

BODYCOMBAT

79

MUSIC

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

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MUSIC

01A **Knockout** (4:13)
Deorro, MAKJ, Quintino
© 2018 SpinninRecords.com.
Written by: Orrosquieta, Johnson, van den Berg, Helsloot

01B **Made In China** (3:49)
Yesterday Stripes
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Written by: Tony, Gordon, Junyi, Ma, Yujie, Zhen

02 **Stockholm White (Perk Pietrek Remix)**
(5:11)
UZ & Two Fresh feat. Elliphant
© 2017 Quality Goods Records.
Written by: Olovspotter, K. Nicholls, S. Nicholls, Pacherie

03 **Lifeless** (5:56)
Loadstar feat. Stephanie McCourt
© 2017 RAM Records Ltd.
Written by: Unknown

04 **Gloves Are Comin' Off** (4:12)
7kingZ
Licensed Courtesy of peermusic Australia.
Written by: Bissell, Morgan

05 **Love Has Gone** (5:57)
Netsky
© 2012 Hospital Records Ltd.
Written by: Daenen

06 **Love & War** (4:59)
Red Toss
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Written by: Rondhuis, Taihuttu, Mazaheri-Asadi, Adams, Palmen, van der Bruggen

07 **2 MUCH** (5:13)
Flosstradamus feat. 24hrs
© 2017 Ultra Records, LLC.
Written by: Carmeruci, Davis, Dold

08 **Superhuman (Gammer Remix)** (6:18)
SLANDER feat. Eric Leva
© 2017 Monstercat.
Written by: Andersen, Land

09 **Dies Irae** (5:06)
Apashe & Black Prez
© 2018 Kannibalen Records.
Written by: Madry, De Buck

10 **Warrior** (3:42)
Hannah Kerr
© 2017 Black River Christian.
Written by: Bonagura, Hinesh



L-R Alex Wang (shadow), Nicko Liang, Amy Lee, Linda Zhang (shadow) Rachael Newsham, Dan Cohen, Reagan Kang, Alice Chiang, Yukari Azumai

Live in Shanghai, China, the world’s most condensed population with 27 million people! And boy was the filming class pumping... lights, camera, action!

The scene has been set for the world’s largest Martial Arts fitness program to stand out from the crowd with innovations galore!

Weaving in the Warmup, freeze-kicking in the Combat track, combined Kick Katas and an operatic rap song, that hits the full 360 degrees of our core and it is LIT!

BODYCOMBAT Release 79 has been sculpted like the perfect statue of Bruce Lee in the middle of the Martial Arts hall of fame museum.

With lyrics like “made in China”, “the gloves are comin’ off”, and “love and war”, this release truly bring the big musical contrast and fun that the participants crave.

Look out for the repeated power circuit theme throughout the workout and enjoy the intensity and rhythm changes.

Keep it real and stay with the fight!

Dan Raeh☺

PRESENTERS

Dan Cohen (New Zealand) is co-Program Director for BODYCOMBAT and the Choreographer for CXWORX. He is a passionate Mixed Martial artist based in Auckland.

Rachael Newsham (New Zealand) is co-Program Director of BODYCOMBAT and Program Director of SH’BAM. and a Mixed Martial art enthusiast. She is based in Auckland.

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

Yukari Azumai (Japan) is a BODYCOMBAT and BODYPUMP Trainer/Presenter. She is also a BODYATTACK, RPM and LES MILLS SPRINT Instructor and a LES MILLS THE TRIP Coach.

Nicko Liang (China) is a BODYCOMBAT and LES MILLS GRIT Series Trainer/Presenter and a BODYPUMP Instructor. He is from Shanghai.

Alice Chiang (Taiwan) is a BODYCOMBAT Trainer/Presenter, a CXWORX Presenter and a BODYBALANCE/BODYFLOW Instructor. She is from Taipei.

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CREDITS

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- Chief Creative Officer** – Dr. Jackie Mills
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- Production Coordinator** – Nicole Vendel



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 5	Power Training 2	Track 6	Combat 3
Track 6	Combat 3	Track 10	Cooldown
Track 7	Muay Thai	Total Time	27:13
Track 8	Power Training 3		
Track 10	Cooldown		
Total Time	45:18		

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
Br	Bridge (non-chorus)	C	Chorus
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.



01A. UPPER BODY WARMUP

TRACK FOCUS

Focus on feeling the musical tempo changes in this track, including the slow into the fast Uppercuts. To maximize the effect of the Weave, focus on using the legs and firing up the core.

FEEL

Big Room, Energized

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Woo _ hands up	1x8		Front Stance	8	
0:04	V1 / Hands up	3x8		Pulse L, R into L Combat Stance	2	12x
0:14	Hands up	2x8	A	L Jab x2	4	
				Pulse F, B	4	2x
0:21	C / (Big bass sounds)	8x8	A ¹	L Jab, R Cross x2	4	
				L Jab x2	4	8x
				Add step to Double Jabs after 4reps		
0:49	Br / (Bleep sounds)	2x8	B	L Uppercut	1	
				Freeze	3	
				R Uppercut	1	
				Freeze	3	2x
0:55	(Bleep sounds)	1x8	B ¹	L, R Uppercut	4	2x
0:58	(Bleep sounds)	1x8	B ²	L, R Uppercut	2	4x
1:02	V2 / Let me hear you say _	8x8	C	L, R Hook	4	
				Weave R, L	4	8x
1:26	B up /	1x8		L, Run – knees to chest	4	8x
1:30	B up /	1x8		L, R Run – heels to butt	8	
				L, R Run – heels to butt	8	1x
1:33		1x8		Knees to chest	4	8x
1:36		1x8		Sprint OTS	8	
1:40	C / (Big bass sounds)	8x8	D	L Jab x3 – travel to L side	8	
				R, L Scissor x2	8	
				R Jab x3 – travel to R side	8	
				L, R Scissor x2	8	4x
2:06		1x8		Pulse R, L into R Combat Stance	1	1x
				12cts		
				A – Frame 4cts		
4:12	Outro /	31x8	REPEAT SEQUENCES A to D – R			



01A. KNOCKOUT 4:13mins

Start each move by coaching with simple language so that the class can get the basics and hook into the tempo of the music. Then dial into more technical language to refine technique.

TECHNIQUE & COACHING

PULSE

Layer 1

- Easy bounce side to side
- Knees soft
- Light on your feet

2 JABS, PULSE

Layer 1

- Right Combat Stance, 2 Right Jabs, Pulse forward and back
- Target the face of your opponent

Layer 2

- Light on your feet in the Pulse

COMBINATION: JAB, CROSS, JAB, CROSS, JAB, JAB

Layer 1

- Jab, Cross, Right, Left, Right, Left, Double Right Jab
- No power in the punches yet, just warming up the body
- Shift your foot forward as you fire the Double Right Jab
- Chin tucked in and Elbows in
- Release the heel on the Jab
- Corkscrew the hand on the Jab
- Step forward on the Double Jab

Layer 2

- Rotate through the shoulders

ALTERNATING UPPERCUTS

Layer 1

- Slow Uppercut Right, then Left
- Then speed it up
- Uppercut: Target under the chin
- Drop the shoulder, then drive the punch vertically
- Bend the knees

Layer 2

- Shoulders move in a figure 8

HOOK, HOOK, WEAVE



Layer 1

- Hook Right, Hook Left. Step Left, Step Right
- 1, 2, down, down
- Hook: Target the jaw, elbow at 90 degrees and slightly above shoulder level
- Weave: Shift your weight side to side and try to get your body under an imaginary string. Fire the core
- Release the heel on the Hook

Layer 2

- Rotate and drive the Hook around
- Drop under the wire on the Weave

RUNS

Layer 1

- Easy Run, then hands behind you and bring your heels towards your glutes then shift to knees up in front. Finally, go to Sprint

Layer 2

- Second Round: Heels Up, Knees Up, then Sprint

WALKING TRIPLE JAB, SCISSORS

Layer 1

- 3 Walking Jabs Right, then Scissors, Left, Right and change sides
- Reach your arm in front of your face on the Jab
- Multi-directional training

Layer 2

- Lengthen the punch and try to reach the shoulder of the person next to you



01B. LOWER BODY WARMUP

TRACK FOCUS

Get the lower body warm by executing all of the major lower body strikes. Set up each kick, then hone the technique as you dig into the reps.

FEEL

Hip Hop, Funky

MARTIAL ARTS

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

MUSIC		EXERCISE		CTS	REPS
4:09	Intro /	4x8	L, R Dynamic Adductor and Glutes Stretch (Roll up into Front Stance on last 4cts)	4	7x
4:22	V1 / _My	4x8	A L Knee Step L, R, L R Knee Step R, L, R	1 3 1 3	4x
4:35	She said that she didn't love	4x8	B L Knee, L Front Kick Land wide in Front Stance R Knee, R Front Kick Land wide in Front Stance	4 4 4 4	2x
4:49	Naozhong ba ni jiao xing	4x8	C L Combat Stance L Roundhouse Kick Setup Pulse OTS	4 4	4x
5:02		8x8	C' L Roundhouse Kick Pulse OTS Kick higher on the last 4reps	4 4	8x
5:28	C / (Dubstep drop)	8x8	D Front Stance, L Advancing Side Kick Pulse OTS R Advancing Side Kick Pulse OTS	4 4 4 4	4x
5:56	C / (Dubstep drop)	4x8	E L Front Kick Step L, R, L R Front Kick Step R, L, R	1 3 1 3	4x
6:08	Naozhong ba ni jiao xing	4x8	F L Combat Stance, L Front Kick R Back Kick Pulse OTS	2 2 4	4x
6:22	She said that she didn't love	4x8	F R Combat Stance, R Front Kick L Back Kick Pulse OTS	2 2 4	4x
6:35	Naozhong ba ni jiao xing	4x8	C R Roundhouse Kick Setup Pulse OTS	4 4	4x
6:48		8x8	C' R Roundhouse Kick Pulse OTS Kick higher on the last 4reps	4 4	8x
7:15	C / (Dubstep drop)	8x8	D R Front Stance, R Advancing Side Kick Pulse OTS L Advancing Side Kick Pulse OTS	4 4 4 4	4x
7:42	Made in china _	4x8	E R Front Kick Step R, L, R L Front Kick Step L, R, L Step L, R, L (Extra R Front Kick to finish!)	1 3 1 3 3	4x 1x



01B. MADE IN CHINA 3:49mins

The music in this track engages the class and amplifies the fun. Connect and find your own way to have fun with this music.

TECHNIQUE & COACHING

DYNAMIC ADDUCTOR AND GLUTE STRETCH



Layer 1

- Lunge side to side
- Toes slightly turned out
- Core braced
- Start to warm the quads
- Start to warm the Quads/Gluts

KNEE, 3 STEPS

Layer 1

- Right Knee, Step, Step, Step, then change sides
- Knee to stomach
- Pull elbows down

KNEE, FRONT KICK

Layer 1

- One Knee, One Front Kick, jump wide then change
- Keep the kick low and controlled to start
- Kick with the ball of the foot to the stomach
- Retract the kick

Layer 2

- Knee to stomach
- Pull elbows down

ROUNDHOUSE KICK

Layer 1

- Right foot forward: Set up the Roundhouse
- Set the standing heel towards the target
- Lean away from the target
- Setup: Lift the knee, shin parallel to the floor
- Extend the arm, then add the low kick
- Soft landing, bend the knees
- Retract the kick: Open and close the angle of the knee joint and pull the heel back to the glutes to finish the kick
- Take it a little higher
- Strike with the shin

ADVANCING SIDE KICK

Layer 1

- Advancing Side Kick: Step behind your kicking leg, then fire the kicking leg out, in and down
- Strike with the blade of the foot: Toes down, heel up
- Push, Pull in the kick
- Target: Thigh of your opponent
- Arm set out for balance

Layer 2

- Bring the knee into the chest to initiate the Side Kick
- Reach the kick a little longer and step a little further

FRONT KICK, 3 STEPS

Layer 1

- Right Front Kick, Step, Step, Step, Left Front Kick, Step, Step, Step
- Lean the shoulders back as you drive the kick forward
- Exhale as you strike

Layer 2

- Pull the arm through to release the hip

FRONT KICK, BACK KICK

Layer 1

- One Front Kick, One Back Kick
- Back Kick: Toes down, heel up. Lean forward with the shoulders. Hips square to the front

Layer 2

- As you feel warmer, start to bring the kick higher



02. COMBAT 1

TRACK FOCUS

The big innovation in this track is the new move: The Freeze and Jump Kick. It will increase the heart rate and provide a new challenge for your class.

FEEL

Trap, Fierce

MARTIAL ARTS

Kick-boxing, Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Don't worry	2x8		L Combat Stance	16	
0:07	Just step by step	6x8	A	R Cross, L Jab, R Cross Pulse F, B 👁️ L Roundhouse Kick on last rep	4 4	6x
0:26	_ Paint my cave	8x8	A ¹	R Cross, L Jab, R Cross L Roundhouse Kick	4 4	8x
0:52	B up / Don't worry , worry, worry	4x8	B	R Knee L Front Kick	2 2	8x
1:05	C / (Drop)	8x8	B ¹	R Knee – freeze L Front Kick (Option to stay with the Knee, Front Kick – without freeze/hop)	2 2	16x
1:30	V2 / Ey, swallow	4x8	A	R Cross, L Jab, R Cross Pulse F, B 👁️ L Roundhouse Kick on last rep	4 4	4x
1:43	_ Intoxication of the Babel	4x8	A ¹	R Cross, L Jab, R Cross L Roundhouse Kick	4 4	4x
1:56	B up /	4x8	B	R Knee L Front Kick	2 2	8x
2:09	C / (Drop)	8x8	B ¹	R Knee – freeze L Front Kick (Option to stay with the Knee, Front Kick – without freeze/hop)	2 2	16x
2:34	V3 / Don't worry , forgive is to	4x8		Recover	32	
2:48			REPEAT SEQUENCES A to 2nd B¹ – R Note: Sequence A is only 4reps			
5:08	Outro /		Finish with both hands up			



02. STOCKHOLM WHITE 5:11mins

Options are essential in this track to ensure the success of your class because the heart rate can increase quickly with this new movement. Start with Knee Kick on the spot (no jumping) then progress to a Knee, Freeze Knee option. When you add the Kick coach a low kicking height to start.

TECHNIQUE & COACHING

CROSS, JAB, CROSS, PULSE

Layer 1

- Right Combat Stance, Cross, Jab, Cross, Left, Right, Left
- Back heel off the floor and chin tucked in
- Targets: Nose, lip, chin

Layer 2

- Add power to the punches

CROSS, JAB, CROSS, ROUNDHOUSE KICK

Layer 1

- Add the legs: Roundhouse Kick
- Roundhouse Kick: Set your heel towards the target and whip the kick around
- Strike with the shin to the ribs
- Lean away in the kick

Layer 2

- Heavy on the bag with the punches then whip the kick
- To make the kick heavy: Set your heel, lean away, and strike with your shin
- Let the kick come around the body

BACK KNEE, FRONT KICK

Layer 1

- Back Knee, Front Kick
- Drive the knee up and pull the arms down
- Front Kick: Strike with the ball of the foot to the stomach
- Retract the kick
- Engage the core

Layer 2

- Take the kick a little higher

FREEZE AND JUMP KICK



Layer 1

- Knee and Freeze Kick
- Knee comes up, then switch the weight to the other leg and drive the kick
- Height of your Knee determines the height of the Kick
- Hands stay up in Guard
- Lean your shoulders back to engage the Core
- Alternate your stance and bring the opposite shoulder as you switch
- Land soft, bend knees
- OPTION: Keep the Kick low
- OPTION: To stay with the knee

Layer 2

- Feel the challenge in the core
- If you need to pull back, take it to two knees
- Swing the arm of the Kicking side through to free the hip
- Shoulders back
- Retract the kick to sharpen the movement



03. POWER TRAINING 1

TRACK FOCUS

Fast, dynamic, upbeat Boxing combinations are the major focus of this track.

FEEL

Energized, Upbeat

MARTIAL ART

Boxing

	MUSIC		EXERCISE	CTS	REPS
0:00	V1 / Am I awake	2x8	Recover and prepare to Run	16	
0:11	I've been here before	2x8	L, R Run OTS	2	16x
0:22	I'm still fighting	8x8	A Front Stance L, R Jab x2 Jumping Jack x4 (Option: Power Squat x2)	8 8	4x
0:44	C / I've been losing all control	8x8	A ¹ L, R Jab x4 Jump Jack x4 (Option: Power Squat x2)	8 8	4x
1:06	(Instr)	8x8	A ² L, R Jab L fist to sky to finish!	2	32x
1:28	Br / Am I the same?	1x8	Recover	8	
1:31	Can someone please remind	7x8	L, R Run OTS Step into L Combat Stance (on last 8cts)	2	24x
1:50	B up / Cos I'm still fighting	4x8	B L Uppercut x2 Step R, L 👁 Add R Hook on last rep L	4 4	4x
2:01	C / I've been losing all control	8x8	B ¹ L Uppercut x2 Step R Step L, R Power Hook	4 2 2	8x
2:23	(Instr)	8x8	C L Jab, R Cross	2	32x
2:45	C / I've been losing all control	8x8	B ¹ L Uppercut x2 Step R Step L, R Power Hook L Uppercut to finish!	4 2 2	8x
3:08	Br / Am I the same?	8x8	Recover	64	
3:29	Cos I'm still fighting		REPEAT SEQUENCES B to 2nd B¹ – R		
4:47	I'm still fighting	1x8	Recover	8	
4:49	And I don't want to lose	7x8	L, R Run OTS	2	28x
5:09	C / I've been losing all control	8x8	A ¹ Front Stance L, R Jab x4 Jumping Jack x4 (Option: Power Squat x2)	8 8	4x
5:31	(Instr)	8x8	A ² L, R Jab L fist to sky to finish!	2	32x



03. LIFELESS 5:56mins

Enjoy the high-energy, upbeat song for this track! To get the most out of the authentic Boxing movement, roll and twist away and then into each of the strikes.

TECHNIQUE & COACHING

4 JABS, 4 JUMPING JACKS

Layer 1

- Wide Front Stance: 4 Slow Jabs, Right, Left, Right, Left, then 4 Jumping Jacks
- Aim for the chin
- Bend your knees in the stance and as you land wide in the Jumping Jacks
- OPTION: 2x Power Squat

8 JABS, 4 JUMPING JACKS

Layer 1

- Add Speed: 8 Fast Jabs, 4 Jacks
- Use your core and twist the body
- Rotate through the shoulders
- Push the floor away

Layer 2

- Drop down into the legs on the Jumping Jacks

FRONT STANCE JABS

Layer 1

- Front Stance
- Bend your knees
- Relax your shoulders
- Targets: Nose, lip, chin
- Let the shoulders roll

Layer 2

- Breathe
- Punch right down the middle
- Bring intensity into the core as you rotate through the shoulders
- Punch higher than your shoulders for more intensity
- Drive to your first cardio peak

Layer 3

- Do your best!
- Give us everything!

RUNS

Layer 1

- Knees up
- Chest lifted

COMBINATION: 2 UPPERCUTS, STEP SIDE, STEP SIDE

Layer 1

- 2 Uppercuts, then Step Left, Step Right
- Uppercut: Target under the chin, vertical punch
- Drop down and drive the punch up
- 45-degree bend in your elbow
- Brace your core

COMBINATION: 2 UPPERCUTS, STEP SIDE, POWER HOOK



Layer 1

- 2 Uppercuts, Step Side, then drive the Power Hook around
- Take a big step side and rotate. Then use that rotational power to drive the Hook around
- Target for the Hook: Jaw
- Release the back heel on the Hook
- Uppercut: Drop the shoulder and then drive the punch vertically
- Hook: 90-degree bend in the elbow and slightly higher than shoulder level

Layer 2

- Smack the heavy bag on the Hook
- Use your core to generate power
- When you step side, twist your shoulders, elbows in
- Use your whole body for power on the Hook
- More rotation to create more power

JAB, CROSS

Layer 1

- Jab, Cross
- Sit down into your legs
- One focus: right down the mid-line

Layer 2

- Punch harder to drive to your cardio peak!
- Take the arms up a little higher
- Reach long through the punch
- Squeeze your fist
- Hit the bag
- Sink down and rotate your shoulders



04. COMBAT 2

TRACK FOCUS

In this track, focus on bringing the power alive in the Lunge and Evasive Side Kick sequence. The multi-directional Kicking combinations will also challenge your hip abductor and glute strength.

FEEL

Rock, Aggressive, Fierce

MARTIAL ARTS

Capoeira, Tae Kwon Do

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Guitar/faint singing)	4x8	Front Stance – Boxing Guard	32	
0:10	Br / (Silence)	4½x8	A Squat	4	9x
0:22	(Silence)	1x8	A¹ Squat and hold down Turn to R side (prepare for L Side Kick Repeater)	4 4	
0:25	V1 / _ Never looking back	8x8	B L Side Kick Repeater 👁 L Side Kick, L Front Kick Land in Front Stance (on last 8cts)	4	16x
0:48	C / _ The gloves are coming off	9x8	B¹ L Side Kick, L Front Kick (no tap down in between) Land in Front Stance (Option to add a hop to the kicks after 5reps)	4 4	9x
1:12	Br / (silence)	1x8	A¹ Squat and hold down Turn to L side (prepare for R Side Kick Repeater)	4 4	
1:15	V2 / _ If you’re new to this	8x8	B R Side Kick Repeater 👁 R Side Kick, R Front Kick Land in Front Stance (on last 8cts)	4	16x
1:40	C / The gloves are coming off _	9x8	B¹ L Side Kick, L Front Kick (no tap down in between) Land in Front Stance (Option to add a hop to the kicks after 5reps)	4 4	9x
2:02	PC / One shot, one shot	4x8	C L, R Scissor	4	8x
2:13	One shot, one shot	6x8	C¹ L, R Lunge (L leg F first). Reach hand down towards floor 👁 L, R Lunge x2, L foot steps out 2cts, R Evasive Side Kick 4cts, step L leg Back 2cts (on last 8cts)	4	8x
2:29	Ohh Ohh the gloves are coming off	12x8	C² L, R Lunge x2 (Jump into 1st Lunge) R Evasive Side Kick (Option to jump or stay down on the Evasive Side Kick)	8 8	6x
3:02	Br / (Silence)	1x8	A – Frame Arms– hold	8	
3:05	PC / One shot, one shot	4x8	C R, L Scissor	4	8x
3:16	One shot, one shot	6x8	C¹ R, L Lunge (R leg F first), Reach hand down towards floor 👁 R, L Lunge x2, R foot steps out 2cts, L Evasive Side Kick 4cts, step R leg Back 2cts (on last 8cts)	4	8x
3:32	C / Ohh Ohh the gloves are coming off	12x8	C² R, L Lunge x2 L Evasive Side Kick (Option to jump or stay down on the Evasive Side Kick)	8 8	6x
4:05	Outro /		Casual pose to finish		



04. GLOVES ARE COMIN' OFF 4:12mins

The Evasive Side Kick builds gradually to ensure that your class can perform it effectively. Make sure to carefully coach the mechanics of the movement as well as the options.

TECHNIQUE & COACHING

SQUAT

Layer 1

- Feet wider than the hips. Hands up in Guard position
- Squat down and up
- Knees pushing out
- Abs braced
- Chest up
- Range: Hips stop just above knee level at the bottom of the Squat

SIDE KICK REPEATER

Layer 1

- Turn Left. Side Kick Repeater Right leg. Kick and then tap down
- Bend your standing leg
- Set your standing heel towards your target
- Elbows tucked in
- Abs braced
- Kick down at a 45-degree angle
- Focus on your supporting leg
- Kick comes in, out, in, down
- Feel the quads and glutes of the standing leg

Layer 2

- Toes down on the kick and strike with the blade of the foot
- Put more weight in the heel of the standing leg and bend the knee
- Brace your abs tightly to create a strong foundation to help you balance
- Then, strike harder and feel the abs react as you kick harder

SIDE KICK, FRONT KICK



Layer 1

- One Side Kick, one Front Kick, then land wide into Front Stance
- Front Kick: Strike with the ball of the foot to the ribs
- Focus on retraction of both kicks: Out, then IN!
- As you shift into the Front Kick, lift the heel and turn on the ball of the foot
- Standing knee stays soft
- Strike down on the Side Kick, then forward on the Front Kick

Layer 2

- Tae Kwon Do kicking: agile and flamboyant
- **OPTION:** Hop to switch into the Front Kick from the Side Kick. Or, stay down and turn on the ball of the foot to protect the knee

SCISSORS/ALTERNATING LUNGES

Layer 1

- Scissor Right and Left
- Back heel is up on the Scissor
- Relax your arms and rotate from the center of the body
- Chest up and abs braced
- Start to sink lower into it and hit the Lunges
- Range of the Lunge: Front thigh parallel to the floor at the bottom of the Lunge

Layer 2

- Arms on the Lunges: One arm reaches to the floor, the other comes across the chest
- Drop into the Lunges but keep the chest lifted



04. GLOVES ARE COMIN' OFF 4:12mins

COMBINATION: 4 ALTERNATING LUNGES, EVASIVE SIDE KICK



Layer 1

- Combination: 4 Lunges, step to the right and kick with the left leg
- Make the kick an Evasive side kick: Slide, kick, land, drop
- Evasive Side Kick: Slide to the right before you fire the kick with the left leg
- Drop low into the Lunges
- OPTION: Keep the Side Kick grounded

Layer 2

- As you step out into the Evasive Side Kick, set the heel towards your target
- Evasive Side kick: Propel yourself upwards as you drive the kick out
- Land on a soft Knee in the Evasive Side Kick
- Keep the core engaged throughout the combination



05. POWER TRAINING 2

TRACK FOCUS

The innovation in this track is that there are two different pieces of conditioning choreography to one piece of music: the movement pattern is different but the tempo is the same. Shift between the movement options in a circuit style to change your training focus and the target muscles.

FEEL

Drum 'n' Bass

MARTIAL ART

MMA

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Lovers come, and then lovers	8x8		Recover and introduce track <u>OPTION 1</u> Pushups (upper body conditioning) <u>OPTION 2</u> Squats (lower body conditioning)	64	
0:21	Lovers come, and then lovers	8x8	A	<u>OPTION 1</u> Pushup Down Up <u>OPTION 2</u> Squat Down Up	2 2	
						8x
0:43	PC / (Synthesizer)	8x8	B	<u>OPTION 1</u> Renegade Pushup Down Up and lift L elbow Down Up and lift R elbow <u>OPTION 2</u> Squat Down Up and L Knee Down Up and R Knee	2 2 2 2	
						16x
1:05	C /	8x8	B ¹	<u>OPTION 1</u> Renegade Pushup Down Up and lift L elbow Down Up and lift R elbow <u>OPTION 2</u> Squat Down Up and L Knee Down Up and R Knee	2 2 2 2	
						8x
1:28	(Faint lyrics) Lovers come, and then	8x8	C	<u>OPTION 1</u> Mountain Climber L, R <u>OPTION 2</u> L, R Run OTS	2	
					2	32x



05. POWER TRAINING 2

MUSIC			EXERCISE		CTS	REPS
1:50	Lovers come, and then lovers	8x8	B ¹	<u>OPTION 1</u> Renegade Pushup Down Up and lift L elbow Down Up and lift R elbow	2 2 2 2	8x
				<u>OPTION 2</u> Squat Down Up and L Knee Down Up and R Knee	2 2 2 2	8x
2:13	Br / (Instr)	8x8		Recover and transition to standing	64	
2:35	B up / (Synthesizer)	8x8	D	L Combat Stance L Jab, R Cross x2 L Hook x2 👁 Sprawl into Vertical Leap (on last 8cts)	4 4	8x
2:57	PC /	8x8	D ¹	L Jab, R Cross x2 L Hook x2 Sprawl into Vertical Leap 👁 Sprawl into Tuck Jump (on last 8cts)	4 4 8	4x
				<u>OPTION</u> Jumping Jack x4 instead of Sprawl O		
3:19	C / Lovers come and then lovers go	8x8	D ²	L Jab, R Cross x2 L Hook x2 Sprawl into Tuck Jump	4 4 8	4x
				<u>OPTION</u> Stay with Vertical Leap Jumping Jack x4 instead of Sprawl		
3:41	(Distorted voice) Lovers come and then	4x8		L, R Run OTS	2	16x
3:52	(Distorted voice) Lovers come and then	2x8		L, R Run OTS (Faster)	16	
3:58	(Distorted voice) Lovers come and then	2x8		Sprint OTS	16	
4:03	Br / (Instr)	8x8		Recover	64	
4:26		24x8		REPEAT SEQUENCES D to D2 – R		
5:33	(Distorted voice) Lovers come and then	4x8		L, R Run OTS	2	16x
5:44	(Distorted voice) Lovers come and then	2x8		L, R Run OTS (Faster)	16	
5:49	(Distorted voice) Lovers come and then	2x8		Sprint OTS	16	



05. LOVE HAS GONE 5:57mins

Be smart in coaching both exercise choices in the conditioning section so there are options for all fitness levels in the class. Explain to your class that they can switch between the Squat sequence and the Push-Up sequence at any time during the conditioning block. Encourage them to play with where they start (on the ground or standing) and when they switch exercises to see how changing the training stimulus and duration of each movement affects how it feels as they move into the rest of the track.

TECHNIQUE & COACHING

PUSH-UP

Layer 1

- Push-up: Down and up
- Range: Chest goes no lower than the elbow
- Hands slightly wider than the shoulders
- Abs braced

RENEGADE ROW



Layer 1

- Renegade Row: Down, up, lift one arm and then change
- Drop into the Push-up, then push up, then lift the elbow high
- Push your opposite hand into the floor
- Squeeze your shoulder blades together as you lift the arm/elbow
- Brace the abs
- Then double the tempo

Layer 2

- This movement conditions the shoulders, the triceps and the chest

MOUNTAIN CLIMBER

Layer 1

- Hands under your shoulders
- Knee drives through the middle towards the thumbs
- Maintain a solid, long position with the body
- Keep the hips in line
- Push the floor away from you and engage the abs.
- Glutes engaged
- OPTIONS: Slow or fast tempo

Layer 2

- Dynamic core training
- Excellent for stamina and endurance
- Keep the hips steady and square to the floor as the knees come through the middle

SQUAT

Layer 1

- Feet slightly wider than the hips
- Chest up
- Abs braced
- Drop the butt to just above knee level
- Hips square to front
- Knees out and tracking in line with the toes

SQUAT, KNEE



Layer 1

- One Squat, then one Knee. Alternate the knees
- Knee: Pulls up towards the waist. Hands pull towards the outside of the thigh
- Sink the hips down then drive the knee up

Layer 2

- Hands up high, then drive arms down low



05. LOVE HAS GONE 5:57mins

JAB, CROSS, JAB, CROSS, DOUBLE HOOK

Layer 1

- Jab, Cross, 4, 3, 2, 1 then Double Hook
- On the Hook, release the heel, the knee and the hip. Turn the body as you drive the Hook around
- Hook: Target the jaw, elbow just above shoulder level

Layer 2

- Add more power in the Double Hook by driving the hip around
- Use your body to create power!

COMBINATION: JAB, CROSS, JAB, CROSS, DOUBLE HOOK, MODIFIED SPRAWL/ JUMPING JACKS



Layer 1

- OPTION: Add the Modified Sprawl or 4 Jumping Jacks
- Modified Sprawl: Drop into a Squat, then drive the feet back, push the floor away and brace the abs, then bring the feet back under the hips and jump up to finish
- OPTION: On the sprawl: Add a Tuck Jump as you come up off of the floor
- Tuck Jump: Knees come up towards the chest. Land softly and bend the knees

Layer 2

- Get the hips low to start the Sprawl, then shoot the feet out
- OPTION: Jacks for cardio

Layer 3

- 4 more reps!
- Last one!

RUNS

Layer 1

- Run to the rhythm, knees up
- Arms up, pump the arms
- Chase the rhythm
- Then SPRINT!

Layer 2

- Lean forward as you sprint!

Layer 3

- Finish together!



06. COMBAT 3

TRACK FOCUS

This track builds combinations to engage the brain and the body together. Feel the contrast between the Kick-boxing combination and the Karate combination. The combinations will come at you in a circuit style, going from one into the next and then back to where you began.

FEEL

Future Bass, Resilient

MARTIAL ARTS

Kick-boxing, Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Recover and introduce track	32	
0:11	V1 / Cut me through my skin	8x8	A	L Combat Stance L Uppercut x2 R Cross, L Jab, R Cross	4 4	8x
0:33	QC / We build it up to break it down	4x8	B	L Front Kick Pulse OTS 👁 L Front Kick, R Back Kick Pulse OTS (on last 8tcs)	4 4	4x
0:45	If all is fair in love and war	4x8	B ¹	L Front Kick R Back Kick Pulse OTS	2 2 4	4x
0:56	C / (Electro drop)	8x8	C	L Uppercut x2 R Cross, L Jab, R Cross L Front Kick, R Back Kick Pulse OTS Transition into R Combat Stance (on last 4cts)	4 4 4 4	4x
1:19	V2 / You told me from the start	24x8		REPEAT SEQUENCES A to C – R		
2:28	Instr /	4x8		Recover and transition to Wide Stance – fists to ribs	32	
2:39	V3 / Cut me through my skin	8x8	D	L Low Block, L Mid Block R Low Block, R Mid Block	4 4	8x
3:02	QC / We build it up to break it down	8x8	D ¹	L Low Block, L Mid Block L Side Kick R Low Block, R Mid Block R Side Kick	4 4 4 4	4x
3:25	C / (Electro drop)	8x8	C	L Combat Stance L Uppercut x2 R Cross, L Jab, R Cross L Front Kick, R Back Kick Pulse OTS	4 4 4 4	4x
3:48	V4 / You told me from the start	4x8		Recover and transition to Wide Stance – fists to ribs	32	



06. COMBAT 3

	MUSIC			EXERCISE	CTS	REPS
4:00	Can't believe that I can't stay	4x8	D	R Low Block, R Mid Block L Low Block, L Mid Block	4 4	4x
4:11	QC / We build it up to break it down	8x8	D ¹	R Low Block, R Mid Block R Side Kick L Low Block, L Mid Block L Side Kick	4 4 4 4	4x
4:34	C / (Electro drop)	8x8	C	R Combat Stance R Uppercut x2 L Cross, R Jab, L Cross R Front Kick, L Back Kick Pulse OTS	4 4 4 4	4x
4:57	Outro /			Feet together/arms by sides to finish!		



06. LOVE & WAR 4:59mins

Remember that this track comes after a huge Track 5. Spend the first 60 seconds going with the flow looking out at the audience to see what they need. Encourage your class to recover and refocus at the start of this track. Be sure to coach and execute clearly the principles of Karate: upright posture, grounded to the floor, a clear start and stop to every move, and being relaxed until the point of impact.

TECHNIQUE & COACHING ‘

DOUBLE UPPERCUT, CROSS, JAB, CROSS

Layer 1

- Right foot forward, 2 Right Uppercuts, Cross, Jab, Cross
- Breathe and recover
- Light with the punches to start
- Uppercut: Target under the chin
- Cross, Jab, Cross: Target nose/lip/chin
- Release the heel on the Cross

Layer 2

- On the Uppercut: Drop your shoulder to initiate the punch and rotate the body
- Power comes from the core

FRONT KICK

Layer 1

- One Right Front Kick, then nothing
- Ball of the foot strikes forward
- Lean the shoulders back slightly
- Engage the abs

Layer 2

- Abs braced to protect your lower back
- Shoulders come back slightly as the hips drive forward

FRONT KICK, BACK KICK

Layer 1

- Add on: One Front Kick, one Back Kick
- Back Kick: Drive the heel back with the hips square to front. Look over your shoulder towards the target and strike with the heel to the groin of your opponent

COMBINATION: DOUBLE UPPERCUT, CROSS, JAB, CROSS, FRONT KICK, BACK KICK

Layer 1

- Full combination: Double Uppercut, Cross, Jab, Cross, then Front Kick, Back Kick
- In the Uppercut, roll your shoulders, bend your knees and drop down into the punch

Layer 2

- Use the core to get more power out of your Front Kick
- Lock it in!
- Extend the Cross!

Layer 3

- Feel the workout!
- Last one!

WIDE STANCE: LOW BLOCK, MID BLOCK

Layer 1

- Feet wide, Horse Stance. Sink the hips down
- Posture is upright; chest lifted
- Block right arm, low, then Mid. Repeat to the left
- Sink into your legs
- Low block: Block inside the knee
- Clear start and stop in the blocks
- Core engaged

Layer 2

- Use your core to blast the block
- Relax until the point of impac

COMBINATION: LOW BLOCK, MID BLOCK, SIDE KICK



Layer 1

- Right Block, then Side Kick to the Right. Then Left Block, and Side Kick to the Left
- Side Kick: Heel up and toe down. Retract each kick

Layer 2

- Side Kick: Bring the knee into your chest to start the kick. Use the glutes to fire the kick
- Sink DOWN in the blocks

Layer 3

- Have fun with the workout!
- Feel the music!



07. MUAY THAI

TRACK FOCUS

The short interval-style training of this track with repeating blocks of movement allows you to learn the combinations and then drive up the intensity when you hit the combination the second time. Recover when the music drops so that you can push yourself during the high intensity combinations.

FEEL

Dubstep, Urban

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Recover and introduce track	32	
0:11	V1 / No ID , blocked my call	8x8	A	L Combat Stance L Knee x2 R Knee x2 (Option – add hop to Knees after 4reps)	4 4	8x
0:34	B up / I throw money , watch it fall	4x8	B	L Jab, R Cross L Descending Elbow 👁 R Knee, R Propulsive Knee (on last 4cts)	2 2	8x
0:46	C / (Dubstep drop)	8x8	B ¹	L Jab, R Cross L Descending Elbow R Knee, R Propulsive Knee	2 2 4	8x
1:09	V2 / No ID , blocked my call	8x8	C	L Descending Elbow R Ascending Elbow	2 2	16x
1:32	B up / I throw money , watch it fall	4x8	A	L Knee x2 R Knee x2	4 4	4x
1:44	Br / Watch it fall	9x8	B ¹	L Jab, R Cross L Descending Elbow R Knee, R Propulsive Knee	2 2 4	9x
2:10		8x8	D	L, R Running Man Knee L Knee to finish!	4	16x
2:34	Br /	4x8		Recover and transition to R Combat Stance	32	
2:45	No ID , blocked my call			REPEAT SEQUENCES A to D – R		



07. 2 MUCH 5:13mins

Use the Descending and Ascending Elbow sequence to pull back your energy and dial into cues that encourage core engagement.

TECHNIQUE & COACHING

DOUBLE KNEES

Layer 1

- Combat Stance: Double Right Knee, Double Left Knee
- Goal of this track: Find your maximum intensity
- Reach up and pull your elbows to your knees
- Drive your knees up high and then pull your elbows past your ribs
- Heel towards your butt as the knee lifts high

Layer 2

- Pull your arms down hard to feel the activation through the core.
- Feel the pull: Hands come from over head and down as fast as possible

JAB, CROSS, DESCENDING ELBOW

Layer 1

- Muay Thai Guard: A little wider
- Jab, Cross, Descending Elbow
- Descending Elbow: Target is the bridge of the nose or the eyebrow. Strike with the elbow. Lift the elbow then drop it and bring it diagonally across the body
- Release the heel on the Cross
- Jab/Cross Targets: Nose/lip/chin with the big knuckle

Layer 2

- Engage the core as you pull the elbow diagonally through space
- Draw the elbow up high before you bring it across the body

COMBINATION: JAB, CROSS, DESCENDING ELBOW, DOUBLE KNEE

Layer 1

- Combination: Jab, Cross, Elbow and add Double Knee
- POWER OPTIONS: Add power on the Elbow and on the second Knee

Layer 2

- The power in this combo comes from your core. Use your core to generate the force of the strike
- Exhale as the Elbow comes across the body
- OPTION: Drive the second Knee high and add propulsion

Layer 3

- Go as big as you can!
- Use your core to fire it up!

DESCENDING ELBOW, ASCENDING ELBOW

Layer 1

- One Descending Elbow, One Ascending Elbow
- Descending Elbow: Draw a diagonal line through space
- Ascending Elbow: Elbow travels vertically to strike under the chin. Release the back heel as the elbow drives up
- Engage the core

Layer 2

- Skills training
- Ascending Elbow: Vertical strike and the hand passes by the side of the head

RUNNING MAN KNEES

Layer 1

- Right Knee, Left Knee
- Running Man Knee: Shoulders forward, hips back, and drive the knee up as you pull the arms down
- OPTION: Stay grounded with alternating Single Knees

Layer 3

- Make a move!



08. POWER TRAINING 3

TRACK FOCUS

Speed, power, and endurance come together in this awesome final punching track. There are 3 highlights: the agility Skip, the Jab/Cross/Hook/Step Over combination and the Uppercut/Superman combination.

FEEL

Euphoric, Empowered

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Into /	2x8	Recover		16	
0:05	V1 / _ Everything is new to me	4x8	Introduce track		32	
0:16	PC / I just want to feel what I feel	12x8	Front Stnace L Double Skip, R Double Skip x2 L, R Skip x4		8 8	6x
0:51	B up / (Dance sounds)	8x8	L, R Run OTS		2	32x
1:13	C / So keep me in the state of mind	4x8	A	L, R Lateral Run x3 Vertical Jump R, L Lateral Run x3 Vertical Jump <u>OPTION</u> : Tiny Squat 👁 Double Under (on last 2cts)	6 2 6 2	2x
1:24		9x8	A ¹	L, R Lateral Run x6 Double Under R, L Lateral Run x6 Double Under	6 2 6 2	4 ^{1/2} x
1:50	Br /	6x8	Recover and transition to L Combat Stance		48	
2:07	V2 / _ Together we can spark a	6x8	B	L Jab, R Cross	4	12x
2:24	PC / 'Cause with you I'm _	8x8	B ¹	L Jab, R Cross x2 L Jab, R Cross	4 4	8x
2:46	B up / (Synthesizer)	8x8	B ²	L Jab, R Cross 👁 L, R Cross x2 L Hook R Step Over Cross (last 8cts)	2	32x
3:09	PC / (Bleep sounds)	5x8	B ³	L, R Cross x2 L Hook R Step Over Cross	4 2 2	5x
3:23	Br /	4x8	C	L Uppercut R Cross <u>OPTION</u> : R Superman Punch (after 1st rep)	2 2	8x
3:34	C /	4x8	B ³	L, R Cross x2 L Hook R Step Over Cross	4 2 2	4x
3:45	Br /	4x8	C	L Uppercut R Cross <u>OPTION</u> : R Superman Punch (after 1st rep) L Uppercut to finish!	2 2	8x
3:57	V3 / Everything is new in love	5x8	Recover and transition to R Combat Stance		40	



08. POWER TRAINING 3

MUSIC		EXERCISE		CTS	REPS
4:11	<i>It's just you and me</i>	REPEAT SEQUENCE B to C (Sequence B is only 6reps) Note – use last 4cts to transition into Front Stance			
5:52		8x8	D	R, L Jab (Punch R fist to ceiling to finish after last rep)	2 36x



08. SUPERHUMAN (GAMMER REMIX) 6:18mins

Let the music propel you through this track. With each combination your class has the opportunity to learn the combination and then repeat it on a second round. Dig into the euphoric feel of the music, especially in the second round as you have already experienced the combinations once.

TECHNIQUE & COACHING

4 DOUBLE SKIPS, 8 SINGLE SKIPS



Layer 1

- Double Skip Right, Left two times, then 8 Single Skips
- Shift your weight Right and Left in the Double Unders
- Elbows are locked to the ribs and then roll your wrists forward
- Knees up
- Chest up

Layer 2

- Rope work equals agility and stamina

RUNS

Layer 1

- Get rid of the rope: RUN!
- Chest up
- Knees up

Layer 2

- Listen to the beat. Run on the beat!
- Drive your arms

6 RUNS, JUMP

Layer 1

- 6 is the magic number
- 6 Runs, 6, 5, 4, 3, 2, 1, then Jump and land
- Land with soft Knees
- OPTION: Tiny squat instead of a Jump
- OPTION: Double Under. One Jump, the rope goes under twice
- OPTION: Triple Under. Jump higher, the rope goes under three times

JAB, CROSS (SLOW)

Layer 1

- Jab, Cross, Right, Left, slowly
- Breathe
- Soft Knees
- Target high: Face of your opponent
- Rotate the shoulders
- Release the heel on the Cross

Layer 2

- Relax into the punches
- Breathe and recover

JAB, CROSS (X2 FAST), POWER JAB, CROSS

Layer 1

- 4 Jabs, Cross, fast, then 2 power shots
- On the power shots: Elbow turns to the outside, turn the knuckles over, and corkscrew the hand to engage more muscles of the shoulder and back

Layer 2

- Use the core to generate power in the punches

JAB, CROSS (FAST)

Layer 1

- Speed! Jab, Cross
- Chin tucked

Layer 2

- Level change: Punch harder!
- Gear change: Find more!

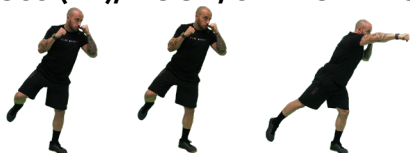
Layer 3

- Hear the music!
- Be in the moment!
- The moment is now!



08. SUPERHUMAN (GAMMER REMIX) 6:18mins

JAB, CROSS (X2), HOOK, STEP OVER CROSS



Layer 1

- wJab, Cross x2, then Hook, and Step over adding a Cross
- Step Over: Back shoulder comes forward, back foot steps through and lands on the ball of the foot as the Cross lands on the nose. To finish, push backwards to your start position
- Hook: Drive the Hook around to target the jaw. Whip the hip around to generate power in the Hook
- OPTION: Superman Punch. Push off the front leg, land soft in the knee

Layer 2

- Authentic Boxing: Be agile with your footwork
- Throw your shoulder through on the Step Over Cross

UPPERCUT, CROSS

Layer 1

- One Uppercut, one Cross
- Superman Punch: Push off the front leg as the punch drives through to the front and land softly in the knee
- OPTION: Superman Punch on the Cross, on the spot

Layer 2

- Superman: Whip your hip, and twist your body as you throw the punch

Layer 3

- Hit harder!
- Trust your fitness!

FRONT STANCE JABS

Layer 1

- Jab, Left, Right

Layer 2

- Squeeze the fists tighter
- Feel the shoulders rotate

Layer 3

- Hit harder!
- You are training: FOCUS! FINISH!



09. CONDITIONING

TRACK FOCUS

This is 360-degree core training! The focus of this track is the new innovation: the Half Iron Cross, a powerful core movement that flows very well and is extremely effective in training the abs and the obliques.

FEEL

Rap, Strong

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (strings)	4x8	Lie on back, facing L Feet on floor, hip-width apart – knees bent Finger tips to temples	32	
0:13	(Percussion builds)	4x8	A Crunch up, twist to Front Twist back to center, release down Crunch up, Twist to B Twist B to center, Release down	4 4 4 4	2x
0:26	V1 / It's that daily routine	8x8	A ¹ C-Crunch, twist to Front and tap back foot down Twist back to center, back foot lifts, release C-Crunch, Twist to B and tap Front foot down Twist B to center, F foot lifts, release	4 4 4 4	4x
0:52	V2 / This ain't no hide and seek	8x8	B C-Crunch Pulse x3 release down	6 2	8x
1:19	PC / 'Cause I'm a beast	4x8	A ¹ C-Crunch, twist to Front and tap back foot down Twist B to center, back foot lifts, release C-Crunch, twist to B and tap Front foot down Twist back to center, F foot lifts, release	4 4 4 4	2x
1:32	B up / _ here we go	4x8	B C-Crunch Pulse x3 Release down Use last 2cts to set up = back leg knee bent, front leg straight, arms to sides	6 2	4x
1:45	C / (Drop)	4x8	C Half Iron Cross Crunch up and lift front leg straight up, back hand reach for front foot Drop back down	2 2	8x
1:58		4x8	C ¹ Crunch up and lift back leg straight up, front hand reach for B foot Drop back down	2 2	8x
2:12	PC / 'Cause I'm a beast	4x8	C Crunch up and lift front leg straight up, back hand reach for front foot Drop back down	2 2	8x
2:25	I'm a beast , there we go	4x8	C ¹ Crunch up and lift back leg straight up, front hand reach for B foot Drop back down	2 2	8x
2:38	Instr /	4x8	Recover and set up Pushup position	32	



09. CONDITIONING

MUSIC			EXERCISE		CTS	REPS
2:51	(Faint vocals)	4x8	D	L hand taps R shoulder Release down R hand taps L shoulder Release down	2 2 2 2	4x
3:04	V3 / Ok calm down if you	4x8	D ¹	L, R Mountain Climber (slow)	8	4x
3:19	PC / 'Cause I'm a beast	4x8	D ²	Cross Mountian Climber Combo L Mountain Climber as R hand taps L shoulder Release down R Mountain Climber as L hand taps R shoulder Release down	2 2 2 2	4x
3:32	C / (Drop)	12x8	D ³	Triple Combo L Mountain Climber, R Shoulder Tap R Mountain Climber, L Shoulder Tap L Mountain Climber, R Shoulder Tap Freeze in Plank Repeat on other side <u>OPTION</u> : Stay with the Slow Combo	2 2 2 2 8	6x
4:12	Br / 'Cause I'm a beast	2x8		Recover and lie on front, finger tips to temples	16	
4:18	I'm a beast	6x8	E	Back Extension Open arms to sides Hands B to head Drop down	2 2 2 2	6x
4:38	Instr /	2x8	E ¹	Back Extension Open arms to sides Hands circle around to the F, fingers together	2 6 8	1x
4:45		6x8	E ²	Open arms B to sides Circle hands in (lace fingers together) (On last rep, hold arms out and lift chest higher)	8 8	3x



09. DIES IRAE 5:06mins

Set up the C-Crunch Twist combination with feet down to ensure body part, direction, and range are perfected prior to introducing the legs. Coach each movement carefully with Layer 1 cues first to set up your class for effective execution then move into Layer 2 cues. Make sure to coach the options as you move into the Mountain Climbers and into the new innovation, the Cross Mountain Climber.

TECHNIQUE & COACHING

CRUNCH TWIST

Layer 1

- Lying on the floor with the feet on the floor
- Fingertips to temples
- Elbows wide
- Tuck the chin in
- Calm energy
- Slide the ribs towards the hips and crunch with control
- Crunch up, twist towards the front, to the center, then down. Repeat with a twist to the back
- Rear shoulder moves towards the opposite thigh

Layer 2

- Peel the upper back up off the floor and as you lift, pull the elbows wide then twist

C-CRUNCH TWIST



Layer 1

- C-Crunch Twist: Same movement but with your feet up off of the floor. Crunch up and lift the feet, twist to the front and drop the rear leg, return to the center, and torso and feet both come down
- Opposite leg drops as you twist
- Knees are directly over the hips as you crunch to the center
- Brace the abs tightly, especially on the way down, for control

C-CRUNCH TRIPLE PULSE

Layer 1

- C-Crunch Triple Pulse: Feet lift as you crunch, reach the arms forward for 3 Pulses, then come down
- Squeeze the upper abs
- Shoulder blades come slightly up off of the floor as you crunch
- Imagine you are catching a medicine ball as you come down and throwing the ball as you crunch up

HALF IRON CROSS



Layer 1

- Lying on the floor with feet in a standing position
- Extend the leg and open the same arm wide to the side. Then reach across and crunch diagonally towards the extended leg with the opposite arm and shoulder. Fingertips reach towards opposite foot. Repeat on same side
- Corner to corner. Meet in the middle

Layer 2

- Bring power through the core
- Lift the shoulder and reach to the shoelaces of the opposite foot
- Feel the twist through the core and the length in the arm and opposite leg

PLANK WITH SHOULDER TAP



Layer 1

- Knees wider than the hips. Hands directly under the shoulders
- Half Plank position
- Brace the abs tightly
- Right hand taps left shoulder. Then switch
- Core conditioning and strength through the shoulders
- Hips stay square to the front

Layer 2

- Drive hands into floor, to help stabilise upper body



09. DIES IRAE 5:06mins

MOUNTAIN CLIMBER

Layer 1

- Hand stays under the shoulders. On the knees or the toes
- Knee drives slowly through the middle
- Long spine
- Abs stay strong

CROSS MOUNTAIN CLIMBER WITH SHOULDER TAP



Layer 1

- OPTION: Add the Shoulder Tap. Opposite hand lifts from the knee that comes in
- OPTION: Stay with the Singles. Or, Triple, 3, 2, 1, and hold the Plank
- At any time, drop to the knees if needed

Layer 2

- No retreat. No surrender!

BACK EXTENSION



Layer 1

- Drop down to the belly
- Squeeze the glutes
- Hands start by the temples
- Then lift up, open, in, down
- Palms face down and shoulder blades squeeze together
- Toes stay on the floor

Layer 2

- Creates powerful glutes and powerful lower back muscles

SLOW BACK EXTENSION



Layer 1

- Stay up, thumbs turn up with the hands wide, then reach over head, grab the hands together and bring arms wide again
- Toes on the floor and squeeze the glutes
- As you open your wings pull the shoulder blades down with the lats
- Isometric hold to finish



10. COOLDOWN

TRACK FOCUS

Recover, relax and connect with your class after a great workout. Focus on simple coaching to give your participants space in the music to reflect and feel a sense of accomplishment.

FEEL

Triumphant, Resilient

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Recover and prepare to stretch	32	
0:11	V1 / Staring down the face of fear	8x8	L Kneeling Adductor Stretch (L hand reaches to L foot after 32cts)	64	
0:35	C / You'll never stop me	8x8	R Kneeling Adductor Stretch (R hand reaches to R foot after 32cts)	64	
0:59	Br / I'm a warrior	4x8	L Hip Flexor Stretch – reach arms O/H L Triceps Stretch	16 16	
1:11	V2 / Every scar on my skin	8x8	L Hamstring Stretch – hips B and hands reach to floor (Option to drop deeper after 32cts) (On last 8cts, switch to L hip flexor)	64	
1:36	C / You'll never stop me	4x8	R Hip Flexor Stretch – reach arms O/H R Triceps Stretch	16 16	
1:47	Faith is my shield	8x8	R Hamstring Stretch – hips B and hands reach to floor (Option to drop deeper after 32cts) Transition to standing	48 16	
2:12	I will keep	2x8	Walk F	16	
2:17	I will find the hope alive	3x8	L Quadriceps Stretch	24	
2:27	You'll never stop me	4x8	R Quadriceps Stretch	32	
2:39	You'll never stop me	4x8	R Iliotibial Band Stretch	32	
2:51	Faith is my shield	4x8	L Iliotibial Band Stretch	32	
3:02	I'm a warrior	2x8	L Shoulder Stretch – step feet wide	16	
3:09	Please let's make me a	2x8	R Shoulder Stretch Fists to ribs	12 4	
3:14	I will keep the hope alive	3x8	L Low Block, L Mid Block R Low Block, R Mid Block	4 4	3x
3:23	Warrior	2x8	Fists to ribs and slowly push palms F	16	
3:30	Outro /	2x8	Step L foot in and take a bow! (L fist to R palm)	16	

10. WARRIOR 3:42mins

A repeat of the earlier Low Block, Mid Block to finish off this track. Not much teaching is required here as it's been seen. Let CONNECTION be the key focus in this track.

TECHNIQUE & COACHING

INNER THIGH STRETCH

- Right foot to the side with the right leg extended. Toes facing the front of the room
- Hips square to front. Butt is back and down
- Drop down to your forearms and feel a stretch through the inner thigh
- Then, reach the Right arm down to the toes on the Right foot
- Switch sides. Left leg extends out to the left

HIP FLEXOR STRETCH/TRICEPS STRETCH



- Leg comes forward. Sink forward into the stretch
- Reach both arms forward and over head, then drop one hand towards the back of the neck and stretch the triceps
 - Lift the chest
 - Keep the knee on top of the ankle (don't push it past the toes)
 - Push the hips forward to feel the Hip Flexor Stretch

HAMSTRING STRETCH



- Keep the hips square to the front then pull back into a Hamstring Stretch. Lean into it
- Really feel the stretch through the back of the leg to release the work from kicking
 - Inhale, then exhale and drop a little bit deeper into the stretch

QUAD STRETCH

- Come up to standing. Walk forward. Reach back for the foot
- Push the hips forward. Keep the knee beneath the hip. Knees together
- Feel the stretch through the front of the leg

IT BAND STRETCH

- Step the foot behind. Reach the arm up and over and feel the stretch down the side of the body
- Heels down
- Elbows up high
- Switch sides

SHOULDER/TRICEPS STRETCH

- Bring the arm across to stretch the shoulder

LOW BLOCK, MID BLOCK



- Front Stance. Low into the Legs
- Low Block, Mid-Block
 - Inhale and double push front



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.



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.

