

BODYCOMBAT 85

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

4. COMBAT 2

BONUS

5. 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, practiced 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

Come For It (5:56)

Machel Montano

© 2019 Monk Music.
Written by: Mark, Montano, Shaw, Philips
- 01B

Spearhead (3:22)

Updog

© 2020 CloudKid.
Written by: Karavassilis
- 02

Gy'al Ya Shake It (4:43)

Bad Royale & Future Fambo

© 2016 Good Enuff Under Exclusive License To Mad Decent.
Written by: Karlsson, Ghosn, Wild, Levi, Williams
- 03

Can't Keep Me Down (6:03)

Murdock feat. Shystie & Sena Dagadu

© 2018 Viper Recordings.
Written by: Vanderstichele, Machiels, Dagadu
- 04

Devil A Pray (4:50)

Easy McCoy

© 2019 Position Music.
Written by: Greene, Ofrir
- 05

Mantra (4:51)

Mariana BO

© 2018 Dharma / under exclusive license to
SpinninRecords.com.
Written by: Robles
- 06

Brace Up (3:46)

Machel Montano

© 2018 Badang! Records / Monk Music Co.
Written by: Montano, Morgan, Singh, Possemiers
- 07

Bap U (5:49)

Party Favor

© 2014 Mad Decent.
Written by: Ragland
- 08

Louder (Hamilton Remix) (5:35)

Neon Jungle

© 2014 Sony Music Entertainment UK.
Written by: Blackwell, John-Hartley, Argyle
- 09

Here I Go (3:15)

Lady Bri

© 2019 Palladium Records / Position Music.
Written by: Lake
- 10

Eye On It (3:31)

PARTYNEXTDOOR

© 2019, 2020 OVO Sound/Warner Records Inc.
Written by: Braithwaite, Joergensen, Vega

- BONUS
04

I Can Flex (4:41)

Brevis & Drama B

© 2018 Tribal Trap.
Written by: Dimitrov
- BONUS
05

Make Me Stronger (5:09)

Murdock feat. Jenna G

© 2017 Viper Recordings.
Written by: Vanderstichele, Machiels, Gibbons, Jones



BODYCOMBAT 85



L-R Vili Fifita, Dan Cohen, Rachael Newsham, Natasha Vincent

BODYCOMBAT 85 sees the motivation behind Martial Arts movements brought to life! Participants will feel the powerful connection to the music shine through in this release.

The strikes build in excitement as the music lifts. The energy raises as the physical repetitions increase. And the atmosphere of room will add to the drama and brilliance of successfully mastering each strike.

Travelling sequences, plyometric challenges, power kicking and muscular endurance exercises all increase the results that BODYCOMBAT stands by.

Musically the drama has been stepped up, whether you're singing along in track 3, inspired by the power in track 4, or even the fun vibe in track 6, you can be assured you'll feel a connection to the songs.

Watch out for the postural chain activation challenge in track 5, along with the incredible 12 Jump Knees to master excellence in track 7! Your fitness is about to take another leap forward, closer to the very best version of you!

Enjoy this workout everyone.

As always, keep it real and stay with the fight!

The BODYCOMBAT team



CREDITS

- Program Directors** – Dan Cohen & Rachael Newsham
- Chief Creative Officer** – Jackie Mills
- Creative Director** – Mark Nu'u-Steele
- Technical Consultants** – Andrew Newmarch
- Production Coordinator** – Amber Pountney

PRESENTERS

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

Vili Fifita (New Zealand) is a BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER, LES MILLS SPRINT, LES MILLS TONE and LES MILLS THE TRIP Instructor and a LES MILLS GRIT Trainer/Presenter. He also works in the engineering industry in Auckland.

Natasha Vincent (New Zealand) is a BODYCOMBAT, LES MILLS CEREMONY and LES MILLS TONE Instructor and a LES MILLS GRIT Trainer/Presenter. She is based in Auckland and is the Group Fitness Manager at Auckland City for LES MILLS CEREMONY, LES MILLS CONQUER and LES MILLS GRIT.

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- Andrey Kazantsev** (Russia)
- Betsabé Prado Rivas** (Mexico)
- Billy Arisz** (Netherlands)
- Bojan Krašovec** (Slovenia)
- César Ferrer Herrera** (Spain)
- Daniel Moheb Choucri** (United Kingdom)
- Daniel Yang** (Korea)
- Desmond Wong** (United Arab Emirates)
- Eerika Bui** (Finland)
- Everton Pereira** (Brazil)
- Filip Kulstrunk** (Czech Republic)
- Gabriel Puebla Hellmann** (Switzerland)
- Guo Danxia** (China Mainland)
- Hanna Lundh** (Sweden)
- Jesus Betancourt** (Colombia)
- Jorge Scott Neyra** (Norway)
- Karola Schulz** (Australia)
- Konstantinos Pagalidis** (Greece)
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- Mai Sato** (Japan)
- Maik Wedel** (Germany)
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- Mària Georgiou** (Cyprus)
- Nichola Smiles** (United States)
- Pamela Sepúlveda** (Chile)
- Pedro Ricardo** (Portugal)
- Ricky Kapoyos** (Indonesia)
- Rio Nunga** (United Arab Emirates)
- Sanat Bajaj** (India)
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- Szymon Wesolowski** (Poland)
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- Tina Minić** (Montenegro)



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	42:55

Note: As the 45-minute Express Format is shorter than the allocated time you can include a shorter Cooldown of your own.

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	29:08

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 Conditioning 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

Excite the room about the workout ahead letting the music really come through in the chorus. You can only do this if you have CLEAR Layer 1 cues RIGHT? ... or LEFT?! Ha ha

FEEL

Carnival, post-lockdown celebrations

MARTIAL ART

Boxing

MUSIC		EXERCISE			CTS	REPS
0:05	Intro			L Combat Stance		
0:11	Intro / If you never	6x8	A	Uppercut L, R	4	12x
0:33	V / Let me tell	8x8	B	Uppercut L, R	4	
				L Jab x2	2	
				Bob	2	8x
1:00	PC / Because we	4x8	C	Hook L, R	4	8x
1:14	C / Come on	8x8	D	6 Punch Combo	6	
				L Jab, R Cross x3	2	8x
				Twist to B		
1:42	V/ If ya..	6x8	A	Uppercut L, R	4	12x
1:56	PC / Because we	8x8	B	Uppercut L, R x2	4	
				L Jab	2	
				Bob	2	8x
2:10	C/ Because we	8x8	D	6 Punch Combo	6	
				L Jab, R Cross x3	2	8x
				Twist to B		
2:38	Instr /	4x8	E	Front Stance		
				Jacks OTS	2	16x
2:52	C / Because we	8x8	F	L Jab x3	4	
				Jack x2	4	
				R Jab x3	4	
				Jack x2	4	4x
3:22	Intro /			R Combat Stance		
3:27	Intro / If you never	6x8	A	Uppercut R, L	4	12x
3:49	V / Let me tell	8x8	B	Uppercut R L	4	
				R Jab	2	
				Bob	2	8x
4:17	PC / Because we		C	Hook R, L	4	8x
4:31	C/ Come for it		D	6 Punch Combo	6	
				R Jab, L Cross x3	2	8x
				Twist to B		
4:59	V / If ya...		A	Uppercut R, L	4	12x
5:13	PC / Because we		B	Uppercut R, L x2	4	
				R Jab	2	
				Bob	2	8x
5:27	C / Come for it		D	6 Punch Combo	6	
				R Jab, L Cross x3	2	8x
				Twist to B		



01A. COME FOR IT 5:56mins

FUNDAMENTALS

Coach with connection, warmth and friendliness to create a teaching and learning environment that will help your participants' journey into this workout.

It helps to set up a great atmosphere and positive mindset for the members. Stay with Layer 1 coaching cues and be clear with rights, lefts, directional changes and ALL names of the strikes.

TECHNIQUE & COACHING

UPPERCUT

Layer 1

- From Combat Stance
- Soften the knees
- Boxing Guard up
- Chin tucked in
- Abs braced
- Uppercut front arm, then back arm

Layer 2

- Rotate forward, forearm vertical as you strike
- Lift heels the and pivot on the balls of the feet
- Bend the knees prior to striking

UPPERCUT, JAB & BOB COMBO

Layer 1

- From Combat Stance
- Boxing Guard up
- Speed up the Uppercuts 4 times
- Add a Jab from the front arm
- Bob

Layer 2

- Focus on staying relaxed as you strike
- Step forward on the Jab
- Exhale as you Crunch by squeezing the ribs to the hips
- Keep your Boxing Guard high

Layer 3

- Enjoy the timing of the Crunch, get ready to Tuck out of the way, this is a great way to warm up the muscles of the upper body!

HOOK

Layer 1

- Circular short range strike
- Elbows bent at 90 degrees
- Hook front arm, then back arm
- Target nice and high, just above shoulder line

Layer 2

- Shoulders, hips, knees and heel rotate as you Hook
- The body moves as one connected chain

6 PUNCH COMBO

Layer 1

- From Combat Stance
- Boxing Guard up
- Jab with the front arm, keep a soft elbow
- Chin tucked in
- Target nice and high, just above shoulder line
- Cross with the back arm
- Release the back heel
- Keep the front arm in Guard position
- Turn the rear shoulder forward

Layer 2

- Warm up the muscles of the shoulders and back
- No power, strike light
- Perform the Jab, Cross 6 times then Twist to the back, firing-up the muscles of the core
- Release the front heel to prevent tension in the front knee

JACK

Layer 1

- From Front Stance
- Jump feet out and in
- Knees are soft
- Chest up and abs braced

Layer 2

- Land with a full foot on the floor
- Knees over mid foot
- This is a great exercise to warm up the lower body and lift the heart rate

Layer 3

- "Who came here to party"?

OPTION: Single Squat



01A. COME FOR IT 5:56mins

TECHNIQUE & COACHING

TRIPLE SIDE JAB & JACK COMBO

Layer 1

- Turn to the side
- Jab 3 times, travelling to the side
- Facing front Jacks 2 times

Layer 2

- Stay light as you travel
- Lift your heart rate up and travel further



01B. LOWER BODY WARM-UP

TRACK FOCUS

This is a continuation of clear Layer 1 cues like in track 1A. Use warmth in the delivery. Now the intensity shifts up a gear and the legs become more challenging to move, especially for beginners.

FEEL

This pop rock track has a hint of nostalgia, Dan and I think we keep picking up riffs from an old 80’s track! It’s got the vibes of exciteable energy all over it.

MARTIAL ARTS

Kick Boxing, TKD

MUSIC			EXERCISE		CTS	REPS
6:03	V/ I’m a spearhead	9x8	A	L Knee x3 & Step L, R, L R Knee x3 & Step R, L, R	8 8	5x
6:34	Instr / Guitar	4x8	B	R Front Kick, Low & Step R, L, R L Front Kick, Low & Step L, R, L	8 8	4x
6:47	Instr / Guitar	4x8	C	R Front Push Kick & Pulse OTS L Front Push Kick & Pulse OTS	8 8	2x
7:00	Instr / Guitar solo	4x8	D	L Combat Stance Roundhouse Set-up Pulse OTS	4 4	4x
7:14	V / _big dreams	3x8	D¹	L Roundhouse Kick, Low Pulse OTS	4 4	3x
7:24	V / _Hey	4x8	D¹	L Roundhouse Kick, Medium Pulse OTS	4 4	4x
7:38	Instr	8x8	E	Shuffle to L L Side Kick Shuffle to R R Side Kick	4 4 4 4	4x
8:06	Intro	4x8	D	R Combat Stance hold for 8cts Roundhouse Set-up Pulse OTS	8 4 4	3x
8:19	V / _big dreams	3x8	D¹	R Roundhouse Kick, Low Pulse OTS	4 4	3x
8:29	V / _Hey	4x8	D¹	R Roundhouse Kick, Medium Pulse OTS	4 4	4x
8:43	Instr	8x8	E	Shuffle to R R Side Kick Shuffle to L L Side Kick	4 4 4 4	4x



01B. SPEARHEAD 3:22mins

FUNDAMENTALS

Continue to coach with connection, warmth and friendliness to create a teaching and learning environment that will help your participants' journey into this workout. Be specific with targets and heights, keep them low and explain whilst warming up the muscles we want to kick low with full range at a slower pace. This will help participants as they speed up movement patterns later on in the workout.

TECHNIQUE & COACHING

WALKING KNEES

Layer 1

- From Front Stance
- Right knee to the front
- Step the left knee to the front
- Lean back and brace the core as you strike
- Pull your arms down past your outer thigh

Layer 2

- Notice the rhythm as you step, this helps with the timing
- Flex at the knee, bringing the heels close to the back of the thigh as you strike

FRONT KICK STEP STEP

Layer 1

- Kick to the front
- Step, Step then change legs
- Abs braced and lean back as you strike
- Hands in relaxed Boxing Guard
- Kick low with control

Layer 2

- Execute the Kick initially using a Karate style 'out, in' extension and retraction from the knee (this is predominately a Karate Front Kick)
- This Kick becomes more of a Push Kick half way through the sequence
- Cycle the Push Kick, mimicking a Muay Thai style

Layer 2

- Exhale harder and Kick a little higher to warm up the body faster

ROUNDHOUSE KICK SET-UP INTO ROUNDHOUSE KICK

Layer 1

- From Combat Stance
- Set back heel towards front and lean away
- Lift shin to near parallel to the floor
- Brace abs increase control

Layer 2

- Strike with the shin down to foot
- Start low to begin with
- Extend your arm out for balance

SHUFFLE INTO SIDE KICK

Layer 1

- Front Stance
- Shuffle to the side
- Low Side Kick
- Set the heel towards the target and then lean away
- Abs braced
- Arm out for balance as you Kick
- Shuffle back and repeat Kick on other leg
- Strike with the heel or blade (edge) of the foot

Layer 2

- Retract Side Kick and control your balance as you land
- Move light on your feet as you travel



02. COMBAT 1

TRACK FOCUS

Get good at clearly marking the different teaching phases of the Jump Kick and it's unique intensity. It helps participants of every level feel the challenge AND the success early.

FEEL

This DROP is massive like your Jump Kicks, so go big early and hold on through the sets. Jump Kick in the front, party in the back...but only if 'ya *shake it shake it*' on the way back.

MARTIAL ART

Kick Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro	2x8			16	
0:12	V / Gyal ya shake it	4x8	A	L Combat Stance Jump Kick Set Up R Knee L Front Kick Pulse OTS	2 2 2	4x
0:25	V	4x8	A ¹	Add Freeze Hop Change	8	4x
0:38		4x8	A ²	Add Smooth Hop Change	8	4x
0:51	Instr / Yo_	8x8	A ³	L Jump Kick F Shuffle or Two Jumps B	4 4	8x
1:16	V	8x8	B	Jab Cross x2 L Uppercut R Knee	4 2 2	8x
1:29	V	4x8	B ¹	Add Hop Knee (No Knee on last rep)	8	4x
1:55		8x8	A ³	L Jump Kick F Shuffle or Two Jumps B	4 4	8x
2:22	Instr	2x8		R Combat Stance	16	
2:27	V	8x4	A	Jump Kick Set Up L Knee R Front Kick Pulse OTS	2 2 4	4x
2:39		8x4	A ¹	Add Freeze Hop change	8	4x
2:52		8x4	A ²	Add Smooth Hop Change	8	4x
3:05	Instr / Yo_	8x8	A ³	R Jump Kick F Shuffle or Two Jumps B	4 4	8x
3:31	V	8x8	B	Jab Cross x2 R Upper Cut L Knee	4 2 2	8x
3:44		8x4	B ¹	Add Hop Knee (No knee on last rep)	8	4x
4:09	Instr	8x8	A ³	R Jump Kick F Shuffle or Two Jumps B	4 4	8x



02. GY'AL YA SHAKE IT 4:43mins

FUNDAMENTALS

This track has been designed to raise the heart rate straight after the warmup and starts with a specialist exercise, the Jump Kick. Notice the different phases of the Jump Kick to increase the understanding and execution. The second Combo is a powerful Kick Boxing sequence that's designed to increase the heart rate and enable higher participant engagement. After completing clear Layer 1 and Layer 2 cues, focus on the fun and excitement that comes from the energy of the song.

TECHNIQUE & COACHING

JUMP KICK SET-UP: PHASE ONE

Layer 1

- From Combat stance
- Back Knee
- Front Kick
- Lift back knee up and drop arms from Boxing Guard down past the thigh muscle
- Lean back and brace abs
- Transfer the weight from the front leg to the back leg and Kick with the front leg low and controlled
- Then Pulse on the spot

Layer 2

- Stay light
- Lift chest high and use momentum in the hip as you drive the kicking leg

OPTION: This is the base option the class can stay with or, come back to the Hop

JUMP KICK SET-UP: PHASE TWO KNEE, HOP, KICK & FREEZE

Layer 1

- As you add the Hop, focus on a strong core and Freeze for 1 count
- Then perform the Front Kick

Layer 2

- Brace abs really hard to help stabilize the trunk as you Kick
- Move from one foot to the other, landing light, bend the knee
- Pelvis faces forward as you strike with balance and control

Layer 3

- How powerful can you make this Kick without losing balance?

JUMP KICK SET-UP: PHASE THREE MASTER TIMING

Layer 1

- Loose the Freeze and Hop, replace with a swinging style Back Knee and Front Kick
- Then Pulse on the spot

Layer 2

- This phase uses more swinging and momentum with the upper body in co-ordination with the Kick

JUMP KICK FORWARD & SHUFFLE BACK

Layer 1

- Back knee lifts up and as you transfer to the Front Kick, drive the hips and body weight forward
- Land with soft knees in Combat Stance and Martial Arts Guard
- Then Shuffle Back to initial position and repeat

Layer 2

- Show case a Step and Kick Forward vs the Jump Kick
- Grounded Jump Kicks are powerful and focus on reducing impact
- Jumping lifts the heart rate and increases cardiovascular conditioning

Layer 3

- This Kick is designed for distance not height, so keep the weight moving forward and focus on transferring the weight from leg to leg and challenge yourself to move further forward with each strike

OPTION: Step and Kick



02. GY’AL YA SHAKE IT 4:43mins

TECHNIQUE & COACHING

KICKBOXING SEQUENCE

Layer 1

- For the first 4 reps keep the punches light
- Jab, Cross, Jab, Cross, Front Uppercut
- Rear Knee
- Lean forward and rotate upper body as you Punch
- Brace abs
- Rear Knee to hip height

Layer 2

- After the 4th rep, increase the power in the strikes by moving with more intensity and drive

Layer 3

- If I were to say ‘could you add a Hop on the Knee and go bigger’, what would it look like? How would it make you feel?

OPTION: No Jumping or Hopping on the Rear Knee, stay grounded and focus on power. If you are Jumping or Hopping, land with control and a bent, soft knee to absorb impact



03. POWER TRAINING 1

TRACK FOCUS

This track is all about getting some serious cardio output. To do that you need to refine your ability to switch between coaching great technique, to motivating your class and to challenging your participants. Cover some serious distance in the Side Travel Combos. It makes a difference.

FEEL

This song has all the makings of utter, innate strength and resilience. Everything we need more of in 2020!!! Soak up the strength and energy, it feels so good.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:04	V / The show must	8x8	A	Run OTS	64
0:27	PC / I'm a rider	8x8	B	Front Stance L Jab Travelling L x4 R Jab Travelling R x4	8 8 4x
0:49	C / Down...:	8x8	C	Jab L, R x4 L Jab Travelling L x2 R Jab Travelling R x2	8 4 4 4x
1:11	C / I'm a rider	8x8		Increase range and power of Travelling Jab	16 4x
1:33	V / I'm spitting	4x8	A	Run OTS	32
1:44	V/ No more living	4x8	D	L Combat Stance L Uppercut R Cross (Last 4 reps increase Range & Power)	2 2 8x
1:55	PC / I'm a rider	8x8	D¹	L Uppercut R Superman	2 2 16x
2:18	C/ Down...	8x8	E	Jab Cross L, R x2 L Uppercut R Superman	4 2 2 8x
2:39	PC / I'm a rider	8x8	F	L Jump Jab F x4 Run Back	8 8 4x
3:02	V / I'm spitting	4x8	A	Run OTS	32
3:13	V/ No more living	4x8	D	R Combat Stance R Uppercut L Cross (Last 4 reps increase Range & Power)	2 2 8x
3:24	PC / I'm a rider	8x8	D¹	R Uppercut L Superman	2 2 16x
3:46	C / Down...	8x8	E	Jab, Cross R, L x2 R Uppercut L Superman	4 2 2 8x
4:08	PC / I'm a rider	8x8	F	L Jump Jab F x4 Run Back	8 8 4x
4:30	V / I'm spittin my	8x8	A	Run OTS	64
4:52	PC / I'm a rider	8x8	G	Front Stance L Jab Travelling L x2 R Jab Travelling R x2	4 4 4x
5:14	C/ Down...	8x8	C	Jab L, R x4 L Jab Travelling L x2 R Jab Travelling R x2	8 4 4 4x
5:36	PC / I'm a rider	8x8	H	Jab L, R	16 4x



03. CAN'T KEEP ME DOWN 6:03mins

FUNDAMENTALS

The key focus in this track is cardiovascular output. The goal is to switch between coaching great technique, motivation, and challenge. All resulting in this track being the first cardio peak of the workout. Side Travels are fantastic for heart rate and Superman Punches are pure skill acquisition. Coach the grounded alternative, the 'Power Cross', as well as the Hop into the Superman to help support a high level of success, as the timing is quick.

TECHNIQUE & COACHING

SIDE TRAVEL JAB

Layer 1

On the 4x Jabs:

- From Front Stance look to the side
- Travel with 4x Walking Jab
- Change direction
- Boxing Guard
- Chin tucked in
- Elbow soft
- Full extension on the Jabs
- Brace abs
- Stay light on your feet

On the 2x Jabs:

- Short, sharp, powerful Jabs x2 then change direction
- Keep Boxing Guard high and solid

Layer 2

As the music lifts:

- Increase intensity in the Walking Jab
- Turn the thumb down on the striking arm
- Knuckles rotate to increase more power from the back and shoulder muscles

On the x2 Jabs

- Change the Walk to a Jump, take off with both feet and land with both feet
- Increase intensity and Travel

Layer 3

- Let's start to Travel further and raise the energy
- Can you Jump at least 1 metre further? See that line, go for it, jump clear past it

UPPERCUT CROSS COMBO

Layer 1

- From Combat Stance
- Uppercut of the front arm
- Short close vertical strike stopping at chin height
- Cross off the back arm
- Rotate hips and back heel
- Keep the punch in line with shoulder for a strong target

Layer 2

- Increase power in the Uppercut by dropping rear shoulder forward, pre-loading the strike
- Engaging abs as you strike to ignite the power from the core
- Same in the Cross rolling the lead shoulder forward as if you were slightly rotating towards the back arm

To separate the Power Cross from a regular Cross:

- Step lead leg forward prior to executing the strike
- Cover a short distance forward
- Increasing speed and intensity in the punch

Layer 3

- Drive the step forward and exhale hard as you strike, imagine you had to punch through a wall! Don't hold back, commit to the shot with everything you've got



03. CAN'T KEEP ME DOWN 6:03mins

TECHNIQUE & COACHING

JAB CROSS X2 UPPER CUT SUPERMAN PUNCH COMBO

Layer 1

- Start with a Jab Cross x2
- Then perform the same Uppercut Cross Combo

OPTION: Exchange the Power Cross for a Superman Punch here

- Shift weight to the front foot on the Cross
- Add a small Hop off the front foot
- Load the Cross
- Lift the back foot as you strike
- Small back turn quickly then drive it forward with the Punch

NOTE: If you are teaching the Superman Punch, use the Uppercut Cross Combo as a learning opportunity for the Superman

Layer 2

- Move light and fast on the Jab Cross x2, bend knees before the Uppercut then use explosive power as you strike
- Shift the weight forward for the Superman Punch
- And snap the strike at the end range for maximum speed and results

OPTION: Continue with the Power Cross

JAB

There are 3 blocks of Jabs in this track

Block 1= 32 Jabs

Block 2= 128 Jabs

Block 3= 64 Jabs

Layer 1

- Block 1
- From Front Stance Jab right and left
- Chin down
- Boxing Guard up
- Rotate shoulders as you strike
- Soft elbows

Layer 2

- Block 1
- Short set of Jabs, increase heart rate, punch hard and don't hold back
- Block 2
- Super long set of Jabs with 4 levels of intensity, each level gets harder due to accumulative fatigue
- Block 3
- All out as this is the last block of Jabs that takes us to the end

Layer 3

- For the 128 Jab section:
- Every time I say gear change up, give it 15% more effort and as you do this notice how brilliant you feel 3, 2, 1... GO!



04. COMBAT 2

TRACK FOCUS

You have one job people, get powerful! There is absolute space to drive home these two simple but highly tasty combos. So coach the range, depth and contraction of all your muscles in these hits.

FEEL

The self-belief is huge in this track. Plant yourself into the strength of the song AND your stance. And deliver the story of the day, which is ‘ain’t no holding me back’!

MARTIAL ART

Karate, Kickboxing

MUSIC				EXERCISE	CTS	REPS
0:08	Intro	3x8	A	Front Stance Double Cross Block, Low Double Side Elbow Pulse OTS	2 2 4	3x
0:15	V / Ain’t no	8x8	A ¹	Double Cross Block, Low Double Side Elbow L Side Kick to L	2 2 4	8x
0:42	Instr / Claps and chants	4x8	B	L Combat Stance Uppercut L, R L Hook	2 2	8x
0:55	C / Vocals...	8x8	B ¹	Uppercut L, R L Hook L Roundhouse Kick Pulse OTS	2 2 2 2	8x
1:22	V / Ain’t no	1x8		Front Stance	8	
1:25	V / It comes from	8x8	A ¹	Double Cross Block, Low Double Side Elbow L Side Kick to L	2 2 4	8x
1:49	Instr / Drums and chants	4x8	B	L Combat Stance Uppercut L, R L Hook	2 2	8x
2:03	C / Vocals	8x8	B ¹	Uppercut L, R L Hook L Roundhouse Kick Pulse OTS	2 2 2 2	8x
2:30	V	1x8		Front Stance	8	
2:33	V / Ain’t no knocking	8x8	A ¹	Double Cross Block, Low Double Side Elbow R Side Kick to R	2 2 4	8x
2:57	Instr / Claps and chants	4x8	B	R Combat Stance Uppercut R, L R Hook	2 2	8x
3:11	C / Vocals	8x8	B ¹	Uppercut R, L R Hook R Roundhouse Kick	2 2 2	8x



04. COMBAT 2

MUSIC				EXERCISE	CTS	REPS
3:37	V / Ain't no stopping	1x8		Front Stance	8	
3:41	V / It comes from the heart	8x8	A ¹	Double Cross Block, Low	2	
				Double Side Elbow	2	
				R Side Kick to R	4	8x
4:05	PC / Drums and chants	4x8	B	R Combat Stance		
				Uppercut R, L	2	
				R Hook	2	8x
4:18	C / Vocals	8x8	B ¹	Uppercut R, L	2	
				R Hook	2	
				R Roundhouse Kick	2	
				Puls OTS	2	8x



04. DEVIL A PRAY 4:50mins

FUNDAMENTALS

This track has been designed with a serious element of absolute, raw kicking power in mind. You'll see this in both the Karate Side Kick Combo and the Power Roundhouse Combo. As this track has only two combos repeated twice on each side, break it down into 8 rounds. Rounds 1 & 2, 5 & 6 are your set-up rounds. Rounds 3 & 4, 7 & 8 are your go for it rounds. Give clear and direct body part and directional cues early on, to ensure safe and effective movement. Once these cues are in place the body is then set to execute with power and explosiveness.

TECHNIQUE & COACHING

CROSS BLOCK & DOUBLE SIDE ELBOW

Layer 1

- From Front Stance
- Chest up
- Abs braced
- Fist at waist, elbows bent and tight to rib cage
- Low Cross Block, clench fists
- Cross at wrist or forearms
- Double Wide Side Elbow, open chest, brace abs harder
- Strike with elbow
- Reset Guard

Layer 2

- In Karate we sink low into the legs
- Focus on staying grounded to the floor and posturally upright
- Create a clear start and stop for each strike

Layer 3

- Drop down hard and Block with real force, then super stretch the upper chest and crush the shoulder blades together

POWER SIDE KICK

Layer 1

- From Front Stance
- Look to the direction you're kicking
- Striking foot faces slightly down
- Strike with the heel or the edge, "blade", of the foot
- Set supporting heel towards target

Layer 2

- Lift the lead knee slightly higher as you tip the upper body away from the target, this increases height, and if you draw the lead leg closer to the trunk of the body it will increase the pre-load power
- Focus on the huge outward drive as you Kick for maximum results
- Keep Kick knee soft at point of impact then retract while bracing the abs to support balance

Layer 3

- Imagine you had to kick the side of a building over but you couldn't make it in the first try, how much more effort would you put into positioning your body to make that happen? Because you're so close ... The building's about to crumble under your incredible power!

UPPERCUT & HOOK COMBO

Layer 1

- From Combat Stance
- Uppercut front and back arm
- Hook from lead arm
- Rotate inwards and forwards on the Uppercuts
- Release lead heel and pivot rotating hips and shoulders when you Hook

Layer 2

- After the first 4 reps, start to lean forward into the strikes to create a sense of power and control
- Brace the abs to help both stabilize and support the trunk

Layer 3

- Can you punch to the rhythm of the drums?
- "I can feel it coming in the air tonight, hold on!"



04. DEVIL A PRAY 4:50mins

TECHNIQUE & COACHING

POWER ROUNDHOUSE KICK

Layer 1

- From Combat Stance set back heel towards the front and lean away
- Lift shin to near parallel to the floor and brace abs to help balance
- Execute the Kick with control, choose a height that will allow you to maintain great technique

Layer 2

- Pre-loading the hip drive as you finish the final Hook will help momentum into the Power Kick, increasing the speed of execution
- Focus on the outward phase with force
- Retract the Kick back into your stance for completion

Layer 3

- This song is slower than normal so use this opportunity to throw this kick with raw power. Take advantage of the opportunity to master this amazing feeling, you've got this!

OPTION: Kick low



05. POWER TRAINING 2

TRACK FOCUS

WOWEEEEEEE look out, you are gonna need the mantra “ We GOT THIS” in this track! It has a real cardio kicker. Pace yourself and coach to the options to create a higher level of participant success

FEEL

This song sweeps the room up and takes them on an epic oxygen, debt, day trip to fitness fantasy land. You’re gonna start off in dream land and finish up wanting a nap

MARTIAL ART

Mixed Martial Arts

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Synths	8x8	A	Transition to the ground & teach Standing Option of Run OTS & Squats Pushup position Mountain Climbers Slow R, L	64	
0:28		1x8		Two Pushups preview	8	
0:32	Instr / Synths	8x8	A ¹	Mountain Climber Fast R, L x3 ½ Two Pushups	8 8	4x
0:55	Break / Quiet vocal chants	4x8		Recover, shake out arms	32	
1:06	V	10x8	B	Renegade ¼ range Pushup Single, Slow R Renegade ¼ range Pushup Single, Slow L	4 4 4 4	5x
1:35	Instr / Violins	8x8	B ¹	Mountain Climber Fast R, L x3 ½ Renegade Pushup ¼ range Single Slow R Mountain Climber Fast R, L x3 ½ Renegade Pushup ¼ range Single, Slow L	8 8 8 8	2x
1:59	Instr / Big Synths	6x8	C	Mountain Climbers Fast R, L x6 Freeze in High Plank	16	3x
2:16	Instr / Big Synths	2x8	C ¹	Mountain Climbers Fast R, L x8 Freeze in High Plank	16	1x
2:26	Break / Quiet	4x8		Transition to Standing	32	
2:34	Instr / Big Synth	5x8	D	Teach Sprawl and options of Jacks or Squats	8	5x
2:45	V/ Chanting Build Up	2x8		Transition to Front Stance Combo <u>OPTIONS:</u> Squat or Jack	16	
2:54	Instr / Drop	8x8	D ¹	Jab L, R x4 Sprawl & Verticle Jump	8 8	4x
3:17	Instr / Break	2x8		Recover	16	
3:23	V / Chanting	2x8	E	Run OTS	16	
3:29	V / Chanting	10x8	E ¹	Run L,R, L to L Run R, L, R to R	4 4	10x
3:46	Instr / Violins			Increase intensity adding range and distance		
3:58	Instr / Drums	8x8	D ¹	Front Stance Jab L, R x4 Sprawl & Verticle Jump	8 8	4x
4:22	Instr / Big Synths	4x8	D ²	Add Tuck Jump instead of Vertical Jump	16	2x
4:33	Instr / Chants	4x8	D ³	Add Clap Tuck instead of Tuck Jump	16	2x



05. MANTRA 4:51mins

FUNDAMENTALS

This track is all about variety – offering your members choices to suit them. It has been designed to increase both strength and conditioning in the core and in the shoulders. Watch out as it has a real cardio kicker in there. Pace yourself and coach to the options to create a higher level of participant success. The standing options in this track are: Running for 7 counts and 2x Power Squats. There’s Knee Lifts, High Knee Running and Jacks for the cardio element. The grounded options are core integration with pressing power to improve endurance and speed in the punches, these are Pushups, Renegade Rows and Mountain Climbers

TECHNIQUE & COACHING

MEDIUM PACE MOUNTAIN CLIMBERS

Layer 1

- Come down to the ground
- From Plank position knees or toes
- Hands directly under the shoulders
- Long straight back
- Abs braced hard
- Hips and shoulders square to the ground
- Knees towards centre of chest

Layer 2

- Push hands hard into the ground to stabilize the shoulders

OPTION: Half speed or drop to the knees

7X MOUNTAIN CLIMBERS FAST 2X PUSHUPS

Layer 1

- Mountain Climber position
- Speed up movements
- Drop to knees or stay on toes and add 2x Pushups
- Chest no lower the elbow crease
- Shoulders level, abs braced

Layer 2

- This is an integrated core and upper body conditioning move
- Working into the muscles of the chest, triceps, shoulders and abs
- This also drives the heart rate up

Layer 3

- Can you move lightning fast and then brake hard prior to the Pushups? See how much more your abs have to work...Can you feel it?

OPTION: Stay on knees and move slower

RENEGADE PUSHUP COMBO

Layer 1

- On the ground
- Knees or toes
- 2x bottom half Pushups or partial range
- 1x Renegade Row and repeat to the other side
- As you Row, lift the elbow up, squeeze the shoulder blade and brace the abs

Layer 2

- Push opposite hand hard into the ground to help drive the push and pull with power
- Brace abs harder to help keep the hips still

Layer 3

- We work so much of our pushing muscles in BODYCOMBAT so here’s a great opportunity to work our posterior chain, the muscles that aid in supporting great posture

OPTION: Stay on knees



05. MANTRA 4:51mins

TECHNIQUE & COACHING

DROP SQUAT SPRAWL

Set up Pace

Intensity Pace

Include the Vertical, Tuck Jump or Clap Tuck Challenge

Layer 1

Set up Pace

- From Front Stance
- Boxing Guard
- Drop down into a Squat
- Hands to the ground under the line of the shoulders
- Shoot and jump both feet out and back
- Return feet in
- Stand up
- Hand back to Boxing Guard

Layer 2

- Abs braced
- To increase intensity move faster into the Sprawl, and shoot legs out and back faster
- When coming back into the standing position there's an option to add a Vertical Jump, later on in the track there's an added intensity option to include a Tuck Jump and even a Clap Tuck

Intensity Pace

Vertical Jump:

- Bend knees prior to Jump
- Lift chest and brace abs
- Land with bent knees

Tuck jump:

- As you Jump up lift both knees toward hips or chest quickly
- Landing light with bent knees

Clap Tuck:

- As the knees come up, the challenge is to Clap both hands together under the line of the knees and then land with bent knees

Layer 3

- Can you Jump higher? Get the heart rate up by trying to touch the sky

OPTION: No Jumping or 2x Power Squats or 4x Jumping Jacks

8X FAST JABS

Layer 1

- From Front Stance
- Alternating Jabs right and left
- Boxing Guard
- Punch with soft elbows
- Target in line with the shoulder or slightly higher
- Rotate shoulders forward as you strike

Layer 2

- When combined with the Sprawl Combo, snap the Jabs hard and fast as this helps to create momentum into the Sprawl

TRIPLE RUN

Layer 1

- Run lateral taking 3 steps
- Leave the 3rd knee up
- Lean to the side as you Run
- Drive arms
- Lift chest
- Brace abs
- Knees out over mid-foot

Layer 2

- As you travel to each side, increase the distance as well as lifting the height of the knees
- Forcing the heart rate up and the core and leg muscles to work harder

Layer 3

- The more we drive the legs and arms the better the results
- Imagine you were the fastest person on the planet!

OPTION: Low Knee Drive or Step x3



06. COMBAT 3

TRACK FOCUS

Everything is slower here which means you can use the time to coach solid form throughout the leg training drills. When the pace picks up you would be best served to move into motivation coaching to keep people moving as the workout effect ‘kicks in’ early.

FEEL

Its like you can’t stop smiling but your legs are crying...so imagine the calories are crying and hopefully that keeps a smile on your face

MARTIAL ART

Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro		Front Stance			
0:08		2x8	A	Capoeira Squat	4	4x
0:15	V / Well from the first	8x8	A ¹	Turning Squat Lunge Combo, Slow Drop Squat facing F, Slow ¼ Turn Small Jump Turn to L L Drop Lunge facing L ¼ Turn Small Jump Turn to F Drop Squat facing F, Slow ¼ Turn Small Jump Turn to R R Drop Lunge facing R ¼ Turn Small Jump Turn to Front	3 1 3 1 3 1 3 1	4x
0:42	C / Come Brace Up	8x8	A ²	Turning Squat Lunge Combo, Fast Drop Squat facing F, Fast ¼ Turn Small Jump L Drop Lunge facing L Drop Squat facing F, Fast ¼ Turn Small Jump R Drop Lunge Facing R	2 1 1 2 1 1	16x
1:08	Break / Hey haaaa	1x8		Recover	16	
1:12	Bridge / Star clap	2x8	B	Front Stance Half Ginga R	4	4x
1:19	V / Well if	4x8	B ¹	Half Ginga R R Front Knee	4 4	4x
1:32	V / So every man	4x8	B ²	Half Ginga R R Front Kick & R Lunge B	4 4	4x
1:45	C / Well everybody come Brace Up	8x8	B ³	Kick, Lunge & Switch Combo R Front Kick and R Lunge B x3 Switch Lunge R, L	12 4	4x
2:12	Break / Bubblin	1x8		Recover and Transition to other leg	16	
2:15	Bridge / Star Calp	2x8	B	Front Stance Half Ginga L	4	4x
2:22	V / Well if ya lovin	4x8	B ¹	Half Ginga L L Front Knee	8	4x
2:36	V / So everyman	4x8	B ²	Half Ginga L L Front Kick & L Lunge B	4 4	4x
2:49	C / Well everybody come Brace Up	8x8	B ³	Kick, Lunge & Switch Combo L Front Kick & L Lunge B x3 Switch Lunge L, R	12 4	4x
3:16	C / Ye haaaaaa	8x8	A ²	Turning Squat Lunge Combo, Fast Drop Squat facing F, Fast ¼ Turn Small Jump L Drop Lunge Facing L Drop Squat facing F, Fast ¼ Turn Small Jump R Drop Lunge facing R	2 1 1 2 1 1	16x



06. BRACE UP 3:46mins

FUNDAMENTALS

A slower paced, low loaded, athletic Capoeira track. This is a great opportunity to bring the pace and cardio intensity of the class down a level. And focus not only on a different martial arts style but also on making a strong connection between muscle and mind movement patterns. Coach to the holding patterns in this track and have everybody moving with great technique. Have fun doing so!

TECHNIQUE & COACHING

TURNING SQUAT & LUNGE COMBO SLOW

Layer 1

- From Wide Front Stance
- Feet outside shoulder-width
- Drop into Wide Squat
- Butt back and down
- Abs braced with chest up
- Turn to the side, add a small Hop to help the knees feet and hips rotate
- As you Lunge keep chest up, abs braced and hips square
- Drop down so that the front thigh is parallel to the floor
- Knee out over mid-foot

Layer 2

- Drop the lead arm down past the thigh as you Lunge to help balance as well as increase the sensation of dropping lower to strengthen the muscles of the quads and glutes

OPTION: Stay with half speed, full range

TURNING SQUAT & LUNGE COMBO FAST

Layer 1

- Maintain movement quality and build on the smaller range and faster pace

Layer 2

- Stay down in the bottom range to intensify muscle stimulation
- Brace abs hard and keep knees soft as you move from front to side

Layer 3

- This is endurance combined with athletic Capoeira, it's about motivation to complete the sequence to the end, this is what you came for!

OPTION: Stay with half speed, full range

HALF GINGA INTO KNEE COMBO

Layer 1

- From Combat Stance
- Step foot out to the side
- Then back to original Stance
- Lift rear knee forward
- Hips square

Layer 2

- Stay light
- Move with flow and flare
- Add a small bounce as you Ginga to the side then brace abs harder to help you control the movement, or control the pattern

Layer 3

- Have fun everybody, play with this, there is no wrong way, only the Capoeira way!
- Its part fight, part game and part dance

KICK, LUNGE & SWITCH COMBO

Layer 1

- From a Combat Lunge Stance
- Chest up and hips square
- Abs braced
- Front knee out
- Front thigh near parallel to the floor
- 3x Front Kick from rear leg
- Kick low with control
- Split Lunge, switch legs forward and back
- Dropping down deeper into the Lunge
- Reset and repeat

Layer 2

- To increase intensity in the Kick, kick higher with control and power and retract fast
- To increase intensity in the Lunge, drop down deeper into the Lunge both before and after the Kick. And/or reach the lead arm down towards the floor to encourage a higher chest position and a stronger, deeper Lunge
- To increase intensity in the Split Lunge add a small Plyometric Hop, focusing on both the upward and downward phase, landing with control

Layer 3

- Do you want glutes of steel, legs like an athlete or the movement and gracefulness of a dancer? Then get lower!

OPTION: No Hop in the Split Lunge, step back into standard Lunge or reduce the range



07. MUAY THAI

TRACK FOCUS

There are huge fitness mountains to climb in this track, so be sure to move through intensity and not rush it. People need options here so setup with them and reinforce them as you move through. The stand out moment is the execution of the new full powered Switch Front Kick and the 12 huge Jump Knees. So give that some good attention.

FEEL

Its' great 'walk out' music that gears the fighter up to take on a huge challenge, and feeds their energy stores. Let the class be the crowd and let your own vocal motivation be the ring announcer! People will want to know 'how many rounds left?'

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / You You	4x8		L Combat Stance	32	
0:09	Intro / You You	6x8	A	7 Punch Combo		
				L Jab R Cross x 3 ½	8	
				Hold OTS	8	3x
0:19	Build Up	10x8	A ¹	7 Punch & Switch Knee Combo		
				L Jab R Cross x 3 ½	8	
				Switch Knee L	4	
				Hold OTS	4	5x
0:43	Build Up / You got to	14x8	A ²	7 Punch & Switch Front Kick Combo		
				L Jab R Cross x 3 ½	8	
				L Switch Front Kick	4	
				Hold OTS	4	6x
1:16	Break / Guitar	4x8		Recover & transition to L Combat Stance	32	
1:26	Instr / HO	4x8	B	Step F L	2	
				R Knee to F	2	
				Step B R, L	4	4x
1:35	Build Up / Synths	4x8	B ¹	Step F L	2	
				R Hop Knee to F	2	
				Step B R, L	4	4x
1:45	C Drop / Big Drums and Vocals	12x8	B ²	Jump or Step F L	2	
				R Jump Knee to F	4	
				Step B R, L	2	12x
2:14	Break / Quiet	4x8		Recover & transition to R Combat Stance	32	
2:24	Intro / You You	8x8	A	7 Punch Combo		
				R Jab L Cross x 3 ½	8	
				Hold OTS	8	4x
2:43	Build Up / You You	1w0x8	A ¹	7 Punch & Switch Knee		
				R Jab L Cross x 3 ½	8	
				Switch Knee R	4	
				Hold OTS	4	5x
3:07	Build Up / You got to	14x8	A ²	7 Punch & Switch Front Kick Combo		
				R Jab, L Cross x 3 ½	8	
				R Switch Front Kick	4	
				Hold OTS	4	6x



07. MUAY THAI

MUSIC			EXERCISE		CTS	REPS
3:40	Break / Guitar	4x8		Recover & transition to R Combat Stance	32	
3:50	Instr / HO	4x8	B	Step Forward R	2	
				L Knee to F	2	
				Step B L, R	4	4x
4:00	Build Up / Synths	4x8	B ¹	Step Forward R	2	
				L Hop Knee to F	2	
				Step B L, R	4	4x
4:09	C Drop / Big Drums and Vocals	12x8	B2	Jump or Step F R	2	
				L Jump Knee to F	4	
				Step B L, R	2	12x
4:38	Break / Quiet	4x8		Recover & Transition to Front Stance	32	
4:47	Build Up / Yea	8x8	C	Jab L R x 2	4	
				Hook L, R	4	8x
5:02	Build Up / You You	8x8	C ¹	Jab L R x 2	4	
				Hook L, R,	4	
				L Switch Front Kick to L Diagonal	8	4x
5:26	C Drop / You got to	8x8	C ¹	Jab R L x 2	4	
				Hook R, L	4	
				R Switch Front Kick to R Diagonal	8	4x



07. BAP U 5:49mins

FUNDAMENTALS

This track is loaded with simple yet physically demanding combos. The standout moments are the execution of the new full powered Switch Front Kick and the 12 Huge Jump Knees. Each strike is broken down with level changes, the example would be on using the Switch Knee prior to the Switch Kick to master the foot pattern, as this sets you up for maximum execution. With the 12 Jump Knees, start grounded and progressively lift higher with intensity. Use clear, direct cueing, and then build with strong, motivation into Layer 3 coaching.

TECHNIQUE & COACHING

7 PUNCH COMBO

Layer 1

- From Combat Stance
- Jab and Cross x7
- Boxing or Muay Thai Guard
- Start hard and heavy
- Lean forward as you strike

Layer 2

- There is no set up needed other than to demonstrate 1x example
- Use this opportunity to explode and create inspirational impact
- Elbows close to ribs to help generate power
- Exhale hard as you strike

Layer 3

- Head down, train hard, fight easy

SWITCH KNEE COMBO

Layer 1

- From Combat Stance
- Switch front leg to back
- Execute a Knee and then land forward
- Guard up high
- As Knee strike comes up to stomach height, pull arms down with elbows passing front thigh
- Brace abs

Layer 2

- Lean back as you strike to help create both length and drive from the hip
- Knee lifts up and forward
- Stay light and quick on the feet

Layer 3

- Create as much power as possible

SWITCH FRONT KICK COMBO

Layer 1

- Follow the same set up and direction as the Switch Knee Combo
- Execute a Front Kick instead of the Knee
- Kick low with control
- Preference is a Push Kick
- Cycle the leg out forward and down
- Brace abs and land light

Layer 2

- As there's more load here, the muscles are working harder
- Create a snap in the Kick as you drive hips forward, and drop the lead arm, fast paced down past the kicking leg for increased momentum and power

Layer 3

- It's easy to lose sight of what's in front of you, this move requires complete focus and intention. As you Switch think about landing then reacting as fast as you can so that you're ready to increase the pure, raw, power behind the strike

OPTION: Kick low



07. BAP U 5:49mins

TECHNIQUE & COACHING

JUMP KNEE

Layer 1

- From Combat Stance
- Boxing or Muay Thai Guard
- Step forward with the front foot
- Put weight in the front foot
- Execute a Rear Knee
- Chest up and abs braced
- Hips facing forward
- Step back into Combat Stance with Guard up

Layer 2

- Start to increase the intensity by adding a Hop off the front foot in preparation for the Jumping Rear Knee
- Use the upper body to create a swing feel by leaning forward to help build momentum
- Reach both arms up as you Step and Hop forward. Prepare to drive the arms down, elbows come past the thigh muscle to engage the obliques as well as helping with drive direction

Layer 3

- Go for a big challenge now, turn the Hop into a Jump, land soft and then reset because you're about to power through theses Knees with 12 in a row!

OPTION: No Jump, stay grounded



08. POWER TRAINING 3

TRACK FOCUS

This one is explosive and feels amazing. It requires you to use huge Layer 3 content

FEEL

There is a sense of letting go and giving it your full explosive energy through this song which fits so well with this point of the workout. Match made in 2020 conditional heaven!!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	V / Stepping outside	10x8	A	Run OTS		
0:29	PC / Louder	8x8	B	L Combat Stance		
				L Jab x2	2	
				R Cross	2	16x
0:50	C Drop / Drums and Synths	8x8	B ¹	L Jab, R Cross x2	4	
				L Jab x2	2	
				R Cross	2	8
1:13	C / Make everything	8x8	B ²	L Jab R Cross x2	4	
				L Jab x2	2	
				R Cross	2	
				Jack Feet x4	8	4x
				(On last set transition into Front Stance on Jacks)		
1:35	C Drop / Louder	4x8	C	L, R Jab x32	2	
1:46	V / Put me in a	8x8	A	Run OTS		
2:08	PC / Louder	8x8	D	Front Stance L Uppercut x3	6	
				L Hook	2	
				R Uppercut x3	6	
				R Hook	2	4x
2:30	C Drop / Drums and Synths	8x8	D ¹	L Uppercut x3	6	
				L Jumping Hook	2	
				R Uppercut x3	6	
				R Jumping Hook	2	4x
2:52	Vocal C / Make everything	16x8	C ¹	L, R Jab x128	2	
3:39	V / Put me in a	8x8	A	Run OTS		
4:01	PC / Louder	8x8	B	R Combat Stance R Jab x2	2	
				L Cross	2	16x
4:23	C Drop / Louder	8x8	B ¹	R Jab L Cross x2	4	
				R Jab x2	2	
				L Cross	2	8x
4:45	Vocal C / Make everything		B ²	R Jab L Cross x2	4	
				R Jab x2	2	
				L Cross	2	
				Jack Feet x4	8	4x
				(On last set transition into Front Stance on Jacks)		
5:07	Instr / Louder	16x8	C ³	L, R Jab x64	2	



08. LOUDER (HAMILTON REMIX) 5:35mins

FUNDAMENTALS

The final power track is designed to be high volume, through the strikes, and bring a high cardiovascular feel. This one is explosive and feels amazing. Let each combo flow through the ‘add on’ style of the choreography. Coach part one and simply add on the strikes. This creates an ease of learning, so that the complexity level is low while fitness and boxing results are high. Literally make everything “louder”.

TECHNIQUE & COACHING

DOUBLE JAB CROSS

Layer 1

- From Combat Stance
- Boxing Guard up
- Double Jab front arm
- Cross back arm
- Tuck chin in
- Release back heel on the Cross
- Keep elbows soft as you strike

Layer 2

- Sink down into your Stance to feel more grounded and balanced, power comes from the ground up
- Rotate the shoulders as you strike

Layer 3

- Think of it this way, every rotation is like performing another Crunch so your core muscles will keep getting stronger and stronger...so now let's go for it!

JAB CROSS X2 WITH DOUBLE JAB CROSS COMBO

Layer 1

- From Combat Stance
- Boxing Guard

Phase 1:

- Jab & Cross x2 into the Double Jab Cross
- Keep the elements of the Double Jab Cross in place
- Now use the initial Jab Cross x2 to create the momentum and speed needed to complete this part of the Combo

Phase 2:

- Adding on the 4x Jumping Jacks
- 4x Jacks out and in
- Feet wider than shoulders
- Knees soft
- Land with a full foot on the floor
- Brace abs and keep the chest lifted

Layer 2

- Stay light and move sharp
- Guard stays up
- Adding on the Jacks now takes the heart and energy up higher
- Feel the heart rate spike and then prepare for explosive power as you go back into the punch Combo

OPTION: 2x Squat instead of 4x Jack



08. LOUDER (HAMILTON REMIX) 5:35mins

TECHNIQUE & COACHING

3X UPPERCUT 1X HOOK COMBO

Layer 1

- From Front Stance, Boxing Guard up
- 3x Uppercut, 1x Hook, repeat on the other side
- Drop shoulders down prior to the upper rotation forwards and in
- Vertical striking with the Uppercut
- Exhale as you strike
- 1x Hook
- Circular strike
- Rotate and release hip and heel as you turn
- Elbow bent at 90 degrees
- Guard stays up

Layer 2

- To increase the power in the Hook
- Drive the weight towards the direction you're striking in, and shift the weight across, slide as you strike
- Repeat on other side
- Use the vibe of the music to keep increasing power and drive. This helps with excitement and performance



09. CONDITIONING

TRACK FOCUS

Give the quick, quick, slow some good attention to help keep the tension on the abs as long as possible. Always be mindful of options here as people’s level’s of fatigue will vary and it’s good to be reminded of how to make it less or more intense.

FEEL

It’s playful, which is ironic because noone has any energy left after this class. BUT it carries people along nicely distracting from the hot mess we are all in.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / Trumpets			Transition to floor and lay on back		
0:09	V / I’m gonna do	5x8	A	Cross Crawl Quick, Quick, Slow	8	5x
0:27	Break / Quiet	½ x8		Transition to feet down, arms down flat and palms face up	4	
0:31	C / Here I go	8x8	B	Scissor Leg Ladder	2	16x
1:02	Bridge / I’m a go	4x8	C	Pulsing Crunch x3	8	4x
1:17	V / I got that	7x8	A	Cross Crawl Quick, Quick, Slow	8	7x
1:42	PC / I’m a go go	1/2x8		Transition to feet down, arms down flat and palms face up	4	
1:46	C / Here I go	8x8	B	Scissor Leg Ladder	2	16x
2:16	Bridge / I’m a go getta	4x8	C	Pulsing Crunch x3	8	4x
2:32	Instr / Trumpets	2x8		Hug Knees and transition to Hover	16	
2:40	C / Here I come	4x8	D	Walking Hover Lift & Lower Alternating Legs	4	16x
2:55	C / Here I come	4x8	D¹	High Plank Lift & Lower Alternating Legs	4	16x



09. HERE I GO 3:15mins

FUNDAMENTALS

This track has a simple, yet very effect tri-circuit feel, with a Hover and Plank variation to finish. Rhythmical Cross Crawls train and condition the obliques, Crunches hit the upper abs and Scissor Leg Ladders hit the lower abs and hip flexors. This sequence is repeated multiple times, allowing one part of the core to recover while we isolate and work another. It feels simple but it's a challenging and intelligent track.

TECHNIQUE & COACHING

TRIPLE CROSS CRAWL

Layer 1

- Lying on your back
- Finger tips to temples
- Quick twists to front leg, back leg then slowly twist to the front leg
- Repeat this Combo and rhythm to the back
- Extend the legs to 45 degrees as you twist
- Rear shoulder up and across to the opposite side
- Rotate from center of the chest

Layer 2

- Point the toes and squeeze the quad muscles
- Lift and twist higher, keeping the elbows wide
- Alternative is to toe tap

OPTION: Toe tap vs leg extension

SCISSOR LEG LADDER

Layer 1

- Keep head and shoulders down on the floor
- Arms by the side, palms facing up
- Open and close the legs crossing at the ankles
- Strong ab brace to keep lower back pressed towards the floor

Layer 2

- Lower the legs to intensify the lower abdominal recruitment, can you get to 45?
- Swing legs out and in
- Pointing the toes and squeezing the leg muscles
- Imagine someone was standing on your belly, breathe out harder

OPTION: Bend knees to shorten the lever vs straight legs if the lower back is lifting off the floor

PULSING CRUNCH

Layer 1

- Both feet on the floor
- Chin tucked in
- Slide rib cage down to pelvis
- Hands together and reach between the knees
- Pulse up and down

Layer 2

- Squeeze the upper abs as you lift
- Peel the shoulders off the floor

Layer 3

- Can you lift the shoulders high and stay only in that very small top range for maximal training?

WALKING HOVER

Layer 1

- Lay on belly
- Lift to knees or toes
- Knees wider than hips
- Elbows directly under the line of the shoulders
- Fists together
- Brace abs, glutes squeezed
- Lifts hips to shoulder height
- Long straight back
- Hips and shoulders square to the ground
- Alternate foot and leg lifts

Layer 2

- As one foot lifts off the floor push both forearms harder into the ground to help stabilize the shoulders and core
- Straighten the leg as you lift the foot
- Keeping hips level

OPTION: Drop to knees

HIGH PLANK

Layer 1

- Transition to plank
- Hands directly under the shoulders
- Knees off the floor with legs straight
- Shoulders and hips stay square
- Push hands hard into the ground
- Strong ab brace, glutes engaged as you lift each foot

OPTION: Drop to knees



10. COOLDOWN

TRACK FOCUS

There is a good amount of time in the stretches here which feels nourishing to the body. As a teacher you can breathe and coach the release of all the tightness we worked into.

FEEL

It's chilled and relaxed.

MUSIC				EXERCISE	CTS
0:00	Intro / Piano			Transition to the floor	
0:10	V / One..	4x8	A	Seated Glute & Lower Back Stretch L knee up, R arm wrapped around	32x
0:29	V / And it's so	4x8	B	L Foot F into R Hip Flexor Stretch Arms into C-Shape Bend & stretch through side body R Arm reaches up L Arm reaches down	32x
0:48	V / Shouldn't think of you	4x8	C	Hips B into L Kneeling Hamstring Stretch Develop into optional Splits	32x
1:09	V / One..	4x8	A	Transition to Seated Glute & Lower Back Stretch R knee up, L arm wrapped around	32x
1:29	V / One..	4x8	B	R Foot Forward into L Hip Flexor Stretch Arms into C-Shape Bend and stretch through side body L Arm reaches up R Arm reaches down	32x
1:49	V / And it's so hard	4x8	C	Hips B into R Kneeling Hamstring Stretch Develop into optional Splits	32x
2:10	V / ..everything..	½ x8		Transition to Standing	4x
2:16	V	4x8	D	L Standing Quad Stretch L IT Band Stretch	12x 16x
2:29	C / One	4x8	D	R Standing Quad Stretch R IT Band Stretch	16x 16x
2:50	C / One	4x8	E	L Shoulder Stretch (Rach style) L Tricep Stretch	16x 16x
3:10	Instr / rums	4x8	E	R Shoulder Stretch (Dan style) R Tricep Stretch	16x 16x



10. EYE ON IT 3:31mins

FUNDAMENTALS

This is a gentle flowing stretch. We move into the stretch position, hold it briefly then connect to our breath, to enhance the stretch and move deeper into the position. Release the tension in the muscles to allow the body to cooldown correctly. The music is the standout in this track, it's upbeat and has a great energy about it. Play with it

TECHNIQUE & COACHING

SEATED GLUTE & LOWER BACK STRETCH

Layer 1

- Sitting tall on sit bones
- Lift the chest
- Bring opposite foot over knee
- Twist to opposite side and support yourself by pressing the lead hand into the ground

Layer 2

- Exhale as you twist then relax into the stretch

OPTION: For more comfort you can extend the non-stretching leg in front of you

HIP FLEXOR STRETCH

Layer 1

- From kneeling
- Lead leg forward
- Back leg bent
- Lift chest
- Tuck tail bone under squeezing glutes
- Lean into the stretch

Layer 2

- To increase the stretch lift the lead arm up to the sky and lean to the side, reaching the opposite arm down
- Inhale then exhale and lean into the stretch

OPTION: Arms stay down

KNEELING HAMSTRING STRETCH

Layer 1

- Front leg straight
- Back knee on the floor
- Gently lean forward so the chest sits over the knee line
- Rest both hands on the floor either side of the lead leg
- Lift chest

STANDING QUAD STRETCH

Layer 1

- Come to standing
- One leg bent, with lead foot in hand and balancing on one leg
- Heel close to butt
- Knees together
- Hip on stretching quad slightly pushing hips forward
- Chest lifted and gentle ab brace

Layer 2

- Press the lead foot into the hand more to increase the stretch
- Breathe softly, soften the supporting knee and keep easing into the stretch

LATERAL STRETCH

Layer 1

- From Standing
- Cross back foot behind heel
- Lean hips to one side
- Lift opposite arm up and overhead creating a C shape with the upper body
- Other hand is in a fist on the waist

Layer 2

- Lower rib cage down
- Press both heels into the ground and gently breathe into this side stretch



BONUS

4. COMBAT 2

TRACK FOCUS

The Rising Block & Mid Low Block is a very interesting and exciting combo so take the time to coach the moves before the track starts so people pay attention to key differences.

FEEL

This has a very cool vibe that is driven from a place of extreme confidence.

MARTIAL ART

Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Beats	2x8	L Combat Stance, Jump Kick Setup			
0:09	Intro / Synths Horns	6x8	A	R Knee, L Front Kick Hold OTS	8	6x
0:29	Verse / Make my own rules	4x8	A ¹	R Knee Freeze, L Front Kick Hold OTS	8	4x
0:42	Verse / Heads or tails	8x8	B	Rising Cross Block into A Frame L Mid Block with R Low Block	4 4	8x
1:08	C Drop / So I can Flex _	8x8	B + A ²	Rising Block & A Frame L Jump Kick F Shuffle B	8 4 4	4x
1:34	Quiet / Synths	4x8	Transition to Front Stance & Karate Guard			
1:47	Verse / Yo They hear	8x8	C	Karate Punch L, R	4	16x
2:14	Verse / Build for the	4x8	C ¹	Karate Punch L, R, L Karate Punch R, L, R	4 4	4x
2:28	Verse / Heads or tails	12x8	C ²	Karate Punch L, R, L L Side Kick Karate Punch R, L, R R Side Kick	4 4 4 4	5x
3:06	Intro / Beats	2x8	R Combat Stance, Jump Kick Setup			
3:12	Verse / Synths Horns	6x8	A	L Knee, R Front Kick Hold OTS	8	6x
3:32	Verse / I made my own	4x8	A ¹	L Knee Freeze, R Front Kick Hold OTS	8	4x
3:45	PC / Heads or tails	8x8	B	Rising Cross Block into A Frame R Mid Block with L Low Block	4 4	8x
4:11	C Drop / So I can flex_	8x8	B + A ²	Rising Block & A Frame R Jump Kick F Shuffle B	8 4 4	4x



BONUS

4. I CAN FLEX 4:41mins

TECHNIQUE & COACHING

JUMP KICK SETUP

Layer 1

- From Combat Stance
- Back Knee
- Front Kick
- Lift back knee up and drop the arms from Boxing Guard down past the thigh muscle
- Lean back and brace the abs
- Transfer the weight from the front leg to the back leg and Kick with the front leg, low and controlled
- Pulse on the spot

Layer 2

- Lift the chest high and use the momentum from the hip as you drive the kicking leg

KNEE FREEZE & FRONT KICK

Layer 1

- Add the Hop, focus on a strong core and controlled landing
- Freeze for 1 count, then perform the Front Kick

Layer 2

- Brace abs hard to stabilize the trunk as you Kick
- Move from one foot to the other landing light
- Pelvis faces forward as you strike with balance and control

OPTION: No Jump

JUMP KICK FORWARD & SHUFFLE BACK

- This Kick comes in when the Block Combo comes together
- Stay light as you Jump Kick Forward, lifting rear knee up then switching to the Front Kick traveling forward as you do so
- Then, Shuffle Back with hands in Martial Arts Guard

OPTION: Step Kick Forward

RISING CROSS BLOCK & MID LOW BLOCK COMBO

Layer 1

- From Combat Stance
- Rising Cross Block
- Both arms crossed at the wrists above the head
- Throw both arms down into a Wide A Frame
- Front arm Mid Block, knuckles are in line with the lead shoulder and elbow bent at 90 degrees, clench the fists tight
- Chest lifted and abs braced
- At the same time, back arm is in a Low Block
- Fist stops inside the line of the back knee
- Fist tight, elbow soft

Layer 2

- Throw both arms down with power into the A Frame
- Create impact as you stop hard
- Cross Block above the head, fist closed or open

Layer 3

- Create power and speed by exhaling really hard, how much tension can you put into every muscle in your upper body as you Block and Freeze?

KARATE PUNCH

Layer 1

- From a Low Wide Horse Stance
- Chest up, shoulder blades squeezed together and back
- Both knuckles at waist height with elbows at rib cage
- Punch right keeping the left fist to ribs then change sides
- Target the mid body
- Exhale out on each strike

Layer 2

- Force power from the core, stay posturally upright, and relax just before the moment of impact
- Get lower into the legs



BONUS

4. I CAN FLEX 4:41mins

TECHNIQUE & COACHING

TRIPLE KARARTE PUNCH

Layer 1

- From Wide Low Horse Stance
- Karate Punch, target the mid body
- Right, left, right
- Show a clear start and stop to each strike
- Look to the right and Side Kick
- Land in Wide Stance
- Repeat Punches and Kick on other side

Layer 2

- Use the Punches to bring energy, purpose and momentum into the Side Kick
- Hold the last Karate Punch for half a second longer then dive into a powerful Side Kick
- Maintain great technique, brace the abs to help with balance and control

OPTION: Kick low



BONUS

5. POWER TRAINING 2

TRACK FOCUS

There is a nice blend of power and speed in this track, with a focus on pushing the red line of intensity.

FEEL

Top end energy, maxing out on a whiff of fuel left in the tank.

MARTIAL ART

Boxing

MUSIC				EXERCISE		CTS	REPS
0:00	Intro / Electric Piano	11x8	A	Run OTS			
0:32	PC / It makes me	4x8	B	L Combat Stance L Jab x4		8	
				R Combat Stance R Jab x4		8	2x
0:44	PC / It makes me	4x8	B ¹	Add a Step to the Jab & Hop to switch sides		16	2x
0:54	C Drop / Make Me Stronger	8x8	B ²	L Jump Jab F		8	
	–			Run Back R		4	
				Jump Jab F		8	
				Run Back		8	2x
1:16	Vocal C / So when they come	8x8	B ³	L Jump Jab F		8	
				Run Back		4	
				Jack x2		4	
				R Jump Jab F		8	
				Run Back		4	
				Jack x2		4	2x
1:38	Quiet Instr / Quiet Electric Piano	4x8	A	Run OTS			
1:50	Verse / I don't wanna	8x8	C	Transition to Front Stance			
				Body Rip x2 L, R		8	
				Uppercut x2 L, R		8	4x
2:11	PC / It makes me	8x8	C ¹	Body Rip x2 L, R		4	
				Uppercut L, R		4	
2:33	C Drop / Make Me Stronger	16x8	C ²	Jab x 8 L ,R		16	
	–			Body Rip x2 L, R		4	
				Uppercut L, R		4	
				Body Rip x2 L, R		4	
				Uppercut L, R		4	4x
3:18	Quiet Instr / Quiet Electric Piano	12x8	A	Run OTS			
3:50	PC / It makes me stronger	4x8	B	L Combat Stance L Jab x4		8	
				R Combat Stance R Jab x4		8	2x
4:01	PC / It makes me stronger	4x8	B ¹	Add a Step to the Jab & Hop to switch sides		16	2x
4:12	C Drop / Make Me Stronger	8x8	B ²	L Jump Jab F		8	
	–			Run B		4	
				R Jump Jab F		8	
				Run B		8	2x
4:34	Vocal C / So when they come	8x8	B ³	L Jump Jab F		8	
				Run B		4	
				Jack x2		4	
				R Jump Jab F		8	
				Run B		4	
				Jack x2		4	2x



BONUS

5. MAKE ME STRONGER 5:09mins

TECHNIQUE & COACHING

JUMP JAB FORWARD X4 & RUN BACK

Layer 1

- 4x Jump Jab Forward, Punch with the lead arm moving forwards on each strike
- Land on the lead foot at the same time as the extension of the punch
- High Knees running backwards
- Lift knees to the hip height and drive arms as you Run

Layer 2

- Lean forward into each strike to help create momentum and power
- As you Run backwards raise the heart rate by lifting the knees up on every single rep

OPTION: March Back

BODY RIP & UPPERCUT COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Alternating Body Shots x4
- Elbows close to ribs
- The Punch aims for the body, small sharp shots coming around and forward
- Add on 2x Uppercut right and left

Layer 2

- Turn inwards for the Body Rip, creating short, intense strikes to the body
- Then gear change
- Stand up and rotate in and forward for the 2x Power Uppercuts

Layer 3

- Build the intensity with the music, picking up the energy into every single shot!

16X JAB BODY SHOT & UPPERCUT COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Fast Alternating Jabs right and left
- Rotate the body as you punch
- Add on the Body Rip and Uppercut Combo

Layer 2

- There are only 4x giant sets, give it your all, and feel the energy explode!



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 lifted, balanced weight distribution

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 firmly on the floor

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 tucked 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 firmly on the floor
- Transfer weight onto 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
- Target Zones: Jaw or temple
- Release your heel and turn your knee, hip and body
- Elbow at 90 degrees
- Abs braced



UPPERCUT

PREPARATION

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

STRIKE

- Strike Surface: First two knuckles, palm facing you
- Target Zone: 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

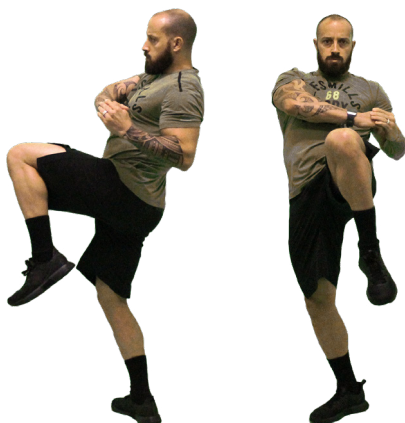
STRIKE

- 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 tighter
- 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 Zone: 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 Zones: 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 Zone: 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





WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors, and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music, and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music, and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

