

BODYCOMBAT 80

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

Workout for Water:

10. COOLDOWN

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MUSIC

01A

Bashment Ting (2:18)
Rob & Jack x Sanjin
© 2018 Revealed Music B.V. under exclusive license to Central Station Records for Australia & New Zealand.
Written by: Stiernspetz, Milo, Kljucanin

Bashment Ting (2:12)
Rob & Jack x Sanjin
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Written by: Stiernspetz, Milo, Kljucanin

01B

La La La (3:22)
Willy William
© 2018 Scorpio Music under exclusive license from Néo Productions.
Written by: Reid

02

Headsprung (4:05)
LL Cool J
© 2004 The Island Def Jam Music Group.
Written by: Mosley, Smith

03

Holding Onto Heaven (Kove Remix) (4:07)
Foxes
© 2014 Sign Of The Times Limited under exclusive licence to Sony Music Entertainment UK Limited.
Written by: Allen, Harris, Gad

Holding Onto Heaven (Kove Remix) (1:32)
Foxes
© 2014 Sign Of The Times Limited under exclusive licence to Sony Music Entertainment UK Limited.
Written by: Allen, Harris, Gad

04

DJ Turn It Up (6:52)
Yellow Claw
© 2014 All Trap Music under exclusive license to AEI Music.
Written by: Titawano, Taihuttu, Rondhuis, Roelandschap

05

Flower (2:08)
Moby
© 2004 Mute Records Ltd., a BMG Company.
Written by: Moby

Dare (Hold It Down) (3:45)
Friction
© 2016 Elevate Audio.
Written by: Keeley

06

Run Wild (5:14)
Thutmose, NoMBe
© 2018 TH3RD BRAIN.
Written by: Ibrahim, Muron

07

THE DROP (8:04)
Gammer
© 2017 Monstercat.
Written by: Lee

08

By Your Side (5:16)
Stonebank feat. EMEL
© 2015 Monstercat.
Written by: Stonebank, Flavell

09

Midnight (3:37)
Horn Through
© 2019 Les Mills Music Licensing Ltd.
Written by: Mc Lean, Garvin, Christensen, Temple

10

Heads Up (3:32)
JAIN
© 2019 Les Mills Music Licensing Ltd.
Written by: Galice





Presenters

L-R: Dan Cohen, Rachael Newsham.

Three thousand feet above sea level with Mount Aspiring as a backdrop, and a floating platform sitting in a pure water-formed lake are just some of the incredibly inspiring settings to celebrate 20 years of BODYCOMBAT. With such powerful surroundings, BODYCOMBAT 80 is full of magical moments that will leave a lasting memory.

The Jump Freeze Kick features early on in the workout and sets the tone for perfection. The key movements in this release all start with the three factors of learning:

- 1) Learn the strike
- 2) Drill the strike
- 3) Get into the flow of training.

Advancing Capoeira patterns, surrendering to the strength challenge of “Sally” and testing your speed increase in the Muay Thai strikes, will not only challenge you but also help you to enhance both feel and technical understanding.

Filming direct to camera without an audience brought a new level of connection, a sense of authenticity and a lower level of hype. It created a warmth of excellence that transcended into an amazing workout.

Enjoy the music; enjoy the feel.
Keep it real and stay with the fight!

Dan Rach 😊

PRESENTERS

Dan Cohen (New Zealand) is Co-Program Director for BODYCOMBAT™ and Program Director 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.

CREDITS

Program Directors – Dan Cohen & Rachael Newsham

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings & Andrew Newmarch

Production Coordinator – Nicole Vendel



EXPRESS FORMATS

45–MINUTE FORMAT		30–MINUTE FORMAT	
Track 01A	Upper Body Warmup	Track 1A	Upper Body Warmup
Track 01B	Lower Body Warmup	Track 1B	Lower Body Warmup
Track 02	Combat 1	Track 8	Power Training 3
Track 03	Power Training 1	Track 4	Combat 2
Track 04	Combat 2	Track 6	Combat 3
Track 05	Power Training 2	Track 10	Cooldown
Track 06	Combat 3	Total Time	28:46
Track 07	Muay Thai		
Total Time	43:39		

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

Feel the flow of both attacking and defensive moves in fluid combinations.

FEEL

Big Room, Urban, EDM

MARTIAL ART

Boxing

	MUSIC		EXERCISE	CTS	REPS
0:05	V1 / What ya know, wea twist and thing	1½x8	L Combat Stance Hold	12	
0:10	And my squad a keep, cool, fresh	2½x8	A L, R Uppercut	4	5x
0:19	B up / Stand up, hands up, guard up!	4x8	A¹ L, R Uppercut x2	4	4x
			L Jab x2	4	
			👁 L Jab, R Parry, L Jab (on last 4cts)		
0:33	C / (Instr)	8x8	A² L, R Uppercut x2	4	8x
			L Jab, R Parry, L Jab	4	
1:00	Br / (Fade out)	2x8	B L, R Hook	4	4x
1:07	V2 / What ya know, wea twist and thing	4x8	B¹ L Hook x2	4	4x
			R Hook x2	4	
1:20	B up / Stand up, hands up, guard up!	8x8	C L Jab	2	16x
			R Half Guard	2	
			Add step to Jab after 8reps		
1:48	C / (Instr)	8x8	A² L, R Uppercut x2	4	8x
			L Jab, R Parry, L Jab	4	
2:15	(Fade out)	1½x8	Recover and transition to R Combat Stance	12	
2:21	We spread love	1x8	REPEAT SEQUENCE A to 2nd A2 – R (note: A is 6reps)		
			Transition to Front Stance for Track 01B	4	



01A. BASHMENT TING 4:30mins

Tap into the musical flow as you coach the striking/defending combinations. Use the builds and contrast throughout the track to manage intensity and bring the Track Focus to life!

TECHNIQUE & COACHING

UPPERCUTS

Layer 1

- Combat Stance
- Hands up in Boxing Guard
- Easy Uppercuts
- Shoulders roll forward
- Target: Chin

Layer 2

- Release the heel as you turn the body and throw the punch
- Turn from the chest to fire your obliques

COMBINATION: UPPERCUT (X4), JAB (X2)

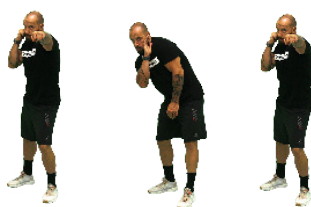
Layer 1

- Speed up
- Uppercut 4 times, 2 single right Jabs
- Retract your hands back to your face into Boxing Guard
- Elbows to ribs with a high Guard

Layer 2

- Notice how your hand comes back to your face
- Keep your hands up; keep your guard up

COMBINATION: UPPERCUT (X4), JAB, PARRY, JAB



Layer 1

- The Parry is an open-handed block
- Slip back and to the side

Layer 2

- Science tells us that the more relaxed you can stay before you strike the faster you can actually move
- The Parry wakes up the core by firing your abdominals
- Think fast!
- Breathe and relax, lose any tension

HOOKS

Layer 1

- Hook right, left
- Elbows up and tuck chin in
- Target the jaw; release your heel and turn your knee, hip and body

Layer 2

- Clean lines – it's a great way to warm up the shoulders and core
- Breathe – everything starts from the floor so release the heel
- Elbow just above the wrist to generate power in the punch

JAB, HALF GUARD



Layer 1

- Jab and block
- Roll with the block
- Release the heel on the Half Guard

Layer 2

- Imagine your opponent strikes back and you cover up
- Open hand and place it high on the head and let the elbow and shoulder rotate
- Absorb the punch on your shoulder



01B. LOWER BODY WARMUP

TRACK FOCUS

Clearly coach execution of all strikes with well timed pre-cues, previews and Layer 1 cues.
Have some fun with the innovative triple Roundhouse Kick sequence!

FEEL

Fresh, Fun, Playful

MARTIAL ARTS

Tae Kwon Do, Kick-boxing, and Karate

MUSIC		EXERCISE		CTS	REPS
4:29	Intro / La, la, la, la, la, la	½x8	Front Stance	4	
4:31	V1 / (Spanish sounds)	4x8 A	L Knee x2	4	
			R Knee x2	4	4x
			OPTION: Hop after 2reps		
4:45	B up /	4x8 A¹	L Knee x2	4	
			Jumping Jack out/in x2	4	
			R Knee x2	4	
			Jumping Jack out/in x2	4	2x
			OPTION: Perform a single Drop Squat instead of Jacks		
4:59	C / La, la, la, la, la, la, la, la _	8x8 A²	L Front Kick x2	4	
			Jumping Jack out/in x2	4	
			R Front Kick x2	4	
			Jumping Jack out/in x2	4	4x
5:28	V2 / _ You can't talk with the Frenchie	4x8 B	L Side Kick	4	
			Pulse OTS	4	4x
			👁 L Side Kick step out/in x2 (on last 4cts)		
5:42	All I wanna sing is la, la, la, la, la	4x8 B¹	L Side Kick	2	
			Step out/in	2	8x
			👁 L Combat Stance		
			L Roundhouse Kick, Setup (on last 4cts)		
5:56	Br / (Lyrics fade out)	4x8 C	L Roundhouse Kick Setup	4	
			Pulse OTS	4	4x
6:10	C / La, la, la, la, la, la, la, la (go!) _	8x8 C¹	L Roundhouse Kick (low)	2	
			Step B, F	2	
			L Roundhouse Kick (medium)	2	
			Step B, F	2	
			L Roundhouse Kick (high)	2	
			Pulse OTS	6	4x
			(Jump wide into Front Stance on last 4cts)		
6:39	V3 / _ You can't talk with the Frenchie		REPEAT SEQUENCES B to C¹ - R		
7:49	Outro / La, la, la, la, la, la, la, la		Feet together, arms by sides to finish (on last 4cts)		



01B. LA LA LA 3:22mins

Coach your class to stay light and kick low as this will help them master the Front Kick/Jumping Jack combination. Clearly coach the 3 different levels of the Roundhouse Kick and how to utilize balance.

TECHNIQUE & COACHING

DOUBLE KNEES

Layer 1

- 2 Right Knees, 2 Left
- Chest up
- Elbows drop down past thigh
- Shoulders lean away slightly
- Abs braced to protect your lower back

Layer 2

- Add a little bounce to it if you choose to
- Push the hips forward

DOUBLE KNEE, JUMPING JACK/DROP SQUAT

Layer 1

- Lift the knees higher
- 2 Jumps, out/in
- Bend knees and lift chest
- OPTION: is a single Drop Squat

DOUBLE FRONT KICK, JUMPING JACK/DROP SQUAT

Layer 1

- 2 low Front Kicks, tap and change
- Kick with ball of foot
- Lean away

Layer 2

- Think about tapping and swinging
- Exhale and swing the arm more strongly

SIDE KICK

Layer 1

- 1 Side Kick and nothing
- Strike with side of foot, heel up and toe down
- Aim for just above the knee
- Set your heel towards the target

Layer 2

- It's a push/pull exercise
- Focus on the outward/inwards pull
- Lean away from the strike
- Arm out for balance

ROUNDHOUSE KICK

Layer 1

- Roundhouse Kick setup to the front and nothing
- Set heel towards target
- Shin of kicking leg parallel to the floor (knee in line with ankle)
- Incoming, Roundhouse Kick – 3 in a row, start low
- 3 levels – low, medium and high

Layer 2

- From the knee down, open and close like a door hinge
- To get the balance, set your heel towards your opponent and tip head in the opposite direction
- Great move for the glutes!
- Try to put a full stop on the last Kick!



02. COMBAT 1

TRACK FOCUS

Big focus on rhythm play in this track. Bring the ‘coaches call’ to life by clearly coaching when to strike and when to freeze! Motivate through the plyometric-style surprise-ending sequence as members will be feeling fatigued by this point.

FEEL

Hip Hop, Rap, Funky

MARTIAL ARTS

Kick-boxing, Tae Kwon Do, and Karate

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / They call me Big L’y,	1x8		L Combat Stance	8	
0:02	_ Big money	7x8	A	L Jab, R Cross, L Jab Hold	4 4	7x
0:19	Lovely get the ice, pop	8x8	B	R Knee – freeze L Front Kick Freeze (Front Kick retracted and foot off floor)	2 2 4	8x
				OPTION: R Knee, L Front Kick without the hop		
0:37	C / Cos we be up in the club	16x8	A+B	L Jab, R Cross, L Jab x3 Hold R Knee – freeze, L Front Kick x3 Hold OPTION: L Knee, R Front Kick without the hop Transition to R Combat Stance (on last 4cts)	12 4 12 4	4x
1:15	V2 / Lord , have mercy! If the	32x8		REPEAT SEQUENCES A to A+B – R		
2:30	Br / Hey Ladies (yeah!)	8x8	C	R Combat Stance R Side Kick to front R Back Fist to front 👁 Step B into R Evasive Side Kick, Step F into R Back Fist (last 8cts)	4 4	8x
2:48	I said yo fellas (yo!)	7x8	C ¹	Step B into R Evasive Side Kick Step F into R Back Fist	4 4	7x
		1x8		Transition to L Combat Stance	8	
3:07	C / Cos we be up in the club	8x8	C	L Side Kick to front L Back Fist to front 👁 Step B into L Evasive Side Kick, Step F into L Back Fist (on last 8cts)	4 4	8x
3:25	Cos we be up in the club	7x8	C ¹	Step B into L Evasive Side Kick Step F into L Back Fist	4 4	7x
		1x8		Transition to Front Stance	8	
3:44	Outro / _(Yeah! Keep chilling wit em)	8x8	E	Drop Squat L Front Kick Drop Squat R Front Kick OPTION: Add hop to kick on last 4reps	2 2 2 2	8x

02. HEADSPRUNG 4:05mins

Coach the Kick-boxing combo rhythm with a clear indication on when to strike and when to freeze. The Evasive Side Kick and Back Fist combo brings a great feel of control vs. speed. On the Kick, coach members to take a big step back whilst they keep looking forwards. Motivate them to add speed to the Back Fist to 'smash' the target!

TECHNIQUE & COACHING

JAB, CROSS, JAB AND HOLD

Layer 1

- Right Combat Stance, Boxing Guard
- Jab, Cross, Jab and hold
- Target: Nose, lip or chin
- Fire and hold
- Mixing rhythms

Layer 3

- We're going to play with some coaching calls
- Freeze until I say go... GO!

KNEE, FRONT KICK AND FREEZE



Layer 1

- Knee, Kick and Freeze
- Practise by getting the 'hop'
- OPTION: Take out the hop

Layer 2

- Exchange your weight, swing arm down as you kick
- Brace abs tight for greater balance

Layer 3

- The challenge is in the balance to freeze

SIDE KICK, BACK FIST

Layer 1

- Tae Kwon Do and Karate
- Set your back heel, toes down on the Side Kick
- It's a push/pull action
- Lean away from the Kick
- Strike with back of the fist on the punch
- Push your opponent's chest away with the heel of your hand
- Use the back of the fist to open and close

Layer 2

- Lean away from the Kick
- Tae Kwon Do is 90% legs so use your Side Kick like a Jab
- It's like range gauge

EVASIVE SIDE KICK, BACK FIST

Layer 1

- Check this – 1 Evasive, 1 smashing!
- Step away and then step in
- As you step away, keep your eyes to the front
- Push and pull

Layer 2

- As they move in, find a bit more range as you step away and smash time!
- Make that smash fast!

DROP SQUAT, FRONT KICK

Layer 1

- Drop Squat, right Front Kick and change
- Let's add a hop
- Land softly by bending knee as you land
- OPTION: Stay grounded and loaded

Layer 2

- Dial up the power and the height
- Swing arm and breathe
- OPTION: Stay grounded on the Kick

Layer 3

- Only 15 seconds left on the clock!
- It's the only thing we are going to do...
- Plyometric training!
- 2 more, last one... boo!



03. POWER TRAINING 1

TRACK FOCUS

Boxing power is the focus by using speed. The secret to success is coaching and role-modeling through the 3 levels – Learn the move, Drill the move then hit the Training. We call this skill acquisition – where you practise, perfect, then go all out!

FEEL

Uplifting, Contrasting, Motivational

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Strings)	4x8	Recover and introduce track	32	
0:10		4x8	L, R Run OTS Transition to L Combat Stance (on last 4cts)	2	16x
0:21	V1 / Starless sky,	8x8	A L Uppercut x2 L Hook R Cross	4 2 2	8x
0:43	QC / _ Cos I'm holding onto	8x8	B L Jab, R Cross 👁 L Jab, R Cross x4 L Uppercut x2 L Hook R Power Cross (on last 16cts)	2	32x
1:06	C /	8x8	B ¹ L Jab, R Cross x4 L Uppercut x2 L Hook R Power Cross	8 4 2 2	4x
1:27	QC / _ Cos I'm holding onto	8x8	B L Jab, R Cross 👁 L Jab, R Cross x4 L Uppercut x2 L Hook R Power Cross (on last 16cts)	2	32x
1:50	C / Only you, only you, only you	8x8	B ¹ L Jab, R Cross x4 L Uppercut x2 L Hook R Power Cross	8 4 2 2	4x
2:12	(Synth)	4x8	Recover and transition to L Combat Stance facing L side	32	
2:23	Br / I can't take it cos' you	12x8	C L Walking Jab x4 to L side L, R Uppercut x2 to front R Walking Jab x4 to R side R, L Uppercut x2 to front 👁 Add Hop/Jump to Jabs on last rep L, R, L, R, L Uppercut, Bob (on last 8cts)	8 8 8 8	3x
2:56	Intr / (high energy dance)	8x8	C ¹ L Hop Jab x4 to L side L, R, L, R, L Uppercut, Bob to front R Hop Jab x4 to L side R, L, R, L, R Uppercut, Bob to front	8 8 8 8	2x
3:18	QC / _ Cos I'm holding onto	8x8	D Front Stance L, R Jab	2	32x
3:40	C / Only you, only you, only you	8x8	C ¹ L Hop Jab x4 to L side L, R, L, R, L Uppercut, Bob to front R Hop Jab x4 to L side R, L, R, L, R Uppercut, Bob to front	8 8 8 8	2x



03. POWER TRAINING 1

MUSIC			EXERCISE		CTS	REPS
4:02	Br / Fade out)	4x8	Recover and transition to R Combat Stance			
4:13	Holding oooooon _	6x8	A	R Uppercut x2	4	6x
				R Hook	2	
				L Cross	2	
4:30	Intr / (high energy dance)	8x8	B ¹	R Jab, L Cross x4	8	4x
				R Uppercut x2	4	
				R Hook	2	
				L Power Cross	2	
4:52	QC / _ Cos I'm holding onto	8x8	B	R Jab, L Cross	2	32x
				👁️R Jab, L Cross x4		
				R Uppercut x2		
				R Hook		
				L Power Cross (on last 16cts)		
5:14	C / Only you, only you, only you	8x8	B ¹	R Jab, L Cross x4	8	4x
				R Uppercut x2	4	
				R Hook	2	
				L Power Cross	2	



03. HOLDING ONTO HEAVEN 5:39mins

Tap into the music as it guides the intensity so well! Clearly coach the combinations first to allow members to learn and practise the moves. Then use Layer 2 cues to help them perfect and drill with greater understanding and technique. Finally, motivate them verbally and physically to simply let go and train as hard as possible!

TECHNIQUE & COACHING

RUN

Layer 1

- Easy jog
- Flush out the legs
- Knees track forward
- Chest up

UPPERCUT (X2) HOOK AND CROSS

Layer 1

- Combat Stance, right leg forward
- 2 Uppercuts, a Hook and a Cross
- Right, right, right and left

Layer 2

- On the Cross, actively turn the hip and shoulder by releasing the back heel

JAB, CROSS

Layer 1

- Aim for nose, lip or chin
- Rotate the shoulders
- Keep elbows soft

Layer 2

- Take a little breather, chest up and chin down
- Start at level 1, pull back so you have somewhere to go for level 2
- Lean forward, pick up your rhythm and intensity to hit a level 2

Layer 3

- Here's a level 3, watch, 8, 7, 6 , 5 !

JAB, CROSS (X4), UPPERCUT (X2), HOOK AND POWER CROSS

Layer 1

- Full combination: Jab, Cross (x4), Double Uppercut, Hook and Power Cross
- Watch the Cross, you step into it – it's called a Power Cross!

Layer 2

- Throw your whole body forward on the Power Cross
- You are sliding, twisting, dropping then retracting
- If it helps, hold the Hook for half a count longer to set your feet then whip the hip
- Drag the back foot forward

WALKING JAB (X4), UPPERCUT (X4)

Layer 1

- To the right, 4 Jabs, 4 Uppercuts, right/left – face the front
- Feet wide as you face forwards
- Find the rhythm first
- Drop and rotate simultaneously on the Uppercuts

HOP JAB (X4), UPPERCUT (X5), BOB

Layer 1

- Now you've got the move, let's bring in the footwork – hop with it
- Jump with it, hold your ground – 5, 4, 3, 2, 1
- Chin tucked in and squat

Layer 2

- As you Bob, get out of the way of their punch
- Heavy 4 and quick 5
- Crunch and duck

FRONT STANCE JABS

Layer 1

- Just the Jabs, right and left
- Rotate from chest
- Plant your feet
- Tuck chin in

Layer 2

- If you can, extend your reach by 3 inches
- Feel the muscles in your back and shoulders really working now



04. COMBAT 2

TRACK FOCUS

Challenge your class members to get low in this huge leg conditioning track. Clearly coach the three rounds of advanced Capoeira combinations.

FEEL

Trap, Future Bass, Progressive

MARTIAL ARTS

Capoeira

	MUSIC			EXERCISE	CTS	REPS
0:00	V1 / DJ turn it up	4x8		Set up L Lunge (R leg B), Capoeira Arms	32	
0:09	DJ turn it up	4x8	A	R Knee	8	
				Esquiva to the B	8	2x
0:18	C / Turn up the bass! _	8x8	A ¹	R Knee	4	
				Esquiva to the B	4	8x
0:36	(Instr)	16x8	B	L Lunge x4 (R leg B)	14	
				R Knee	2	
				Esquiva to the B	6	
				R Knee	2	
				Esquiva to the B	6	
				R Knee	2	4x
1:13	Br / Turn, turn, turn, turn	8x8	C	R, L Ginga	8	8x
1:32	Tell the DJ turn it up	4x8	D	L Lunge (R leg B)	4	8x
				👁 R Knee, R Esquiva (face front), R Knee, R Esquiva (face front), R Knee (on last 10cts)		
1:41	B up /	20x8	D ¹	L Lunge x4 (R leg B)	14	
				R Knee	2	
				R Esquiva (face front)	6	
				R Knee	2	
				R Esquiva (face front)	6	
				R Knee	2	5x
2:27		1x8		L Lunge x2		
2:30	Br / Turn, turn, turn, turn	7x8	C	R, L Ginga	8	7x
2:46	(Instr)	16x8	E	L Lunge x4 (R leg B)	14	
				R Knee	2	
				Esquiva to the B	6	
				R Knee	2	
				R Esquiva (face front)	6	
				R Knee	2	4x
				(L Lunge and hold after last rep)		
3:24	V2 / DJ turn it up	4x8		Recover and set up R Lunge (L leg B)	32	
3:32				REPEAT SEQUENCES A to E – R		
				(Note: Exclude D from R side, and D ¹ is only 6reps)		



04. DJ TURN IT UP 6:52mins

Create space in your coaching for music and enjoyment! Capoeira is inspired by dancing and playing a game to music so let this shine!

TECHNIQUE & COACHING

LUNGE, KNEE, ESQUIVA TO THE BACK

Layer 1

- Right leg forward and take a long Lunge back
- 1 Knee, step back and rotate into Esquiva to the back
- Lift the toes on your front foot as you rotate
- Butt back and down
- Chest up high
- Reach into the inside of the back shoe

LUNGE, KNEE, ESQUIVA TO THE BACK



Layer 1

- 4 Lunges, combo with Knee and Esquiva – twice!
- Everything starts and finishes with a Knee
- Back heel off the floor and knee drops towards the floor

Layer 2

- Drop long and low
- A good Lunge is a long Lunge
- If you can, drop your arm down – this will help you get lower

GINGA

Layer 1

- Step out, step back, step out again
- 3 points of a triangle – 2 at the front, 1 at the back in the middle

Layer 2

- Are you breathing?!
- Here comes round 2!

Layer 3

- We use this to flush out the legs
- Use the Ginga, or swing as a decoy

LUNGE (X4), KNEE, ESQUIVA TO THE FRONT (X2)

Layer 1

- This is called a Forward-Facing Esquiva
- Bend knee over ankle
- Lean to the side
- Brace abs
- Chest lifted and facing the front
- Reach inside the front leg and towards the floor

Layer 2

- Big step to the side, straighten the back leg and push out through the side of the foot
- Depending on your mobility you may be able to drop deeper

Layer 3

- Amazing conditioning for the abs!
- You gotta change the attitude and own the move – don't let it own you!

LUNGE (X4), KNEE, ESQUIVA TO THE BACK, KNEE, ESQUIVA TO THE FRONT



Layer 1

- 4 Lunges, Knee/Esquiva to the back, Knee/Esquiva to the front
- Keep your chest high

Layer 2

- Always keep your eyes forward on your opponent

Layer 3

- Enjoy your fluid flowing movements – it's like a dance
- Now go for the fight side! Like a fast Capoeirista – quick knee strikes!
- It's like playing a game with your partner-you are always trying to predict their next move!



05. POWER TRAINING 2

TRACK FOCUS

A short pure strength focus lasting 2 minutes and 4 seconds! Motivate your class to push through their limits whether in the Squat or Pushup option. Finish with a cardiovascular challenge by giving all options early, then pushing yourself and your members physically.

FEEL

Nostalgic, Controlled, Dance, Uplifting

MARTIAL ART

MMA

	MUSIC			EXERCISE	CTS	REPS
0:00	C / Bring Sally up, and bring Sally down	1x8		Drop into low position of Pushup or Squat and hold down	8	
0:03	Lift and squat, gonna tear the		A	Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	8	
0:06	Bring Sally up Bring Sally down	15x8		Pushup (4cts) Drop down and hold low position (4cts) <u>OPTION:</u> Stand and Squat	8	7x
0:47	Br / Old Miss Lucy's dead	2x8	B	Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	16	1x
0:53	C / Bring Sally up Bring Sally down	10x8	A	Pushup (4cts) Drop down and hold low position (4cts) <u>OPTION:</u> Stand and Squat	8	
				Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	8	5x
1:23	Br / Old Miss Lucy's dead	2x8	B	Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	16	1x
1:29	C / Bring Sally up Bring Sally down	10x8	A	Pushup (4cts) Drop down and hold low position (4cts) <u>OPTION:</u> Stand and Squat	8	
				Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	8	5x
1:59	Br / Old Miss Lucy's dead	2x8	B	Hold Pushup at low position <u>OPTION:</u> Hold Squat at low position	16	1x
2:06	Instr /	5x8		Recover and transition to standing 👁 L Jab, R Cross (on last 4cts)	40	
2:20	V1 / Jump back and forth	7x8	C	L Combat Stance L Jab, R Cross	2	28x
2:39	B up /	4x8	C ¹	L Jab, R Cross L Uppercut 👁 Modified Sprawl (on last 8cts)	2 2	8x
2:51	C / _ You got to press it on you	16x8	C ²	L Jab, R Cross, L Uppercut x2 Modified Sprawl and Vertical Leap <u>OPTION:</u> Jumping Jack x4 instead of Modified Sprawl	8 8	8x
3:35	Br / Hold it down	8x8		Recover and transition to R Combat Stance	64	
3:57	C / You got to press it on you	16x8	C ²	R Jab, L Cross, R Uppercut x2 Modified Sprawl and Vertical Leap <u>OPTION:</u> Jumping Jack x4 instead of Modified Sprawl	8 8	8x



05. POWER TRAINING 2

MUSIC		EXERCISE			CTS	REPS
4:42	Br / Hold it down	4x8	D	Recover	32	
4:52	B up /	4x8	D ¹	L, R Run OTS 👁 Sprint OTS	2	16x
5:03	Instr /	8x8	D ²	Sprint OTS Recover	4 4	8x
5:25		6x8	D ³	L, R High Knee Run Recover	12 4	3x
5:41	Outro /	2¼x8		L, R High Knee Run	18	1x



05. FLOWER / DARE 5:53mins

Coach members to move on the command of “bring Sally up” or “bring Sally down” whilst pushing through their strength boundaries. Explain to them that they can change between standing Squats or grounded Push/ups throughout the challenge if they choose to. Be a role model and inspire ‘performance reciprocity’ by pushing yourself physically in this track!

TECHNIQUE & COACHING

PUSH- UP



Layer 1

- Hands slightly wider than shoulders
- Knees outside hips
- Range: Chest drops to elbow level
- Hold bottom position of Push/up
- “Bring Sally Up” lift, “Bring Sally Down”, drop down and hold
- Abs braced

Layer 2

- This exercise is great for building a strong chest, shoulders and triceps

Layer 3

- You are in that variation that challenges you the most – try to stay here for as long as possible
- This move will do wonders for your punches

SQUAT



Layer 1

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

Layer 2

- Drive heels into floor when you stand
- Squeeze glutes tightly to work your butt

Layer 3

- It’s only 2 minutes and 4 seconds, but a huge strength challenge – hold on!

JAB, CROSS

Layer 1

- Jab, Cross – right and left
- Aim for nose, lip or chin
- Rotate chest
- Tuck chin in

Layer 2

- If you’ve just been doing the Push/ups, your arms should be feeling really heavy right by now

Layer 3

- We are going to test how good your technique is whilst under fatigue

JAB, CROSS, UPPERCUT

Layer 1

- Jab, Cross, Uppercut
- Aim Uppercut to the chin
- Let the feeling come back into your shoulders!

JAB, CROSS, UPPERCUT (X2), MODIFIED SPRAWL/JUMPING JACK



Layer 1

- 2 of these, followed by 1 Modified Sprawl and Vertical Jump
- OPTION: 4 Jumping Jacks instead of Modified Sprawl

Layer 2

- Abs braced in the sprawl
- Push your toes out on the Jacks – landing on the whole of foot with soft knees
- Throw your arms down towards your thigh muscles on the Jump

Layer 3

- Only 4 more of these left – let’s fire them up!
- How powerful can you shoot up into the Jump?



05. FLOWER / DARE 5:53mins

RUN

Layer 1

- Easy Jog
- Time for a metabolic kicker

Layer 3

- This will take your results through the roof ceiling

SPRINT

Layer 1

- Sprint on the spot, as many reps as you can in 3 seconds
- It's a coach's call – reactions!

Layer 2

- Pump your arms as hard as you can
- Training your heart and lungs
- Lift your chest higher and breathe

Layer 3

- Can you get more reps than last time?
- Come on – you'll feel so proud of yourself when you finish!
- 3, 2, 1..., GO! 3, 2, 1..., GO!



06. COMBAT 3

TRACK FOCUS

Blending multiple Martial Arts together alongside a playful song! Coach the various strikes clearly and educate members on the differences between the Martial Arts. Once you have them moving well, dial up the fun and playful feel in your own unique way!

FEEL

Rap, Catchy, Playful

MARTIAL ARTS

Karate, Tae Kwon Do and Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	L Combat Stance Kamae Guard		16	
0:06	QC / Bad boy, Run wild	4x8	A	R Karate Punch Pulse F, B 👁️ R Karate Punch x2, Pulse F, B x2 (on last 8cts)	2 6	4x
0:18	Run wild , I'm on a mission	4x8	A ¹	R Karate Punch x2 Pulse F, B x2 👁️ L Front Kick (on last 4cts)	4 4	4x
0:31		4x8	A ²	R Karate Punch x2 L Front Kick	4 4	4x
0:44	V1 / Ready for war	8x8	B	R Body Hook R Hook Pulse F, B x2 (Level 2 after 4reps) 👁️ L Knee x2 (on last 4cts)	2 2 4	8x
1:09	C / Run wild , I'm on a mission	8x8	B ¹	R Body Hook, R Hook L Knee x2 R Back Kick Pulse F, B x2 (Last 4cts to set up Kamae Guard)	4 4 4 4	4x
1:34	V2 / (Cannonball) Please out of my way	8x8	A ¹	R Karate Punch x2 Pulse F, B x2 (Step L foot F on Karate Punch) 👁️ L Front Kick (on last 4cts)	4 4	8x
2:00	Br / Like na , na, na, na	4x8	A ²	R Karate Punch x2 L Front Kick	4 4	4x
2:12	C / Run wild , I'm on a mission	8x8	B ¹	R Body Hook, R Hook L Knee x2 R Back Kick Pulse F, B x2	4 4 4 4	4x
2:37				R Karate Punch to finish!	4	
2:39	Run wild , I'm on a mission	2x8		Recover and transition to R Combat Stance	16	
2:45	QC / But it's worth a shot		REPEAT SEQUENCES A to 2nd B¹ – R (Note: A is 2reps)			



06. RUN WILD 5:14mins

A great fusion of three key Martial Art styles with multi-directional strikes. Focus on coaching the moves first with clarity then use Layer 2 cues to educate your members on the different 'feels' within the Martial Arts.

Remember to really have fun with this one! There are great lyrics to tap into and real contrast within the music and moves.

TECHNIQUE & COACHING

KARATE PUNCH



Layer 1

- Right Combat Stance
- Kamae Guard
- Left Karate Punch
- Target the sternum (breaststone)
- Karate is grounded to the floor, Tae Kwon Do is a little loose – we're going to blend it
- 1, 2 – double Karate Punch

Layer 2

- Rotate the arm and twist your fist as you strike
- It's called a Reverse Punch in Karate

KARATE PUNCH (X2), FRONT KICK

Layer 1

- Add on the Front Kick..., GO!
- Kick with ball of foot, aiming for stomach
- Soft knee on the Kick
- Lean back and brace abs tightly

Layer 2

- Swing right arm down as you kick
- Use the arm as a 'range gauge' (Kamae Guard hand/arm)
- Lift the back heel to bring the hip around on the punch

BODY HOOK, HEAD HOOK

Layer 1

- Switch up the style – Kickboxing
- Double Hook, left arm – body/head
- Bring your feet a little narrower
- Stand up taller and tuck chin in
- Lift your guard a little higher

Layer 2

- Rotate your torso with power to chisel your abs
- On the Head Hook add more energy to burn more calories

Layer 3

- Go a little wild!
- Can you dent the bag – low and high?
- Imagine the bag swinging

BODY HOOK, HEAD HOOK, KNEES (X2), BACK KICK

Layer 1

- 2 from the front, 2 Knees and add on the Back Kick
- Knee to stomach
- Back Kick – strike with heel to stomach or chest
- Lean forward and look over shoulder on Back Kick

Layer 2

- Hips forward on the Back Kick – use your glutes to power the strike
- Make sure your toes point down – this differentiates between a Side and a Back Kick

Layer 3

- We are on a mission!
- Multiple targets – can you hit them all?
- Destination – we won't stop!
- One shot – how good is yours?
- Amazing for lifting the bottom of your butt cheek



07. MUAY THAI

TRACK FOCUS

Challenge your members with incremental speed increases between 3% – 5% faster!
Focus on coaching the moves, drilling the moves then smashing the moves with speed/intensity increases.

FEEL

Dubstep, Robotic, Building

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Electronic sounds)	4x8	Recover and set up track	32	
0:11		8x8 A	L Combat Stance L Hook R Uppercut L Hook Pulse F, B (Level 2 after 4reps)	1 1 2 4	8x
0:34	B up / Let's get it _	4x8 A ¹	L Knee 👁 L Hook, R Uppercut, L Hook L Knee x2 (on last 8cts)	2	16x
0:46	C / Drop this! _ (Dubstep Drop)	8x8 A ²	L Hook, R Uppercut, L Hook L Knee x2	4 4	8x
1:09	Br / (Instr)	4x8 B	R Knee Hold	2 6	4x
1:22	B up /	4x8 B ¹	R Hop Knee Hold	2 6	4x
1:35	C / Drop this! _ (Dubstep Drop)	4x8 B ²	R Jump Knee Hold <u>OPTION:</u> R Knee, no Jump	2 6	4x
1:47	Whatchu waiting for _	4x8 B ³	R Jump Knee x2 Hold (R Jump Knee to finish! (on last rep)	4 4	4x
2:00	Br /	4x8	R Jump Knee to finish then recover	32	
2:13		12x8 C	L Combat Stance L Jab, R Cross x2 L Jab R Descending Elbow (Lift R foot on Descending Elbow to set up the Dropping Elbow on last 4reps)	4 2 2	12x
2:50	C / (Dubstep Drop)	8x8 C ¹	L Jab, R Cross x2 L Jab R Dropping Elbow	4 2 2	8x
3:13	Br /	4x8	Recover and set up R Combat Stance	32	



07. MUAY THAI

MUSIC		EXERCISE		CTS	REPS
3:24		REPEAT SEQUENCES A to C1 – R			
6:26	Br /	4x8	Recover	32	
6:39		4x8	D	Front Stance	
				L Knee x2	4
				R Knee x2	4 4x
6:51	B up /	24x8	D ¹	L Knee x2, R Knee x2	8
				L, R Running Man Knees x2	8 12x
				OPTION: Stay on the spot single L, R x2	
				(Level 2 after 4reps)	
				(Level 3 after 8reps)	
				(Extra L Knee on final rep to finish!)	



07. THE DROP 8:04mins

Dan does a great job of coaching how to learn, drill and then train! This will set members up for success as they will understand HOW to perform the movements well and at the appropriate level for them. Once you've achieved this encourage your class to dial up their efforts with the incremental speed increases. This new concept will deliver superb results for both the cardiovascular system and muscular strength/ endurance!

TECHNIQUE & COACHING

HOOK, UPPERCUT, HOOK

Layer 1

- Right Combat Stance
- Hook, Uppercut, Hook
- Aim for jaw, chin, jaw
- Easy bounce forward and back
- Just learn it – no power, it's just a practice

Layer 2

- Draw up some energy – raw, concentrated power
- Rotate chest more to add more intensity
- Great for Reactive Core Training

Layer 3

- Access that power you've got inside of you
- We ain't messing around – no words needed

FRONT KNEE

Layer 1

- Front Knee, 16 times – fast
- Top of knee strikes stomach or chest
- Lift chest
- Pull elbow down and past thigh
- Hop with the knee or stay grounded for power

HOOK, UPPERCUT, HOOK, FRONT KNEE (X2)

Layer 1

- Hook, Uppercut, Hook and 2 Right Knees
- Hop with the Knee or stay grounded for power

Layer 2

- Try to almost throw your body weight forward so you almost need to come up onto tiptoes
- Point knee high and toes down to get sharpness and speed into lower body

Layer 3

- Commit to every strike to earn your results!
- Full-body conditioning – BODYCOMBAT style!

BACK KNEE

Layer 1

- Single Left Knee and hold
- Things just started to slow down!
- We're setting up a Jump Knee
- First thing we do is a Hop Knee

HOP KNEE

Layer 1

- Put more weight onto the front foot
- Lift left knee up and pull the arms down
- It's a little Hop – bend knees as you land
- Creating a pathway for the single Jump Knee
- OPTION: Stay with the Back Knee (grounded)

JUMP KNEE

Layer 1

- Jump and split the legs in the air
- Land wide and bend your knees
- OPTION: Stay with Hop or grounded Back Knee

JUMP KNEE (X2)

Layer 1

- Now we hit the training
- Double Jump Knee with a rebound
- Try and bring your knee in front of your hip then land back in Combat Stance
- OPTION: Stay with Single Jump Knee, Hop or grounded Back Knee



07. THE DROP 8:04mins

JAB, CROSS, JAB, CROSS, JAB, DESCENDING ELBOW

Layer 1

- Right Combat Stance
- 1, 2, 3, 4, 5 – 6
- Jab and Cross, right/left
- Descending Left Elbow
- Elbow starts high and aims diagonally down from left to right
- Body starts to lean to one side
- We're setting up the Dropping Elbow
- Let your back leg trail

Layer 2

- Allow arm to stay relaxed
- You've got the rhythm we start to pick up the pace and put more weight on your front foot

JAB, CROSS, JAB, CROSS, JAB, DROPPING ELBOW

Layer 1

- 1,2,3,4,5 – Drop!
- You can jump or stay down and step forward into the elbow
- Think about crunching and exhaling hard on the way down

Layer 2

- Tuck your hand in close to chest on the elbow strike
- Twist torso to generate rotational power on the punches

Layer 3

- When I say go, you're going to go 3% faster... GO!
- Is the best you've got?
- Great for building strong shoulders

DOUBLE KNEES

Layer 1

- Double Right Knee, Double Left Knee
- Take your time – we're just learning here
- Knee strikes to stomach
- Chest up

DOUBLE KNEES, SINGLE RUNNING MAN KNEES (X4)

Layer 1

- 2 big Right Knees, 2 big Left Knees
- 4 single Running Man Knees
- On Running Man Knees, swing hips backwards and change feet
- OPTION: Stay grounded for Knees

Layer 3

- We're going to pick up the pace
- 5% faster and we go bigger
- Now...Swing!

Layer 2

- Dial down anytime to a level that suits you
- Try and get your arms above your head

Layer 3

- We are in the business of motivation, right? It's all about the feelings, it's all about the music!
- It's just you and the tempo of that beat
- 5% faster again!
- This'll drive your heart rate up and burn more calories



08. POWER TRAINING 3

TRACK FOCUS

Speed and endurance are key in this track! Use the motivating and uplifting music to drive your members to the end TOGETHER! This track is all about celebrating success by pushing boundaries as a team. Create a united vibe with your members and the music as one!

FEEL

Uplifting, Motivating, Celebratory

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	8x8		Recover and introduce track	64	
0:21	V1 / Look up to the sky	8x8	A	Front Stance L Hook x4 R Hook x4	8 8	4x
0:43	B up / (Synth)	8x8	B	L, R Jab x4 L Hook x2 R Hook x2 👁️ L Hook, L Power Hook, R Hook, R Power Hook (on last 8cts)	8 4 4	4x
1:05	C / I'll be by your side _	8x8	B ¹	L, R Jab x4 L Hook, L Power Hook, R Hook, R Power Hook	8 4 4	4x
1:27	I'll be by your side _	8x8	C	L, R Jab (Level 2 after 16reps)	2	32x
1:49	Br / (Fade out)	5x8		Punch L fist to ceiling after last rep then recover	40	
2:03	V2 / Look up to the sky	8x8	D	L Combat Stance L Jab R Half Guard L Jab Pulse F, B x2	1 1 2 4	8x
2:25	B up / (Distorted lyrics)	8x8	D ¹	L Jab, R Cross x4 L Jab, R Half Guard, L Jab x2 👁️ Add step F on Jabs after Half Guard on last rep	8 8	4x
2:47	C / I'll be by your side _	8x8	D ²	L Jab, R Cross x4 L Jab, R Half Guard, L Step Jab x2	8 8	4x
3:08	I'll be by your side _	8x8	E	L Jab, R Cross	2	32x
3:31	Br / (Fade out)	5x8		Punch L fist to ceiling after last rep then recover	40	
3:44	V3 / Look up to the sky			REPEAT SEQUENCES D to E – R Punch R Jab to the ceiling to finish!		



08. BY YOUR SIDE 5:16mins

Bring the lyrics to life in this amazingly uplifting song. When you tie this into your coaching and connection it creates a feeling of team spirit, which is hugely motivational. This track is the perfect 'final round' before hitting conditioning so let everything go! Speed and endurance will be tested, and fatigue will be high, yet the music feel and 'groupness' will get everyone to the end together!

TECHNIQUE & COACHING

HOOKS

Layer 1

- Front Stance
- Boxing Guard
- 4 Right Hooks, 4 Left Hooks
- Target: Jaw or temple with front two knuckles
- Release your heel

Layer 2

- Whip the hip around on the Hook
- Twist the torso to engage the obliques

Layer 3

- Hold your head up high people, you– made it to the final round!
- Standing by your side, I will be here – Pushing you up that hill!

COMBINATION: 8 JABS, DOUBLE HOOKS

Layer 1

- Jab, right left x8
- Double Hook, right left
- Lift heel and rotate knee, hip and shoulder on the Hooks

Layer 2

- Chin down and hands up
- Great training for the shoulders and core

Layer 3

- Anyone who ever got to the top of the mountain didn't just fall there – they battled and scrambled there!

COMBINATION: 8 JABS, HOOK, POWER HOOK

Layer 1

- Watch the second Hook, you go: 1, Power! 2, Power!
- On the Power Hook, shunt your weight to the side
- Land feet wide

Layer 2

- Bigger rotation on the second Hook to chisel your torso
- You throw with so much intensity that you're actively trying to make yourself lose balance

JABS

Layer 1

- Just Jabs!

Layer 2

- Coming through with level 2, throw your punches longer to work your shoulders harder

Layer 3

- Take it up another gear!
- Feel the success!
- So close.... 8, 7, 6...

JAB, HALF GUARD, JAB

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, block, Jab
- Right, left, right
- Soft elbow on the punch

Layer 2

- Elbow to the corner and start to rotate more to feel shoulder coming to the center of the body
- Offensive and defensive moves to lift your heart rate!

Layer 3

- Even when life holds you down there's no need to run



08. BY YOUR SIDE 5:16mins

JAB, CROSS (X4), JAB, HALF GUARD, JAB (X2)

Layer 1

- Jab, Cross 8 times, right left
- Combo twice
- Take your time and learn the sequence
- Bring in some footwork on the Jab, Half Guard combo
- Step forward on the second Jab each time

Layer 2

- Throw your whole body into it for maximum results
- Start to lean forward in the Jab, Cross
- Try to turn the elbow to the outside on the Jab – we call this a corkscrew

Layer 3

- In life it's not what you do that matters, it's what you don't do!
- Let's just take this to the end
- If everyone just stands together, toes to toes, and gives it their best each and every time... one step better!

JAB, CROSS

Layer 1

- Just the Jab, Cross – Go!
- Aim for nose, lip or chin
- Soft elbows
- Turn chest as you strike

Layer 2

- Add the speed by relaxing your upper body

Layer 3

- I will be right by your side!
- It's a journey and the best thing about it is that it doesn't stop – and neither do you!
- How good does this music make you feel?



09. CONDITIONING

TRACK FOCUS

For the first time in BODYCOMBAT we have the option to use a weight plate! Coach the Russian Twist clearly with incremental additions of intensity to maximize the results of the Giant Set. This move is super effective for training the rectus abdominis and obliques.

FEEL

Dreamy, Nostalgic, Flowing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back, side-on to front Feet on floor, hip-width apart – knees bent <u>OPTION:</u> Hold plate above chest	32	
0:13		12x8	A Russian Twist Twist to front and center Twist to B and center (Crunch a little higher and pull elbows down wider after 4reps) 👁️ Extend arms straight and punch plate/hands up (on last rep)	4 4	12x
0:54	C / (Distorted lyrics)	12x8	A ¹ Twist to front, punch up to ceiling Twist to B, punch up to ceiling	4 4	12x
1:35	Br / (Calm sounds)	2x8	recover	16	
1:42		2x8	B Bridge	16	
1:49	B up /	4x8	Set up Oblique Crunch Lie on side facing F, bend knees Lift feet, upper body off floor, top hand fingertips to temples	32	
2:03	C / (Distorted lyrics)	8x8	C Triple Pulse Oblique Crunch – face F Extend legs and release head back down (Roll to face B on last 3cts)	5 3	8x
2:30		8x8	C Triple Pulse Oblique Crunch – face B Extend legs and release head back down (Roll onto back on last 3cts)	5 3	8x
2:58	(Calm sounds)	8x8	D C-Crunch and hold Extend feet to ceiling and reach towards toes Lower legs and arms to 45°	4 4 8	4x
3:25		1x8	C-Crunch and hold to finish!	8	



09. MIDNIGHT 3:37mins

There is a big focus on strengthening the obliques in this Conditioning track. Every punch and block we throw in BODYCOMBAT requires core control – this type of training allows us to improve our execution and power in these moves.

Link the benefits into your coaching as members are more likely to work harder when they understand the reason WHY.

TECHNIQUE & COACHING

RUSSIAN TWIST



Layer 1

- Lie on your back, grab plate and lie it on chest, head relaxed and feet hip-width apart on floor
- Hold plate and bring elbows into ribs, tuck in chin and slide ribs to pelvis
- Twist to the front, hold in the center, twist to the back
- Holding the plate like a steering wheel
- Take your eye gaze where the plate goes
- Rotate from the center of your chest

Layer 2

- Incrementally start to crunch up higher to the center
- Start to bring elbows wider and further away from the hips so you can start to feel the obliques really engage
- As you crunch up, feel the shoulders lift and the ribs slide given direction
- Start to extend your elbows – you're punching the plate – Giant Set starts now
- Punch plate up and pull it down
- Let the elbow gently kiss the floor
- Think about pulling/pressing

Layer 3

- I did say it's a giant set, right?! – hold on!
- Every time you throw those Hooks and Uppercuts and Kicks you're overloading the core – let's get it stronger now!

BRIDGE

Layer 1

- Plate down out of the way
- Squeeze glutes and lift hips up
- Push heels into the floor
- Lower down slowly

Layer 2

- This releases tension in the abs

OBLIQUE CRUNCH



Layer 1

- Roll onto your side
- Bend knees
- Lift onto the meaty part of your butt cheek
- Knees and hips facing forwards
- Front arm long to the side, palm facing ceiling
- Back hand – fingertips to temples
- Triple Crunch
- Reach hand to heel then extend away

Layer 2

- You may be surprised, you don't have to lift the ribs too high up
- Feel the Crunch right down the middle of waist

Layer 3

- This exercise is brilliant for really chiseling away at the waist!

C'CRUNCH



Layer 1

- Roll onto your back
- C-Crunch – 4 reps here
- C-Crunch and reach for heels, reach up with the hands and feet – slowly lower in a V-shape
- Lower back towards floor

Layer 3

- Finishing off the abs in isolation



10. COOLDOWN

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

This is an opportunity to celebrate a great workout together by rewarding Your bodies with important stretches. Allow space for the beautiful ‘Workout for Water’ song to guide members through their stretches.

Leave members feeling re-energized with the playful Ginga/Esquiva combo finish!

FEEL

Inspiring, Optimistic, Uplifting

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Recover and congratulate members!	32	
0:12	C / Heads up for the light _	8x8	Jump feet wide into Adductor Stretch (Take hands further forward to increase stretch after 24cts)	64	
0:39	V1 / Heads up all the way	4x8	R Hip Flexor Stretch – arms reach O/H	16	
			Rotate to L Side	16	
0:54	PC / Time for me to see how much	4x8	L Kneeling Hamstring Stretch	32	
1:08	C / Heads up for the light	4x8	L Hip Flexor Stretch – arms reach O/H	16	
			Rotate to R side	16	
1:23	Heads up for the light	4x8	R Kneeling Hamstring Stretch	32	
1:38	V2 / Heads up on a row	1½x8	Roll up to standing and walk F	12	
1:42	Tearing away	2½x8	L Quadricep Stretch	20	
1:52	PC / Time for me to	4x8	R Quadricep Stretch	32	
2:06	C / Heads up for the light	4x8	R Iliotibial Band Stretch	32	
2:21	Heads up for the light	4x8	L Iliotibial Band Stretch	32	
2:36	Br / Let’s see for	2x8	L Shoulder Stretch – feet wide	16	
2:43	Let’s see for	2x8	L Tricep Stretch	16	
2:50	QC / Heads up for the light	2x8	R Shoulder Stretch	16	
2:58	Heads up for this time	2x8	R Tricep Stretch	16	
3:05	C / Heads up for this time	6x8	R, L Ginga x2	8	
			R Esquiva	8	
			L, R Ginga x2	8	
			L Esquiva	8	1½x
3:26	Outro /	1x8	Feet together and take a bow!	8	



Workout for Water

10. HEADS UP 3:32mins

Connect with members personally to celebrate them on their efforts. Draw positive energy from the song and allow the great lyrics and uplifting feel to guide the way. Enjoy the fun finish by bringing the fluid Ginga/Esquiva combo to life as you leave members feeling a sense of achievement and being re-energized!

TECHNIQUE & COACHING

ADDUCTOR STRETCH



Layer 1

- Hands down, jump both feet out wide
- Take hands further forwards, take hips back and start to push your hands into the floor

Layer 2

- You're not trying to do the splits here, just feel the stretch in the groin and adductors
- Relax shoulders and drop head down
- Surrender to the stretch by relaxing

HIP FLEXOR STRETCH

Layer 1

- Step right forward leg
- Lift arms up over head
- Relax shoulders down away from ears
- Twist to the right and release the back toes down

Layer 2

- Feel the hip flexor stretching

KNEELING HAMSTRING STRETCH



Layer 1

- Sit hips back
- Front leg long and relax upper body – hands to sides of leg
- Point toes up and feel hamstring stretching gently
- Chest in line with front knee

QUADRICEP STRETCH

Layer 1

- Come up to standing and walk forwards
- Right foot into right hand – knees close, heel to butt and left arm out for balance
- Relax and soften the supporting knee
- Lift chest high

ITB STRETCH

Layer 1

- Left foot steps behind into ITB Stretch
- Ribcage lifts and then push opposite heel into floor as ribs sit down
- Create a C-shape with your ribcage

Layer 2

- Breathe through the stretch

SHOULDER/TRICEP STRETCH

Layer 1

- Step feet wide
- Shoulder Stretch – soften both knees
- Hold above or below the elbow
- Sweep arm over into Triceps Stretch

Layer 2

- Relax the hands, tuck in the chin

GINGA/ESQUIVA COMBO



Layer 1

- This is a re-energizer... did someone say Ginga?
- Step left, triangle... 3, 2, 1, step left leg out – Esquiva, just a little one!
- Ginga – on/off the rhythm, step wide
- Esquiva means to evade or to escape
- Feet together and take a bow – you deserve it!



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.

