

BODYCOMBAT 81

MUSIC

01A. UPPER BODY WARM UP

01B. LOWER BODY WARM UP

02. COMBAT 1

03. POWER TRAINING 1

04. COMBAT 2

05. POWER TRAINING 2

06. COMBAT 3

07. MUAY THAI

08. POWER TRAINING 3

09. CONDITIONING

10. COOLDOWN

BONUS

05. POWER TRAINING 2

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MUSIC

01A

Drop It Down (Extended Mix) (4:01)
Sidney Samson feat. Vasin
© 2018 Smash The House.
Written by: Samson, Alexandrovich

01B

Bullet Blowz (3:50)
Havana Brown & Kronic
Courtesy of the Universal Music Group.
Written by: Calleja, Clow, Caporaso, Meunier

02

Mangalam (5:59)
Will Sparks & Maddix
© 2018 Heavyweight Records.
Written by: Rindt, Sparks

03

Hearts Ain't Gonna Lie (High Contrast Remix) (5:06)
Arlissa & Jonas Blue
Courtesy of the Universal Music Group.
Written by: Robin, Ruppert, Clare, Tadgell, Negussie

04

Nice Flow (Original Mix) (4:43)
Smookie Illson & Fly Boi Keno
© 2015 Play Me Records.
Written by: Mackenzie, Hurst

05

False Alarm (5:16)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Walter, Nickerson, McKinney, Diel, Balshe, Tesfaye

06

How Bad Do You Want It (Oh Yeah) (3:44)
Cue Sheets
© 2019 Les Mills Music Licensing Ltd.
Written by: Smith, Streeter, Franks, Cedar, Angelides, Hart, La Decks

07

Public Enemy (5:28)
Boss Boys
© 2019 Les Mills Music Licensing Ltd.
Written by: Oude, Bruggen, Grigahcine, Moore, Rhonduis, Taihuttu

08

Got You There (6:07)
Matrix & Futurebound feat. Zelah
© 2018 Metro / Viper Recordings.
Written by: Hill, Quinn, Collins

09

Tell Me You Love Me (Matrix & Futurebound Remix) (5:15)
Demi Lovato
Courtesy of the Universal Music Group.
Written by: Bhattacharyyaajay, Hill, Lauryen

10

Like I Would (The White Panda Remix) (3:18)
ZAYN
© 2016 RCA Records, a division of Sony Music Entertainment.
Written by: Wells, Griffin, Malik, Emerson, Rains, Waviest

BONUS 05

Holding On (4:23)
Andromedik
© 2018 Liquicity Records.
Written by: Demarbaix



L-R: Caley Jäck, Reagan Kang, Dan Cohen,
Rachael Newsham and Marlon Woods

Drama, excitement, unleashed energy, fireballs and face to face challenges brings BODYCOMBAT Release 81 alive.

The combinations of strikes, intensity, fun and mini themed stories allows this workout to be both dramatic and successful.

Jumping progressive Decoys, Jump Kicks and the return of the superman Punch are just some of the early features and standout moments of this release. Jumping shields, a split room challenge is the perfect back half to such a fun and exciting workout.

Power striking is key in Release 81 Power Hooks, Power Upper Cuts and Power Knees all help keep the work out simple and yet incredibly effective.

We know you'll love this release and we encourage your continued feedback.

Keep it real and stay with the fight!

Dan Cohen

CREDITS

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

PRESENTERS

Dan Cohen (New Zealand) is co-Program Director for BODYCOMBAT and CXWORX and a passionate mixed martial artist based in Auckland.

Rachael Newsham (New Zealand) is co-Program Director of BODYCOMBAT and Program Director of SH'BAM. She is based in Auckland.

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

Marlon Woods (Australia) is a BODYCOMBAT and BODYPUMP Trainer and a LES MILLS TONE Presenter. He lives in Sydney and works in a research lab at The University of Sydney.

Caley Jäck (South Africa) is a BODYCOMBAT and SH'BAM Presenter/Instructor, a BODYBALANCE/ BODYFLOW, LES MILLS BARRE and LES MILLS GRIT Trainer and a BODYPUMP Instructor. She is based in Cape Town and also works as a Massage Therapist.



EXPRESS FORMATS

45–MINUTE FORMAT		30–MINUTE FORMAT	
Track 01A	Upper Body Warm up	Track 1A	Upper Body Warm up
Track 01B	Lower Body Warm up	Track 1B	Lower Body Warm up
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	25:43
Track 07	Muay Thai		
Total Time	38:07		

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

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.

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			



01A. UPPER BODY WARM UP

TRACK FOCUS

Connect with your members, the moves and the music! Clearly coach the various strikes and directional changes, allowing the body to get loose for the workout ahead.

FEEL

Dance / Electronic

MARTIAL ART

Boxing

MUSIC			EXERCISE			CTS	REPS
0:05	Intro /	1½x8	Front Stance – Boxing Guard			12	
0:15		3½x8	A	L, R Jab		4	7x
0:27	B up /	2x8	A¹	L, R Jab		2	8x
0:34	C / Drop it down, hit the floor_	4x8	B	Shuffle to R side		3	
				L Cross to R side		1	
				Shuffle to L side		3	
				R Cross to L side		1	4x
				👁️ R Karate Punch to side on last count			
0:47		4x8	B¹	Shuffle to R side		3	
				L Karate Punch to R side		1	
				Shuffle to L side		3	
				R Karate Punch to L side		1	4x
0:62	Br / (Fade out)	1x8	Front Stance			8	
			Freeze in Boxing Guard				
1:05		3x8	C	Weave L, R		4	
				Weave to R, L		4	3x
1:15	Are we ready? Here we go _	4x8	D	L Combat Stance			
				L, R Hook		4	8x
				👁️ L Hook, R Cross, L Hook			
				Pulse F, B x2 (on last 8cts)			
1:30	B up /	4x8	D¹	L Hook, R Cross, L Hook		4	
				Pulse F, B x2		4	4x
1:44	C / Drop it down, hit the floor_	8x8	E	L, R, L Uppercut		4	
				Jumping Jack x2		4	8x
				OPTION: Squat			
				(L Uppercut to finish after last rep)			
2:10	Br / (Fade out)	1x8	Front Stance – Boxing Guard			8	
2:14			REPEAT SEQUENCES A to E – R				
			Note: A is or only 6 reps				
4:08			Finish R Uppercut				



01A. DROP IT DOWN (EXTENDED MIX) 4:01mins

This track has great Multi-directional movements to build great combat skills. Enjoy the contrast in the moves and music as you take your members through a journey of Boxing and Karate strikes. Use this as an early opportunity to connect with those in front of you by using names, smiles and eye contact.

TECHNIQUE & COACHING

JABS

Layer 1

- Front Stance
- Hands up in Boxing Guard
- Easy Jab, right/left
- Target: Nose, lip or chin

Layer 2

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

SHUFFLE TO SIDE, CROSS



Layer 1

- Shuffle to the left, right Cross
- Punch to side
- Aim for center of face
- Keep elbow soft

Layer 1

- Light on feet
- More rotation from shoulder

SHUFFLE TO SIDE, KARATE PUNCH



Layer 1

- Target: Chest or sternum

Layer 2

- Karate Punch has a little more pop
- Lift heel, rotate the shoulders
- Hips low

WEAVE



Layer 1

- Weave to the right, weave left
- Fists high in Boxing Guard
- Tuck elbow in and chin down
- Bend knees

Layer 2

- Imagine weaving to avoid a strike
- Feel your obliques working hard to move your torso in a circle

HOOKS

Layer 1

- Right Combat Stance
- Slow Hook right, left
- Circular punch
- Target the side of face; release your heel and turn your knee, hip, and body
- Lift the elbows

HOOK, CROSS, HOOK, PULSE

Layer 1

- Hook, Cross, Hook, pulse forward and back

Layer 2

- Relax and allow the strikes to flow
- These strikes are all about rotation

Layer 3

- This Warm Up is all about getting you loose – are you ready to get loose?

UPPERCUTS X3, JUMPING JACKS X2

Layer 1

- 3 Uppercuts, 2 Jumping Jacks
- Uppercuts target the chin
- Bend your knees on the Jumping Jacks
- OPTION: Power Squat

Layer 2

- Knees and toes out
- Jumping Jack for speed, Squat for power



01B. LOWER BODY WARM UP

TRACK FOCUS

Bring the energy in this motivating and energetic Lower Body Warm-up! Introduce your class members to the Esquiva and Decoy as feature moves they will use later in the workout.

FEEL

Big Room, Dance, Energetic

MARTIAL ARTS

Capoeira, Kick -boxing and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
4:05	Intro /	2x8		Front Stance Feet outside oh hip-width – open hands by sides of face	16	
4:12		2x8	A	L hand reach down to L side R hand reach down to R side 👁️ Straighten R leg into Forward-Facing Esquiva	4 4	2x
4:19	V1 / _ Move your body, body	4x8	A ¹	L Forward-Facing Esquiva R Forward-Facing Esquiva Hands on knees and roll up to standing	4 4	3½x
4:33	B up / Everybody jump! _	4x8	B	L Knee x3 to L side Step L, R, L to face R side R Knee x3 to R side Step R, L, R to face L 👁️ R Knee, R Front Kick, R Knee Step R, L, R to face L (on last rep)	5 3 5 3	2x
4:48	B up /	8x8	B ¹	L Knee, L Front Kick, L Knee to L side Step L, R, L to face R side R Knee, R Front Kick, R Knee to R side Step R, L, R to face L side	5 3 5 3	4x
5:17	C / (Fade out)	6x8	C	L Combat Stance L Roundhouse Kick Set-up Pulse OTS	4 4	6x
5:38	Br / _ move your body	8x8	C ¹	L Roundhouse Kick Pulse OTS Level 2 after 4 reps (Jump to Front Stance on last 4cts)	4 4	8x
6:06	C / Everybody jump! _	8x8	D	Front Stance L Side Kick R Decoy Jump back into Front Stance	4 2 2	8x
6:34	(Fade out)	½ x8		Freeze in Front Stance	4	
6:36	V3 / _ I’m about to			REPEAT SEQUENCES C to D – R (Feet together to finish!) (Note: Sequence C is for only 4reps)		



01B. BULLET BLOWZ 3:50mins

Such a great track with huge contrast and high-energy musical peaks. Use clear directional cues to enable your members to perform the moves successfully while enjoying the motivational song. Bring your personality and energy to this Lower Body Warm-Up as this will help build connection and enjoyment, right from the start of the class.

TECHNIQUE & COACHING

FORWARD-FACING ESQUIVA



Layer 1

- Feet outside hip-width and sink low
- Hands up by side of face, elbows tucked in
- Chest up
- Push knees out in line with toes
- Reach right hand down, reach left

Layer 2

- Add a little lean to the side as you reach
- Keep hips facing forwards and chest high
- Time for a little Capoeira!
- Straighten the leg and perform an Esquiva

KNEE X3 TO THE SIDE

Layer 1

- 3 right Knees, change – left side
- Aim for stomach
- Lean shoulders back and brace abs

KNEE, FRONT KICK, KNEE TO THE SIDE

Layer 1

- 1 Knee, 1 Front Kick, 1 Knee
- Kick to stomach or chest of opponent
- Strike with ball of foot on the Kick
- Knee soft, lean back and brace abs

Layer 2

- Swing arm down on the Kick
- Retract heel towards butt after the Kick to warm the hamstrings
- Drive hips forward, warming the lower body

ROUNDHOUSE KICK

Layer 1

- Roundhouse set-up to the front, then pulse on the spot
- Turn heel towards the front of the room
- Shin of kicking leg parallel to the floor (knee in line with ankle)
- Kick – low aim for the knee
- Point toes and strike with shoe laces/shin
- Lean away and brace abs tightly to protect lower back
- Feet outside hip-width

Layer 2

- Warm the legs, elevate your kicking game

Layer 2

- Maybe try and kick a little higher; aim for the waist
- Feels good to stretch the leg out a little further
- This is our Tae Kwon Do flavor!

SIDE KICK, DECOY

Layer 1

- Side Kick to the right; aim low
- Turn right, now turn front
- Set heel before you kick; strike low with side of foot
- Bend knees on the Decoy

Layer 2

- Play with your opponent on the Decoy!
- Left shoulder comes forward



02. COMBAT 1

TRACK FOCUS

Bring the creative fusion of Tae Kwon Do and Kick-boxing to life! Match the physical and musical highs and lows with your voice, face and physical intensity shifts.

This track has huge contrast so immerse yourself in this; show enjoyment and create space for your members to enjoy the amazing song/moves.

FEEL

Atmospheric, Tribal, Driving

MARTIAL ARTS

Kick-boxing and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / <i>Bhumi Mangalam</i>	2x8		Front Stance Turn R foot out to side, bend R knee	16	
0:06	V1 / Vaya Mangalam, <i>valu Mangalam</i>	10x8	A	L Roundhouse Knee x2 L Side Kick Level 2 after 2reps Level 3 after 6reps	4 4	10x
0:40	Br /	1x8		L Combat Stance – Freeze with Boxing Guard	8	
0:43	(Quiet)	5x8	B	L Jab, R Cross L Hook Step R leg F, B 👁️ R, L Decoy on last 4cts	2 2 4	5x
0:59	Bhumi Mangalam (Faint lyrics)	4x8	B ¹	L-Jab, R Cross L Hook R, L Decoy <u>OPTION:</u> Step R leg F, B	2 2 4	4x
1:12	B up / (Synth)	4x8	C	L-Step Front Kick Shuffle B	4 4	4x
1:25	Vaya Mangalam	8x8	C ¹	L Jump Kick Shuffle B <u>OPTION:</u> L-Step Front Kick	4 4	8x
1:51	C / (Drop)	8x8	D	L Jab, R Cross, L Hook R, L Decoy L Jump Kick Shuffle B <u>OPTION:</u> Step L Kick	4 4 4 4	4x
2:17	B up /	4x8	A	Front Stance L Roundhouse Knee x2 L Side Kick	4 4	4x
2:31	C / (Drop)	8½x8	D ¹	L Combat Stance L Jab, R Cross, L Hook R, L Decoy with Tuck Jump (advanced) L Jump Kick Shuffle B <u>OPTION:</u> L-Step Kick	4 4 4 4	4x
				Freeze Guard to finish	4	
2:57	<i>Bhumi Mangalam</i>	2x8		Front Stance Recover and prepare for R Roundhouse Knees	16	
3:05	V2 / Vaya Mangalam, <i>valu Mangalam</i>			REPEAT SEQUENCES A to 2nd D – R		



02. MANGALAM 5:59mins

This is a creative fusion of Tae Kwon Do and Kick-boxing to challenge our upper/lower body, heart and lungs! Offer all levels early to ensure everyone feels included and successful. Fully immerse yourself in the fantastic contrast of musical highs and lows coupled with physical shifts – this brings the magic!

TECHNIQUE & COACHING

ROUNDHOUSE KNEE X2, SIDE KICK



Layer 1

- Front Stance, put your weight on left leg and bend the knee
- 2 right Knees and 1 right Side Kick
- Knee to ribcage, Kick to lower part of your opponent's leg

Layer 2

- Side Kick – it's a push/pull movement
- Strike like a sword with the outside of the foot
- Roundhouse Knees – reach higher and pull down harder to work the core

JAB, CROSS, HOOK, STEP FORWARD AND BACK/DECOY

Layer 1

- Jab, Cross, Hook, step forward, step back
- Aim for nose and side of face
- Keep elbows soft on punches

Layer 2

- The art of Tae Kwon Do is the ability to think two/three moves ahead of your opponent so they don't see things coming like this... (Decoy!)
- We use the Decoy to confuse our opponent
- Stay low and use the option of stepping to lose the impact

Layer 3

- The Decoy is such a cool move – how good do you feel when you land yours?
- The challenge is moving fast with precision to frustrate your opponent!

L-STEP FRONT KICK / JUMP KICK

Layer 1

- Step and Kick, left, right
- Aim Kick to stomach, striking with ball of foot
- Lean shoulders back and brace abs tightly
- Land softly by bending knees
- The Jump Kick is long and low

Layer 2

- Squeeze glute and use hip to fire the Kick
- Swing arm down as you strike
- For the Jump Kick, lift back knee, hop and change the weight as you kick, then retract your foot
- Swing back knee and get some air time

JAB, CROSS, HOOK, DECOY, STEP / JUMP KICK

Layer 1

- Full Combo – Jab, Cross, Hook, Decoy, Step or Jump Kick!

Layer 2

- Full Kickboxing combo, with a little confusion
- The power comes from the floor so use it by bending your knees and driving out of it

Layer 3

- Is that really your fastest punch?!
- Great training for upper and lower body

JAB, CROSS, HOOK, DECOY WITH TUCK JUMP, JUMP KICK

Layer 1

- I'm taking it up – it's a Decoy with Tuck Jump!
- As you jump up and over, tuck your knees up to your chest
- Land soft by bending your knees

Layer 2

- Imagine your opponent tries to sweep your legs – jump up and over to avoid it!
- Remember to use the step alternative any time

Layer 3

- Who can jump the highest?
- You all look amazing – great job!



03. POWER TRAINING 1

TRACK FOCUS

It's time to fly with this uplifting and euphoric Power tack! Take your members on an intrinsic journey as they experience how good it feels to find freedom in their movements. Allow yourself to truly express this and it will be reciprocated back to you. When we love what we do and show it we create an infectious euphoria where members will also find their own freedom to express their passion.

FEEL

Uplifting, Contrasting, Motivational

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / It's not what you said	2x8		Recover and prepare to run	16	
0:07	Although you say you love me	14x8		L, R Run OTS (last 8cts set-up Front Stance)	2	56x
0:45	C / Hearts ain't gonna lie	8x8	A	Front Stance L, R Jab x4 L Uppercut x3 L Hook R, L Jab x4 R Uppercut x3 R Hook 👁️ R Power Hook (on last rep)	8 6 2 8 6 2	2x
1:07	Hearts ain't gonna lie	12x8	A ¹	L, R Jab x4 L Uppercut x3 L Power Hook R, L Jab x4 R Uppercut x3 R Power Hook 👁️ L Uppercut, L Hook R Uppercut, R Hook (last 8cts)	8 6 2 8 6 2	3x
1:41	Br / (Instr)	4x8	B	L Uppercut, L Hook R Uppercut, R Hook 👁️ R Power Hook (on last rep)	4 4	4x
1:51	_ We'll do this again	4x8	B ¹	L Uppercut, L Power Hook R Uppercut, R Power Hook L Uppercut to finish after last rep!	4 4	4x
2:04	V2 / You are the one, the one	2x8		Recovery	16	
2:08	You know people take	6x8		L, R Run OTS	2	24x
2:24	PC / When I don't feel right	8x8	C	L Combat Stance L Jab, R Cross x2 L Double Jab R Cross 👁️ Roll to B, step F and R Superman Punch (on last 8cts)	4 2 2	8x



03. POWER TRAINING 1

	MUSIC			EXERCISE	CTS	REPS
2:46	C / Hearts ain't gonna lie	16x8	C¹	L Jab, R Cross x2 L Double Jab R Cross Roll to B, step F and R Superman Punch	4 2 2 8	8x
3:30	Ohh, do this again	4x8	D	L Jab, R Cross Punch L fist to ceiling to finish after last rep!)	2	16x
3:41	(Fade out)	3x8		Recover	24	
3:50	C / We get along			REPEAT SEQUENCES C to D-R Note: Sequenece C only 6reps		
3:51	Love don't feel	1x8		Recover		



03. HEARTS AIN'T GONNA LIE (HIGH CONTRAST REMIX) 5:06mins

This track is full of emotion and energy! The Boxing strikes build into an innovative combination where you and your members are set free from tradition as you fly towards your fitness results together. The main focus is intrinsic motivation – how the moves and music makes you FEEL. Tap into this as you encourage your participants to express their enjoyment and feel the euphoric buzz.

TECHNIQUE & COACHING

RUN

Layer 1

- Easy Jog, right, left
- Flush out the legs
- Chest up

JABS X8, UPPERCUT X3, HOOK/POWER HOOK

Layer 1

- Front Stance, Jabs – right, left 8 times
- 3 right Uppercuts, 1 right Hook on the spot
- Targets nose, chin and side of face

Layer 2

- The Jabs are quick; the Uppercuts are short and powerful
- Elbows tight, shoulders loose, 1 Lift and twist for the Hook
- Power Hook – shift your weight sideways
- More force, more mass and acceleration

UPPERCUT, HOOK/POWER HOOK

Layer 1

- Uppercut, Hook, Uppercuts Hook
- Aim for chin and side of face
- Release heel on the Hook
- On the Hooks, elbow to 90 degrees and just above the wrist for power
- Stay in the pocket!

Layer 2

- Intense focus now – you are punching a heavy bag
- Watch this – 1 and 2, stay and jump
- Power Hook – shift weight across to the side

Layer 3

Can you make a bigger dent in the bag?

JAB, CROSS (X4) DOUBLE JAB, CROSS

Layer 1

- Jab, Cross 4, Double Jab, Cross
- Aim for nose, lip or chin
- Elbows soft

Layer 2

- Chin down, shoulders relaxed and twist from your chest

Layer 3

- Who came to class today wanting to break free from tradition?!
- Who wants to feel like they can fly?! Yeah?!
- If you want to fly, you can't be scared to fall
- How does this make you feel? We are on this journey together

JAB, CROSS (X4), DOUBLE JAB, ROLL AND SUPERMAN PUNCH



Layer 1

- Watch this combination – Roll, step and the Superman Punch returns
- Take it back into a Roll, then step forward and throw the Superman Punch

Layer 2

- Delay the Roll, take a step up and the inertia of the kick and the punch will drive you forwards
- OPTION: to stay grounded and lose the impact

Layer 3

- I love it! It's not just in your bodies – it's on your faces!
- You look superb!



03. HEARTS AIN'T GONNA LIE (HIGH CONTRAST REMIX) 5:06mins

JAB, CROSS

Layer 1

- Jab, Cross, right and left

Layer 2

- Twist from chest to fire up your obliques
- Reach fists out long to really shape your shoulders and triceps

Layer 3

- Only 20 seconds!
- Is that all you've got left?! – empty the tank!



04. COMBAT 2

TRACK FOCUS

Multi-directional strikes to help build combat skills and cardiovascular fitness. Coach and role-model the different feels of TKD, light and agile Vs. Karate, which is strong and grounded.

FEEL

Hip Hop, Swagger, Dance

MARTIAL ARTS

Tae Kwon Do and Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Rap lyrics)	2x8		Front Stance – Boxing Guard	16	
0:04	V1 /	6x8	A	Drop Squat and reach L hand down	4	6x
				Drop Squat and reach R hand down	4	
				👁️ L Evasive Sick Kick (on last 8cts)		
0:17	Oh	8x8	A ¹	Drop Squat and reach L hand down	4	4x
				Drop Squat and reach R hand down	4	
				L Evasive Sick Kick	8	
				👁️ Jumping Jack, reach L hand down; Jump Jack reach R hand down, L Jumping Evasive Side Kick		
0:35	C / (Drop)	16x8	A ²	Front Stance		8x
				Jumping Jack and reach L hand down	4	
				Jumping Jack and reach R hand down	4	
				L Jumping Evasive Sick Kick	8	
				<u>OPTION</u> : Drop Squat L and R L Evasive Side Kick		
1:10		8x8	B	L Combat Stance		16x
				L Rising Block	2	
				R Karate Punch	2	
1:27	V2 / Oh, you want it nice and slow?	2x8		Recover	16	
1:31	_ Do ya, do ya want it nice and slow?	6x8	C	Front Stance		6x
				R Front Knee	4	
				L Front Knee with Shield	4	
				👁️ R Front Kick		
				L Propulsive Knee with Shield (on last 8cts)		
1:45	B up / Oh, you want it nice and slow?	8x8	C ¹	R Front Kick	4	8x
				L Propulsive Knee with Shield	4	
2:02	C / (Drop)	8x8	A ²	Front Stance		4x
				Jumping Jack and reach L hand down	4	
				Jumping Jack and reach R hand down	4	
				L Jumping Evasive Sick Kick	8	
				<u>OPTION</u> : Drop Squat L and R L Evasive Side Kick		
2:20	B up / Diggy	2½x8		Recover	20	
2:25	V3 /			REPEAT SEQUENCES A to 2nd A2 – R		



04. NICE FLOW (ORIGINAL MIX) 4:43mins

Tae Kwon Do brings elusive and flamboyant strikes with a light and agile feel. Clearly say and show the options to dial up/down intensity/impact so everyone finds a level that suits them. When transitioning into Karate, change your coaching and movement style to reflect the discipline, rigidity and control of this Martial Art.

TECHNIQUE & COACHING

DROP SQUAT, REACH DOWN



Layer 1

- Feet outside hip-width, chest up and abs braced
- Drop Squat and reach right hand down, left hand down
- Push knees out over toes

DROP SQUAT AND REACH X2, EVASIVE SIDE KICK

Layer 1

- You have 2 of these, then step to the left and Side Kick right leg
- Drop down, 2 Squats and 1 Evasive Side Kick

Layer 2

- The Evasive Side Kick is made up of one huge step to the side and a big push/pull action
- Tae Kwon Do is elusive and flamboyant!

Layer 3

- Can you lure your opponent in by stepping one way then kicking the other?

JUMPING JACK X2 WITH REACH, JUMPING EVASIVE SIDE KICK

- Watch this – we split the Jumping Jack twice: Step Kick, Step drop
- Land soft by bending knees on the Jumping Jacks
- OPTION: Is to stay with the Drop Squat and grounded on the Side Kick

Layer 2

- You can get huge amounts of intensity by jumping up, but also get/achieve great power by staying down
- If you jumping land safely by bending your knee
- If your max is on the floor, then the biggest step with the biggest drive gives you the same response

Layer 3

- If I said 4 more, how are we going to find our max?
- Let's JUMP, let's JUMP!
- Who's flying?...Who's getting some air time?

RISING BLOCK, KARATE PUNCH



Layer 1

- Right Combat Stance
- It's fast – Block, Punch, right, left
- Keep a bend in the elbow on Rising Block

Layer 2

- Key here is to load your legs, turn your back heel and then drive the punch forwards
- Relax first then zone in on the target
- Sink into the legs and contract at the last second

Layer 3

- How strong is your block and fist?
- Pick up the power!
- Can your strike break through the board?



04. NICE FLOW (ORIGINAL MIX) 4:43mins

REAR KNEE, FRONT KNEE WITH SHIELD

Layer 1

- Rear Knee, Front Knee
- Target: Stomach of opponent
- On Front Knee, add Shield
- Right arm vertical, left arm horizontal
- Keep fists clenched

Layer 2

- The Shield protects you from a counter-strike
- Tuck chin in, crunch abs and protect your body
- Bring elbow in and knee in tightly

REAR LEG FRONT KICK, FRONT KNEE WITH SHIELD



Layer 1

- Watch this – back leg Front Kick, Front Knee with jump
- Shield on the Propulsive Front Knee
- Land softly by bending knee
- Shoulders back and abs braced as you throw the Kick – protect the lower back

Layer 2

- Swing back arm down as you kick
- Someone's attacking – so get the shield!
- Multi-directional strikes to build your combat skills and awareness



05. POWER TRAINING 2

TRACK FOCUS

This is a split room track. Use this engaging class dynamic to interact and connect with everyone on the floor, especially in the short recoveries between sets. Motivate your members through the floor-based and standing challenges – with everyone getting stronger and fitter while having fun together!

FEEL

Interactive, Challenging, Contrasting

MARTIAL ART

MMA

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	6x8		Split room in 2 teams Set up Plank position	48	
0:18	V1 / Bathroom stalls for the powder nose	16x8	A	Bear Crawl R Knee in, L Knee in R Knee out, L Knee out (Any leg can lead)	4 4	16x
1:03	C / False alarm!	8x8	B	Jack feet out/in x2 Star Pushup	4 4	8x
				OPTIONS: 1) Single Pushups on knees or toes 2) Jumping Jack out/in x1, Pushup)		
1:25	V2 / Six inches long, 'bout three inches	4x8		TRANSITION to standing  Front Stance R, L Uppercut, R Hook L, R Uppercut, L Hook (on last 8cts)	32	
1:35	Diamonds and the rings	12x8	C	R, L Uppercut, R Hook L, R Uppercut, L Hook	4 4	12x
2:08	C / False alarm!	8x8	D	Team 1 R, L Mountain Climber OPTION: Sprint OTS Team 2 Modified Sprawl and Tuck Jump As fast and as many reps as possible!		
2:31	Br / she always leaves the man	9x8		Recover and transition back to Plank position OPTION: Bear Crawl	72	
2:55	C / False alarm	32x8		REPEAT SEQUENCES B – D Note: Switch team exercises this time Team 1 performs Modified Sprawl and Tuck Jumps Team 2 performs Mountain Climbers (or Sprint OTS)		
4:25	Br / _ She always leaves the man	2x8		Recover	16	



05. POWER TRAINING 2

MUSIC		EXERCISE		CTS	REPS
4:31		2x8	TRANSITION to Plank position	16	
4:36	She always seems to be alone	5x8	A Bear Crawl	4	
			R Knee in, L Knee in	4	5x
			R Knee out, L Knee out		
			(Any leg can lead)		
4:51	C / False alarm!	8x8	B Jack feet out/in x2	4	
			Star Pushup	4	8x
<u>OPTIONS:</u>					
1) Single Pushups, on knees or toes					
2) Jumping Jack out/in x1, Pushup)					



05. FALSE ALARM 5:16mins

We bring back the old-school spli-room feel for this Track 5. Take the opportunity to connect with members by working amongst them – aiming to engage and motivate everyone during the track. In the standing Boxing sequence encourage them to connect with each other as they try to match each other's physicality. This will create team spirit and interaction as everyone works hard together, with a smile on their face!

TECHNIQUE & COACHING

BEAR CRAWL



Layer 1

- Down to the floor in Plank position
- Hands under shoulders
- Abs braced tightly
- Any leg – walk in, in, out, out
- Keep hips and shoulder square to the floor

Layer 2

- As you walk the knee in, bring it directly under the hip to fire up and recruit more muscles of the abdominals
- As your shoulders fatigue push the hands down harder into the floor

Layer 3

- You are in that variation that challenges you the most – try to stay here for as long as possible
- Body-weight training is absolutely incredible for overall endurance and conditioning

JUMPING JACK X2, STAR PUSHUP



Layer 1

- 2 fast Jumping Jacks with the feet, 1 wide Star Pushup
- As your legs go out your chest drops down no lower than elbow level
- OPTION: Single Pushups or 1 JumpingJack, 1 Pushup

Layer 2

- Reactive Core Training – helping to build stronger core muscles
- Try to avoid bouncing – keep control to maximize results

Layer 3

- I know it's tough, but you're doing great – hold on!
- This is where great punches are born, on the floor

UPPERCUTS, HOOK

Layer 1

- Transition to standing
- Face the opposite team
- Front Stance, Boxing Guard
- Uppercut, Uppercut, Hook and change
- Aim for the chin and side of face
- Release your heel on the Hook
- Bring your fist back to Guard position after each punch

Layer 2

- Quick, quick, power! Quick, quick, power! – speed and power to get results

Layer 3

- Look at the person opposite you and now try and match their power!
- Challenge on!
- How about trying to match their speed and intensity now? Pick it up – GO!



05. FALSE ALARM 5:16mins

MOUNTAIN CLIMBERS (OR SPRINT OPTION)



Layer 1

- Hands under shoulders
- Abs braced tightly
- Knee to chest and switch quickly
- If you sprinting, lift chest and use arms to power the speed

Layer 2

- Feel how your shoulders and abs are working hard in the Mountain Climbers!

Layer 3

- How fast can you move your legs? Faster then the person opposite you?
- On the Sprints, power the legs to burn more calories and get fitter, faster!

MODIFIED SPRAWL WITH TUCK JUMP



Layer 1

- Drop down into a Squat, hands open
- Place hands on floor, jump legs back and brace abs
- Jump legs back in towards chest then vertical leap into a Tuck Jump

Layer 2

- Abs braced in the Sprawl
- The Sprawl is a dynamic move which integrates the whole body
- Visualize someone trying to grab your legs and you shoot yourself out of reach!

Layer 3

- It's only 25 seconds – how many can you do?
- Are you giving your everything?



06. COMBAT 3

TRACK FOCUS

It's time to challenge the legs and glutes with authentic Capoeira! Bring your own personal sense of fluidity and fun to the way you move and coach this track. It's short but demanding, so create the perfect blend of connection and challenge to keep everyone working hard to the end.

FEEL

Playful, Fluid, Rhythmic

MARTIAL ARTS

Capoeira and Kick-boxing

	MUSIC			EXERCISE	CTS	REPS
0:00	Intro / Ah yeah _	6x8	A	Front Stance R Hop Ginga 👁️ R Front Kick (on last 4cts)	4	12x
0:21	(Drop)	4x8	A ¹	R Hop Ginga R Front Kick	4 4	4x
0:35	V1 / World goes round, life I chose	8x8	B	Squat x2 – facing R side Lunge x2 – facing front (Reach L hand down on Lunges after 4reps)	4 4	8x
1:02	Br / If the sky starts falling down	4x8	C	R Forward-Facing Esquiva Step R leg B into Ginga	4 4	4x
1:16	PC / _ cause if you wanna ride with me	6x8	C ¹	R Forward-Facing Esquiva Quarter Step R leg B (Lift R knee up after Esquiva after 8reps) <u>OPTION</u> : Stay grounded	2 2	12x
1:36	C / How bad do you want it?	4x8	A ¹	R Hop Ginga R Front Kick	4 4	4x
1:50	(Steel drums)	1x8		Recover (feet together)	8	
1:53	Br /	5x8	A	L Hop Ginga 👁️ L Front Kick (on last 4cts)	4	10x
2:10	Ah yeah _	4x8	A ¹	L Hop Ginga L Front Kick	4 4	4x
2:24	V2 / World goes round, life I chose	8x8	B	Squat x2 – facing L side Lunge x2 – facing front (Reach R hand down on Lunges after 4 reps)	4 4	8x
2:51	Br / If the sky starts falling down	4x8	C	L Forward-Facing Esquiva Step L leg B into Ginga	4 4	4x
3:05	PC / _ cause if you wanna ride with me	6x8	C ¹	L Forward-Facing Esquiva Quarter Step L leg B (Lift L knee up after Esquiva after 8reps)	2 2	12x
3:26	C / How bad do you want it?	4x8	A ¹	L Hop Ginga L Front Kick Feet together, arms by sides to finish	4 4	4x



06. HOW BAD DO YOU WANT IT (OH YEAH) 3:44mins

Capoeira is a hybrid Martial Art combining elements of dance, play and fight! Be creative and colorful in your cues as well as being flowing and relaxed in your movements to bring this track to life. Allow your playful side to shine through, before heading into the dark and serious contrast of Muay Thai in the next track. Ensure you coach safety of the knees in the Squat/Lunge sequence by cueing when to lift the ball of foot/heel.

TECHNIQUE & COACHING

HOP GINGA



Layer 1

- Hop Ginga, step out, step in
- 1 and 2, step out, step in
- Find the rhythm first
- Soft knees
- Arms relaxed
- Take your time and feel the rhythm

Layer 2

- The Ginga has two purposes – defend and attack

HOP GINGA, FRONT KICK

Layer 1

- Hop Ginga, step back and Front Kick forward
- Knee soft on the Front Kick
- Lean away and brace abs

Layer 2

- In Capoeira you stay low, lift the knee and push away
- Feel the flow, like a dance!

Layer 3

- Enjoy the fluidity and have a little fun
- How bad do you want it? How hard are you willing to work?

SQUAT X2, LUNGE X2



Layer 1

- Side facing two Squats, double Lunge face forwards
- Cross wrists in front of chest on the Squats, Ginga Arms on the Lunges
- Knees out, chest up
- Lift the front ball of foot then lift the back heel
- Start to reach right hand down towards floor on Lunges

Layer 2

- Stay low to load the legs and glutes
- Push your heels down on the Squats to work your lower body

Layer 3

- The lower you stay, the quicker you get the results!
- Whoever told you no, doesn't know! You've got this!

FORWARD FACING ESQUIVA, LUNGE



Layer 1

- Forward-Facing Esquiva
- Step out to the left, step back
- Lean your body into the Esquiva, bending left knee and straightening right leg
- Chest up and brace abs to keep hips and shoulders forward

Layer 2

- Aim to reach your hand lower to the floor for more intensity
- Esquive in Portuguese means to escape – avoid their strike!
- On the last 4 reps, lift your knee to work your abdominals harder
- OPTION: Stay grounded; no Knee Lift

Layer 3

- Now if you want to come on this ride with me, I encourage you to drive out of your heel and lift your knee
- Do you want to ride with us? Do you want to come alive with us?



07. MUAY THAI

TRACK FOCUS

Muay Thai is an intense Martial Art and creates the highest cardio peak in BODYCOMBAT! The track focus is about inspiring your members to push their limits by pushing yours! We do this through our motivational coaching and by role-modeling physicality. Give everything you’ve got and watch how your members do the same!

FEEL

Electronic, Techno, Powerful

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	½ x8	Front Stance	4	
0:02	B up / (synth)	4x8	A L, R Running Man Knee	4	8x
0:13	V1 /	4x8	B L Combat Stance L Jab, R Cross L Ascending Elbow Pulse F, B 👁️ R Knee x2 (on last 4cts)	2 2 4	4x
0:25	B up / (percussion and synth)	12x8	B¹ L Jab, R Cross L Ascending Elbow R Knee x2	2 2 4	12x
0:59	C / (Dubstep drop)	8x8	C Front Stance L Knee x4 R Knee x4 (Extra R Knee on last rep to finish!)	8 8	4x
1:22	(Fade out/in)	4x8	Recover and transition to L Combat Stance facing L side	32	
1:33	V2 / (Synth)	4x8	D Plyo Push Pulse F, B x3 to switch to face R side Plyo Push Pulse F, B x3 to switch to L side 👁️ Plyo Push 2cts, R Front Kick 2cts, Pulse x2 to switch to L side (on last rep)	2 6 2 6	2x
1:45	B up / (percussion and synth)	12x8	D¹ Plyo Push, L Front Kick – L side Pulse x2 to face R side Plyo Push, R Front Kick – R side Pulse x2 to face L side	4 4 4 4	6x
2:19	C / (Dubstep drop)	8x8	C Front Stance L Knee x4 R Knee x4	8 8	4x
2:42	Br /	4x8	A L, R Running Man Knee	4	8x
2:54	V3 /		REPEAT SEQUENCES B to 2nd C – R Note: Finish with an extra L Knee		



07. PUBLIC ENEMY 5:28mins

Teach the basics of each move and combination well so your class can build their intensity quickly. Once your members have learnt how to move correctly we need to dial up the pressure and inspire them to reach their highest cardio peak. The most effective way of doing this is through motivational coaching and role-modeling correct movements – this will encourage them to stay with you every step of the way and give everything they have!

TECHNIQUE & COACHING

RUNNING MAN KNEES

Layer 1

- Front Stance
- Running Man Knee, right, left
- OPTION: Stay grounded for Knees

Layer 2

- Swing hip back then drive it forward
- Pull hands down to outer hip

JAB, CROSS, ASCENDING ELBOW, PULSE

Layer 1

- Right Combat Stance
- Jab, Cross, Ascending Elbow, Pulse forward and back
- Right, left, right, 1, 2, 3
- Targets: Nose and chin

JAB, CROSS, ASCENDING ELBOW, BACK KNEE X2

Layer 1

- Eyes up, add on 2 rear Knees
- Aim knees to stomach
- Hands together on rear knees

Layer 2

- Use your hip on the Ascending Elbow to create force on the way up
- Try this: open your hand, this will feel a lot faster and add a sting to the strike!

Layer 3

- The beat's lifting, the energy is building. I've got one question for you... what does the word 'threshold' mean?
- Muay Thai: Intense and out hardest heart-rate peak in BODYCOMBAT – where the results live baby!
- Link the strikes together and be faster than the person next to you

FRONT KNEES X4, BACK KNEES X4

Layer 1

- 4 right Knees, 4, 3, 2, 1 switch – left side
- Abs braced and lift chest

Layer 2

- Hand to hip, heel to butt, knee... Drive!
- Notice how hard I slam my hand to my hip

Layer 3

- Yeah! That's it guys – you look great!
- Finish strongly, 5, 4, 3, 2, 1

PLYO PUSH

Layer 1

- Face the right side
- Plyo Push using the balls of your hands
- Pulse and switch to the left

Layer 2

- We use this move to create space between you and your opponent

PLYO PUSH, PUSH KICK



Layer 1

- Add on Front Kick
- Push, Kick, switch sides
- Lift knee high, lean away and cycle the leg out

Layer 2

- Open your hands, lift your elbows and stretch your chest – the force pushes forwards
- Lift the knee, and smash that brick wall over!
- Push with the hands and Kick with the foot

Layer 3

- Results only come when you believe what your worth is
- So, push harder, reach further... threshold coming!



08. POWER TRAINING 3

TRACK FOCUS

It's time to truly unite as we hit our last standing track! This is a hugely uplifting song, which allows us to connect with our class and be in the moment with them. There's a strong sense of team work and success in this Power Training track – use the lyrics and emotion to guide your members to a celebratory finale!

FEEL

Uplifting, United, Collaborative

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Recover and introduce track		16	
0:05	V1 / Piano	6x8	Front Stance L Shoulder Stretch R Shoulder Stretch		24 24	
0:22	My partners in crime	4x8		L, R Run OTS	2	16x
0:33	And I wish some nights	8x8	A	L Combat Stance L Jab (L Jump Jab after 16reps)	2	32x
0:55	C / When it's all over	8x8	A ¹	L Jump Jab F x4 Run B	8 8	4x
1:17	(Oooh oooh oooh)	8x8	B	L Jab, R Cross (Level 2 after 16reps) (Punch L fist to the ceiling after the last rep)	2	32x
1:39	V2 / _ Hands to the sky	2x8		Recover	16	
1:45	I try to catch flights as they go by	6x8		L, R Run OTS	2	24x
2:02	PC / And I wish some nights	8x8	C	L Combat Stance L Uppercut x2 L Hook, R Hook	4 4	8x
2:23	C / When it's all over	8x8	D	L Jab, R Cross x4 L Uppercut x2 L Hook, R Power Hook	8 4 4	4x
2:46	(Oooh oooh oooh)	8x8	B	L Jab, R Cross (Level 2 after 16 reps) (Punch L fist to the ceiling after the last rep)	2	32x
3:07	V3 / _ Hands to the sky	2x8		Recover	16	
3:13	I try to catch flights as they go by	6x8		L, R Run OTS	2	24x
3:29	PC / And I wish some nights	REPEAT SEQUENCES A to B – R				



08. GOT YOU THERE 6:07mins

Build feelings of inclusivity and empowerment in this track as you bring everyone together for one final battle! Together we are stronger, so make this your mantra as you coach your class to euphoric feelings of success. Let your enjoyment and passion for what you do shine through – this is infectious and will be reciprocated back to you

TECHNIQUE & COACHING

RUN

Layer 1

- Easy Run
- Right, left
- Chest up and use arms
- Knees soft as you land

Layer 3

- My partners in crime!... one last Run to give it everything you've got – what do you say?

JAB

Layer 1

- Right Combat Stance
- Easy Jab, right hand
- Aim for the nose, lip or chin
- Strike with front two knuckles
- Elbow soft

Layer 2

- Chin tucked in, elbows in, nice and relaxed on the shoulder
- Get the feel of momentum, rocking your body forwards and back

Layer 3

- This is your time now!
- Phase one of the Jump Jab – we've been here before, but this time we're got to go bigger... deal

JUMP JAB

Layer 1

- Jump Jab
- Pick up your front foot
- Land softly by bending knee

Layer 2

- A little Jump Jab to get the feel and the melody in your body
- Try to turn your elbow to the outside – that'll recruit more muscles in the shoulder and back

JUMP JAB FORWARD X4, RUN BACK

Layer 1

- 4 Jump Jabs to the front
- Run back
- OPTION: Step Jab instead of Jump Jab

Layer 2

- Simultaneously drop your foot and your punch to hit the Jump Jab
- High knees on the Run

JAB, CROSS

Layer 1

- Jab, Cross, right, left
- Soft elbows
- Bend knees
- Tuck in chin

Layer 2

- Stay in the pocket – nice and relaxed
- Try and turn your shoulders more

Layer 3

- Only 30 seconds here – reach long through your punches to shape your shoulders
- Remember a time when things just felt incredible... Are you in that moment? Let's get you there!



08. GOT YOU THERE 6:07mins

UPPERCUT X2, HOOKS

Layer 1

- Right Combat Stance
- Double right Uppercut, Hook right, Hook left
- Targets: Chin and side of face

Layer 2

- Think about being compact; think about being light
- Loosen through the shoulders and twist your torso
- Load your legs, actively roll your shoulder forward; Wait for it – then rotate on the last second, this creates more power

Layer 3

- What's the music doing for you?

JAB, CROSS X4, UPPERCUT X2, HOOK, POWER HOOK

Layer 1

- Jab, Cross x4, double Uppercut, 1 Hook, 1 Power Hook

Layer 2

- Power combination – working deep into the shoulders and back muscles



09. CONDITIONING

TRACK FOCUS

This is complete core conditioning! We target the muscles of the front, back and sides of our torso with a variety of challenging movements.

Coach your class with education-based cues to inform them of what they are training, how and why. Core strength is integral to function and optimal physical performance – this conditioning track has it all.

FEEL

Vocal, Passionate, Determined

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Electronic sounds)	4x8		Lie on back, side-on to front Lift knees over hips-width apart, shins parallel to floor. Arms by sides.	32	
0:11	V1 / Oh no, here we go again	12x8	A	Urban Ladder F leg extends out to 45° B leg extends out to 45° F, B leg walks in and up x2 Lower legs Bend knees to reset <u>OPTION</u> : Alternate tap down	4 4 16 4 4	3x
0:44	C / Oh, tell me you love me	8x8	A ¹	Urban Ladder – Faster F leg extends out to 45° B leg extends out to 45° F, B leg walks in and up x2 Lower legs Bend knees to reset	2 2 8 2 2	4x
1:07	Br / Oh, can you hear my heart say (ooh , ooh)	16x8	B	Crunch Pulse x3 – clasp fists together, arms straight between knees Crunch B hand punch between knees Crunch F hand punch between knees (Level 2 after 4reps – crunch higher and rotate more on punches)	8 4 4	8x
1:51	QC / Oh, tell me you love me	4x8		Recover and transition to lie on front, fingertips to temples and feet together	40	
2:03	Oh, tell me you love me	28x8	C	Salute Pulse x2 Aeroplane Pulse x2 Salute Pulse x2 Sky Diver – reach hands F, pull B as feet lift off floor, heels together with knees apart	8 8 8 8	7x
3:20	Br / Explosion and fade	5x8		Recover and transition to lie on back	32	
3:35	V2 / Bad at love , no, I'm not good		REPEAT SEQUENCES A – B Note: Punching Note: A only 2 reps			
5:04	Outro / Oh, tell me you love me	3½ x8		Recover – hug knees to chest	28	



09. TELL ME YOU LOVE ME (MATRIX & FUTUREBOUND REMIX) 5:15mins

Use clear body part and direction cues to get people moving well, then layer in some education around the benefits of the exercises. By explaining a little more around the what, how and why of the moves our members will be more compelled to work harder through greater knowledge and understanding.

TECHNIQUE & COACHING

URBAN LADDER



Layer 1

- Lie on your back, side-on to the front
- Setting up the Urban Ladder – bend knees at 90 degrees above hips, arms to sides
- Front foot goes out, then back leg, 6, 5, 4, 3, 2, 1
- Lower legs to 45 degrees then bend knees back to 90 degrees
- Brace abdominals tightly throughout
- Lower back is towards the floor
- OPTION: Toe Tap instead of Urban Ladder

Layer 2

- Pull shoulder blades back towards the spine so you are grounded to the floor
- Challenge yourself by lowering legs closer to floor as you reset
- This move will strengthen and tone your lower abdominals

Layer 3

- Be strong! This is a great exercise to train your core stability using your legs as leverage
- Mind over matter – tell yourself you love this!

TRIPLE CRUNCH PULSE & PUNCH COMBINATION

Layer 1

- Feet down on the floor, hands in the middle
- 3 Crunch Pulses – 3, 2, 1
- Punch right, left
- Chin tucks in and neck long
- Slide ribs down towards hips
- Lower back towards floor

Layer 2

- Punch hard between your knees
- Let's get a little more from this exercise by rotating the shoulders on the Punch
- Shaping your upper abdominals and obliques

Layer 3

- Imagine yourself in a training montage
- Each single Crunch edges you closer to the core conditioning that you're craving!

SALUTE PULSE X2, AEROPLANE PULSE X2, SKYDIVER



Layer 1

- Pull knees towards chest and roll up
- Lie on your front, feet together, legs long, fingertips to temples
- Squeeze glutes before you move
- 2 Salute Pulses, fingertips to temples, two Aeroplane Pulses, arms out to side, 2 Salutes, reach forward and pull back for the Skydiver

Layer 2

- Great training for your lower back muscles
- Draw shoulder blades together and feel the pinch
- Feel the strength in your lower back – this is building balance in your body

Layer 3

- It's gonna start to heat up now
- You gotta train the back if you want a strong front!



10. COOLDOWN

TRACK FOCUS

Is a well-earned Cooldown and stretch to a beautiful piece of music. Allow space in your coaching to connect members to their breath and to the song. There’s ample time to stay in each stretch for a while, which gives you the opportunity to say less and for your class to ‘feel’ more.

FEEL

Relaxing, Soulful, Re-energizing

	MUSIC		EXERCISE	CTS	REPS
0:00	V1 / Hey what’s up	2x8	Recover and prepare to stretch	16	
0:11	Thought I’d see what’s up	6x8	Frog Stretch – knees hip-width apart Drop down to forearms	48	
0:34	Oh oh	4x8	Lean forward, release stretch Sink back and down into the stretch	16 16	
0:50	C / He, won’t touch you like do	4x8	Knees in, hands under shoulders Jump feet outside hip-width Take hands F and sink deeper into Adductor Stretch Walk hands B under shoulders Drop to knees	4 4 16 4 4	
1:06	(Instr)	4x8	R Hip Flexor Stretch – reach arms O/H Open arms wider to stretch chest	16 16	
1:22		4x8	R Kneeling Adductor Stretch – turn R foot in, L hand reaches down, R hand to hip and turn away	32	
1:37	V2 / It’s ok to want me	6x8	Seated L Glute Stretch (B hand down and twist to look over back shoulder after 16cts)	48	
2:00	Promise it won’t last long _	6x8	Seated R Glute Stretch (B hand down and twist to look over back shoulder after 16cts)	48	
2:24	C / (Instr)	4x8	L Hip Flexor Stretch – reach arms O/H Open arms wider to stretch chest	16 16	
2:40	He won’t touch	4x8	L Kneeling Adductor Stretch – turn L foot in, R hand reaches down, L hand to hip and turn away	32	
2:56	He can’t touch you like I	½x8	Transition to standing	4	
2:58	Won’t touch you like	1½x8	L Shoulder Stretch	12	
3:04	He don’t know your body	2x8	R Shoulder Stretch	16	
3:11	Outro / Like I would	½x8	Step L foot in and take a bow! (L fist to R palm)	4	



10. LIKE I WOULD (THE WHITE PANDA REMIX)

3:18mins

Connect to the use of breath as we increase the range of motion within stretches. As your class starts to feel this connection of breath and length they will increase their flexibility over time. Once you have coached this concisely, allow space for members to enjoy the soulful music. This is a beautiful way to wind down after such a high energy workout and to leave feeling invigorated!

TECHNIQUE & COACHING

FROG STRETCH



Layer 1

- Take knees hip-width apart
- Open out from the shins; flex toes towards the knees
- Drop body onto elbows/forearms

Layer 2

- Gently inhale then exhale and sink a little lower
- Tail bone sits back; feel the stretch on the inner thighs and groin
- Just relax the shoulders; loose any tension

STANDING ADDUCTOR STRETCH

Layer 1

- Knees come in, hands under shoulders and jump feet out
- Walk hands forwards and sit tail bone back
- Chin tucks in

HIP FLEXOR STRETCH



Layer 1

- Walk hands back under shoulders
- Drop down to the knees
- Right leg step forward
- Reach arms up over head
- Shoulders away from the ears
- Hip Flexor Stretch – relax the back foot

Layer 2

- Imagine someone is pulling your elbows back
- Keep stretching by opening the chest out wide

KNEELING ADDUCTOR STRETCH



Layer 1

- Back leg turns in
- Put the weight forward into front leg
- Front hand down on inside of thigh
- Back hand to hip, then look away by rotating chest

Layer 2

- Keep leaning forward to really feel this stretch

SEATED GLUTE STRETCH

Layer 1

- Let hand down and tuck knee under
- Turn towards right leg and hug knee in towards chest
- Rear hand goes behind you to the floor; twist spine and look towards the rear shoulder

Layer 2

- A great release for the glutes
- Focus on your breath – light and relaxed

SHOULDER STRETCH

Layer 1

- Step feet wide
- Shoulder Stretch – soften both knees
- Hold above or below the elbow



BONUS

05. POWER TRAINING 2

TRACK FOCUS

A brand-new Energy Ball movement is the feature in this great Bonus track! Coach either the breath, tension or impact during the Soft, Power and Speed KATA. This has a deep intrinsic sensation and mind muscle link – feel this with your class and enjoy the experience.

FEEL

Dreamy, Nostalgic, Flowing

MARTIAL ARTS

Karate and Boxing

MUSIC		EXERCISE		CTS	REPS
0:05	Intro / (Instr)	4x8	Wide Front Stance – arms relaxed	32	
0:16	B up /	12x8	Sweep arms O/H	8	
			Float hands down in front	8	6x
0:49	C / _ So I’m just holding on, holding on	8x8	A L Combat Stance		
			Energy Ball (Soft Kata)	8	
			Sweep hands B, bend B knee and straighten front leg, lifting front heel		
			Push hands front bend front knee and straighten B leg	8	4x
1:11	(Drop)	8x8	B L Jab, L Uppercut, L Jab, L Uppercut	8	
			Energy Ball (Speed kata)	4	
			Pulse F, B x2	4	4x
1:33	Br / _ So I’m just holding on, holding on	16x8	C L Jab, L Uppercut, L Jab, L Uppercut	8	
			moving F		
			Energy Ball (Speed KATA)	4	
			Run B	4	8x
			(Level 2 after 4reps – Power KATA)		
2:17	(Fade out)	1x8	Wide Front Stance – arms relaxed	8	
2:20	Instr /	3x8	Sweep arms O/H	8	
			Float hands down in front	16	
2:28	B up /	4x8	Sweep arms O/H	8	
			Float hands down in front	8	2x
2:39	QC / _ So I’m just holding on, holding on		REPEAT SEQUENCES A to C – R		
4:07		1x8	Wide Front Stance		
			Arms lower slowly to ‘A’- frame	8	
4:10		3x8	Feet together, congratulate classon their efforts	24	



BONUS

05. HOLDING ON 4:23mins

Connect each phase of KATA to the unique feelings of breath, tension or impact. The new Energy Ball brings a new experience, so enhance this through clear coaching and great execution.

TECHNIQUE & COACHING

SOFT KATA



Layer 1

- Wide Front Stance
- Arms wide, hands in fists
- Sweep open hands up over head
- Lower down the mid-line of the body

Layer 2

- Breathe in as you lift hands; exhale as you lower down
- Soft KATA is all about breath
- Feel the tension, discipline and focus in your body

ENERGY BALL SLOW (POWER KATA)



Layer 1

- Right Combat Stance
- Sweep hands back, bending back knee and straightening front leg
- Lift ball of front foot as weight shifts back
- Push hands forward, bend front knee and straighten back leg

Layer 2

- Breathe in as you carry the Energy Ball back
- Exhale as you push the Energy Ball forwards
- Create tension in the muscles

JAB, UPPERCUT, JAB, UPPERCUT, ENERGY BALL (SPEED KATA), PULSE

Layer 1

- Jab, Uppercut 2 times then a Speed KATA
- Jab, Uppercut, Jab, Uppercut, Speed KATA, Pulse forward and back

Layer 2

- The Speed KATA is different – you relax until the point of impact then pop it
- Create energy and tension in the body

MOVING FORWARD – JAB, UPPERCUT, JAB, UPPERCUT, ENERGY BALL (SPEED KATA), RUN BACK

Layer 1

- Moving off the spot, come forward – Jab, Upper, Jab, Upper, Speed KATA and run back
- Land softly by bending knees

Layer 2

- Short, sharp and powerful moves
- Wait for the last second until you release the energy

Layer 3

- We are going to take this concept and condense it down
- Your moves will become more powerful, your strikes will become sharper and you will become stronger... you ready?
- Crank it! – yeah, that's the energy we're looking for!



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.

