

BODYCOMBAT 90

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 COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



MUSIC

01A

Symphony (3:50)

Blasterjaxx & Jebroer

© 2021 MAXXIMIZE, SpinninRecords.com.
Written by: Kimman, de Lutin, Boss, Jongkind, Makhlaf

01B

Beggin' (3:17)

Måneskin

© 2017 Sony Music Entertainment Italy S.p.A.
Written by: Gaudio, Farina

Beggin' (1:04)

Måneskin

© 2017 Sony Music Entertainment Italy S.p.A.
Written by: Gaudio, Farina

02

Its Goin' Down Tonight (4:48)

Manwell x Club Danger

© 2021 Ice Dream Records.
Written by: Reyes, Mount, Friesen

03

Let Me Go (4:38)

Lee Mvtthews feat. Embher

© 2018 Lee Mvtthews.
Written by: Lee, Matthews

04

Flying Dutchman (5:27)

Blasterjaxx & Zafrir

© 2021 MAXXIMIZE, 2021 SpinninRecords.com.
Written by: Jongkind, Makhlaf, Ifrach

05

Gold Dust (Shy FX Re-Edit) (4:26)

DJ Fresh

© 2012 Breakbeat Kaos.
Written by: Stein

06

Make It Look Easy (4:12)

DITA

© 2019 Position Music.
Written by: Lake

07

Offender (6:16)

Dimension

© 2021 Dimension.
Written by: Ritson, Gandey, Etheridge

08

All You Ever Wanted (Sub Focus Remix) (3:53)

Rag'n'Bone Man

© 2021 Sony Music Entertainment UK Limited.
Written by: Hemby, Cooke, Elizondo, Graham

All You Ever Wanted (Sub Focus Remix) (2:12)

Rag'n'Bone Man

© 2021 Sony Music Entertainment UK Limited.
Written by: Hemby, Cooke, Elizondo, Graham

09

Bongo Cha Cha Cha (1:52)

Goodboys

© 2021 Joshua Grimmitt and Ethan Shore an Atlantic Records UK release. Under exclusive license to Warner Music Limited.
Written by: Arnie, Bader, Mueller

Bongo Cha Cha Cha (1:53)

Goodboys

© 2021 Joshua Grimmitt and Ethan Shore an Atlantic Records UK release. Under exclusive license to Warner Music Limited.
Written by: Arnie, Bader, Mueller

10

Fighter (3:57)

Royal Deluxe

© 2020 Position Music.
Written by: Getz, Wells, Weaver

ALT
01A

Reach Up (3:50)

Ceen

Courtesy of Epidemic Sound.
Written by: Unknown



BODYCOMBAT 90



L-R: Dan Cohen, Rachael Newsham, Vili Fifita

It's here: BODYCOMBAT™ Release 90, the release that will challenge your plyometric power along with your fitness levels for each Martial Arts discipline.

Boxing-heavy combos, Double Jump Kicks, Jumping Knees and optional Jumping Evasive Side Kicks are just some of the fun challenges you'll face.

If it's refining or learning new skills or feeling incredibly motivated, this workout will quickly become one of your favorites.

Don't have much room to move? Look out for the slick creative options to keep the heart rate up while performing some of the best kicking strikes you've seen.

Grounded Karate, Athletic Capoeira, insane Muay Thai all lean themselves to ensuring you get to double stretch the same muscle groups so you'll leave feeling empowered to come straight back.

Enjoy this release.

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 three children.

Rachael (Rach) 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.

Vili Fifita (New Zealand) is a LES MILLS TONE™, BODYCOMBAT, BODYPUMP™, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS SPRINT™ Instructor and a LES MILLS GRIT™ Trainer/Presenter. He lives in Auckland.



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	37:58

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	27:38

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 3, 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

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use 'Reach Up' with the same choreography.

TRACK FOCUS

Get your participants to become familiar with the vocabulary of the strike names as well as target zones (where to aim) and strike surface (what body part we use to hit with). Big movement patterns mean a big heart rate response - this is needed to prepare people for the workout ahead.

FEELS

The first opening bars get me all in the platform 9¾ vibes, like the Hogwarts Express is coming through, ha ha. But it's really just a hint to the magic of this legendary workout – we all love turning 90! Start with a hint of magic to 'wet the whistle' of the workout and the class.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Bells playing)	2x8	L Combat Stance		16	
0:11	V / I'll be a	4x8	A	L Jab	2	16
0:25	/ They're gonna	4x8	A ¹	L Jab, R Uppercut	4	8
0:38	/ Legends	4x8	A ²	L Jab, R Uppercut, L Jab	4	
				Pulse F&B	4	4
0:52	Instr /	8x8	B	Shuffle F	4	
				Jab, Uppercut, Jab Combo	4	
				Shuffle B	4	
				Decoy R, L	4	4
1:19	/ (Bells playing)	1x8	R Combat Stance		8	1
1:22			A-B	 Sequence A–B to the R		
2:36		1x8	Front Stance		8	
2:39	/ (Bells playing)	10x8	C	L Walking Jab x 2	4	
				Jumping Jack x2 out and in	4	
				R Walking Jab x2	4	
				Jumping Jack x2 out and in	4	5
3:12	B up / Legends	4x8	D	L, R Scissor	2	16
3:26	Instr /	8x8	E	L, R Jab x4	8	
				R, L Hook x2	8	4



01A. SYMPHONY 3:50mins

FUNDAMENTALS

WHY?

Coach with connection, warmth and friendliness. Create an environment that will help your participants' journey into this workout. It also helps to set up a great atmosphere and mindset for them.

WHAT?

Keep with Layer 1 coaching cues and be clear with RIGHTS and LEFTS, directional changes and names of ALL the strikes, including target zones, range of moves, and the number of reps.

HOW?

Create a functional language that can be used throughout the workout to connect with and motivate your participants.

TECHNIQUE AND COACHING

SINGLE JABS INTO JAB AND UPPERCUT

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Single Jab, right arm
- Keep soft elbows, chin tucked in; target just above the shoulders
- Rotate lead shoulder forward as you strike
- Brace abs
- And stay light on the feet with a small rotation of the lead hip and leg

Layer 2

As you now add the Rear Arm Uppercut, SAY:

- Add the Rear Arm Uppercut, which is your left arm
- Tuck chin in
- Roll the rear shoulder forward and strike the Uppercut vertical by coming up and under
- The target is towards the chin
- Keep the elbow bent
- Now make both the Jab and Uppercut flow one after the other
- No power, warming-up, priming for the workout ahead

Layer 3

- Stay light, smile, feel the energy of the song and enjoy this moment

JAB, UPPERCUT, JAB AND PULSE COMBO INTO MOVING OFF THE SPOT AND ADDING THE DECOY

Layer 1

SAY:

- Now let's add some speed and an extra Jab
- So, the combo now becomes Jab, Uppercut, Jab and then Pulse, so let's go
- Keep your Boxing Guard up
- Jab right, Uppercut left, Jab right and Pulse forward and back
- Keep a Wide Stance as you're about to travel towards the front of the room
- Brace abs

Layer 2

SAY:

- As you can see, we've added speed now. This warms up the shoulders, back, arms and core faster. It's lifting our heart rate so let's keep going
- Shuffle forward
- Hold
- Jab Uppercut Jab Combo
- Shuffle backward
- Decoy left and right
- Stay low to the floor
- Twist from your hips
- Abs braced, landing light
- Lift the chest
- Drop the weight down so that the knees bend. This will warm up the quads and glutes faster

Layer 3

- Decoys are great to fire up the lower body muscles. You'll also see this move later on in the workout



01A. SYMPHONY 3:50mins

TECHNIQUE AND COACHING

WALKING SIDE JAB & JUMPING JACK COMBO

Layer 1

SAY:

- From Combat Stance
- Turn and look to the right
- Walk and perform 2x Jabs to the side
- Add 2x Jumping Jacks out and in
- Keep chest lifted
- Slight bend in the knees
- Toes turned out slightly, brace abs tightly and keep a Boxing Guard

Layer 2

- Keep the punches moving light and land lightly in the Jacks
- This is a great opportunity to:
 - 1) Raise the heart rate
 - 2) Cover more space
 - 3) Move in a different direction

OPTION: Squats instead of the Jumping Jacks

TIPS FOR HOOKS

Layer 1

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



01B. LOWER BODY WARM-UP

TRACK FOCUS

Similar to the Upper Body Warm-up. Get people familiar and confident with the basics of the strike names and how to execute them. Try encouraging them to sing along - the music is a big part of BODYCOMBAT, and freeing them to enjoy the music alongside the workout will maximize their experience for the rest of the class.

FEEL

Playful, fun and weirdly nostalgic. Like a memory of a night you spent in a bar in Stockholm looking for Susan where a Heavy Metal band covered that Old-School track, and it wasn't weird at all.

MARTIAL ARTS

Kick-boxing, TKD

MUSIC			EXERCISE		CTS	REPS
3:55	Intro / Put your lovin'	2x8	A	Front Stance R Adductor Stretch L Adductor Stretch	8 8	1
4:08	/ _ I 'm beggin'			Roll up		
4:11	C / (Guitar and drums)	6x8	B	Walking Knees to corners L Front Knee, Step L, R, L R Front Knee, Step R, L, R	4 4	6
4:31	V / _ Ridin' high	4x8	C	L Combat Stance L Front Kick Pulse OTS	2 6	4
4:45	/ Anytime	4x8	D	L Combat Stance L Roundhouse Set-up Pulse OTS	2 6	4
4:58	C / _ Beggin'	4x8	D ¹	L Roundhouse Kick Pulse OTS	2 6	4
5:12	V / I need you to	4x8	B	Walking Knees to corners R Front Knee, Step R, L, R L Front Knee, Step L, R, L	4 4	4
5:26	/ _ an empty shell	4x8	C	R Combat Stance R Front Kick Pulse OTS	2 6	4
5:39	/ Why we	4x8	D	R Roundhouse Set-up Pulse OTS	2 6	4
5:53	/ I keep	4x8	D ¹	R Roundhouse Kick Pulse OTS NB: Use the last 4 cts to jump wide into Front Stance	2 6	4
6:05	_ to put your	½x8		Front Stance Hold OTS	4	1
6:09	C / Beggin'	2x8	B	Walking Knees to corners L Front Knee, Step L, R, L R Front Knee, Step R, L, R	4 4	2
6:15	V / I'm finding	4x8	E	Side Kick (Low) Hold OTS	2 6	4
6:29	C / _ I'm beggin'	4x8	E ¹	Side Kick (Medium) Hold OTS	2 6	4



01B. LOWER BODY WARM-UP

MUSIC		EXERCISE		CTS	REPS
6:43	/ I'm beggin'	8x8	F	Shuffle L	4
				L Side Kick	4
				Shuffle R	4
				Scissor L, R, L, R	4
					4
7:10	/ (Quiet)	1/2x8		Front Stance	
				Jump wide	4
					1
7:12	V / I'm finding	4x8	E	R Side Kick – Low	
				Hold OTS	2
					6
					4
7:25	C / _ I'm beggin'	4x8	E	R Side Kick – Medium	
				Hold OTS	2
					6
					4
7:39	/ _ I'm beggin'	4x8	F	Shuffle R	4
				R Side Kick	4
				Shuffle L	4
				Scissor R, L, R, L	4
					4
8:07				Front Stance	
				Jump wide	



01B. BEGIN' 4:21mins

FUNDAMENTALS

WHY?

Continue to coach with connection, warmth and friendliness. Creating a teaching and learning environment will help your participants' journey into this workout.

WHAT?

Focus on Layer 1 coaching. Be clear with RIGHTS and LEFTS, directional changes and names of ALL the strikes.

HOW?

Be specific with targets and heights. Keep them low and explain that while warming up the muscles we want to kick low with full range at a slower pace as this will really help them as they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

ALTERNATING KNEE STEP COMBO

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Start the Alternating Knee Step Combo to your right side
- Then Step Step to the left side
- Knees to hip height
- Keep the chest lifted high
- Pull the arms down as the knee lifts up
- Brace abs tightly and lean back slightly

Layer 2

- As you knee strike, stay light and bouncy; keep it upbeat
- Knees strike forward of the hips. So let's keep these knees moving in a straight line

FRONT KICK

Layer 1

SAY:

- From right Combat Stance
- Low Front Kick with right leg
- Step back into Combat Stance
- Lean back as you kick
- Brace abs

OPTIONS: Drop and swing the lead arm or keep arms in Guard position

Layer 2

- Keep the target low as we are only warming up; working the hamstrings and hips
- It's a soft extension of the lower leg. Opening and closing from the knee is what allows us to comfortably move back into our stance

Layer 3

- It's great to start with some controlled Karate strikes that you'll use later on

SET UP ROUNDHOUSE KICK

ADD ROUNDHOUSE KICK

Layer 1

SAY:

- From Combat Stance
- Boxing Guard or Martial Arts Guard
- Let's set up the Roundhouse Kick off the right leg
- Set back heel at least three quarters of the way towards the front, bracing abs and leaning away
- Lift shin to align parallel with the floor
- Keep bracing the 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 forward
- Then land back into a Wide Combat Stance

Layer 2

- This kick helps to teach balance, fire the core muscles and warm up the hips faster

OPTION: Kick low with control



01B. BEGGIN' 4:21mins

TECHNIQUE AND COACHING

SIDE KICKS

INTO SHUFFLE, SIDE KICK AND SCISSOR

Layer 1

SAY:

- From Front Stance
- Perform a low Side Kick
- Step supporting foot towards the target
- Slightly tilt the body away from the target
- Bend the knee of the supporting leg
- Brace abs
- Extend the kick out and retract in
- Toes angled down slightly
- Strike with blade or heel of the foot
- Land wide

Layer 2

- Add on the Side Shuffle and Side Kick
- Shuffle back into Scissors – right and left

OPTION: Kick low



02. COMBAT 1

TRACK FOCUS

Get everyone into the workout zone so they can start to push their heart rates towards uncomfortable. Make the difference clear between the two martial arts, highlighting the unique benefits of each in terms of conditioning and cardio.

FEEL

This track has KING-level confidence so come at it like that. By King I mean the colloquial use of the term ‘King’, as a bad-ass boss who only knows about winning. Think more like the King of the Ring Fight Night entertainment, or the King of Philly!

MARTIAL ARTS

Kick-boxing, Kung Fu

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		L Combat Stance	8	
0:07	V / Yea I'm a legend	4x8	A	Jab Cross Tempo Combo		
				L Jab	2	
				L Jab, R Cross	2	8
0:24	PC / All I do is	6x8	A ¹	Jab Cross Evasive Side Kick Combo		
				L Jab	2	
				L Jab, R Cross	2	
				L Evasive Side Kick	4	6
0:49	Quiet /	½x8		L Cat Stance and Guard	4	
0:51	V / There ain't been	6x8	B	L Front Kick	2	24
1:16	C / Whooo	4x8	A ¹	Jab Cross Evasive Side Kick Combo	8	4
				Option to introduce small Jump		
1:33	Quiet / (Synths)	1x8		L Cat Stance and Guard	8	
1:38	Instr / It's going down tonight _	7x8	B ¹	L Front Kick x2	4	
				Drop Squat & Reach x2	4	7
2:07	C / It's going down tonight	4x8	A ¹	Jab Cross Evasive Side Kick Combo	8	4
				OPTION: Jump		
2:24	/ (Piano)	1x8		Recover and transition to R Combat Stance	8	
2:29	Outro			 from the top to the right		



02. ITS GOIN' DOWN TONIGHT 4:48mins

FUNDAMENTALS

WHY?

Bringing together the athleticism of the Evasive Side Kick along with the control of Kung Fu to create both kicking conditioning and kicking explosivity.

WHAT?

This track repeats the Evasive Side Kick 3 times on each side giving you a total of 6 rounds. It has been designed this way for participant understanding and success.

HOW?

Rounds 1 and 4 are taught with no jumping, rounds 2 and 5 have options to jump or step wider and kick harder, and rounds 3 and 6 have the option to jump or jump higher.

This is a progressive track and raises intensity towards the end.

TECHNIQUE AND COACHING

JAB JAB CROSS WITH EVASIVE SIDE KICK COMBO (NO JUMP)

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab Jab Cross: note the timing in line with the beat of the song – it's fast and feels authentic
- Fully extend the Jabs and the Cross, remembering to rotate the back hip and heel as you cross
- Step left foot out to the side and bring the right knee in towards the hips to load the Evasive Side Kick
- Execute the kick using the principle learnt in the Lower Body Warm-up
- Keep the kick low and brace the abs
- Reset back into the Combat Stance with your guard up high

Layer 2

SAY:

- As this combo progresses, add the snap into the strikes
- Keep the chest lifted as you prepare for the Evasive Side Kick
- Abs braced
- Showcase the first rep as more of a Set-up, and then drive the strikes and the Kick to help bring energy to this combo as well as power into the Kick

COACHING AND UNDERSTANDING

ADDING ON THE JUMP:

- To jump on the Evasive Side Kick, load the supporting leg as you step out to the side and take your upper body weight and shift it over the knee of that leg
- Drive out of the floor and jump up using that single leg
- The aim is not to jump high but to be able to jump and land softly
- Think up, more than jumping to the side
- Use your arms for momentum and then tuck the arms in to keep this move looking sharp

Layer 3

- Staying grounded gives you raw power. So, you do you. If you're jumping, feel the heart rate spike and the sense of lightness. Who's going to give it their best right now? Who's going to give it absolutely everything?

OPTION: No jumping in the Evasive Kick. Stay grounded with power



02. ITS GOIN' DOWN TONIGHT 4:48mins

TECHNIQUE AND COACHING

SINGLE LEG CAT STANCE AND FRONT KICK

Layer 1

SAY:

- From Right Cat Stance
- Martial Arts Guard with open hands
- Turn back foot out to the corner
- Sit hips back and down
- Knee pressed out over mid-foot
- Keep the weight in the back leg
- Continuous low Front Kick
- Brace the abs tightly and keep hips still facing forward
- Lift the chest to prevent from tipping forward and losing posture

Layer 2

SAY:

- Keep sitting low so that you feel the glutes and quads loaded here. The kick is light and sharp.
- Each time it is performed, the foot touches the floor, and you fire the strike again and again
- As the music builds, drive out of the back foot and start to lift the Front Kick target higher and you no longer sit into the back leg
- Swing the lead arm down past your thigh
- Add a little bounce

When adding a Double Squat Jack:

- After performing 2x Front Kick from the Cat Stance, explode into 2x Drop Squat Jack
- Jump the feet wide into a Jack and take the hips down into the Squat
- Reset and repeat
- This move is fantastic for leg conditioning

Layer 3

- Imagine you're trying to push a really heavy load away from you and then follow that up by driving the kick with as much force as possible

OPTION: Keep the Front Kick low and the Squat standard with no Jack



03. POWER TRAINING 1

TRACK FOCUS

Teach your participants how to hit and move so they can work on their ability to strike a moving target with good power and precision.

FEEL

Like the Dream Girls sisters just rocked up to do your BODYCOMBAT class and find themselves a Power track full of heart and soul and you really want them to stay. So, it rubs off on you and you find yourself ‘packed to the rafters’ with passion and it seeps out of every punch.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Humming)	12x8	A	Front Stance Run OTS easy	96
0:33	/ _ Don't hold on	8x8	A ¹	Run OTS, increasing energy	64
0:55	Instr drop / Let me go _	8x8	B	L Walking Jab x4 L, R Jab x3½ (7 Jabs), facing front R Walking Jab x4 R, L Jab x3½ (7 Jabs), facing front	8 8 8 8 2
1:17	/ Oh oh oh	8x8	B ¹	L Jump Jab x2 L, R, L Jab facing front R Jump Jab x2 R, L, R Jab facing front	4 4 4 4 4
1:39	V / Blind but now	1x8		L Combat Stance	8
1:41	/ So hopelessly	7x8	C	L, R Uppercut x2 L Jab R Cross	4 2 2 7
2:01	PC / Don't hold on	4x8	D	L Jab	2 16
2:11		4x8	D ¹	L Jab – add Step	2 16
2:22	Instr drop / Gotta let me go _	8x8	E	Agility Punch Clock Combo L Jab to corners, R, L, R, L L, R Uppercut x2 L Jab R Cross	4 8 4 2 2 4
2:45	/ Oh oh oh	8x8	F	Front Stance L, R Jab	2 32
3:07	V / Blind but now I see	8x8		R Combat Stance	8
3:10	/ so hopelessly...		C–F	 sequences C to F – R	



03. LET ME GO 4:38mins

FUNDAMENTALS

WHY?

This is a fast-paced Power Training Boxing Track designed to specifically test your quick thinking motor skills and fitness.

WHAT?

This track has two main sections.

First is the lateral power stiff Jabs and fast straight Jabs from Front Stance. This starts with 4 lateral Jabs and 7 speed Jabs, then drops to two lateral Jabs and 3 speed Jabs. Identify where the speed blocks sit and where the power blocks explode.

Second, the Target Drill Combo; this consists of 4x Jabs moving from 11 to 1 o'clock, into 4x Uppercuts and a Power Jab and Cross.

HOW?

The lateral section of this track needs only basic choreography cues. Once completed, coach to the Layer 2 cues. Explain the details of HOW to create explosive power on the Jump Jabs and then how you can increase speed on the Front Stance Jabs. Take these opportunities to really see the members in class improve on their technique.

The Target Training Combination has a little more complexity. This is due to the off-center target alongside a larger combo that's built over a 2-minute section. Use this time to coach to the coordination benefits and motivate.

TECHNIQUE AND COACHING

LATERAL JABS X4/X7 INTO 2/3 COMBO

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Look to your right
- Walk into 4x stiff Jabs
- Face the front and 7x alternating Jabs right and left fast
- The side Jabs are powerful, and the Front Stance Jabs are about speed
- Brace abs as you strike
- Keep elbows soft

Layer 2

SAY:

- The power behind the punches is initiated from the legs, hips and core

The lateral Jabs now move from 4/7 to 2/3:

- Add a Jump on the lateral Jabs to increase the power and lift the heart rate up
- Keep the Jabs sharp and target in line with or just above the shoulder. This helps with overall alignment of the strikes and keeps the efficacy up
- The Stances play a crucial role in this; ensure the feet are outside of hip width and do not sit on a parallel line. Think slightly wider and bend both knees. This will allow you to 'sit down' on the punch, generating power from the ground up
- The key is not to overly tense the muscles in the upper body – try staying relaxed up until the point of contact. This will allow the body to move with speed

Layer 3

- Imagine you had a pad holder challenging your every hit. How much more explosive would you be?

OPTION: No jumping in the Lateral Jabs



03. LET ME GO 4:38mins

TECHNIQUE AND COACHING

AGILITY PUNCH CLOCK COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- 4x Jabs moving from 11 to 1 o' clock
- Right, left, right, left
- 4x fast Uppercuts and 1x power Jab and Cross right left
- On the first 4 Jabs, pivot off the back foot and turn the chest, hips and shoulders to the corners of 11 and 1 o' clock
- Keep the chin tucked in and the target high
- Hold the Right Combat Stance and hit 4x fast-paced Uppercuts followed by the heavy Jab and Cross
- The last punch should have the most power out of the whole sequence

Layer 2

SAY:

- Pivoting into these strikes will increase your timing and coordination. Think of it as target practice, moving off your center line as you strike. This is a speed combo that requires skill and focus

Layer 3

- Imagine you're at the fairground and you're playing the reactive light sensor game. Each time the light appears, strike the target – the first 4 Jabs should be just like that



04. COMBAT 2

TRACK FOCUS

Clearly show and coach the differences between the two types of Jump Kicks in this track. Both offer massive cardio potential. There is opportunity to highlight the differences in the two forms of Martial Arts too, and what kind of heart rate training they can offer.

FEEL

It's a movie set with epic-level music. You can't fight it so let it carry you away. Just don't go 'overboard' with the sailing puns.

MARTIAL ARTS

TKD, Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		L Combat Stance	16	
0:07	/ (Quiet strings and horns)	2x8	A	Rising Cross Block	8	
				Transition into Boxing Guard	8	
0:14	V / (Vocals)	4x8	B	L Jab x2	4	
				R, L Knee	4	4
0:27	/ (Vocals and choir)	4x8	B ¹	L Jab x2	4	
				R Knee	2	
				L Front Kick	2	4
0:41	PC / (Strings and drums)	8x8	B ²	L Jab x2	4	
				R Front Knee	2	
				L Front Kick	2	
				R Step, travel F	2	
				L Front Kick	2	
				Shuffle B	4	4
				👁️ Jump Kicks on last rep		
1:07	Instr drop / (Big-room beats)	8x8	B ³	2x Jab & 2x Jump Kicks Combo		
				L Jab x2	4	
				L Jump Kick OTS	4	
				L Jump Kick, traveling F	4	
				Shuffle B	4	4
				Front Stance – Karate Guard		
1:34	V / (Vocals of choir)	4x8	C	L, R Karate Punch	4	8
				Use last reps to 👁️ Karate Combo		
1:48	PC / (Vocal and dramatic beats)	8x8	C ¹	Karate Combo		
				L, R, L Karate Punch	4	
				R Side Kick	4	8
2:14	Instr drop / (Big-room beats)	8x8	B ³	🔁 2x Jab & 2x Jump Kicks Combo	16	4
2:42	/ (Quiet strings and horns)	2x8		Transition into R Combat Stance	16	
2:49			A–B ³	🔁 sequences from A to 2nd B ³ – R		



04. FLYING DUTCHMAN 5:27mins

FUNDAMENTALS

WHY?

This track has a Double Jump Kick to improve TKD, along with a grounded Karate Sequence that's simple and feels powerful.

WHAT?

The Double Jump Kick Sequence is a progressive section of the choreography. Starting with 2x Jabs and 2x Knees, it progresses into the Knee Kick and Step Kick movement patterns. These all support the Double Jump Kick learning sequence.

HOW?

Coach using the options and modifications in this track for deep participant engagement. The Double Jump Kick is challenging and achievable. The Karate section is basic to offset the previous combo. Sit low into the legs and focus on posture, power and precision in the Side Kicks.

TECHNIQUE AND COACHING

DOUBLE JUMP KICK COMBO

Layer 1

SAY:

- From Right Combat Stance with fist Boxing Guard
- 2x right Jabs
- 1x left Rear Knee and 1x Front Knee
- Brace abs and lean back on the Front Knee
- Pull the arms down so that the elbows pass the line of the knees to engage the obliques
- Keep the hips facing forward, tuck in the chin as you jab
- On both Knees, bring them up towards the hips or higher

Layer 2

ADD THE KNEE KICK:

- The Front Knee now becomes a Front Kick. Lean back more as you Kick and keep the Front Kick low to help with the balance and timing
- Focus on keeping the hips square to the front and the front knee soft

ADD THE STEP KICK:

- Add on the Step Kick
- Step left foot forward and kick right then shuffle back
- The full sequence so far is: Jab Jab, Knee Kick, Step Kick forward and Shuffle back
- Try coaching this to the melody of the song and in time as you move; this reinforces the timing

ADD THE JUMP KICK:

- Option now is to add the Jump Kick to replace the Step Kick, along with a Jump Kick on the spot to replace the Knee Kick
- NOTE: The timing is the same; however, the requirement to now jump off the spot increases the complexity and the intensity
- Offer options such as only Jump Kick on the traveling section and stay with the Knee Kick or stay down for both Kicks

Layer 3

- Stringing both these kicks together takes time and practice. Once you get it, you'll always remember how amazing this feels!

OPTION: No jumping



04. FLYING DUTCHMAN 5:27mins

TECHNIQUE AND COACHING

KARATE PUNCHES FROM HORSE STANCE

Layer 1

SAY:

- From a wide low Front Stance (Horse Stance)
- Hips square to the front
- Chest lifted
- Abs braced
- Fist at waist height
- Karate Punch to the mid body right and left

Layer 2

SAY:

- Rotate slightly from the center of the chest
- Turn the knuckles so that they finish facing up and thumbs facing down

Layer 3

- Aim directly forward and feel every muscle in your upper body engage like a solid iron bar

KARATE PUNCH AND SIDE KICK COMBO

Layer 1

SAY:

- Now move into 3x Punches only
- Right, left, right
- Followed by 1x left powerful Side Kick
- The Karate Punches are quick and powerful
- As you perform a Side Kick, look to the direction of the target
- Remember to set the supporting heel under the body for balance
- Extend the lead arm and keep the chest lifted

Layer 2

- To increase the height of the Side Kick, pre-load the knee prior to the strike to help set the move in motion. At the same time, lean the whole upper body away from the target and brace the abs tightly
- Fully extend the Kick, keeping the toes down slightly, working the glutes and hip abductors

Layer 3

- You can count in Japanese here to bring authenticity to the Punches

OPTION: Kick low



05. POWER TRAINING 2

TRACK FOCUS

There are so many elements to this track. The new Half Touchdown agility move is a real cardio sucker. The upper body conditioning really bites hard as it integrates the core too. Use your intensity modifying skills and make sure everyone knows to choose what they want to do.

FEEL

This track has ‘banging’ beats, big energy and feels retro in some ways. It doesn’t drag, so you won’t have time to drift off but stay in the fast and furious lane.

MARTIAL ART

MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / 1, 2, 3	4x8	Coach standing options of Run OTS and Squats	32	
			Transition to the floor		
0:13	C / It's like GOLD	8x8	A Mountain Climber & Pushup Combo – slow	8	
			L, R x2 Mountain Climber	8	4
			Pushup x2		
0:35	V / There's no	8x8	A ¹ Mountain Climber & Pushup Combo – faster	8	
			L, R x3½ Mountain Climber (7 singles)	8	4
			Pushup x2		
0:57	C / It's like GOLD	8x8	B Triple Pulse Pushup or Triple Pulse Squat	8	8
1:18	V / Everything	8x8	A ¹ Mountain Climber & Pushup Combo – faster	16	4
1:40	Quiet /	2x8	Transition to standing	16	
1:46	V / I don't know	4x8	C Run OTS	32	
L Combat Stance					
1:56	V / People put	4x8	D L Jab, R Cross, L Jab	3	
			Hold	1	8
2:07	/ Now we got	12x8	D ¹ Side Touch Down Combo	3	
			L Jab, R Cross, L Jab, Hold	1	
			R Half Touchdown, Reset	4	12
2:40	/ I don't know	6x8	C Run OTS	48	
R Combat Stance					
2:56	V / People put	4x8	D R Jab, L Cross, R Jab	3	
			Hold	1	8
3:06	/ Now we got	12x8	D ¹  Half Touchdown Combo	8	12
3:39	Br / Running and	8x8	C Run OTS	64	
4:01	C / Gold dust	8x8	E Plyo Tuck Jump x2 or Drop Squat	4	
			Hold/Pulse OTS	4	8
			Plyo Tuck Jump x4 to finish		



05. GOLD DUST (SHY FX RE-EDIT) 4:26mins

FUNDAMENTALS

WHY?

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 upper body conditioning, builds strength and muscular endurance while the power and speed Punches, modified Side Touchdowns challenge agility and cardiovascular fitness.

WHAT?

Block 1 has been dedicated to improving our pushing muscles – chest, triceps, shoulders and core. Mountain Climbers and Pushups – very simple and effective.

Block 2 is all about cardiovascular agility and endurance training. A new Side Touchdown movement.

Block 3 is a finisher with modified options — Tuck Jump with a rebound.

HOW?

During the beginning of each block, coach to the choreography and body part direction, meaning what's moving and what's not. This sets the participants up for great movement control along with a better understanding of how to execute each move.

Watch out for the high-volume Tuck Jumps to finish. Coach to the Squat option where needed.

NOTE: This Track has 2 variations in movement patterns – a floor section or a standing section.

TECHNIQUE AND COACHING

4X CLIMBER & 2X PUSHUP COMBO INTO 7X CLIMBER & PUSHUP COMBO

Layer 1

SAY:

- From the floor position
- Hands just wider than the shoulders
- Body in Plank position
- Hips and shoulders square to the floor
- Alternating right and left Mountain Climbers
- Brace abs
- Drop to your knees
- 2x Pushups down and up
- Chest in line with elbows

Layer 2

SAY:

- Let's add some speed and intensity now
- 7x fast Climbers right and left into 2x Pushups
- Training the pushing muscles to increase outward power in striking is the key here
- Pushups and Pushup variations really support this
- Incorporate the chest, triceps and shoulder muscles in these Pushups. Feel the range and then squeeze the chest muscles as hard as you can as you lift up
- In the Climbers, drive the knees in towards the hands while driving the hands hard into the floor

Layer 3

- Building fitness while getting your muscles pumped. Let's goooooo!

STANDING OPTIONS:

- During the Climbers, run or march on the spot
- For the Pushups, Drop Squat with a Jack or standard Squat
- All timings remain the same to keep it simple



05. GOLD DUST (SHY FX RE-EDIT) 4:26mins

TECHNIQUE AND COACHING

JAB CROSS JAB INTO SIDE TOUCHDOWN COMBO

Layer 1

SAY:

- Jab, Cross, Jab
- Right, left, right
- Freeze and repeat. Can you feel the rhythm change here?
- Tuck the chin in and rotate the back heel as you strike for full range in the Cross
- It's a sharp combination that sets us up for this new move – the Lateral Side Touchdown
- From Combat Stance, add on a Side Touchdown. Step the left foot out on the side and reach the left hand down towards the floor
- Keep the chest lifted and bend the knees
- Very quickly push off the outside of the left foot and come back to Combat Stance

Layer 2

SAY:

- The Side Touchdown lifts the heart rate and also tests your ability to move off and back on the spot at speed
- Notice how the hips swing back into the Combat Stance?
- As you step back out, be prepared to rotate the right shoulder back into the Stance and strike the 3 Punches with power and speed

Layer 3

- Can you take on the speed challenge with this combo? Lightning fast and light

OPTION: Side Step and Squat instead of the Side Touchdown

TUCK JUMP

Layer 1

SAY:

- Let's jump and land light
- 2x Tuck Jumps
- Up, up, land with bent knees
- Rebound in between Jumps

OPTION: 2x Squats

Layer 2

SAY:

- As you jump, use your arms to help with the momentum
- Think vertical jumping. As you jump, bring the knees up towards the hips and forward of the pelvis
- Chest is lifted and abs braced super tightly
- This is a challenging move
- NOTE: The last rep is a block of 4! The finisher

Layer 3

- This is it; how high can you jump now?

OPTION: Squat instead of jumping



06. COMBAT 3

TRACK FOCUS

Timing is the secret sauce to making this track pop. The pause allows you to get your balance before the swift Lunge/Knee/Lunge strikes get you. Coach range to the class so they can make it work for them. The Triple Jab needs to be executed strongly and not loose.
(The music is loose, leave that to the music).

FEELS

It's in the lyrics, with the whole "I can do this all day" attitude. Well, okay, maybe you can. But if you do a full range and hit the tight timings, it's tough! This track is all about giving the impression that you can do it all day when actually you can only do it for 4 minutes and 12 seconds. PRACTICE and TRAINING will help you make it look easy.

MARTIAL ARTS

Athletic Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Drums and claps)	2½x8		Front Stance – prepare for Esquiva	20	
0:12	Instr & V / Let's go _	8x8	A	Esquiva Lunge Combo – L		
				L Forward Facing Esquiva	2	
				Reset feet under hips	2	
				L Lunge B	2	
				Reset feet under hips	2	8
0:40	C / I can do this	8x8	A¹	Esquiva Lunge Knee Combo - L		
				L Forward-Facing Esquiva	2	
				Reset feet under hips	2	
				L Lunge B	1	
				L Knee	1	
				L Lunge B	2	8
1:16	V / You better	1x8		L Combat Stance	8	
1:20	/ Cos once you get	5x8	B	Triple Jab & Decoy Switch Combo		
				L Jab x3	4	
				R, L, R Decoy Switch	4	
				R Jab x3	4	
				L, R, L Decoy Switch	4	2½
1:41	C / I can do this all	8x8	B¹	Triple Jab & Decoy Switch with Squat Combo	16	4
				Add Jump into Squat on last Decoy Switch		
2:13	V / Gonna show	2x8		Transition to Front Stance	16	
2:21	/ Cos I can't		A	 sequences A to B1 - R		



06. MAKE IT LOOK EASY 4:12mins

FUNDAMENTALS

WHY

This incredible Capoeira-inspired Track has a movement pattern that challenges our stability and strength. This builds amazing core control and allows us to improve our movement quality.

WHAT?

- A combination of an Esquiva, Lunge and Knee Sequence
- A Triple Jab and Triple Decoy Sequence

HOW?

Initially the Esquiva and Lunge Sequence starts slowly and with control then progressively picks up speed. It's important to coach using Layer 1 cues to support both participant timing and success as the combo increases strikes and range.

TECHNIQUE AND COACHING

ESQUIVA, LUNGE & KNEE COMBO

Layer 1

SAY:

- From Front Stance
- Relaxed Capoeira Guard
- Let's start with the Esquiva
- Step right foot out to the side
- And drop upper body to the right
- Left hand – fingertips to temple
- Right hand reaches down towards the floor
- Lift the chest and brace the abs tightly
- And bend the right knee while straightening the left leg
- As you reset, step the right foot back long into a low Lunge
- Keep the chest up, the hips square to the front and front thigh near parallel to the floor

Layer 2

SAY:

- Can you feel the music building now?
- Let's add some speed on to this and add a Knee
- Step out and Esquiva
- Step back in and into a Lunge
- Quickly execute a right Knee
- Reset the Lunge position and repeat
- This combo has a slow-quick-freeze rhythm. Move to that beat and feel the quads, glutes and core fire up

Layer 3

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

OPTION: Do not add the Knee and reduce the range



06. MAKE IT LOOK EASY 4:12mins

TECHNIQUE AND COACHING

TRIPLE JAB & DECOY SWITCH COMBO

Layer 1

SAY:

- 3 Jabs to the right, followed by a Decoy left, right, left and hold
- Now 3 Jabs and Decoys on the other side
- Retract each Jab light and fast
- As you do the Decoy, switch your Stance and rotate from the waist down
- Wide Stance and bend both knees
- Lift the chest
- Relaxed Guard

Layer 2

SAY:

- This is a fun combo – its agility has been taken from TKD
- The Decoys are quick and light – think fast and move fast
- As the moves and reps progress, in the Decoys add a Jump and Drop Squat on the last rep. This is an added option to increase both the depth in the Squat along with the cardio intensity in the pre-loaded Jump

OPTION: Stepping instead of Jumping



07. MUAY THAI

TRACK FOCUS

Charge up the cardio and endurance because this track is BIG. You’d do well to equip yourself with an extra lung. Basically get your cues ready and make them sharp and clear so you can use them at the right times. This will set you free to physically go there with the levels.

FEELS

This tune is massively reminiscent of the Muay Thai track in BODYCOMBAT Release 21. It’s BIG ROOM music for a BIG ‘banging’ cardio killer. You’ll feel on the edge of your capacity, but the only way to expand it is to stretch yourself.

MARTIAL ART

Muay Thai

MUSIC				EXERCISE	CTS	REPS		
0:00	Intro / Let's go insane			L Combat Stance				
0:01	/ (Warped bass synth)	8x8	A	L Jab, R Cross x2	4	8		
				L, R Uppercut	4			
0:24		8x8	A ¹	L Jab, R Cross x2	4			
				L, R Uppercut	4			
		8x8	A ¹	L Knee x 2	4	4		
							R Knee x 2	4
0:47				16x8	A ²		Full Combo	
							L Jab, R Cross L x2	4
		16x8	A ²	L, R Uppercut	4	8		
							L Knee x2	4
							R Jump Knee	4
1:33	/ Break these walls			Hold & set up Triple Elbow	8			
1:36		3x8	B	L Triple Elbow	4	3		
				Pulse F&B	4			
1:45		4x8	B ¹	L Triple Elbow	4			
				R Descending Elbow	4			
1:56	/ (Warped bass synth building)			Add Jump to Descending Elbow	8	8		
2:19	Instr drop /			Running Man Knees	4	16		
2:42	/ (Warped bass synth and syncopated beats)	8x8	A ²	 Full Combo	16	4		
3:05				Transition to R Combat Stance	24			
3:14				 sequences A to 2nd A ² – R				



07. OFFENDER 6:16mins

FUNDAMENTALS

WHY?

This long Muay Thai track has 3 separate combos that have either a progressive build or a progressive overload. This helps to build stamina and allows your participants to experience a larger variety of strikes.

WHAT?

- A 7-hit combo inclusive of a Jump Knee
- A Triple Elbow with a jumping powerful Descending Elbow
- A block of Running Man Knees – all test both the fast and slow-twitch muscle fibers

HOW?

The 7-hit combo is the standout move in this track and starts with basic strike sequencing and moving to an overload principle. Jabs, Crosses, Uppercuts, Double Knees and Jumping Knees, this track has it all. The Jump Knee is only a plyometric option. Since this track is designed to increase fatigue through repetitions and power, it's important to note the modifications needed.

TECHNIQUE AND COACHING

FULL JAB CROSS UPPERCUT AND KNEE COMBO (INCLUDING THE JUMP KNEE)

Layer 1

SAY:

- From Combat Stance
- Boxing or Muay Thai Guard
- Jab Cross x2 and Uppercut right and left
- 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. Emphasize the power on the Uppercuts as there are only singles

Layer 2

ADD ON THE DOUBLE KNEES:

SAY:

- After the Punch combo, add on a Double Front Knee and a Double Rear Knee
- Lift knees to, or above hip height. Then lean back slightly and brace the abs tightly to support the lower back
- Pull the arms down past the thighs to engage the obliques, lift the heart rate and to create energy

ADD ON A JUMPING REAR KNEE:

- You add on a single Jump Knee by removing the Double Rear Knee. This is only an option.
- You can stay grounded with a Single Knee
- You can stay with the Double Knee
- If you're jumping, jump vertically up, and split the Rear Knee forward at the peak of the strike
- Then return to the original stance prior to landing
- NOTE: This is challenging, and height does not need to be incredibly important, but it will help for completion of the move. You can start low and focus on not splitting the Rear Knee forward as much. Build confidence with these strikes and really work on the control and essence of Muay Thai even with the grounded variations

Layer 3

- This is all motivation; imagine every strike in the Jab Cross Sequence builds with power in every rep so the final Knee becomes the most enjoyable part!

OPTIONS: Single Power Knee or stay with the Double Knee instead of the Single Jump Knee



07. OFFENDER 6:16mins

TECHNIQUE AND COACHING

TRIPLE ELBOW AND JUMPING DESCENDING ELBOW

Layer 1

SAY:

- From Combat Stance with Boxing or Muay Thai Guard
- Right Triple Elbow, 1, 2, 3 and Pulse
- Keep the elbow on the same line and in line with the lead shoulder
- Rotate the upper body into the strike with a small pivot off the lead foot
- Brace the abs

Layer 2

ADD THE DESCENDING ELBOW:

SAY:

- Firstly, add a Rear Descending Elbow
- Lift the elbow above the line of the shoulder
- Think cutting down from high to diagonally low
- Crunching the abs on the way down
- Rotating the shoulders and the chest
- Keeping the lead hand high in Guard position

OPTION TO ADD A JUMP ON THE DESCENDING ELBOW:

- Put more weight on the lead leg and add a small hop. This creates a sense of greater power and it will increase the heart rate. Remember to land soft and light

Layer 3

- Jumping isn't for everybody and that's okay. But if you're not jumping because you're worried about how you might look, then don't concern yourself with that. The beauty is that we all start somewhere and we never stop learning – so be proud of yourself for even trying

OPTION: No jumping

MUAY THAI RUNNING MAN KNEES

Layer 1

SAY:

- From Front Stance
- Boxing or Muay Thai Guard
- Alternating knee strikes right and left
- Maintain height in the knee as well as power
- Keep hips square 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
- Switch the feet up fast and stay light
- Drive the arms down from above the head so that the elbows are past the thighs as the knees come up
- This will really work the heart rate as well as the oblique muscles

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 the impact



08. POWER TRAINING 3

TRACK FOCUS

To get the most out of anything everyone has left in the can, set the intentions and then hold everyone to them. Use your Layer 3 coaching and the music to take participants to the finish line and celebrate this epic milestone of a class.

FEELS

Like you’ve just come out of lockdown to film this class and you’re going straight back in after it’s done, and you don’t know when you will be allowed out of lockdown again. So, the workout feels extra special because you’ve been living in isolation. Now you’re all up in your feels, vibes and gratitude and making the most of whatever you get.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Quiet synths)	A	Front Stance		
0:10	V /	8x8	L, R Shoulder Stretch	64	
0:33	/ _ It's a city	4x8 B	Run OTS	32	
0:43	PC / Tear it down	12x8 B ¹	Run F	16	
			Run B	16	2½
			On last Run F, stay at the front		
1:16	C drop / Ever wanted _	8x8 C	L, R Jab	2	64
1:39	Instr / Ever wanted _	8x8 D	L, R Jab x2	4	
			L, R Hook	4	8
2:01	V / Standing in line	8x8 B	Run OTS and transition to Combat Stance L	64	
2:23	/ A day away	4x8 E	L Jab	2	16
2:34	PC / Tear it down	8x8 E ¹	L Jab, R Cross	2	
			L Hook	2	
			Pulse OTS	4	8
2:56	/ (Building synths)	4x8 E ²	L Jab, R Cross	2	
			L Hook	2	8
3:07	C drop / Ever wanted _	8x8 E ³	L Jab, R Cross, R x2	4	
			L Jab, R Cross	2	
			Hook L	2	8
3:29	Instr / Wanted _	8x8	Front Stance		
			Jab L, R	2	64
3:54	V / Standing in line	8x8 B	Run OTS and transition to Combat Stance R	64	
4:16	/ A day away	D	 sequences E to 2nd C - R		



08. ALL YOU EVER WANTED 6:05mins

FUNDAMENTALS

WHY?

This is an all-out blended power and endurance, high-volume, high-energy Boxing track. This track has been designed to bring participants' technique towards mastery, with well-timed combos and space to complete every single strike.

WHAT?

A 3-hit combo with space by way of pulsing creates a timing shift to allow participants to anchor in their stance to execute with power. Once achieved, the combo is then added to a speed block. This now brings together a speed/power combination that increases fitness and endurance.

HOW?

As the combos within this track build, increase the motivation and energy. There's no need to coach how to execute the strikes but instead, coach to the increase in energy and intensity, connect with your participants and give value and praise.

TECHNIQUE AND COACHING

BLOCK OF FAST JABS INTO THE X4 JAB & X2 POWER HOOK COMBO

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Alternating fast-paced Jabs
- Right and left
- Roll the shoulders forward as you strike
- Brace the abs tightly

Layer 2

ADD ON THE POWER HOOKS:

- Now we're going to add some power shots, so get ready – 4x Jabs right, left, right, left followed by Power Hooks right then left
- Tuck your chin in and keep the guard high
- On the Hooks, release the heels, the hips and rotate the shoulders
- Now move your feet and shift your whole body weight into each Hook
- Move from fast punches to power strikes

Layer 3

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

OPTION: Standard Hook instead of the Power Hook

JAB CROSS HOOK & PULSE COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Power Combo
- Jab Cross Hook and Pulse
- Right, left, right and bounce

Layer 2

SAY:

- Stay relaxed. Science tells us the more relaxed we are, the faster we can execute the moves
- On the Jab Cross and Hook, focus that energy shift so that your power can increase at the same time your speed improves

ADD ON THE X4 JAB CROSS:

- Jab and Cross x4
- Then back into the Jab Cross Hook Combo
- Now we have a separation from a speed combo into a power combo
- Your challenge is to actively show the difference between them; this will really improve your technique

Layer 3

- Moving fast is one thing, moving with power is another, but moving with both is just something else – it's impressive and you all look incredible



09. CONDITIONING

TRACK FOCUS

You need to have practiced your options for this class as there are a few. Be mindful the Walking Hover at the end is really tough after this workout, so coach the alternative early.

FEELS

It's the party at the end of the mega workout to celebrate the achievement. Take it seriously (but not yourself).

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Trumpets)	1x8	Transition to the floor, lie on back	8	
0:04	Chorus / Bongo la	8x8	A Oblique Combo - R	4	
			Double Leg Extension to the R corner	4	
			Bring feet back in and reset to center	4	8
0:34	/ Bongo la	6x8	B Triple Pulse C-Crunch and Extend Combo	4	
			Triple Pulse C-Crunch	4	
			Double Extension of arms and legs	4	6
0:57	Instr / (Trumpets building)	2x8	Reset for Oblique Combo – L	16	
1:05	C / Bongo la	8x8	A Oblique Combo – L	8	8
1:35	/ Bongo la	4x8	B Triple Pulse C-Crunch and Extend Combo	8	4
1:50	/ (Trumpets)	1x8	Transition onto hands and knees/toes for Mountain Climbers	8	
1:56	C / Bongo la	8x8	C Triple Mountain Climber	4	
			L, R, L Mountain Climber	4	
			R, L, R Mountain Climber	4	8
2:27	/ Bongo la	4x8	D Transition to Hover on elbows and knees/toes	32	
2:42	Instr / (Trumpet fanfare)	4x8	E Walking Hover Combo – Slow Set-up		
			L leg out	4	
			R leg out	4	
			Both knees down	4	
			Both knees up	4	
			L leg in	4	
			R leg in	4	
			Both knees down	4	
			Both knees up	4	1
2:57	C / Bongo la	6x8	E ¹ Walking Hover Combo – Full Tempo		
			L leg out	1	
			R leg out	1	
			Both knees down	1	
			Both knees up	1	
			L leg in	1	
			R leg in	1	
			Both knees down	1	
			Both knees up	1	6
3:24	/ (Trumpets)	2x8	Transition to lie on your front and set up for Back Extensions	16	
3:28	/ Bongo la	4x8	F Back Extensions		
			Fingertips to temples		
			Lift chest	2	
			Reach arms out and B	2	
			Return to temples	2	
			Lower chest	2	4



09. BONGO CHA CHA CHA 3:45mins

FUNDAMENTALS

WHY?

Creating a Core Track with a strong focus on oblique training supports the workout based on rotation. This track strengthens the core through integration and isolation exercises.

WHAT?

Oblique Leg Drops, Extended C-Crunching, Mountain Climbers, Hovers and Back Extensions all feature in this track – a full 360 degrees of core training.

HOW?

Nothing too technical in the coaching is needed in this track. Stick to the basics so that your participants can move well. Coach how to execute the move by way of what's moving and what's not. The exercises are done in blocks and then they change, highlighting the music as well as bringing to life the enjoyment of this track.

TECHNIQUE AND COACHING

OBLIQUE KNEE/LEG DROP

Layer 1

SAY:

- Lying on your back
- Knees at right angles directly over the hips and shins parallel
- Drop both knees towards the front, and extend both or just the top leg
- Bend knees and reset. Repeat the same way
- Drop for 2 counts of the music, extend 1 count, close 1 count and bring the knees back 2 counts
- Drop down, down, open, close, come back, back
- Brace abs tightly to keep the lower back pressed towards the floor
- Anchor both shoulders down

Layer 2

- Move with control, drop the knees or legs down to the biting point. You'll know this because you'll feel your core fighting to keep the rear shoulder down as well as feeling the waistline tighten

OPTIONS: Stay with either the Double Knee Drop and stay on a 2/2 timing or extend only the top leg

TRIPLE PULSE C-CRUNCH AND EXTEND COMBO

Layer 1

SAY:

- Triple C-Crunch
- Fingertips to the temples and then throw arms towards the knees and Crunch up
- Slide ribcage down towards the pelvis
- Then brace the abs tightly and extend arms and legs to 45 degrees
- Lower back pressing towards floor

Layer 2

- Slide and squeeze the upper abs as you lift. As you progress through these reps, point the toes and squeeze the quad muscles

Layer 3

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

OPTION: Toe Taps instead of Leg Extensions

TRIPLE MOUNTAIN CLIMBER COMBO

Layer 1

SAY:

- From Plank position
- Hands directly under the shoulders
- Hips and shoulders square to the floor, abs braced with a long straight back
- Alternating Climbers right, left, right then switch
- Draw the knees in – towards the opposite hand
- Alternative is to reduce speed and stay on your knees to maximize best movement while building strength

Layer 2

- It's like doing a Mambo! A core Mountain Climber Mambo

OPTION: Stay on knees and only perform single Climbers



09. BONGO CHA CHA CHA 3:45mins

TECHNIQUE AND COACHING

WALKING HOVER COMBO

Layer 1

SAY:

- In Hover position – on knees or toes
- Elbows under the shoulders
- Knuckles close together
- Knees just outside hip-width
- Pelvis and shoulders stay square to the floor
- Brace the abs
- WALKING PATTERN
- Only from the toes position
- Walk right foot out
- Left foot out
- Drop both knees, then straighten
- Walk right foot in, left foot in
- Drop knees then straighten

Layer 2

- Brace abs tightly to help support the spine.
Notice how the music is building?

WALKING HOVER COMBO (FAST PACE)

- Walk feet out, out drop and lift
- In, in, drop and lift
- The trunk stays still so that the abs work hard
- The only things that move are the feet

Layer 3

- Can you walk to the beat? Can you move your feet to the rhythm? We are feeling alive and in control!

OPTION: Stay on the knees and alternate the Knee Lift only



10. COOLDOWN

TRACK FOCUS

You get to double up on Stretches in this class, which is great for helping people to work on their mobility and flexibility. Encourage your participants to try the extended Stretches and remind them that Rome wasn't built in a day, but day after day. So if they keep chipping away at the Stretches for a few weeks and they will soon see the improvements.

FEEL

EPIC closing credits music to this phenomenal workout. A sense of quiet achievement and satisfaction.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (humming)	2x8	A	Transition to Childs Pose	16	1
0:11	/ Whooo hoo	2x8	B	Down Dog	16	1
0:22	V / Come back to	4x8	C	R Hip Flexor Stretch (L foot F) R arm reaches up	32	1
0:44	PC / Not over yet	2x8	D	Sit B into L Hamstring Stretch	16	1
0:56	C / I am a fighter _	2x8	C ¹	R Hip Flexor Stretch L arm comes inside L thigh, R arm reaches up and over	16	1
1:07	/ Cos I'm a fighter	4x8	D ¹	L Hamstring Stretch or supported Splits	32	1
1:30	V / Under attack	4x8	C	Transition to L Hip Flexor Stretch (R foot F) L arm reaches up	32	1
1:52	PC / Not over yet	2x8	D	Sit B into R Hamstring Stretch	16	1
2:03	C / I am a fighter _	2x8	C ¹	Sit F into L Hip Flexor Stretch R arm comes inside R thigh, L arm reaches up and over	16	1
2:15	/ Cos I'm a fighter	4x8	D ¹	R Hamstring Stretch or supported Splits	32	1
2:38	/ (Quiet)	1x8		Transition to standing	8	
2:43	C / Fighterrrr	4x8	E	R Standing Quadricep Stretch	32	1
3:06	/ I am a fighter	4x8	E	L Standing Quadricep Stretch	32	1
3:28	/ I am a fighter	1x8	F	Shoulder Stretch	8	1
3:34	/ I am aaaa	1x8	G	R Tricep Stretch	8	1
3:40	/ Yea I'm a fighter	1x8	F	L Shoulder Stretch	8	1
3:45	/ I am a fighter	1x8	G	L Tricep Stretch	8	1
Finish						



10. FIGHTER 3:57mins

FUNDAMENTALS

This is a beautiful relaxing Cooldown with short smooth transitions in between Stretches.

Let this meaningful song fill your heart space and close an amazing workout. During each Stretch, if needed, move around to find the most comfortable position before you sink lower. A great tip at this stage is to use your breath with the Stretches.

TECHNIQUE AND COACHING

KNEELING HIP FLEXOR STRETCH

Layer 1

SAY:

- Kneeling Hip Flexor Stretch
- Release the back hip
- Release and relax the back foot
- Chest lifted
- Turn lead foot out slightly
- Take back arm and reach high up to the sky
- **When you repeat this Stretch, reach the arm over the top of the body, lifting the ribcage to intensify the Stretch**
- And drop that lead shoulder down and get comfortable. NOTE: The second time round, sink lower to progressively improve flexibility

KNEELING HAMSTRING STRETCH

Layer 1

SAY:

- Staying on one knee
- Sink the hips back and straighten the front leg
- Point the toes on the front foot
- Keep the chest sitting in the middle of the lead knee
- Feel the stretch in the front hamstring
- **When you repeat this Stretch, extend the back leg further away and sit longer in this move to intensify the Stretch**



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

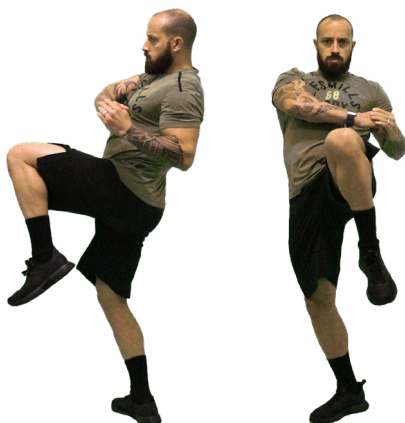
STRIKE

- 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 and 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.

