

BODYCOMBAT 77

01A. 上肢热身

01B. 下肢热身

02. 战斗训练1

03. 力量训练1

04. 战斗训练2

05. 力量训练2

06. 战斗训练3

07. 泰拳

08. 力量训练3

09. 体能训练

10. 放松

BONUS
05. 力量训练2

音乐

嗨，教练们，我们期待您对新的内容做出反馈！请点击此处
填写一份快速调查

https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

莱美国国际教练资源是为莱美国国际认证教练提供的独一无二、有价值的资源，以便你能够学习每个新动作并仅在莱美国国际授权俱乐部进行指导。资源不可分享。通过互联网复制、上传或分享文件或向他人出售莱美国国际的教练资源以及欺诈莱美国国际、其经销商及其他教练都是非法的。如果你正在参与非法活动，可能会对你个人造成严重的后果，包括提起法律诉讼以、莱美国国际证书暂停或永久撤销。非常感谢你的合作！



01A. 上肢热身

小节焦点

通过本节训练，感受直拳、直拳、后手拳系列动作的真实节奏。让房间里的能量随着身体和精神的运转而移动和提升。

感受

宽敞的房间, 电子乐

武术

拳击

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	1½x8	L Combat Stance	12	
0:10		4x8 A	L Jab, R Cross	4	8x
0:24	Vegas _ only in Vegas	4x8 A ¹	L Jab	2	
			L Jab, R Cross	2	8x
0:38	B up /	4x8 A ²	L Jab, R Cross	2	16x
			👁 L Jab, R Cross x2	4	
			L Jab	2	
			L Jab, R Cross (on last 8cts)	2	
0:51	C / We party like some animal _	8x8 A ³	L Jab, R Cross x2	4	
			L Jab	2	
			L Jab, R Cross	2	8x
1:19	Br /	4x8 B	L Uppercut x2	4	
			R Uppercut x2	4	4x
1:32	Instr /	9x8 B ¹	L, R Uppercut x2	4	
			L, R Hook	4	9x
2:03	B up /	4x8 C	Shuffle F	3	
			R Cross	1	
			Shuffle B	3	
			L Hook	1	4x
2:16	C / We party like some animal _	8x8 A ³	L Jab, R Cross x2	4	
			L Jab	2	
			L Jab, R Cross	2	8x
2:44		1½x8	Recover and transition to R Combat Stance		
2:49			REPEAT SEQUENCES A to 2nd A ³ – R		



01A. VEGAS 5:25mins

用音乐中的对比来有效地指导本小节。在这首歌中比较安静的部分指导动作的技巧，然后在你进入组合动作阶段时逐渐提高强度，在最后做出直拳、后手拳、直拳、直拳、后手拳一组动作。

技术与教授

直拳、后手拳

第一层

- 战斗姿态
- 在拳击防守动作中抬起手臂
- 肩膀放松
- 轻松直拳、轻松后手拳，右边，左边
- 向前转动身体
- 在转身出拳时脚跟放松
- 目标：鼻子，嘴唇，下巴
- 保持手肘放松

第二层

- 在第二组动作时加速
- 提升能量
- 第二边：深呼吸和充分旋转
- 在你加速的时候，站高一点，能够加快身体扭转速度

直拳、直拳、后手拳

第一层

- 新节奏：直拳、直拳、后手拳、右、右、左
- 要在击打动作中添加力量，只感受节奏，点燃心灵

组合：直拳、后手拳（X2），直拳、直拳、后手拳

第一层

- 直拳、后手拳、4, 3, 2, 1然后直拳、直拳、后手拳
- 保持目标高度（鼻子）
- 手臂缩回脸部位置，变成拳击防守姿态

第二层

- 在第二次直拳、直拳、直拳、后手拳动作开始时，脚略微向前移动
- 快速脚步=快速反应
- 使肩膀、背部、以及核心肌肉群热身
- 当你准备好时，增加一些脚部动作
- 脚部动作：向前推出
- 后手拳扭转时要带有目的性：脚跟抬高以及扭转臀部

双上钩拳

第一层

- 保持位置不动：双右侧上勾拳、双左侧上勾拳
- 目标：下巴下方
- 向前滚动，同时旋转

第二层

- 保持肘部靠近胸腔(不要把肘部放在身体后面)
- 移动肩膀和身体，如图8所示
- 向上和向下;用腿

组合：4次单上勾拳、勾拳、勾拳

第一层

- 4次单上勾拳，然后右勾拳，左勾拳
- 上勾拳时身体前倾，勾拳时身体正直
- 勾拳：手肘与手腕保持一致，以保持肩部的工作量
- 勾拳：目标下巴；脚跟放松，转动膝盖、臀部以及身体

第二层

- 手臂缩回脸部位置：保护自己
- 从身体的中线位置击打
- 腹部肌肉紧绷
- 当站立时，在勾拳动作中增加一些力量

向前滑步，后手拳，向后滑步，勾拳

第一层

- 向前滑步，左侧后手拳，向后滑步，右侧短距离勾拳
- 后手拳动作时扭动臀部

第二层

- 尝试着预准备：在准备出拳前做好扭转动作



01B. 下肢热身

小节焦点

有系统地通过基本的下半身打击动作来热热身、调动身体，并为锻炼做好准备。

感受

房间，乐观，自信

武术

跆拳道、踢击一拳击、空手道、泰拳

MUSIC		EXERCISE		CTS	REPS
5:24	Intro /	1x8	Recover and prepare for Knees	8	
5:27	V1 / (Guitar)	12x8	A L Knee x3 Step L, R, L R Knee x3 Step R, L, R Level 2 – option to add a hop (after 2reps) Level 3 – bigger arm pull and power (after 4reps)	5 3 5 3	6x
6:09	Instr / Take me to the top _	8x8	B L Front Kick Step L, R, L R Front Kick Step R, L, R Push Kick (after 4reps)	1 3 1 3	8x
6:37	PC / Let’s do it one more time _	4x8	C L Combat Stance L Roundhouse Kick Setup Pulse OTS	4 4	4x
6:51	C / I wanna see you up	8x8	C ¹ L Roundhouse Kick Pulse OTS Jump into Front Stance (on last 4cts)	4 4	8x
7:19	Instr / (Dance sounds)	8x8	D Front Stance Shuffle L L Side Kick Shuffle R Scissor L, R x2	4 4 4 4	4x
7:47		1x8	Jump into A-Frame	8	
7:51	PC /	3x8	C R Combat Stance R Roundhouse Kick Setup Pulse OTS	4 4	3x
8:01	C / I wanna see you up	8x8	C ¹ R Roundhouse Kick Pulse OTS Jump into Front Stance (on last 4cts)	4 4	8x
8:29	Instr / (Dance sounds)	8x8	D Front Stance Shuffle R R Side Kick Shuffle L Scissor R, L x2	4 4 4 4	4x
8:58	Outro /		Jump into A-Frame!		



01B. UP 3:35mins

指导你的班级开始低位踢击，在教授基本动作时，表述要清楚。一旦学员们热身后，臀部动作也更舒展，在每个模块开始时，他们就可以踢得更高，把技术动作做的更好。让这首歌为你做一些工作：“向上！”“移动它！”“玩得开心！”

技术与教授

3次膝部动作，3次迈步

第一层

- 3次膝击，迈步，迈步，迈步3次
- 膝盖抬高至身体中部
- 手臂同时向臀部方向推出
- 肩膀略微倾斜
- 腹肌发力保护你的背部

第二层

- 如果你愿意的话，可以增加一个跳跃动作
- 臀部向前
- 把手举得高一点，“把它抬起来！”

前踢击，3次迈步

第一层

- 空手道：右前 方踢击，3 次迈步
- 脚向前移动，朝向膝盖/大腿
- 重复踢击，充分活动腿部筋骨
- 肩部微微后倾；腹肌用力，保护背部

前推踢击，3次迈步

第一层

- 泰拳： 踢击-拳击：前推踢击，3 次迈步
- 抬高膝盖，回旋踢
- 身体倾斜

回旋踢

第一层

- 转动支撑腿的脚跟向前，然后抬起膝盖踢腿
- 踢击动作腿与地板平行的(膝盖与脚踝平行)
- 增加低位踢击
- 指向脚趾，用脚尖击打
- 目标：膝盖外侧
- 踢击回收：脚跟朝向臀部肌肉
- 感受运动的不同部分：外侧、内侧、下方

第二层

- 在踢腿时将目标提高到腰部水平“动起来！”
- 目标从大腿移动到腰部
- 手臂向外保持平衡
- 抬起胸部，臀部向前推
- 伸展踢击 动作，踢得更远一些

滑步，侧踢击，滑步，剪刀跳法

第一层

- 大幅度跳跃，脸部超前，向右滑步，向右踢击，向左滑步，剪刀跳，4, 3, 2, 1
- 侧踢击：转动支撑腿脚跟朝向目标
- 在踢击时，将踢击腿的脚跟向外推出
- 当你踢腿的时候，膝盖放在胸前。瞄准你对手的大腿
- 剪刀跳法：手臂抬起，脚跟向下

第二层

- 注意动作回收
- 踢击时，关注你的目标，保持平衡和技巧
- 滑步时姿态放低，充分热身
- 滑步时尽量贴向地面



02. 战斗训练1

小节焦点

本小节包含完整的动作结合：击打动作、膝盖动作、推出动作是检查腿部，两个有力踢击，闪电踢击、以及闪避侧踢。本组动作是分块构建的，以便在小节的末尾，你能够真正地确定它们在任何水平都能够正确的完成。

感受

嘻哈，说唱，掷地有声

武术

踢击-拳击，跆拳道，泰拳

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	L Combat Stance 👁 L Jab, R Cross L Hook Pulse F, B x2		32	
0:10	B up / (Quiet lyrics)	4x8	A	L Jab, R Cross L Hook Pulse F, B 👁 R Knee to F R Leg Check to R side (on last rep)	2 2 4	4x
0:22	V1 / _ Playing that basketball	16x8	A ¹	L Jab, R Cross L Hook R Knee to F R Leg Check to R Side After 4 reps, add a freeze on Leg Check After 8 reps, L hand push F on Leg Check After 12 reps, lift up onto L toes on Leg Check	2 2 2 2	16x
1:07	PC / Did you see my bag?	16x8	B	Step R foot to R side L Thunder Kick L foot steps to L side R Evasive Side Kick After 4 reps, add arms (pull down on Thunder Kick and tuck in on Side Kick) <u>OPTION</u> : After 8 reps, add hop to Thunder Kick	2 2 2 2	16x
1:52	V2 / Baby, watch your mouth	1x8		Freeze in L Combat Stance	8	
1:55	Once upon a time	7x8	A ¹	L Jab, R Cross L Hook R Knee to F R Leg Check to R side (with Push and Heel Lift)	2 2 2 2	7x
2:15	PC / Did you see my bag?	16x8	A ¹ + B	L Jab, R Cross, L Hook R Knee to F, R Leg Check to R Step R to R, L Thunder Kick L foot steps L, R Evasive Side Kick After 4 reps, add jump to Thunder Kick <u>OPTION</u> : Evasive Side Kick	2 2 4 4 4	8x
3:00	Br /	4x8		Recover and transition to R Combat Stance	32	
3:11				REPEAT SEQUENCES A¹ to A¹+B – R		



02. MIC DROP 5:53mins

在建立组合时清晰地教授每一个击打动作。确保你的学员们在完成侧踢击动作中能够选择是跳跃还是站立。一旦它们了解了全部组合动作的本质，运用第二层教授技巧帮助它们在动作中增加力量。

技术与教授

直拳，后手拳，勾拳，停顿

第一层

- 右脚向前，拳击，防守姿态
- 直拳，后手拳，勾拳，停顿
- 直拳，后手拳朝向目标：鼻子，嘴唇，下巴

直拳，后手拳，勾拳，膝击，腿部检查

第一层

- 增加：1次膝击，1次腿部检查
- 在膝击动作时瞄准胃部，侧踢腿

第二层

- 当你准备好时，稳定支撑腿，抬起膝盖，弯曲肘部向下
- 增加力量



直拳，后手拳，勾拳，膝击，腿部检查

第一层

- 增加一个推出动作
- 膝盖以及手臂向对手方向推出
- 脚跟抬起

第二层

- 保持你的双脚轻盈，以便你能更快地做出反应和反应
- 保持保护你的肋部，收紧手肘，在腿部检查时提起你的膝盖
- 将动作推出！用手和脚后跟推开，肩膀保护着下巴
- 踮起脚尖：把你的脚后跟从地板上抬起。推动它
- 前膝的力量：把手臂放下。然后继续做腿部检查



闪电踢击，闪避踢击

第一层

- 新动作：迈步侧踢腿，然后迈步侧踢腿
- 向下踢击，然后低位踢击
- 用脚跟踢击，然后脚部侧边移动
- 手臂： 闪电踢击中手臂向下，朝向侧边做踢击动作
- 让你准备好，在闪电踢击中增加一个小跳
- 闪避踢击：站到一边，膝盖对着外面。把你的膝盖，踢击，收回

第二层

- 闪电踢击，运用脚跟做踢击动作
- 在闪电踢击过程中，运用手臂挤压臀大肌，把臀部伸进去
- 在踢击时增加一个小跳动作。
- 增加力量



完整组合动作：直拳，后手拳，勾拳，膝击，腿部检查，闪电踢击，闪避侧踢击

第一层

- 将所有动作组合在一起：直拳，后手拳，勾拳，膝击，腿部检查，闪电 踢击，闪避侧踢击
- 挑战选项：闪避侧踢击中增加跳跃
- 在跳跃过程中，通过膝盖轻轻落地
- 可选：站在地面，准备好

第二层

- 保持清醒的头脑
- 最后4次：最大的努力和跳跃！
- 选择：保持接地

第三层

- 增加3次重复！



03. 力量训练1

小节焦点

将歌曲的情感，力量，拳击, 房间里的能量结合起来, 当你释放这个鼓舞人心的组合拳击小节。

感受

低音，强烈，热情。

武术

拳击

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	3½x8		Recover and prepare to Run	28	
0:12	V1 / You can see it in my eyes	8x8		L, R Run OTS	64	
0:33	I’m over-thinking everything	8x8	A	L Combat Stance L Jab, R Cross L Uppercut Step B, F 👁️ R Cross on Step F (last 2cts)	2 2 4	8x
0:55	C / I’m running low, on your love	8x8	A¹	L Jab, R Cross L Uppercut Step B Step F, R Cross	2 2 2 2	8x
1:17	I’m running low	8x8	B	L Jab, R Cross (Punch higher than shoulders after 16reps)	2	32x
1:39	Br /	2x8	C	L, R Hook	4	4x
1:45	V2 / You can see it in my eyes	16x8	C¹	L Hook x2 R Hook x2	4 4	16x
2:29	C / I’m running low, on your love	8x8	B	L Jab, R Cross 👁️ L Jab, R Cross L Uppercut Step B Step F, R Cross (last 8cts)	2	32x
2:51	I’m running low	8x8	B+ A¹	L Jab, R Cross x4 L Jab, R Cross L Uppercut Step B Step F, R Cross	8 2 2 2 2	4x
3:13	Br /	3x8		Recover	24	
3:22	V3 / You can see it in my eyes	8x8		R, L Run OTS	64	
3:44				REPEAT SEQUENCES A to D – R		



03. RUNNING LOW 6:33mins

当你增加速度和力量时，开始的时候缓慢击打，然后增强强度。教授你的课程让他们感觉到这些强度的变化。在两队之间的慢跑过程中与你的班级保持联系，并指导他们如何从组合中获得最大的强度。感受这首歌里的感情，把它释放出来！

技术与教授

慢跑

第一层

- 轻松
- 冲腿
- 膝盖向前
- 挺胸

直拳，后手拳，上勾拳，迈步，迈步

第一层

- 直拳，后手拳，上勾拳，向左迈步，向右迈步
- 收起下巴
- 当你后退时，将你的肘部靠近肋骨，然后旋转，但保持你的眼睛向前。
- 上勾拳的目标：下巴以下

第二层

- 当你旋转回来的时候，尝试吸引你的对手
- 另外：当做上勾拳时，向下降，然后上切创造滚动效果
- 当你后退的时候，扭转身体，形成一堵墙，使偏转，并将其拉入反击



直拳，后手拳

第一层

- 直拳，后手拳，1，2
- 速度训练
- 膝盖弯曲
- 身体前倾

第二层

- 击打高度要超过肩膀，以增加心率！
- 增加肩部力量！增加核心肌肉群的力量！
- 下巴向下

第三层

- 加速！完成它！
- 想象你一下你正在击打一些平板！是不能移动的，但是你要尝试着去移动它们！
- 最后一组！离结束还有35秒！

双勾拳

第一层

- 双右勾拳，双左勾拳
- 肘部与手腕保持一致，以调动肩部
- 通过中线瞄准下巴
- 保持臀部和脚的运动(松开脚后跟)

第二层

- 恢复：重新恢复精神，重置身体

第三层

- 迎接挑战：动作抬高！动作向外！
- 握紧你的拳头，去抓住它！
- 我们在一起潜能是无限的！

直拳，后手拳，上勾拳，迈步，后手拳

第一层

- 当你把它们拉近来时，用一记后手拳迎击
- 力量后手拳：外侧弯曲；聚集肩膀以及背部的力量
- 积极地转动你的臀部，释放你的脚跟

第二层

- 强力 后手拳！

完整组合动作：直拳，后手拳 (X4)，直拳，后手拳，上勾拳，后撤步，后手拳

第一层

- 增加一个直拳，后手拳，上勾拳，以及力量后手拳
- 收下巴

第二层

- 速度！
- 向外稍稍迈步，然后把它们拉进来
- 在前进的过程中使用动力。
- 把腹肌绷紧

第三层

- 完成它！
- 最后一个：使出全部力量给出一记后手拳！



04. 战斗训练2

小节焦点

这是挑战腿部力量和耐力的终极腿部训练。
深蹲和弓步时注意放低姿态，以锻炼肌肉的持久性和耐力。

感受

陷阱，不祥的，飘渺的

武术

跆拳道

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Faint vocals)	2x8		Recover and introduce track	16	
0:06	V1 /	2x8		Front Stance – Boxing Guard	16	
0:13		4x8	A	Pulse Squat x3	6	4x
				Stand up	2	
				👁️ R Front Kick (last 2cts)		
0:25	B up /	7x8	A ¹	Pulse Squat x3	6	3½x
				L Front Kick	2	
				Squat Pulse x3	6	
				R Front Kick	2	
0:49		1x8		Hold	8	
0:52	C / (Dance sounds)	8x8	B	L Pulse Lunge x7 (R leg B)	14	4x
				R Power Knee	2	
1:19	Br / (Calm instrumental)	8x8	A ¹	Pulse Squat x3	6	4x
				L Front Kick	2	
				Squat Pulse x3	6	
				R Front Kick	2	
1:45	C / (Dance sounds)	8x8	B	L Pulse Lunge x7 (R leg B)	14	4x
				R Power Knee	2	
2:12	(Calm with distorted lyrics)	8x8	C	L Lunge	2	16x
				R Front Kick	2	
2:38	Br / (Calm instrumental)	3x8		Recover	24	
2:48		1x8		Front Stance – Boxing Guard	8	
2:52	V2 / (Music builds)	4x8	A ¹	Pulse Squat x3	6	2x
				R Front Kick	2	
				Squat Pulse x3	6	
				L Front Kick	2	
3:05	REPEAT SEQUENCES B to C – R					



04. TELL ME 4:54mins

教授你的班级学员们腿部放低，特别是在另一侧的动作组时它们已经开始疲劳。确保给出一个可选项，在做冲击弓步时使学员们保持稳定。本小节会在第三层技巧的结尾帮助你的学员们得到100%的精神以及身体训练，直到最后冲刺。

技术与教授

三次有节奏地下蹲

第一层

- 向前姿态，脚部分开
- 手臂抬起呈防守姿态
- 蹲下3、2、1、上升。
- 膝盖向前推出
- 臀部向后滑动
- 挺胸
- 腹部用力



三次有节奏地下蹲，踢击

第一层

- 踢击动作中分层。三次有节奏地下蹲，右侧踢，然后下蹲，左侧踢
- 在踢击中向后倾斜，尽量伸展腿部
- 重复踢击动作
- 前踢击动作：脚跟瞄准胃部或胸部

第二层

- 尽量控制身体，保持技术动作
- 第二组：主动恢复
- 在击打时挥动前侧的手臂，获得最大幅度的踢击，同时激活核心肌肉群
- 另一侧开始时：注意姿态压低
- 三次停顿：保持腿部准备姿态

第三层

- 感受音乐！



7次停顿弓步，力量膝击

第一层

- 第一侧：7组停顿弓步，右腿向前，左腿做用力膝击
- 冲击弓步：从脚底向上和向外移动，从地面上稍微向上移动
- 可选：保持在地面，（不跳起）
- 在弓步时，向后撤一大步，同时保持后面腿的膝盖向下，朝向地面
- 另一侧：7次停顿弓步，左腿向前，右腿做用力膝击
- 用力膝击：脊柱伸展，胸部打开，手拉向臀部

第二层

- 在膝击过程中保持身体不动，运动臀部的力量
- 向下落腿时回到前脚的位置
- 保持腿部压低，准备做动作
- 压低姿态，产生力量，控制腿部

第三层

- 我们完成了吗？还没有！
- 增强踢击的耐久性！
- 充分利用你的双腿！

弓步，踢击

第一层

- 1次弓步，1次踢击，16次！
- 保持肩膀平行，臀部以及肩膀向前

第二层

- 挥动手臂
- 核心肌肉群用力
- 运用臀部肌肉转动身体

第三层

- 运用全身的力量踢击！
- 不要放弃！





05. 力量训练2

小节焦点

准备好来一次全身心的综合格斗训练：力量，速度，上肢以及核心力量训练以及心肺功能训练。在击打动作的增加速度，感受它的魅力。

感受

鼓声低音，推进的，充满希望

武术

综合格斗

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Distorted lyrics)	8x8		Recover and introduce track	64	
0:22	V1 / I'll let it go	8x8	A	L Combat Stance		
				L, R Uppercut	4	
				L Hook	4	8x
0:43	PC / I've been running out	8x8	A ¹	L, R Uppercut	2	
				L Hook	2	
				Pulse F, B x2	4	8x
1:05	C / Stay with me	8x8	A ²	L, R Uppercut, L Hook x4	16	
				R, L Decoy x2	8	
				Hold	8	2x
1:27	I've been running out	16x8	A ³	L, R Uppercut, L Hook x4	16	
				R, L Decoy x3	12	
				Hold	4	4x
				Lift Knees high on Decoy – like a Tuck Jump and remove the Hold (last 2reps)		
				OPTION: Step Decoy (no jump)		
1:49	Instr /	8x8	A ⁴	L, R Uppercut, L Hook x4	16	
				R, L Decoy x4 with knee tuck	16	2x
2:11		8x8		Recover and transition to the floor	64	
2:33	PC / I've been running out	8x8	B	Power Pushup	4	16x
				👁 Renegade Pushup L, R (last 8cts)		
2:54	Stay with me	8x8	B ¹	Renegade Pushup L, R	8	8x
3:16		8x8	C	Mountain Climber L, R x6	12	
				Hold	4	4x
				Last rep Mountain Climber x8 – 16cts		
3:38	QC / I'll let it go	8x8		Recover and transition to standing	64	
4:00	PC / I've been running out	8x8	A	R Combat Stance		
				R, L Uppercut	4	
				R Hook	4	8x
4:22	C / Stay with me	8x8	A ²	R, L Uppercut, R Hook x4	16	
				L, R Decoy x2	8	
				Hold	8	2x
4:44	I've been running out	8x8	A ³	R, L Uppercut, R Hook x4	16	
				L, R Decoy x3	12	
				Hold	4	2x
5:05		8x8	A ⁴	R, L Uppercut, R Hook x4	16	
				L, R Decoy x4	16	2x
5:27	(Calm music)	8x8		Recover and transition to the floor	64	
5:49	REPEAT SEQUENCES B to C – R					



05. STAY 6:59mins

为你的班级学员清楚地指导和显示诱饵。当你做俯卧撑的时候，鼓励你的学员们去体验疲劳的感受，然后在需要的时候恢复。

技术与教授

速度与力量阶段

力量：上勾拳，上勾拳，勾拳

第一层

- 上勾拳，上勾拳，勾拳，右，左，右
- 上勾拳时瞄准下巴，勾拳动作时环绕下巴
- 勾拳动作中转动脚跟以及臀部增加力量

第二层

- 从集中力量开始
- 在另一侧动作开始时：注意技术动作，鉴于你已经在体能训练阶段挑战了你的上身

第三层

- 最大限度最大力量地打击！
- 尝试做出努力，来增加更多力量！
- 没时间浪费：把强度带回来！

速度：上勾拳，上勾拳，勾拳

第一层

- 增加速度，然后前后转换停顿

第二层

- 通过上肢力量来冲击
- 下肢放轻松，尽量轻盈
- 感受速度和流动性

组合：上勾拳，上勾拳，勾拳（X4），假动作（X4）

第一层

- 4次重复为一轮，4，3，2，1，然后左侧腿切换，4，3，2，1，然后保持
- 膝部弯曲，击打时转动，同时腹部收紧
- 转换时落地要轻盈，膝盖放松

第二层

- 想象一下脚部很轻
- 击打时保持冲击力

组合：上勾拳，上勾拳，勾拳（X4），假动作（X6）

第一层

- 增加额外的2个转换，6次假动作
- **可选：**转换时增加冲击力，在前脚上旋转
- 挺胸

第二层

- 如果你想要大负荷的话：把膝盖抬起来，做一个腹部法力，做爆发力训练！
- 可选：旋转运动或塔克式跳跃



组合：上勾拳，上勾拳，勾拳（X4），假动作（X8）

第一层

- 现在做8次假动作
- 可选：假动作时膝盖抬高
- 挺胸
- 落地式膝盖弯曲

第二层

- 击打时身体前倾
- 运动时放松
- 假动作过程中心跳会加速

第三层

- 再来一次！
- 你能跳的更高吗
- 完成它！结束！

05. STAY 6:59mins

体能训练阶段

用力俯卧撑

第一层

- 开始膝部放松。当你需要休息的时候，回到这个放松的姿势。准备好后再次做攻击动作
- 手打开，比肩膀宽
- 屈肘，做俯卧撑时保持柔软
- 腹部收紧
- 背部挺直，用力
- 胸部抬高至肘部位置

第二层

- 把膝盖上的起始位置想象成你的安全位置，你的安全网
- 在任何你需要的时候恢复到你的安全位置。
- 将你的手伸向地板发力，以刺激更多的肌肉
- 胸部不要低于手肘
- 激发肩部肌肉、肱三头肌和胸部肌肉

第三层

- 感受力量



变体俯卧撑

第一层

- 右臂抬起，然后左臂抬起
- 同时做击打和推拉动作
- 手肘抬高，肩胛骨向后拉，尝试将肩胛骨挤压在一起
- **可选：**在你需要的时候，恢复到放松的状态。

第二层

- 通常我们关注的是身体的前部。这是一个锻炼后身体后部肌肉，获取身体肌群锻炼平衡的机会
- 将手肘向上拉，挤压背部肌肉，增强背部力量
- 臀部和肩膀与地面成直角



山地爬行

第一层

- 双手放在肩膀下
- 驱动膝盖从中间穿过
- 腹部肌肉用力
- 做12次，然后做静止平板撑

第二层

- 背部挺直
- 膝盖前推到拇指位置
- 反应性核心训练：每次你的腿动起来，你的腹肌就会做出反应！

第三层

- 燃烧吧！
- 最后16次—让我们一起完成它！





06. 战斗训练3

小节焦点

在这个有趣的小节，你可以进入卡波耶拉的所有模式—包括游戏，战斗，和舞蹈。这将给你的精神和身体带来独特的挑战。小节里面的新踢击动作和 Esquiva最后结合完美地结合在了一起。

感受

陷阱/未来低音，全球节奏的，充满活力的

武术

卡波耶拉

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Pig gam ba li	1x8		Prepare to move	8	
0:02	V1 /	7x8	A	Step R	2	
				L Foot Tap – across body to 45° angle	2	
				Step L	2	
				R Foot Tap – across body to 45° angle	2	7x
				Add arm swing after 3reps		
				👁️ L, R Inside Leg Kick (last rep)		
0:17	C / Bamb bamb bamb di gi di da dam, (Whoo)	8x8	A ¹	Step R	2	
				L Inside Leg Kick – across body to 45°	2	
				Step L	2	
				R Inside Leg Kick – across body to 45°	2	8x
0:35	Br / Pig gam ba li	4x8	B	R, L Ginga	8	4x
0:44	C / Bamb bamb bamb di gi di da dam, (Whoo)	4x8	A ¹	L, R Inside Leg Kick	8	4x
				<u>OPTION</u> : Add Squat on the step between kicks		
0:53	Br /	4x8	B	R, L Ginga	8	4x
1:02		12x8	C	R Ginga	8	
				Esquiva to the B	4	
				Reset the Ginga	4	
				Repeat to L side	16	3x
1:29	B up / Pig gam ba li	8x8	C ¹	R Ginga	4	
				Esquiva to the B	2	
				Reset the Ginga	2	
				Repeat to L side	8	4x
1:47	C / Bamb bamb bamb di gi di da dam, (Whoo)	8x8	D	L, R Inside Leg Kick	8	
				R, L Ginga	8	
				L Esquiva to the B	8	
				R Esquiva to the B	8	2x
2:04	Br /	4x8	B	R, L Ginga	8	4x
2:14	C / Bamb bamb bamb di gi di da dam, (Whoo)	20x8	D	L, R Inside Leg Kick	8	
				R, L Ginga	8	
				L Esquiva to the B	8	
				R Esquiva to the B	8	5x



06. MAGENTA RIDDIM 3:04mins

在本小节中感受节奏和能量。一旦你通过新的踢击动作以及组合动作教授的你的班级，让学员们感受它，跟随它，享受最后的组合。玩得开心，让音乐振奋你们的精神！

技术与教授

迈步，拍打

第一层

- 一次迈步，一次拍打
- 脚趾朝向房间角落
- 脚向内侧，脚底向前
- 摆动手臂

内侧腿踢击

第一层

- 卡波耶拉战斗区域：内侧腿踢击新动作
- 内侧腿踢击朝向你的另一条腿
- 在踢腿时，臀部随着肌肉力量向前

第二层

- 为了增加强度，蹲下，然后踢击



金加舞步

第一层

- 三角形的3个点：向后跨步，然后变宽
- 手臂摆动



后向ESQUIVA动作

第一层

- 后向Esquiva动作：向后迈步，尽量伸展你的脚趾，微微向外，然后转向前方
- 保持挺胸
- 当你后退的时候，脚尖伸出
- 手伸到后腿内侧

第二层

- 更快
- 卡波耶拉，游戏



组合：2次内侧腿踢击S，2次金加舞步，2次向后ESQUIVA 动作

第一层

- 2踢击，2次金加舞步，2次向后ESQUIVA动作

第二层

- 卡波耶拉，舞步
- Esquiva means escape:
- Esquiva动作的意思时逃跑：跑出去，躲到下面
- 用你的手臂帮助掩饰运动的来源
- 从一个动作到另一个动作的连续流：感觉没有开始和结束。
- 用你的手臂让它循环

第三层

- 更大！
- 最后一个！



07. 泰拳

小节焦点

在这个激烈的泰拳小节,短而快的节奏组块合动作将推动你的有氧运动达到高峰,而且充满有挑战性的技术动作。进入“野兽模式”尽情释放吧!

感受

陷阱/未来的低音,咄咄逼人的,有驱动力的

武术

泰拳

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Instr	4x8		L Combat Stance 👁️ L Jab, R Cross x2 L Circular Elbow x3 (last 8cts)	32	
0:11	V1 / (Low distorted lyrics)	8x8	A	L Jab, R Cross x2 L Circular Elbow x3 👁️ R Knee (2 reps on last 4cts)	4 4	8x
0:34	PC / (Music build up)	4x8	B	R Knee (Level 2 on last 8 reps)	2	16x
0:46	C / (Distorted shouts)	8x8	C	L Jab, R Cross x2 L Circular Elbow x3 R Knee x4	4 4 8	4x
1:09	Br / (Low distorted lyrics)	8x8	D	L Descending Elbow R Ascending Elbow Pulse F, B x2	2 2 4	8x
1:32	PC / (Music build up)	8x8	E	L Descending Elbow, R Ascending Elbow x2 L Knee x4 (Level 2 on last 2reps)	8 8	4x
1:56	C / (Distorted shouts)	8¼x8	C	L Jab, R Cross x2 L Circular Elbow x3 R Knee x4 (R Knee x5 on last rep)	4 4 8	4x
2:20	Br / Instr	4x8		Recover and transition to R Combat Stance 👁️ R Jab, L Cross x2 R Circular Elbow x3 (last 8cts)	32	
2:30	REPEAT SEQUENCES A to 2nd C – R					
4:39		4x8		Recover and transition to Front Stance	32	
4:50	(Low distorted lyrics)	8x8	F	L Knee x2 R Knee x2	4 4	8x
5:13	PC / (Music build up)	4x8	F ¹	L Knee x8 R Knee x8	16 16	
5:25	C / (Distorted shouts)	8x8	F ²	L Power Knee x8 R Power Knee x8	16 16	2x
5:48	Outro /	4x8	F ³	L Power Knee x4 R Power Knee x4 👁️ L, R Running Man Knee (last 4cts)	8 8	2x
6:00		4¼ x8	F ⁴	L, R Running Man Knee	4	8½x



07. BEASTMODE 6:15mins

因为每个组合的模块是：

简而言之，一定要清楚地对一个动作过渡到下一个动作做出指导，并在动作的变化之前进行指导。这样，您的班级学员们就可以执行组合的每个重复动作，以达到最大的训练效果。

在最后部分不要过度训练力量膝击和跑动膝击。做好基础动作，然后身体上慢慢努力到最大效果，带动你的学员们和你一起努力！

技术与教授

直拳，后手拳，直拳，后手拳，3次屈肘

第一层

- 直拳，后手拳（4，3，2，1），3倍屈肘
- 三倍屈肘：与地面平行，与肩同高。打开手掌，把拇指收拢。抬起脚后跟并扭转
- 肘部目标：略高于下巴的位置
- 直拳/后手拳目标：鼻子，嘴唇，下巴

第二层

- 另一侧动作时：用力向后屈肘，手臂后侧保持朝上

后膝击

第一层

- 变换装备：向后提起膝部
- 双手向下拉至大腿外侧

组合：直拳，后手拳，直拳，后手拳，3倍屈肘，4次向后膝击

第一层

- 组合：直拳，后手拳，3倍屈肘然后 4次向后膝击(4，3，2，1)
- 下巴收紧
- 向前转动身体

第二层

- 握紧拳头以产生更大的力量
- 把手举得高一些，然后把它们硬拉到膝盖上部位置
- 击打时通过转动肩膀发力

第三层

- 粉碎组合！
- 最后一个！5次膝击膝盖！5 4 3 2 1！
- 想象你面前的一切。不管它是什么，打倒它！

向下屈肘肘(前臂)，向上屈肘(后臂)，停顿

第一层

- 向下，然后上升屈肘，保持停顿
- 向前屈肘：张开手掌，拇指收拢，以45度角分开
- 向上屈肘：张开手掌，抬起胸部，将手肘直上
- 双脚打开，膝盖弯曲

第二层

- 把你的注意力放在核心肌肉群，你的力量中心。紧缩腹肌
- 短暂、急促的

组合：向下屈肘，向上屈肘，向前膝击

第一层

- 4次屈肘，4次前膝击

第二层

- 感受向下屈肘时的45度角度
- 膝击时向下拉手臂

第三层

- 开始加速！

双膝击

第一层

- 双右侧膝击，双左侧膝击
- 然后做恢复，之后加速！

第二层

- 手臂注意向下
- 略微扭动臀部

力量膝击

第一层

- 8次右力量膝击，8次左力量膝击
- 然后4次右边，4次左边

第二层

- 增加泰拳的扭摆
- 手臂抬高，然后膝盖调高
- 增加更多摆动

跑动膝击

第三层

- 跑动中！释放一切！



08. 力量训练3

小节焦点

体验真实的拳击动作组合与耐力训练，这些将在你的训练季里，留下一个惊叹号。

感受

鼓声和低音，坚定，无情

武术

拳击

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	8x8		Recover and introduce track	64	
0:26	V1 / _ hold down the window	8x8	A	L Combat Stance L Jab	2	32x
0:48	PC / _ the reality is cruel	8x8	A ¹	L Step Jab 👁️ L Jab L Jab, R Cross (on last 4cts)	2	32x
1:10	C / we're not meant to get it right	8x8	B	L Jab L Jab, R Cross 👁️ L Hook x2 – one small, one big (on last 4cts)	2 2	16x
1:33	Instr /	8x8	B ¹	L Jab L Jab, R Cross L Hook x2 – one small, one big (Finish with extra L Hook on last rep)	2 2 4	8x
1:56	Br / (Calm)	4x8		Recover and transition to R Combat Stance	32	
2:07	V2 / _ it's like it doesn't matter	8x8	A	R Jab 👁️ R Jab R Jab, L Cross (on last 4cts)	2	32x
2:29	C / we're not meant to get it right	8x8	B	R Jab R Jab, L Cross 👁️ R Hook x2 – one small, one big (on last 4cts)	2 2	16x
2:51	Instr /	8x8	B ¹	R Jab R Jab, L Cross R Hook x2 – one small, one big (Finish with extra L Hook on last rep)	2 2 4	8x
3:13	V3 / _ hold down the window	4x8		Recover	32	
3:25	climb up the ladder	12x8	C	L Walking Jab x4 to L side L, R Uppercut x2 to F Repeat to R side	8 8 16	3x
3:58	C / we're not meant to get it right	8x8	C ¹	L Jab x3 – Travel to L side L, R, L Uppercut to F Repeat to R side	4 4 8	4x
4:20	(instrumental)	8x8	D	Front Stance L, R Jab	2	32x
4:43	C / we're not meant to get it right	8x8	C ¹	L Jab x3 – Travel to L side L, R, L Uppercut to F Repeat to R side	4 4 8	4x



08. 力量训练3

MUSIC				EXERCISE	CTS	REPS
5:05	Instr /	8x8	D	Front Stance L, R Jab (Punch L fist to ceiling to finish after last rep)	2	32x
5:27	V4 / _ hold down the window	4x8		Recover	32	
5:39	climb up the ladder	4x8		L, R Run OTS Transition to Front Stance (last 8cts)	32	
5:50	_ the reality is cruel	8x8	E	L, R Uppercut x2 L Uppercut, L Hook R, L Uppercut x2 R Uppercut, R Hook 👁 R Power Hook (on last rep)	4 4 4 4	4x
6:12	C / we're not meant to get it right	8x8	E ¹	L, R Uppercut x2 L Uppercut, L Power Hook R, L Uppercut x2 R Uppercut, R Power Hook	4 4 4 4	4x
6:34	Instr /	16x8	D	L, R Jab (Punch L fist to ceiling to finish after last rep)	2	64x



08. GET THIS RIGHT 7:23mins

本节有3组停顿，每一个模块都有一个特别的训练焦点：

- 1) 真实拳击组合动作
- 2) 环形的技艺
- 3) 耐力训练

针对这些训练焦点和目标来教授你的课程，让你的班级能够体验到每一个模块的独特感觉。当你进入耐力训练，教授语言要简洁，以及运用第三层技巧来帮助你的班级坚持到最后。在最后的直拳部分，让音乐发挥作用，让学员们一起感受最后一击 的喜悦。

技术与教授

直拳

第一层

- 右腿向前，基础右直拳
- 开始时放松，保持简单动作，调整呼吸，不要增加力量
- 然后身体中心前倾，通过前冲姿态，打出直拳

第二层

- 收拳时，集中注意力将你的前拳缩回到自己的脸部位置。
- 感受轻盈

第三层

- BODYCOMBAT：这从来都不容易。它每次都会挑战你，把你推向极限

直拳，直拳，后手拳

第一层

- 在动作中加入速度元素：直拳，直拳，后手拳
- 下巴内收
- 向内屈肘
- 后手拳：松开后跟，指关节向前伸，手臂伸直时手肘向上

第二层

- 前臂：专注于速度
- 后臂：专注于力量
- 另一侧时：把你的下巴内收，这样你在整个场景中都能保持紧凑

直拳，直拳，后手拳，勾拳，POWER 勾拳

第一层

- 增加2个勾拳：1个小幅度勾拳，1个大幅度勾拳
- 力量勾拳：力量幅度比第一个勾拳大，把你的整个身体像钻一样抛来抛去。脚跟转动

第三层

- 30秒的原始力量爆发！

4次走步直拳，4次交替上勾拳

第一层

- 第二块：所有的多方向运动动作
- 4个走步直拳：右侧，然后朝向前，然后4次上勾拳，4，3，2，1

第二层

- 当你做行走动作时，开始阶段稍微移动脚步
- 环形技艺：在最短的时间内获得最大距离。你走得越远，你击打的机会就越大

3次快速直拳，3次爆发上勾拳

第一层

- 3次快速直拳，3次上勾拳

第二层

- 步法：想象你面前有一个标记，你正试图尽快到达那个标记
- 你要去更远的地方吗?你在增加你的记号的范围吗?

第三层

- 再来一次！

前冲直拳

第一层

- 下巴内收
- 向内屈肘

第三层

- 30秒！ 15秒…加速！



08. GET THIS RIGHT 7:23mins

向前姿态：上勾拳，力量勾拳（手臂交替向前）

第一层

- 1, 2, 3, 4, 5, 上勾拳，然后勾拳
- 在躯干上旋转
- 勾拳时放松膝盖
- 增加：力量勾拳

第二层

- 力量勾拳：强壮的姿态，尝试用下半身和上半身的冲力把你的对手抛向中心

前冲姿态 直拳：最后动作组

第三层

- “音乐和生活一样，也有起起伏伏。” 但是无论你在什么地方，你都必须驾驭它
- 30 seconds！
- 30秒！
- 这是你闪耀的时刻！一个全新的你！
- 完成它！



09. 体能训练

小节焦点

本小节的重点是感觉在斜向系列动作中加强肌肉转动以及控制。

感受

另类摇滚，蓝调

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back, side-on to front Feet on floor, hip-width apart – knees bent. Boxing Guard Crunch Combo Crunch up Drop halfway down Crunch up Release (last 8cts)	32	
0:12	V1 / _ Take a look around	8x8	A Crunch Combo Crunch up Drop halfway down Crunch up Release	2 2 2 2	8x
0:38	PC / _ I think they got it all wrong	4x8	B C-Crunch – reach hands to ankles Arms and legs extend out to 45°	8 8	2x
0:52	C / 'Cause we're gonna be legends	8x8	C C-Crunch, arms and legs extend out to 45° x2 C-Crunch –Triple Pulse Arms and legs extend out to 45°	8 6 2	4x
1:18	V2 / This is what we came for	2x8	Bend knees and bring them to face front lying on L side, L arm on floor palm facing up, R fingertips to temples	16	
1:25	_ Could never turn back now	6x8	D L Side-Lying Crunch Combo Side Crunch up Drop halfway down Crunch up Release	2 2 2 2	6x
1:44	PC / _ I think they got it all wrong	4x8	E Side Crunch, lift knees and feet at same time, reach R hand to top ankle Extend R arm and legs away to 45° (R fingertips to temples on last 8cts)	8 8	2x
1:57	C / 'Cause we're gonna be legends	8x8	F Side Crunch, drop halfway down as legs extend out to 45° x2 Side Crunch –Triple Pulse Drop halfway down as legs extend out to 45°	8 6 2	4x
2:24	V3 / _ Eventually they're gonna know	1x8	Lie on back, legs straight up in the air, arms by side	8	
2:27	_ T o make a stand you got	4x8	G Scissor Legs (Add Crunch after 6reps)	4	8x
2:37	You gotta live without the	3x8	G ¹ Increase speed of Scissors (reducing range)	24	
2:47	C / (Instr)	2x8	Transition to lying on R side, bend knees and bring them to face front, R arm on floor palm facing up, L fingertips to temples.	16	



09. 体能训练

MUSIC		EXERCISE		CTS	REPS
2:53		6x8	D R Side-Lying Crunch Combo		
			Side Crunch up	2	
			Drop halfway down	2	
			Crunch up	2	
			Release	2	6x
3:13	Yeah we're gonna be legends	8x8	F		
			Side Crunch, drop halfway down as legs extend out to 45° x2	8	
			Side Crunch –Triple Pulse	6	
			Drop halfway down as legs extend out to 45°	2	4x



09. LEGENDARY 3:44mins

在倾斜动作教授过程中注意指点腿部的位置，保证你的班级学员们能够感受动作要领

技术与教授

上半身仰卧起坐

第一层

- 手臂呈防御位置，手肘向内
- 抬高至头部，达到半空时落下，重复到半高，然后完全落下
- 下巴微微收紧

第二层

- 将胸腔向腹部紧压，瞄准上半部分的腹部肌肉群



仰卧起坐与伸展

第一层

- 靠近脚踝(膝盖放在臀部顶部，90度弯曲)，然后将手臂和腿伸展到45度角。重复
- 组合：2个单独的C—仰卧起坐，然后3次C—仰卧起坐
- 可选：缩短紧缩的幅度，保持脚趾向下



半空侧身仰卧起坐

第一层

- 膝盖朝前，与臀部平行
- 上臂：指尖对太阳穴
- 下臂：伸长，手掌朝上
- 仰卧起坐，然后上身抬至一半，然后再到顶部，然后一直往下落
- 将胸腔向臀部方向倾斜

第二层

- 将你的肩膀向下拉到地板上，打开胸部，向上提起臀



侧向仰卧起坐与伸展

第一层

- 靠近脚踝，伸展(张开)
- 重复：2 单次动作以及一次组合动作

第二层

- 你要尽量避免使用左臂。把注意力集中在侧向用力上
- 保持膝盖朝向前方而不是天花板



- 可选：把小腿放在地板上



剪刀

第一层

- 背部向后，腿部伸展做剪刀
- 腹部肌肉用力，支撑背部
- 收紧下巴，把肩膀从地板上抬起
- 开始将范围减小到最小，并加快速度使腹部下部肌肉群发力



10. 放松

小节焦点

放松，恢复，伸展，花点时间让你的BODYCOMBAT成果闪耀！

感受

强，胜利，战无不胜

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Recover and prepare to stretch	32	
0:10	V1 / I'll be the last one standing	8x8	Childs Pose (Reach further F after 32cts)	64	
0:31	PC / I've been working my	4x8	Set up L Hurdler Stretch	32	
0:41	C / I am invincible , unbreakable	8x8	L Hurdler Stretch L hand reach across, place R hand on top	64	
1:03	Br / I am the champion	2x8	Set up R Hurdler Stretch	16	
1:08	V2 / When they write my story	10x8	R Hurdler Stretch R hand reach across, place L hand on top (after 32cts)	80	
1:34	PC / To see my name in lights	2x8	Set up L Hip Flexor Stretch	16	
1:40	C / I am invincible , unbreakable	8x8	L Hip Flexor Stretch – R Tricep Stretch (Sink deeper in Hip Stretch after 32cts)	64	
2:01	I am the champion	4x8	L Hamstring Stretch – hips B and hands reach to floor	32	
2:11	Br / The C is for the courage (rap)	8x8	R Hip Flexor Stretch – L Tricep Stretch (Sink deeper in Hip Stretch after 32cts)	64	
2:32	See, they asked me how	4x8	R Hamstring Stretch – hips B and hands reach to floor (Transition to standing on last 8cts)	32	
2:43	C / I am invincible , unbreakable	4x8	L Quadricep Stretch	32	
2:53	I am the champion	4x8	R Quadricep Stretch	32	
3:04	I am the champion	4x8	L Shoulder Stretch – feet wide	32	
3:14	I am the champion	4x8	R Shoulder Stretch – feet wide	32	
3:25	I am the champion	3x8	Chest Stretch – hands behind back, feet together	24	
3:33	Outro /	1x8	Take a bow! – L fist to R palm	8	



10. THE CHAMPION 3:43mins

技术与教授

孩子姿势

- 将臀部向后推，双手放在前面
- 伸展臀部和背部
- 双手向前走一点
- 通过上背部和肩膀放松

腿后部拉伸

- 右腿弯曲呈90/90或者后腿伸直
- 两臂伸展，手指（放开）背阔肌伸展
- 深吸一口气
- 换边：左腿前
- 臀部与前方成直角
- 达到左手后手拳上背部伸展



髋部屈肌、肱三头肌、腿筋伸展

- 右腿向前迈步，做一个髋屈肌伸展
- 将左臂向上伸，进行肱三头肌伸展。
- 深呼吸，然后往下一点
- 回坐，做腿部拉伸。抬起脚趾，向内侧倾斜，保持胸部挺起
- 转到左侧臀部屈肌伸展，然后转到左侧的肌腱



股四头肌伸展

- 站立姿态
- 尽量向后，抓住你的右脚，保持膝盖与臀部呈一条直线，胸部挺直
- 保持膝盖收紧臀部向前
- 换边

肩部伸展

- 运用手臂做后手拳动作
- 换边



BONUS

05. 力量训练2

小节焦点

这是一个高能量的拳击动作小节，通过经典的拳击组合动作来增加心率

感受

另类/独立，坚韧不拔

武术

拳击

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / Are you ready for another	1x8		L Combat Stance – Boxing Guard Hold	8	
0:02	bad poem? One more off-key anthem	8x8	A	L Uppercut x2	4	8x
				R Uppercut x2	4	
0:24	PC / Rat-a-tat-tat Rat-a-tat-tat-tat hey!	4x8	B	L Jab, R Cross x4	8	2x
				L, R Hook x2	8	
0:35	C / We’re all fighting, growing old	8x8	C	L Hook x2	4	2x
				R Hook x2	4	
				L Jump Jab F x4	8	
				L Hook x2	4	
				R Hook x2	4	
				Run B	8	
0:58	Br / We are professionals	4x8	D	L, R Run OTS	32	
1:09	V2 / _ I’m about to make you sweat	8x8	A	R Combat Stance		8x
				R Uppercut x2	4	
				L Uppercut x2	4	
1:35	PC / Rat-a-tat-tat Rat-a-tat-tat-tat hey!	4x8	B	R Jab, L Cross x4	8	2x
				R, L Hook x2	8	
1:46	C / We’re all fighting, growing old	8x8	C	R Hook x2	4	2x
				L Hook x2	4	
				R Jump Jab F x4	8	
				R Hook x2	4	
				L Hook x2	4	
				Run B	8	
2:09	Rat-a-tat-tat Rat-a-tat-tat-tat	8x8	D	R, L Run OTS (Run F after 32cts)	64	
2:31	Br / She’s sick and she’s wrong	8x8	E	Front Stance		8x
				L Uppercut x2	4	
				R Uppercut x2 (Level 2 – Power after 4reps)	4	
2:54	C / We’re all fighting, growing old	8x8	C	L Combat Stance		2x
				L Hook x2	4	
				R Hook x2	4	
				L Jump Jab F x4	8	
				L Hook x2	4	
				R Hook x2	4	
				Run B	8	
3:17	Rat-a-tat-tat Rat-a-tat-tat-tat	8½x8	B	L Jab, R Cross x4	8	4x
				L, R Hook x2 (5 Hooks on last rep)	8	
3:41	Br / She’s sick and she’s wrong	1x8		Recover and transition to Front Stance	8	



BONUS

05. 力量训练2

MUSIC			EXERCISE		CTS	REPS
3:44	And you sink inside like	7x8	E	R Uppercut x2 L Uppercut x2 (Level 2 – Power after 3reps)	4 4	7x
4:03	C / We’re all fighting, growing old	8x8	C	R Combat Stance R Hook x2 L Hook x2 R Jump Jab F x4 R Hook x2 L Hook x2 Run B	4 4 8 4 4 8	2x
4:26	Rat-a-tat-tat Rat-a-tat- tat-tat	8x8	B	L Jab, R Cross x4 L, R Hook x2 (Last rep has 9 Hooks to finish!)	8 8	4x



BONUS

05. RAT A TAT 4:54mins

让这首高能量的歌曲推动你的课程更加有力，走得更远，在高抬腿跑步中把膝盖抬得更高。在你的教授和体能训练中充分利用音乐的能量，使有氧训练效果最大

技术与教授

两次上勾拳

第一层

- 双右侧双勾拳，双左侧上勾拳
- 通过肩膀转动
- 把你的拳头摆向对手的下巴位置
- 通过核心肌肉群转动
- 膝盖放松

第二层

- 膝盖弯曲
- 身体前倾如图8所示，移动肩膀
- 驱动身体，保持击打平直

第三层

- 努力完成它！

组合：直拳，后手拳，勾拳

第一层

- 直拳，后手拳，8次，然后4次勾拳，前臂以及后臂
- 目标：鼻子，下巴
- 击打中身体倾斜
- 用力出拳，握紧

第二层

- 下巴收紧

第三层

- 爆发！
- 力量时间！
- 用尽全力！
- 9次勾拳结束！

组合：双 勾拳，跳起直拳，双勾拳S，高抬腿跑

第一层

- 双勾拳，双后勾拳，向前跳起直拳4次，双勾拳，向后高抬腿跑
- 跳起直拳时向前

第二层

- 在跳起直拳时你能跳多高？

第三层

- 让我们再狂野一点！

高抬腿跑

第一层

- 挺胸
- 膝盖抬起
- 运用手臂

第二层

- 保持向前

第三层

- 你能跳多高？

前姿态双上勾拳

第一层

- 保持向下，呼吸
- 感受节奏，感受音乐

第二层

- 然后增加力量！下坠以及驱动

第三层

- 你准备好再来一轮了吗?(在最后一轮)



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：

- 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。
- 裁判认为对手受伤，无法继续比赛，这叫做技术击倒。
- 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：

- 基本
- 套路
- 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：

- 龙
- 蛇
- 虎
- 鹤
- 豹

跆拳道历史

跆拳道是韩国的武术。“跆”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。



音乐

- 01A

Vegas (Extended Mix) (5:25)

Alvaro, Lil Jon & Jetfire

© 2016 SpinninRecords.com.
Written by: Smith, Bartov, Kalderon, Helderman
- 01B

Up (3:35)

Corti & La Medica & Andry J

© 2017 Ross Srl (Bang Record) under license to Pirames International Srl.
Written by: Unknown
- 02

MIC Drop (5:53)

Mast Boldface

© 2018 Les Mills Music Licensing Ltd.
Written by: Bang, Kang, J-Hope, Rap, Shin
- 03

Running Low (6:33)

Pancake Ire

© 2018 Les Mills Music Licensing Ltd.
Written by: Lowe, Daenen, Tendayi, Patterson
- 04

Tell Me (4:54)

RL Grime & What So Not

© 2014 RL Grime & What So Not.
Written by: Streten, Emerson, Steinway
- 05

Stay (Maduk Remix) (6:59)

Delta Heavy feat. HOLLY

© 2018 Monstercat.
Written by: Unknown
- 06

Magenta Riddim (3:04)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Grigahcine, Sami
- 07

Beastmode (Original Mix) (6:15)

Yellow Claw feat. Stoltenholff

© 2018 Barong Family.
Written by: Bruggen, Taihuttu, Rondhuis, Stoltenhoff
- 08

Get This Right (7:23)

Koven

© 2018 Viper Recordings.
Written by: Boyle, Rowat
- 09

Legendary (3:44)

Welshly Arms

Courtesy of the Universal Music Group.
Written by: Getz, Weaver
- 10

The Champion (3:43)

Carrie Underwood feat. Ludacris

Courtesy of the Universal Music Group.
Written by: James, Bridges, Destefano, Underwood

- BONUS
05

Rat A Tat (3:41)

Fall Out Boy feat. Courtney Love

Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Love
- Rat A Tat** (1:13)

Fall Out Boy feat. Courtney Love

Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Love



左-右: Rachael Newsham, Alex Sanchez, Erin Maw, Dan Cohen, Reagan Kang, Marlon Woods, Caley Jäck

BODYCOMBAT 77是一场史诗般的武打动作组合和一系列体能训练动作。你的身体和意志将从多方向的攻击动作中推到极限，从而发现自身的潜力。这是一场爱/恨交织的战斗，你在战斗中与疲劳做斗争……

训练从上衣热身运动开始，在这一环节你将感受到休息以及动作模式的对比。你一定会喜欢第二小节中的踢腿一拳击动作组合，因为它会让你想起过去熟悉而流行的动作。这一节的整体节奏是放慢的，这能让你在做每一个动作时感受充分的伸展——你会的！

力量小节在你的身体上清晰地刻划着，让你感受不到大量的有氧运动峰值（你感受不到它的到来）。

在第4小节中，下肢体能训练有了新的重点，我们重点关注增强式训练，学习投入到动作中，而不是躲避它，以此来开展我们的下肢训练。

在第6小节，新的下肢训练动作加入到BODYCOMBAT中，并提供一种短暂的从高强度到缓解的训练——但是，不要被骗到，相信它会是一种突破！

坚持真我，持续战斗！

Dan Rachael

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。

Rachael Newsham（新西兰）来自奥克兰，是BODYCOMBAT的项目总监之一，兼任SH’ BAM的项目总监。

Marlon Woods（美国）居住在乔治亚，是一名BODYCOMBAT 培训师以及BODYPUMP教练，同时也是一名情报分析师。

Alex Sanchez（西班牙）是一名BODYCOMBAT、SH’ BAM、BODYATTACK™、BODYJAM™、 BODYPUMP、莱美GRIT™以及LES MILLS ONE™培训师，同时也是一名BODYBALANCE™/BODYFLOW™， BODYSTEPTM以及CXWORX和LES MILLS SPRINT教练。他还是一名软件开发人员。

Caley Jäck（南非）居住在开普敦，是一名BODYCOMBAT，BODYPUMP 以及 SH’ BAM教练，同时也是一名LES MILLS GRIT，LES MILLS BARRE™ 以及BODYBALANCE/BODYFLOW 培训师。她还是一名按摩治疗师。

Erin Maw（新西兰）居住在奥克兰，是一名BODYCOMBAT，BODYATTACK，BODYJAM，SH’ BAM，莱美BARRE以及莱美 GRIT 培训师，同时也是一名CXWORX和BODYBALANCE/BODYFLOW教练。

Reagan Kang（马来西亚）是一名BODYCOMBAT，CXWORX 和 RPMTM 教练，同时也是一名BODYPUMP和莱美GRIT系列培训师。

摄制组人员名单

计划总监 - Dan Cohen & Rachael Newsham

首席创意官 - Dr. Jackie Mills

创意总监iana Archer Mills

技术顾问 - Bryce Hastings & Andrew Newmarch

协调制片 - Ellen Tocher



小节设置

45分钟小节设置		30分钟小节设置	
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	28:04
Track 10	Cooldown		
Total Time	41:51		

注意：30分钟和45分钟版本都是专为此项目所定制的。

缩略语

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
B	Bridge (non-chorus)	C	Chorus
CTS	Counts	Br	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

如果你要混合编排先前发布的动作，请从最新发布中去挑选，以便体现当前的动作、音乐和训练原则。如果你在教授先前版本的动作，请一定增加一些新的动作，原样开展教学，不要进行任何改编，但你可以使用更符合潮流的语言和专业词汇。



我们是莱美部落

我们是全球领导人物的大家庭，充满热情，致力于打造打造一个健康的星球。

我们毫不畏惧，激励大家，热爱健身，发掘自己真实的潜力。

健身是我们开展的全球性运动。每天有数以百万计的爱好者，通过挥洒汗水，联系在一起。我们开展的运动，撼动了整个世界。

音乐是我们的灵魂。它驱使我们坚持，集中我们精神，带给我们激情。

我们不做指指点点的评判，然所有人享受运动带给我们的独特好处。我们既尊重传统，又为未来设定方向。我们渴望，遵从人类真实的自我，去启迪，去革新，去创造。

我们坚信，我们能够改变世界。

我们就是莱美部落。

我们的意向声明

莱美全球大家庭包括17500家健身俱乐部组成，来自全球100个国家的13万名教练员，和数以百万计的运动爱好者。

我们来自不同地域、不同宗教、不同种族、不同肤色和不同的信仰。我们出于对运动和音乐的热爱，以及对健康生活的追求，为了自己，也为了整个星球，而团聚一起。

在莱美，我们主张我们社区每个成员个人的尊严，努力尊重所有人的权利和自由。

在选择示范、音乐和运动套路时，我们明白，不同人群和不同社会，对着装、流行文化和舞蹈姿势存在着不同的标准。

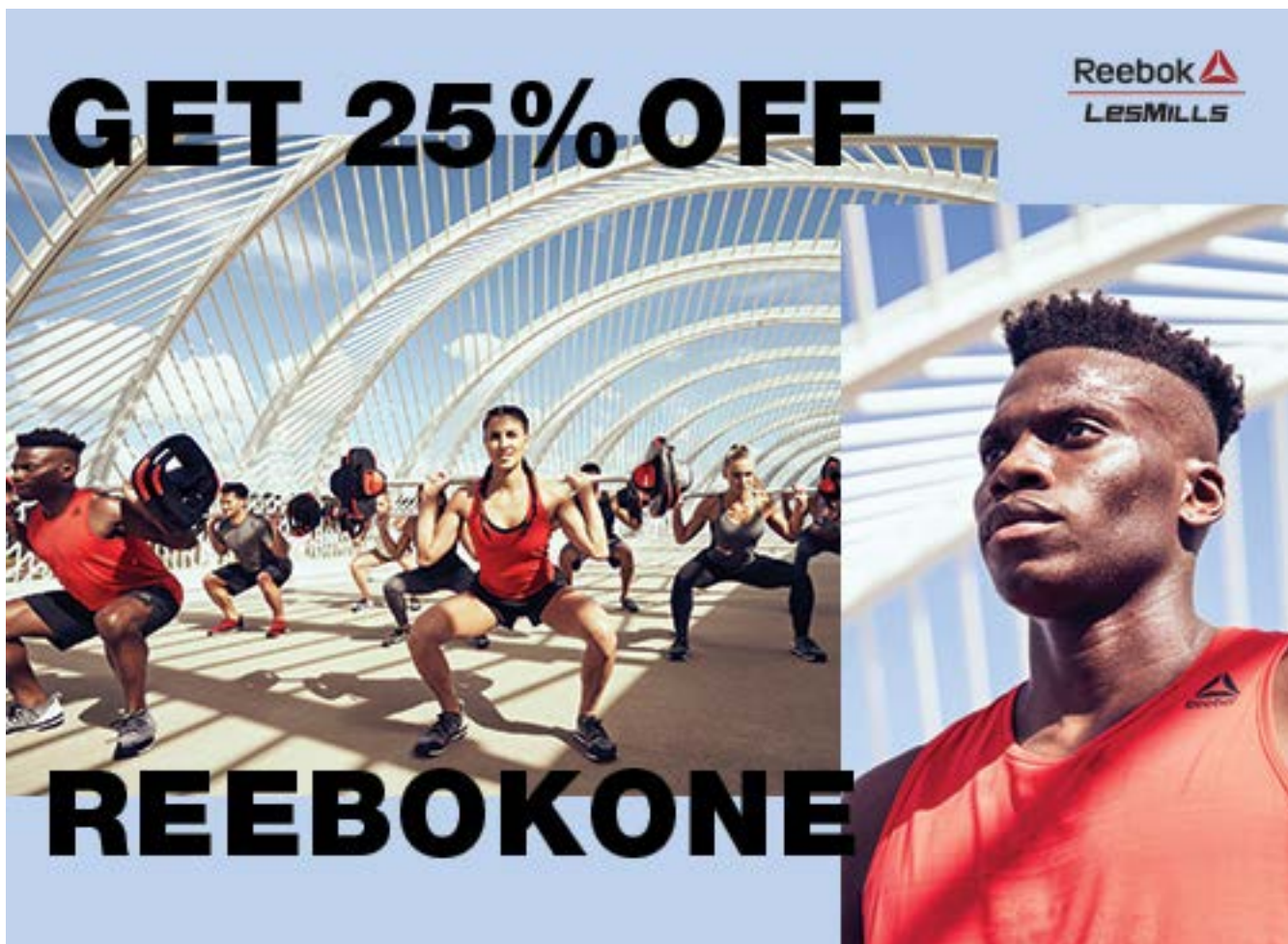
我们也清楚，某些情境下适合的东西，换个场合就会显得不合时宜。

作为一家公司，我们引领集体健身体验，每天为数以百万健身爱好者带来活力。我们在提供尖端创新产品的同时，也保证所有公认的规范都得到确实的尊重和坚持。

选择运动套路，为其获得授权并为其配上合适音乐是一项巨大工程！我们须从众多音乐作品中，筛选出符合我们需要的，并尽可能避免可能会引起问题的内容。如果可能，我们有时会为你准备其他运动小节，供选择使用（动作小节清单下方）。

我们欢迎我们全球大家庭成员，敞开心扉，与我们交流沟通，这样我们可以获得不同的观点，实现大家都能接受的结果。

最重要的是，我们致力于随时随地为大家提供能改变人生的健身体验。



BODYCOMBAT 77

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

05. POWER TRAINING 2

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

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



01A. UPPER BODY WARMUP

TRACK FOCUS

Feel the authentic rhythm challenge of the Jab, Jab, Cross sequence throughout this track. Allow the energy in the room to shift and lift as the body and mind switch on and get warm.

FEEL

Big Room, Electrified

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	1½x8	L Combat Stance		12	
0:10		4x8	A	L Jab, R Cross	4	8x
0:24	Vegas _ only in Vegas	4x8	A¹	L Jab	2	
				L Jab, R Cross	2	8x
0:38	B up /	4x8	A²	L Jab, R Cross	2	16x
				👁 L Jab, R Cross x2	4	
				L Jab	2	
				L Jab, R Cross (on last 8cts)	2	
0:51	C / We party like some animal _	8x8	A³	L Jab, R Cross x2	4	
				L Jab	2	
				L Jab, R Cross	2	8x
1:19	Br /	4x8	B	L Uppercut x2	4	
				R Uppercut x2	4	4x
1:32	Instr /	9x8	B¹	L, R Uppercut x2	4	
				L, R Hook	4	9x
2:03	B up /	4x8	C	Shuffle F	3	
				R Cross	1	
				Shuffle B	3	
				L Hook	1	4x
2:16	C / We party like some animal _	8x8	A³	L Jab, R Cross x2	4	
				L Jab	2	
				L Jab, R Cross	2	8x
2:44		1½x8	Recover and transition to R Combat Stance			
2:49			REPEAT SEQUENCES A to 2nd A³ – R			



01A. VEGAS 5:25mins

Use the contrasts in the music to coach this track effectively. In the quieter parts of the song, coach the mechanics of the strikes then drive up the energy as you move into the Shuffle Combination and final set of the Jab, Cross, Jab, Jab, Cross combination on each side.

TECHNIQUE & COACHING

JAB, CROSS

Layer 1

- Combat Stance
- Hands up in Boxing Guard
- Shoulders relaxed
- Easy Jab, easy Cross, right, left
- Roll the body forward
- Release the heel as you turn the body and throw the punch
- Targets: Nose, lip, chin
- Keep the elbows soft

Layer 2

- Move faster on the second set
- Lift the energy
- Second side: deep breaths and big rotation
- As you speed up, stand up a little higher and twist the body a little faster

JAB, JAB, CROSS

Layer 1

- New rhythm: Jab, Jab, Cross, right, right, left
- Don't add power to the strikes yet, just feel the rhythm and ignite the mind

COMBINATION: JAB, CROSS (X2), JAB, JAB, CROSS

Layer 1

- Jab, Cross, 4, 3, 2, 1 then Jab, Jab Cross
- Keep the target high (nose)
- Retract your hands back to your face into Boxing Guard

Layer 2

- On the second Jab of Jab, Jab, Cross, start to move your foot forward a bit
- Fast feet = fast reactions
- Warming up shoulders, back, and core
- When you're ready, add the footwork
- Footwork: Push forward
- Have purpose as you twist through on the Cross: Lift the heel and twist the hip

DOUBLE UPPERCUTS

Layer 1

- Hold your ground: Double Right Uppercut, Double Left Uppercut
- Target: Under the chin
- Rolling forward and rotating simultaneously

Layer 2

- Keep your elbows close to your ribcage (do not bring them behind the body)
- Move the shoulders and the body like a Figure 8
- Come up and under; use the legs

COMBINATION: 4 SINGLE UPPERCUTS, HOOK, HOOK

Layer 1

- 4 Single Uppercuts, then Hook right, left
- Lean forward in the Uppercuts, then stand up in the Hooks
- Hooks: Elbow in line with the wrist to keep the workload in the shoulders
- Hook: Target the jaw; release your heel and turn your knee, hip, and body

Layer 2

- Retract the hands back to your face: protect yourself
- Strike through the mid-line of the body
- Crunch your abs
- As you stand up, throw the Hook with a little more power

SHUFFLE FORWARD, CROSS, SHUFFLE BACK, HOOK

Layer 1

- Shuffle Forward, left Cross, Shuffle Back, right short-range Hook
- Twist your hip on the Cross

Layer 2

- Try to pre-load: twist just before you throw the punch



01B. LOWER BODY WARMUP

TRACK FOCUS

Systematically work through the basic lower body strikes to feel warm, mobilized, and ready for the workout.

FEEL

House, Upbeat, Confident

MARTIAL ARTS

Tae Kwon Do, Kick-boxing, Karate, Muay Thai

MUSIC		EXERCISE		CTS	REPS
5:24	Intro /	1x8	Recover and prepare for Knees	8	
5:27	V1 / (Guitar)	12x8	A L Knee x3 Step L, R, L R Knee x3 Step R, L, R Level 2 – option to add a hop (after 2reps) Level 3 – bigger arm pull and power (after 4reps)	5 3 5 3	6x
6:09	Instr / Take me to the top _	8x8	B L Front Kick Step L, R, L R Front Kick Step R, L, R Push Kick (after 4reps)	1 3 1 3	8x
6:37	PC / Let’s do it one more time _	4x8	C L Combat Stance L Roundhouse Kick Setup Pulse OTS	4 4	4x
6:51	C / I wanna see you up	8x8	C ¹ L Roundhouse Kick Pulse OTS Jump into Front Stance (on last 4cts)	4 4	8x
7:19	Instr / (Dance sounds)	8x8	D Front Stance Shuffle L L Side Kick Shuffle R Scissor L, R x2	4 4 4 4	4x
7:47		1x8	Jump into A-Frame	8	
7:51	PC /	3x8	C R Combat Stance R Roundhouse Kick Setup Pulse OTS	4 4	3x
8:01	C / I wanna see you up	8x8	C ¹ R Roundhouse Kick Pulse OTS Jump into Front Stance (on last 4cts)	4 4	8x
8:29	Instr / (Dance sounds)	8x8	D Front Stance Shuffle R R Side Kick Shuffle L Scissor R, L x2	4 4 4 4	4x
8:58	Outro /		Jump into A-Frame!		



01B. UP 3:35mins

Coach your class to start the Kicks low, clearly coaching the basics of the movement as you work through all of the basic strikes. Once they are warmer and more mobile through the hips, they can bring the Kicks higher while maintaining the great technique that you set up at the beginning of each block. Let the song do some of the work for you: “Move it UP! Move it UP!” Have FUN with it!

TECHNIQUE & COACHING

3 KNEES, 3 STEPS

Layer 1

- 3 Knees, Step, Step, Step
- Take the Knee up the middle of the body
- Hands together and pull towards the hip
- Shoulders lean away slightly
- Abs braced to protect your lower back

Layer 2

- Add a hop if you choose to
- Push the hips forward
- Take the hands a little higher and “move it UP!”

FRONT KICK, 3 STEPS

Layer 1

- Karate: Right Front Kick, 3 Steps
- Ball of the foot drives forward to strike to the knee/thigh
- Retract the Kick to warm the hamstrings
- Shoulders lean back slightly; brace the abs to protect the lower back

PUSH KICK, 3 STEPS

Layer 1

- Muay Thai Kick-boxing: Push Kick, 3 Steps
- Lift the knee and cycle the Kick around
- Lean away

ROUNDHOUSE KICK

Layer 1

- Roundhouse Setup: Turn the standing heel towards the front and lift the knee of the kicking leg
- Shin of kicking leg parallel to the floor (knee in line with ankle)
- Add the Low Kick
- Point the toes and strike with the top of the foot
- Target: Outside of the knee
- Retract the Kick: Pull the heel back to the glutes
- Feel three different parts of the movement: out, in, and down

Layer 2

- Move the target higher to waist level as you progress through the Kicks; “Move it UP!”
- Target moves from thigh to waist
- Arm out for balance
- Lift the chest and push the hips forward
- Stretch the Kick longer

SHUFFLE, SIDE KICK, SHUFFLE, SCISSORS

Layer 1

- Jump wide, face front: Shuffle right, right Side Kick, Shuffle left, Scissor the feet 4, 3, 2, 1
- Side Kick: Turn the standing heel towards the target
- On the Kick, push the striking heel out; pull it in
- When you Kick, pull the knee across the chest. Target the thigh of your opponent
- Scissors: Hands up, heels down

Layer 2

- Focus on the retraction
- On the Kick, keep your eyes on the target to maintain balance and technique
- Take the Shuffle lower to warm the legs
- Cover a little more ground in the Shuffle



02. COMBAT 1

TRACK FOCUS

The full combination in this track has it all: punches, knees, a leg check with a push, and two powerful Kicks, the Thunder Kick and the Evasive Side Kick. It builds piece by piece so that by the end of the track your class can truly nail it and work it at any level they choose.

FEEL

Hip Hop, Rap, Hard-hitting

MARTIAL ARTS

Kick-boxing, Tae Kwon Do, Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	L Combat Stance 👁️ L Jab, R Cross L Hook Pulse F, B x2	32	
0:10	B up / (Quiet lyrics)	4x8	A L Jab, R Cross L Hook Pulse F, B 👁️ R Knee to F R Leg Check to R side (on last rep)	2 2 4	4x
0:22	V1 / _ Playing that basketball	16x8	A¹ L Jab, R Cross L Hook R Knee to F R Leg Check to R Side After 4 reps, add a freeze on Leg Check After 8 reps, L hand push F on Leg Check After 12 reps, lift up onto L toes on Leg Check	2 2 2 2	16x
1:07	PC / Did you see my bag?	16x8	B Step R foot to R side L Thunder Kick L foot steps to L side R Evasive Side Kick After 4 reps, add arms (pull down on Thunder Kick and tuck in on Side Kick) <u>OPTION</u> : After 8 reps, add hop to Thunder Kick	2 2 2 2	16x
1:52	V2 / Baby, watch your mouth	1x8	Freeze in L Combat Stance	8	
1:55	Once upon a time	7x8	A¹ L Jab, R Cross L Hook R Knee to F R Leg Check to R side (with Push and Heel Lift)	2 2 2 2	7x
2:15	PC / Did you see my bag?	16x8	A¹+ B L Jab, R Cross, L Hook R Knee to F, R Leg Check to R Step R to R, L Thunder Kick L foot steps L, R Evasive Side Kick After 4 reps, add jump to Thunder Kick <u>OPTION</u> : Evasive Side Kick	2 2 4 4 4	8x
3:00	Br /	4x8	Recover and transition to R Combat Stance	32	
3:11			REPEAT SEQUENCES A¹ to A¹+B – R		



02. MIC DROP 5:53mins

Coach each strike clearly as you build the combination. Be sure to give your participants the option to jump or stay grounded on the Evasive Side Kick. Once they nail the sequence of the full combination, use Layer 2 cues to help them find the POWER in the movements!

TECHNIQUE & COACHING

JAB, CROSS, HOOK, PULSE

Layer 1

- Right foot forward, Boxing Guard up
- Jab, Cross, Hook, Pulse
- Targets Jab, Cross: Nose, lip, chin

JAB, CROSS, HOOK, KNEE, LEG CHECK

Layer 1

- Add on: 1 Knee, 1 Leg Check
- Aim for the stomach on the Knee; Leg Check to the side

Layer 2

- When you're ready, freeze your Leg Check: bring your knee up and tuck your elbow down
- Add power!



JAB, CROSS, HOOK, KNEE, LEG CHECK,

Layer 1

- Add a Push
- Push your opponent's chest away with the heel of your hand
- Lift up onto your toes

Layer 2

- Stay light on your feet so that you are able to react and counter faster
- Keep protecting your ribs, by tucking in your elbow and bringing up your knee on the Leg Check
- Push it OFF! Push AWAY with the heel of the hand. The shoulder protects the jaw
- On your toes: Lift your heel up off the floor. Push it up
- Power on the Front Knee: PULL the arms down. Then PUSH away on the Leg Check



THUNDER KICK, EVASIVE SIDE KICK

Layer 1

- New move: Step Kick to the side, then step into the Side Kick
- Kick down, then Side Kick low
- Kick with the heel, then with the side of the foot
- Arms: Pull down on the Thunder Kick, tuck in on the Side Kick
- When you're ready, add a hop on the Thunder Kick
- Evasive Side Kick: Step to the side, standing knee facing to the outside. Bring your knee up, Kick down, and retract

Layer 2

- Thunder Kick uses the heel to strike
- On the Thunder Kick, use your arms to squeeze your glutes and bring your hips through
- Add the hop on the Thunder Kick. Add POWER!



FULL COMBINATION: JAB, CROSS, HOOK, KNEE, LEG CHECK, THUNDER KICK, EVASIVE SIDE KICK

Layer 1

- Put it all together: Jab, Cross, Hook, Knee, Leg Check, Thunder Kick, Evasive Side Kick
- Challenge Option: Jump the Evasive Side Kick
- Land softly through your knee in the Jump
- OPTION: Stay grounded and loaded

Layer 2

- Stay grounded the first few reps of the full combination
- Last 4 reps: MAXIMUM effort and jump!
- OPTION: Stay grounded

Layer 3

- 3 more reps!



03. POWER TRAINING 1

TRACK FOCUS

Connect to the emotion of the song, the power of the punches, and the energy in the room when you unleash the combination in this inspiring Boxing track.

FEEL

Drum ‘n’ Bass, Intense, Passionate

MARTIAL ART

Boxing

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro /	3½x8		Recover and prepare to Run	28	
0:12	V1 / You can see it in my eyes	8x8		L, R Run OTS	64	
0:33	I’m over-thinking everything	8x8	A	L Combat Stance L Jab, R Cross L Uppercut Step B, F 👁️ R Cross on Step F (last 2cts)	2 2 4	8x
0:55	C / I’m running low, on your love	8x8	A¹	L Jab, R Cross L Uppercut Step B Step F, R Cross	2 2 2 2	8x
1:17	I’m running low	8x8	B	L Jab, R Cross (Punch higher than shoulders after 16reps)	2	32x
1:39	Br /	2x8	C	L, R Hook	4	4x
1:45	V2 / You can see it in my eyes	16x8	C¹	L Hook x2 R Hook x2	4 4	16x
2:29	C / I’m running low, on your love	8x8	B	L Jab, R Cross 👁️ L Jab, R Cross L Uppercut Step B Step F, R Cross (last 8cts)	2	32x
2:51	I’m running low	8x8	B+ A¹	L Jab, R Cross x4 L Jab, R Cross L Uppercut Step B Step F, R Cross	8 2 2 2 2	4x
3:13	Br /	3x8		Recover	24	
3:22	V3 / You can see it in my eyes	8x8		R, L Run OTS	64	
3:44				REPEAT SEQUENCES A to D – R		



03. RUNNING LOW 6:33mins

The punches start slowly and then build in intensity as you add speed and power. Coach your class so that they feel these shifts in intensity. Connect with your class during the Jog in between sides and coach them on how to tackle the second side to get maximum intensity from the combination. Feel the emotion in the song and let it OUT!

TECHNIQUE & COACHING

JOG

Layer 1

- Easy Jog
- Flush the legs
- Knees track forward
- Chest up

JAB, CROSS, UPPERCUT, STEP, STEP

Layer 1

- Jab, Cross, Uppercut, Step left, Step right
- Tuck in the chin
- As you step backwards, bring your elbows close to your ribs and then rotate to the back wall but keep your eyes forward
- Target for Uppercut: Under the chin

Layer 2

- You are trying to draw your opponent in as you rotate back
- Second side: As you fire the Uppercut, drop down and then lift into the Uppercut to create a rolling effect
- Twist as you go backwards, to create a wall and deflect the Punch and draw them in for a counter strike



JAB, CROSS, UPPERCUT, STEP, CROSS

Layer 1

- As you draw them in, counter with a Cross
- Power Cross: Elbow to the outside; load the shoulders and the muscles of the back
- Actively whip your hip through and release your heel

Layer 2

- Big Power Cross!

JAB, CROSS

Layer 1

- Jab, Cross, 1, 2
- Speed Training
- Bend your knees
- Lean forward

Layer 2

- Punch higher than the shoulders to force your heart rate up!
- Power in the shoulders! Power in the core!
- Hold your ground
- Chin down

Layer 3

- Accelerate! Go get it!
- Imagine you are hitting some pads: unmovable but you are TRYING to move it!
- In the final set: 35 seconds from the finish line

DOUBLE HOOKS

Layer 1

- Double Right Hook, Double Left
- Elbow in line with the wrist to load the shoulder
- Target the jaw, through the mid-line
- Keep the hips and feet moving (release the heel)

Layer 2

- Recover: Reset the mind and reset the body

Layer 3

- Rise to the challenge: bring it UP and bring it OUT!
- Clench your fists and go get it!
- Together we are limitless!

FULL COMBINATION: JAB, CROSS (X4), JAB, CROSS, UPPERCUT, STEP BACK, CROSS

Layer 1

- Adding on a Jab, Cross, Uppercut, and the Power Cross
- Chin down

Layer 2

- Speed!
- Step a little further away to draw them in
- Use momentum as you step forward
- Brace the abs tightly

Layer 3

- Go get it!
- Last one: Everything you've got on the Cross!



04. COMBAT 2

TRACK FOCUS

This is the ultimate leg-conditioning track to challenge leg strength and stamina. Focus on dropping low into the Pulse Squat and Pulse Lunge to build durability and endurance in the muscles.

FEEL

Trap, Ominous, Ethereal

MARTIAL ART

Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Faint vocals)	2x8		Recover and introduce track	16	
0:06	V1 /	2x8		Front Stance – Boxing Guard	16	
0:13		4x8	A	Pulse Squat x3	6	4x
				Stand up	2	
			👁️	R Front Kick (last 2cts)		
0:25	B up /	7x8	A ¹	Pulse Squat x3	6	3½x
				L Front Kick	2	
				Squat Pulse x3	6	
				R Front Kick	2	
0:49		1x8		Hold	8	
0:52	C / (Dance sounds)	8x8	B	L Pulse Lunge x7 (R leg B)	14	4x
				R Power Knee	2	
1:19	Br / (Calm instrumental)	8x8	A ¹	Pulse Squat x3	6	4x
				L Front Kick	2	
				Squat Pulse x3	6	
				R Front Kick	2	
1:45	C / (Dance sounds)	8x8	B	L Pulse Lunge x7 (R leg B)	14	4x
				R Power Knee	2	
2:12	(Calm with distorted lyrics)	8x8	C	L Lunge	2	16x
				R Front Kick	2	
2:38	Br / (Calm instrumental)	3x8		Recover	24	
2:48		1x8		Front Stance – Boxing Guard	8	
2:52	V2 / (Music builds)	4x8	A ¹	Pulse Squat x3	6	2x
				R Front Kick	2	
				Squat Pulse x3	6	
				L Front Kick	2	
3:05	REPEAT SEQUENCES B to C – R					



04. TELL ME 4:54mins

Coach your class to stay low in the legs, the Pulses particularly as they start to fatigue moving into the second side. Make sure that you give the option of staying grounded in the Impact Lunge. This track will be challenging at the end so use Layer 3 cues to help your participants stay in it with 100% mental and physical commitment all the way to the final Lunge.

TECHNIQUE & COACHING

TRIPLE PULSE SQUAT

Layer 1

- Front Stance, feet wide
- Hands up in Guard position
- Squat 3, 2, 1, rise
- Push your knees out
- Slide your hips back
- Lift your chest
- Brace the abs



TRIPLE PULSE SQUAT, KICK

Layer 1

- Layer in a Kick. Triple Pulse Squat, Right Kick, then Pulse Squat, Left Kick
- Lean back in the Kick and lengthen the leg
- Retract the Kick
- Front Kick: Target the stomach or chest with the ball of the foot

Layer 2

- Maintain control and good technique
- Second set: Active recovery
- Swing the leading arm on the strike to lengthen the Kick and fire the core
- At the start of the second side: Focus on staying low
- Triple Pulse: Keep the legs under load

Layer 3

- Feel the music!



7 PULSE LUNGE, POWER KNEE

Layer 1

- First Side: 7x Pulse Lunge right leg forward; left Power Knee
- Impact Lunge: Drive up and out from the bottom of the foot, come slightly up off of the floor
- OPTION: Stay grounded (no jump)
- Long step back and the back knee down towards the floor on the Lunge
- Second side: 7 Pulse Lunge, left leg forward; right Power Knee
- Power Knee: Long spine, open the chest and pull the hands to the hips

Layer 2

- Freeze and drive using the hips on the Power Knee
- Drop down low into the front foot
- Keep the legs low and loaded
- Stay low to generate pressure and to condition the legs

Layer 3

- Are we done yet? NO!
- Build durability for kicking!
- Take your legs to MAXIMUM capacity!

LUNGE, KICK

Layer 1

- 1 Lunge, 1 Kick: 16 times
- Keep the shoulders level, hips and shoulders square to front

Layer 2

- Swing your arm
- Engage your core
- Turn on your glutes

Layer 3

- Kick with everything you've got on your strike!
- Don't give up!





05. POWER TRAINING 2

TRACK FOCUS

Get ready for a total-body experience in this MMA circuit: power, speed, upper body and core conditioning, and cardiovascular training. Feel the flow as you increase the speed and the reps of the punches and the Decoy.

FEEL

Drum ‘n’ Bass, Driving, Hopeful

MARTIAL ART

MMA

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Distorted lyrics)	8x8		Recover and introduce track	64	
0:22	V1 / I'll let it go	8x8	A	L Combat Stance L, R Uppercut L Hook	4 4	8x
0:43	PC / I've been running out	8x8	A ¹	L, R Uppercut L Hook Pulse F, B x2	2 2 4	8x
1:05	C / Stay with me	8x8	A ²	L, R Uppercut, L Hook x4 R, L Decoy x2 Hold	16 8 8	2x
1:27	I've been running out	16x8	A ³	L, R Uppercut, L Hook x4 R, L Decoy x3 Hold	16 12 4	4x
				Lift Knees high on Decoy – like a Tuck Jump and remove the Hold (last 2reps) <u>OPTION:</u> Step Decoy (no jump)		
1:49	Instr /	8x8	A ⁴	L, R Uppercut, L Hook x4 R, L Decoy x4 with knee tuck	16 16	2x
2:11		8x8		Recover and transition to the floor	64	
2:33	PC / I've been running out	8x8	B	Power Pushup 👁 Renegade Pushup L, R (last 8cts)	4	16x
2:54	Stay with me	8x8	B ¹	Renegade Pushup L, R	8	8x
3:16		8x8	C	Mountain Climber L, R x6 Hold Last rep Mountain Climber x8 – 16cts	12 4	4x
3:38	QC / I'll let it go	8x8		Recover and transition to standing	64	
4:00	PC / I've been running out	8x8	A	R Combat Stance R, L Uppercut R Hook	4 4	8x
4:22	C / Stay with me	8x8	A ²	R, L Uppercut, R Hook x4 L, R Decoy x2 Hold	16 8 8	2x
4:44	I've been running out	8x8	A ³	R, L Uppercut, R Hook x4 L, R Decoy x3 Hold	16 12 4	2x
5:05		8x8	A ⁴	R, L Uppercut, R Hook x4 L, R Decoy x4	16 16	2x
5:27	(Calm music)	8x8		Recover and transition to the floor	64	
5:49	REPEAT SEQUENCES B to C – R					



05. STAY 6:59mins

Clearly coach and show the options in the Decoy for your class. As you move into the Pushups encourage your participants to hit fatigue and then recover as needed.

TECHNIQUE & COACHING

SPEED AND POWER PHASE

POWER: UPPERCUT, UPPERCUT, HOOK

Layer 1

- Uppercut, Uppercut, Hook, right, left, right
- Target under the chin with the Uppercut, then around to the jaw with the Hook
- Turn the heel and the hip for power in the Hook

Layer 2

- Start with concentrated power in your strikes
- At the start of the second side: Focus on technique since you have just challenged your upper body in the conditioning phase

Layer 3

- Max effort punching for POWER!
- Go for that extra something that makes you feel POWERFUL!
- No time to waste: bring the INTENSITY back in!

SPEED: UPPERCUT, UPPERCUT, HOOK

Layer 1

- Add speed, then pulse forward and back

Layer 2

- Compact through the upper body
- Light and agile in the lower body
- Feel the speed and fluidity

COMBINATION: UPPERCUT, UPPERCUT, HOOK (X4), DECOY (X4)

Layer 1

- 4 reps in a row, 4, 3, 2, 1, then left leg Decoy, 4, 3, 2, 1, then hold
- Bend your knees, rotate in the punches, and brace the abs
- Land with soft knees in the Decoy

Layer 2

- Think light on the feet
- Stay compact in the punches

COMBINATION: UPPERCUT, UPPERCUT, HOOK (X4), DECOY (X6)

Layer 1

- Add on 2 more Decoy's: 6 Decoy's
- OPTION: Take out the impact in the Decoy and pivot on the front foot
- Lift your chest

Layer 2

- If you want the big load: Bring the knees up and get into a tuck, explosive training!
- OPTIONS: Pivot or tuck jump



COMBINATION: UPPERCUT, UPPERCUT, HOOK (X4), DECOY (X8)

Layer 1

- Now 8 Decoy
- OPTION: Tuck, bring the knees up in the Decoy
- Lift the chest
- Bend the knees as you land

Layer 2

- Lean forward in the punches
- Moving loose and relaxed
- Heart rate will go UP in the Decoy

Layer 3

- One MORE!
- Can you JUMP higher?
- Finish it! Count down!



05. STAY 6:59mins

CONDITIONING PHASE

POWER PUSHUP

Layer 1

- Begin relaxed on the knees. Anytime that you need a break during the conditioning phase, return to this relaxed position. Then re-attack when you're ready
- Hands wider than the shoulders
- Elbows wide and stay soft at the top of the Pushup
- Abs braced
- Back long and strong
- Chest comes to elbow level

Layer 2

- Think of the starting position on the knees as your safe position, your safety net
- Recover to your safety net anytime you want to
- Corkscrew your hands into the floor to stimulate more muscles
- Chest comes no lower than the elbow crease
- Hitting the shoulders, the triceps, and the chest

Layer 3

- Feel strong



RENEGADE PUSHUP

Layer 1

- Right arm lifts, then left arm lifts
- Hit both the pushing and the pulling motion
- Lift your elbow high, pull the scapula back, and squeeze the shoulder blades together
- OPTION: Take a recovery back to the relaxed position anytime you need to

Layer 2

- Typically we focus on the anterior of the body. This is an opportunity to work the posterior muscles to balance out the body
- Pull the elbows up and squeeze the lats to strengthen the back
- Hips and shoulders square to the floor



MOUNTAIN CLIMBER

Layer 1

- Hands under the shoulders
- Drive the knee through the middle
- Brace the abs
- 12 reps then freeze the Plank

Layer 2

- Long back
- Bring the knees towards the thumbs
- Reactive Core Training: every time your legs move, your abs have to react!

Layer 3

- Go for the burn!
- Last 16 – lets go for it together!





06. COMBAT 3

TRACK FOCUS

Tap into all modes of Capoeira - game, fight, and dance - in this fun track that gives your mind and body a unique challenge. The new Inside Leg Kick and the Esquiva to the back come together beautifully in the final combination.

FEEL

Trap/Future Bass, Worldwide Rhythms, Energized

MARTIAL ART

Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Pig gam ba li	1x8		Prepare to move	8	
0:02	V1 /	7x8	A	Step R	2	
				L Foot Tap – across body to 45° angle	2	
				Step L	2	
				R Foot Tap – across body to 45° angle	2	7x
				Add arm swing after 3reps		
				👁️ L, R Inside Leg Kick (last rep)		
0:17	C / Bamb bamb bamb di gi di da dam, (Whoo)	8x8	A ¹	Step R	2	
				L Inside Leg Kick – across body to 45°	2	
				Step L	2	
				R Inside Leg Kick – across body to 45°	2	8x
0:35	Br / Pig gam ba li	4x8	B	R, L Ginga	8	4x
0:44	C / Bamb bamb bamb di gi di da dam, (Whoo)	4x8	A ¹	L, R Inside Leg Kick	8	4x
				<u>OPTION</u> : Add Squat on the step between kicks		
0:53	Br /	4x8	B	R, L Ginga	8	4x
1:02		12x8	C	R Ginga	8	
				Esquiva to the B	4	
				Reset the Ginga	4	
				Repeat to L side	16	3x
1:29	B up / Pig gam ba li	8x8	C ¹	R Ginga	4	
				Esquiva to the B	2	
				Reset the Ginga	2	
				Repeat to L side	8	4x
1:47	C / Bamb bamb bamb di gi di da dam, (Whoo)	8x8	D	L, R Inside Leg Kick	8	
				R, L Ginga	8	
				L Esquiva to the B	8	
				R Esquiva to the B	8	2x
2:04	Br /	4x8	B	R, L Ginga	8	4x
2:14	C / Bamb bamb bamb di gi di da dam, (Whoo)	20x8	D	L, R Inside Leg Kick	8	
				R, L Ginga	8	
				L Esquiva to the B	8	
				R Esquiva to the B	8	5x



06. MAGENTA RIDDIM 3:04mins

Feel the rhythm and light energy of this track. Once you coach your class through the new Inside Leg Kick and the combination, let them feel it, flow with it, and enjoy it in the final set. Have fun and let the music lift your spirits!

TECHNIQUE & COACHING

STEP, TAP

Layer 1

- 1 Step, 1 Tap
- Toes point to the corner of the room
- Inside of the foot faces the front
- Swing the arms

INSIDE LEG KICK

Layer 1

- The Capoeira Fight zone: Inside Leg Kick, new move
- The inside of your foot strikes the inside of your opponent's leg
- Push your hips forward with your glutes as you drive the kick down

Layer 2

- For more intensity, Squat, then drive the Kick



GINGA

Layer 1

- 3 points of a triangle: Step straight back and then step wide
- Swing the arms



ESQUIVA TO THE BACK

Layer 1

- Esquiva to the Back: Step out, long step back and turn your toes out slightly, then rotate to return to the front
- When you step back, transfer your weight from the front to the back
- Keep your chest up
- Release the toes on the front foot as you step back
- Reach the back arm to the inside of the back leg

Layer 2

- Faster
- Capoeira, the Game



COMBINATION: 2 INSIDE LEG KICKS, 2 GINGAS, 2 ESQUIVAS TO THE BACK

Layer 1

- 2 Kicks, 2 Gingas, 2 Esquivas to the Back

Layer 2

- Capoeira, the Dance
- Esquiva means escape: Get out and get under
- Use your arms to help disguise where the movement is coming from
- Continuous flow from one movement to the next: feel no beginning and no end
- Use your arms and let it flow

Layer 3

- Bigger!
- Last one!



07. MUAY THAI

TRACK FOCUS

In this fierce Muay Thai track, short blocks of fast paced combinations will drive you to a cardio peak while challenging your technique. Get into “Beastmode” and unleash!

FEEL

Trap/Future Bass, Aggressive, Driving

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Instr	4x8		L Combat Stance 👁 L Jab, R Cross x2 L Circular Elbow x3 (last 8cts)	32	
0:11	V1 / (Low distorted lyrics)	8x8	A	L Jab, R Cross x2 L Circular Elbow x3 👁 R Knee (2 reps on last 4cts)	4 4	8x
0:34	PC / (Music build up)	4x8	B	R Knee (Level 2 on last 8 reps)	2	16x
0:46	C / (Distorted shouts)	8x8	C	L Jab, R Cross x2 L Circular Elbow x3 R Knee x4	4 4 8	4x
1:09	Br / (Low distorted lyrics)	8x8	D	L Descending Elbow R Ascending Elbow Pulse F, B x2	2 2 4	8x
1:32	PC / (Music build up)	8x8	E	L Descending Elbow, R Ascending Elbow x2 L Knee x4 (Level 2 on last 2reps)	8 8	4x
1:56	C / (Distorted shouts)	8¼x8	C	L Jab, R Cross x2 L Circular Elbow x3 R Knee x4 (R Knee x5 on last rep)	4 4 8	4x
2:20	Br / Instr	4x8		Recover and transition to R Combat Stance 👁 R Jab, L Cross x2 R Circular Elbow x3 (last 8cts)	32	
2:30			REPEAT SEQUENCES A to 2nd C – R			
4:39		4x8		Recover and transition to Front Stance	32	
4:50	(Low distorted lyrics)	8x8	F	L Knee x2 R Knee x2	4 4	8x
5:13	PC / (Music build up)	4x8	F¹	L Knee x8 R Knee x8	16 16	
5:25	C / (Distorted shouts)	8x8	F²	L Power Knee x8 R Power Knee x8	16 16	2x
5:48	Outro /	4x8	F³	L Power Knee x4 R Power Knee x4 👁 L, R Running Man Knee (last 4cts)	8 8	2x
6:00		4¼ x8	F⁴	L, R Running Man Knee	4	8½x



07. BEASTMODE 6:15mins

Since the blocks of each combination are short, be sure to coach the transitions from one movement to the next clearly and in advance of the change in the movement. That way, your class can execute every single rep of the combo to achieve the maximum training effect. Don't over-coach the Power Knees and Running Man Knees at the end. Set up the basics then physically go for max effort and your class will go with you!

TECHNIQUE & COACHING

JAB, CROSS, JAB, CROSS, TREBLE ELBOW

Layer 1

- Jab, Cross (4, 3, 2, 1), Treble Elbow
- Treble Elbow: Travels parallel to the floor at shoulder level. Open the palm and tuck the thumb. Lift the heel and twist
- Target for the Elbow: Up high at the chin
- Targets Jab/Cross: Nose, lip, chin

Layer 2

- On the second side: Pull back hard on the second Elbow to fire up the rear delts

BACK KNEE

Layer 1

- Change gears: pull the Back Knee up
- Pull the hands down to the outside of the thigh

COMBINATION: JAB, CROSS, JAB, CROSS, TREBLE ELBOW, 4 BACK KNEES

Layer 1

- Combination: Jab, Cross, Treble Elbow then 4 Back Knees (4, 3, 2, 1)
- Tuck in the chin
- Roll the shoulders forward

Layer 2

- Squeeze your fist tighter to generate more force
- Reach your hands higher, then pull them down hard on the Knees
- Rotate through the shoulders on the punches

Layer 3

- Smash the combo!
- Last ONE! 5 KNEES! 5, 4, 3, 2, 1!
- "Visualize anything in front of you. Whatever it is, KNOCK IT DOWN!"

DESCENDING ELBOW (FRONT ARM), ASCENDING ELBOW (BACK ARM), PULSE

Layer 1

- Descending, then Ascending Elbow, and hold the Pulse
- Descending Elbow: Open the palm, tuck in the thumb, slice at a 45-degree angle
- Ascending Elbow: Open the palm, lift the chest, drive the elbow straight up
- Feet wide and knees bent

Layer 2

- Bring your attention to the core, your power center. Crunch the abs
- Short and sharp

COMBINATION: DESCENDING ELBOW, ASCENDING ELBOW, FRONT KNEES

Layer 1

- 4 Elbows, 4 Front Knees

Layer 2

- Feel the Descending Elbow take that 45-degree path
- Pull the hands down on the Knees

Layer 3

- Start to ramp it up!

DOUBLE KNEES

Layer 1

- Double Right Knee, Double Left
- Start in a recovery, then start to amp it up

Layer 2

- Really pull the hands down
- Slight twist in the hips

POWER KNEE

Layer 1

- 8 Power Knees on the right, 8 on the left
- Then 4 on the right, 4 on the left

Layer 2

- Add the Muay Thai Twist
- Take the hands higher, then the Knees higher
- Add more twist

RUNNING MAN KNEE

Layer 3

- Running Man! Give us EVERYTHING!



08. POWER TRAINING 3

TRACK FOCUS

Experience authentic Boxing combinations, ring craft, and endurance training in this final Boxing track that will put an exclamation point on your training session.

FEEL

Drum 'n' Bass, Resolute, Relentless

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	8x8		Recover and introduce track	64
0:26	V1 / _ hold down the window	8x8	A	L Combat Stance L Jab	2 32x
0:48	PC / _ the reality is cruel	8x8	A ¹	L Step Jab 👁 L Jab L Jab, R Cross (on last 4cts)	2 32x
1:10	C / we're not meant to get it right	8x8	B	L Jab L Jab, R Cross 👁 L Hook x2 – one small, one big (on last 4cts)	2 2 16x
1:33	Instr /	8x8	B ¹	L Jab L Jab, R Cross L Hook x2 – one small, one big (Finish with extra L Hook on last rep)	2 2 4 8x
1:56	Br / (Calm)	4x8		Recover and transition to R Combat Stance	32
2:07	V2 / _ it's like it doesn't matter	8x8	A	R Jab 👁 R Jab R Jab, L Cross (on last 4cts)	2 32x
2:29	C / we're not meant to get it right	8x8	B	R Jab R Jab, L Cross 👁 R Hook x2 – one small, one big (on last 4cts)	2 2 16x
2:51	Instr /	8x8	B ¹	R Jab R Jab, L Cross R Hook x2 – one small, one big (Finish with extra L Hook on last rep)	2 2 4 8x
3:13	V3 / _ hold down the window	4x8		Recover	32
3:25	climb up the ladder	12x8	C	L Walking Jab x4 to L side L, R Uppercut x2 to F Repeat to R side	8 8 16 3x
3:58	C / we're not meant to get it right	8x8	C ¹	L Jab x3 – Travel to L side L, R, L Uppercut to F Repeat to R side	4 4 8 4x
4:20	(instrumental)	8x8	D	Front Stance L, R Jab	2 32x
4:43	C / we're not meant to get it right	8x8	C ¹	L Jab x3 – Travel to L side L, R, L Uppercut to F Repeat to R side	4 4 8 4x



08. POWER TRAINING 3

MUSIC				EXERCISE	CTS	REPS
5:05	Instr /	8x8	D	Front Stance L, R Jab (Punch L fist to ceiling to finish after last rep)	2	32x
5:27	V4 / _ hold down the window	4x8		Recover	32	
5:39	climb up the ladder	4x8		L, R Run OTS Transition to Front Stance (last 8cts)	32	
5:50	_ the reality is cruel	8x8	E	L, R Uppercut x2 L Uppercut, L Hook R, L Uppercut x2 R Uppercut, R Hook 👁 R Power Hook (on last rep)	4 4 4 4	4x
6:12	C / we're not meant to get it right	8x8	E ¹	L, R Uppercut x2 L Uppercut, L Power Hook R, L Uppercut x2 R Uppercut, R Power Hook	4 4 4 4	4x
6:34	Instr /	16x8	D	L, R Jab (Punch L fist to ceiling to finish after last rep)	2	64x



08. GET THIS RIGHT 7:23mins

This track has three blocks, each of which has a specific training focus:

- 1) Authentic Boxing combinations
- 2) Ring craft
- 3) Endurance training.

Coach to these aims for each block so that your class can experience the unique feeling of every block. As you move into the endurance block, keep your coaching simple and focus on Layer 3 cues to help your class persevere to the end of the long, final block of Jabs. Let the music shine through and give your participants a chance to feel the exhilaration of that final push.

TECHNIQUE & COACHING

JAB

Layer 1

- Right foot forward, basic right Jab
- Start easy, relax, breathe, no power
- Then, shift your body weight forward by moving your front foot forward as you Jab

Layer 2

- Focus on retracting your front fist back to your face
- Light feeling

Layer 3

- BODYCOMBAT: It's never going to be easy. It will challenge you every time and push you to your limits

JAB, JAB, CROSS

Layer 1

- Bring the element of speed back into the workout: Jab, Jab, Cross
- Chin tucked in
- Elbows in
- Cross: Release the back heel, throw the knuckles forward, elbow is up when the arm is extended

Layer 2

- Front arm: Focus on speed
- Back arm: Focus on power
- Second side: Lock your chin in so that you stay compact throughout the set

JAB, JAB, CROSS, HOOK, POWER HOOK

Layer 1

- Add on 2 Hooks: 1 small Hook, 1 big Hook
- Power Hook: Bigger than the first Hook. Throw your whole body around like a corkscrew. Rotation in the heel

Layer 3

- 30 seconds of raw power!

4 WALKING JABS, 4 ALTERNATING UPPERCUTS

Layer 1

- Second block: All of the multi-directional movements
- 4 Walking Jabs right, then face front and 4 Uppercuts, 4, 3, 2, 1

Layer 2

- As you walk through it, start to move your feet a little further
- Ring craft: Get distance in the shortest amount of time. The more distance you cover, the better chance you have of striking

3 FAST JABS, 3 FAST ALTERNATING UPPERCUTS

Layer 1

- 3 Fast Jabs, 3 Uppercuts

Layer 2

- Footwork: Imagine there is a marker in front of you and you're trying to reach that marker as quickly as you can
- Are you traveling further? Are you increasing the range of your marker?

Layer 3

- One more!

FRONT STANCE JABS

Layer 1

- Chin tucked in
- Elbows in

Layer 3

- 30 seconds! 15 seconds... accelerate!



08. GET THIS RIGHT 7:23mins

FRONT STANCE: UPPERCUTS, POWER HOOK (ALTERNATING LEAD ARM)

Layer 1

- 1, 2, 3, 4, 5, Uppercuts, then Hook
- Rotation through the torso
- Release the heel as you throw the Hook
- Add on: Power Hook

Layer 2

- Power Hook: Strong stance, trying to throw your opponent off-center using momentum from the lower body and upper body together

FRONT STANCE JABS: FINAL SET

Layer 3

- “Music, like life, has its ups and downs. But no matter what point you are in your life, you just have to ride the waves”
- 30 seconds!
- This is your chance to SHINE! A BRAND NEW YOU!
- FINISH IT!



09. CONDITIONING

TRACK FOCUS

The focus of this track is to feel in control of strengthening the rotator muscles during the oblique sequence.

FEEL

Alternative Rock, Blues

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back, side-on to front Feet on floor, hip-width apart – knees bent. Boxing Guard  Crunch Combo Crunch up Drop halfway down Crunch up Release (last 8cts)	32	
0:12	V1 / _ Take a look around	8x8	A Crunch Combo Crunch up Drop halfway down Crunch up Release	2 2 2 2	8x
0:38	PC / _ I think they got it all wrong	4x8	B C-Crunch – reach hands to ankles Arms and legs extend out to 45°	8 8	2x
0:52	C / 'Cause we're gonna be legends	8x8	C C-Crunch, arms and legs extend out to 45° x2 C-Crunch –Triple Pulse Arms and legs extend out to 45°	8 6 2	4x
1:18	V2 / This is what we came for	2x8	Bend knees and bring them to face front lying on L side, L arm on floor palm facing up, R fingertips to temples	16	
1:25	_ Could never turn back now	6x8	D L Side-Lying Crunch Combo Side Crunch up Drop halfway down Crunch up Release	2 2 2 2	6x
1:44	PC / _ I think they got it all wrong	4x8	E Side Crunch, lift knees and feet at same time, reach R hand to top ankle Extend R arm and legs away to 45° (R fingertips to temples on last 8cts)	8 8	2x
1:57	C / 'Cause we're gonna be legends	8x8	F Side Crunch, drop halfway down as legs extend out to 45° x2 Side Crunch –Triple Pulse Drop halfway down as legs extend out to 45°	8 6 2	4x
2:24	V3 / _ Eventually they're gonna know	1x8	Lie on back, legs straight up in the air, arms by side	8	
2:27	_ T o make a stand you got	4x8	G Scissor Legs (Add Crunch after 6reps)	4	8x
2:37	You gotta live without the	3x8	G ¹ Increase speed of Scissors (reducing range)	24	
2:47	C / (Instr)	2x8	Transition to lying on R side, bend knees and bring them to face front, R arm on floor palm facing up, L fingertips to temples.	16	



09. CONDITIONING

MUSIC		EXERCISE		CTS	REPS
2:53		6x8	D R Side-Lying Crunch Combo		
			Side Crunch up	2	
			Drop halfway down	2	
			Crunch up	2	
			Release	2	6x
3:13	Yeah we're gonna be legends	8x8	F		
			Side Crunch, drop halfway down as legs extend out to 45° x2	8	
			Side Crunch –Triple Pulse	6	
			Drop halfway down as legs extend out to 45°	2	4x



09. LEGENDARY 3:44mins

Carefully coach the position of the legs and torso during the Oblique sequence to ensure that your class feels the movement in the Obliques.

TECHNIQUE & COACHING

TOP HALF CRUNCH

Layer 1

- Hands to Guard position, tuck the elbows in
- Lift to the top, come halfway down, return to the top, and then come all the way down
- Tuck in the chin slightly

Layer 2

- Shift the ribcage towards the hips to target the upper abs



C-CRUNCH AND EXTEND

Layer 1

- Reach towards the ankles (knees on top of hips and at 90-degree bend), then extend the arms and legs out to a 45-degree angle. Repeat
- Combination: 2 Single C-Crunches, then a Triple Pulse C-Crunch
- OPTION: Shorten the lever, bring the toes down



TOP HALF OBLIQUE CRUNCH

Layer 1

- Knees towards the front of the room and parallel to hips
- Top arm: fingertips to temple
- Bottom arm: long and palm facing up
- Crunch to the top, then halfway down, then return to the top, and then come all the way down
- Shift the ribcage towards the hip

Layer 2

- Pull your back shoulder down towards the floor to open the chest and fire up the obliques



OBLIQUE CRUNCH AND EXTEND

Layer 1

- Reach towards the ankles, extend (open): repeat
- Combination: 2 Singles and Triple Pulse

Layer 2

- Try to avoid using the bottom arm. Focus on using the obliques
- Keep your knees facing the front rather than up to the ceiling



OPTION: Keep the lower leg on the floor



SCISSORS

Layer 1

- Roll onto your back. Lengthen the legs and scissor
- Brace the abs to support the lower back
- Tuck your chin in and lift the shoulders up off the floor
- Start to minimize the range, and speed up to fire up the lower abs



10. COOLDOWN

TRACK FOCUS

Relax, recover, stretch, and take a moment to let your BODYCOMBAT champion shine through!

FEEL

Strong, Triumphant, Invincible

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Recover and prepare to stretch	32	
0:10	V1 / I'll be the last one standing	8x8	Childs Pose (Reach further F after 32cts)	64	
0:31	PC / I've been working my	4x8	Set up L Hurdler Stretch	32	
0:41	C / I am invincible , unbreakable	8x8	L Hurdler Stretch L hand reach across, place R hand on top	64	
1:03	Br / I am the champion	2x8	Set up R Hurdler Stretch	16	
1:08	V2 / When they write my story	10x8	R Hurdler Stretch R hand reach across, place L hand on top (after 32cts)	80	
1:34	PC / To see my name in lights	2x8	Set up L Hip Flexor Stretch	16	
1:40	C / I am invincible , unbreakable	8x8	L Hip Flexor Stretch – R Tricep Stretch (Sink deeper in Hip Stretch after 32cts)	64	
2:01	I am the champion	4x8	L Hamstring Stretch – hips B and hands reach to floor	32	
2:11	Br / The C is for the courage (rap)	8x8	R Hip Flexor Stretch – L Tricep Stretch (Sink deeper in Hip Stretch after 32cts)	64	
2:32	See, they asked me how	4x8	R Hamstring Stretch – hips B and hands reach to floor (Transition to standing on last 8cts)	32	
2:43	C / I am invincible , unbreakable	4x8	L Quadricep Stretch	32	
2:53	I am the champion	4x8	R Quadricep Stretch	32	
3:04	I am the champion	4x8	L Shoulder Stretch – feet wide	32	
3:14	I am the champion	4x8	R Shoulder Stretch – feet wide	32	
3:25	I am the champion	3x8	Chest Stretch – hands behind back, feet together	24	
3:33	Outro /	1x8	Take a bow! – L fist to R palm	8	



10. THE CHAMPION 3:43mins

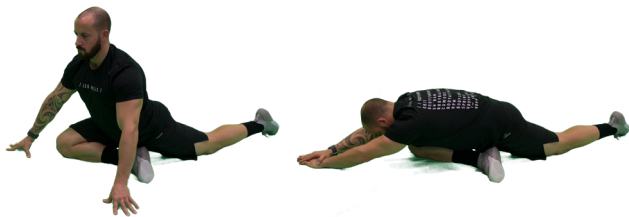
TECHNIQUE & COACHING

CHILDS POSE

- Push the hips back and walk the hands out in front
- Stretch through the hips and back
- Walk the hands a little further forward
- Relax through the upper back and the shoulders

GLUTE STRETCH

- Right leg comes through. Legs at 90/90 or the back leg can go straight back
- Reach the right hand across (to the open side) to stretch through the upper back and the lats
- Nice deep breath in
- Switch sides: Left leg front
- Square the hips to the front
- Reach the left hand across to stretch the upper back



HIP FLEXOR/TRICEP/HAMSTRING STRETCH

- Step the right foot forward and sink into a Hip Flexor Stretch
- Bring the left arm up for a Tricep Stretch
- Take a breath and sink into it a little lower
- Sit back into a Hamstring Stretch. Lift the toes and lean into it. Keep the chest up
- Switch to the left side Hip Flexor Stretch then into hamstrings on the left



QUAD STRETCH

- Come to standing
- Reach back, grab your right foot. Keep the knee in line with the hip. Lift the chest
- Keep the knees close and push the hips forward
- Switch sides

SHOULDER STRETCH

- Bring the arm across
- Switch sides



BONUS

05. POWER TRAINING 2

TRACK FOCUS

This is a high-energy boxing track designed to drive up the heart rate with classic Boxing combinations.

FEEL

Alternative/Indie, Gritty

MARTIAL ART

Boxing

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / Are you ready for another	1x8		L Combat Stance – Boxing Guard Hold	8	
0:02	bad poem? One more off-key anthem	8x8	A	L Uppercut x2	4	8x
				R Uppercut x2	4	
0:24	PC / Rat-a-tat-tat Rat-a-tat-tat-tat hey!	4x8	B	L Jab, R Cross x4	8	2x
				L, R Hook x2	8	
0:35	C / We’re all fighting, growing old	8x8	C	L Hook x2	4	2x
				R Hook x2	4	
				L Jump Jab F x4	8	
				L Hook x2	4	
				R Hook x2	4	
				Run B	8	
0:58	Br / We are professionals	4x8	D	L, R Run OTS	32	
1:09	V2 / _ I’m about to make you sweat	8x8	A	R Combat Stance		8x
				R Uppercut x2	4	
				L Uppercut x2	4	
1:35	PC / Rat-a-tat-tat Rat-a-tat-tat-tat hey!	4x8	B	R Jab, L Cross x4	8	2x
				R, L Hook x2	8	
1:46	C / We’re all fighting, growing old	8x8	C	R Hook x2	4	2x
				L Hook x2	4	
				R Jump Jab F x4	8	
				R Hook x2	4	
				L Hook x2	4	
				Run B	8	
2:09	Rat-a-tat-tat Rat-a-tat-tat-tat	8x8	D	R, L Run OTS (Run F after 32cts)	64	
2:31	Br / She’s sick and she’s wrong	8x8	E	Front Stance		8x
				L Uppercut x2	4	
				R Uppercut x2	4	
				(Level 2 – Power after 4reps)		
2:54	C / We’re all fighting, growing old	8x8	C	L Combat Stance		2x
				L Hook x2	4	
				R Hook x2	4	
				L Jump Jab F x4	8	
				L Hook x2	4	
				R Hook x2	4	
				Run B	8	
3:17	Rat-a-tat-tat Rat-a-tat-tat-tat	8½x8	B	L Jab, R Cross x4	8	4x
				L, R Hook x2 (5 Hooks on last rep)	8	
3:41	Br / She’s sick and she’s wrong	1x8		Recover and transition to Front Stance	8	



BONUS

05. POWER TRAINING 2

MUSIC		EXERCISE		CTS	REPS
3:44	And you sink inside like	7x8	E	R Uppercut x2 L Uppercut x2 (Level 2 – Power after 3reps)	4 4 7x
4:03	C / We’re all fighting, growing old	8x8	C	R Combat Stance R Hook x2 L Hook x2 R Jump Jab F x4 R Hook x2 L Hook x2 Run B	4 4 8 4 4 8 2x
4:26	Rat-a-tat-tat Rat-a-tat- tat-tat	8x8	B	L Jab, R Cross x4 L, R Hook x2 (Last rep has 9 Hooks to finish!)	8 8 4x



BONUS

05. RAT A TAT 4:54mins

Let this high-energy song propel your class to punch harder, travel further, and drive the knees up higher in the High Knee Runs. Maximize the cardio training effect by tapping into the energy of the song in your coaching and in the physicality of your execution.

TECHNIQUE & COACHING

DOUBLE UPPERCUTS

Layer 1

- Double Right Uppercut, Double Left Uppercut
- Roll through the shoulders
- Bring the fist up in front to target under the chin of your opponent
- Rotate through the core
- Knees soft

Layer 2

- Bend your knees
- Lean your body forward and move your shoulders like a figure 8
- Drive the punch straight up

Layer 3

- Go for it!

COMBINATION: JAB, CROSS, HOOKS

Layer 1

- Jab, Cross, 8 times, then 4 Hooks, front arm and back arm
- Targets: Nose, chin, then jaw
- Lean into the punches
- Squeeze the fist

Layer 2

- Tuck your chin in

Layer 3

- Unleash!
- Power time!
- Give me your best!
- 9 Hooks to finish!

COMBINATION: DOUBLE HOOKS, JUMP JAB, DOUBLE HOOKS, HIGH KNEE RUN

Layer 1

- Double front Hook, Double back Hook, Jump and Jab forward 4 times, Double Hook, High Knee Run Back
- Come to the front on the Jump Jab

Layer 2

- How far can you go on the Jump Jab?

Layer 3

- Let's get wild!

HIGH KNEE RUN

Layer 1

- Lift the chest
- Lift the knees
- Use your arms

Layer 2

- Bring it to the front

Layer 3

- How high can you go?

FRONT STANCE DOUBLE UPPERCUTS

Layer 1

- Bring it down, breathe
- Feel the rhythm, feel the music

Layer 2

- Then add POWER: DROP and DRIVE

Layer 3

- Are you ready for one more round? (On last round)



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.



MUSIC

- 01A

Vegas (Extended Mix) (5:25)

Alvaro, Lil Jon & Jetfire

© 2016 SpinninRecords.com.
Written by: Smith, Bartov, Kalderon, Helderman
- 01B

Up (3:35)

Corti & La Medica & Andry J

© 2017 Ross Srl (Bang Record) under license to Pirames International Srl.
Written by: Unknown
- 02

MIC Drop (5:53)

Mast Boldface

© 2018 Les Mills Music Licensing Ltd.
Written by: Bang, Kang, J-Hope, Rap, Shin
- 03

Running Low (6:33)

Pancake Ire

© 2018 Les Mills Music Licensing Ltd.
Written by: Lowe, Daenen, Tendayi, Patterson
- 04

Tell Me (4:54)

RL Grime & What So Not

© 2014 RL Grime & What So Not.
Written by: Streten, Emerson, Steinway
- 05

Stay (Maduk Remix) (6:59)

Delta Heavy feat. HOLLY

© 2018 Monstercat.
Written by: Unknown
- 06

Magenta Riddim (3:04)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Grigahcine, Sami
- 07

Beastmode (Original Mix) (6:15)

Yellow Claw feat. Stoltenholff

© 2018 Barong Family.
Written by: Bruggen, Taihuttu, Rondhuis, Stoltenhoff
- 08

Get This Right (7:23)

Koven

© 2018 Viper Recordings.
Written by: Boyle, Rowat
- 09

Legendary (3:44)

Welshly Arms

Courtesy of the Universal Music Group.
Written by: Getz, Weaver
- 10

The Champion (3:43)

Carrie Underwood feat. Ludacris

Courtesy of the Universal Music Group.
Written by: James, Bridges, Destefano, Underwood

- BONUS
05

Rat A Tat (3:41)

Fall Out Boy feat. Courtney Love

Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Love
- Rat A Tat** (1:13)

Fall Out Boy feat. Courtney Love

Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Love



L–R: Rachael Newsham, Alex Sanchez, Erin Maw, Dan Cohen, Reagan Kang, Marlon Woods, Caley Jäck

BODYCOMBAT 77 is an epic experience of Martial Arts fight combinations and serious conditioning training. Your body and mind will be pushed to the limit by the onslaught of multi-directional attacks, allowing you find out exactly what you are physically capable of! It's a love/hate battle as you fight fatigue to stay in the fight...

The workout kicks off right from the get-go in the Upper Body Warmup, where you will experience the contrast between the break and flow pattern. You will LOVE the Kick-boxing Combo in Track 2 as it brings back a familiar and popular move from the past. The tempo is slower which allows you to explore the full range of movement - and you will!

The Power Tracks have sing along status etched firmly across them to distract you from the MASSIVE cardio peak (which you will NOT see coming).

Lower Body Conditioning has a brand new focus in Track 4 as we turn the tables on plyometrics and learn to push into the work and not away, developing our lower body endurance.

A new Lower Body strike to BODYCOMBAT is introduced Track 6 and provides a brief respite from the intensity - but don't be fooled into believing it is a break!

Keep it real and stay with the fight.

Dan Rachael

PRESENTERS

Dan Cohen (New Zealand) is co-Program Director for both BODYCOMBAT and CXWORX™, 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.

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

Alex Sanchez (Spain) is a BODYCOMBAT, SH'BAM, BODYATTACK™, BODYJAM™, BODYPUMP, LES MILLS GRIT™ and LES MILLS TONE™ Trainer and also an Instructor for BODYBALANCE™/BODYFLOW™, BODYSTEP™ and CXWORX and a LES MILLS SPRINT™ Coach. He is also a software developer.

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

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

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

CREDITS

Program Directors – Dan Cohen & Rachael Newsham

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings & Andrew Newmarch

Production Coordinator – Ellen Tocher



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	28:04
Track 10	Cooldown		
Total Time	41:51		

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

KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
B	Bridge (non-chorus)	C	Chorus
CTS	Counts	Br	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.



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

