到新高度！
- 动起来！
- 你看到了光！

跑

第 1 层

- 跑，然后向后移动
- 高抬腿跑，向前移动

第 2 层

- 高抬腿跑，抬起膝盖，你的心率会急速上升！

第 3 层

- 今天完成；明天得到结果!
- 是时候发现身体战斗训练的益处啦！

2 次行走直拳，上勾拳，勾拳

第 1 层

- 直拳时肘部向外
- 跳起以打出更有力的直拳

完整组合：三次行走直拳，上勾拳，上勾拳，勾拳

第 2 层

- 滑步
- 大幅移动

第 3 层

- 抓住你旁边的那个人！
- 当你在跑动时，集中注意力，迅速思考!

直拳

第 2 层

- 守住你的地盘
- 肩部耐力训练

第 3 层

- 找到你的高地！

直拳，右勾拳，左勾拳

第 3 层

- 你的言语不能塑造你，你的动作能！
- 找到你做的好的地方，展示最好的自己！



09. 体能训练

小节焦点

本节重点在于给你带来了很棒的整体腹部肌肉训练。
两个新的动作，城市阶梯和宽步爬行，点燃了腹肌和臀部肌肉，最后球类动作将核心肌肉完全燃烧。

感受

EDM，稳定、强劲

	Music			Exercise	CTS	REPS
0:00	Intro / (Swirling)	2x8		Lie on back, side-on to front Lift knees over hips, shins parallel to floor – toes point to ceiling	16	
0:08	V1 / Tonight, you could be my	12x8	A	Urban Ladder F leg extends out to 45° B leg extends out to 45° F, B leg walks in and up x2 Lower legs Bend knees to reset 👁 Drop feet to floor and crunch up, reaching hands high (last 4cts)	2 2 8 2 2	6x
1:05	C / We’re marching on	4x8	B	Medicine Ball Crunch Drop hands to front Lift hands back up above shoulders Drop hands to B Lift hands back up above shoulders 👁 Reset upper body to floor and lift feet (on last 2cts)	1 1 1 1	7½x
1:24	V2 / Wide awake	12x8	A	Repeat Urban Ladder – B, F	16	6x
2:21	C / We’re marching on	4½x8	B	Repeat Medicine Ball Crunch	4	8½x
2:41	Br / When the sun goes	1½x8		Transition to Hover – head facing front	12	
2:49	Promise me we’ll ride	2x8	C	Hover	16	
2:59	QC / marching on _ Fear is the end of love	4x8	C¹	Hover Wide Climber L foot out to side L knee towards L elbow, foot taps down L foot extends back to side Return L foot back in Repeat on R side	2 2 2 2 8	2x
3:18	C / We’re marching on	4x8	C²	Hover Wide Climber – Faster L foot out to side L knee towards L elbow, foot taps down L foot extends back to side Return L foot back in Repeat on R side	1 1 1 1 4	4x
3:37	Outro /	4x8	C	Hover	32	

09. MARCHING ON 3:57 mins

一定要小心地教授城市阶梯，使它让所有学员都打到能达到应有水平。要做这个，选择(踢腿动作)，并解释如何在城市阶梯中选择动作的范围，操纵运动的强度，使所有学员都能安全健康地完成动作，学会这一新的运动模式。

技术与教授

城市阶梯



第 1 层

- 准备：躺在地板上，膝盖向上，高于臀部，小腿与地板平行，收紧腹部，抬起，再朝向地板。手臂放松，放在地板上，张开向外。
- 从前面那条腿开始，向外伸展，然后保持垂直，脚尖抬起，然后腿部弯曲45度，再回复到开始位置
- 为了减少负担，不要放低腿
- 可选：让腿完全放下

第 2 层

- 控制目标：当一只脚移动时，试着保持另一只脚静止。
- 低位开始

第 2 层

- 努力！

健身球紧缩

第 1 层

- 向下，向上
- 收紧全身，像是在地板上拉健身球一样
- 交替侧面拉伸

第 2 层

- 看准速度，将健身球往下扔

宽步爬行



第 1 层

- 准备：支撑位置。张开膝盖，肘部位于肩膀下。腹部收紧，保持臀部收紧。
- 宽步爬行：从脚趾开始，脚向外，伸出膝盖然后伸展腿部，之后脚回到开始位置
- 出，进，伸展，迈步

第 2 层

- 保持缓慢前进，让肌肉紧绷，或者加速，做一个挑战

第 3 层

- 不要告诉我你到达极限了！
- 可选：用膝盖爬行



支撑

第 1 层

- 用脚趾
- 20秒的支撑

第 2 层

- 紧绷！

第 3 层

- 珍惜这美好的时刻吧！
- 选择：用膝盖支撑



10. 放松

小节焦点

帮助你的学员放松，恢复，并庆祝完成这项惊人的锻炼，还有它所带来的令人敬畏的成就感！

感受

深情的，舒适的，交流

	Music		Exercise	CTS	REPS
0:00	V1 /	10x8	Childs Pose	80	
0:42	PC / If I was dying on my knees	4x8	L Hurdler Stretch (Reach out to R corner after 16cts)	32	
0:58	C / brother , I’ve got you brother	4x8	R Hurdler Stretch (Reach out to L corner after 16cts)	32	
1:14	V2 / Oh brother, we go deeper than	2x8	R Hip Flexor Stretch – L hand pushes L knee out, R hand to floor	16	
1:21	Though we don’t share	2x8	R Hamstring Stretch – hips B and hands reach to floor	16	
1:30	We’re living different lives	2x8	L Hip Flexor Stretch – R hand pushes R knee out, L hand to floor	16	
1:38	5 years, 20 years come back	2x8	L Hamstring Stretch – hips B and hands reach to floor	16	
1:46	PC / If I was dying on my knees	2x8	R Adductor Stretch – bend L knee, L hand to thigh, R hand reaches down	16	
1:54	And if you were drowned at	2x8	L Adductor Stretch – bend R knee, R hand to thigh, L hand reaches down	16	
2:02	C / Brother, I’ve got you	2x8	L Quadricep Stretch	16	
2:10	Br / hit on troubled water	2x8	R Quadricep Stretch	16	
2:18	We’ll be carrying each other	2x8	L Shoulder Stretch – step wide	16	
2:26	QC / brother , I’ve got you	2x8	L Tricep Stretch	16	
2:34	Brother , I’ve got you	2x8	R Tricep Stretch	16	
2:42	If I was dying on my knees	2x8	R Shoulder Stretch	16	
2:50	And if you were drowned at	2x8	L ITB Stretch	16	
2:58		2x8	R ITB Stretch	16	
3:06		2x8	Chest Stretch – feet wide and clasp hands behind back	16	
3:14	I’ve got you brother ,	1½x8	Circle hands O/H, L fist to R palm L leg steps in and take a bow!	8 4	

10. BROTHER 3:22 mins

技术与教授

小孩姿势



- 臀部下沉到脚踝。
- 释放胸部
- 深吸气和呼气
- 加紧伸展，向前伸出手指。感受拉伸感觉

臀肌拉伸结合弹力拉伸



- 右腿通过，腿向后弯曲或伸直，胸部保持在起始位置
- 然后，右臂从身体向左侧延伸。沉下来，感受到最大拉伸
- 换边

髋关节屈伸

- 将右腿向前推进到髋屈肌伸展。把前脚趾朝外。松开后脚向下沉

腿部肌肉伸展



- 把臀部向后伸，伸展前腿
- 胸部在膝盖之间

大腿内侧伸展

- 站起来。脚步放宽，下沉到右侧，伸展大腿内侧
- 把手伸到地板上或双手放在右腿上
- 臀部后撤
- 保持脚部在适当位置，然后换边

四肢伸展

- 向后伸，抓住你的脚，换一个
- 挤压臀部肌肉
- 保持膝盖指向地板

肩部伸展/三头肌伸展

- 将手臂伸到身体的另一侧进行肩部伸展。沉肩
- 然后在肱三头肌的伸展上向下
- 下沉到腿部

ITG伸展

- 右腿在左边，做充分伸展
- 提起胸部，臀部下沉

胸部伸展

- 双臂张开。把你的手放在背后，挺起胸部
- 吸气。手臂画圆



BONUS

03. 力量训练 1

小节焦点

本节有3各训练内容：敏捷（ 转换动作 ），速度（ 直拳动作 ），力量（ 身体训练 ）

感受

鼓声的低音、电音，有驱动力的

武术

拳击

Music		Exercise		CTS	REPS
0:00	(Instr)	1x8		Prepare to stretch	8
0:03		3x8		Chest Stretch – open elbows out on diagonal line then extend arms long and reach long	8 2x
				Open elbows out and Shoulder Roll	8 1x
0:11		4x8		L, R Run OTS	2 16x
0:22	V1 / _ Our hearts tend to wonder	8x8	A	L Combat Stance L Jab x3	6
				Step L foot in (feet together)	2
				R Combat Stance R Jab x3	6
				Step R foot in (feet together)	2 4x
				👁 R Jab x4, step R foot in (on last rep)	
0:44	PC / Set yourself free	8x8	A ¹	L Combat Stance L Jab x4, step L foot in and switch with agility	8
				R Combat Stance R Jab x4, step R foot in and switch with agility	8 4x
				👁 R Jab, R Body Rip x2, Step R foot in and switch with agility (on last rep)	
1:06	Br / _ Our hearts tend to wonder	8x8	A ²	L Combat Stance L Jab, L Body Rip x2, step L foot in and switch with agility	8
				R Combat Stance R Jab, R Body Rip x2, step R foot in and switch with agility	8 4x
1:29	C / Set yourself free	16x8	A ³	REPEAT A² COMBO Traveling F Run B	8 8
				REPEAT ON R SIDE Run B	8 4x
				(Level 2 after 2reps)	
2:12	_ Our hearts tend to wonder	8x8	B	Front Stance L, R Jab x2	4
				L, R Body Rip x2	4 8x
2:34	(Calm)	4x8		L Jab to finish and recover	32
2:46	V2 / Cause there’s no one else	4x8	A ¹	REPEAT A¹ L, R	16 2x
2:57	B up /	8x8	A ²	REPEAT A² L, R	16 4x
3:19	C / Set yourself free	16x8	A ³	REPEAT A³ L, R (Level 2 after 2 reps)	32 4x
4:02	_ Our hearts tend to wonder	8x8	B	REPEAT B	8 8x
4:24	Outro /	4x8		L Jab to finish – celebrate and recover!	32



BONUS

03. FREEFALL (VIP) 4:42 mins

组合的强度随着音乐的节奏而增强。一旦你掌握了组合的技巧，就可以变换训练强度。让你的教授更接地气，学员们一起感受音乐和运动。

技术与教授

上肢伸展

第 1 层

- 胸部打开，将肘部打开，然后张开双臂。
- 把肩膀向前倾。

3次直拳，（完全不同的方向）

第 1 层

- 3次直拳，战斗姿势从右到左
- • 向前迈步，进入姿态，然后收回前脚，换到另一侧
- 目标：嘴和鼻子

4次直拳，（完全不同的方向）

第 1 层

- 脚步的速度变化：当你把脚向前移动时，开始增加一个小的跳跃动作
- 可选：在换边的时候作为一步

第 2 层

- 犀利的长拳

直拳，猛击，直拳，猛击，（交替）

第 1 层

- 目标:头部、身体、头部、身体
- 猛击：对身体的打击，指关节对天花板
- 在直拳击打要保持轻和快，然后在身体里加入力量和强度。

第 2 层

- 弯曲膝盖，转动身体，在猛击中创造更多的力量

第 3 层

- 开始！

直拳，猛击，直拳，猛击，跑步（交替）

第 1 层

- 将其向前推进，增加跑步

第 2 层

- 跑进去，向后收腿，增加力量，驱动身体猛击
- 跑步时保持膝盖抬高
- 转动身体，让腹肌也动起来
- 击打袋子，在打击时感受袋子返回的抵抗力
- 肩膀的扭动快速出直拳，锻炼腹部肌肉

第 3 层

- 第二阶段：30秒

直拳，猛击（前冲姿态）

第 1 层

- 4次直拳，4次猛击

第 2 层

- 增加直拳范围，转动肩膀

第 3 层

- 心脏砰砰跳动！
- 站立然后击打！
- 放飞自己！



BONUS

04. 战斗训练 2

小节焦点

这是一个挑战你腹部肌肉群的创新小节。能够训练你的踢腿，提高心率。这一小节的焦点就在与新动作，圆形平板支撑以及kata踢腿训练相结合。

感受

恍惚的，梦幻的，可塑的

武术

空手道，跆拳道

	Music			Exercise	CTS	REPS
0:00	Intro /	1½x8		Wide Front Stance	4	
0:02	V1 / _ My heart is pounding	2x8	A	Circle arms O/H into Cross Block – fists clenched Lower arms down into A-Frame Bend knees and prepare for Circular Plank (on last 4cts)	16	
0:09	_ floating in between these waves	10x8	A¹	Circular Plank – R Hands to floor – walk hands across to R side in Plank position Block Kata Lift into R Rising Block, L Low Block Bending R knee, L leg straight Repeat Circular Plank and Block Kata L Feet together and turn to L corner (on last 4cts)	8 8 16	2½
0:46	_ You’re like the moon	4x8	B	L Step Knee to L corner x2 R Step Knee to R corner x2 👁 R Step Knee, R Front Kick (on last rep)	8 8	2
1:01	B up / (Instr)	8x8	B¹	L Step Knee, L Step Front Kick to L corner R Step Knee, R Step Front Kick to R corner 👁 R Step Front Kick x2 (on last rep)	8 8	4
1:30	C / (Dance music)	12x8	B²	L Step Front Kick to L corner x2 L Jump Kick to L corner Block Kata Repeat on R side	8 4 4 16	3
2:15	V2 / _ Finally I see what you see	2x8	A	REPEAT A	16	
2:22	_ And I hope you feel what I feel	6x8	A¹	REPEAT A¹	32	1½
2:44	B up / (Instr)	4x8	B¹	REPEAT B¹	16	2
2:59	C / (Dance music)	8x8	B²	REPEAT B²	32	2
3:29	Outro /			Low Cross Block to finish!		



BONUS

04. SEE WHAT I SEE 3:36 mins

清楚地教授你的动作，这样你的参与者就能挖掘出运动的不同感觉。在你教授之前一定要练习，这样你才能清楚地展示动作。

技术与教授

KATA

第 1 层

- 双脚分开
- 吸气，将手臂举到侧面，然后交叉头部，然后做两次下段格挡

圆形平板支撑，KATA

第 1 层

- 圆形平板支撑：弯曲膝盖；把臀部向外推；收紧腹部肌肉
- 从右脚附近开始，用手绕一圈，贯穿于整个平板支撑动作中
- 从平板支撑开始，将手向后推，到另一侧(右腿伸长，左腿弯曲，向左)，下段格挡右臂放低，左臂停在头顶格挡
- 然后向相反的方向，从靠近屈膝(左)腿的手开始，手拉手，穿过平板支撑的位置，并以右边结束
- 在整个运动过程中保持腹部紧绷
- 可选：更小范围的画圈

第 2 层

- 收紧腹部，将手放在地板上
- 在需要的时候，让缩小平板支撑的圈子，注意保持膝盖微微弯曲

膝盖，步伐（从一个角落到另一个角落）

第 1 层

- 膝盖、步伐、膝盖然后换边
- 从一个角落移到另一个角落
- 将膝盖抬高至胸部

第 2 层

- 准备好下一轮了吗？

膝盖，步伐，踢腿，步伐（从一个角落到另一个角落）

第 1 层

- 1次膝部运动，一次踢腿
- 抬起膝盖至胸部
- 脚向后，重新踢出
- 挥动手臂让踢腿更有力

完整组合：踢，2次移步，防守，跳起踢腿，格挡

第 1 层

- 踢腿，移步，踢腿移步，保持防守，跳起踢腿，2次格挡
- 可选：用迈步踢腿代替跳起踢腿

第 2 层

- 在跳起踢腿部分躁动起来吧！
- 后退一步，为踢击积蓄更多力量
- 当你格挡时，呼气
- 放低身位，伸展腿部
- 保持格挡姿势，然后 攻击！



BONUS

05. 力量训练 2 – 选项 A

小节焦点

本节注重速度训练。

感受

鼓声重低音，工业性的，侵略性的

武术

拳击

	Music			Exercise	CTS	REPS
0:00	Intro / (Chants)	2x8		Prepare	16	
0:06	V1 / (Drums)	2x8		Roll shoulders	16	
0:11		2x8		Twist torso	16	
0:17	(Drums)	2x8		Front Stance – Boxing Guard	16	
0:22	(Electro sounds)	8x8	A	L Jab x2	4	
				R Jab x2	4	
				L, R Body Rip	4	
				L, R Uppercut	4	4
				👁 Faster Combo		
				L Jab x2, R Jab x2 4cts		
				L, R Body Rip 2cts		
				L, R Uppercut 2cts (on last 8cts)		
0:44	PC / (Eerie Humming)	8x8	A ¹	L Jab x2, R Jab x2	4	
				L, R Body Rip	2	
				L, R Uppercut	2	8
1:05	C / (Heavy electro)	8x8	B	L Combat Stance		
				L Jab x2	4	
				L Jab, R Cross, L Jab	4	8
1:27		8x8	B ¹	L Jump Jab x2	4	
				L Jab, R Cross, L Jab	4	8
1:50		8x8	A ¹	L Jab x2, R Jab x2	4	
				L, R Body Rip	2	
				L, R Uppercut	2	8
2:11		4x8		Recover	32	
2:22	V2 /	4x8	A	R Jab x2	4	
				L Jab x2	4	
				R, L Body Rip	4	
				R, L Uppercut	4	2
2:33	C / (Heavy electro)	8x8	B	R Combat Stance		
				R Jab x2	4	
				R Jab, L Cross, R Jab	4	8
2:55		8x8	B ¹	R Jump Jab x2	4	
				R Jab, L Cross, R Jab	4	8
3:17		16x8	A ¹	Front Stance		
				R Jab x2, L Jab x2	4	
				R, L Body Rip	2	
				R, L Upper Cut	2	16
4:01	Outro /	4x8		R Jab to finish and recover		



BONUS

05. BEYOND THE WALL 4:22 mins

在缓慢的重复中感受组合，然后增加一些速度并挑战你自己去打击速度挑战。让音乐旋律带动你，在第二次组合中，通过使用冲拳来创造力量并挑战腹部肌肉。

技术与教授

慢组合:双直拳，身体放松，,上钩拳

第 1 层

- 双直拳，双直拳，上勾拳
- 慢慢练习，然后逐渐加速
- 身体放松：击打身体的中心，关节向上。

快速组合：双直拳，身体猛击，上勾拳

第 1 层

- 加速快度
- 注意计时

第 2 层

- 当你感到自信的时候，最大限度地出直拳

第 3 层

- 在第二组中持续30秒高强度！
- 注意心率变化！
- 最后一组长时间运动
- 在压力中学习！

力量直拳2次，直拳，后手拳，直拳

第 1 层

- 目标：鼻子，嘴唇，下巴
- 在后手拳时放松脚后跟

第 2 层

- 第二轮：出直拳时迈步增加力量
- 收紧肩膀，创造更多的力量和核心工作
- 直拳，后手拳，直拳：纯粹的腹肌训练



BONUS

05. 力量训练 – 选项 B

小节焦点

这小节为你提供了技能训练和速度训练的机会。将这些不同的动作清晰地给你的学员教授，这样他们就能真正感受到两者之间的差异，并为每个人带来最大的好处。

感受

鼓声重低音，激情

武术

拳击

	Music			Exercise	CTS	REPS
0:00	Intro /	1x8		Prepare to Run	8	
0:03	Instr /	7x8		L, R Run OTS (Use last 8cts to transition into L Combat Stance)	2	28x
0:22	V1 / Every time I close my eyes	8x8	A	L Jab x3 L Jab to R side (pivot and punch to 90°)	6 2	8x
0:44	PC / Deep into the night we stay	8x8	A ²	L Jab R Uppercut L Hook Pulse F, B x2 👁 L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2 (on last 16cts)	1 1 2 4	8x
1:06	C / Kaleidoscopes are turning me _	8x8	A ³	L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2	6 2 8	4x
1:28	Br / Deep into the night we stay	8x8	B	L Jab, R Cross	2	32x
1:51	C / Turning me, turning me	8x8	A ³	L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2 (Speed training on the Jab, Uppercut, Hook – off the beat)	6 2 8	4x
2:12		2x8		Recover and prepare to run OTS	16	
2:17		6x8		R,L Run OTS (Use last 8cts to transition into R Combat Stance)	2	24x
2:34				REPEAT SEQUENCES A to 2nd A ³ – R		



BONUS

05. KALEIDOSCOPE 4:29 mins

使用“直拳/后手拳”和“跑”的集合来连接到您的课堂，并与您的学员进行检查，特别是当这以小节是课程中段的时候。感受音乐的变化，并反映出你的教学过程中反应出来。

技术与教授

3次直拳，1次侧边直拳

第 1 层

- 3次向前直拳，1次侧边直拳
- 绕后脚旋转
- 膝部放松
- 站姿放松

第 2 层

- 放松
- 重回防守姿势

直拳，上勾拳， 勾拳，短暂停顿

第 1 层

- 目标：鼻子，下巴，之后是下颌
- 侧身出拳
- 握紧拳头

第 2 层

- 感受击打的力量

完整组合：3次直拳，1次侧边直拳，上勾拳，后勾拳

2次

第 1 层

- 轻击直拳，然后重击出拳，上勾拳，组合部分勾拳

第 2 层

- 这是直拳的技能训练：直拳速度训练，上勾拳，后手拳
- 比赛时，击拳、上钩、钩拳；发挥速度!
- 当你收拳时，向后收肩膀

第 3 层

- 你和你身边的人打得一样快吗？
- 提升心率，增加强度！

直拳，后手拳

第 1 层

- 屈身
- 下巴收低
- 放在肩膀上
- 肩膀和臀部一起扭动

第 2 层

- 从中间往下打
- 扭动！

第 3 层

- 大家一起冲拳!



MUSIC

01A **Ready (Extended Mix)** (4:38)
Dannic, Tom & Jame
© 2017 MAXXIMIZE / under exclusive license to Spinnin’ Records BV.
Written by: Unknown

01B **Permanent Vacation** (3:12)
5 Seconds Of Summer
Courtesy of the Universal Music Group.
Written by: Green, Clifford, Hemmings, B. Madden, J. Madden

02 **Jump** (5:10)
Too Weak To Workshop
© 2018 Les Mills Music Licensing Ltd.
Written by: Gordon, Pentz

03 **All Goes Wrong** (3:21)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, K. McIntosh, D. McIntosh, Grennan, Ledwidge

All Goes Wrong (3:02)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, K. McIntosh, D. McIntosh, Grennan, Ledwidge

04 **My Name Is Thunder** (4:12)
Jet & The Bloody Beetroots
© 2017 Last Gang Records Inc. Licensed courtesy of Liberator Music.
Written by: Rifo, Muncey, Wilson, Cogo, C. Cester, N. Cester

05 **Breathing Underwater (Matrix & Futurebound Remix)** (4:26)
Emeli Sande
Courtesy of the Universal Music Group.
Written by: Crowhurst, Sande

06 **Disbroqueia A Tela** (4:59)
Digestible Planets
© 2017 Les Mills Music Licensing Ltd.
Written by: Unknown

07 **On My Way (Valentino Khan Remix)** (2:55)
Axwell /\ Ingrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso

On My Way (Valentino Khan Remix) (2:56)
Axwell /\ Ingrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso

08 **Light Us Up** (2:34)
Matrix & Futurebound feat. Callum Scott
© 2017 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Group Company.
Written by: Erijford, Record, Gibson, Michelsen

Light Us Up (Dossa & Locuzzed Remix) (1:50)
Matrix & Futurebound feat. Callum Scott
© 2017 Brendan Collins and Jamie Quinn under exclusive license to Parlophone Records Limited, a Warner Music Group Company.
Written by: Erijford, Record, Gibson, Michelsen

Light Us Up (1:23)
Matrix & Futurebound feat. Callum Scott
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Written by: Erijford, Record, Gibson, Michelsen

09 **Marching On** (3:57)
Krewella
© 2016 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: J. Yousaf, Y. Tousaf, Furlong, Goldstein

10 **Brother** (3:22)
Kodaline
© 2017 B-Unique Records (UK) Limited under exclusive license to Sony Music Entertainment UK Limited.
Written by: Garrigan, Prendergast, May, Boland, Sanders, Maguire, Davies

BONUS
03 **Freefall (VIP)** (4:42)
Metrik
© 2016 Viper Recordings.
Written by: Mundell

BONUS
04 **See What I See** (3:36)
Alex Sonata feat. Katrine Stenbekk
© 2016 Garuda under exclusive license to Armada Music BV.
Written by: Shaw, Stenbekk

BONUS
05A **Beyond The Wall (The Prototypes Remix)** (4:22)
Sigma
Courtesy of the Universal Music Group.
Written by: Ritson, Edwards, Lenzie

BONUS
05B **Kaleidoscope** (4:29)
Delta Heavy
© 2017 RAM Records Ltd.
Written by: Saunders, James, Hall



从左到右：Natalie Blair, Michelle Nicholls, Isabell Schruf, Inge Hartmann（影子展示者）Rachael Newsham, Dan Cohen, David Godard（影子展示者），Oscar Peiro Fernandez, J  r  my Graglia（影子展示者）

舞台布置好了，灯光已备齐，我们在阿姆斯特丹！
这段经历很神奇，有1200人参与了第《75》章节的拍摄；动机是关键。
BODYCOMBAT 75 整个课程充满了伴唱音乐，动感的节拍，以及丰富的电子乐元素，每一小节都最大化：

- BODYCOMBAT 75
1. 成功的技术指导
 2. 肾上腺素加剧
 3. 专注、基础技能

第2层教授在这个准备中是必不可少的。只说什么能提高训练成果，就能让你作为教授者，完全地掌握你的文本。
在第5小节上，享受全新的增强式测量拍掌和地面腕部的推力，在第4小节上和手爪进行组合，如果你的腿足够强的话，尝试第6小节！
坚持真我，持续战斗。

Dan & Rach

Dan Rach

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

展示者

Dan Cohen（新西兰）来自奥克兰，是 BODYCOMBAT 和 CXWORX™的项目总监之一，是 BODYPUMP™的国际大师级教练，还是一名富有激情的混合武术家。

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KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	KungvFu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
B	Bridge (non-chorus)	C	Chorus
CTS	Counts	C b	Chorus Bridge
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet-chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
	Preview		

写给教练

如果要混合编排从前发布课程里的动作，请从最新课程中挑选，符合当下的动作、音乐和训练原则。如果你正教授老版本的动作，那么一定要加入新的动作，教学时不要改变编排，但是你可以使用更流行的语言和词汇。

EXPRESS FORMATS

45–MINUTE FORMAT		30–MINUTE FORMAT	
Track 1A	Upper Body Warmup	Track 1A	Upper Body Warmup
Track 1B	Lower Body Warmup	Track 1B	Lower Body Warmup
Track 2	Combat 1	Track 8	Power Training 3
Track 3	Power Training 1	Track 4	Combat 2
Track 6	Combat 3	Track 6	Combat 3
Track 7	Muay Thai	Track 10	Cooldown
Track 8	Power Training 3	Total Time	26:10
Track 10	Cooldown		
Total Time	39:22		

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



武术的历史

拳击的历史

拳击是一项双人格斗运动，通常两人体重相当，仅用拳头作战。拳击有一名裁判，通常在一个圆圈里进行，每轮时长1-3分钟。

有三种方式获得胜利：

1. 对手被打倒，且在裁判数完10秒后不能再站起来；这叫做“击倒”或者KO。
2. 裁判认为对手受伤，无法继续比赛，这叫做技术击倒。
3. 在商定好的某一轮前，比赛一直无法结束，则由裁判判断或记分卡分数来决定谁是赢家。

拳击中有四种基本的拳法：直拳、直拳/后手拳、勾拳和上勾拳。

空手道的历史

空手道这种武术已有数百年历史，最初起源于日本。日语翻译过来是“打开”和“手”的意思。所以空手道的意思是“空空的手”。

空手道训练通常有三部分：

1. 基本
2. 套路
3. 对打

泰拳的历史

泰拳被称为“八条腿的艺术”，双手、小腿、手肘和膝盖都能得到运用。练习泰拳的人能够用8个“接触点”进行攻击，与西方拳击的“2个接触点”（双拳）和“4个接触点”（双拳和双脚）不同。泰拳是泰国的国拳。

功夫的历史

功夫包括许多搏斗方式，发展了数百年。功夫最初是少林僧人练习的一种中国武术。那些搏斗方式被称为“家”或者门派。比如以下几种模仿动物的招式：

1. 龙
2. 蛇
3. 虎
4. 鹤
5. 豹

跆拳道

跆拳道是韩国的武术。“跆拳道”的意思是“用脚击打”，“拳”的意思是“用拳头击打”，“道”的意思是“方法”、“方式”或者“艺术”。所以，如果不严格的话，“跆拳道”可以翻译为“用脚和拳头的方式”或者“用踢或捶”。跆拳道是一种招式华丽的武术，敏捷、迅速而且精准，其中90%都是脚的动作，10%是手的动作。



我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑

细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。

BE LOUD AND HEARD

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BODYCOMBAT 75

01A. UPPER BODY WARMUP

01B. 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

BONUS

03. POWER TRAINING 1

BONUS

04. COMBAT 2

BONUS

05. POWER TRAINING 2 – OPTION A

BONUS

05. POWER TRAINING 2 – OPTION B

MUSIC

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF



01A. UPPER BODY WARMUP

TRACK FOCUS

An energized song and strikes from multiple Martial Arts warm up the upper body to get your class mentally and physically ready for this awesome training session. Use clear Layer 1 cues for each upper body strike and coach each Martial Art so that your class experiences the distinct feel of Boxing and Karate.

FEEL

Big Room, Fired Up, Energized

MARTIAL ARTS

Boxing, Karate

	Music			Exercise	CTS	REPS
0:05	Intro / Everybody in	1x8		L Combat Stance – Boxing Guard	8	
0:08	Everybody in	3x8	A	L Jab, R Cross	4	6x
0:18	B up / (Music builds)	4x8	A ¹	L Jab, R Cross 👁 L, Jab, R Cross x2 L Uppercut x2 (on last 8cts)	2	16x
0:32	C / (Heavy dance sounds)	8x8	A ²	L Jab, R Cross x2 L Uppercut x2	8	8x
1:00	V2 / Everybody in	4x8	B	L, R Hook	4	8x
1:12	QC / are you ready? _	8x8	C	L Jab x3 L Jab to R side	6 2	8x
1:41	Everybody in	4x8	D	L Low Block L Mid Block	2 2	8x
1:54	Instr / are you ready? _	8x8	E	L Lunge x3 (R leg B) L Adductor Stretch (R foot steps out)	6 2	8x
2:21	B up /	2x8		L Lunge and hold – Recover and transition into R Combat Stance – Boxing Guard	16	
2:28	REPEAT SEQUENCES A to E – R Note: A only 4reps					



01A. READY 4:38 min

The lyrics of the song are perfect for getting your participants engaged and READY for the workout. Once you have set them up with the basics of each strike, tap into the music and connect with them so they finish this track energized and excited to work! Get your participants psyched up and READY!

TECHNIQUE & COACHING

JAB, CROSS

Layer 1

- Combat Stance, Jab, Cross, Right, Left
- Target: Nose, lip and chin
- Strike with the big knuckle
- Relax your shoulders

Layer 2

- Drop your shoulders, feel your body rotate

JAB, CROSS, DOUBLE UPPERCUT

Layer 1

- Target: Nose, lip, chin on the Jab/Cross then tuck underneath on the Uppercut
- Relax your shoulders
- Bend your knees then drop and drive up on the Uppercut
- Stance: Back heel off the floor and hips forward

Layer 2

- Roll your shoulders
- Drop your shoulder down before you drive the Uppercut up
- To get the abs working, relax the shoulders and let them roll

HOOKS

Layer 1

- Release your heel, turn your hip
- Target: Jaw or temple
- Circular punch with a 90-degree bend in your elbow
- Use the big knuckle to strike

Layer 2

- Release the heel and turn the hip into the punch

3 JABS, 1 JAB TO THE SIDE

Layer 1

- 3 Jabs to the front and one to the side: tag and release
- Lift your back heel and pivot on your back foot to fire the Jab to the side
- Step into the Jab to the front
- Light on the feet

Layer 2

- Work on speed: relax then contract at the last second

LOW BLOCK, MID BLOCK

Layer 1



- Bend your knees and lift your chest
- Use the forearm to block
- Stop the fist inside the thigh (Low Block) and the shoulder level (Mid Block)

Layer 2

- Use the forearm to block the incoming strike

3 LUNGES, SIDE LUNGE

Layer 1



- Lunge: Big step back, heel off the floor, hips square to the front
- Side Lunge: Long step out to the side, hinge from the hip, push your butt back and down

Layer 2

- Chest up
- The bigger the step, the more mobility and then your legs will be warm and ready



01B. LOWER BODY WARMUP

TRACK FOCUS

Lift the heart rate and warm the lower body. We practice the lower body strikes that you will use throughout the class. Set up each kick with clear coaching language, execute the strike with precision and then use the Double Knees to elevate the heart rate.

FEEL

Pop-Punk, Rebellious

MARTIAL ARTS

Tae Kwon Do, Karate

Music			Exercise		CTS	REPS
4:39	Intro /	2x8		L, R Pulse – transitioning into L Combat Stance	2	8x
4:45	V1 / You say	4x8	A	L Roundhouse Kick Setup	4	
				Pulse OTS x2	4	4x
4:57	I can’t sleep	4x8	A ¹	L Roundhouse Kick	4	
				Pulse OTS x2	4	4x
5:10	PC / Frustration	4x8	B	R Back Kick	4	
				Pulse OTS x2	4	4x
5:22	Br / _ Hey I’m	4½x8	C	L Knee x2	4	
				R Knee x2	4	4½x
5:36	Br / La da na	1x8		R, L Pulse – transitioning into R Combat Stance	2	4x
5:39	V2 / Voices	4x8	A	R Roundhouse Kick Setup	4	
				Pulse OTS x2	4	4x
5:51	Watch out	4x8	A ¹	R Roundhouse Kick	4	
				Pulse OTS x2	4	4x
6:04	PC / _ Frustration	4x8	B	L Back Kick	4	
				Pulse OTS x2	4	4x
6:16	C / Hey I’m	4x8	C	R Knee x2	4	
				L Knee x2	4	4x
6:28	Hey I’m	4x8	C ¹	R Knee	2	
				R Front Kick	2	
				Hold in Front Stance	4	
				Repeat on L side	8	2x
6:41	Br / _ Na-na, na-na	7x8	D	R Side Kick	4	
				Pulse OTS x2	4	
				Repeat on L side	8	3½x
7:03	B up / Congratulations,	6x8	D ¹	Shuffle L	4	
				L Side Kick	4	
				Repeat on R side	8	3x
7:21	B up /	½x8		Hold	4	
7:23	C / Hey I’m	4x8	C	L Knee x2	4	
				R Knee x2	4	4x
7:35	Hey I’m	4x8	C ¹	L Knee	2	
				L Front Kick	2	
				Hold in Front Stance	4	
				Repeat on R side	8	2x
				L Knee to finish!		



01B. PERMANENT VACATION 3:12 mins

Use the Double Knee and the chorus of the song to have FUN. Connect with your class, enjoy the feel of the song and the movement as you start to sweat and feel ready for the workout ahead.

TECHNIQUE & COACHING

ROUNDHOUSE KICK SETUP

Layer 1

- Turn your back heel three-quarters to the front
- Lift and land
- Knee and shin parallel to the floor
- Brace the abs tightly to protect the lower back
- Lean the body away

ROUNDHOUSE KICK

Layer 1

- Extend the arm and extend the kick
- Land with feet wide and knees soft
- Choose the height that is comfortable: low or medium

BACK KICK

Layer 1

- Kick out, in and hold
- Toes down, heel up
- Chest drops forward
- Hips square to the front
- Full range

DOUBLE KNEES

Layer 1

- Lift the knee high towards the chest
- Pull the elbows down

KNEE, FRONT KICK

Layer 1

- Karate move: 1 Knee, 1 Front Kick
- On the Front Kick, shoulders back and swing the arms
- Retract the kick

SIDE KICK

Layer 1

- Start low: in, out, in and hold; switch sides
- Focus on the retraction
- Toes turned down slightly
- Striking with the outside of the foot

Layer 2

- Visualize your target
- Stretch the kick longer



02. COMBAT 1

TRACK FOCUS

This track is total body and cardio training all in one: upper body strikes, the Decoy Switch, and focused lower body training with the Roundhouse Knee/Side Kick combination. Feel the contrast of these different parts to get the most out of each element.

FEEL

Electro House, Fun, Feisty

MARTIAL ARTS

Kick-boxing, Tae Kwon Do

	Music			Exercise	CTS	REPS
0:00	Intro /	2x8		Set up L Combat Stance – Boxing Guard	16	
0:07		2x8	A	L Jab, R Cross	2	
				L Hook	2	
				Pulse F, B x2	4	2x
0:14	V1 / Turn it up loud	4x8	A ¹	L Jab, R Cross	2	
				L Hook	2	8x
				L Roundhouse Kick (on last 4cts)		
0:28	PC / (Mash up)	8x8	A ²	L Jab, R Cross	2	
				L Hook	2	
				L Roundhouse Kick	4	8x
0:56	C / (Jump) _ (Heavy synth)	8x8	A ³	L Jab, R Cross	2	
				L Hook	2	
				L Roundhouse Kick	3	
				Decoy Switch into R Combat Stance	1	
				R Jab, L Cross	2	
				R Hook	2	
				R Roundhouse Kick	3	
				Decoy Switch back to L Combat Stance	1	4x
1:24	V2 / Turn it up loud	1x8		Recover and set R heel	8	
1:27	Turn it up loud	3x8	B	L Roundhouse Knee Repeater	2	12x
				L Side Kick (on last 8cts)		
1:38	PC / (Mash up)	8x8	B ¹	L Roundhouse Knee x2	4	
				L Side Kick	4	8x
				OPTION: Add hop to knees after 4reps		
2:06	C / (Jump) _ (Heavy synth)	8x8	A ³	L Jab, R Cross	2	
				L Hook	2	
				L Roundhouse Kick	3	
				Decoy Switch into R Combat Stance	1	
				R Jab, L Cross	2	
				R Hook	2	
				R Roundhouse Kick	3	
				Decoy Switch back to L Combat Stance	1	4x
2:34		2x8		Recover and transition into R Combat Stance – Boxing Guard	16	
2:41				REPEAT SEQUENCES A to 2nd A ³ – R		



02. JUMP 5:10 mins

Experience the agility challenge of the Decoy Switch! Clearly coach the options for this move so that everyone can feel successful and have fun with it.

TECHNIQUE & COACHING

JAB, CROSS, HOOK

Layer 1

- Guard up
- Keep punches high and down the middle
- Lift front heel and roll your hip into the Hook

Layer 2

- Roll your whole body around and add that power into your Hook
- Lean into it

JAB, CROSS, HOOK, ROUNDHOUSE KICK

Layer 1

- Swing back heel around to set up the Roundhouse Kick
- Lean chest away in the kick
- Plant your leg into the opponent
- **Options:** Height of kick can be low or high

Layer 2

- Choose the height that is comfortable for you
- Where do you feel it: hamstrings, side of the glutes, and core?

JAB, CROSS, HOOK, ROUNDHOUSE KICK, DECOY SWITCH COMBINATION

Layer 1

- New move: Land and switch sides
- **Options:** Step into the Switch or jump
- When you step, front foot swings behind to switch
- In the Jump, land with soft knees

Layer 2

- Kick for speed or for power
- Choose your option: step or jump

Layer 3

- Everyone say it: JUMP!
- You’ve got it!
- Let’s go: JUMP!
- I want to hear you say it!

ROUNDHOUSE KNEE REPEATER

Layer 1

- Bend standing leg
- Lift your chest
- Bring the knee to the ribs

Layer 2

- Really load your standing leg

ROUNDHOUSE KNEE, SIDE KICK COMBINATION

Layer 1

- Add Side Kick to the Roundhouse Knee
- Push the heel to 45 degrees
- Bring the knee back to the same spot every time
- Add a hop
- Pull the arms down on the Knee

Layer 2

- Feel the stability: lean to your side and extend your leg

Layer 3

- Increase the intensity!



03. POWER TRAINING 1

TRACK FOCUS

Lift the heart rate with Boxing training for endurance and power. Focus on using the side step out to twist, pre-load and then generate maximum power in the Hook.

FEEL

Drum ‘n’ Bass, Euphoric, Determined

MARTIAL ART

Boxing

	Music		Exercise	CTS	REPS
0:00	V1 / <i>Would you take a bullet</i>	2x8		16	
0:06	<i>I fall onto my knees</i>	14x8	L, R Run OTS	2	56x
0:44	C / <i>When it all goes wrong</i>	8x8	A L Combat Stance L Jab, R Cross	2	32x
1:07	Br / <i>(Instr)</i>	9x8	B L Uppercut 👁 Step R, L (on last 8cts)	2	36x
1:31	PC / <i>Through the fire</i>	4x8	B ¹ L Uppercut x2 Step R, L 👁 Add R Hook as you step L (on last rep)	4 4	4x
1:42	C / <i>When it all goes wrong</i>	8x8	B ² L Uppercut x2 Step R Step L, R Hook 👁 L Jab, R Cross x2 (on last 4cts)	4 2 2	8x
2:04	Just like <i>I take my feints</i>	4x8	C L Jab, R Cross L fist to sky to finish!	2	16x
2:15	Br /	4x8	Recover and prepare to Run OTS	32	
2:26	V2 / <i>Through dark nights</i>	4x8	L, R Run OTS	2	16x
2:37	PC / <i>Through dark nights</i>	16x8	D L Combat Stance L Jab, R Cross x4 L Uppercut x2 Step R Step L, R Hook (Level 2 after 2reps)	8 4 2 2	8x
3:20	<i>(Fade out)</i>	2x8	Recover and prepare to Run OTS	32	
3:28	PC / <i>Will I hold myself</i>	6x8	R, L Run OTS	2	24x
3:45	C / <i>When it all goes wrong</i>		REPEAT SEQUENCES A to D – R		



03. ALL GOES WRONG 6:23 mins

Use the Runs to connect to your class, check in, and build excitement and energy as you drive into the final set of the full combination on each side. The music provides the perfect motivation for this build into the final push of the track. Listen to it and find your own way to bring the class together in the Run and finish as a team with maximum intensity and power!

TECHNIQUE & COACHING

JAB, CROSS

Layer 1

- Bend the knees
- Tuck the chin in
- Move from the waist with a twist
- Punch high

Layer 2

- Bend the knees more
- Full range
- Drop into your legs. Feel your abs: a FIRE in your abs and into your obliques

Layer 3

- Speed training! Only 15 seconds!

FULL COMBINATION: JAB/CROSS, DOUBLE UPPERCUT, STEP OUT, STEP IN, HOOK

Layer 1

- Put it all together: Jab/Cross x8, Uppercut x2, Step out, Step in, and Hook
- Use the footwork
- Rotate the body as you step out
- Then drive the hip around as you fire the Hook

Layer 2

- Use the momentum to smash it on the Hook!
- Feel the speed on the Jab/Cross and the power of the Hook

Layer 3

- Show me what you got!
- Time to challenge yourself!
- When it goes wrong, HIT it!
- Last one!

UPPERCUT



Layer 1

- Vertical punch aiming under the chin
- Bend the knees and drive with the legs
- Rotate the shoulders

Layer 2

- Back shoulder drops forward, then pulls back as the punch fires vertically
- Use rotation to create more power

DOUBLE UPPERCUT, STEP OUT, STEP IN, HOOK

Layer 1

- Move your feet
- On the Hook, lift the elbow, lift the heel and drive your hips around
- Use the whole body on the Hook

Layer 2

- Keep your elbow high on the Hook
- Use your obliques: twist into the Step then drive the Hook around as you step in



04. COMBAT 2

TRACK FOCUS

The Claw is BACK! This wicked and wild movement provides awesome abdominal training and an incredible opportunity for your class to UNLEASH!

FEEL

Rock, Powerful, Edgy

MARTIAL ARTS

Kung Fu, Tae Kwon Do, Kick-boxing

Music			Exercise		CTS	REPS
0:00	Intro /	1x8		L Combat Stance – Martial Arts Guard	8	
0:04		3x8	A	R Claw	8	3x
0:14	Instr / (Drums)	4x8	A ¹	L Jab x2	2	
				R Claw	2	
				Pulse F, B x2	4	4x
				👁 L Knee x2 (on last 4cts)		
0:27	V1 / I’m a white light that’s burning	4x8	A ²	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	4x
0:41	C / My name is Thunder	4x8	B	R Knee	2	
				L Front Kick	2	8x
0:54	V2 / Now they’re running for	4x8	A ²	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	4x
1:07	Br / _ Whatever happened to the	4x8	B	R Knee	2	
				L Front Kick	2	8x
1:21	B up / (Screams)	6x8	C	L Jump Kick	4	
				OPTION: L Step Front Kick	4	6x
				Shuffle B		
1:41	C / My name is Thunder	8x8	D	L Jab x2	2	
				R Claw	2	
				L Knee x2	4	
				L Jump Kick	4	
				Shuffle B	4	4x
				OPTION: L Step Front Kick instead of Jump Kick		
2:08	Outro / My name is Thunder	1x8	E	L Jab x2	2	
				R Claw	2	
				Hold Martial Arts Guard to finish!	4	
2:12	(Drums)	1x8		Recover and transition to R Combat Stance		
2:15				REPEAT SEQUENCES A¹ to E – R		
				Note* A¹ is only 2 reps		



04. MY NAME IS THUNDER 4:12 mins

The sets of Jump Kicks give this track a challenging cardio element. Coach the options and encourage your class to choose the option that works best for them. Make sure to coach the basics on the Claw as it might be a new move for many people in your class.

TECHNIQUE & COACHING

CLAW



Layer 1

- Claw comes from the back arm
- Extend the arm and drop
- Bring your back shoulder forward and down, and finish the Claw under your elbow

Layer 2

- Drop your body diagonally to ignite the abs
- The Claw – the ultimate Kung Fu strike
- Swing aggressively!

DOUBLE JAB, CLAW, DOUBLE FRONT KNEE

Layer 1

- Lift your knee above your waist. Bring your hands together and pull them to your hip

Layer 2

- Pull your hands down harder to engage the core

Layer 3

- And you run for your lives!

BACK KNEE, FRONT KICK

Layer 1

- Lean away as you front kick
- Brace the abdominals to support the lower back
- Drive your hips forward in the Front Kick

Layer 2

- Swing the arm on the Kick to create more force
- Shape the front and back of the legs by kicking with POWER!

Layer 3

- How powerfully can you kick every time?
- Countdown: 8, 7, 6, 5...

JUMP KICK

Layer 1

- **Option:** Step Kick
- If you're jumping, land softly
- Make the workout your own; choose the option that works for you

FULL COMBINATION: DOUBLE JAB, CLAW, DOUBLE KNEE, JUMP KICK

Layer 1

- **Option:** Step Kick instead of Jump Kick in the combination
- Step Kick for Power; Jump Kick for agility

Layer 2

- More distance and more propulsion on the Jump Kick

Layer 3

- Big finish!!
- Big calorie burn!
- Finish with a big tear!



05. POWER TRAINING 2

TRACK FOCUS

This track has three components: muscular endurance, integrated core and high-intensity cardio. Focus on helping your class to maximize the training effect in each phase.

FEEL

Pop, Soulful, Triumphant, Free

MARTIAL ART

MMA

	Music		Exercise	CTS	REPS
0:00	Intro /	8x8	Transition to floor and introduce the track – Set up Pushup position on knees	64	
0:22	V1 / _ Guess you could call me	12x8	A Pushup L Shoulder Tap Pushup R Shoulder Tap	4 4 4 4	6x
0:55	C / Something like flying	4x8	A ¹ Medium Tempo Pushup L Shoulder Tap Pushup R Shoulder Tap OPTION: Stay on slower tempo 👁️ Plyo Pushup Pushup Push off floor and hands tap opposite shoulders – land back in Pushup position (on last 8cts)	2 2 2 2	4x
1:06	Something like freedom	4x8	A ² Plyo Pushup OPTIONS: Stay with slow or medium tempo Pushup with Shoulder Tap)	4	8x
1:17	V2 / _ Every moon and every star	2x8	Recover	16	
1:22	_ knows who you are	2x8	Set up Bridge position	16	
1:28	_ So ever if it gets too dark	4x8	B Alternating Single-Leg Stamp L leg stamps out L foot down R leg stamps out R foot down	4 4 4 4	2x
1:40	PC / And it's safe to say	8x8	B ¹ Alternating Single-Leg Stamp with Shoulder Tap L leg stamps out , R hand taps L shoulder L foot and R hand down R leg stamps out , L hand taps R shoulder R foot and L hand down	4 4 4 4	4x
2:01	C / Something like flying	8x8	B ² Faster Tempo L leg stamps out, R hand taps L shoulder L foot and R hand down R leg stamps out , L hand taps R shoulder R foot and L hand down	2 2 2 2	8x
2:23	Instr /	4x8	B ³ Single-Leg Stamp with Shoulder Tap L leg stamps out , R hand to L shoulder Lower hips towards floor, keep R hand on shoulder	2 2	8x



05. POWER TRAINING 2

	Music		Exercise	CTS	REPS
2:34		4½x8 B³	Single-Leg Stamp with Shoulder Tap R leg stamps out , L hand to R shoulder Lower hips towards floor, keep L hand on shoulder R Leg stamps out on last 4cts to finish	2 2	8x
2:45	QC / Something like flying	4x8	Recover then stand up on last 8reps	32	
2:59	Something like freedom, freedom	9x8	L, R Run OTS 👁️ L, R Wide Run x4 (bounce) Sprint OTS (on last 16cts)	2	36x
3:24	PC / My god, I’m breathing under water	18x8 C	L, R Wide Run x4 (bounce) Sprint OTS	8 8	9x
4:14	Outro /		Recover and congratulate members!		

05. BREATHING UNDERWATER 4:26 mins

Coach your class carefully through the Plyo Pushup and the Single-Leg Stamp to ensure that participants understand the mechanics and execution of these new movements. In the cardio phase, coach and SHOW high-intensity, FULL-THROTTLE execution. Challenge yourself to really ‘go for it’ and your class will go with you!

TECHNIQUE & COACHING

MUSCULAR ENDURANCE PHASE: PUSHUP WITH SHOULDER TAP



Layer 1

- Set your hands wider than shoulders and your knees wider than the hips
- Chest no lower than the elbow at the bottom of the range
- Come down to the bottom of the Pushup, tap your shoulder as you rise
- Brace the abs tightly to stabilize the lower body

Layer 2

- Slow rhythm: fires the triceps, the front of the shoulders and the chest
- Option to go to the faster rhythm
- Keep the abs braced

PLYO PUSHUP



Layer 1

- Push up onto your knees, lift both hands and cross them onto your shoulders, then absorb as you catch yourself in the Pushup, slight bend in the elbows
- Brace your abs tightly

Layer 2

- Suspend up on your knees and then catch at the bottom

INTEGRATED MMA CORE PHASE: ALTERNATING SINGLE-LEG STAMP



Layer 1

- Setup: Hands outside shoulder width, hips up, abs braced
- Lift your foot up, drive the heel out and the hips up, and then return foot to the floor

ALTERNATING SINGLE-LEG STAMP WITH SHOULDER TAP



Layer 1

- Opposite arm comes across towards the shoulder of the moving leg
- Press up out of the floor
- **Option:** Keep both hands on the floor and only drive the foot

Layer 2

- Drive up to hit the glutes and the hamstrings
- External rotation to engage the hip abductors and the obliques

Layer 3

- Are you ready for another challenge?

SINGLE-LEG STAMP WITH SHOULDER TAP ON ONE SIDE

Layer 1

- Stay for 8 reps on one side

Layer 2

- Keep driving up out of the supporting leg to feel the glutes

Layer 3

- Keep driving: 9 more!

CARDIO PHASE:

SIDE BOUNCE/SPRINT IN THE MIDDLE

Layer 1

- 4x side-to-side bounce, then a sprint right down the middle
- Lean forward on the Sprint and pump your arms to move the feet fast

Layer 2

- On the Bounce, press out of the outside edge of the foot

Layer 3

- FULL-THROTTLE!
- Go high-intensity!



06. COMBAT 3

TRACK FOCUS

The focus of this track is the new move: the Esquiva to the back. It will challenge your legs, your core, and your mobility.

FEEL

Trap, Electronic, Brazilian

MARTIAL ART

Capoeira

Music		Exercise		CTS	REPS
0:00	Intro /	2x8	L leg F, R leg B – setup for Lunges – Ginga Arms	16	
0:07	V1 / (Sound effect)	6x8	A L Lunge x3 (R leg B) R Esquiva 👁 Reach R hand down on Esquiva (on last rep)	6 2	6x
0:29	C / (Heavier dance sound)	4x8	A ¹ L Lunge x3 – reach L hand down R Esquiva – reach R hand down	6 2	4x
0:44	V2 / Aqui tem putaria	4x8	B L Lunge – R leg B R Knee 👁 L Lunge, R Front Kick (on last 4cts)	2 2	8x
0:59	Aqui tem putaria	4x8	B ¹ L Lunge R Front Kick	2 2	8x
1:14	(Calm)	1x8	L Lunge and hold	8	
1:18	B up /	3x8	C Shuffle R Ginga Shuffle L Ginga	2 2 2 2	3x
1:29	Aqui tem putaria	4x8	C ¹ Shuffle R Ginga Esquiva to the B Reset to Ginga Repeat to L side 👁 R Front Kick (on last 2cts)	2 2 2 2 8	2x
1:44	(Trap drop)	4x8	C ² Shuffle R Ginga Esquiva to the B L Front Kick Repeat to L side	2 2 2 2 8	2x
1:58	Aqui tem putaria	4x8	D L Pulse Lunge (R leg B)	2	16x
2:13	(Trap drop)	4x8	C ² Shuffle R Ginga Esquiva to the B L Front Kick Repeat to L side L Lunge and hold to finish!	2 2 2 2 8	2x
2:28		2x8	Recover	16	
2:37	REPEAT SEQUENCES A to 2nd C ² – R				

06. DISBROQUEIA A TELA 4:59 mins

Coach the basics of the Esquiva to the back clearly so that your participants can feel successful with this new move. Make sure that you practice the entire track before you teach it so that you can really master the feel of the move and feel 100% comfortable before you teach it to your class.

TECHNIQUE & COACHING

3 LUNGES, 1 ESQUIVA



Layer 1

- Lunge: Long step back, hips and shoulders square to front
- Esquiva: Long step out, knees over toes, straighten the back leg. Reach to the front side of shin and toward the floor

Layer 2

- Touch the floor
- Get lower and reach to the floor. Depth depends on core strength and mobility
- On the Esquiva, straighten the back leg, load the body, and control with gravity taking over

Layer 3

- Big step!
- Push!

LUNGE, KNEE/LUNGE, FRONT KICK



Layer 1

- Big step back on the Lunge. Heel up off the floor and knee reaches towards the floor
- Swing your arms for balance

Layer 2

- Awesome leg conditioning on standing leg
- On the Knee, pull your hands down to the outside of the thigh and drive the knee high to add power and to fire up the abs!

Layer 3

- Standing leg is burning! Fight through it!

SHUFFLE, GINGA

Layer 1

- Step straight back on the Ginga

Layer 2

- Capoeira training: part game, part fight, part dance

SHUFFLE, GINGA, ESQUIVA TO THE BACK



Layer 1

- Esquiva to the back: Step to the back, release the front toes and keep your chest up
- Reach inside the leg as you Esquiva to the back
- Return to the Lunge position and square your hips to the front

Layer 2

- Big step back, chest up, and release the front toes

SHUFFLE, GINGA, ESQUIVA TO THE BACK, FRONT KICK

Layer 1

- Esquiva to the back and add the Front Kick
- Release your front toes as you esquiva; keep your chest up
- Open your hip and thigh as you esquiva to the back, then square your hips to drive the Front Kick

Layer 2

- It's a game of tag
- Get out of the way of the incoming kick when you esquiva to the back, then counter with your kick
- Shoulders back, use your hips and squeeze your glutes
- Reach inside your leg when you step back
- Make it sharp

PULSE LUNGE



Layer 1

- Long step back
- Chest up
- Back heel up
- Pulse low in the Lunge

Layer 2

- Get lower in the Lunge
- Front knee over foot

Layer 3

- Are you getting down low enough in the Lunge?



07. MUAY THAI

TRACK FOCUS

This is a fierce Muay Thai track with the opportunity to jump on the Descending Elbow. The full combination integrates both lower and upper body and gives your class a chance to truly unleash on the Elbow. Focus on coaching your class to get maximum intensity out of every move.

FEEL

Big Room, Driving, Uplifting

MARTIAL ART

Muay Thai

Music			Exercise		CTS	REPS
0:00	Intro / (Piano)	4x8	L Combat Stance – Boxing Guard		32	
0:14	V1 / _ No time to pretend	4x8	A	L Jab	2	4x
				R Descending Elbow	2	
				Hold	4	
0:26	_ That’s what I’ve been told	4x8	A ¹	L Jab	2	4x
				R Descending Elbow	2	
				Pulse F, B x2	4	
0:36	I’m gonna hit the lotto	8x8	A ²	L Jab, R Cross x2	4	4x
				L Jab	2	
				R Descending Elbow	2	
				Pulse F, B x4	8	
1:00	B up / on my way, on my way, on my way	4x8	A ³	L Jab, R Cross x2	4	4x
				L Jab	2	
				R Descending Elbow	2	
				👁 Jump F into R Descending Elbow (on 2cts)		
1:11	C / (Dubstep)	8x8	A ⁴	L Jab, R Cross x2	4	8x
				L Jab	2	
				R Jumping Descending Elbow	2	
				OPTION: No jump		
1:34		4x8	B	L Knee x2	4	4x
				R Knee x2	4	
1:45	I’m gonna hit the lotto	2x8		L Knee to finish and recover	16	
1:51	PC / Go tell everyone under he sun	6x8	A ²	L Jab, R Cross x2	4	3x
				L Jab	2	
				R Descending Elbow	2	
				Pulse F, B x4	8	
2:08	B up / on my way, on my way, on my way	4x8	A ³	L Jab, R Cross x2	4	4x
				L Jab	2	
				R Descending Elbow	2	
				👁 Jump F into R Descending Elbow (on 2cts)		
2:20	C / (Dubstep)	12x8	A ⁵	L Jab, R Cross x2	4	6x
				L Jab	2	
				R Jumping Descending Elbow	2	
				L Knee x2	4	
				R Knee x2	4	
				L Knee to finish!		
2:57	(Piano)	4x8		Recover and transition to R Combat Stance	32	
3:08				REPEAT SEQUENCES A to A ⁵ – R		



07. ON MY WAY 5:51 mins

Hook into the lyrics of the song to help coach your class through the high intensity of this track. Let the music drive the class to finish this Muay Thai track so they are ready to tackle the final cardio challenge in Track 8.

TECHNIQUE & COACHING

JAB, DESCENDING ELBOW



Layer 1

- 1 Jab, 1 Descending Elbow with the back arm
- Relax

COMBINATION: JAB, CROSS, DESCENDING ELBOW, PULSE

Layer 1

- Add on Jab Cross: 5, 4, 3, 2, 1, Elbow
- Descending Elbow: Squeeze your bicep, relax the hand, bend your knees and rotate your torso as the elbow takes a diagonal pathway

Layer 3

- Tell everyone under the sun, we're on the way!

COMBINATION: JAB, CROSS, DESCENDING ELBOW CONTINUOUS

Layer 1

- Continuous: no stop in between the sets. Take out the Pulse
- Add a jump on the Descending Elbow. Land with soft knees and drop into the legs
- **Option:** No jump - take a big step forward

Layer 2

- Use your core
- Take a step and shift your body weight forward
- Short and sharp

Layer 3

- Come on team - It's your last chance!

DOUBLE KNEES

Layer 1

- Drive the knee high
- Pull the arms down
- Heel comes towards the butt

FULL COMBINATION: JAB, CROSS, DESCENDING ELBOW, DOUBLE KNEES

Layer 1

- Put it all together: Jab, Cross, Elbow and Double Knees

Layer 2

- Drive the knee above your waist, heel towards your butt
- Use the core on the Elbow and Knees

Layer 3

- Drive!
- Show me what you can do!
- 2 more!
- LAST ONE!



08. POWER TRAINING 3

TRACK FOCUS

This track focuses on classic Boxing training and ring craft to elevate the heart rate and create a euphoric experience to finish the class.

FEEL

Dance, Liberating, Euphoric

MARTIAL ART

Boxing

	Music			Exercise	CTS	REPS
0:00	Intro /	4x8		Recover and transition into Front Stance	32	
0:11	V1 / <i>_ Nothing is sacred</i>	4x8		L Shoulder Stretch	16	
				R Shoulder Stretch	16	
0:22	<i>_ You gotta love it</i>	8x8	A	L Combat Stance – Boxing Guard		
				L, R Uppercut	2	
				L Hook	2	
				Pulse F, B x2	4	
				R, L Uppercut	2	
				R Hook	2	
				Pulse F, B x2	4	4x
				(level 2 after 2reps)		
0:44	PC / <i>When did we get so tired</i>	8x8	A ¹	L, R Uppercut	2	
				L Hook	2	
				R, L Uppercut	2	
				R Hook	2	8x
1:07	C / Liiiigghht us up	8x8	B	L Jab, R Cross x4	8	
				L, R Uppercut	2	
				L Hook	2	
				R, L Uppercut	2	
				R Hook	2	4x
1:29	V2 / <i>_ Trying to listen</i>	2x8		Recover and transition to R Combat Stance	16	
1:34	<i>Trying to catch my breath</i>	6x8	A	R, L Uppercut	2	
				R Hook	2	
				Pulse F, B x2	4	
				L, R Uppercut	2	
				L Hook	2	
				Pulse F, B x2	4	3x
1:52	PC / <i>When did we get so tired</i>	4x8	A ¹	R, L Uppercut	2	
				R Hook	2	
				L, R Uppercut	2	
				L Hook	2	4x
2:03	C / Liiiigghht us up	8x8	B	R Jab, L Cross x4	8	
				R, L Uppercut	2	
				R Hook	2	
				L, R Uppercut	2	
				L Hook	2	4x
2:25	Br / <i>When did we get so tired</i>	2x8		Recover	16	
2:31	PC / <i>How did we get so scared of losing</i>	2x8		L, R Run OTS and then slowly run B	2	8x
2:37	<i>When did we get so tired</i>	8x8		L, R Run F	2	32x
2:58	QC / Liiiigghht us up	8x8	C	L Walking Jab x2	4	
				L Uppercut, L Hook to F	4	
				R Walking Jab x2	4	
				R Uppercut, R Hook to F	4	4x
				(Power Jabs after 2 reps)		
				👁 R Walking Jab x3		
				R, L Uppercut, R Hook to F (on last 8cts)		



08. POWER TRAINING 3

Music		Exercise		CTS	REPS
3:20	C / (Dance sounds)	8x8	C ¹	L Walking Jab x3	4
				L, R Uppercut, L Hook to F	4
				R Walking Jab x3	4
				R, L Uppercut, R Hook to F	4 4x
3:42	Lights us up	8x8		Front Stance L, R Jab	2 32x
4:03	How did we get so tired	8x8	C ¹	L Walking Jab x3	4
				L, R Uppercut, L Hook to F	4
				R Walking Jab x3	4
				R, L Uppercut, R Hook to F	4 4x
4:26	Br / get so tired	2x8		Recover	16
4:32	PC / How did we get so scared of losing	2x8		L, R Run OTS and then slowly run B	2 8x
4:37	How did we get so tired	8x8		L, R Run F	2 32x
5:00	C / Liiiigghht us up	8x8	D	Front Stance	
				L, R Jab x2	4
				L, R Hook	4 8x
				👁 L, R Jab (on last 4cts)	
5:22	Outro /	8x8	D ¹	L, R Jab L fist to sky to finish!	2 32x



08. LIGHT US UP 5:47 mins

This track is all about taking your participants to a place physically and mentally that they could not get to on their own. You want them to finish this track completely spent but, more importantly, you want them to be immersed in the whole experience. To do this, let the music speak. Don't over-coach. Find ways to connect to the music and to the physicality of the movements. Focus on your Layer 3 coaching. Find ways to motivate that you can deliver naturally and with authenticity. And, be in the MOMENT yourself! FEEL this track with your heart and soul!

TECHNIQUE & COACHING

UPPERCUT, UPPERCUT, HOOK

Layer 3

- You have one job: empty the can, leave it on the floor and give us everything you've got!
- See the light! Feel the workout kick in!

COMBINATION: JAB, CROSS (X4), UPPERCUT, UPPERCUT, HOOK (X2)

Layer 2

- Light the shoulders up and let it go

Layer 3

- Take your workout to higher ground with BODYCOMBAT!
- Light it UP!
- You see the light!

RUN

Layer 1

- Run, move backward
- High Knee Run, move forward

Layer 2

- Pump your knees. Your heart rate will sky-rocket!

Layer 3

- Commit today; get results tomorrow!
- It's time to find our greatness BODYCOMBAT crew!

2 WALKING JABS, UPPERCUT, HOOK

Layer 1

- Elbow to the outside on the Jab
- Jump on it for the Power Jab

FULL COMBINATION: TRIPLE WALKING JAB, UPPERCUT, UPPERCUT, HOOK

Layer 2

- Glide on your feet
- Move sharply

Layer 3

- Catch the person next to you!
- When you're moving in the ring, take charge, think quickly!

JABS

Layer 2

- Hold your ground
- Endurance training for the shoulders

Layer 3

- Find your higher ground!

JABS, HOOK RIGHT, HOOK LEFT

Layer 3

- Your words don't shape you – your actions do!
- Find your greatness and push for the best version of you!



09. CONDITIONING

TRACK FOCUS

This track hits you with awesome overall core training. Two new moves, the Urban Ladder and the Wide Climber, ignite the abs and obliques, and the Medicine Ball Crunch puts the final burn on the core muscles.

FEEL

EDM, Steady, Strong

	Music			Exercise	CTS	REPS
0:00	Intro / (Swirling)	2x8		Lie on back, side-on to front Lift knees over hips, shins parallel to floor – toes point to ceiling	16	
0:08	V1 / Tonight, you could be my	12x8	A	Urban Ladder F leg extends out to 45° B leg extends out to 45° F, B leg walks in and up x2 Lower legs Bend knees to reset 👁 Drop feet to floor and crunch up, reaching hands high (last 4cts)	2 2 8 2 2	6x
1:05	C / We're marching on	4x8	B	Medicine Ball Crunch Drop hands to front Lift hands back up above shoulders Drop hands to B Lift hands back up above shoulders 👁 Reset upper body to floor and lift feet (on last 2cts)	1 1 1 1	7½x
1:24	V2 / Wide awake	12x8	A	Repeat Urban Ladder – B, F	16	6x
2:21	C / We're marching on	4½x8	B	Repeat Medicine Ball Crunch	4	8½x
2:41	Br / When the sun goes	1½x8		Transition to Hover – head facing front	12	
2:49	Promise me we'll ride	2x8	C	Hover	16	
2:59	QC / marching on _ Fear is the end of love	4x8	C¹	Hover Wide Climber L foot out to side L knee towards L elbow, foot taps down L foot extends back to side Return L foot back in Repeat on R side	2 2 2 2 8	2x
3:18	C / We're marching on	4x8	C²	Hover Wide Climber – Faster L foot out to side L knee towards L elbow, foot taps down L foot extends back to side Return L foot back in Repeat on R side	1 1 1 1 4	4x
3:37	Outro /	4x8	C	Hover	32	

09. MARCHING ON 3:57 mins

Be sure to carefully coach the Urban Ladder to make it accessible for all levels. To do this, coach the option (of the leg tap) and explain how to choose the range of motion in the Urban Ladder to manipulate the intensity of the movements so that participants of all fitness levels can successfully tackle this new movement pattern.

TECHNIQUE & COACHING

URBAN LADDER



Layer 1

- Setup: Lie down on the floor, knees above the hips, shins parallel to the floor. Brace the abs strongly and lower back towards the floor. Arms relaxed, palms to the ceiling and out wide
- Start with the front leg. Extend it out and then walk the legs up to vertical. Point the toes, bring the legs down to about 45 degrees and return to the starting position
- To reduce the load, do not take the legs as low
- **Option:** Alternating Leg Drop

Layer 2

- Control is the goal: while one foot is moving try to keep the other one still
- Start low

Layer 3

- Fight for it!

MEDICINE BALL CRUNCH

Layer 1

- Down and up
- Crunch as if you are pulling a medicine ball towards the floor
- Alternate the side to which you are pulling the ball

Layer 2

- Aim for speed and throw the medicine ball down

WIDE CLIMBER



Layer 1

- Setup: Hover position. Bring your knees wide. Elbows under your shoulders. Brace your abs to keep your hips still
- Wide Climber: Start on your toes. Step your foot out. Pull your knee in then extend your leg and bring your foot back to the start position
- Out, in, extend, step in

Layer 2

- Stay slow for muscular tension or speed up for a challenge

Layer 3

- Don't tell me that you've had enough!
- **Option:** On knees



HOVER

Layer 1

- On your toes
- 20 seconds of Hover

Layer 2

- BRACE!

Layer 3

- Treasure this beautiful moment!
- **Option:** On knees



10. COOLDOWN

TRACK FOCUS

Help your class relax, recover, and celebrate the awesome feeling of accomplishment that comes from finishing this amazing workout!

FEEL

Soulful, Comforting, Connected

	Music		Exercise	CTS	REPS
0:00	V1 /	10x8	Childs Pose	80	
0:42	PC / If I was dying on my knees	4x8	L Hurdler Stretch (Reach out to R corner after 16cts)	32	
0:58	C / brother , I've got you brother	4x8	R Hurdler Stretch (Reach out to L corner after 16cts)	32	
1:14	V2 / Oh brother, we go deeper than	2x8	R Hip Flexor Stretch – L hand pushes L knee out, R hand to floor	16	
1:21	Though we don't share	2x8	R Hamstring Stretch – hips B and hands reach to floor	16	
1:30	We're living different lives	2x8	L Hip Flexor Stretch – R hand pushes R knee out, L hand to floor	16	
1:38	5 years, 20 years come back	2x8	L Hamstring Stretch – hips B and hands reach to floor	16	
1:46	PC / If I was dying on my knees	2x8	R Adductor Stretch – bend L knee, L hand to thigh, R hand reaches down	16	
1:54	And if you were drowned at	2x8	L Adductor Stretch – bend R knee, R hand to thigh, L hand reaches down	16	
2:02	C / Brother, I've got you	2x8	L Quadricep Stretch	16	
2:10	Br / hit on troubled water	2x8	R Quadricep Stretch	16	
2:18	We'll be carrying each other	2x8	L Shoulder Stretch – step wide	16	
2:26	QC / brother , I've got you	2x8	L Tricep Stretch	16	
2:34	Brother , I've got you	2x8	R Tricep Stretch	16	
2:42	If I was dying on my knees	2x8	R Shoulder Stretch	16	
2:50	And if you were drowned at	2x8	L ITB Stretch	16	
2:58		2x8	R ITB Stretch	16	
3:06		2x8	Chest Stretch – feet wide and clasp hands behind back	16	
3:14	I've got you brother ,	1½x8	Circle hands O/H, L fist to R palm L leg steps in and take a bow!	8 4	



10. BROTHER 3:22 mins

TECHNIQUE & COACHING

CHILDS POSE



- Hips sink back and down into the ankles
- Release the chest down
- Deep inhale and exhale
- To intensify the stretch, walk the fingers forward. You'll feel it more in the lats and the arms

GLUTE STRETCH WITH LAT STRETCH



- Right leg through, back leg bent or straight, and chest up to start position
- Then, right arm reaches away from the body to the left. Sink down and feel that stretch into the lats
- Switch sides

HIP FLEXOR STRETCH

- Step the right leg forward into a Hip Flexor Stretch. Turn the front toes out. Release the back foot and sink down

HAMSTRING STRETCH



- Send the hips back and extend the front leg for a Hamstring Stretch
- Chest over the middle of the knee

INNER THIGH STRETCH

- Come to standing. Feet step wide and sink to the right to stretch the inner thigh
- Reach down to the floor or keep both hands on the right thigh
- Hips back
- Keep the feet in place and switch sides

QUAD STRETCH

- Reach back and grab your foot for a Quad Stretch
- Squeeze glutes
- Keep the knee pointed towards the floor

SHOULDER STRETCH/TRICEP STRETCH

- Bring the arm across the body for the Shoulder Stretch. Drop the shoulder
- Then take it over head for the Tricep Stretch
- Sink into the legs

ITB STRETCH

- Right leg behind the left, ITB Stretch
- Lift the ribs and drop the hips

CHEST STRETCH

- Take your arms wide. Cup your hands behind the back and lift your chest
- Inhale. Big circle with the arms



BONUS

03. POWER TRAINING 1

TRACK FOCUS

There are three key training components in this track: agility (in the Switch), speed (in the Jab), and power (in the Body Rip).

FEEL

Drum ‘n’ Bass, Electrified, Driving

MARTIAL ART

Boxing

	Music			Exercise	CTS	REPS
0:00	(Instr)	1x8		Prepare to stretch	8	
0:03		3x8		Chest Stretch – open elbows out on diagonal line then extend arms long and reach long	8	2x
				Open elbows out and Shoulder Roll	8	1x
0:11		4x8		L, R Run OTS	2	16x
0:22	V1 / _ Our hearts tend to wonder	8x8	A	L Combat Stance L Jab x3 Step L foot in (feet together)	6 2	
				R Combat Stance R Jab x3 Step R foot in (feet together)	6 2	4x
				👁 R Jab x4, step R foot in (on last rep)		
0:44	PC / Set yourself free	8x8	A ¹	L Combat Stance L Jab x4, step L foot in and switch with agility	8	
				R Combat Stance R Jab x4, step R foot in and switch with agility	8	4x
				👁 R Jab, R Body Rip x2, Step R foot in and switch with agility (on last rep)		
1:06	Br / _ Our hearts tend to wonder	8x8	A ²	L Combat Stance L Jab, L Body Rip x2, step L foot in and switch with agility	8	
				R Combat Stance R Jab, R Body Rip x2, step R foot in and switch with agility	8	4x
1:29	C / Set yourself free	16x8	A ³	REPEAT A² COMBO Traveling F Run B	8 8	
				REPEAT ON R SIDE Run B (Level 2 after 2reps)	8 8	4x
2:12	_ Our hearts tend to wonder	8x8	B	Front Stance L, R Jab x2	4	
				L, R Body Rip x2	4	8x
2:34	(Calm)	4x8		L Jab to finish and recover	32	
2:46	V2 / Cause there’s no one else	4x8	A ¹	REPEAT A¹ L, R	16	2x
2:57	B up /	8x8	A ²	REPEAT A² L, R	16	4x
3:19	C / Set yourself free	16x8	A ³	REPEAT A³ L, R (Level 2 after 2 reps)	32	4x
4:02	_ Our hearts tend to wonder	8x8	B	REPEAT B	8	8x
4:24	Outro /	4x8		L Jab to finish – celebrate and recover!	32	



BONUS

03. FREEFALL (VIP) 4:42 mins

The intensity of the combination builds as the music builds. Once you have the mechanics of the combination, coach the shifts in intensity. Let your coaching land, then let them feel the music and the movement together.

TECHNIQUE & COACHING

UPPER BODY STRETCHES

Layer 1

- Open through the chest, pull the elbows out, then open the arms
- Roll the shoulders forward

TRIPLE JAB (ALTERNATING SIDES)

Layer 1

- 3 Jabs, switching from Right to Left Combat Stance
- Step forward into the stance, then pull the front foot back to switch sides
- Target: Mouth and nose

4 JABS (ALTERNATING SIDES)

Layer 1

- Speed change in the feet: start to add a small hop, as you bring the foot forward, switching stance
- **Option:** Keep it as a step to switch

Layer 2

- Sharp and long punch

JAB, BODY RIP, JAB, BODY RIP (ALTERNATING SIDES)

Layer 1

- Targets: Head, body, head, body
- Body Rip: strikes to the body, knuckles to the ceiling
- Keep it light and fast in the Jab, then add power and rock the body in the Body Rip

Layer 2

- Bend the knees and turn the body to create more power in the Rip

Layer 3

- Let's go!

JAB, BODY RIP, JAB, BODY RIP, RUN (ALTERNATING SIDES)

Layer 1

- Bring it forward and add the Run

Layer 2

- Step into it, push off the back leg to create power and drive the Rip directly into the body
- Drive the knees high on the Run
- Turn the body, engage the core
- Attack the bag, feel the bag shift back as you hit it
- Jab with speed for the shoulders; Rip with power for the core

Layer 3

- Level 2: 30 seconds!

JABS, BODY RIPS (FRONT STANCE)

Layer 1

- 4x Jabs, 4x Body Rips

Layer 2

- Lengthen the Jab, turn the shoulders

Layer 3

- Heart rate pounding!
- Stand and bang!
- Set yourself free!



BONUS

04. COMBAT 2

TRACK FOCUS

This is an innovative track to challenge your core, train your kicks, and increase the heart rate. The focus of the track is the new move, the Circular Plank, and the integration of kick training with the Kata.

FEEL

Trance, Dreamlike, Building

MARTIAL ARTS

Karate, Tae Kwon Do

	Music			Exercise	CTS	REPS
0:00	Intro /	½x8		Wide Front Stance	4	
0:02	V1 / _ My heart is pounding	2x8	A	Circle arms O/H into Cross Block – fists clenched Lower arms down into A-Frame Bend knees and prepare for Circular Plank (on last 4cts)	16	
0:09	_ floating in between these waves	10x8	A¹	Circular Plank – R Hands to floor – walk hands across to R side in Plank position Block Kata Lift into R Rising Block, L Low Block Bending R knee, L leg straight Repeat Circular Plank and Block Kata L Feet together and turn to L corner (on last 4cts)	8 8 16	
0:46	_ You’re like the moon	4x8	B	L Step Knee to L corner x2 R Step Knee to R corner x2 👁 R Step Knee, R Front Kick (on last rep)	8 8	2
1:01	B up / (Instr)	8x8	B¹	L Step Knee, L Step Front Kick to L corner R Step Knee, R Step Front Kick to R corner 👁 R Step Front Kick x2 (on last rep)	8 8	4
1:30	C / (Dance music)	12x8	B²	L Step Front Kick to L corner x2 L Jump Kick to L corner Block Kata Repeat on R side	8 4 4 16	3
2:15	V2 / _ Finally I see what you see	2x8	A	REPEAT A	16	
2:22	_ And I hope you feel what I feel	6x8	A¹	REPEAT A¹	32	1½
2:44	B up / (Instr)	4x8	B¹	REPEAT B¹	16	2
2:59	C / (Dance music)	8x8	B²	REPEAT B²	32	2
3:29	Outro /			Low Cross Block to finish!		



BONUS

04. SEE WHAT I SEE 3:36 mins

Coach the movements clearly so that your participants can dig into the different feelings of the movement. Make sure to practice the track before you teach it so you can demonstrate the movements clearly.

TECHNIQUE & COACHING

KATA

Layer 1

- Feet wide
- Inhale, bring the arms to the side, then cross over head, into a double Low Block

CIRCULAR PLANK, KATA

Layer 1

- Circular Plank: Bend knees; push the hips back; brace the abs
- Starting near the right foot, walk the hands in a circle, passing through a full Plank
- From the Plank, push the hands back, come to Side Lunge (right leg long, left leg bent, toward the left), Low Block with the right arm, over head Block with the left arm
- Then reverse direction, starting with the hands near the bent (left) leg, walking the hands, going through too the Plank position, and ending in the Side Lunge towards the right
- Keep the abs braced throughout the whole movement
- **Option:** Make it a smaller circle

Layer 2

- Brace the belly tight tightly, drive hands into floor
- Make the circle smaller as needed, keeping knees slightly bent

KNEE, STEP (CORNER TO CORNER)

Layer 1

- Knee, Step, Knee and switch sides
- Move from corner to corner
- Drive the knee up towards the chest

Layer 2

- Are you ready for another round?

KNEE, STEP, KICK, STEP (CORNER TO CORNER)

Layer 1

- 1 Knee,, 1 Kick
- Lift the knee to the chest
- Pull the toes back to retract the kick
- Swing the arm on the kick to create power

FULL COMBINATION: KICK, STEP (X2), GUARD, JUMP KICK, BLOCK

Layer 1

- Kick, Step, Kick step, hold the Guard, Jump Kick, Double Block
- **Option:** Take a step kick instead of the Jump Kick

Layer 2

- Fire the Jump Kick!
- Step back to create more power in the kick
- Exhale as you block
- Sink low into the lunging leg
- Freeze on the Guard then FIRE!



BONUS

05. POWER TRAINING 2 – OPTION A

TRACK FOCUS

Focus on speed training in this track.

FEEL

Drum ‘n’ Bass, Industrial, Aggressive

MARTIAL ART

Boxing

	Music			Exercise	CTS	REPS
0:00	Intro / (Chants)	2x8		Prepare	16	
0:06	V1 / (Drums)	2x8		Roll shoulders	16	
0:11		2x8		Twist torso	16	
0:17	(Drums)	2x8		Front Stance – Boxing Guard	16	
0:22	(Electro sounds)	8x8	A	L Jab x2	4	
				R Jab x2	4	
				L, R Body Rip	4	
				L, R Uppercut	4	4
				👁 Faster Combo		
				L Jab x2, R Jab x2 4cts		
				L, R Body Rip 2cts		
				L, R Uppercut 2cts (on last 8cts)		
0:44	PC / (Eerie Humming)	8x8	A ¹	L Jab x2, R Jab x2	4	
				L, R Body Rip	2	
				L, R Uppercut	2	8
1:05	C / (Heavy electro)	8x8	B	L Combat Stance		
				L Jab x2	4	
				L Jab, R Cross, L Jab	4	8
1:27		8x8	B ¹	L Jump Jab x2	4	
				L Jab, R Cross, L Jab	4	8
1:50		8x8	A ¹	L Jab x2, R Jab x2	4	
				L, R Body Rip	2	
				L, R Uppercut	2	8
2:11		4x8		Recover	32	
2:22	V2 /	4x8	A	R Jab x2	4	
				L Jab x2	4	
				R, L Body Rip	4	
				R, L Uppercut	4	2
2:33	C / (Heavy electro)	8x8	B	R Combat Stance		
				R Jab x2	4	
				R Jab, L Cross, R Jab	4	8
2:55		8x8	B ¹	R Jump Jab x2	4	
				R Jab, L Cross, R Jab	4	8
3:17		16x8	A ¹	Front Stance		
				R Jab x2, L Jab x2	4	
				R, L Body Rip	2	
				R, L Upper Cut	2	16
4:01	Outro /	4x8		R Jab to finish and recover		



BONUS

05. BEYOND THE WALL 4:22 mins

Feel the combination in the slow repetitions then accelerate and challenge yourself to hit tackle the speed challenge. Let the music drive the movement. Create power and challenge the core in the second combination by stepping into the Jab.

TECHNIQUE & COACHING

SLOW COMBINATION: DOUBLE JABS, BODY RIPS, UPPERCUTS

Layer 1

- Double Jab, Double Jab, rip to the body, Uppercuts
- Practice slowly then we'll speed it up
- Body Rip: Strike to the center of the body, knuckles up

FAST COMBINATION: DOUBLE JABS, BODY RIPS, UPPERCUTS

Layer 1

- Add speed
- Find the timing

Layer 2

- When you feel confident, reach longer in the Jab

Layer 3

- 30-second burner on this second set!
- Drive the heart rate!
- Long final set
- Lean into the pressure!

POWER JAB (X2), JAB, CROSS, JAB

Layer 1

- Targets: Nose, lip, chin
- Release the back heel on the Cross

Layer 2

- Second round: Step into the Jabs to create power
- Whip the shoulders to create more power and core work
- Jab, Cross, Jab: Pure core training



BONUS

05. POWER TRAINING – OPTION B

TRACK FOCUS

This track gives you the opportunity for both skills training and speed training. Coach these different components clearly for your class so they can really feel the difference between the two and will experience maximum benefit for each.

FEEL

Drum ‘n’ Bass, Passionate

MARTIAL ART

Boxing

	Music			Exercise	CTS	REPS
0:00	Intro /	1x8		Prepare to Run	8	
0:03	Instr /	7x8		L, R Run OTS (Use last 8cts to transition into L Combat Stance)	2	28x
0:22	V1 / Every time I close my eyes	8x8	A	L Jab x3 L Jab to R side (pivot and punch to 90°)	6 2	8x
0:44	PC / Deep into the night we stay	8x8	A ²	L Jab R Uppercut L Hook Pulse F, B x2 👁 L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2 (on last 16cts)	1 1 2 4	8x
1:06	C / Kaleidoscopes are turning me _	8x8	A ³	L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2	6 2 8	4x
1:28	Br / Deep into the night we stay	8x8	B	L Jab, R Cross	2	32x
1:51	C / Turning me, turning me	8x8	A ³	L Jab x3 L Jab to R side L Jab, R Uppercut, L Hook x2 (Speed training on the Jab, Uppercut, Hook – off the beat)	6 2 8	4x
2:12		2x8		Recover and prepare to run OTS	16	
2:17		6x8		R,L Run OTS (Use last 8cts to transition into R Combat Stance)	2	24x
2:34				REPEAT SEQUENCES A to 2nd A ³ – R		



BONUS

05. KALEIDOSCOPE 4:29 mins

Use the sets of the Jab/Cross and the Runs to connect to your class and check in with your participants, especially as this track is the mid-point of the class. Feel the shifts in the music and reflect those in your voice and coaching.

TECHNIQUE & COACHING LAYER 1

3 JABS, 1 JAB TO THE SIDE

Layer 1

- Triple Jab to the front, turn, 1 Jab to the side
- Pivot on the back leg
- Soft in the knees
- Light in the stance

Layer 2

- Relax
- Reset to Guard position

JAB, UPPERCUT, HOOK, PULSE

Layer 1

- Targets: Nose, chin, then jaw
- Lean into the punches
- Squeeze the fists

Layer 2

- Feel the punches

FULL COMBINATION: 3 JABS, 1 JAB TO THE SIDE/JAB, UPPERCUT, HOOK (X2)

Layer 1

- Light on the Jabs, then heavy-hitting on the Jab, Uppercut, Hook part of the combo

Layer 2

- This is skills training on the Jabs; speed training on the Jab, Uppercut, Hook
- Race the beat on the Jab, Uppercut, Hook; find SPEED!
- Pull your shoulder back quicker as you retract the punch

Layer 3

- Are you hitting as quickly as the person next to you?
- Drive up your heart rate!

JAB, CROSS

Layer 1

- Lean in
- Drop the chin down
- Round the shoulders
- Twist the shoulders and hips together

Layer 2

- Punch right down the middle
- TWIST!

Layer 3

- Everybody punch together!



MUSIC

01A **Ready (Extended Mix)** (4:38)
Dannic, Tom & Jame
© 2017 MAXXIMIZE / under exclusive license to Spinnin’ Records BV.
Written by: Unknown

01B **Permanent Vacation** (3:12)
5 Seconds Of Summer
Courtesy of the Universal Music Group.
Written by: Green, Clifford, Hemmings, B. Madden, J. Madden

02 **Jump** (5:10)
Too Weak To Workshop
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Written by: Gordon, Pentz

03 **All Goes Wrong** (3:21)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, K. McIntosh, D. McIntosh, Grennan, Ledwidge

All Goes Wrong (3:02)
Chase & Status feat. Tom Grennan
Courtesy of the Universal Music Group.
Written by: Kennard, Milton, K. McIntosh, D. McIntosh, Grennan, Ledwidge

04 **My Name Is Thunder** (4:12)
Jet & The Bloody Beetroots
© 2017 Last Gang Records Inc. Licensed courtesy of Liberator Music.
Written by: Rifo, Muncey, Wilson, Cogo, C. Cester, N. Cester

05 **Breathing Underwater (Matrix & Futurebound Remix)** (4:26)
Emeli Sande
Courtesy of the Universal Music Group.
Written by: Crowhurst, Sande

06 **Disbroqueia A Tela** (4:59)
Digestible Planets
© 2017 Les Mills Music Licensing Ltd.
Written by: Unknown

07 **On My Way (Valentino Khan Remix)** (2:55)
Axwell /\ Ingrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso

On My Way (Valentino Khan Remix) (2:56)
Axwell /\ Ingrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso

08 **Light Us Up** (2:34)
Matrix & Futurebound feat. Callum Scott
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Written by: Erijford, Record, Gibson, Michelsen

Light Us Up (Dossa & Locuzzed Remix) (1:50)
Matrix & Futurebound feat. Callum Scott
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Written by: Erijford, Record, Gibson, Michelsen

Light Us Up (1:23)
Matrix & Futurebound feat. Callum Scott
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Written by: Erijford, Record, Gibson, Michelsen

09 **Marching On** (3:57)
Krewella
© 2016 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: J. Yousaf, Y. Tousaf, Furlong, Goldstein

10 **Brother** (3:22)
Kodaline
© 2017 B-Unique Records (UK) Limited under exclusive license to Sony Music Entertainment UK Limited.
Written by: Garrigan, Prendergast, May, Boland, Sanders, Maguire, Davies

BONUS
03 **Freefall (VIP)** (4:42)
Metrik
© 2016 Viper Recordings.
Written by: Mundell

BONUS
04 **See What I See** (3:36)
Alex Sonata feat. Katrine Stenbekk
© 2016 Garuda under exclusive license to Armada Music BV.
Written by: Shaw, Stenbekk

BONUS
05A **Beyond The Wall (The Prototypes Remix)** (4:22)
Sigma
Courtesy of the Universal Music Group.
Written by: Ritson, Edwards, Lenzie

BONUS
05B **Kaleidoscope** (4:29)
Delta Heavy
© 2017 RAM Records Ltd.
Written by: Saunders, James, Hall



L–R: Natalie Blair, Michelle Nicholls, Isabell Schruf, Inge Hartmann (Shadow), Rachael Newsham, Dan Cohen, David Godard (Shadow), Oscar Peiro Fernandez, J  r  my Graglia (Shadow)

The stage is set, the lights are on, here we are LIVE in Amsterdam!

The experience was magical, with 1200 participants in the filming of Release 75; motivation was absolute key.

BODYCOMBAT 75 is full of sing-along music, heavy pumping beats and an abundance of electrifying sounds. Each track has been set to maximize either:

- 1. Technique successes
- 2. Adrenaline-rushing combos
- 3. Focused, grounded skills

Layer 2 coaching is essential in this workout. Saying only what will improve the exercise allows you, as the instructor, to completely nail your scripting.

Enjoy the brand-new Plyometric Clap Pushups and ground hip thrust with kick in Track 5, tear through the combos with the Claw in Track 4 and if your legs can take it ,the new Esquiva in Track 6!

Keep it real and stay with the fight!

Dan & Rach

Dan Rach

CREDITS

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Chief Creative Officer – Dr Jackie Mills
Creative Director – Diana Archer Mills
Production Coordinator – Ellen Tocher
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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.

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KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	KungvFu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
B	Bridge (non-chorus)	C	Chorus
CTS	Counts	C b	Chorus Bridge
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet-chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
	Preview		

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		30–MINUTE FORMAT	
Track 1A	Upper Body Warmup	Track 1A	Upper Body Warmup
Track 1B	Lower Body Warmup	Track 1B	Lower Body Warmup
Track 2	Combat 1	Track 8	Power Training 3
Track 3	Power Training 1	Track 4	Combat 2
Track 6	Combat 3	Track 6	Combat 3
Track 7	Muay Thai	Track 10	Cooldown
Track 8	Power Training 3	Total Time	26:10
Track 10	Cooldown		
Total Time	39:22		

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



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:

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.

If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.

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:
- Kihon (the basics or fundamentals)
- KATA (forms)
- 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:

- The Dragon
- The Snake
- The Tiger
- The Crane
- 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.



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.

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