

BODYCOMBAT 83

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

GLOSSARY

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THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

Boxing is a combat sport where two participants, generally of similar weight, fight each other with only their fists. Boxing is supervised by a referee and is typically performed inside a ring with rounds lasting 1 to 3 minutes. There are three ways to win:

Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.

If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.

If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

There are four basic punches in Boxing: Jab, Straight Right/Cross, Hook and Uppercut.

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So Karate means 'empty hand'.

- Karate training is commonly divided into three sections:
- Kihon (the basics or fundamentals)
- KATA (forms)
- Kumite (sparring).

THE HISTORY OF MUAY THAI

Muay Thai is referred to as 'The Art of Eight Limbs', as the hands, shins, elbows and knees are all used extensively in this art. A practitioner of Muay Thai (nak muay) thus has the ability to execute strikes using eight 'points of contact', as opposed to 'two points' (fists) in Western Boxing and 'four points' (fists, feet).

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

Kung Fu consists of a number of fighting styles that were developed over many centuries.

Essentially this is a Chinese Martial Art, practised by Shaolin monks. Those fighting styles are identified as 'families' or schools. Examples of these styles are physical exercises that mimic movements from animals.

There are five animal forms:

- The Dragon
- The Snake
- The Tiger
- The Crane
- The Leopard or Panther.

THE HISTORY OF TAE KWON DO

Tae Kwon Do is a Korean Martial Art. The word 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method', or 'art'. So, 'Tae Kwon Do' may be loosely translated as 'the way of the foot and fist' or 'the way of kicking and punching'.

Tae Kwon Do is a flamboyant Martial Art that is agile, fast and precise; it is 90% feet and only 10% hands.



MUSIC

- 01A

Awa Ni (3:33)

The Knocks & Kah Lo

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Written by: Behr, Ruttner, Patterson, Pallin, Seriki
- 01B

Alive (4:52)

R3HAB vs Vini Vici feat. Pangea & Dego

© 2019 CYB3RPVNK.

Written by: El Ghoul, Saharai, Kadosh, Kershen, Polychronopoulos, Taylor, Mizrachi, Tzur, Emanuel
- 02

Pica (4:29)

Deorro, Henry Fong & Elvis Crespo

© 2019 Ultra Records, LLC.

Written by: Crespo, Vega, Fong, Orrosquieta
- 03

Unreal (5:59)

T & Sugah feat. Ayve

© 2015 Liquicity Records.

Written by: Jouneghani, Storm, Spruijt
- 04

Y.A.L.A. (4:11)

M.I.A.

Courtesy of the Universal Music Group.

Written by: Leembruggen, Fernhout, Arulpragasam, Helderma
- 05

Fuji Opener (4:34)

Skrillex feat. Alvin Risk

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Written by: Moore, Risk, Yopez
- 06

Gopher Mambo (4:15)

Leandro Da Silva

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Written by: Gozzo, May
- 07

Victorious (5:49)

7kingZ

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Written by: Bissell, Morgan
- 08

Real (Drum & Bass Mix) (7:59)

Crissy Criss & WiDE AWAKE

© 2018 War On Silence.

Written by: Willaimson, Joseph, Crisp, Tendayi
- 09

Burning (3:59)

Chase & Status feat. Cocoa Tea

Courtesy of the Universal Music Group.

Written by: Kennard, Milton, York, Scott, Marshall
- 10

Alright (3:21)

Mike Yung

© 2018 Mike Yung.

Written by:El-Amine Imad Roy, Abraham, Young, Hohol
- BONUS 05

All For You (5:57)

Wilkinson & Karen Harding

Courtesy of the Universal Music Group.

Written by: Waite, O’Connell, Wilkinson



Back Row L-R: Louise Ullah, Marlon Woods, Rachael Newsham, Dani Bayadi, Lula Slaughter
Front Row L-R: Karan Jaisinghani, , Reagan Kang, House Chaalane and Natasha Ekmekjian

Under the big lights in the epic historical buildings at Fox Studios in Sydney Australia, BODYCOMBAT Release 83 holds center stage with hundreds in attendance. Drama, excitement, energy and electricity engulfs the room, cheers of “Kia Kaha ah” and high fives put huge smiles on everybody faces.

Release 83 has it all – high energized music to the max with simplistic combinations which allows for an easy-to-follow powerful workout.

With different striking movements, directions, switching stances and lateral jumps bring in the cardio element of BODYCOMBAT.

We start with a slower-paced Warm-Up to help mobilize the joints, warm the muscles and get a feel of the rhythm and striking set us up for the jump in gear change in the high-energy Brazilian Capoeira in Track 2.

Push-kicking, sprawls, power elbows, jumping knees all play a part in taking you through the journey towards the final Power track! And there’s an 8-minute endurance-based marathon – which could go down in BODYCOMBAT history as one of the longest final Boxing Power tracks ever! So... save some energy!

As always keep it real and stay with the fight!

The BODYCOMBAT team.

Dan Rach

CREDITS

- Program Directors** – Dan Cohen & Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Andrew Newmarch
- Production Coordinator** – Nicole Vendel

PRESENTERS

Rachael Newsham (United Kingdom) is co-Program Director of BODYCOMBAT and Program Director of SH’BAM. She is based in Auckland.

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SHADOW
Natasha Ekmekjian
Karan Jaisinghani



EXPRESS FORMATS

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
Total Time	37:42

30-MINUTE FORMAT

Track 1A	Upper Body Warm-Up
Track 1B	Lower Body Warm-Up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	28:41

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

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 Track 8 Power Training 3, OR Track 9 Conditioning, OR Track 10 Cooldown

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	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai

EITHER Track 9 Core OR Track 10 Cooldown

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

A flowing and dynamic Upper Body Warm-Up that integrates full-body movements to lift the heart rate faster! The focus is on building great execution of moves whilst warming and mobilizing the entire body effectively.

FEEL

Flowing, Tribal and Uplifting

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Awa ni yen	4x8		Stretch, loosen up, pulse side to side	32	
0:21	V1 / _ Open up my eyes	8x8	A	Front Stance – Boxing Guard L, R Jab Weave, Step R R, L Jab Weave, Step L (Note: Sink into legs on Weave/Step after 4 reps)	2 2 2 2	8x
0:52	Br / Awa ni yen	4x8		L, R Run (heels to butt) Prepare then lift arms O/H (after 10cts) High Knee Run (on last 2cts, transition to Front Stance)	2 1	12x 8x
1:07	C / Who keeps it live all night _	4x8	A	Front Stance L, R Jab Weave, Step R R, L Jab Weave, Step L	2 2 2 2	4x
1:23	V2 / _ Up to no good	4x8	B	L, R Hook	4	8x
1:38	_ Who has the sauce, we	4x8	C	L, R Body Rip x2 L, R Hook	4 4	4x
1:53	Br / Awa ni yen	4x8		L, R Run (heels to butt) Prep then lift arms O/H (after 10cts) High Knee Run (on last 2cts, transition to Front Stance)	2 1	12x 18x
2:09	C / Who keeps it live all night _	6x8	C	Front Stance L, R Body Rip x2 L, R Hook	4 4	6x
2:31	_ Who has the sauce, we	4x8	D	L, R Uppercut x2 Jumping Jack x2 <u>OPTION:</u> Squat instead of Jumping Jack	4 4	4x
2:47	Br / Awa ni yen	4x8	E	L Walking Jab x2 to L side L, R, L Uppercut to front R Walking Jab x2 to R side R, L, R Uppercut to front	4 4 4 4	2x
3:02	C / Who keeps it live all night _	8x8	E ¹	L Jump Jab x2 to L side L, R, L Uppercut to front R Jump Jab x2 to R side R, L, R Uppercut to front <u>OPTION:</u> Stay with Walking Jab A-Frame – Freeze (ready for Lower Body Warm-Up after last rep)	4 4 4 4	4x



01A. AWA NI 3:33mins

FUNDAMENTALS

Bring awareness to warming up the entire body using multidirectional strikes and integrated movements. Coach in a flowing, uplifting and positive way to match the music feel – connecting with your members through smiles and energy!

TECHNIQUE & COACHING

JAB, JAB, WEAVE

Layer 1

- Front Stance, Boxing Guard
- Jab, Jab, Weave
- Aim for nose, lip or chin
- Connect with big knuckles
- Tuck and weave

Layer 2

- Now use your legs – get down
- Tuck in your chin and get some crunch in the body
- A great Jab comes with some great shoulder rotation

RUN

Layer 1

- Run on the spot
- Heels to butt, lift your chest
- Reach hands over head

Layer 2

- Big breath
- Pump the knees up to lift the heart rate

HOOKS

Layer 1

- Hook right, Hook left
- Target the jaw or the temple
- Use big knuckles to strike
- Release the hip and the heel

Layer 2

- The Hook is a Boxing knockout move
- Fire the twist from your torso

BODY RIPS X2, HOOKS X2

Layer 1

- 4 Body Rips
- 2 Hooks
- Strike the body

Layer 2

- The Body Rip is similar to the Hook, only it's about a 45-degree angle shift
- Feel your obliques working as you rotate the torso on the Hooks
- Let's get that thoracic spine nice and warm
- Little rotation on the Body Rips
- Big rotation on the Hooks

Layer 3

- Feel the flow of this combo!

UPPERCUT X4, JUMPING JACK X2

Layer 1

- Uppercut right, left, 4 times
- Jack feet in/out twice
- Vertical punch, targets the chin
- OPTION: Squat

Layer 2

- Uppercut is about 45 degrees, shoulder to fist
- Vertical punch, knuckles to ceiling

WALKING JABS X2, UPPERCUTS X3

Layer 1

- 2 Walking Jabs to the right
- 3 Uppercuts to the front
- Strike the nose and chin

Layer 2

- Ring craft – moving around the Boxing ring
- Shoulders relaxed and chin drops down
- Let's move off the spot, jump on it!

Layer 3

- We're going to drive out of the floor
- Use your legs to push out of the floor for more power!



01B. LOWER BODY WARM-UP

TRACK FOCUS

The Split Jack, Drop Squat/Reach Down into Roundhouse Kick combo is the highlight here. Focus on clear coaching first and offering the variation of Squats (without impact). Then build your vocal and physical energy to allow the moves and music to bring the magic!

FEEL

Powerful, Driving, Contrasting

MARTIAL ARTS

Kick-boxing, Tae Kwon Do and Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / I-I-I	½x8	A Frame		4	
0:01	I had vision	1½x8	L, R Pulse		2	6x
0:05	I saw the li-i-ight	6x8	A	Front Stance		
				L Knee x4	8	
				R Knee x4	8	3x
0:26	PC / Ooh -ooh-ooh	8x8	A ¹	L Knee x2	4	
				L Front Kick	4	
				R Knee x2	4	
				R Front Kick	4	4x
			(Level 2 after 2 reps – option to bounce on the knees)			
0:52	C / (Synth)	4x8	B	Split Jack x2	4	
				Drop Squat – reach L hand down	4	
				Split Jack x2	4	
				Drop Squat – reach R hand down	4	2x
			<u>OPTION:</u> Squat x2 instead of Split Jack			
1:06	V2 / I-I-I I found a purpose	4x8	A	L Knee x4	8	
				R Knee x4	8	2x
1:18	PC / Ooh -ooh-ooh	8x8	A ²	L Knee x2	4	
				L Push Kick	4	
				R Knee x2	4	
				R Push Kick	4	4x
			(Level 2 after 2 reps)			
1:45	C / (Synth)	4x8	B	Split Jack x2	4	
				Drop Squat – reach L hand down	4	
				Split Jack x2	4	
				Drop Squat – reach R hand down	4	2x
1:58	V3 / I-I-I I found a purpose	8x8	C	L Side Kick	4	
				Pulse OTS	4	8x



01B. LOWER BODY WARM-UP

MUSIC		EXERCISE		CTS	REPS
2:24	never gonna die	6x8	D	L Combat Stance	
				Split Jack x2	4
				Drop Squat – reach L hand down	4
				Step F, L&R into L Roundhouse Kick Set-up	4
				Touch down and Jump B	4
				👁️ L Roundhouse Kick (on last rep)	3x
				<u>OPTION:</u> Squat x2 instead of Split Jack	
2:44	C / (Instrumental)	12x8	D ¹	Split Jack x2	4
				Drop Squat – reach L hand down	4
				Step F, L&R into L Roundhouse Kick	4
				Touch down and Jump B	4
				Land wide on last rep in Front Stance	6x
				<u>OPTION:</u> Squat x2 instead of Split Jack	
3:24	Outro /			REPEAT SEQUENCES C to D1 – R	
				(Feet together, arms by sides to finish!)	



01B. ALIVE 4:52mins

FUNDAMENTALS

There are some great energy shifts in both music and movements in this track! Use your voice and body to highlight these – creating drama and energy in the Lower Body Warm-Up.

TECHNIQUE & COACHING

KNEES

Layer 1

- 4 right Knees, easy, swap, left
- Target stomach with top of knee
- Knee lifts to waist height, hands pull down to hips

KNEE X2, FRONT KICK

Layer 1

- 2 right Knees, one Front Kick
- Kick low, aim for waist down
- Front Kick strikes with ball of foot
- Keep knee soft as you extend leg into kick

Layer 2

- We kick low in order to warm the muscles

SPLIT JACK X2, REACH HAND DOWN

Layer 1

- Split Jack, twice, reach right hand down, stand
- Keep chest up and abs braced
- Knees soft on landing
- OPTION: Squat x2 instead of Split Jack

Layer 3

- How quickly can you get down?

KNEE X2, PUSH KICK

Layer 1

- 2 Knees, Push Kick
- 1, 2, roll
- Lift knee into chest and roll the leg as you kick

Layer 2

- It feels like you cycle your leg around
- Swing your arm down to fire the Kick, complete the cycle of the kick

Layer 3

- How are we feeling, everybody?
- The energy is immense – I love it!

SIDE KICK

Layer 1

- Front Stance
- Right Side Kick
- Kick, land, pulse
- Strike with blade of foot to opponent lower leg
- Place the heel towards the target
- Brace abs and lean away from the kick

Layer 2

- Use your abs to control the kick
- Lean back, shoot the kick out, in and down

Layer 3

- I feel... I'm alive, I'm alive, I'm alive!

SPLIT JACK X2, REACH HAND DOWN, ROUNDHOUSE KICK SETUP

Layer 1

- Right foot forward
- Chest up, abs braced
- 2 Split Jacks, right hand reaches down
- Step into Roundhouse Kick setup, right leg
- Setup: Lift the knee, shin parallel to the floor
- Lean away from the target
- OPTION: Squat x2 instead of Split Jack



01B. ALIVE 4:52mins

SPLIT JACK X2, REACH HAND DOWN, ROUNDHOUSE KICK

Layer 1

- Split Jack twice, reach down, right Roundhouse Kick
- Strike with shoelaces or shin
- Connect to the side of your opponent’s body
- Soft knee landing
- OPTION: Squat x2 instead of Split Jack

Layer 2

- If you want to open your hips, try and get your shin, knee and your hip in a straight line
- Open the hips to Warm-Up the muscles

Layer 3

- The best part of the workout is the music telling you exactly what to do!
- There’s always 2 more!



02. COMBAT 1

TRACK FOCUS

Fast Kick-Boxing meets dynamic Capoeira in this inventive track!

Match your coaching and physicality to the contrast between the two Martial Arts. Quick- fire strikes, weaves and a big sound during the Kick-Boxing peaks and flowing, rhythmic and contrast when Capoeira hits!

FEEL

Party, Dance, Latin

MARTIAL ARTS

Kick-Boxing and Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Percussion)	2x8		Front Stance – Boxing Guard	16	
0:05	enchate pa’ aca	6x8	A	L Jab Crossto L corner	2	6x
				Weave to R	2	
				R Jab Cross to R corner	2	
				Weave to L	2	
0:24	V1 / Si te pica, yo te rasco	10x8	A ¹	L Jab Cross to L corner	2	5x
				Weave to R	2	
				L Roundhouse Knee x2	4	
				R Jab Cross to R corner	2	
				Weave to L	2	
				R Roundhouse Knee x2	4	
				👁️ R Jab Cross to R corner (on last rep)		
0:54	C / Uno, dos, tres, cuatro! _	8x8	A ²	L Jab Cross to L corner	2	4x
				Weave to R	2	
				L Roundhouse Knee x2	4	
				R Jab Cross to R corner	2	
				Weave to L	2	
				R Roundhouse Knee x2	4	
				OPTIONS: Just 2 Jabs or no Weave		
1:19	Br / _ Oye bonita,	3x8		A-Frame – Freeze	12	
				Cross wrists – slowly	12	
1:29	B up / bajo tu falita	10x8	B	Ginga		
				Step out L foot (into Squat)	2	10x
				R Lunge (R leg B)	2	
				Step out R foot (into Squat)	2	
				L Lunge (L leg B)	2	
				(Note: Music speeds up after 4 reps)		
2:03		3½x8	B ¹	Side Leap L into Ginga	4	3½x
				Side Leap R into Ginga	4	
				OPTION: Stay grounded		
2:14	Uno, dos, tres, cuatro!	½x8		Freeze	4	
2:16	C / (Drop)			REPEAT SEQUENCES A2 to B1		



02. COMBAT 1

MUSIC		EXERCISE		CTS	REPS
3:34	Uno, dos, tres, cuatro!	1/2x8	Freeze	4	
3:36	C / (Drop)	8x8	A ² L Jab Cross to L corner	2	
			Weave to R	2	
			L Roundhouse Knee x2	4	
			R Jab Cross to R corner	2	
			Weave to L	2	
			R Roundhouse Knee x2	4	4x
			<u>OPTIONS:</u> Just 2 Jabs or no Weave		
4:00		8x8	B ¹ Side Leap R into Ginga	4	
			Side Leap L into Ginga	4	8x
			<u>OPTION:</u> Stay grounded		
			Salsa Pose to finish!		



02. PICA 4:29mins

FUNDAMENTALS

Offer the options early so everyone feels successful and can enjoy the moves at a level that suits them right now. There's lots of opportunities to dial up the drama in this track as you team-teach with the music.

TECHNIQUE & COACHING

JAB CROSS, WEAVE

Layer 1

- Front Stance, Boxing Guard
- Jab Cross, Weave
- Left, right, Weave
- Strike to corner of the room
- Target nose, lip or chin – soft elbows

Layer 2

- We are hitting targets and dodging on the spot
- Kick-boxing to lift the heart rate and burn calories!

JAB, CROSS, WEAVE, ROUNDHOUSE KNEES X2



Layer 1

- Jab, Cross, Weave, 2 right Knees
- Jab, Cross, Weave, 2 left Knees
- Aim knee 45 degrees to ribcage

Layer 2

- Lean your body on the Roundhouse Knees and open the hips
- Bend a little deeper into a Squat as you weave

JABS X3, WEAVE, ROUNDHOUSE KNEES X2

Layer 1

1, 2, 3 Weave, double Roundhouse Knee

OPTION: Stay with the 2 Jabs

OPTION: Take out the Weave and strike to the corners

Layer 2

- The key is to relax and then squeeze on impact
- Pull your hands down to your hip on the Knees to work your obliques
- On the Weave, squat and use your legs

Layer 1

- Once you've mastered the timing and the Squat, weave – match us!
- Have you got the speed? Prove it?

GINGA (SLOW)

Layer 1

- Right Squat, left Lunge, slowly
- Step out, and back, out, and back
- Chest up and abs braced
- Front knee out over midfoot

Layer 2

- Moving on a Capoeira vibe, on 3 points of a triangle
- Why do we dance? It's Capoeira – a marriage of dance, fight and play!

Layer 3

- Let's do what the Brazilians do – find the music and dance along with it!

GINGA (FAST)

Layer 1

- Move faster with the music
- Out, and back, out, and back

Layer 2

- If it's burning, that's because you're working!

Layer 3

- Here comes the game – a little bit of 'catch me if you can!'
- Turn up the heat-a!



02. PICA 4:29mins

SIDE LEAP INTO GINGA

Layer 1

- Side Leap right, Ginga
- Land softly by bending knees
- OPTION: Stay grounded with Ginga
- Arms float across, side to side

Layer 2

- One hand protects side of face, the other is out for balance
- Big push from the outside leg to fire up the heart rate and intensity in the lower body!
- Legs are burning now – the burn builds strength!

Layer 3

- Can you get a little more air time?
- Bring salsa, from mild to hot and spicy
- Dig deep, stay with us



03. POWER TRAINING 1

TRACK FOCUS

Cardiovascular fitness is the focus through Boxing strikes and lower body integration. There are Jump Jabs, High Knee Runs and Superman Punches to challenge both the upper and lower body whilet getting fitter – faster! The objective is to motivate your members to keep up!

FEEL

Dance, Euphoric, Electronic

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / _ I can't believe you're real	1½x8	Prepare to run	12	
0:04	_ and I wonder why	7x8	L, R Run OTS 👁️ Front Stance L, R Jab x2, L, R Body Rip x2 (on last 8cts)	2	28x
0:23	QC / Oh yes, it's you	8x8 A	Front Stance L, R Jab x2 L, R Body Rip x2	4 4	8x
0:45	C / Oh yes, it's you	8x8 B	L Combat Stance L Walking Jab x4 to front Run B (Jump Jab x4 after 2 reps) <u>OPTION:</u> To continue with Walking Jab	8 8	4x
1:08		8x8 B¹	R Combat Stance R Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab x4 (Transition to Front Stance on last 4cts)	8 8	4x
1:29	V2 / I can't believe your real	4x8 A	Front Stance L, R Jab x2 L, R Body Rip x2	4 4	4x
1:40	This is how I feel	4x8 A¹	L, R Jab	2	16x
1:52	C / Oh yes, it's you	4x8 B¹	L Combat Stance L Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab x4	8 8	2x
2:02	Oh yes, it's you	4x8 B¹	R Combat Stance R Jump Jab x4 to front Run B	8 8	2x
2:14	Oh yes, it's youuu	2x8	Recovery	16	



03. POWER TRAINING 1

MUSIC		EXERCISE		CTS	REPS
2:19	Oh yes, it's you	14x8	C	L Combat Stance L Jab x2 Step F, lift R knee, step B (Add Hop on last 4 reps) 👁️ R Superman Punch on last rep	4 4 14x
2:58	C / Oh yes, it's you	8x8	C ¹	L Jab x2 R Superman Punch <u>OPTION:</u> Stay grounded on the Superman Punch	4 4 8x
3:20	(Instr)	4x8	B ¹	L Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab x4	8 8 2x
3:31		4x8	B ¹	R Combat Stance R Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab	8 8 2x
3:42	V3 / I can't believe your real	4x8	A	Front Stance L, R Jab x2 L, R Body Rip x2	4 4 4x
3:53	This is how I feel	4x8	A ¹	L, R Jab	2 16x
4:04	C / Oh yes, it's you	4x8	B ¹	L Combat Stance L Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab	8 8 2x
4:15	Oh yes, it's youuu	4x8	B ¹	R Combat Stance R Jump Jab x4 to front Run B <u>OPTION:</u> Walking Jab	8 8 2x
4:26	Oh yes, it's youuu	2x8		Recovery	16
4:32	Oh yes, it's youuu			REPEAT SEQUENCES C to B1 – R	



03. UNREAL 5:59mins

FUNDAMENTALS

The heart and lungs will be challenged in this Power track! When combining lower body moves into Boxing strikes we fire up the cardiovascular system and increase fitness fast! Use your Layer 3 motivational cues to encourage your class to stay in the workout to the very end – maybe challenge them to keep up with you.

TECHNIQUE & COACHING

RUN

Layer 1

- Run, right, left
- Chest lifted
- Soft knee landing
- Use your arms

JABS X4, BODY RIPS X4

Layer 1

- Front Stance
- 4 Jabs, 4 Body Rips
- Aim for the face then the body
- Soft elbows on the Jabs
- 4 up, 4 down

Layer 2

- Sink into legs on the Body Rips
- Twist at the top and crunch at the bottom – work your abs
- Shoulders twist to drive the Jabs forward
- Use your breath to help maintain intensity

Layer 3

- This one is a burner! – can you keep up?
- Stay with us... come up – get down!
- Building strength in your entire body with this combo

WALKING JABS X4, RUN BACK

Layer 1

- Right Combat Stance
- 4 Walking Jabs – right hand
- 4, 3, 2, 1 – run back
- Strike to center of face with big knuckles

JUMP JABS X4, RUN BACK

Layer 1

- Jump Jab forward 4 times
- Lift knee to waist-height
- Land with soft knee
- OPTION: Stay with the Walking Jab

Layer 2

- Land your fist and foot at the same time
- High Knee Run back – drive legs
- Jump Jab for cardio, Walking Jab for power
- The punches are down and in

Layer 3

- Push harder to spike your heart rate and burn calories faster!
- How far can you travel forward?!
- Can you feel your heart pounding? – that's a new level of fitness tomorrow!
- We wanna feel you rock the floor

JABS

Layer 1

- Stay up top
- Jab right, left – non-stop

Layer 2

- Drive the rotation from chest

Layer 3

- STAY! – don't go anywhere!
- Can you reach your Jab further?



03. UNREAL 5:59mins

JAB X2, SUPERMAN PUNCH SETUP

Layer 1

- Right Combat Stance
- 2 right Jabs, step forward, lift back knee
- Punch to nose, lip or chin

Layer 2

- Start easy – find the rhythm
- Exaggerate the step forward
- As you lift the knee, feel the loading in the shoulder
- Focus on the hop, momentum building from the floor

Layer 3

- Boxing is like chess: you got to have a strategy. Only show them what you want them to see – can you distract them?

JAB X2, SUPERMAN PUNCH

Layer 1

- Jab twice, add the Superman Punch
- Land softly, knees bent
- OPTION: Stay grounded

Layer 2

- Take one step before you throw your body weight forward
- Use momentum to push you forward
- Allow your body to shoot forwards naturally as your leg goes back



04. COMBAT 2

TRACK FOCUS

Moving slowly to generate power in the strikes is the focus. The music has a really cool feel and attitude – match this to your role-model powerful moves. Coach your members on HOW to bring more power into their movements then enjoy the great song with them as they do.

FEEL

Nostalgic, Cool, Attitude

MARTIAL ARTS

Kick-boxing, Capoeira and Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Synth)	2x8	Front Stance – Boxing Guard 👁️ L, R Jab, L Circular Elbow R, L Jab, R Circular Elbow (on last 8cts)	16	
0:07	V1 / Y.A.L.A _	6x8	A L, R Jab L Circular Elbow R, L Jab R Circular Elbow	2 2 2 2	6x
0:29	PC / Yeah, yeah YOLO	6x8	A ¹ L, R Jab, L Circular Elbow L Side Kick R, L Jab, R Circular Elbow R Side Kick	4 4 4 4	3x
OPTION: Add power to the Side Kick after the second rep					
0:51	V2 / I drink some Cointreau	10x8	B R Lunge x4 (L leg F) Switch (Jump or Step) L Lunge x4 (R leg F) Switch (Jump or Step) (Drop deeper and reach towards floor on Lunges after 3 reps)	7 1 7 1	5x
1:28	PC / Go low, go slow	4x8	A Front Stance L, R Jab L Circular Elbow R, L Jab R Circular Elbow	2 2 2 2	4x
1:42	C / (Heavy synth)	4x8	A ¹ L, R Jab, L Circular Elbow L Side Kick R, L Jab, R Circular Elbow R Side Kick	4 4 4 4	2x
1:57	V3 / Anti war war	1x8	L Combat Stance – Freeze	8	
2:01	_ I got the law law	11x8	C Plyo Push L Push Kick Hold Switch to R Combat Stance Plyo Push R Push Kick Hold Switch to L Combat Stance	2 2 2 2 2 2 2 2	5½x
OPTION: Drop into Squat on Switch after 3 reps					
Transition to Front Stance on last 4cts					



04. COMBAT 2

MUSIC			EXERCISE		CTS	REPS
2:41	PC / Go low, go slow	6x8	A	L, R Jab	2	6x
				L Circular Elbow	2	
				R, L Jab	2	
				R Circular Elbow	2	
3:03	C / enter the building _	8x8	A ¹	L, R Jab, L Circular Elbow	4	4x
				L Side Kick	4	
				R, L Jab, R Circular Elbow	4	
				R Side Kick	4	
3:32		1x8		R Combat Stance – Freeze	8	
3:35	YOLO	9x8	C	Plyo Push	2	4½x
				R Push Kick	2	
				Hold	2	
				Switch to L Combat Stance	2	
				Plyo Push	2	
				L Push Kick	2	
				Hold	2	
				Switch to R Combat Stance	2	
				<u>OPTION:</u> Drop into Squat on Switch after 2 reps		
		½x8		Feet together – arms by sides to finish!	4	

04. Y.A.L.A. 4:11mins

FUNDAMENTALS

There is lots of time to set up for success in this track. Use clear Layer 1 and 2 cues to explain how to move the body to generate powerful striking techniques. The music allows for this as it's slow with a confident and cool feel to it. When you combine your confident coaching with real intent to your moves, you will achieve the focus of the track. Once you have done this – keep space to enjoy it with your members as that's when the magic happens!

TECHNIQUE & COACHING

JAB, JAB, CIRCULAR ELBOW



Layer 1

- Front Stance
- Boxing Guard
- Jab, Jab, Elbow, Jab, Jab, Elbow
- Soft elbows on the punches
- Strike surface from the forearm to the elbow

Layer 2

- Circular elbow – slam it into the side of the bag
- Rotate chest on the Circular Elbow to bring power
- Release hip and heel to throw the strike
- Body weight in – use it to generate power

Layer 3

- Can you draw a circle around your body? – That's it!

JAB, JAB, CIRCULAR ELBOW, SIDE KICK

Layer 1

- Add on the Side kick – right
- Other side – left
- Toes down, heel up on the kick

Layer 2

- Slam the Side kick out and in
- If you want some height on the kick, tip the body away and use your glutes to push/pull
- Jump wide to land
- Drop your body away from the kick to load

Layer 3

- Beautiful Kick-boxing kick for a beautiful butt!
- How powerful does this combo feel?
- Not flying solo when I got you guys

LUNGE X4, JUMP SWITCH

Layer 1

- Right foot forward – 4 Lunges
- Front knee out over midfoot
- Chest up and abs braced
- Jump Switch – left leg
- OPTION: Step Switch

Layer 2

- A good Lunge is a long Lunge – 90-degree angle
- Back heel off the floor, push out of the front heel

Layer 3

- Can you get lower?!
- Feel the legs start to really burn!
- Land as light as a pillow



04. Y.A.L.A. 4:11mins

PLYO PUSH, PUSH KICK



Layer 1

- Right foot forward
- 1 Plyo Push, 1 Push Kick
- Push, push kick, hold, switch

Layer 2

- Open your chest and shove on the Plyo Push
- Put your hands on their shoulders and drive them back
- Brace abs tighter as you lean away on the kick

Layer 3

- Imagine kicking through the bag, not just at it

PLYO PUSH, PUSH KICK, DROP SWITCH

Layer 1

- Right foot forward
- 1 Plyo Push, 1 Push Kick
- OPTION: Sink into a Squat as you jump switch

Layer 2

- Cycle your leg on the Push Kick
- Swing your arm down and lean back as you kick
- Drop low into the Squat – hands in Boxing Guard
- Crunch your abs as you land to fire up your core

Layer 3

- If you want to drop, meet me at the floor!
- Where I come from, I can do this all day baby – can you?!



05. POWER TRAINING 2

TRACK FOCUS

5 rounds of Boxing focusing on staying relaxed to create speed. 4 rounds of Boxing and MMA Conditioning followed by a cardio kicker at the end with Sprints. The Boxing rounds are identical; so, once they are moving with speed in the early rounds, use the opportunity to pause, look, see and respond to what your members need from you.

FEEL

Electro, Robotic, Focused

MARTIAL ARTS

Boxing and MMA Conditioning

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Distorted lyrics)	4x8	Recover and introduce track L Combat Stance 👁️ L Jab x2, R Uppercut (preview twice on last 8cts)	32	
0:12	V1 / (Added percussion)	4x8	A L Combat Stance L Jab x2 R Uppercut 👁️ Add Bob on last count of final rep	2 2	8x
0:24	B up /	4x8	A ¹ L Jab x2 R Uppercut Bob 👁️ Modified Sprawl into Vertical Jump (on last 8cts)	2 1 1	8x
0:37	C / Pop watch me pop it like a _	8x8	B Modified Sprawl into Vertical Jump OPTION: Squat	8	8x
1:01	(Distroted lyrics)	1x8	Recover	8	
1:03	V2 /	3x8	A L Combat Stance L Jab x2 R Uppercut 👁️ Add Bob on last count of final rep	2 2	6x
1:13	B up /	4x8	A ¹ L Jab x2 R Uppercut Bob	2 1 1	8x
1:25	C / (Drop)	8x8	B Modified Sprawl into Vertical Jump OPTION: Squat	8	8x
1:50	(Fade out)	5x8	Recovery	40	
2:05	(Distorted lyrics)		C REPEAT SEQUENCES A to 2nd B – R Note: 2nd set of A, is for only 4 reps		
3:42	Instr /	4x8	Recovery	16	
3:54	(Distorted lyrics)	8x8	Sprint OTS (7 seconds) Recover (9-second Sprint on last rep) OPTIONS: High Knee Run or March OTS	14 2	4x
4:18	Outro /	4x8	Recover	32	



05. FUJI OPENER 4:34mins

FUNDAMENTALS

Stay relaxed in the striking to allow for speed, then use big, powerful and athletic movements in the Modified Sprawl Vertical Leap section. Motivate your members through the last round – Sprints; they will thank you for it!

TECHNIQUE & COACHING

JAB X2, UPPERCUT

Layer 1

- Right Combat Stance
- Boxing Guard
- 2 Jabs, 1 Uppercut
- Target center of face and chin

Layer 2

- Work on relaxing to get full range
- Twist upper body on the Uppercut
- Fire the punch vertically to the chin

Layer 3

- It ain't over until you hear the bell!
- We haven't heard it yet!
- Lean forward, never back up

JAB X2, UPPERCUT, BOB

Layer 1

- Double Jab, Uppercut, Bob

Layer 2

- Crunch your abs as you bob
- Tuck chin down and keep your guard up

Layer 3

- How are we doing guys? Are we ready to speed this up? Let's get going!
- Your body has now adapted to a certain movement pattern – how does it feel?
- Who can duck the punch the fastest (on the Bob)
- Get down, get down!

MODIFIED SPRAWL, VERTICAL JUMP



OPTION

Layer 1

- Drop down into a Squat, hands open
- Place hands on the floor, jump legs back and brace abs
- Jump legs back in towards chest then into Vertical Jump
- OPTION: Squat

Layer 2

- We are working the entire body in the Sprawl
- Push the floor away as you jump up
- When you shoot your legs back, Brace abs and squeeze glutes to keep hips from sagging
- Lead with your chest on the Leap

Layer 3

- Who can leap the highest?
- Time to take off!

SPRINT

Layer 1

- Final round
- Recover and prepare to Sprint
- 7 seconds as fast as you can
- OPTIONS: High Knee Run or March On The Spot

Layer 2

- Drive the knees up as fast as possible by using your arms
- Chest high and breathe

Layer 3

- How many reps can you get in?
- Try and beat it this time – Faster! Faster!!



06. COMBAT 3

TRACK FOCUS

A fun and fast track with a brand-new innovation – the Jumping Back Fist!

Bring playful and cheeky energy to connect with the moves and music.

Light, fast and agile are all key components to this exuberant track!

FEEL

Fun, Lively and Energetic

MARTIAL ARTS

Kick-boxing and Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	V1 / (Trumpets & percussion)	2x8		L Combat Stance	16	
0:07		6x8	A	L Jab	1	
				L Jab to body	1	
				L Back Fist	2	
				Pulse F, B x2	4	6x
0:26	C / (Trumpets, percussion & beats)	8x8	B	Shuffle F	4	
				L Jab	1	
				L Jab to body	1	
				L Back Fist	2	
				Shuffle B	4	
				R Back Kick	4	4x
				OPTION: Add jump to Back Fist on last 2 reps		
0:51	(Big beat)	16x8	C	R Walking Jab to R side	4	
				L Step Jab to front	2	
				R Front Knee	2	
				L Walking Jab to L side	4	
				R Step Jab to front	2	
				L Front Knee	2	8x
				OPTION: Add a hop to the Walking Jabs after 4 reps		
1:41	C / (Trumpets, percussion & beats)	8x8	B	L Combat Stance	4	
				Shuffle F	1	
				L Jab	1	
				L Jab to body	2	
				L Jumping Back Fist	4	
				Shuffle B	4	4x
				R Back Kick		
				OPTION: Stay grounded on Back Fist)		
2:07	(Trumpets & percussion)	2x8		Recovery	16	
2:13	REPEAT SEQUENCES A to 2nd B – R					
4:12	Outro /			Finish feet together, arms by side		

06. GOPHER MAMBO 4:15mins

FUNDAMENTALS

Create excitement, an energtic feel with your movements and playful connecting. This will bring the feel of the track to life and matches its lively personality. Be interactive with your members and challenge their agility, speed and reactions with inclusive and cheeky coaching!

TECHNIQUE & COACHING

JAB HEAD/BODY, BACK FIST



Layer 1

- Right leg forward
- Jab to head/body and Back Fist
- Easy pulse
- 1st strike to the nose, 2nd strike to the stomach or chest
- Back Fist to the side of face
- Lead with the elbow, open and close through the back of the arm

Layer 2

- Stay light on your feet for agility training

Layer 3

- Time to get a little cheeky in this one!
- Oh-Oh! This is my good side!

SHUFFLE F, JAB HEAD/BODY, BACK FIST, SHUFFLE B, BACK KICK

Layer 1

- Shuffle forward
- Head, body, Back Fist
- Shuffle back
- Back Kick, left leg
- Strike with heel
- Lean forward and look over your shoulder for safety
- OPTION: Jumping Back Fist

Layer 2

- If you're jumping, land softly
- There's no rotation on the Back Kick; brace your core and tip forward from the hips and keep hips square to front
- On the Back Kick – slam your heel to the groin of your opponent
- Launch your body up to lift your heart rate

Layer 3

- Time to take on someone a whole lot bigger with the Jumping Back Fist!
- Come on guys – how far can you shuffle?

WALKING JAB X2 TO SIDE, JAB TO FRONT, KNEE

Layer 1

- 2 Walking Jabs to the left side
- Right Jab, left Knee to the front
- Switch – left Jab, right Knee
- Left, left, right, left – right, right, left, right

Layer 2

- Multidirectional striking – authentic
- Try a take-off and landing using both feet
- Jump off the floor with both feet at the same time
- Pull your arms down to generate power
- Make your attack sneaky. If you are light on your feet, they won't know you're coming

Layer 3

- You hear that sound? – a little cheeky and playful, right?!
- How about we start to play with our opponents a little?
- Fast footwork is the key – who's got fast feet?
- Float like a butterfly, sting like me!



07. MUAY THAI

TRACK FOCUS

Our final cardio peak – and it’s a BIG one! To be victorious in this challenging track we must offer all options and motivate our members to ‘reign supreme’ in a way that challenges them.

FEEL

Strong, Challenging, Successful

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	(Guitar)	2x8	Front Stance – Recover and introduce track	16	
0:06	(Guitar & drums)	6x8	A R Roundhouse Knee x4 L Roundhouse Knee x4 (Level 2 after 1 rep)	8 8	3x
0:24	I’m fresh and when I enter _	4x8	B L Combat Stance L Jab x2 R Descending Elbow 👁 L Knee (on last rep)	2 2	8x
0:37	then we’re victorious _	4x8	B ¹ L Jab x2 R Descending Elbow L Knee	2 2 4	4x
0:50	victorious _	4x8	A Front Stance R Roundhouse Knee x4 L Roundhouse Knee x4	8 8	2x
1:02	_ Going hardcore until it’s no more	4x8	C R Street Brawl Downward Punch x4 (Lift R fist higher after last punch in each rep) 👁 Jump up with fist after last punch (on last rep)	8	4x
1:14	Victorious _	4x8	C ¹ R Street Brawl Downwards Punch x4 (Jump up with fist after 4th punch in each rep) <u>OPTION</u> : Stay grounded	8	4x
1:27	Victorious _	4x8	A R Roundhouse Knee x4 L Roundhouse Knee x4	8 8	2x
1:39	Victorious _	4x8	B L Combat Stance L Jab x2 R Descending Elbow	2 2	8x
1:51	_ what, what	2x8	B ¹ L Jab x2 R Descending Elbow L Knee 👁 L Jump Knee (on last rep)	2 2 4	2x
1:58	Victorious _	4x8	B ² L Jab x2 R Descending Elbow L Jump Knee <u>OPTION</u> : Grounded L Knee	2 2 4	4x



07. MUAY THAI

MUSIC		EXERCISE		CTS	REPS
2:10	_The feeling is glorious	4x8	A	Front Stance	8
				R Roundhouse Knee x4	8
				L Roundhouse Knee x4	2x
2:22	victorious _	2x8	C	R Street Brawl Downward Punch x4 (Lift R fist higher after last punch in each rep)	8
				👁️ Jump up with fist after last punch (on last rep)	2x
2:28	victorious _	4x8	C ¹	R Street Brawl Downward Punch x4 (Jump up with fist after last punch in each rep)	8
				OPTION: Stay grounded	4x
2:41	_The feeling is glorious	4x8	A	R Roundhouse Knee x4	8
				L Roundhouse Knee x4	8
				(Extra L Knee to finish on last rep)	2x
2:53	(Guitar)	2x8		Recovery	16
2:59	(Guitar & drums)			REPEAT SEQUENCES A to 5th A – L	



07. VICTORIOUS 5:49mins

FUNDAMENTALS

Help your class experience the glorious feeling of challenging themselves and being victorious at the finish line! This is achieved by offering the options early and encouraging members to select a level that suits them. We then focus on motivating and driving them to feel the sweet success of giving their everything and being victorious. Push yourself as their role model and inspire them by emptying your tank of gas!

TECHNIQUE & COACHING

ROUNDHOUSE KNEES X4

Layer 1

- 4 left Roundhouse Knees
- Swap to the right
- Knee targets ribcage
- Lean body on a 45-degree angle
- Hands reach up and pull down to hip
- Knee up and over

Layer 2

- Stay grounded for power or add the hop for cardio
- Knee comes around your body – open your hip

Layer 3

- C'mon now! Pull it! Pull it! – push your fitness to the next level!
- Who's going to be victorious?
- It's a marathon, not a sprint

JAB X2, DESCENDING ELBOW

Layer 1

- Right Combat Stance
- Double right Jab, left Descending Elbow
- Target nose or eyebrow

Layer 2

- On the Descending Elbow keep your hand close to your chest – elbow drops diagonally down
- This track is all about the abs, so crunch on the Elbow strike
- Thrust the hips forward on the knee
- Use the abs to pull the elbow past your hip (on knee)
- Arm operated, ab driven

JAB X2, DESCENDING ELBOW, KNEE

Layer 1

- Add on one front Knee
- Knee to stomach
- Pull hands to hips and lean back
- Brace abs as you lean away

Layer 2

- Bring back shoulder forward and drop it down on the Elbow
- Big chest rotation to engage obliques
- Use your abdominals to power the knee up

Layer 3

- How sharp does your Descending Elbow feel? – Razor sharp?!
- Burning calories with this authentic combination

STREET BRAWL DOWNWARD PUNCH



Layer 1

- Left fist punches towards floor
- 4, 3, 2, down, up
- Bend knees and lift chest
- Jump up and land softly after the 4th punch
- Lift your elbow higher than your shoulder after the 4th punch
- OPTION: Stay with grounded punch

Layer 2

- Sink deeper into the legs
- Lose the impact by staying grounded (no jump)
- Imagine your hand denting the bag

Layer 3

- Use your whole body to strengthen your whole body!
- This is what victory smells like, and this is what it tastes like!



07. VICTORIOUS 5:49mins

JAB X2, DESCENDING ELBOW, JUMP KNEE

Layer 1

- Vertical jump, drive front knee forward
- Chest high
- Pull arms down to hips
- Land softly by bending both knees
- OPTION: Grounded Knee

Layer 2

- Drive the floor down as you spring your body up
- Swing arms quickly for extra momentum

Layer 3

- This is a real cardio kicker! – getting fitter together!
- Can you go higher than your last jump?
- Feel the hips, jump dive



08. POWER TRAINING 3

TRACK FOCUS

A marathon Power Training track to bring REAL results! This one is huge – combining speed and power whilet continuously challenging endurance. Be 100% present with your class members and take them through this final fight with REAL connection!

FEEL

Euphoric, Dance, Uplifting

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00		6x8	Recover and introduce track	48	
0:17		2x8	Front Stance – Boxing Guard R, L rotate (preparing for Hooks)	4	4x
0:22	You got that something	8x8 A	L, R Hook 👁️ L, R Jab x2 L, R Hook (on last 8cts)	4	16x
0:44	Baby you got that something	8x8 B	L, R Jab x2 L, R Hook 👁️ L, R Power Hook (on last rep)	4 4	8x
1:06	That is real	8x8 B ¹	L, R Jab x2 L, R Power Hook	4 4	8x
1:28	I believe, I believe	8x8 C	L, R Jab x4 L, R Run OTS	8 8	4x
1:50	That is real	8x8 B ¹	L, R Jab x2 L, R Power Hook (Extra L Hook to finish on last rep)	4 4	8x
2:12	(Fade out)	4x8	Recovery	32	
2:24	Baby you got	8x8 D	L Combat Stance L, R, L Uppercut Roll to the left 👁️ L, R Uppercut, L Power Uppercut Pulse B (on last rep)	6 2	8x
2:46	That is real	8x8 D ¹	L, R Uppercut, L Power Uppercut Pulse B	4 4	8x
3:07	Instr /	8x8 C	Front Stance L, R Jab x4 L, R Run OTS	8 8	4x
3:29	That is real	8x8 D ¹	L Combat Stance L, R Uppercut, L Power Uppercut Pulse B	4 4	8x
3:52	That is real	8x8 E	Front Stance L, R Jab (L fist to ceiling to finish)	2	32x
4:14	(Fade out)	4x8	Recovery	32	
4:25	Baby you got that something		REPEAT SEQUENCES D to E – R		
6:15	(Fade out)	4x8	Recovery	32	



08. POWER TRAINING 3

MUSIC				EXERCISE	CTS	REPS
6:26	Baby you got that something	8x8	B	Front Stance L, R Jab x2 L, R Hook  L, R Power Hook (on last rep)	4 4	8x
6:48	That is real	8x8	B ¹	L, R Jab x2 L, R Power Hook	4 4	8x
7:10	I believe, I believe	8x8	E	L, R Jab  L, R Jab x2 L, R Power Hook (on last 8cts)	2	32x
7:33	That is real	8x8	B ¹	L, R Jab x2 L, R Power Hook (Extra L Hook to finish!)	4 4	8x



08. REAL 7:59mins

FUNDAMENTALS

Coach the innovation – Power Uppercut – with clear visual and verbal cues. To execute this movement effectively, focus on pre-loading the punch first (roll in) then explode (roll out).

TECHNIQUE & COACHING

HOOKS

Layer 1

- Front Stance, Boxing Guard
- Hook right, Hook left
- Target the jaw or temple
- Elbow bends at 90 degrees
- Release heel and hip

Layer 2

- Shoulder comes forward on Hook and chest twists

JABS X4, HOOK X2

Layer 1

- 4, 3, 2, 1 Hook right, left
- Jab to the nose, lip or chin
- Soft elbows

Layer 2

- Lean in to Jabs then twist to fire the Hooks

Layer 3

- It's time to get real! – are you ready?
- The last round is the hardest

JABS X4, POWER HOOK X2

Layer 1

- Jab 4 times, Power Hook right and left
- 4, 3, 2, 1 – Hook, Hook

Layer 2

- The standard Hook just a little wilder – throw your body weight into it
- A little more rotation from the core
- Shift across by shunting your body side to side
- Drive out of the floor

Layer 3

- Taking you further than you knew you could go!
- Let the Hook throw the body
- Keep it real

JABS, RUN OTS

Layer 1

- Jabs, right, left
- Target nose, lip or chin
- Run – right left

Layer 2

- It's a High Knee Run – knees up to hip height
- Drive arms to power the knees up

Layer 3

- Great cardio conditioning for the heart and lungs!

UPPERCUTS

Layer 1

- Right Combat Stance
- 3 Uppercuts – slowly
- Aim for the chin

Layer 2

- Lift back heel and lean into the punches
- Roll in and roll out

Layer 3

- Get ready for the 'flurry'!

UPPERCUTS X2, POWER UPPER CUT

Layer 1

- 2 Uppercuts then a Power Uppercut off the front arm
- Jump forward into the last punch

Layer 2

- The flurry – where you throw 3 shots, but the last one is the biggest
- Use your second Uppercut to set you up for the last one
- Big jump forward off the back foot

Layer 3

- Can you wind up and take them by surprise?!
- Throw your final punch to get the knockout!
- Just that one shot may be all it takes



08. REAL 7:59mins

JABS

Layer 1

- Front Stance
- Jab – right, left
- Chin down, hands up

Layer 2

- Reach arm longer to generate more work in the shoulders and core
- Sink into your legs a little more and lean forward

Layer 3

- The struggle is real – but you are doing amazingly!
- Come on everyone we are in this together!
- One team... One tribe!
- Believe in yourself



09. CONDITIONING

TRACK FOCUS

Integrated movements feature heavily in this Conditioning track. These exercises build functional strength for the entire body. Coach how to move effectively in each exercise in order to gain maximum benefits.

FEEL

Reggae, Dance, Drum ‘n’ Bass

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Burning	4x8		Set up Kneeling Pushup position	32	
0:11	V1 / Said the heathen bridge	8x8	A	Pushup/Side Plank Combo		
				Down slowly	8	
				Up slowly	8	
				R hand under shoulder, open to L side	8	
				Rotate back slowly to Pushup position	8	
				Down slowly	8	
				Up slowly	8	
				L hand under shoulder, open to R side	8	
				Rotate back slowly to Pushup position	8	
0:33	C / Them burning, babylon bridge	8x8	A ¹	Down fast	2	
				Up fast	2	
				L hand under shoulder, open to R side	2	
				Hold in Side Plank	6	
				Rotate back to Pushup position	4	
				Down fast	2	
				Up fast	2	
				R hand under shoulder, open to L side	2	
				Hold in Side Plank	6	
				Rotate back fast to Pushup position	4	2x
0:56	Babylon	8x8	B	L Cross Climber	2	
				R Cross Climber	2	16x
				<u>OPTION</u> : On the knees, move slower, knee to outside of same elbow		
1:19	V2 / See how many	2x8		Recover and transition to lie on back	16	
1:24		14x8	C	Up Kick		
				Lift knees over hips	2	
				Extend legs – kick heels to ceiling and lift hips	2	
				Bend knees	2	14x
				Tap feet to floor		
				<u>OPTION</u> : No Hip Lift		
2:04	C / Babylon	8x8	D	F, B Cross Crawl	4	
				Cross Crawl Pulse x2 to front	4	
				B, F Cross Crawl	4	
				Cross Crawl Pulse x2 to B	4	4x
				<u>OPTION</u> : Tap foot to floor on Cross Crawl		
2:27	V3 / See how many	1x8		Recovery	8	
2:29	youth on the streetsn_	7x8	C	Up Kick	8	7x
2:49	PC / them burning	4x8		Recover and transition to Pushup position	32	



09. CONDITIONING

MUSIC				EXERCISE	CTS	REPS
3:00	I lift up I head	4x8	A	Pushup/Side Plank Combo		
				Down slowly	8	
				Up slowly	8	
				R hand under shoulder, open to L side	8	
				Hold in Side Plank	4	
				Rotate back to Pushup position	4	
				<u>OPTIONS:</u> On knees or toes		
3:12	C / Babylon	8x8	A ¹	Down fast	2	
				Up fast	2	
				L hand under shoulder, open to R side	2	
				Hold in Side Plank	6	
				Rotate back to Pushup position	4	
				Down fast	2	
				Up fast	2	
				R hand under shoulder, open to L side	2	
				Hold in Side Plank	6	
				Rotate back fast to Pushup Position	4	2x
3:34	Burning	8x8	B	L Cross Climber	2	
				R Cross Climber	2	16x
				<u>OPTION:</u> On the knees, move slower, knee to outside of same elbow		

09. BURNING 3:59mins

FUNDAMENTALS

Teach members how to develop greater core strength in these functional exercises. Coach how to stabilize and isolate specific areas when targeting other muscles. It's not always about what's moving, it's often more about what isn't!

TECHNIQUE & COACHING

PUSHUP/SIDE PLANK COMBO



Layer 1

- Pushup position
- Hands outside shoulder-width
- Slow Pushup 4, 3, 2, 1 – up slowly
- Open to the right and hold
- Slow Pushup 4, 3, 2, 1 – up slowly
- Open to the left and hold
- Abs braced
- Single rhythm – open and hold
- Chest to elbows height for Pushup
- Align top hand to shoulder to grounded hand on the Side Plank

Layer 2

- Push your bottom hip towards the ceiling
- Squeeze the glutes on the Plank
- Open out wide through the chest and reach up
- Push through the heel of the palm
- OPTIONS: On knees or toes



Layer 3

- Full body integration for amazing results!
- Stay with me – you are stronger than you think!
- Reactive Core Training – can you feel it?

CROSS CLIMBER



Layer 1

- Hands under shoulders
- Cross Climber
- Right, left, right, left
- Brace abs to keep hips low
- OPTION: On knees, take knee to outside of elbow

Layer 2

- Keep knee close to the floor as it moves across your body
- Try and keep hips as still as possible
- Shoulders directly over hands, push down into floor to stabilize

Layer 3

- Can you screw your hands into the floor anymore?
- Feel your whole body working hard!



09. BURNING 3:59mins

UP KICK



Layer 1

- Lie on your back
- Up Kick
- Heels together, knees apart
- Lower back towards the floor
- Lift knees over hips, extend legs straight up into the air
- OPTION: Hips stay on the floor

Layer 2

- Press heels towards ceiling to fire lower abdominals
- Stop knees at 90 degrees; if you go too far the abs disengage
- Control the downwards motion using your lower abs

Layer 3

- How high can you kick?
- Feel your abs bite as your butt lifts off the floor
- Let's make the move explosive! – Reactive Core Training for strong abdominals!

CROSS CRAWL

Layer 1

- Cross Crawl, front and back
- Fingertips to temples
- Front, back, 2 Pulses to front
- Lower back towards the floor
- Back, front, 2 Pulses to back
- Shoulder comes up and across to opposite thigh
- OPTION: Light tap of foot to floor

Layer 2

- Big rotation from the sternum
- Take your elbows out as wide as you can

Layer 3

- Big twist – like you're wringing out a wet towel
- Chiseling the waistline!



10. COOLDOWN

TRACK FOCUS

A beautiful song to stretch and unwind to. This is where we give back to our bodies after they have worked so hard for us. Treat your body with respect as you coach members to do the same – this is your reward; be gentle and enjoy it together.

FEEL

Calming, Soulful, Comforting

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Piano)	6x8	Lying Adductor Stretch (soles of feet together)	48	
0:19	V1 / When you're feeling low	8x8	Knees together	8	
			Hamstring Stretch front leg	8	
			Hold stretch	16	
			Extend B leg out long on floor and hold	32	
			(Knees together, roll up and transition on last 8cts)		
0:44	Everything	4x8	L Seated Hurdler Stretch (R leg F)	32	
0:57	When you're feeling low	8x8	Lie on back	8	
			Hamstring Stretch B leg	8	
			Hold stretch	16	
			Extend front leg out long on floor and hold	32	
1:22	_ See I know it's hard	4x8	R Seated Hurdler Stretch (L leg F)	32	
1:35	Look out for each other	4x8	Down Dog	32	
1:47	C / Everything	4x8	R Hip Flexor Stretch (Add: R Tricep Stretch after 16cts)	32	
2:00	When you're feeling low	4x8	L Hip Flexor Stretch (Add: L Tricep Stretch after 16cts)	32	
2:12	Br / (woo – ooh -ooh)	4x8	L Quadricep Stretch	32	
2:25	C / Everything is gonna be alright	4x8	L Iliotibial Band Stretch	32	
2:37	me tell you everything	4x8	R Quadricep Stretch	32	
2:50	When you're feeling low	4x8	R Iliotibial Band Stretch	32	
3:03	In the moment	2x8	L Shoulder Stretch	16	
3:09	be alright	2x8	R Shoulder Stretch	16	
3:15	Outro /	½x8	Step L foot in and take a bow! (L fist to R palm)	4	

10. ALRIGHT 3:21mins

FUNDAMENTALS

Use a calm and comforting voice to guide your class members through their stretches.

Encourage gradual and gentle increases into each stretch accompanied by relaxed breathing and positive thoughts. The hard work is done and now everything is definitely going to be alright!

TECHNIQUE & COACHING

LYING ADDUCTOR STRETCH



Layer 1

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

Layer 2

- Deep breaths and relax shoulders into the floor

LYING HAMSTRING STRETCH



Layer 1

- Bring your knees together
- Extend the front leg
- Back foot drops on floor – knee bent
- Hold behind the hamstring or the calf
- Extend the bottom leg long

Layer 2

- Keep the hips down, relax the shoulder blades down
- See if you can pull your leg in a little closer

SEATED HURDLER STRETCH



Layer 1

- Front leg comes forward
- Hips and chest square to front
- Fold forward from hips

Layer 2

- Relaxing shoulders and chest forward over front leg
- Feel the stretch in your glutes and hips

DOWNWARD DOG



Layer 1

- Brace your core, palms to floor
- Push up into Down Dog
- Hips high
- Chest open
- Extend legs

HIP FLEXOR/TRICEP STRETCH



Layer 1

- Right foot steps forward
- Left arm reaches up and into Tricep Stretch
- Hip and triceps stretch
- Chest lifted
- Body weight forward

Layer 2

- Arm goes up, deep inhalation – exhale, hand down and hips forward



10. ALRIGHT 3:21mins

QUADRICEP STRETCH

Layer 1

- Quad Stretch
- Heel close to butt
- Knees together and chest lifted

ILIOTIBIAL BAND STRETCH



Layer 1

- Right foot steps behind left
- Reach right arm up and over head
- Elbow high, hip out and heels down

Layer 2

- Take your time; press feet into floor to stretch down the side of your body

SHOULDER STRETCH

Layer 1

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

Layer 2

- Take your time – your body is a temple so you’ve got to respect it



BONUS

05. POWER TRAINING 2

TRACK FOCUS

6 minutes of Boxing to develop power and speed. Multidirectional movements, combined with integrated combinations, make this one a stand out cardio challenge!

FEEL

Dance, Electronic, Vocal

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / <i>Paper thin not made of stone</i>	1x8	Recover	8	
0:03	Known to <i>sting when you're</i>	15x8	L, R Run OTS (Level 2, lift knees after 56cts) (Use last 8cts to set up L Combat Stance)	2	60x
0:44	PC / _ <i>Pieces of my heart</i>	8x8	A L Combat Stance L Jab R Cross L Hook Roll to left (Power – level 2 after 4 reps) 👁 L Walking Jab x2 to F, L Jab, R Cross, L Hook, Run B (on last 16cts)	2 2 2 2	8x
1:07	C / And <i>I often wondered</i>	16x8	B L Walking Jab x2 to front L Jab, R Cross, L Hook Run B	4 4 8	8x
OPTION: Jump Jab x2 to front after 4 reps					
1:50	Br / _ <i>Pieces of my heart</i>	16x8	C Front Stance L Walking Jab x4 to L side L, R Uppercut x2 to front R Walking Jab x4 to R side R, L Uppercut x2 to front (Level 2 after 2 reps)	8 8 8 8	4x
2:34	C / <i>(drop)</i>	8x8	C ¹ L Jabs x3 to L side L, R, L Uppercut to front R Jabs x3 to R side R, L, R Uppercut to front	4 4 4 4	4x
2:56	And <i>I often wondered</i>	8x8	D L, R Jab (L fist to ceiling to finish!)	2	32x
3:18	<i>(Fade out)</i>	4½x8	Recover and transition to R Combat Stance	36	
3:31	PC / _ <i>All for you, all for you</i>	REPEAT SEQUENCES A to D – R (Note: A only 4 reps)			



BONUS

05. ALL FOR YOU 5:57mins

FUNDAMENTALS

Use a mix of visual and verbal coaching to not only teach members how to generate speed and power but to also encourage them to match or beat yours!

TECHNIQUE & COACHING

RUN

Layer 1

- Run, right, left – on the spot
- Knees up high
- Knees soft on landing

Layer 2

- 6 minutes of power training – blocks of power and speed
- Time to spike the heart rate and hit our second cardio peak

JAB, CROSS, HOOK, ROLL

Layer 1

- Right Combat Stance
- Jab, Cross, Hook, Roll
- Aim for center of face, then jaw, then move out of the way

Layer 2

- Watch this – bring the power!

Layer 3

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

WALKING JAB X2 TO THE FRONT, JAB, CROSS, HOOK, RUN BACK

Layer 1

- Walk forward, 2 Jabs, one combo and run back
- Soft elbow on punches
- Lift heel on the Hook

Layer 2

- Now you've mastered the combo – think about how each strike sets up the next one
- Use the core, find the balance and work with your legs and arms

Layer 3

- Only 4 more – bring it on!
- How's my power looking? Can you beat me?
- Can you give it everything you've got?

JUMP JAB X2 TO THE FRONT, JAB, CROSS, HOOK, RUN BACK

Layer 1

- If you're ready for it – Jump Jab!
- Lift knee to hip level as you jab forwards
- Land softly by bending knee
- OPTION: Walking Jab

Layer 2

- Aim to land the fist and the foot at the same time
- As the knee comes down the punch comes out

Layer 3

- Can you feel your cardio being challenged?
- This gets us fit – fast!



BONUS

05. ALL FOR YOU 5:57mins

WALKING JABS X4 TO THE SIDE, UPPERCUTS X4 TO THE FRONT

Layer 1

- Look to the right – 4 Walking Jabs
- Turn to front – 4 Uppercuts

Layer 2

- Just take a second and breathe
- Start to push off the floor
- Shoulders pushing forwards
- Both feet take off, and both feet land

Layer 3

- It's time to give it your all!
- Put your whole self into it – every strike, your whole body!
- Move with your heart and head

JAB X3 TO SIDE, UPPERCUTS X3 TO THE FRONT

Layer 1

- Add the speed – 3 Jabs, 3 Uppercuts

Layer 2

- Multidirectional strikes for multiple opponents
- Choose the variation that suits you today

Layer 3

- How fast are you?!
- What sound does it make when you hit the bag?
- How far can you travel?

JABS

Layer 1

- Front Stance
- Jab right, left
- Target center of face
- Connect with big knuckles

Layer 2

- Shoulders rocking forwards
- Bend the knees more and lift the intensity

Layer 3

- Fire up pressure to reap the rewards
- That's it! – hold on, 8, 6, 4, 2... Finish!



GLOSSARY

FRONT STANCE

STANCE

- Body faces the front
- Feet wider than shoulders, toes forward
- Knees soft and aligned with toes, abs braced
- Chest lifted
- Weight centered

COACHING

Layer 1

- Front Stance
- Face your body to the front, jump your feet wide, bend your knees
- Feet wider than shoulders for stability



COMBAT STANCE

STANCE

- Lead leg forward
- Feet shoulder-width apart
- Front foot facing target, rear foot at 45 degrees
- Chest and hips align and more face forward, not side-on
- Body weight centered and lean slightly forward, abs braced
- Knees soft

VARIATION 1:

- Boxing – back heel off the floor and body weight 70% in front leg 30% in back leg

VARIATION 2:

- Tae Kwon Do – slightly wider stance, bent knees, up on toes (constant movement)

VARIATION 3:

- Karate – wider stance, more knee bend, sit lower and grounded

COACHING

Layer 1

- Combat Stance
- Take your right foot forward
- **Bend your knees**





GLOSSARY

BOXING GUARD

STANCE

- Either Combat or Front Stance
- Back heel off the floor (Boxing Stance)
- Chin in
- Knuckles to jawbone/cheeks – protecting face
- Elbows tucked in to ribs
- Shoulders slightly rounded

COACHING

Layer 1

- Slightly round your shoulders
- Boxing Guard
- Hands up by your face
- Get your elbows in – keep it nice and tight



MARTIAL ARTS GUARD

STANCE

- Combat Stance, feet slightly wider
- On your toes and agile
- Tight fists
- Hands slightly lower than chin and in front of chest
- Front arm extended slightly away from body
- Rear arm in with forearm touching ribcage
- Elbows soft and facing down
- Knuckles angle to the front

COACHING

Layer 1

- Martial Arts Guard
- Get your hands up and out in front of you. Front arm out, back arm tight to the body
- Pull shoulders back
- Brace abs
- Tension in the arms
- Get on the balls of your feet and stay agile, ready to move quickly





GLOSSARY

HOOK

GUARD

- High Boxing Guard
- Knuckles to chin
- Elbows tucked in to ribs
- Chin tucked in
- Shoulders slightly rounded

PREPARATION

- Body weight centered and grounded
- Transfer weight into opposite leg
- Draw opposite shoulder back
- Release knuckles from jaw with bent elbow
- Rotate hip, torso, chest and shoulder into the punch
- Release heel of striking side
- Brace abs and engage obliques

STRIKE

- Target Zones: The jaw or ribs of your opponent
- Aim at least 2 inches (5 cm) past the target
- Strike Surface: First two knuckles, palm down
- Elbow forward of the shoulder
- Elbow 90 degrees maximum
- Elbow at shoulder height with forearm parallel to the floor
- Punch to the jaw
- Retract along same path back to Guard position
- Non-punching hand remains at guard for protection

COACHING

Layer 1

- Hook
- TargetZones: Jaw or temple
- Release your heel and turn your knee, hip and body
- Elbow at 90 degrees
- Abs braced



UPPER-CUT

PREPARATION

- Weight in front leg
- Rotate the torso, bringing the back shoulder forward
- Bend knees
- Drive forward from the legs and hips
- Release opposing heel as you load for extra rotation
- Recruit obliques and abdominals

STRIKE

- Strike Surface: First two knuckles, palm facing you
- Target: Under the chin

COACHING

Layer 1

- Uppercut
- Strike Surface: First two knuckles
- Target Zone: Under the chin
- A driving vertical punch
- Abs braced





GLOSSARY

JAB

PREPARATION

- Rotate the torso to bring the shoulder forward
- Relax the shoulders
- Push weight off the back foot and into the front foot by lifting the heel

STRIKE

- Punch the lead hand forward in a straight line
- Rotate the wrist. Elbow turns out as the arm extends, keeping elbow soft
- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: The first two knuckles of the fist
- Return the fist back to Guard Position

COACHING

Layer 1

- Jab
- Aim for the nose, lip or chin using the big two knuckles
- **Keep elbow soft**
- Return your fist to Guard position
- Abs braced



CROSS

PREPARATION

- Rotate the torso to bring the back shoulder forward
- Add hips and heel rotation to reach the target
- Body weight moves from back to front, driving force from the floor through the leg, hips, torso, shoulder and out through the fist

STRIKE

- Target Zones: The nose, lip, chin or stomach of your opponent
- Strike Surface: First two knuckles, palm and thumb down
- Extend through the shoulder girdle
- Relax until the point of 'contact'

COACHING

Layer 1

- Cross
- Aim for the nose, lip or chin using the big two knuckles
- Keep elbow soft
- Return your fist to Guard position
- Release back heel
- Abs braced





GLOSSARY

FRONT KNEE

PREPARATION

- Step back foot in to balance weight, turning back toes out slightly
- Reach arms up and forward
- Load the hips by sitting back slightly
- Abs contract as the knee lifts

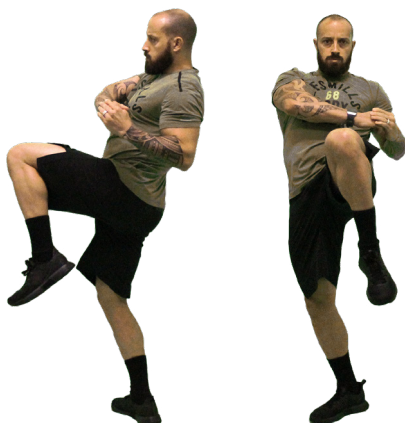
STRIKE

- Strike Surface: Top of the knee
- Target Zones: The stomach, groin, legs or head of your opponent
- Lift your knee up in a straight line and push your hips forward
- Keep your heel close to your butt
- Push hips forward and lean back, pulling both hands to same side hip
- Return to stance

COACHING

Layer 1

- Front Knee
- Target the ribs/stomach of your opponent
- Striking knee comes up and forward
- Shoulders back, abs braced to protect your lower back



FRONT KICK

PREPARATION

- Step back foot in to balance weight, lean back turning back toes out slightly
- Shift weight into back leg
- Lift the knee and point it to the target
- Keep your heel close to your butt
- Brace abs

STRIKE

- Target Zones: The knee, groin or stomach level
- Strike with the ball of the foot
- Extend your leg forward at the knee
- Push hips forward and lean back, bracing abs harder
- Retract heel back towards your butt before returning to stance

COACHING

Layer 1

- Front Kick
- Target Zones: Thigh, stomach or chest level
- Strike with ball of the foot
- Shoulders lean backwards; abs braced to protect the lower back





GLOSSARY

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body towards the chest across the center line
- Pull up through the arch of the kicking foot, pushing the ankle out to create a blade with outside of foot
- Toes down slightly and heel turned up slightly
- Extend same arm as kicking leg to keep balance
- Opposite arm fist to ribs with knuckles facing down
- Engage obliques and glutes

STRIKE

- Target Zones: Knee, thigh, hip, stomach, head or throat (advanced)
- Brace abs and use glutes
- Extend the knee to a straight leg with your toes angled down slightly
- Hips and knee of kicking leg face more forward, not down to floor
- Lean body shoulders away but keep head up
- Strike with the edge or heel of the foot

COACHING

Layer 1

- Side Kick
- Brace abs
- Draw the knee in and load the kicking leg
- Strike with your heel or blade of foot
- Turn toes down and heel up
- Retract kicking leg on the way back in landing in Combat or Front Stance



ROUNDHOUSE KICK

PREPARATION

- Step the rear foot in under the body with heel towards (¾) target
- Slight bend in supporting knee
- Brace abs and lead away with head up for balance
- Extend leading arm for balance, rear arm into ribs with knuckles facing up
- Push hips forward to open them as you lift your knee to hip height; ideally knee, hips and shoulders are in alignment and knee pointing towards target
- Shin parallel to the floor, heel towards butt and toes pointed

STRIKE

- Strike Surface: Lower shin
- Target Zones: Leg, body, shoulder or head
- Extend lower leg from knee to toes
- Retract in same path of movement

COACHING

Layer 1

- Set your heel towards your target
- Lean upper body away and look towards your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- One arm out for balance, other arm tucked in
- Retract lead leg back to the pre-load position



GLOSSARY

BACK KICK

PREPARATION

- Step front foot back underneath body to balance your weight
- Look over your shoulder
- Shift your weight into the front leg
- Drop the torso forward as you lift and bend the back knee
- Take a small lean forwards
- Brace abs

STRIKE

- Strike Surface: The heel of your foot
- Target Zones: Knee, groin or stomach
- Lift the back leg by bringing the knee slightly up and out
- Push your heel behind you and kick with your toes turned downwards
- Retract the knee back in before returning to stance

COACHING

Layer 1

- From Guard position
- Strike Surface: Heel of the foot
- Target Zones: Groin or stomach
- Look over rear shoulder, kick with back leg
- Retract the knee back in to stance position
- Drop the torso forward
- Hands back to Guard position



JUMP KICK

PREPARATION

- Step and Kick, left, right
- Squeeze glute and use hip to fire the Kick

STRIKE

- Target Zones: Aim Kick to stomach, striking with ball of foot

COACHING

Layer 1

- Lean shoulders back and brace abs tightly
- Land softly by bending knees
- The Jump Kick is long and low





GLOSSARY

DESCENDING ELBOW

PREPARATION

- Release heel of striking side and elbow simultaneously
- Rotate hip, torso and shoulder
- Engage obliques
- Lift elbow up to the diagonal

STRIKE

- Strike surface: Point of elbow and forearm
- Target Zones: The eyebrow of your opponent
- Lift elbow upwards and forward of the face
- Strike downwards in a diagonal line
- Finish hand under arm, close to chest
- Rotate your hips and heel, using the whole body to strike

COACHING

Layer 1

- Descending Elbow
- Strike Surface: Forearm and elbow
- Target Zone: Jaw, Temple or the bridge of the nose
- Lift the elbow high and strike diagonally down
- Crunch abs



ASCENDING ELBOW

PREPARATION

- Release heel of striking side
- Rotate hip, torso and shoulder
- Engage obliques

STRIKE

- Target Zones: The chin of your opponent
- Strike Surface: The point of the elbow and forearm
- Keep your arm flexed and follow an ascending vertical line
- Hand to the back of your shoulder
- Lift ribs and chest as you rotate
- Opposite hand either in Guard position or to waist (release specific)
- Use your legs to drive up the power

COACHING

Layer 1

- Ascending Elbow
- From Muay Thai or Boxing Guard
- Strike Surface: Forearm or elbow
- Target Zone: Jaw





GLOSSARY

MID BLOCK / OUTER BLOCK

PREPARATION

- Rear arm may move across body
- May have slight elevation by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Sweeps in front of body, knuckles rotate 180 degrees
- In line with shoulder
- Elbow bent
- Strike Surface: Forearm

COACHING

Layer 1

- Mid block
- Tension in fist and forearm
- Blocking technique
- Arm/fist in line with shoulder
- Abs braced
- Weight in the heels, bend the knees, chest up, abs braced and exhale to lock the ribcage down



LOW BLOCK

PREPARATION

- Squeeze fists
- Chest up and back straight
- Front forearm and rear forearm may cross in front of the mid-line of the body, front forearm in front of the rear forearm
- May have slight elevation from low stance by extending the legs

STRIKE

- Leading arm draws up towards rear shoulder
- Hammer-like action, diagonally down with arm and fist
- Arm extends and fist stops in line with inside of lead leg knee
- Elbow soft but arm rigid with tension in muscles
- Strike Surface: Forearm
- Non-blocking arm, fist to ribs with knuckles facing up
- Chest stays up, back long and straight, shoulders stacked directly above hips

COACHING

Layer 1

- Low Block
- Cross your arms in front
- Strike down fist to knee
- Your forearm blocks your opponent's kick
- Squeeze your fist and fully extend at the elbow. (Be mindful of not hyper-extending it and snap-locking at the joint)
- Brace abs
- Stay grounded and posturally upright





GLOSSARY

RISING BLOCK

PREPARATION

- Rear arm may move across body or arms cross in front before rising
- May have slight elevation by extending the legs
- Low and loaded in legs

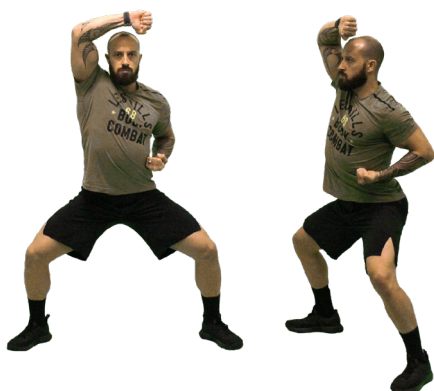
STRIKE

- Strike Surface: Outside edge of forearm
- The blocking arm drives up and stops above the head
- A fast flick at the top and wrist faces out
- Tense muscles strongly for authenticity
- Opposite arm to waist
- Sink into legs if in wide Karate Stance

COACHING

Layer 1

- Rising Block
- Protect yourself against an attack from above
- Raise the forearm above the head, stopping between 90 and 45 degrees
- Tension in the forearm
- Brace abs – to keep ribs down
- Exhale as you block
- Sink lower into your stance by bending at the knees to create a stable base





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.

