

BODYCOMBAT 82

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

Turn It Up (5:09)
Armin van Buuren
© 2019 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: van Buuren, Fitzgerald, Blackwell

01B

Barraca (3:13)
Garmiani feat. MC Pikachu
© 2019 SpinninRecords.com.
Written by: Garmiani, Rodrigues

02

Reserve (3:50)
Egzod feat. Leo The Kind
© 2019 Trap Nation.
Written by: Jackson, Martins

03

Pull The Trigger (Maduk Remix) (4:49)
Flux Pavilion
© 2017 Rampage Recordings.
Written by: Steele, Robinson

04

Lacrimosa (4:56)
Apashe
© 2019 Kannibalen Records.
Written by: De Buck

05

Different Way (4:58)
Murdock feat. Errol Dunkley
© 2018 Viper Recordings.
Written by: Machiels, Vanderstichele

06

Say My Name (4:55)
River Deep
© 2019 Les Mills Music Licensing Ltd.
Written by: Burton, Balvin, Boaz, Guetta, Holmes, Leigh, Troelsen, Tuinfort, Warren

07

Shellz (5:05)
Ape Drums feat. Denzel Curry & Frizzo
© 2018 SpinninRecords.com.
Written by: Lopez, Curry

08

Love Wins Again (5:47)
Koven
© 2019 Liquicity Records.
Written by: Boyle, Rowat

09

Jump Around (3:35)
House Of Pain
© 1992 Tommy Boy Music LLC.
Written by: Muggerud, Schrody

10

Power Is Power (3:31)
SZA & The Weeknd & Travis Scott
© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Balshe, Dean, Cooper, Dimtosis, Harris, Martin, Quenneville, Reed, Rowe, Tesfaye, Webster

BONUS

05

I Need You Here (5:39)
Tantrum Desire feat. Drumsound & Bassline Smith
© 2015 Techniques Music.
Written by: Smith, Wright, Faleye



L-R: Dan Cohen, Marlon Woods, Michael Steenhouwer
Rachael Newsham and Erin Maw

Release 82 has some smart striking combinations that are designed to enhance the efficiency of power and speed.

The combinations in this workout are based on creating space. Short pockets of 2/3 hit combinations allows the participants to create both power and intensity. Witnessing them in class really master their technique faster was amazing.

BODYCOMBAT 82 has multiple tracks with rhythm changes, this adds to both interest and authenticity. You choose the standout moments! Is it the dynamic rhythm combination in the track 3? The fun playful striking in the 6? Or even the Jack Climber combo from the MMA circuit track that's mastered in the track 9? Whatever stands out, Release 82 is sure to make you feel invincible.

Keep it real and stay with the fight!

Dan Rachael

CREDITS

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- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Bryce Hastings & Andrew Newmarch
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- Erin Maw** (New Zealand) is a BODYCOMBAT, BODYJAM, LES MILLS BARRE, LES MILLS GRIT and LES MILLS TONE Trainer/Presenter, a CXWORX Instructor/Presenter and a BODYPUMP Instructor. She is a Marketing Co-ordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, BODYJAM and LES MILLS GRIT.
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EXPRESS FORMATS

NEW MIXED EXPRESS FORMATS

We have updated the Express formats that should be used when mixing releases. From now on, when teaching a mixed 45-minute or 30-minute class, the following formats should be used:

45-MINUTE FORMAT

Track 01A	Upper Body Warm-Up
Track 01B	Lower Body Warm-Up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2 (MMA circuit or Bonus Boxing track 5)
Track 06	Combat 3
Track 07	Muay Thai
EITHER 8 Power 3, OR 9 Conditioning, or 10 Cooldown	
Total Time	36:55

Please note: Choose your final track based around time, aiming for 42-43 minutes of music

30-MINUTE FORMAT

Track 1A	Upper Body Warm-Up
Track 1B	Lower Body Warm-Up
Track 02	Power Training 3
Track 03	Combat 2
Track 07	Combat 3
EITHER 9 Core OR 10 Cooldown	
Total Time	22:06

Please note: Choose your final track based around time, aiming for 26 – 27 minutes of music

We will continue to provide a release-specific recommended option in each set of choreography notes as well. We believe this change is more straightforward, as well as keeping the class in the order in which it was designed, and we hope you enjoy teaching these formats!

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.

RELEASE FEEDBACK

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>



01A. UPPER BODY WARM-UP

TRACK FOCUS

The spring to the side, combined with the “Wall”, brings both agility and power to the Hook. This is a feature highlight in the track, so enjoy coaching the stages of progression alongside the great music!

FEEL

Dance, Playful

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	V1 / _ One, two, we're coming	1x8	L Combat Stance – Boxing Guard		8	
0:09	We don't give	3x8	A	L Jab, R Cross	4	6x
0:14	B up / One, two, we're coming for you	4x8	A ¹	L Jab x2	2	8x
				R Cross	2	
				👁 R, L Scissor x2 (on last 4cts)	4	
0:27	C / Turn it up , up more	4x8	A ²	L Jab x2	2	4x
				R Cross	2	
				R, L Scissor x2	4	
				OPTION: Squats instead of Scissors		
0:41	Instr /	8x8	B	L Hook x2	4	8x
				R Hook x2 (Level 2 after 4 reps)	4	
1:08	(Quiet)	5x8	C	L Uppercut x2	4	5x
				Step R, L 👁 Spring R, L (on last rep)	4	
1:24	B up / One , two, we're coming	4x8	C ¹	L Uppercut x2	4	4x
				Spring R, L	4	
				👁 Wall (Spring with high Guard, elbows in and twist chest on last rep)		
1:37	QC / Turn it up , up more	4x8	C ²	L Uppercut x2	4	4x
				Wall R, L	4	
				👁 R Power Hook (on last 2cts)		
1:51	C / Turn it up , turn it up,	4x8	C ³	L Uppercut x2	4	4x
				Wall R	2	
				Wall L, R Power Hook	2	
2:04	Instr /	8x8	A ²	L Jab x2	2	8x
				R Cross	2	
				R, L Scissor x2	4	
				(Arms in A-frame and hold after last rep)		
2:31	One , two	1x8	Transition to R Combat Stance		8	
REPEAT SEQUENCES A to 2nd A2 – R						



01A. TURN IT UP 5:09mins

FUNDEMENTALS

Authentic Boxing movements to fire up the heart rate, core, the upper and lower body. This is a great pure Boxing Warm-Up of the entire body. We combine striking (offensive) and evasive (defensive) movements, which gets our brains and bodies switched on and in the zone quickly. Coach the fundamentals of technique, alongside welcoming and engaging your members during this playful and uplifting song.

TECHNIQUE & COACHING

JAB, CROSS

Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross, right/left
- Target: Nose, lip or chin

JAB X2, CROSS

Layer 1

- Jab, Jab, Cross
- Right, right, left
- Keep elbow soft on the punch

Layer 2

- Release the heel as you turn the body and throw the punch
- Twist your hip on the strike

JAB X2, CROSS, SCISSORS X4

Layer 1

- Add on the Scissors
- Bend your knees for a soft landing
- OPTION: Squats instead of Scissors

Layer 2

- Stay light on your feet
- Speed – light power, then scissor

Layer 3

- We are turning up the heat on your workout today!

HOOKS

Layer 1

- Double Hook, right, left
- Aim for the jaw or temple
- Elbow bends at 90 degrees
- Rotate torso as you punch
- Use big knuckles to strike

Layer 2

- Our circular punch
- Feel your obliques working hard to circle your torso
- Rotate your whole body from the ground up
- Releasing the heel, turning the hip
- The Hook is a circular punch

Layer 3

- A great way to warm up the muscles of the core – a big rotation move
- Feels really good, right?!

UPPERCUT X2, STEP OUT, IN

Layer 1

- Double Uppercut right arm
- Step left, step right
- Vertical punch, targets the chin

Layer 2

- Let's work on getting out of the way
- Timing and agility to avoid a counter-strike

UPPERCUT X2, SPRING WITH WALL

Layer 1

- Spring from one side to another
- Keep hands up high
- Brace abdominals
- Add rotation – we call it the Wall
- Elbows tucked in, close to ribs

Layer 2

- Stay light on your feet
- Heels off the floor, on your toes
- Turn your shoulders to engage your core
- Pre-load the strike and unwind with the Wall
- Sets you up for the Power Hook



01A. TURN IT UP 5:09mins

UPPERCUT X2, SPRING WITH WALL AND POWER HOOK



Layer 1

- Add on the Power Hook
- Big, powerful Hook
- Aiming for jaw or temple

Layer 2

- On the Warm-Up, pull back on the power focus more on the twist when striking

Layer 3

- Did someone say turn it up?



01B. LOWER BODY WARM-UP

TRACK FOCUS

A true contrast of music and movements! There’s power in the Kickboxing strikes and agility in the Tae Kwon Do movements. Coach the contrast of styles alongside the highs/lows in the music to bring this Lower Body Warm-Up to life!

FEEL

Dance, Percussion, Fiesta Party

MARTIAL ARTS

Kick-boxing and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
5:04	Intro / (Lyrics)	2x8		Recover	16	
5:11	V1 / (Lyrics and beat)	4x8	A	L Knee to L side	1	
				Step L, R, L to face R side	3	
				R Knee to R side	1	
				Step R, L, R to face L side	3	4x
5:25	C / (Heavy instr)	4x8	A ¹	L Knee x3 to L side	5	
				Step L, R, L to face R side	3	
				R Knee x3 to R side	5	
				Step R, L, R to face L	3	2x
				👁 R Knee x2, R Front Kick to R side		
				Step R, L, R to face L (on last rep)		
5:38		4x8	A ²	L Knee x2, L Front Kick to L side	5	
				Step L, R, L to face R side	3	
				R Knee x2, R Front Kick to R side	5	
				Step R, L, R to face L side	3	2x
5:52	Br /	1x8		L Combat Stance – Freeze Guard	8	
5:55		3x8	B	R, L Decoy	4	
				L Roundhouse Kick Set-up	4	3x
6:05	V2 / (Lyrics and beat)	8x8	B ¹	R, L Decoy	4	
				L Roundhouse Kick	4	8x
				(Kick higher on the last 4 reps)		
6:32	C / (Heavy instr)			REPEAT SEQUENCE A1 to B1 – R		
				(Note: Sequence B is 5 reps)		
7:46		8x8	C	Shuffle L	4	
				L Side Kick	4	
				Shuffle R	4	
				R Side Kick	4	4x
				(Level 2 after 2 reps)		
8:14		½x8		Finish with feet together – take a bow	4	



01B. BARRACA 3:13mins

FUNDEMENTALS

Manage your vocal and physical energy to hit the contrast within the music. It would be easy to get carried away with such a great track! Ensure you clearly coach each movement well with Layer 1 cues so your members follow confidently and successfully. Once you have achieved this, allow the awesome musical contrast to shine and energize the room!

TECHNIQUE & COACHING

KNEE TO CORNER

Layer 1

- Knee, Step, Step, Step; Knee, Step, Step, Step
- Aim corner to corner
- Strike to stomach
- Lean shoulders back and brace abs

KNEE X3 TO CORNER

Layer 1

- Triple Knee
- 3, 2, 1 – Step, Step, Step

Layer 2

- Pull the knee a little higher to warm the core more
- Drag hands down to hip

KNEE X2, FRONT KICK TO CORNER

Layer 1

- 2 Knees, 1 Front Kick
- Low Front Kick
- Knee, Knee, Kick, Step, Step, Step
- Kick to the stomach
- Strike with ball of foot

Layer 2

- Swing arm down on the Kick
- Retract heel towards butt after the Kick to warm the hamstrings

DECOY, ROUNDHOUSE KICK SET-UP

Layer 1

- Right Combat Stance – hold
- Decoy, switch, Roundhouse set-up
- 1, 2, set, down
- Feet wide, knees soft, shin parallel to floor

DECOY, ROUNDHOUSE KICK

Layer 1

- Left Roundhouse Kick
- Turn back heel 3-quarters of the way towards the front
- Kick low, aim for the knee
- Point toes and strike with shoelaces
- Lean away and brace abs tightly to protect lower back

Layer 2

- Maybe try and kick a little higher – aim for the waist
- Use your arm to set the target height
- Retract the kick with a whip feel to work the hamstrings
- Fast feet, a bit of razzle-dazzle

Layer 3

- Who wants to take this kick “Higgher?”
- A little flashy, flamboyant flavor!

SHUFFLE TO SIDE, SIDE KICK

Layer 1

- Shuffle to the right
- Right Side Kick – aim below the waist
- Shuffle left, left leg Side Kick
- Heel up, toes down on the strike

Layer 2

- Now try and kick to waist level
- Stretch the kicking leg and lean away a little further
- Exaggerate the retraction by pulling the knee up, in and down

Layer 3

- Who’s feeling warm and ready for the workout ahead?



02. COMBAT 1

TRACK FOCUS

Jump Kick with a strong focus of delaying the kick to generate more power. Role-model and coach this by dragging a ‘heavy’ back leg up, then whipping the kick with a light and fast front leg.

FEEL

Vocal, Dance and Electronic

MARTIAL ARTS

Kick-boxing and Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Guitar)	2x8	L Combat Stance		16	
0:05	V1 / (Guitar and drums)	10x8	A	L Uppercut L Hook R Knee x2	2 2 4	10x
0:34	PC / Focus oh oh	4x8	B	R Knee L Front Kick Pulse OTS	2 2 4	4x
0:46	C / I'll be there when it runs out	8x8	B ¹	L Jump Kick OTS Pulse OTS OPTION: Stay with the Knee, Front Kick)	4 4	8x
1:08	Br / When we have reached	1x8	Freeze Guard and transition to R Combat Stance		8	
1:12	V2 /		REPEAT SEQUENCES A to B1 – R (Note: A is only 7 reps)			
2:06	Ooh _	2x8	Freeze Guard Transition to Front Stance – bring arms down slowly into A-Frame		8 8	
2:11	Aah _	2x8	C	KATA Sweep arms O/H Bring arms down, wrists crossed Push palms F Roll fists into ribs	4 4 4 4	1x
2:17	QC / (Faint lyrics and heavy drums)	8x8	C ¹	R Side Lunge with L Low Block R Rising Block L Side Lunge with R Low Block L Rising Block (Power KATA after 2 reps)	4 4 4 4	4x
2:40	PC / _ When you're running on empty	4x8	D	L Combat Stance L Power Hook Pulse F, B 👁️ L Roundhouse Kick (on last rep)	2 6	4x
2:51	C / I'll be there when it runs out	7x8	D ¹	L Power Hook L Roundhouse Kick Pulse OTS	2 2 4	7x
3:11	Runs out	1x8	Switch to R Combat Stance		8	
3:14	(Heavy drum)	8x8	D ¹	R Power Hook R Roundhouse Kick Pulse OTS Use last 4cts to transition to Front Stance	2 2 4	8x
3:37	Instr / (Soft)	4x8	C ²	Power KATA R Side Lunge with L Low Block R Rising Block L Side Lunge with R Low Block L Rising Block	4 4 4 4	2x



02. RESERVE 3:50mins

FUNDEMENTALS

This track has a great variety of upper and lower body strikes to lift the heart rate, shape and tone muscles, and burn calories. Teach and display power in the movements to educate and inspire your members to work hard. Use contrasting energy in the KATA section – matching the music and physical highs and lows.

TECHNIQUE & COACHING

UPPERCUT, HOOK, BACK KNEE X2

Layer 1

- Left Combat Stance
- Uppers, Hook, double Back Knee
- Target: Chin, jaw and stomach

Layer 2

- Lifting our heart rate with speed and power
- Roll through the front body then square the hips to the front and pull the knee through
- Compact, tight and then open

Layer 3

- We want our lungs heaving and hearts pumping by the end of this track – right?

BACK KNEE, FRONT KICK

Layer 1

- Knee, Kick, hold
- Strike with top of knee and ball of foot
- Lean back a little on the Kick
- Brace abdominals
- Land wide

Layer 2

- Pull, push action
- Use a big hip drive and arm swing

JUMP KICK

Layer 1

- Jumping Front Kick
- Land softly, knees bent
- Load – Kick
- OPTION: Stay with Knee, Front Kick

Layer 2

- Use your hips to power the kick
- Delay the kick and think of your leg as a whip
- Make your back leg heavy then front leg light

Layer 3

- Amazing move to burn calories, and shape and tone your body

KATA



Layer 1

- Take your feet wide
- KATA – take a breath in and sweep hands over head; cross wrists and draw down
- Exhale out and push palms forward
- Right arm Low Block, lean left, left arm Rising Block
- Switch – left arm Low Block, lean right, right arm Rising Block
- Shift weight side to side

Layer 2

- Now lift the intensity with the Power KATA
- Find more tension – arms back, sink into legs
- Use your abs and squeeze your fists tightly

POWER HOOK

Layer 1

- Right leg forward
- Power Hook right arm
- Pulse forward and back
- Target: Jaw with front two knuckles



02. RESERVE 3:50mins

POWER HOOK, ROUNDHOUSE KICK

Layer 1

- Power Hook and Roundhouse Kick right side
- Set the heel and lean away from the kick
- Chest lifted and shoulders lean back

Layer 2

- Unleash your kick by leaning back
- Any height that is comfortable for you – the height of your knee sets your kick height
- Short range to long range – close and far

Layer 3

- Unleash your kick by throwing your hip
- This gets you super strong super-fast!
- You hit them, they run away; you reach them with the kick



03. POWER TRAINING 1

TRACK FOCUS

This Boxing track will challenge and develop your timing, reactions and reflexes. Carefully coach the rhythm of the Uppercut, Cross, Uppercut combo with clear and timely cues. Role-model the speed application by relaxing then exploding into the last two strikes each time.

FEEL

Uplifting, Motivational Dance, Energetic and Contrasting

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / <i>These days</i>	4x8	Recover and prepare to run	32	
0:11	<i>And it's strange</i>	4x8	L, R Run OTS	2	16x
0:22	PC / <i>_ And I'm standing here</i>	8x8	L Double Skip, R Double Skip x2 L, R Skip x4 (Transition to Front Stance on last 4cts)	8 8	4x
0:44	C / <i>Why don't you just pull the trigger _</i>	8x8 A	L, R Jab x4 L Uppercut, L Hook x2 R, L Jab x4 R Uppercut, R Hook x2	8 8 8 8	2x
1:06	Br / <i>_ You fired off</i>	8x8 B	L Combat Stance L Walking Jab x4 to L side R Walking Jab x4 to R side (Hop/Jump Jab after 2 reps)	8 8	4x
1:28	C /	8x8 A	Front Stance L, R Jab x4 L Uppercut, L Hook x2 R, L Jab x4 R Uppercut, R Hook x2	8 8 8 8	2x
1:50	Br / <i>(Fade out)</i>	2x8	L Uppercut to finish and recover	16	2x
1:55		2x8	L, R Run OTS	2	8x
2:01	B up /	4x8 C	L Combat Stance L Uppercut R Cross, L Uppercut Pulse F, B x2 👁 Pivot Turn with wall to L side (pivot on L foot) Turn B to face front on last 4cts	2 2 4	4x
2:12	C / <i>Why don't you just pull the trigger _</i>	8x8 C¹	L Uppercut R Cross, L Uppercut Pivot Turn with wall to L side (pivot on L foot) Turn B to face front	2 2 4	8x
2:34	<i>_ You fired off</i>	8x8 D	Front Stance L, R Jab	2	32x
2:56	C / <i>Why don't you just pull the trigger _</i>	8x8 C¹	L Combat Stance L Uppercut R Cross, L Uppercut Pivot Turn with wall to L side (pivot on L foot) Turn B to face front	2 2 4	8x
3:18	Br / <i>(Fade out)</i>	2x8	L Uppercut to finish and recover	16	
3:23	<i>(Piano)</i>	2x8	L, R Run OTS (Last 4 cts, transition to R Combat Stance)	2	6x
3:29	B up / Trigger		REPEAT SEQUENCES C to 2nd C¹ – R		
4:45	<i>Trigger _</i>		Finish: R Uppercut		



03. PULL THE TRIGGER 4:49mins

FUNDEMENTALS

This track is a test of timing, reactions and reflexes with fast and powerful punches. Make this a standout feature by helping your members understand and perform the Uppercut, Cross, Uppercut Combo with sharp, fast and explosive technique.

TECHNIQUE & COACHING

RUN

Layer 1

- Run, right, left
- Flush out the legs
- Prepare to skip

SKIP

Layer 1

- Grab your skipping rope
- Double skip on your right, now your left
- 8 singles
- Chest up and elbows tucked in
- Roll the wrists

Layer 2

- Nice and easy
- We are just warming up

Layer 3

- Do you feel that music? I feel that music!

JABS, UPPERCUT AND HOOK X2

Layer 1

- Front Stance, Jabs – right and left, 8 times
- Uppercut, Hook on your right – twice
- Now start with your left hand, Jabs 8 times
- Uppercut and Hook twice
- Tuck your chin in
- Rotate your shoulders

Layer 2

- Now see the difference between the speed and the power
- Lean into it to work your obliques

WALKING JAB X4

Layer 1

- 4 Walking Jabs to the right, now to your left
- Aim for nose, lip or chin

Layer 2

- Now add some intensity to it – 4 Jump Jabs to the right
- Push off your back foot
- This is easy; light on your feet

Layer 3

- There's always something to fight for, isn't there?

UPPERCUT, CROSS, UPPERCUT, PIVOT TURN

Layer 1

- Right leg forward
- Uppercut, Cross, Uppercut
- Timing is the key – listen to my voice

Layer 2

- Minus, two, minus in Boxing terms!

Layer 3

- A test of reactions and timing – can you move faster than that?!



03. PULL THE TRIGGER 4:49mins

UPPERCUT, CROSS, UPPERCUT, PIVOT TURN



Layer 1

- Back Pivot Turn
- Left shoulder goes back
- Pivot by lifting front heel and rotating on ball of foot
- Rear hip and shoulder move together at the same time

Layer 2

- When you step, step before the roll
- Create a wall as you pivot to protect yourself
- Hands up a little higher and tuck elbows in tighter

Layer 3

- The Pivot Turn is powerful! You wanna go again...?
- When you're in the corner you need a combo to throw them off guard – who's got it?!
- Challenge yourself to find power in every punch now!
- When you're in the corner, how do you get out?

JABS

Layer 1

- Jab, right left
- Target center of face
- Soft elbows
- Twist chest and tuck chin in
- Bend knees

Layer 2

- Level 2 – more rotation in the torso and range in the arms
- Want another level?
- Release your shoulders

Layer 3

- We've only got about 25 seconds to go!
- Fire it up, cool it down!



04. COMBAT 2

TRACK FOCUS

The objective of this track is to create power in the kicks by using space and control after the Front Kick and Side Kick. The addition of space allows for maximum power in both strikes and there's even time to hold the Side Kick for 1 count before retracting. Bring this to life through your great coaching and technique!

FEEL

Operatic, Electronic and Dramatic

MARTIAL ARTS

Tae Kwon Do and Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Violins)	2x8		Front Stance Wide Karate Stance, A-Frame Arms	8 8	
0:07	V1 / (Operatic singing)	2x8	A	Power / Speed KATA L Rising Block R Rising Block	4 4	2x
0:13	(Dramatic orchestra)	8x8	A ¹	L, R Karate Punch x2 L, R Rising Block x2	8 8	4x
0:40	B up / (Opera and dance)	4x8	B	Front Stance L Knee x2 L Front Kick R foot step out/in	4 2 2	4x
0:53	C / That was not served _	12x8	B ¹	L Knee x2 L Front Kick R foot step out/in L Side Kick Pulse OTS (Turn to face R side on last 4cts)	4 2 2 4 4	6x
1:33	Br /	4x8	C	R Pulse Lunge x4 to R side L Pulse Lunge x4 to front	8 8	2x
1:46	B up / (Dramatic orchestra)	4x8	C ¹	R Pulse Lunge x2 to R side L Pulse Lunge x2 to L side <u>OPTION:</u> Swing arms and jump between Lunge to side and Lunge to front after 1 rep (Hold 1st Lunge to front down on last rep)	4 4	4x
1:59	C / That was not served _	8x8	B ¹	Front Stance L Knee x2 L Front Kick R foot step out/in L Side Kick Pulse OTS	4 2 2 4 4	4x
2:26	(Fade out)	2½x8		Feet together and arms by sides to finish! Recover Front Stance Wide Karate Stance, A-Frame Arms	12 8	
2:34	V2 / (Operatic singing)			REPEAT SEQUENCES A to 2nd B1 – R		
	Outro /			Finish feet together, arms drop to sides and bow		



04. LACRIMOSA 4:56mins

FUNDEMENTALS

The feature of this track is a huge Kick KATA with a total of 86 continuous kicks. The focus here is to coach space between the Front and Side Kicks to ensure maximum power is achieved in each strike. There's no need to rush so highlight this to your class while role-modeling how to throw controlled and powerful kicks.

TECHNIQUE & COACHING

POWER / SPEED KATA



Layer 1

- Feet wide
- Chest up and abs braced
- Cross Block, fists to waist
- Rising Block right arm, now left
- Karate Punch, 4 times right, left – target the sternum
- Rising Block, same speed

Layer 2

- Grounded to the floor
- Posturally upright
- When blocking, rather than lifting arm in front of your eyes go just above your head
- Create a clear start and stop to each strike
- Tension in your muscles

Layer 3

- Can you relax first then punch faster than the person next to you?!
- Feel your back muscles working hard on the Rising Block

KNEE 2X, FRONT KICK, STEP OUT/IN

Layer 1

- 2 fast right Knees, 1 Power Front Kick
- Step left – out/in
- Quick Knees, Power Kick
- You choose the power and height of your kick

KNEE 2X, FRONT KICK, STEP AND SIDE KICK

Layer 1

- Add on one right Side Kick and hold
- Heel up, toes down on Side Kick, striking with blade of foot
- Target stomach of opponent
- Look where you're going to kick

Layer 2

- Lean your shoulders back, bringing your elbows down when you fire the knee directly up
- Swing your arm on the Front Kick
- Tilt your body on the Side Kick by bending the supporting knee and leaning away
- Hold the Side Kick out for 1 count – then retract
- Use the step to get momentum

Layer 3

- Heart rate goes through the ceiling when we use kicks! Calories burning!
- How much power can you put into your kicks?



04. LACRIMOSA 4:56mins

PULSE LUNGE 4X TO SIDE, LUNGE 4X TO FRONT



Layer 1

- Turn left, easy Lunge 4 times
- Right leg comes to the front, lunge 4 times
- Chest is up and abs braced
- Front thigh parallel to the floor
- Front knee tracks over midfoot

Layer 2

- Reach down with left hand then right hand. To
- work legs harder, reach lower
- Push out of the front heel to work glutes

PULSE LUNGE 2X TO SIDE, PULSE LUNGE 2X TO FRONT

Layer 1

- Double Lunge side, Double Lunge front
- Hips stay square to the front
- OPTION: Swing arms and lift into a small jump

Layer 2

- Drive out of the floor
- Focus on dropping the back knee down
- If you're lifting up, use momentum to get spring out of your legs

Layer 3

- You guys are looking great! Stay strong – we're nearly there!
- Amazing legs on the way – strong and toned!



05. POWER TRAINING 2

TRACK FOCUS

This is “Chaos Training!” – a triple hit of boxing, integrated core and then back to boxing. This one is ‘different’ as we challenge reactions and timing with a Boxing combination. Focus on coaching the rhythm followed by how to increase speed and power – this is also a great way to improve coordination.

FEEL

Dance, Progressive, Different

MARTIAL ARTS

Boxing and MMA Conditioning

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Recover	16	
0:06	Everyman do is think a little way	8x8		Introduce track Transition to L Combat Stance 👁️ R Hook, L Jab, R Cross (on last 8cts)	64	
0:28	Everyman do is think a little way	8x8	A	R Hook L Jab, R Cross Hold	3 2 3	8x
0:50	C / A different way from you	8x8	A ¹	R Hook L Jab, R Cross Pulse F, B x2	2 2 4	8x
1:12	Everyman do is think a little way	8x8	B	L Jab, R Cross x2 L Jab x2 <u>OPTION:</u> L Step Jab x2 after 2 reps	4 4	8x
1:35	A different way from you	4x8	A ¹	R Hook L Jab, R Cross Pulse F, B x2	2 2 4	4x
1:46	A different way from you	4x8	A ²	R Hook L Jab, R Cross	2 2	8x
1:58	Everyman do is think a little way	4x8		Recover and transition to floor 👁️ Jack Climber Plank position, feet jump out, knees jump F, knees jump B, feet jump together (demonstrate this twice on last 16cts)	32	
2:08	The things I do	4x8	C	Jack Climber Feet jump out, knees jump F knees jump B, feet jump together	4 4	4x
2:19	C / A different way from you	8x8	C ¹	L, R Mountain Climber Jack Climber <u>OPTION:</u> Jumping Jack x2	8 8	4x
2:42	Everyman do is think a little way	8x8	D	Pushups <u>OPTION:</u> On toes, knees or kneeling	4	16x
3:04	A different way from you	8x8	C ¹	L, R Mountain Climber Jack Climber <u>OPTION:</u> Jumping Jack x2 Hold Plank on last 4cts	8 8	4x
3:27	Everyman do is think a little way	4x8		Recover and transition to standing	32	
3:38	The things I do			REPEAT SEQUENCES A to A2 – R Note: A is only 4 reps; option to go straight into Jump Jabs in sequence B		



05. DIFFERENT WAY 4:58mins

FUNDEMENTALS

This Power Training track has a unique blend of reactions, timing, power and speed! Not only will your members love the new rhythm challenge but they will also improve their coordination and reactive core strength.

TECHNIQUE & COACHING

HOOK, JAB, CROSS (SLOW)

Layer 1

- Right foot forward
- Hook, Jab-Cross
- Learn the rhythm Hook, Jab-Cross
- Aim jaw to the center of face

Layer 2

- We are throwing punches on the offbeat – it's different, so just get a feel
- Take your time and find the rhythm first

Layer 3

- How are we doing guys? Are we ready to speed this up? Let's get going!
- Your body has now adapted to the movement pattern – how does it feel?
- Get comfortable with the uncomfortable, so we can progress

HOOK, JAB, CROSS (FAST)

Layer 1

- Speed this up
- 3, 2-1
- Turn chest on the Hook

Layer 2

- Whip the hip for power
- Relax the upper body for speed
- Building power and speed
- Teaching the nervous system to recruit more muscle fibers

Layer 3

- Speed and reactions are being tested!
- This fast combination is great for improving coordination – you are all doing great!

JAB, CROSS X2, DOUBLE JAB

Layer 1

- Jab, Cross 4 times – Double Jab
- 4, 3 double right – 1, 2
- Start to move your feet – step front foot forward on the Double Jab

Layer 2

- Free up your body with torso rotation
- You can pull back and step forward on the Double Jab – no impact

Layer 3

- Jump Jabs right from the start and attack that Jab – put your name on it

JACK CLIMBER



Layer 1

- Come down to the floor
- Hands under shoulders
- Point elbows back
- Brace abs
- Jack feet out, knees jump under hips, feet jump back out and in
- OPTION: Jack out and in x2

Layer 2

- Feel how your shoulders and abs are working hard in the Mountain Climbers
- Keep knees low

Layer 3

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



05. DIFFERENT WAY 4:58mins

MOUNTAIN CLIMBER X8, JACK CLIMBER



Layer 1

- 8 Mountain Climbers, quick, right and left
- 1 Jack Climber – out, forward, back and in
- Brace abs tightly

Layer 2

- Keep your hips low and knees close to the floor
- Keep eyes forward and relax neck
- Brace your abs and squeeze the glutes to make your body a plank and protect your back

Layer 3

- Reactive Core Training – feel your core getting super strong!

PUSHUPS

Layer 1

- Hands outside shoulder-width, 16 Pushups
- Work from knees or toes
- Down, up, down, up
- Chest drops to elbow height
- OPTION: Sit back and recover as we're going back to the Climber combo next

Layer 2

- Push your palms into the floor
- Reduce to knees or kneeling if you are losing technique

Layer 3

- Building strength for your upper body
- Who's going to try one on their toes?!



06. COMBAT 3

TRACK FOCUS

Playful, fast and flashy – This is an authentic Tae Kwon Do inspired track! Take your time to build the combination well, then allow your members to unleash their full speed and agility when it’s time! Have fun in this one – it’s like a game of cat and mouse... who’s the quickest?

FEEL

Contrasting, Fun and Dynamic

MARTIAL ART

Tae Kwon Do

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / You’ve been	2x8	Recover and set up L Combat Stance	16	
0:09	Bite my tongue	2x8	A L Side Elbow	4	
			R Side Elbow	4	2x
0:19	If you’re really	2x8	A ¹ Double Elbow	4	
			L Back Fist	4	2x
0:28	C / Say my name	4x8	A ² Double Elbow	2	
			L Back Fist	2	8x
0:46	B up /	2x8	B R, L Decoy	4	4x
			<u>OPTION:</u> Step F, B		
0:53	(Synth)	4x8	B ¹ R, L Decoy	2	
			Pulse F, B	6	4x
			👁️ R, L Decoy		
			Double Elbow		
			L Back Fist		
			Pulse F, B (on last 8cts)		
1:06	(Drop) / Let me hear you _	8x8	B ² R, L Decoy	2	
			Double Elbow	2	
			L Back Fist	2	
			Pulse F, B	2	8x
1:33	V2 / I got diamonds in	4x8	C R Back Kick	4	
			Pulse OTS	4	4x
1:46	B up /	4x8	C ¹ R Back Kick	2	
			Step F, B	2	8x
1:59	(Drop) / (Big dance sounds)	8x8	D R, L Decoy	2	
			Double Elbow	2	
			L Back Fist	2	
			R Back Kick x2	8	
			Pulse OTS	2	4x
			Freeze in Martial Arts Guard position to finish		
2:26	V3 /	2x8	Recover and transition to R Combat Stance	16	
2:36			REPEAT SEQUENCES A to D – R		



06. SAY MY NAME 4:55mins

FUNDEMENTALS

There's beautiful contrast in the slow, controlled start into the fast, dynamic full combination. Pace your cues and energy well in order to build with the music and then let it all go when the moment is right! Take your members on this journey with you and teach them how to move quickly with precision. Enjoy the fun factor of this multi-directional Tae Kwon Do experience.

TECHNIQUE & COACHING

SIDE ELBOW – FRONT AND BACK ARM

Layer 1

- Combat Stance, right foot forward
- Side Elbow, right arm
- Side Elbow, left arm
- Use the outside of the elbow to strike

Layer 3

- Feel the muscles of the upper back and chest

DOUBLE ELBOW, BACK FIST (SLOW/POWER)

Layer 1

- Both elbows, same time
- 1 Back Fist, front hand
- Strike with back of fist, elbow soft
- Strike with side of the elbow

Layer 2

- Sink down by bending knees
- Imagine striking 2 opponents, then one in front
- Now add the power

Layer 3

- Say my name!
- Do you really want this?

DECOY (SLOW)

Layer 1

- Now time for the legs, decoy switch left, right
- Start slow
- OPTION: Step forward and back

Layer 2

- Sink down by bending knees
- Imagine striking two opponents, then one in front

DECOY (FAST), PULSE

Layer 1

- One fast, pulse forward and back
- Knees soft and chest up

Layer 2

- TKD – 90% legs and 10% hands
- Light and agile on your feet

Layer 3

- Let's play a game – you have to be 2 to 3 steps ahead of your opponent and the quickest to move!
- Who's the fastest player – you or me?!

DECOY, DOUBLE ELBOW, BACK FIST, PULSE



Layer 1

- Decoy, Double Elbow and Back Fist
- Chest stays lifted and to the front on the Decoy

Layer 2

- Sit on the Double Elbow then open up with speed on the Back Fist by using the biceps and triceps as a brake
- Relax so you can move faster

Layer 3

- How many points can you score?
- Be fast, powerful – scoring points on the mat

BACK KICK

Layer 1

- Left leg Back Kick and pulse
- Use your heel to strike by pointing toes down and heel up
- Look over your shoulder for safety
- Hips forward

Layer 2

- Push-and-pull the leg

Layer 3

- Great kick to lift the butt cheeks



06. SAY MY NAME 4:55mins

DECOY, DOUBLE ELBOW, BACK FIST, BACK KICK X2

Layer 1

- 1 Decoy, 1 Elbow, 1 Back Fist and 2 Back Kicks
– go!

Layer 2

- Agility training – stay relaxed and fast
- It's a big combination so think ahead – anticipate the next move

Layer 3

- Why 2 Back Kicks? The first puts them down and the second keeps them down!
- Think fast, move fast and act fast!



07. MUAY THAI

TRACK FOCUS

4 huge quarters of Muay Thai training – this is another high cardio peak track so it’s time to empty the tank! Coach each quarter with an objective around how to maximize performance with inclusive options. This is interval training where we push ourselves with a mindset on success and a desire for results!

FEEL

Driving, Intervals, Peaks

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Front Stance	16	
0:06		2x8 A	L, R Running Man Knees	4	4x
0:12	B up /	4x8 B	L Knee	2	16x
0:23	C / (Distorted lyrics _)	8x8 C	L Combat Stance Triple L Elbow R Cross R Superman Punch OPTION: Stay grounded 👁 L Knee (x2 on last 4cts)	4 2 2	8x
0:47	Br /	8x8 D	Front Stance L Knee x4 R Knee x4 (Level 2 after 2 reps)	8 8	4x
1:10	C / (Distorted lyrics _)	8x8 C	L Combat Stance Triple L Elbow R Cross R Superman Punch OPTION: Stay grounded	4 2 2	8x
1:33	Br /	2x8	Recover	16	
1:39			REPEAT SEQUENCES A to 2nd C – R		
3:06		4x8	Recover	32	
3:18		4x8 A	Front Stance L, R Running Man Knees	4	8x
3:29	B up /	4x8 E	L Knee x2 R Knee x2 👁 L Jump Knee, R Jump Knee (on last 8cts)	4 4	4x
3:41	C / (Distorted lyrics _)	8x8 E ¹	L Knee x2, R Knee x2 L Jump Knee, R Jump Knee OPTION: Stay grounded for Power Knee	8 8	4x
4:04	Br /	4x8	Recover	32	
4:16		4x8 A	L, R Running Man Knees	4	8x
4:27	B up /	4x8 E	L Knee x2 R Knee x2 👁 L Jump Knee, R Jump Knee (on last 8cts)	4 4	4x
4:39	C / (Distorted lyrics _)	8x8 E ¹	L Knee x2, R Knee x2 L Jump Knee, R Jump Knee OPTION: Power Knee	8 8	4x



07. SHELLZ 5:05mins

FUNDEMENTALS

Coach clever in this one – manage your own intensity throughout this track in order to role-model the gear shifts required to achieve personal success. Always demonstrate the options and ways to dial up/down the physical challenge of each quarter. Inspire your class to give their best then pull back and recover before repeating – always with a positive mindset and all eyes on the prize!

TECHNIQUE & COACHING

RUNNING MAN KNEES

Layer 1

- Single Knees, right, left
- Knee to stomach
- Swing knee forward and up

Layer 3

- 4 quarters, you versus the workout

KNEES 16X

Layer 1

- Right Knee only, 16 Knees
- Point toes down, heel to butt
- OPTION: Bounce or stay grounded

Layer 3

- 1st quarter, we teach you then you show us – you ready?!
- 3rd quarter, we’ve taught you – now, you show us!

TRIPLE ELBOW, CROSS, SUPERMAN PUNCH

Layer 1

- Triple Elbow, Cross, Superman Punch
- Elbow strikes high, palm open
- Aim for the jaw, nose, lip or chin
- On the Superman Punch you can jump or stay down

Layer 2

- Lean front shoulder forward on the Superman Punch, back knee lifts
- Remember the whip from Track 2: use your bicep, shoulder and lat and pull the arm back; recoil
- Make the third Elbow bigger; add more rotation

Layer 3

- Come in and go get ‘em!

KNEES 4X

Layer 1

- 4 right Knees, 4 left Knees
- Hand pulls to hip
- Chest high

Layer 2

- Find that gear change to lift intensity – drive knee higher

Layer 3

- 2nd quarter, gear change! Come on!
- 4th quarter... you versus the workout

KNEES 2X

Layer 1

- Double Knee, right and left
- OPTION: Grounded knees

Layer 2

- Whoa!... Go easy and save some energy for what’s about to come
- Reach arms high and drag them down quickly

Layer 3

- You came for the sweat, blood and tears!
- You or the workout?



07. SHELLZ 5:05mins

KNEES 2X, JUMP KNEE

Layer 1

- 2 Knees, right and left
- Jump Knee right, Jump Knee left
- OPTION: Stay grounded with the Power Knee
- Knees bent as you land

Layer 2

- If you're jumping, use arm swing and momentum to drive high

Layer 3

- Double – over time!
- Leave it all on the floor – everything you've got!



08. POWER TRAINING 3

TRACK FOCUS

Time to lean into the pressure! This is our final standing track and one last opportunity to give it everything we have. Encourage your members to lean into the pressure rather than avoiding it. This will help them achieve better results faster and feel more connected to the intrinsic motivation of stepping out of their comfort zones.

FEEL

Motivating, Uplifting and High Energy

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Recover and introduce track	32	
0:12	V1 / We were strong	4x8	L Shoulder Stretch	16	
			R Shoulder Stretch	16	
0:23	It wasn't fair	4x8	L, R Run OTS	2	16x
0:34	PC / How does it get to this	8x8 A	Front Stance		
			L Uppercut x2	4	
			R Uppercut x2	4	8x
0:57	C / Love wins again _	8x8 B	L Uppercut x2	4	
			R Jab x2 to R side	4	
			R Uppercut x2	4	
			L Jab x2 to L side	4	4x
1:19	Br /	8x8 C	L, R Jab	2	32x
			Level 2 after 16 reps		
1:41	C / Love wins again	8x8 B	L Uppercut x2	4	
			R Jab x2 to R side	4	
			R Uppercut x2	4	
			L Jab x2 to L side	4	4x
			(L Uppercut to finish)		
2:03	Br / (Fade out)	5x8	Recover	40	
2:16		3x8	L, R Run OTS	2	12x
			(On last 2cts, transition to L Combat Stance)		
2:25	PC / How does it	8x8 D	L Combat Stance		
			L Jab, R Cross x2	8	
			L Jab x2	2	
			R Cross	2	
			L Hook	2	
			Rotate to reset	2	4x
2:47	C / Love wins again	8x8 D ¹	L Jab, R Cross x4	8	
			L Jab x2	2	
			R Cross	2	
			L Hook	2	
			Rotate to reset	2	4x
			👁 L Power Hook F, Jump B (on last rep)		
3:08	How does it	8x8 D ²	L Jab, R Cross x4	8	
			L Jab x2	2	
			R Cross	2	
			L Power Hook, Jump B	4	4x



08. POWER TRAINING 3

MUSIC		EXERCISE		CTS	REPS
3:31	C / Love wins again	8x8	E	Front Stance L, R Jab (Level 2 after 16 reps) (Punch L fist to the ceiling after the last rep)	2 32x
3:53	Br / (Fade out)	6x8		Recover	48
4:10		2x8		L, R Run OTS	2 8x
4:15	How does it			REPEAT SEQUENCES D to E – R Finish-punch R hand to the ceiling	



08. LOVE WINS AGAIN 5:47mins

FUNDEMENTALS

By this point in the workout our members are fatigued and temptation to 'ease off' the intensity might creep in. Your job is to motivate them to break through the fatigue wall and fight the pressure head-first! Use positive Layer 3 cues and big physical gear shifts to motivate everyone to give it their all, right to the end. It's their last chance to claim their results by leaning into the pressure – remember, pressure creates diamonds!

TECHNIQUE & COACHING

RUN

Layer 1

- Run, right, left
- Chest lifts and arms swing
- Flush out legs

Layer 3

- When you lean into the pressure and you overcome it, good things start to happen

DOUBLE UPPERCUTS

Layer 1

- Front Stance
- Double right Uppercut, double left
- Target the chin

Layer 2

- Shoulders and chest rotate to switch in the obliques

Layer 3

- When I say "lean in", metaphorically start to lean into the pressure
- There's no retreat and no surrender in this one

DOUBLE UPPERCUT, DOUBLE JAB TO THE SIDE

Layer 1

- Heavy right Uppercuts, look to your left and Jab twice
- Double left Uppercut, look to your right and Jab

Layer 2

- Corkscrew the Jab, thumb goes down – working more muscles of the upper arm

Layer 3

- Speed and power to define the muscles of your shoulders, back and abdominals

JABS

Layer 1

- Jabs, right, left
- Target nose, lip or chin
- Elbow soft and arm long
- Bend knees

Layer 2

- Tuck in your chin and bend your knees – here's a gear change: rotate and twist forward
- Suck in the air

Layer 3

- Lean into the pressure!
- How big is that smile?
- Start together – finish together; no one gets left out in BODYCOMBAT!
- Hit the pads

JAB, CROSS X2, DOUBLE JAB CROSS, HOOK

Layer 1

- Right leg forward
- Slow Jab, Cross, right left
- Double Jab, Cross, 1 right Hook
- That's your full combo

Layer 2

- Pre-load by rolling and unwinding
- That creates a pathway for speed

Layer 3

- Getting ready to combine speed and power in the fast combo... you ready?

JAB, CROSS X4, DOUBLE JAB CROSS, POWER HOOK

Layer 1

- Jab, Cross 8 times
- Double, single, then a Power Hook
- Combining speed and power off the front arm and the back

Layer 2

- Pre-load the Cross, then jump out of it
- Rotate and push forward and back, like you're being pulled by a bungee cord

Layer 3

- You're on your own – no words needed... you've got this!



09. CONDITIONING

TRACK FOCUS

Quick transitions between integrated and isolated core training keep the fire burning in the belly! Give plenty of warning of the changes so your members follow through multiple sets of great core conditioning.

FEEL

Vocal, Passionate, Determined

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Saxophone)	2x8		Plank position	16	
0:06	(Saxophone and beats)	8x8	A	Jack Climber Feet jump out, knees jump F Knees jump B, feet jump together <u>OPTIONS</u> : Jack x2 only or Tap L, R, feet out/in	4 4	8x
0:24	V1 / Pack it up, pack it in	2x8		Transition to lying on back, side-on to the front – knees bent, feet hip-width apart and fingertips to temples	16	
0:29	I won't ever slack up	14x8	B	Crunch Combo Crunch up – clasp fists together, arms straight Crunch to F – hands outside thigh Crunch up – hands reach between knees Crunch to B – hands outside thigh	4 4 4 4	7x
1:00	C / Jump around	2x8		Transition to Plank position	16	
1:05	Jump , Jump, jump	4x8	A	Jack Climber Feet jump out, knees jump F Knees jump B, feet jump together <u>OPTIONS</u> : Jack x2 only or Tap L, R, feet out/in	4 4	4x
1:14	V2 / I'll serve your	2x8		Transition to lying on back, ready for Crunches	16	
1:19	Word to your	14x8	B	Repeat Crunch Combo	16	7x
1:50	Jump around	2x8		Transition to Plank position	16	
1:55	Jump, jump, jump	8x8	A	Repeat Jack Climber	8	8x
2:12	V3 / I'm the cream of the crop	2x8		Transition to lying on back, ready for Crunches	16	
2:17	Or better yet a	14x8	B	Repeat Crunch Combo	16	7x
2:48	Jump , Jump, jump	8x8	C	Cross Crawl F, B	4	16x
3:07	Outro / _ Yo, this is dedicated to	3x8		Transition to Hover position (on knees or toes)	24	
3:13	_ Grab your brozack!	9x8	D	Hover L, R Heel Lift <u>OPTION</u> : Alternating Knee Lift L, R	4	18x



09. JUMP AROUND 3:35mins

FUNDEMENTALS

This is such a famous and familiar crowd-pleasing tune to work our abdominals to! Enjoy the cool song while motivating your class through each set of integrated and isolated core exercises. By knowing your choreography super well you'll be free to confidently coach the fast transitions to ensure your participants don't miss a rep!

TECHNIQUE & COACHING

JACK CLIMBER



Layer 1

- Hands under shoulders
- Plank position – brace abs tightly
- Jack Climber
- Jump feet 4, 3, 2, 1
- Wide, in, back, together
- OPTIONS: Jack x2 feet only or tap feet L, R

Layer 2

- Keep shoulders over hands to stabilize shoulders

Layer 3

- Building awesome reactive core strength!
- Who is still on toes with the full Jack Climber?
- Solid in the front, so you can party in the back!

CRUNCH COMBO



Layer 1

- Roll onto your back
- Feet flat to floor, knees bent
- Crunch Combo

Layer 2

- Big rotation through center of chest to target the obliques
- Try and keep your shoulders off the floor the whole time for maximum tension in the belly
- Fire the knuckles between the knees and then outside the knees

Layer 3

- Can you feel that? – who came to get down?!
- I know it's starting to hurt, but we want to feel the abs as they are the powerhouse of the body
- Strong abs help us punch stronger and faster, kick stronger and faster – so stay in it!

CROSS CRAWL

Layer 1

- Cross Crawl, front and back
- Fingertips to temples
- Front, back, front, back
- Shoulder comes up and across to opposite thigh
- Light tap of foot to floor
- Elbows wide

Layer 2

- The more you twist, the harder you work

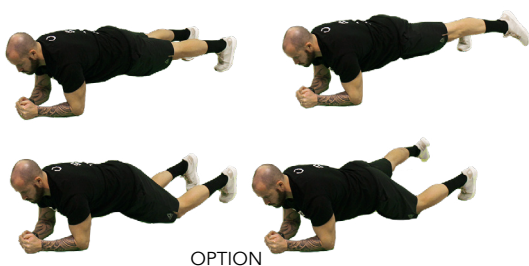
Layer 3

- I've got the bite in my obliques – love this move!



09. JUMP AROUND 3:35mins

HOVER, HEEL LIFT



Layer 1

- Grab behind the knees and roll up
- Elbows under shoulders
- On Knees or toes
- Small Heel Lift, up and up – right and left
- Brace abs tightly to keep hips and shoulders square to the floor
- OPTION: Alternating Knee Lift

Layer 2

- Dig elbows and forearms into the floor
- Squeeze shoulder blades together to open chest and keep back straight

Layer 3

- Don't give up now you've made it this far!
- Last couple of reps, all the way to the end – stay with me!



10. COOLDOWN

TRACK FOCUS

Allow this powerful yet calm Cooldown music to shine as you gently guide your class through their much-deserved stretches. Work with the song by saying less where possible and allowing the music to be enjoyed. The perfect final opportunity to do this is during the KATA sequence – a powerful and inspiring end to a great workout!

FEEL

Calm, Powerful and Centered

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Lie on back and prepare to stretch	32	
0:10	V1 / <i>I was born of the ice and</i>	8x8	Lying Adductor Stretch (Lower back release)	64	
0:31	PC / <i>Heavy is the crown</i>	4x8	Knees together and to back of room (Reach B hand to top knee and ease knees down further)	32	
0:42	C / The <i>knife in my heart</i>	4x8	Lying Glute Stretch (Legs in middle, front ankle over B knee and reach through to hold B leg)	32	
0:53	_ <i>I rise from my scars</i>	4x8	Lying Hamstring Stretch – front leg (B foot flat to floor, lower back release)	32	
1:03	Br / <i>Watch me burn it down</i> _	4x8	Knees together and to front of room (Reach F hand to top knee and ease knees down further)	32	
1:14	V2 / <i>I been down for the coldest</i>	4x8	Lying Glute Stretch (Legs in middle, front ankle over B knee and reach through to hold B leg)	32	
1:25	<i>How do I know If I let</i>	4x8	Lying Hamstring Stretch – B leg (F foot flat to floor)	32	
1:35	<i>How do I ever know</i>	2x8	Knees together and roll up	16	
1:41	PC / <i>Feelings of emptiness</i>	6x8	R Hip Flexor Stretch (L foot F, L arm on L leg and R hand to floor) L hand reaches up O/H and turn to L	16 32	
1:57	C / _ <i>I rise from my scars</i>	4x8	L Hip Flexor Stretch (R foot F, R arm on R leg and L hand to floor) R hand reaches up O/H and turn to R	16 16	
2:08	Br / _ <i>Breathe, feel</i>	2x8	Transition to standing	16	
2:12	<i>air that I breathe</i>	3x8	L Quadriceps Stretch	24	
2:21	V3 / <i>Who's hotter?</i> _	3x8	R Quadriceps Stretch	24	
2:29	<i>I took a drag</i>	4x8	R Iliotibial Band Stretch	32	
2:39	<i>(do-do-do-yeah)</i>	4x8	L Iliotibial Band Stretch	32	
2:50	PC / <i>Heavy is the crown</i>	4x8	L Shoulder Stretch (feet outside shoulder-width) R Shoulder Stretch Roll fists to waist	12 12 8	
3:01	C / _ <i>The knife in my heart</i>	10x8	KATA R Side Lunge with L Low Block R Rising Block L Side Lunge with R Low Block L Rising Block Finish: Step L foot in and take a bow (L fist to R palm)	8 8 8 8	2½x



10. POWER IS POWER 3:31mins

FUNDEMENTALS

Use a soft voice yet directive cues to help guide your class members through their stretches. Identify how much you need to say and then be conscious about giving the music a voice too. By 'team-teaching with the music' we create an experience for members to enjoy. This is their reward for working so hard – allow them space to feel and enjoy their Cooldown together.

TECHNIQUE & COACHING

LYING ADDUCTOR STRETCH



Layer 1

- Lie on your back
- Soles of feet together
- Arms out to the sides, palms face up
- Knees gently drop out to the sides

Layer 2

- Feel your body relaxing and melting into the floor

LOWER BACK RELEASE

Layer 1

- Bend both knees and drop them to the back of the room
- Shoulders stay grounded

LYING GLUTE STRETCH



Layer 1

- Top leg over a little higher
- Hook top ankle across bottom knee
- Draw legs back to the middle
- Reach through the window and grab back leg
- Push the knee gently away

Layer 2

- Keep hips down and square to front
- Feel that lovely stretch along the glutes

LYING HAMSTRING STRETCH



Layer 1

- Extend the top leg
- Back foot drops to floor
- Hold behind the hamstring or the calf

Layer 2

- The key here is to keep the hips down, relax the shoulders and relax the foot

HIP FLEXOR STRETCH

Layer 1

- Left knee on floor, right foot steps forward
- Flare the right toes slightly out and push the knee out
- Hip stretch
- Turn the chest towards your front leg and reach through the fingers

Layer 2

- A little release across the upper and lower back
- Tilt your head slightly and send your eye gaze up towards your hand

QUADRICEPS STRETCH

Layer 1

- Quad stretch – hold right foot in right hand
- Knees together and chest lifted

Layer 2

- Little tip: if you want a little more intensity, hold your foot with both hands – push hip forward and glue knees together

ILIOTIBIAL BAND STRETCH

Layer 1

- Step behind, reach arm up over head
- Elbow high, hip out and heels down

Layer 2

- Try to push the hip and lift the elbow a little more for a deeper stretch



10. POWER IS POWER 3:31mins

SHOULDER STRETCH

Layer 1

- Step feet wide
- Right arm across chest – Shoulder Stretch
- Hold above or below the elbow

KATA

Layer 1

- Inhale; exhale, pull fists to waist
- Low Block, right arm – lean to left
- Rising Block, left arm
- Switch to right side, Low Block left arm – Rising Block right arm

Layer 2

- Every time you sink, turn the toes out and sink a little deeper
- Use your breath and feel the flow of this KATA



BONUS

05. POWER TRAINING 2

TRACK FOCUS

This is a purely standing Boxing track that combines speed, power and high-energy cardio! Coach exactly ‘how’ to strike with both speed and power. There’s plenty of space to do this throughout the 3 big blocks of work. Use purposeful verbal coaching alongside visually showing how to physically move with fast, powerful and highly energetic punches!

FEEL

Dreamy, Nostalgic, Flowing

MARTIAL ARTS

Karate and Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / Darling you know	2x8		Introduce track	16	
0:07	Wanting I need your body	6x8		L, R Run OTS (Level 2 after 8 reps) (L transition to L Combat Stance 4cts)	2	24x
0:24	I need you here _	8x8	A	L Combat Stance L Jab, R Cross x2 L Double Jab, R Cross x2 (Level 2 after 2 reps)	8 8	4x
0:46	(Drop) / (Electro)	8x8	A ¹	L Jab, R Cross x2 L Double Jab, R Cross	4 4	8x
1:08	V2 / Darling you know	8x8	B	L Hook x3 R Hook	6 2	8x
1:30	Br /	8x8	C	L Uppercut x2 Step R, L (Spring R, L after 4 reps)	4 4	8x
1:53	B up /	4x8		L, R Run OTS (On last 2cts, transition)	2	16x
2:03				REPEAT SEQUENCE A to C – R (Note: Sequence A is only 2 reps)		
3:21	I need you here _	8x8		L, R Run OTS (Use last 4cts to set up Front Stance)	2	32x
3:43	(Drop) / (Electro)	8x8	D	Front Stance L, R Jab x2 Jumping Jack x2 <u>OPTION</u> : Squat instead of Jumping Jack	4 4	8x
4:05	V3 / Darling you know	8x8	E	L Hook x2 R Hook x2	4 4	8x
4:27	Br /	4x8	F	L, R Body Rip	4	8x
4:38	B up /	12x8	F ¹	L, R Body Rip x2 L, R Hook	4 4	12x
5:11	(Drop) / (Electro)	8x8	D	L, R Jab x2 Jumping Jack x2 <u>OPTION</u> : Squat L fist to the ceiling to finish!	4 4	8x



BONUS

05. I NEED HERE 5:39mins

FUNDEMENTALS

This bonus Power Training Track 2 has a pure Boxing focus. Speed, power and high energy are our objectives, so be sure to coach verbally and visually exactly what this looks and feels like. When we do this, we connect to different types of learners in the room and help them to understand, apply and ultimately get the results they come for!

TECHNIQUE & COACHING

RUNS

Layer 1

- Run, right, left – on the spot
- Swing arms by sides
- Knees up high
- This track has speed, power and high energy
- We have 3 big blocks of work

JAB, CROSS X2 (SLOW), DOUBLE JAB, CROSS X2

Layer 1

- Right Combat Stance
- 4 Jab, Cross – slow, right, left
- 4, 3 – Double Jab, Cross twice
- Aim for center of face; keep elbow soft

Layer 2

- Watch this – bring the power and the speed!

Layer 3

- You know where we are going! Speed in the front and power in the back

JAB, CROSS X2 (FAST), DOUBLE JAB, CROSS

Layer 1

- Here's the combo – 4 Jab, Cross quick – go
- Double, single

Layer 2

- Bring the shoulder forward
- Release the hip and heel to extend your reach
- Draw the shoulder to cheek, release heel and twist hip

Layer 3

- Can you feel the fire?
- Speed is the key – how quickly can you move from point A to B?

FRONT ARM HOOK X3, BACK ARM HOOK

Layer 1

- 3 front Hooks, 1 back arm
- Target jaw or temple
- Elbow bends at 90 degrees
- Rotate chest

Layer 2

- Speed in the front arm and power in the back
- Turn on your abs and drop into your legs
- Imagine putting a rod down your body – rotate your entire body

UPPERCUT X2, STEP OUT/IN

Layer 1

- Double right Uppercut
- Step out, step in
- 1, 2, out, in
- Target the chin

Layer 2

- Be quick and light on your feet
- Find the rhythm by moving fast

JABS X4, JUMPING JACKS

Layer 1

- 4 Jabs, 2 Jumping Jacks, right, left
- Aim for nose, lip or chin
- Elbow soft
- Bend knees on the Jumping Jacks
- OPTION: Squat – butt back and down and push knees out

Layer 2

- Relax your shoulders to strike faster
- Drive knees out in line with toes on the Jumping Jacks

Layer 3

- It's all about speed; it's all about power!
- Punch as fast as you can and as hard as you can!
- We've got this!



BONUS

05. I NEED YOU HERE 5:39mins

HOOKS

Layer 1

- 2 right Hooks, 2 left Hooks
- Target side of face
- Elbow just above the wrist

Layer 2

- It's not a break or a filler – find power in your punches
- Big twist through the chest to hit harder

BODY RIPS

Layer 1

- Body Rips, right left
- Right, left, right left – slow down
- Feet wide and knees bend

Layer 2

- Sink into your stance a little more to feel stable
- Part Uppercut, part Hook

BODY RIP X4, HOOKS

Layer 1

- Speed it up 4 times, 4, 3, 2, 1 – Hook, Hook

Layer 2

- We are going for power and rotation

Layer 3

- How much power have you got left to give?
- We are coming into the final part, it's all in the attack, it's all in the attitude
- Challenge yourself, challenge your level!



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.



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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.

