

BODYCOMBAT 88

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

GLOSSARY

RELEASE FOCUS

DECLARATION OF INTENT

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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.



RELEASE FOCUS: GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first came in.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like **climbing, lifting or digging**.

Common horizontal activities are when we are moving across the ground include **walking, running, pushing something forwards or throwing**

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension - this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



MUSIC

01A	Mi Siento Bein (4:48) Talking Turkey © 2021 Les Mills Music Licensing Ltd. Written by: Orrosquieta, de la Prida, Unknown, Rivera, Rose	10	Natural (3:39) L.A.B © 2020 Loop Recordings Aot(ear)oa. Written by: Adams-Tamatea, Gregory, B. Kora, S. Kora, Shadbolt
01B	Breathe, Stretch, Shake (1:01) Mase feat. P Diddy Courtesy of the Universal Music Group. Written by: Thomas		
	Breathe, Stretch, Shake (2:56) Mase feat. P Diddy Courtesy of the Universal Music Group. Written by: Thomas		
02	Trap Requiem (Original Mix) (4:21) Apashe x Tha Trickaz © 2015 Kannibalen Records. Written by: De Buck, Lignon, Nguyen		
03	Ripped To Pieces (5:20) Stonebank feat. EMEL © 2017 Monstercat. Written by: Stonebank, Flavell		
04	Kolkata (5:31) KSHMR, JDG & Mariana Bo © 2017 Dharma / under exclusive license to SpinninRecords.com. Written by: Hollowell-Dhar, Bo, Griffiths		
05	Famalay (4:14) St Louis © 2019 Les Mills Music Licensing Ltd. Written by: Montano, Alvarez, Doyle, Lawerence		
06	Bang! (5:45) AJR © 2020 AJR Productions / Liberator Music. Written by: A. Met, J. Met, R. Met		
07	Bonzai Channel One (4:26) The Free Force Five © 2021 Les Mills Music Licensing Ltd. Written by: Vervloet, Boux		
08	Deeper Love (Stonebank Remix) (6:36) Botnek & I See MONSTAS © 2016 Monstercat. Written by: Sandilands, Morris, Christopher, Muise, Huntley		
09	Strut (3:01) DITA © 2020 Position Music. Written by: Lake		



BODYCOMBAT 88



Back row (L-R): Chrissie McDonald, Vili Fifita, Marie Spence, Angela Robinson, Lana Aitken, Madison Chang, Tyla Tobin, Jonah Penita, Julie Sia, Jon Clark, Marlon Woods, Antony Sun
Front row (L-R): Erin Maw, Rachael Newsham, Dan Cohen, Antoine Sagne, Natasha Vincent

We are back and we are live!

What an incredible filming experience BODYCOMBAT 88 was – with a full audience in the studio and a huge top-floor car park packed with amazing warriors having the time of their lives.

This was an outstanding release to create. From extended Power blocks to true tempo-shifting combinations and Kick Katas, this workout truly inspired ALL.

Let the early pumping Muay Thai-inspired Track 2 kick you off and into overdrive. Feel passionate about training with the *Famalay* vibe in Track 5 and be prepared to go deeper into the endurance world in Track 8.

BODYCOMBAT has embraced all levels in all current circumstances; so, whether you are live back in the gym space or online at home, enjoy this workout as much as the thousands who tuned in to see it LIVE did during the filming.

Until next time...

Keep it real and stay with the fight

Dan Rach☺

CREDITS

- Program Directors** – Dan Cohen and Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Mark Nu’u-Steele
- Technical Consultant** – Andrew Newmarch
- Production Coordinator** – Anusha Kulal

PRESENTERS

- Dan Cohen** (UK/NZ) is co-Program Director for BODYCOMBAT and LES MILLS CORE™. He is a Masters Level NLP (Neuro-Linguistic Programming) and IBC coach. Dan is based in Auckland with his wife and 3 children.
- Rachael Newsham** (UK/NZ) is co-Program Director for BODYCOMBAT. Rach is passionate about people and helping them find their soul mate workouts and believes that once they do, the rest takes care of itself. She believes in keeping it real and staying with the fight in all aspects of life. She loves MMA, Music, Dance, Sport and Good Kind-hearted Humans.
- Antoine Sagne** (Senegal) is a BODYCOMBAT, LES MILLS GRIT™ and LES MILLS CONQUER™ Trainer and Instructor and a LES MILLS CORE Presenter. He is a Personal Trainer and lives in Auckland.
- Erin Maw** (New Zealand) is a BODYCOMBAT, BODYJAM™, LES MILLS GRIT, LES MILLS TONE™ and LES MILLS CORE Trainer/Presenter and Lead Creative for LES MILLS GRIT. She is a Marketing Coordinator at Les Mills International in Auckland and is also a Les Mills Ambassador for BODYCOMBAT, LES MILLS TONE and LES MILLS GRIT.
- Marlon Woods** (United States) is a BODYCOMBAT and BODYPUMP™ Trainer and a LES MILLS TONE Presenter. He is a Les Mills Ambassador for BODYCOMBAT and BODYPUMP. He lives in Sydney, Australia, and works in a research lab at The University of Sydney.
- Natasha Vincent** (New Zealand) is a BODYCOMBAT, LES MILLS GRIT Trainer/Presenter and a LES MILLS CEREMONY™ and LES MILLS CONQUER Instructor. 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.
- Vili Fifita** (New Zealand) is a BODYCOMBAT, BODYPUMP, LES MILLS CEREMONY, LES MILLS CONQUER, LES MILLS SPRINT™ and LES MILLS TONE Instructor and a LES MILLS GRIT Trainer/Presenter. He lives in Auckland.
- Thanks to** *Chrissie McDonald, Marie Spence, Angela Robinson, Lana Aitken, Madison Chang, Tyla Tobin, Jonah Penita, Julie Sia, Jon Clark, Marlon Woods, Antony Sun*



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
Track 06	Combat 3
Track 07	Muay Thai
Total Time	38:22

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	25:27

Note: As the 45-minute and 30-minute Express formats are shorter than the allocated time, you can include a shorter Cooldown of your own.

Please note: The 45-minute and 30-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 05)
Track 06	Combat 3
Track 07	Muay Thai

EITHER Track 08 Power Training 03, OR Track 09 Conditioning, OR Track 10 Cooldown

Please note: Choose your final track based on time, aiming for 42 to 43 minutes of music.

30-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai

EITHER Track 09 Conditioning OR Track 10 Cooldown

Please note: Choose your final track based on time, aiming for 26 to 27 minutes of music.

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



KEY

AIK	Aikido	BJJ	Brazilian Jiu Jitsu
BOX	Boxing	CAP	Capoeira
KAR	Karate	KB	Kick-boxing
KF	Kung Fu	MA	Martial Arts
MMA	Mixed Martial Arts	MT	Muay Thai
TKD	Tae Kwon Do	B up	Build up
Br	Bridge (non-chorus)	C	Chorus
F&B	Forward and backward	HOH	Hands on hips
Instr	Instrumental	Intro	Introduction
L	Left	R	Right
Mins	Minutes	O/H	Over head
OTS	On the spot	Outro	Last few bars of music
PC	Pre-chorus	QC	Quiet chorus
Ref	Reference	Seq	Sequence
V	Verse	Vox	Voice
Preview			

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

RELEASE FEEDBACK

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



01A. UPPER BODY WARM-UP

TRACK FOCUS

The room needs a good amount of early, clear and informative cues to bring a sense of success in this first taste of BODYCOMBAT – so make that your primary focus. Balance this off with a good surge of party vibes when the chorus drop comes in, to really light up the room with excitement for what’s to come. Use your connection skills here to make it known that you actually see who has turned up in front of you (either in the room or online) and that this workout is going to be lit. Yep, I just used a millennial term. It felt awkward but now we all know that’s what’s up.

FEELS

Latin, Party

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Drums)	2x8		L Combat Stance	16	
0:12	V /	4x8	A	L Jab	2	16x
0:25	Instr / (B up)	12x8	B	L Jab, R Cross x4	8	
				L Jump Jab F x2	4	
				Shuffle B	4	6x
1:05	V /	4x8	C	L, R Uppercut	4	8x
1:18		4x8	C ¹	L, R Uppercut Fast x2	4	
				L, R Uppercut Slow x1	4	4x
1:31	Br /	4x8	D	L, R Hook	4	8x
1:46	Instr / (B up)	4x8	E	Jack In and Out	2	16x
1:59	Instr / (Big drop)	8x8	B	L Jab, R Cross x4	8	
				L Jump Jab F x2	4	
				Shuffle B	4	4x
2:32				Repeat from top in R Combat Stance		



01A. MI SIENTO BIEN 4:48mins

FUNDAMENTALS

Coach with connection, warmth and friendliness. Creating a teaching and learning environment will help the participants' journey into this workout. This will set up a great atmosphere and mindset for the members. Stick to Layer 1 coaching cues and be clear with rights and lefts, directional changes and names of all the strikes.

Create a language that can be used throughout the workout to help connect and motivate your class members.

TECHNIQUE AND COACHING

SINGLE JAB

Layer 1

- Right Combat Stance
- Boxing Guard
- Right Jab, soft elbow, chin tucked in, target just above the shoulder
- After 8 reps, step lead foot out and in
- Brace abs

Layer 2

- Retract Jab back to Boxing Guard; warming up the muscles of the shoulder and back
- No power, so strike lightly
- When adding the short amount of footwork, lifting the heart rate, warming up the lower body, and preparing participants to move off the spot

JAB, CROSS X8, STEP/JUMP FORWARD AND SHUFFLE BACK

Layer 1

- Building on from the single Jab, perform 8x Jab Cross, then step forward x2, and shuffle back. Notice the rhythmical change here – it flows
- Keep Boxing Guard up; rotate back foot on the Cross, keeping the target directly in front of you and in line with the shoulder
- Stay light on the feet as you step forward and give clear directional cues
- Brace abs

Layer 2

- As you jab and cross 8 times, start to rotate into the strikes more, to emphasize the build in the music. Start stepping further forward or feel free to add 2x Jumps forward and then shuffle back. If you choose this option, cue to move into a Wide Stance
- Knees bent
- Take off with both feet and land with both feet
- Stay low and keep your Guard up

OPTION: Step Forward vs. Jumping

SLOW UPPERCUTS INTO A FASTER-PACED UPPERCUT COMBO

Layer 1

- From Combat Stance
- Uppercut front then back arm
- Rotate and twist forward as you strike
- Soft knees
- Pivot on the balls of the feet slightly
- Vertical strike aiming upward

Layer 2

- Keep the punches moving lightly
- Rotating shoulders into each upper cut increasing the feel of the strike, engaging obliques early

NOTE: The Uppercuts x4 and x2 increase in speed

- The x4 are faster strikes, keeping the Guard high. Stay relaxed and keep the shoulders rotating forward
- Stay low in the Combat Stance and move with the flow
- Warm up the back, shoulder and core muscles
- Then put the brakes on and perform 2x Uppercuts. This is a great way to introduce rhythmical changes that are seen throughout the workout

HOOKS

Layer 1

- From Combat Stance
- Boxing Guard
- Hook left and right
- Elbows at 90 degrees
- Strike in line with the shoulder
- Rotate the shoulders and twist the hips
- Release the heels as you strike
- Tuck chin in

Layer 2

- Increase the energy in the last 8 reps to build excitement as you go back into the Jab Cross and Jump Jab Forward sequence



01B. LOWER BODY WARM-UP

TRACK FOCUS

The lower body switches the vibes riiiiight up and the late Gen X’s suddenly check into their four square and start lip-syncing to this track, including myself. The speed of this track allows us to work through the warming phases using Capoeira.

FEELS

Cruisy and cool

MARTIAL ARTS

Capoeira, Kick-boxing

MUSIC			EXERCISE		CTS	REPS
4:43	Intro / This is what	1x8		Front Stance	8	
4:48	V / Why do I feel	5x8	A	Ginga L	1	
				Lunge B R leg, Freeze	3	
				Ginga R	1	
				Lunge B L leg, Freeze	3	5x
5:09	/ Long list of hits	4x8	A ¹	Ginga L	1	
				Lunge B R leg	1	
				R Front Knee	2	
				Ginga R	1	
				Lunge B L leg	1	
				L Front Knee	2	4x
5:26	PC & C / Awake these people up	4x8	A ²	Ginga L	1	
				Lunge B R leg	1	
				R Front Kick	2	
				Ginga R	1	
				Lunge B L leg	1	
				L Front Kick	2	4x
5:43		½x8		L Combat Stance – hold OTS	4	
5:45	V / Before ‘99 I was born again	3x8	B	L Roundhouse Setup & step back	4	6x
5:57	You thinking	5x8	B ¹	L Roundhouse Kick & step back	4	10x
6:19	PC & C / So awake these people	4x8	C	L Side Kick to L side, Step Out	4	8x
6:36	V / Some days	3x8	B	R Roundhouse Setup, Step Out	4	6x
6:49	When I’m	5x8	B ¹	R Roundhouse Kick	4	10x
7:11	PC & C / So awake these	4x8	C	R Side Kick to R side	4	8x
7:28	V / I used to be	2x8	D	Front Stance	2	8x
				Wide Squat Pulse & Stand Combo		
				Bottom Half Squat		
7:37	Ohhhhhh	6x8		1 Bottom Half Squat	3	
				1 Full-Range Stand and Squat	1	12x
8:06	C / Breathe Stretch Shake	4x8	A ¹	Ginga L	1	
				Lunge B R leg	1	
				R Front Knee	2	
				Ginga R	1	
				Lunge B L leg	1	
				L Front Knee	2	4x
8:21	Breathe Stretch Shake	4x8	A ²	Ginga L	1	
				Lunge B R leg	1	
				R Front Kick	2	
				Ginga R	1	
				Lunge B L leg	1	
				L Front Kick	2	4x



01B. BREATHE, STRETCH, SHAKE 3:57mins

FUNDAMENTALS

Continue to coach with connection, warmth and friendliness. Creating a teaching and learning environment will help the participants' journey into this workout. Focus on Layer 1 coaching; be clear with RIGHTS and LEFTS, directional changes and names of ALL the strikes. Be specific with targets and heights. Keep them low and explain that while warming up the muscles we want to kick low with a full range at a slower pace. This will help them as they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

STEP SLIDE FREEZE COMBO AND ADD A KNEE STRIKE AND A FRONT KICK

Layer 1

- From Combat Stance
- Lateral Step/Ginga, slide to the side
- Then freeze in a Lunge position
- Chest is up
- Hips are squared to the front
- Abs braced
- The back knee is bent so that the front thigh is parallel to the floor
- Relax the arm position
- Then repeat on the other side

Layer 2

- Notice the rhythm as you step. Use this to help with the timing and feel – it's cool and it flows
- Hold the Isolated Lunge increasing control, warming up quads and glutes

NOTE: Add the Rear Knee

- Strike with the knee, keeping the hips squared to the front
- Pull arms down past the thigh as the knee lifts up
- Return to the Lunge Stance
- Repeat on the opposite side
- The option now is to add the Ginga Guard Arms. This helps with the flow and rotation, and warms up the core faster

NOTE: Add the Rear Front Kick

- Strike with the ball of the foot
- Continue as if it were the knee with hips squared to the front and abs braced
- Focus more on the extension of the lower leg and keep the kick low
- Swing the opposite arm down by your side as you kick, to help with momentum and balance
- Repeat on the other side

SET UP ROUNDHOUSE KICK,/ ADD ROUNDHOUSE KICK

Layer 1

- From Combat Stance
- Boxing Guard or Martial Arts Guard
- Set back heel towards the front and lean away
- Lift shin to align parallel to the floor
- Brace abs to help balance
- Bring lead heel in towards the front glute
- Extend the lead arm to help balance
- Lift chest high
- Return to a Wide Combat Stance
- Add the **Roundhouse Kick**: As you extend the kick, strike with either the lower shin or front of the foot, pointing the toes
- Then land back into a Wide Combat Stance

OPTION: Kick low with control

SIDE KICK AND STEP OUT

Layer 1

- From Front Stance
- Perform a low Side Kick
- Step opposite foot away
- Tilt the body slightly away from the target
- Bend the knee of the supporting leg
- Set the heel towards the target
- Brace abs
- Extend the kick out
- Toes angled down slightly
- Strike with blade or heel of the foot
- Retract the kick and rest into a Front Stance

WIDE SQUAT PULSE & STAND COMBO

Layer 1

- Place feet wider than shoulders
- Turn toes out slightly
- Sit back and down as you squat
- Chest is up, abs are braced
- The rhythm is down, down, up, fully stand
- Cross the arms as you squat down opening the chest
- As you stand, throw the arms down into a wide frame
- Squeezing shoulder blades as you throw the arms

Layer 2

- The option for more intensity is to drive the hips as you stand
- Squeeze the glutes hard
- And come up on top of your toes



02. COMBAT 1

TRACK FOCUS

This track sets the scene for an epic workout. Feels like a fight montage for a Marvel movie and the Street Brawl Downward Punch and Knee combo hits harder than you know who with a hammer and baby arms, ha ha ha! The key to the intensity in this is levels of range in the legs for the Street Brawl Downward Punch and the lift-off in the Knee. Keep your foot on the intensity during the Jab Cross Hook combo and then ‘max out’ when you add the Roundhouse Kick.

FEELS

Epic, gutsy

MARTIAL ARTS

MMA, Kick-boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Front Stance	16	
0:07	(Horns & strings)	4x8	A	L Front Knee	2	
				R Descending Elbow	2	
				Hold OTS	4	4x
0:19	B Up /	2x8	A ¹	L Front Knee	2	
				R Descending Elbow	2	3x
				(👁️ Street Brawl Downward Punch on last rep)		
0:25	(Choir singing) / _	8x8	B	L Front Knee	2	
				R Street Brawl Downward Punch	2	16x
0:52	C /	1x8		L Combat Stance	8	
0:55	Vocals / In the scene	8x8	C	L Jab	1	
				R Cross	1	
				L Hook	2	16x
				(👁️ Roundhouse Kick on last rep)		
1:17	Instr / With me _	8x8	C ¹	L Jab	1	
				R Cross	1	
				L Hook	2	
				L Roundhouse Kick	4	8x
1:43	(Whoaaa synths)	3x8	D	L Front Knee	2	12x
				(Transition to Front Stance)		
1:52	Now these haters	5x8	B	L Front Knee	2	
				R Street Brawl Downward Punch	2	10x
2:08				Front Stance – repeat from the top on other side		



02. TRAP REQUIEM 4:21mins

FUNDAMENTALS

This track is high energy, low complexity, fast-paced and motivational.

It's inspired by Kick-boxing and Muay Thai. Start with control and then ramp up the motivation real fast to bring the essence and the power alive.

NOTE: The Downward Punch is back; keep posture slightly up in this track as it is combined with a Hop/Jump Knee and it's got some pace to it.

TECHNIQUE AND COACHING

KNEE AND DESCENDING ELBOW COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Left Partial Roundhouse Knee (to help set up Descending Elbow)
- Keep weight on the right leg
- Bend knee and tilt body to one side
- Tuck chin in
- Right Descending Elbow
- Turn the body into a strike
- Bend elbow and strike diagonally down, turning hip and releasing heel as you do so

Layer 2

- Look for the gear changes as the music builds and get ready to hop the knee and drop into a Downward Punch

DOWNWARD PUNCH

Layer 1

- From Front Stance
- Boxing Guard
- After the Knee strike, perform a Downward Punch with the opposite arm
- Lift the elbow above the shoulder to open up the chest
- The fist now sits higher than the shoulder
- Place the other arm inside the lead knee as a stopping target for the Downward Punch
- Strike down
- Keep the chest lifted to ensure there's no excessive rounding of the upper or lower back as you strike
- Brace abs and crunch down
- Breathe out

Layer 2

- To increase the intensity of your workout, add a hop or a small jump to the Knee strike and land with bent knees
- Imagine you're trying to strike through a plank of wood. Don't just stop at the target – break through it

Layer 3

- Can you jump and drop? How much can you push yourself right now?
- Does this feel incredible?

OPTION: No jumping on the Knees



02. TRAP REQUIEM 4:21mins

TECHNIQUE AND COACHING

JAB CROSS HOOK AND ROUNDHOUSE KICK COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Perform the Jab Cross and Hook sequence
- Left, right, left or front, back, front
- Sit down on the punches to create both power and flow
- Turn the hips and body as you execute these strikes
- Note: Add the Roundhouse Kick
- Step into the Kick and turn the hips
- The goal is to create power as you strike

Layer 2

- The alignment of the knee is key during the Roundhouse Kick
- If the knee is not in line with the hips, then both the balance and the technique are compromised
- To correct this, start with low kicks. Over time, increase the height of the Kicks
- After you've finished the Kick, jump backward and reset a Combat Guard

Layer 3

- It's time to bring the intensity into this combo
- Drive the power into the Kick by finishing the Hook and rotating the body into the kicking momentum – USE IT

OPTION: Kick low



03. POWER TRAINING 1

TRACK FOCUS

It's hard to believe you can get more hyped than in the previous track. However, this Power track has strong beats and superb synths that boost your High Knees' running style right up! Watch out for the cardio effect you feel after the Side Runs and Vertical Jumps as you transition into Fast Jabs. Your heart and mind are on board, but the body is still waiting on its visa, ha ha ha! AKA it takes a minute to catch up with yourself. The Jab Cross Slip Combo feels really good so coach with the levels of intensity that builds in the music. Then, really lead by example and show the class what confidence and competence look like.

FEELS

Euphoric, Liberated

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	12x8		Run OTS	96	
0:33	Instr / (Synths)	4x8	A	Run L,R x3 to the L	6	
				Vertical Jump	2	
				Run R,L x3 to the R	6	
				Vertical Jump	2	2x
0:45	(Louder synths)	4x8	A ¹	Run L,R x3 to the L	6	
				Vertical Jump with Skipping Rope Arms	2	
				Run R,L x3 to the R	6	
				Vertical Jump with Skipping Rope Arms	2	2x
0:55	(Drums building)	4x8	A ²	Run L,R x3 to the L	6	
				Big Vertical Jump with Skipping Rope Arms	2	
				Run R,L x3 to the R	6	
				Big Vertical Jump with Skipping Rope Arms	2	2x
1:07	Instr / Let me go _	4x8	B	Front Stance		
				Jab L,R	2	16x
1:18		4x8	C	L Jab	1	
				R Jab	1	
				L Hook	2	
				R Jab	1	
				L Jab	1	
				R Hook	2	4x
1:29		4x8	C ¹	L Jab	1	
				R Jab	1	
				L Power Hook	2	
				R Jab	1	
				L Jab	1	
				R Power Hook	2	4x
1:41	(Synths & drums)	4x8	B	L,R Jab	2	16x
1:52	(Quiet electric piano)	4x8		L Combat Stance	32	
2:03	My heart	4x8	D	L Jab	2	16x
2:14	_ You took	12x8	D ¹	L Jab x2	4	
				L Jab, R Cross	2	
				R Slip	2	12x
2:49	Instr / Let me go _	8x8	E	L Jump Jab traveling F x4	8	
				High Knee Run B	8	4x



03. POWER TRAINING 1

MUSIC				EXERCISE	CTS	REPS
3:11	(Electric piano & drums)	8x8	B	Front Stance L, R Jab	2	32x
3:33	Break /	4x8		Run OTS	32	
3:44				R Combat Stance		
3:46	_My heart	4x8	D	R Jab	2	16x
3:56	_You took	12x8	D ¹	R Jab x2	4	
				R Jab, L Cross	2	
				L Slip	2	12x
4:30	Let me go	8x8	E	R Jump Jab traveling F x4	8	
				High Knee Run B	8	4x
4:53	(Electric piano & drums)	8x8	B	Front Stance R, L Jab	2	32x



03. RIPPED TO PIECES 5:20mins

FUNDAMENTALS

A high-volume, high-energy track with an agility and Boxing cardio fitness training objective. This track has been designed like most Power tracks, to increase strike output along with building power and speed in your Boxing strikes. Lateral running and skipping promote stamina and agility, while jabbing, crossing and slipping promote coordination and rhythm.

As this track is built on the foundation of speed, power and endurance, coach with cues that drive and motivate participants to punch harder and move to the best of their fitness ability. This is what's known as our first cardiovascular peak. To inspire participants to move with their best, use both praise and encouragement and watch the class go crazy as you build with the energy of the song.

TECHNIQUE AND COACHING

6X LATERAL RUNS INTO A DOUBLE UNDER SKIPPING COMBO

Layer 1

- From Front Stance
- Boxing Guard
- Lateral Run to the left x6
- 1x Vertical Jump and land softly
- Then repeat on the other side
- As you run to the side, lift the knees towards the hips and alternate your arms as you run, to stay balanced, hold momentum

NOTE:

- Once the Vertical Jump has been taught, start to coach the Double Under Skipping Technique after rep 4
- Roll both wrists forward as you jump
- Feet together
- The "rope moves under the feet two times while performing just the one Jump"
- Brace the abs

Layer 2

- As you Double Under, try to take both feet slightly ahead of the hips as you jump. Roll the wrists super-fast to complete two full turns of the rope as you jump once. The higher you jump, the more success you'll have with the double turning of the wrists.

Layer 3

- There are two gear changes – the Vertical Jump with no rope and then the Double Under with the rope. As the rope is introduced, let's see how much you can push yourself. Remember to land softly and then drive the arms and legs as you hit the Side Runs again.



03. RIPPED TO PIECES 5:20mins

TECHNIQUE AND COACHING

FAST JABS INTO JAB JAB HOOK SEQUENCE

Layer 1

- From Front Stance
- Boxing Guard
- Jabs left, right and left fast
- Bend knees
- Rotate upper body as you strike
- Bring each strike back to Guard position to load the shoulders and keep the heart rate up
- Rotate the trunk and hips. Stay facing forward
- Tuck chin in and brace abs

Layer 2

NOTE: Add on the Hook Sequence

Jab left, Jab right, Hook left

Jab right, Jab left, Hook right

- Keep the flow as you come out of the rhythm of the Jabs and just block
- Add more intensity and power as you perform the Hooks
- Turn the hips and release the heels by pivoting on the ball of the foot as you Hook

Layer 3

- This is your time. This is your chance to dial it ALL up – the power, the speed and the movement. You know everything there is to know, so now all you have to do is commit to it and DO IT! Have you got it?

JAB JAB, JAB CROSS SLIP COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Jab Jab, Jab Cross, Slip
- Stay in a Wide Combat Stance
- Move lightly as you snap the lead Jab with speed
- Turn rear hip and heel as you throw the Cross
- Retract the punches back to the Boxing Guard position
- On the Slip, move your head and shoulders to the side

Layer 2

- This Slip is a small move – just enough to move away from a strike
- Reset the Boxing Guard position

TIP: Retract the Cross fast so that you have enough time to perform a good Slip instead of a rushed one

Layer 3

- Build your intensity and power with the build in the song – as the song gets bigger, our movements do too! So, waste no time in waiting around: make each rep count as if it were your last - full range and max effort right now

4X JUMP JABS FORWARD THEN RUN BACK

Layer 1

- From Combat Stance
- Boxing Guard
- 4x Jump Jabs forward
- High Knees, running back
- Lean forward as you jab, keep Boxing Guard up and then driving arms on the way back to increase your heart rate

Layer 2

- On the Jump Jab, you can either step and jab, lift the knee up and step into the Jab or Jump Jab, taking off with both feet and landing wide and low

OPTIONS: Walk, Jumping Step, or Full Jump Jab



04. COMBAT 2

TRACK FOCUS

That’s now three tracks in a row, where power and speed collide. The simplicity of the combos disguises the intensity. This is where you actually don’t want to take your foot off the pedal because it feels soooooooo good. We strongly suggest you use the setup phases of the Side Kick combo. Then step-kick to catch your breath and coach. The Side Kick is fast – so choose a lower target and focus on the retraction. This helps you to stand and deliver the Knees that follow.

FEEL

Like you are somewhere in Kolkata as the sun sets, and part of the fast and the furious, and you compete with kicks instead of wheels

MARTIAL ART

Tae Kwon Do

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Front Stance		16	
0:06	(Drums building)	6¼ x8	A	R Front Knee	2	25x
0:26		1x8		Reset	8	
0:29	(Electric piano)	4x8	B	L Side Kick to L side	4	
				Pulse OTS	4	4x
0:42	(Horns & big drum)	4x8	B+A	L Side Kick to L side	2	
				R Front Knee	2	
				Pulse OTS	4	4x
0:56	Instr / (Hollering Eastern melody)	8x8	B+A¹	L Side Kick to L side	2	
				R Front Knee x3	6	8x
1:22	(Quiet)	2x8	L Combat Stance		16	
1:29	(Strings)	4x8	C	Jump Kick Setup		
				Step R, Front Kick L	4	
				Shuffle B	4	4x
1:42	(Full-noise drums & strings)	10x8	D	L Jump Kick	4	
				Shuffle B	4	10x
2:14		½x8	Front Stance		4	
2:16	Kolkata _	8x8	B+A¹	L Side Kick to L side	2	
				R Front Knee x3	6	8x
2:45	Repeat from the top on the other side					



04. KOLKATA 5:31mins

FUNDAMENTALS

This track challenges the core stability and balance while teaching participants how to move with speed and control. This has a strong focus on strengthening the muscles of the glutes, hip abductors and quads – all of which are needed in ensuring kick mastery.

The track starts with a Repeat Knee sequence to lift the heart rate and practise to the rhythm.

The Triple Knee and Side Kick combo is the standout combo in this track. Body position is integral to the alignment of the Side Kick, which in turn produces better technique and power.

TECHNIQUE AND COACHING

TRIPLE KNEE X1 SIDE KICK COMBO

Layer 1

- From Front Stance
- Triple Right Knee
- As the knee comes up, pull the arms down past the thighs to lift your heart rate, increase momentum and engage the muscles of the obliques
- Land in a Wide Stance
- Keep the abs braced and chest lifted
- Land with supporting foot turned out slightly so you're balanced to perform a Side Kick from the opposite side

Layer 2

- As you kick, lean away and move with control
- Bracing the abs tighter helps the trunk to remain strong and controlled. This also improves balance, stability and power behind each kick
- Choose a kicking height that challenges you and enables you to move well

Layer 3

- Try adding a bounce on the Triple Knee – this isn't playtime now! This is work time – so bounce lightly as you move into the Side Kick and then smack the kick out as hard as you possibly can

OPTION: Keep the kick low

PHASE 1 OF JUMP KICK, STEP AND KICK, INTO THE JUMP KICK FORWARD AND SHUFFLE BACK

Layer 1

- From Combat Stance
- Martial Arts Guard
- Step back foot forward
- Front Kick with the lead leg
- Land in Combat Stance
- Shuffle back
- Reset Martial Arts Guard

Layer 2

- Progress into the Jump Kick
- As you're stepping the back foot forward, lift the rear knee and pause for a second. Transfer the weight as you perform the Jump Kick and switch
- Try swinging both arms as you do this to keep the energy up and to help you with coordination
- The kick doesn't need to be high; instead, think long and low
- Brace the abs tightly and retract the kick
- Land wide with soft knees

Layer 3

- Imagine you're trying to set a new benchmark for distance. Draw a line on the floor and kick to it. Next time, try and kick beyond it; after that, kick even further than that. You see? Now your personal best just got better.

OPTION: No jump on kick



05. POWER TRAINING 2

TRACK FOCUS

There’s something for everyone in this Track 5. So, give yourself a fighting chance and pause the music and demonstrate the variations on offer in this track before you start. The Standing Jab option isn’t any less intense than the floorwork if you make each Jab intentional. Coach the class to try the different options during the track to suit their needs. There is no requirement to stay on one option. It’s a quick track, so take quick breaths ha ha ha! Nah, seriously, it will take a couple of classes to figure out where you can catch your breath and coach in this track. Everyone is different. The Single Uppercuts COULD be a place to do that.

FEEL

Like the head of your family is insisting on a family workout and they are the fittest they have ever been so the intensity is highly ridiculous. And no, not everybody can ‘jump it up together’. So, you only jump when they are watching. Ooh, also, the head of your family likes to do shouty karaoke when they do family workouts.

MARTIAL ART

MMA Conditioning

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Drums)	2x8	Start on the floor – Standing option with squats switching Combat Stance L, R, with L, R Single Jab	16	
0:05	(Vocal)	8x8	A Plank with Side Toe Tap L, R	4	16x
0:30	C / Cos everybody	4x8	B Tempo Pushups on knees (on toes for added intensity)	2	16x
0:42	V / We don’t see	8x8	A ¹ Plank with Side Toe Tap L, R and Shoulder Tap R, L	4	16x
1:08	C / Famalay	8x8	B ¹ Max Pushups on knees (on toes for added intensity)	AM-RAP	AM-RAP
1:32	Whoaaaa	2x8	L Combat Stance	16	
1:38	Come blast	5½x8	C L Uppercut	2	22x
1:54	One time	4x8	C ¹ L Uppercut R Cross	1 1	16x
2:06		½x8	Front Stance	4	
2:09	C / Famalay	4x8	D Jacks	2	16x
2:20	Cos everybody	4x8	D ¹ Jack x2 Tuck Jump (or Drop Squat or continue Jacks)	4 4	4x
2:32	Haaaaa	1x8	R Combat Stance	8	
2:34	V / We see	3x8	C R Uppercut	2	12x
2:44	Fall out...	4x8	C ¹ R Uppercut L Cross	1 1	16x
2:56		½x8	Front Stance	4	
2:58	C / Famalay	8x8	D ¹ Jack x2 Tuck Jump (or Drop Squat or continue Jacks)	4 4	8x
3:21	Haaaaaa	4x8	Transition to the floor Standing option switching Combat Stance L, R, with L, R Single Jab	32	
3:34	Instr / Ooooh _	4x8	A ¹ Plank with Side Toe Tap L, R and Shoulder Tap R, L	4	8x
3:47	C / Famalay	8x8	B ¹ Max Pushups on knees (on toes for added intensity)	AM-RAP	AM-RAP



05. FAMALAY 4:14mins

FUNDAMENTALS

This MMA-inspired circuit track has all the training principles needed to build a large physical fitness engine. The Integrated Core Training, combined with high-volume Pushups, builds strength and muscular conditioning in the upper body while the power and speed punches, along with the Tuck Jumps, improve cardiovascular fitness. The Core and Pushup section is repeated 3 times. Block 1 is an intro round to both Core and Pushup sequencing.

Block 2 is an extended set that includes a short block of max-effort Pushups. These can be Partial Range, Bottom Halves or Full Range, as long as technique is not comprised. The goal is to perform maximum reps in that short amount of time.

Block 3 is the same as Block 2. Be mindful that this is the end of the track and fatigue will have really kicked in. Coach to the options along with plenty of motivation and praise.

TECHNIQUE AND COACHING

PLANK WALKOUTS

Layer 1

- From Grounded Plank Position
- Hands directly under the shoulders
- Hips and shoulders square to the floor
- Abs braced
- Walk left leg out and back in
- Walk right leg out and back in

OPTION: Stay on your knees and move at half speed

Layer 2

- Push the hands hard into the floor to help stabilize the shoulders
- As you walk the legs out, brace your abs super tightly to feel the core muscles engage even more

Layer 3

- Can you feel every single part of the core as well as your shoulders working here?

OPTION: Stay on your knees vs. toes or take the Standing Alternating Step Forward and Jab Sequence option

SINGLE WIDE PUSHUPS

Layer 1

- From the floor position – Single Pushups
- Hands outside of shoulder-width
- Drop chest down
- Chest in line with elbow crease
- Abs braced
- Shoulders and hips square to the floor
- Drive hands into ground as you push the floor away

Layer 2

- Moving from the isolation of the core and shoulders, you're now incorporating the chest and tricep muscles in these Pushups. Feel the range and then squeeze the chest muscles as hard as you can as you lift up

Layer 3

- Are you up for the challenge? Can you maintain great technique and now come up onto the toes? If so, how many reps are you aiming to do? Personal challenge accepted?

OPTIONS: Pushups on the knees or Standing Single/Partial Range or Bottom Half Squats

DOUBLE UPPER CUT INTO SINGLE UPPER CUT AND CROSS COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Double Left Uppercut
- No setup here – go straight into power
- Opposite arm in Guard position
- Rotate into the strikes

Layer 2

Your arms will feel heavy after all those Pushups. This will be your personal challenge – to be able to strike with power.

- Add a Single Cross
- Single Uppercut
- Single Cross
- Now the focus moves into speed vs. power. Speed will bring power, so continue to sit down into the stance
- Brace abs, tuck chin in
- Release the rear heel as you cross, and move with urgency

Layer 3

- Go fast, stay on the beat and feel the heat... you've got this; this is a walk in the park



05. FAMALAY 4:14mins

TECHNIQUE AND COACHING

JACKS AND TUCK JUMP COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Jumping Jack x2
- Tuck Jump x1
- As you do each Jack, land on the full foot keeping the knees soft and Boxing Guard up
- As you do a Tuck Jump, take off and land with both feet
- Bring the knees up towards the hips or higher
- Land softly with bent knees
- Brace the abs as you do this

Layer 2

- This is a pure fitness challenge; there are only 8 reps, so give it your all

OPTION: Jack x2, Squat x1 instead of Tuck Jumps



06. COMBAT 3

TRACK FOCUS

Thank goodness this track finds the hand brake, and just in time because everyone is ‘slammed’ by now. It feels good to slow things down and focus on the range of Lunges and Esquivas. At first, it feels abrupt but, by the end of this track, it feels like the right thing to do, even if you have lost the feeling in your legs from all the low-loaded leg conditioning. Capoeira is playful and so is the song. So, once everyone knows the combo, use the element of the game to play with your group and have some fun. If you don’t fit all your layers of coaching into the first set of Esquivas, there are plenty more. So, spread your coaching out across all four sets.

FEEL

Recover for a hot minute. Nah, jokes! Little OTT and dramatics with a side serving of sarcasm. Do the ‘Mahi in the Waewae’ and have some fun while you’re there.

MARTIAL ART

Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Electric Piano)	2x8		L Combat Stance	16	
0:05	V / I get up	8x8	A	Step R F	2	
				L Front Kick	2	
				Step B L	2	
				Lunge B R	2	8x
0:33	C / So put your	8x8	B	R foot Backward Esquiva	2	
				L foot F Lunge x3	6	8x
1:01	V / Feel like I’m	8x8	A	Step R F	2	
				L Front Kick	2	
				Step B L	2	
				Lunge B R	2	8x
1:28	C / So put your	8x8	B	R foot Backward Esquiva	2	
				L foot F Lunge x3	6	8x
1:56	Br / Bang	4x8	C	Squat Pulse Combo		
				Down	1	
				Down	1	
				Up	1	
				Down	1	8x
2:09	QC / So put your	3x8	A+B	Capoeira Combo – Level 1: prepare		
				Step R F	1	
				L Front Kick	1	
				Step B L	1	
				Lunge B R	1	
				R foot Backward Esquiva	2	
				L foot F Lunge x3	6	2x
2:23	C / So put your best	6x8	A+B	Capoeira Combo – Level 2: bigger intensity		
				Step R F	1	
				L Front Kick	1	
				Step B L	1	
				Lunge B R	1	
				R foot Backward Esquiva	2	
				L foot F, Lunge x3	6	4x
2:57		8x8		Repeat from the top on other side		



06. BANG! 5:45mins

FUNDAMENTALS

Combining super slow choreography with rhythmic-based Martial Arts in Capoeira has resulted in this track being an amazing FULL-range, FULL-depth, technical-focused workout.

Moving at such a slower pace truly allows participants to execute each strike with control, balance and move closer to mastery.

As you move through the strikes, coach to the feel of the movement as well as the benefits. Once the combos are combined enjoy the flow and freedom of style that comes with a part fight, game and dance that this Brazilian-style art brings.

TECHNIQUE AND COACHING

FRONT KICK AND LUNGE COMBO

Layer 1

- From Combat Stance
- Relaxed Capoeira Guard
- Step right foot forward
- Front Kick with left leg
- Step back long into Lunge position
- Keep chest lifted, hips square, front knee out and abs braced
- Lean upper body backward with abs braced tightly as you do the Front Kick
- And drop your rear knee down towards the floor as you lunge so that the front thigh is almost parallel to the floor

Layer 2

- As you do the Front Kick, lift the knee towards the hip or higher. Exaggerate the outward pushing movement of the kick. Imagine you're front-kicking in a swimming pool – take your time and move more with balance and control, instead of power and speed
- As you drop into the Lunge, start to gradually reach the lead arm down past the thigh muscle. This encourages a lower depth/range challenging core control, glutes and quads in that lead leg

Layer 3

- Start to engage more muscles in the quads and glutes by dropping deeper into the range. So, step back further as you lunge and then step forward more as you do the Front Kick with balance and skill... Wohooo, how's that feeling?

BACKWARD ESQUIVA AND PULSE LUNGE COMBO

Layer 1

- From Combat Stance
- Relaxed Capoeira Arms
- Lean backward and perform the Backward Esquiva
- The back knee is bent
- Hinged at the hip, keeping the chest lifted and abs braced hard
- Flex the lead foot, keeping the heel on the floor so that the toes face directly up
- Reach the right arm down towards the floor and keep a soft Half Ginga Guard with the front arm
- Return to a Lunge position and perform 3x Pulse Lunges. Options are: Top-Half Pulses, Partial-Range Pulses or keeping to Bottom-Half Pulses
- And again, keep chest lifted, abs braced and hips squared to the front
- 90/90 in the legs

Layer 2

- The Esquiva is an elusive move. We want to avoid being hit – moving and dropping backward and low makes it a fantastic defense move

Layer 3

- How much can you load the glutes and quads in the back leg? Can you feel the strength in the glutes to the max, especially as you drive out from the bottom range of the move?

OPTION: Choose the range and depth in the Lunges to suit you



06. BANG! 5:45mins

TECHNIQUE AND COACHING

SQUAT COMBO (AS SEEN IN TRACK 1B)

Layer 1

- Feet wider than shoulders
- Toes turned out slightly
- Sit back and down as you squat
- Chest is up, abs are braced
- The rhythm is down, down, up; fully stand
- Cross the arms as you squat down opening up the chest
- As you stand, throw the arms down into a wide frame
- Squeeze shoulder blades together as your hips drive up and forward

Layer 2

- This is a Vertical Hip Thrust. You'll engage more muscles in the glutes and, as a result, develop more power. This transfers into all the kicking, jumping, squatting and more

Layer 3

- Who would have thought a Squat Combo would feel so great right now? Use this time to set yourself up for the big finish

OPTION: No lifting onto the balls of the feet



07. MUAY THAI

TRACK FOCUS

This Muay Thai track is made up of short bursts of high intensity. So, cut the class loose and really go to your level 3 and hold on. The intensity is really punctuated well with two brilliant slower tempo breakdowns where you get to coach the Running Knees and the Jab Cross. You need to achieve every combo with at least a level 2, so the class recognizes the slower build-up coaching combos as recovery.

FEEL

Like you’re stuck inside a 1990s computer fight game and you reached the boss level and the game developer knew you’d respond to positive encouragement, so they positioned the word ‘better’ at all the best places to help you persist.

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	L Combat Stance		16	
0:07	Instr / (Stabbing synths)	8x8	A	L Jab, R Cross, L Jab R Rear Knee x2	4 4	8x
0:32	(Slow synths)	2x8	B	Running Knees L, R – Slow	4	4x
0:40	(Faster synths)	2x8	B ¹	Running Knees L, R – Medium	4	4x
0:46	Better _	4x8	B ²	Running Knees L, R – Full Speed	4	8x
0:58	Aye I know _	8x8	A	L Combat Stance L Jab, R Cross, L Jab R Rear Knee x2	4 4	8x
1:21	(Slow beats & synths)	2x8	C	L Combat Stance L Jab, R Cross ON THE BEAT – Slow to start, increasing in speed gradually		16x
1:38	(Fast beats & synths)	4x8	C ¹	L Jab, R Cross – Full Speed	2	16x
1:49	Better _	4x8	B ²	Running Knees L, R – Full Speed	4	8x
2:00	Really great _	4x8	B ³	Running Knees L, R – Increased Speed	4	8x
2:18				Repeat from the top on other side		



07. BONZAI CHANNEL ONE 4:26mins

FUNDAMENTALS

This Muay Thai track has been designed to enhance the mixed tempo and timing movement that has been the theme in this BODYCOMBAT release. It has a high-level HIIT-style training effect.

Be prepared to hit max speed and then suddenly put the brakes on and slow right down to then build back up to a max speed and power output. This will revolutionize your training for overall fitness and explosive power.

This track is simple – no complex choreography allows participants to let loose and truly unleash themselves in this very short track. Coaching is mainly motivational and technical.

TECHNIQUE AND COACHING

JAB CROSS JAB, DOUBLE REAR KNEE COMBO

Layer 1

- From Combat Stance
- Boxing or Muay Thai Guard
- Jab Cross Jab, 2x rear knees
- Rotate upper body as you punch
- Keeping guard up and chin tucked in; sit into the stance a little to help generate power
- Release the rear heel on the Cross and brace abs tightly
- Rear knees x2
- Lift the height of the knee higher than the hips and then lean back slightly and again brace the abs tightly to support the lower back

Layer 2

- This combo starts quickly after the intro. Take at least 3 reps to setup this combo and then start to increase intensity quickly by lifting the height of the knee strikes

SLOW RUNNING KNEES INTO FAST KNEES

Layer 1

- From Combat Stance
- Boxing or Muay Thai Guard
- Alternating knee strikes
- Start slowly in time with the slow beat
- Maintain height in the knee as well as power
- Keep hips squared to the front
- Lift the chest
- Pulls arms down so that the elbows are past the line of the thighs as the knee lifts up
- As the knee speeds up, switch the feet up faster and stay light

Layer 2

- When you execute each strike, sit down into your stance and exhale each time. This brings more connection to the flow of the movement and enables you to maintain better control. This is about fitness and maintaining that high-level energy

OPTION: No bouncing to reduce impact

JAB CROSS FROM SLOW TO FAST

Layer 1

- From Combat Stance
- Boxing/Muay Thai Guard
- Jab and Cross slowly
- Rotate upper body as you strike
- Sit down in the stance and brace abs tightly. The move is about to speed up
- As the song's tempo moves faster, the challenge is to match the Jab and Cross with the faster tempo

Layer 2

- Let's play a little game – who's keen?
- As the song speeds up, the challenge is to hit every single beat. It will get faster and faster and as you think it has hit max speed, you'll get to move even faster (5%).

Layer 3

- Dig deep here – this is a big combo; it's going to test your technique and your fitness at the same time



08. POWER TRAINING 3

TRACK FOCUS

The most lung-burning Track 8 to finish off a massive workout is the only way to top this release off. The side travel combo has come just as you need to catch your breath. Nah, jokes... you must coach more because the class isn't watching you, so get your breath ready and then direct and deliver as needed. Give them good notice for the last rep so they know to move into a Combat Stance. We found it useful to say the cue a couple of times initially so people could listen and understand what's been said. Use the Runs OTS to set the tone for the expectations and encourage the class to set their bar high and meet it.

FEEL

The sweet spot of self-love and the soul workout combined to empower and unleash

MARTIAL ART

Boxing

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / Cos there's no deeper love	8x8	A	Front Stance L Shoulder Stretch R Shoulder Stretch	16 16	2x
0:22	(Drum 'n' Bass old school)	8x8	B	Run OTS L, R	2	32x
0:44	Love, Love	4x8	C	L, R Uppercut	4	8x
0:55	C drop / Deeper love _	8x8	C ¹	L, R Jab x2 L, R Uppercut	4 4	8x
1:18	Instr / (Electric piano)	8x8	D	Jab L, R	2	32x
1:43	I can't be	8x8	B	Run OTS	2	32x
2:04	Deeper love	8x8	E	Front Stance L Jab to L side x4 Run B	8 8	4x
2:27	Love, love	8x8	F	L Combat Stance L, R Jab Cross x2 L, R Uppercut	4 4	8x
2:48	Love, love	4x8	F ¹	L, R Jab Cross x2 L Uppercut R Cross	4 2 2	4x
2:59	Deeper love	8x8	F ²	L, R Jab Cross x2 L Uppercut R Superman Punch	4 2 2	8x
3:22	(Electric piano)	8x8	E	Front Stance L Jab to L side x4 Run B	8 8	4x
3:44	(Drum 'n' Bass modern)	8x8	D	Front Stance L, R Jab	2	32x
4:09	I can't be	8x8	B	Run OTS	2	32x
4:30	Deeper love	8x8	E	Front Stance R Jab to R side x4 Run B	8 8	4x



08. POWER TRAINING 3

MUSIC				EXERCISE	CTS	REPS
4:53	Love, love	8x8	F	R Combat Stance R, L Jab Cross x2 R, L Uppercut	4 4	8x
5:15	Love, love	4x8	F ¹	R, L Jab Cross x2 R Uppercut L Cross	4 2 2	4x
5:26	Deeper love	8x8	F ²	R, L Jab Cross x2 R Uppercut L Superman Punch	4 2 2	8x
5:48	(Electric piano)	8x8	E	Front Stance R Jab to R side x4 Run B	8 8	4x
6:10	(Drum 'n' Bass modern)	8x8	D	Front Stance R, L Jab	2	32x



08. DEEPER LOVE (STONEBANK REMIX) 6:36mins

FUNDAMENTALS

Track 8 is an all-out endurance, high-volume, high-energy Boxing track.

This track has been designed to bring to life the element of combining power striking and high motivation along with a continued test on endurance training. It uses Lateral Power Jump Jabs, Superman Punches, and Power combos to leave it all on the line.

NOTE: This track is big, not just because it's high volume but finishing the Muay Thai track and moving straight into this track is super challenging. Know when to pace yourself and know when to 'go for it' so that you can finish big.

Commitment is the focus in this track, and if you're consistent with your commitment, then that's when the results come.

TECHNIQUE AND COACHING

JAB X4 POWER UPPERCUT X2

Layer 1

- From Front Stance
- Boxing Guard
- Fast-paced Jabs x4
- 2x power Uppercuts
- Left and right
- Rotate body through these strikes; the Jabs are fast paced
- Keep a wide-based stance, knees bent, brace abs tightly
- Squeeze glutes hard to help support the hips and core
- Rotate the shoulders forward on the power Uppercuts

Layer 2

- Move fast, stay light and react quickly; the focus is on moving from the fast-paced Jabs into slower but heavy powerful Uppercuts

Layer 3

- Commit to this track. That's really the focus now – commitment. It's when you are consistent with your commitment, the results will come

LATERAL JUMP JABS X4

Layer 1

- From Combat Stance
- Boxing Guard
- Look to the side
- Jump Jab x4
- High knees run back
- Brace abs
- Lean forward into the Jab and move forward with each step or jump

Layer 2

- No setup phase here: look and move; we all know how to jab and to jab with power and control. Let these 4 Jump Jabs lift the heart rate

OPTION: Step Jab vs. Jump Jab

JAB CROSS, JAB CROSS, UPPERCUT, CROSS COMBO

Layer 1

- From Combat Stance
- Boxing Guard
- Jab Cross Jab Cross
- Uppercut Cross
- This is a short combo that leads into the Superman Punch
- Perform the Jab Cross x4
- Into the Uppercut Cross
- The Jab Cross x4 – keep the stance higher with chest lifted
- Chin tucked in and rotate with speed
- Sit down into the stance on the Uppercut and Cross sequence to generate power

Layer 2

- The Superman Punch
- Change the Cross into the Superman Punch
- Put more weight on the front foot
- Lift the rear leg
- As you cross, turn the rear shoulder and hip forward and then perform a small hop as you strike
- This punch is designed to cover distance vs. height
- Shift the weight forward as you punch
- Land softly

OPTION: No jump on the punch



09. CONDITIONING

TRACK FOCUS

A catchy little abs track that needs early cuing and knowledge of the song, so you know when to transition. The slow tempo allows you to bolt well. Not everyone will want to, so dish out the alternatives to make things less intense. It will ‘smack’ your abs.

FEEL

Sassy and full of confidence. Like how you feel after the referee raises your hand at the end of the fight and you win.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Who ohhh	4x8		Start on the floor lying on your back	32	
0:14	V / Watch me move	4x8	A	2/2 Modified Iron Cross C-Crunch	8	4x
0:29	PC / I'mma strut	4x8	A ¹	Triple Pulse Pike Crunch	8	4x
0:44	C / I'm gonna run	8x8	A ²	Triple Pulse Extended Pike Crunch	8	8x
1:14	V / I'm the boss	2x8		Transition on the floor in Plank position	16	
1:21	Hold my head	6x8	B	Bolt Combo from Plank position – Slow		
				L Cross Climber – slow	4	
				R Cross Climber – slow	4	
				Bolt – slow	8	3x
1:43	C / I'm gonna run	12x8	B ¹	Bolt Tempo Combo		
				L, R Cross Climber x2	4	
				Bolt	4	12x
2:28	I'm gonna run	2x8		Transition onto back	16	
2:34	I'm gonna stand up	6x8	A ²	Triple Pulse Extended Pike Crunch	8	6x



09. STRUT 3:01mins

FUNDAMENTALS

This core conditioning track does exactly that! It conditions our core strength and endurance, and challenges our stability. The Modified Iron Cross has been designed to really challenge your ability to maintain core strength after a huge workout. This track covers Crunches, Oblique Twists, Bolt Planks to give you a total effective Core finisher.

TECHNIQUE AND COACHING

2/2 MODIFIED IRON CROSS C-CRUNCH COMBO

Layer 1

- Lying on your back
- Feet on the floor, close to butt
- Tuck chin in
- Arms out wide to sides
- Slide ribcage down towards the pelvis
- Work the upper abdominals
- Lift the shoulders up
- Lift knees up and stop directly over the hips with shins parallel
- Arms lift up, in line with the shoulders
- Hands facing in towards each other

Layer 2

- Move with control; slide and squeeze the upper abs as you lift up. Stop the hands so that they stay sitting in line with the shoulders then maintain control on the way down

Layer 3

- Work deep into the core muscles. Imagine someone was standing on your stomach – feel no pain!

TRIPLE PIKE CRUNCH INTO EXTENDED CRUNCH

Layer 1

- Lying on your back
- Start with feet in the air
- Fingertips reach towards feet
- Lift shoulders off the floor
- Lower shoulders back down with fingertips at temples
- Legs drop down to shins parallel
- Lower back towards floor

Layer 2

- NOTE: As you progress into the Extended Crunch, extend both legs to 45 degrees
- Keep arms straight behind the line of the forehead, keeping the chin tucked in
- This combo has pace – throw the arms down towards your ankles each time and tuck your chin in
- Brace abs tightly, especially as you lower the legs

Layer 3

- Can you get to the top and then lift even higher?

OPTION: Bring legs back to bent knees vs. Extended Crunch



09. STRUT 3:01mins

TECHNIQUE AND COACHING

CLIMBER AND BOLT PLANK COMBO

Layer 1

- From Plank position, move hands directly under the shoulders
- Hips and shoulders squared to the floor
- Abs braced
- Long flat back
- Slow Left Cross over Climber
- Slow Right Cross over Climber
- Pull hips back towards heels – this is pre-loading the Bolt
- Drive hips forward and brace abs tighter and explode back into Plank position

Layer 2

- NOTE: As the tempo speeds up, the option is to move to a double speed on the Crossover Climbers x4
- On the Climbers, drive both hands hard into the floor to help stabilize the upper body. Then drive the knees in and across towards the opposite wrists to engage the obliques more effectively
- On the Bolt, as you explode the hips forward to move the body back to the Plank position, see if you can put the hand brake on so that your chest stops and sits perfectly between the thumbs – this will ignite your core muscles

OPTION: Move half speed and drop to the knees through the combo



10. COOLDOWN

TRACK FOCUS

The floor stretches are short. So, keep the cues simple and allow space to breathe through each set. Organize your cues so they aren't too chatty but really clear. Once you are up on your knees, there is more time to connect and applaud the participants' efforts.

FEEL

Sunday morning style, chilled and peaceful

MUSIC		EXERCISE		CTS
0:00	<i>Intro /</i>	2x8	Lie on back and breathe and recover	16
0:12	<i>V / Your land in the</i>	2x8 A	Lower Back Stretch L Bend front knee and pull across body	16
0:24	<i>The line is</i>	2x8 B	Glute Stretch L Hook ankle over knee and roll onto back Reach arms through the window	16
0:36	<i>It's only natural</i>	2x8 C	Hamstring Stretch L Extend both legs Hold behind the calf or hamstring for Hamstring Stretch of front leg	16
0:48	<i>It's your smile</i>	2x8 A	Back Stretch R Bend back knee and pull across body	16
1:00	<i>It's more than it was</i>	2x8 B	Glute Stretch R Hook ankle over knee and roll onto back Reach arms through the window	16
1:11	<i>It's only natural</i>	2x8 C	Hamstring Stretch R Extend both legs Hold behind the calf or hamstring for Hamstring Stretch of back leg	16
1:23	<i>It's only natural</i>	2x8	Transition to kneeling Hug both knees together and roll up	16
1:35	<i>(Guitar solo)</i>	2x8 D	Hip Flexor Stretch R Step L foot F into R Hip Flexor Stretch Both hands towards the floor	16
1:47		2x8 D¹	Back Release and Twist Rotate chest inwards towards bent knee Unfold and extend L arm, reaching fingers up to the ceiling	16
1:59	<i>I won't find another</i>	2x8 D	Hip Flexor Stretch L Step R foot F into L Hip Flexor Stretch Both hands towards the floor	16
2:10	<i>Oh I know I know</i>	2x8 D¹	Back Release and Twist Rotate chest inwards towards bent knee Unfold and Extend R arm, reaching fingers up to the ceiling	16
2:22	<i>Never go wrong</i>	1x8	Transition to standing	8
2:28		1x8 E	Quad Stretch and L Side Stretch	8
2:34		1x8	Step L foot behind, reach L bent arm up O/H	8
2:45		1x8 E	Quad Stretch and R Side Stretch	8
2:53		1x8	Step R foot behind, reach R bent arm up O/H	8
3:03		2x8 F	Shoulder Stretch L	16
3:16		2x8	Shoulder Stretch R	16



10. NATURAL 3:39mins

FUNDAMENTALS

This is a beautiful relaxing Cooldown with short smooth transitions in between stretches. Let this meaningful song fill your heart space and finish an amazing workout. During the Hip Flexor Stretches, move around to find the most comfortable position before you open the chest and shoulders to the ceiling. This will allow you to sink even deeper and feel the benefits of the stretches.

TECHNIQUE AND COACHING

LYING LOWER BACK STRETCH

Layer 1

- Lying on your back
- Hug the front knee in towards the hip
- Now drop it to the opposite side of the body, keeping the front arm out long and shoulder anchored to the floor

Layer 2

- Move with control and sink the knee down closer to the ground

LYING GLUTE STRETCH

Layer 1

- Hook the foot over the opposite knee
- Pull both legs in towards the stomach
- Keep the top left knee bent and shin at a right angle to feel the deeper Glute Stretch

Layer 2

- Reach hands through the gap and pull the legs in close then lay the head and shoulders firmly on the floor

LYING HAMSTRING STRETCH

Layer 1

- Lying on your back
- Lift front leg up towards the ceiling
- Hold and bend the calf and thigh
- Breathe as you pull the stretch in towards the chest
- Keep the hips down

OPTION: Straighten the grounded leg

KNEELING HIP FLEXOR AND TWIST STRETCH

Layer 1

- Kneeling Hip Flexor Stretch
- Subtle glute squeeze, to help the release
- Release and relax the back foot
- Chest lifted
- Turn lead foot out slightly
- Drop both hands down to the floor on the inside of the knee, lowering the chest as you do so
- Relax into this deep stretch; feel free to move the hips from side to side to loosen up even more
- Place more weight into the right hand
- Shift the weight to that side
- Turn and open left side of the chest and shoulder, and reach left arm to the ceiling

OPTIONS: No twisting; stay down on th floor



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

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

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

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

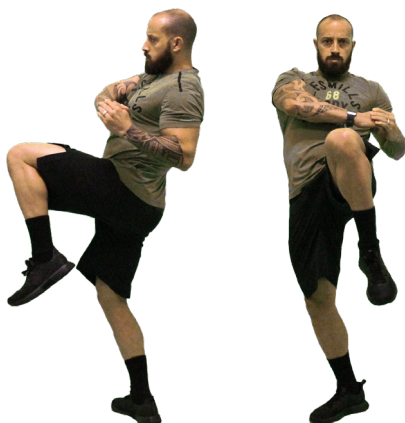
STRIKE

- 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

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



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



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



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





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.

