

BODYCOMBAT

91

MUSIC

01A. UPPER BODY WARM-UP

01B. LOWER BODY WARM-UP

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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

DECLARATION OF INTENT

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THE HISTORY OF MARTIAL ARTS

THE HISTORY OF BOXING

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

- Victory is achieved if the opponent is knocked down and unable to get up before the referee counts to 10 seconds; this is called a knockout or KO.
- If the opponent is deemed too injured to continue, this is called a technical knockout or TKO.
- If there is no stoppage of the fight before an agreed number of rounds, a winner is determined either by the referee's decision or by judges' scorecards.

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

THE HISTORY OF KARATE

Karate is a Martial Art that is centuries old and essentially Japanese. The translation of 'kara' is open and the translation of 'te' is hand. So Karate means 'empty hand'. Karate training is commonly divided into three sections:

- Kihon (the basics or fundamentals)
- KATA (forms)
- Kumite (sparring)

THE HISTORY OF MUAY THAI

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

Muay Thai is the national sport of Thailand.

THE HISTORY OF KUNG FU

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

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

There are five animal forms:

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

THE HISTORY OF TAE KWON DO

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

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



MUSIC

- 01A

Hero (DISTO Remix) (4:09)
Afrojack & David Guetta
© 2021 Wall Recordings.
Written by: van de Wall, Eriksen, Hermansen, Tedder, Scott, Goulding, Guetta
- 01B

Imma Wildfire (3:05)
Easy McCoy feat. Adam McInnis
© 2019 Position Music.
Written by: Rygg, Greene, McInnes, Roberts
- 02

Stay Mine (Gabry Ponte Remix) (5:22)
Timmy Trumpet & Afrojack
© 2021 SpinninRecords.com.
Written by: Smith, Bunawan, van de Wall, Hammar, Nyström, Crystal
- 03

Alone (5:47)
Maduk feat. Marianna Ray
© 2021 Liquicity Records.
Written by: Doorschodt, Van der Zwan
- 04

Energy (4:41)
Easy McCoy & Black Hydra
© 2020 The Entity Music Group/Black HYDRA.
Written by: Murray, Hayden, Greene
- 05

Holdin’ On (5:56)
Never Let Me Go
© 2022 Les Mills Music Licensing Ltd.
Written by: Moore, Sandilands, Christopher, Morris, Ray, Stephens
- 06

Odin (5:19)
Tony Junior & Apaztron
© 2020 Revealed Music B.V. Licensed courtesy of Central Station Records.
Written by: Claessens, Persson
- 07

Team (4:17)
TV Noise
© 2017 Spinnin’ Premium / SpinninRecords.com.
Written by: ten Hoeve, Gelderblom
- 08

Alive (5:24)
Dimension feat. Poppy Baskcomb
© 2021 Dimension.
Written by: Etheridge
- 09

Rari (3:24)
Swimnaked
© 2020 Les Mills Music Licensing Ltd.
Written by: Price
- 10

I Am Fearless (3:28)
Easy McCoy
© 2020 Position Music.
Written by: Green, Lake



BODYCOMBAT 91



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

Welcome to your XR extended reality, an opportunity to mold and bend your environment. You put water into a cup, it becomes the cup! You put water into a bowl, it becomes the bowl! BODYCOMBAT Release 91 allows you to master your environment. Whether you are on the street level or in the dojo, setting the tone of discipline and enjoyment, or traveling through the city hanging with Jump Knees, this workout welcomes the next step in the brilliance of technology meeting combat power.

Jump Kicking and Karate freestyle set the tone early in this workout, followed by powerful Boxing-inspired movement patterns into the new Sliding Side Kick. Don't panic if you get zapped into warp speed in Track 5 as the dance floor comes alive with strength, plyometric moves and speed conditioning.

Bringing this workout home in the vault where you unlock the punching excellence while challenging the core muscles.

This was an amazing filming experience and certainly something very new.

Keep it real and stay with the fight!

Dan Rachael 😊

CREDITS

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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. She is passionate about people and helping them find their soul-mate workouts and believes that once they do, the rest will take care of itself. Rach 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.

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Natasha Vincent (New Zealand) is a BODYCOMBAT and 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.



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.

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	38:36

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	26:04

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			

RELEASE FEEDBACK

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



01A. UPPER BODY WARM-UP

TRACK FOCUS

Get your Layer 1 cues ready to fire out as there aren't many reps just hanging around on one move. The 6x Jab Pivot combo is slow enough to get full range and is a great way to lift the heart rate. The Squat Stand Decoy move at the end is a blood pumper. So give your participants options to reduce the intensity to something slightly easier for the newbies and offer a countdown for the regulars so they know it's going to end at some point...

FEELS

A kaleidoscope of combat is what this song and Warm-up is. It seems like every 20/30 seconds, you have been moved into a different vibe. Warm, soft and inviting to begin with and then absolute FIRE, hard and heavy-hitting the next.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Ooooooh	2x8		L Combat Stance	16	
0:11	V / Little girl	4x8	A	Jab L, Cross R	4	8
0:24	/ She dreams	4x8	B	Jab L	2	16
0:36	B up / But dreams	8x8	C	Jab Cross Combo		
				Jab L, Cross R x2	4	
				Jab L x2	4	8
1:02	C Drop / Hero in _	8x8	D	Jab L with L Pivot Step F then L x6	12	
				Squat (Combat Stance)	4	4
1:28	Instr / Youuuuuuuu	4x8	E	Uppercut L, R	4	8
1:40	Electric Instr / Turn up the baseline _	8x8	F	L Hook x2	4	
				Decoy R, L	4	8
				Note: One extra Decoy on the last rep to change to R Combat Stance		
2:06	/ In _			 Sequences A to F - R		



01A. HERO 4:09mins

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. **Use coaching cues that support the 6x L-shape Jab Sequence, such as: *Punch forward and side 6, 5, 4... Pivot off the back foot; stay relaxed.***

HOW?

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

TECHNIQUE AND COACHING

JAB & CROSS SEQUENCE INTO SINGLE JABS

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Single Jab and Cross right and left
- Keep soft elbows, chin tucked in; target just above the line of the shoulders
- Rotate the shoulders and trunk as you strike
- Brace abs
- Stay light on the feet with a small rotation of the hips

Layer 2

As you perform the Single Jab, SAY:

- Let's focus on the single lead Jab; ensure the positioning of the body weight is where you can comfortably start to move forward and back
- Tuck chin in
- After 8 reps, start to move the lead foot forward and back so that you create more energy in the strike and start to get off the spot
- The target is towards the chin
- Keep the elbows bent
- No power. So, strike lightly

Layer 3

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

4X JAB CROSS AND 2X JAB COMBO

Layer 1

SAY:

- Now let's put a combo together: 4x Jab Cross right and left followed by the 2x Single Jabs
- Add some speed and momentum as you're getting warmer
- Keep your Boxing Guard up
- After 4x reps, bring the footwork back in on the Double Jab
- This is called bridging the gap as you step forward and strike. It's a great way to stay loose and relaxed
- 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 and add a little more power into these Jabs

L-SHAPE JAB COMBO

Layer 1

SAY:

- From Combat Stance
- Jab to the front, then turn to look right and Jab to the side, creating the letter 'L'
- Count backwards from 6, 5, 4...
- Keep chest lifted
- Slight bend in the knees and pivot off the back foot

Layer 2

- Keep the punches light and stay in the Combat Stance even when you pivot turn
- This is a great opportunity to:
 - 1) Raise the heart rate
 - 2) Cover more space
 - 3) Move in a different direction

ALTERNATING UPPERCUTS

Layer 1

- From Combat Stance
- Boxing Guard

SAY:

- Uppercut right and left
- Target towards the chin
- This is a vertical strike
- Rotate the shoulders forward
- Turn the hips and release the heels softly as you move with a slow pace



01A. HERO 4:09mins

TECHNIQUE AND COACHING

DOUBLE HOOK SEQUENCE

Layer 1

- From Combat Stance
- Boxing Guard

SAY:

- 2x Hooks front arm, then Decoy left and right
- Elbow 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
- As you decoy, keep a wide but slightly lower Combat Stance and simply twist the body to change the stance
- Land softly

Layer 2

SAY:

- Decoys are excellent for core and lower body training
- Decoys are also a great way to confuse your opponent

OPTION: Step Pivot instead of Jump Switching



01B. LOWER BODY WARM-UP

TRACK FOCUS

You are going to need to practice your cues like lines for this track so you can shift into autopilot for the choreography and allow some good Layer 1 cues to get through the cracks. Leaving it to chance will leave you feeling busy and juggling your priority list and you'll end up defaulting to singing the lyrics. Lots of lefts and rights and basic foot positioning cues are helpful.

FEEL

This is a 'ballsy' lower body tune that struck me like a Love Island contestant walking into the villa who knows they get to pick a partner and aren't getting voted out any time soon. It's THAT level of confidence I'm talking about. If that's not relatable, imagine being Dwayne 'The Rock' Johnson. Nuff said.

MARTIAL ARTS

Kick-boxing, Karate, TKD

MUSIC			EXERCISE		CTS	REPS
4:08	Intro /	1x8		Front Stance	8	
4:13	Instr / Fire starter _	2x8	A	Adductor Stretch Sequence		
				R Adductor	2	
				L Adductor	2	3
				Roll up to standing on last 4 cts		
4:24	C / I'mma wildfire	4x8	B	Wide Ginga R	2	
				Front Kick L	2	
				Wide Ginga L	2	
				Front Kick R	2	4
4:46	V / Yea I mix	4x8	C	Evasive Side Kick L		
				Step R	1	
				Side Kick L	2	
				Step B and reset	1	8
5:08	/ Cleaning up	2x8	D	L Combat Stance		
				Roundhouse Set-up L	2	
				Reset step into stance	2	4
5:19	/ Wild out	2x8	D ¹	Roundhouse Kick L	2	
				Reset step into stance	2	4
5:30	C / I'mma wildfire	4x8	B	Front Stance		
				Wide Ginga L	2	
				Front Kick R	2	
				Wide Ginga R	2	
				Front Kick L	2	4
5:52	V / Yea baby I'm all that	4x8	C	Evasive Side Kick R		
				Step L	1	
				Side Kick R	2	
				Step B and reset	1	8
6:14	/ I stand on	2x8	D	R Combat Stance		
				Roundhouse Set-up R	2	
				Reset step into stance	2	4
6:25	/ Wild out	2x8	D ¹	Roundhouse Kick R	2	
				Reset step into stance	2	4
6:35		½x8		Hold R Combat Stance	4	
6:37	C / I'mma wildfire	6x8	E	Squat & Decoy Combo		
				Squat	1	
				Decoy to L Combat Stance & stand	1	
				Squat	1	
				Decoy to R Combat Stance & stand	1	12
				Note: Add Fend after 8 reps		



01B. IMMA WILDFIRE 3:05mins

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 when they speed up movement patterns later on in the workout.

TECHNIQUE AND COACHING

WIDE GINGA WITH FRONT KICK

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Step to the left and back into the Ginga with a low Front Kick to the right
- Then step to your right and repeat on the other leg
- Relax the upper body and keep it simple
- Brace abs tightly and lean back slightly as you strike

Layer 2

- As you strike, stay light and bouncy
- Keep it upbeat and kick low with control

EVASIVE SIDE KICK

Layer 1

SAY:

- From Front Stance
- Step to the left
- Evasive Side Kick to the right
- Step back into a Top-Half Relaxed Lunge
- Lean away to the side as you kick
- Brace abs tightly

OPTION: Kick low

Layer 2

- Keep the target low as we are only warming up, working the hamstrings, quads, adductors and hips
- Think about moving away from your opponent as they step towards you and that's when you strike

Layer 3

- It's great to start with some controlled Tae Kwon Do 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 to 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 up the core muscles and warm up the hips faster

OPTION: Kick low with control



01B. IMMA WILDFIRE 3:05mins

TECHNIQUE AND COACHING

SQUAT & DECOY COMBO

Layer 1

- From Combat Stance
- Boxing Guard

SAY:

- Squat down and stand up
- Then Decoy Switch Stance
- Drop the butt down and back in line with the knees
- Lift the chest
- Squeeze the abs

Layer 2

- After 8 reps, start to add the 'fend off'
- This is where you pretend to push your opponent away with your hand
- Keep the guard up nice and high and feel the leg muscles start to fire up

OPTION: Pivot Step instead of the Decoy Switch



02. COMBAT 1

TRACK FOCUS

Be sure to let people know this is an Add-on routine. That's the key to success. Reiterate that you are going to add on the Knee and Kick to the combo. Put the power and strength into the blocks in the Karate sequence and encourage people to let loose with the Roundhouse.

FEEL

It's like combat in a nightclub when those chunky trance beats rise up and you aren't sure whether you walked into your workout or a club.

MARTIAL ARTS

Kick-boxing, Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		L Combat Stance	8	
0:03	V / _ <i>Why should</i>	8x8	A	Jab L	1	
				Cross R	1	
				Hook L	2	
				Knee R x2	4	8
				Add Hop on knees after 4 reps		
0:28	PC / <i>As time goes</i>	6x8	A ¹	Add Jump Kick Set-up		
				Jab L	1	
				Cross R	1	
				Hook L	2	
				Knee R x2	4	
				Knee R	2	
				Hop exchange into Front Kick L OTS	2	
				Pulse OTS	4	3
				Option to 👁 Traveling Jump Kick on last rep		
0:48	C Drop / <i>Stay mine _</i>	8x8	A ²	Full KB Combo		
				Jab L, Cross R, Hook L	4	
				Knee R x2	4	
				L Jump Kick F	4	
				Shuffle B	4	4
1:13		1x8		L Combat Stance	8	
1:16	V / _ <i>Sometimes</i>	4x8	B	Karate Combo		
				Low Block L	2	
				Mid Block L	2	8
				Option to 👁 Triple Block on last rep		
1:29	/ <i>We made it</i>	4x8	B ¹	Triple Block & Pulse		
				L Block Low, Middle, Low	4	
				Pulse F&B	4	4
1:42	/ <i>As time goes</i>	8x8	B ²	Block & Kick Combo		
				Low, Middle, Low Block L	4	
				L Roundhouse Kick	4	8
2:08	C Drop / (<i>Synths scratching</i>)	10x8	A ²	 Full KB Combo	16	5
2:40		1x8		R Combat Stance	8	
2:43				 Sequences A to 2nd A ² – R		



02. STAY MINE 5:22mins

FUNDAMENTALS

WHY?

Bringing together the athleticism of the Jumping Front Kick along with the control of Karate to create both kicking cardio conditioning and blocking power.

WHAT?

This track focuses on an 'Add-on'. Break down the initial combo using basic cueing language (Layer 1). Add to the combo by giving small tips on how to build momentum, power and speed.

HOW?

Round 1 is when the combinations build together; round 2 is the Karate blocking and Roundhouse Kick Sequence. This brings us to round 3, which is round 1 with the full combo.

Use THIS final block to really motivate the length of the Jumping Front Kick or power in the upper body strikes.

This is then repeated on the other side. Use this as an opportunity to not 'copy and paste' but instead bring out the best in your participants' technique and movement quality.

TECHNIQUE AND COACHING

JAB CROSS HOOK WITH JUMP KICK COMBO (NO TRAVEL)

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab, Cross, Hook and Double Back Knee
- Right, left, right, then left, left (as an example)
- If this combination feels great after 4x reps, start to add a bounce as you perform the Double Back Knees
- This lifts the heart rate and increases the power output
- The Jump Kick add-on is a Back Knee with a very short hold (Freeze). Then hop on the spot and do the Front Kick with the lead leg
- 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 the Jump 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

ADD ON THE JUMP AND TRAVEL FORWARD OR STEP KICK FORWARD:

- To jump and travel on the Jumping Front Kick, load the supporting leg as you step forward and take your body weight forward
- Use the Double Knee as the momentum to help with the switch from the Back Knee to the Front Kick
- It's important to note that the Jump Kick is more about creating distance and not height; use cues to explain this effect
- You can 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 a sense of lightness. Who's going to give it their best right now? Who's going to give it absolutely everything they've got?

OPTION: No jumping. Stay grounded with power



02. STAY MINE 5:22mins

TECHNIQUE AND COACHING

KARATE BLOCK AND ROUNDHOUSE KICK SEQUENCE

Layer 1

SAY:

- From Right Combat Stance
- Martial Arts Guard
- Double Block
- Low, then middle
- Chest lifted with abs strong
- Sit low into the legs
- The Low Block stops inside the line of the lead knee. Maintain straight arms
- The Middle Block stops with the fist in line with the lead shoulder and the bent elbow
- Note: The Double Block becomes a Triple Block. The same principles apply as the Double Block with the addition of speed moving down, up, down

Layer 2

SAY:

- Keep sitting low so that you feel the glutes and quads loaded here; the Blocks are powerful and strong
- Let's create a solid posture – keep lifting the chest and squeezing the shoulder blades together

ADD ON:

- The Roundhouse Kick
- As you kick, lean the body weight backwards and choose a kick height that challenges you as well as helps you maintain great technique
- Then kick sharply
- Each time the kick 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 height of the Roundhouse Kick



03. POWER TRAINING 1

TRACK FOCUS

This track is a triple threat of speed, power and skill. The Front Stance is all flow orientated. Next up, encourage the class to bring power to the 8 reps of the first combo. Then, make the skills training happen in the Slip combo by helping people move their bodies out of the way efficiently. Use the legs, the core and the clock face. That means imagine moving around a clock face, not making your face a clock.

FEEL

Like the montage of the Spiderman love story; where you are willing Spiderman to beat the villain but he’s under some evil control, as he swings through the city trying to save his ‘crush’ from the enemy and remembers Iron Man and who he is – where all his training pays dividends and he holds on long enough and saves the day. I’m basically saying this track is epic and emotional and long but worth it. Makes you want to stay for the credits to see what happens next...

MARTIAL ART

Boxing

MUSIC		EXERCISE			CTS	REPS
0:00	Instr /	12x8	A	Run OTS	96	
0:32	V / You know _	8x8	B	Front Stance Jab L, R x2 Body Rip L, R x2 Hook L, R	8 4 4	4
0:55	C Drop / Can you hold on _	8x8	B ¹	Jab L, R x4 Body Rip L, R x2 Hook L, R	8 4 4	4
1:16	PC Vocal / Can you hold on _	8x8	C	Jab L, R x2 Hook L, R	4 4	8
1:39	C Drop / Can you hold on _	8x8	B ¹	Jab L, R x4 Body Rip L, R x2 Hook L, R Note: 3x Hooks L, R, L on last rep	8 4 4	4
2:01	V / Do you hear	8x8	A	Run OTS	64	
2:22	But you know _	8x8	D	L Combat Stance Jab Cross L, R x2 Uppercut L x2	4 4	8
2:45	C Drop / Can you hold on _	8x8	E	Jab L x2 Cross R Slip R, L	2 2 4	8
3:07	Extended C / You won't be alone	8x8	E ¹	Jab L x2 Cross R Slip R, L Run OTS	2 2 4 8	4
3:29	Instr / Holdin' on _	8x8	F	Front Stance Jab L, R	2	32
3:52	V / Do you hear	8x8	A	Run OTS	64	
4:13	R Combat Stance  Sequences D to F – R					



03. ALONE 5:47mins

FUNDAMENTALS

WHY?

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 Power Jab Body Rip and Hook Sequence. This starts with a slow-fast-slow-paced rhythm.

This consists of 4x Alternating Power Jabs into the 4x faster-paced Body Shots followed by an Alternating Power Hook right and left (4, 4, 2).

Note: The rhythm then changes to a fast, fast, slow pattern (8, 4, 2).

The second is the Double Jab Cross and Slip Sequence with the High Knee running. This really builds fitness and skill.

HOW?

The Front Stance Power Jab Body Rip and Hook 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 Hooks and then how you can increase speed on the Front Stance Jabs. Take these opportunities to see the members in class really improve their technique.

The Slip section training combination has a little more complexity. This is due to the off-center target alongside a running combo that's built over a 1-to-2-minute section. Use this time to coach to the coordination benefits as well as the fitness benefits and then motivate.

TECHNIQUE AND COACHING

POWER JAB, BODY RIP & HOOK COMBO SLOW, INTO FAST

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Alternating Slow Jabs right and left
- 4x fast Body Rips
- Stand up
- Power Hook right and left
- Keep the sequence of combinations linked together – no stopping
- Brace abs as you strike
- Keep elbows soft
- On the Power Hook, shift the weight from side to side as you strike. As you do the Power Hook right arm, you'll shift your weight to the left and repeat on the other side

Layer 2

SAY:

- The power behind the punches is initiated from the core, hips and legs
- The stances play a crucial role in creating power. Ensure the feet are hip-width apart; 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 target; this will allow the body to move with speed
- Note: The Power Jabs become 8x faster-paced Jabs. Keep the movement pattern the same and note that the rhythm now becomes 8, 4, 2 instead of the previous 4, 4, 2

Layer 3

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

OPTION: No jumping on the Power Hooks



03. ALONE 5:47mins

TECHNIQUE AND COACHING

DOUBLE JAB CROSS, SLIP AND RUN SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- Double Jab Cross
- Slip left and right
- Tighten the abs, guard up high and tuck in your chin

Layer 2

SAY:

- Imagine the face of a clock. As we know, the center is 12 o'clock
- As you slip to your left, think of dropping and crunching down to 3 o'clock and then 9 o'clock
- The lower you dip, the more core activation there is. Maintain that high chest position as you dip
- Add on the Run
- Pump the arms and legs so that they are in sync
- Lift the heart rate up and hold on

OPTION: Marching instead of running



04. COMBAT 2

TRACK FOCUS

The Advancing Side Kick gets it’s time for drilling and developing. Be sure to set up with simple and clear feet and Layer 1 cues, allowing options for people new to BODYCOMBAT. All the combos in this track are power focused so you feel exhausted when you commit everything to each strike. Little slower, which allows the mastery of the advancing side to happen.

FEEL

Imagine the all stars of HIP HOP from Los Angeles getting pumped up for their halftime show at the Super Bowl in LA 2022. They are on a whole other level of energy and hype. The self-belief is stronger than vibranium – IYKYK.

MARTIAL ARTS

TKD, MMA

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Strings)	2x8		Front Stance	16	
0:11	(Drums)	2x8	A	Adductor Stretch R, L Roll up on last 4 cts	4	3
0:23	V / _ I live life	8x8	B	Advancing Side Kick L Hold OTS and transition guard to next target Advancing Side Kick R Hold OTS and transition guard to next target	2 2 2 2	8
1:05	C Drop / _ (choir vocals)	4½x8	B¹	Advancing Side Kick R, L – Full speed and hold OTS	8	4½
1:25				L Combat Stance		
1:27	V / _ uh I’m up before	4x8	C	Jab L, Parry R, Jab L Squat	2 2	8
1:47	_ I put it on	4½x8	D	Cross R Front Kick L	2 2	9
2:10	C Drop / _ (choir vocals)	4x8	D¹	Super Punch R Propulsive Jump Kick L OTS Note: 1x extra Super Punch to finish	2 2	8
2:30		½x8		Front Stance	4	
2:32	V / I live life			 Sequences A to D¹ – R		



04. ENERGY 4:41mins

FUNDAMENTALS

WHY?

This track has 3 separate sequences:

- 1) The Advancing Side Kicks
- 2) The Jab Parry Combo
- 3) The Super Punch and Propulsive Jump Kick Sequence

WHAT?

The Advancing Side Kicks start low with control and are slow-paced.

These kicks progress to a Sliding or Hopping Side Kick. This now becomes an advanced version of the Advancing Side Kick.

The Super Punch and Propulsive Jump Kick Sequence follow the same pattern, starting slowly and then the more challenging variation comes into play.

HOW?

Coach using the options and modifications in this track for deep participant engagement. The slide into the Advancing Side Kick is challenging and achievable. The Jab Parry sequence is basic to offset the previous combo. And the Super Punch and Propulsive Jump Kick is all power and lifted heart rate.

TECHNIQUE AND COACHING

SLOW- TO FASTER-PACED ADVANCING SIDE KICK SEQUENCE

Layer 1

SAY:

- From Front Stance with Martial Arts Guard
- Look to the right
- Right Advancing Low Side Kick
- Step left foot behind right and kick low
- Land wide and reset to the other side
- Squeeze the abs
- And look towards the direction of the kick

Layer 2

Add the speed and Hop or Slide:

- Now speed up and hold
- Step behind quickly and freeze

Advanced Options:

- To replace the step with a Slide or Hop into the Side Kick
- As you slide or hop, transfer the weight from one foot to the other and lean the upper body away

This will allow you to:

- 1) Cover more distance
- 2) Increase speed
- 3) Increase power

Ensure that the upper body stays relaxed, land into a Wide Stance and bend knees

Layer 3

- All Martial Artists look for an opportunity to create a kick that can deliver greater power and results. Well, this is it!

OPTION: No sliding; keep stepping behind



04. ENERGY 4:41mins

TECHNIQUE AND COACHING

JAB, PARRY, JAB AND SQUAT

Layer 1

SAY:

- From a Combat Stance with Boxing Guard
- Jab, Parry, Jab and Squat
- To the right side
- Jab with the lead arm and then parry with the back arm
- Finally jab and then squat
- Keep the chest lifted and squeeze the abs
- Hips squared to the front
- As you squat, drop down so that the butt sits in line with the back of the knees

Layer 2

SAY:

- Jab with speed and then move off to the side as you do the Parry
- Parry with an open hand as if you're pushing or blocking a strike, and now counter back with a final Jab and then a low Squat

SUPER PUNCH & PROPULSIVE JUMP KICK COMBO

Layer 1

SAY:

- From Combat Stance and Boxing Guard
- Left Cross
- Right Front Kick
- Release back heel on the Cross and strike with power
- Kick off the front leg and brace abs tightly to help with balance

Layer 2

- Now that you have the perfect timing, let's increase intensity by way of power and height
- As you cross, lean into the front leg and hop
- As you kick, lean onto the back leg and hop
- Now you have two hops – front foot and back foot
- On the Super Punch, push off of the front foot and think vertical instead of forward for this particular combo
- On the Front Kick, add a small hop directly upwards and at the peak of the height, release the front leg and snap the Front Kick
- Use arms to help momentum
- Land softly after each hop and keep your Guard up high

OPTION: Punch and Kick with no jump



05. POWER TRAINING 2

TRACK FOCUS

With a standing and ground option here, be sure to have your choreography options ready for cueing. It is a tough track, so encourage people to use the options throughout the track and build fitness over time. Each time they do this track, they can tailor it to increase intensity when they are ready to. Motivate the group to perceive hard work as an opportunity to light it up rather than struggle through.

FEEL

To keep things in the movie metaphor world, this has a definite ‘Guardians of the Galaxy’ vibe. It is bonkers hard work and there is a slim chance of making it out alive, but the soundtrack makes you want to keep holding on.

MARTIAL ART

MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Transition to the floor and provide Squats as the standing option and Knees and Runs as the floor options	32	
0:22	V / Broken footsteps	4x8	A Renegade Pushup Combo – slow Pushup 2/2 Renegade Pull L Pushup 2/2 Renegade Pull R	4 4 4 4	2
0:44	/ A king without	14x8	A ¹ Renegade Pushup Combo – fast Pushup Renegade Pull L Pushup Renegade Pull R Double Pulse Pushup	4 2 4 2 4	7
1:00	C Drop / My hope will never _	16x8	A ² Mountain Climber Pushup Combo Mountain Climber L, R x8 Renegade Pushup Combo – fast	16 16	4
1:45	/ Onnnn _	4x8	Transition to standing	32	
1:56	Instr / (Violins)	4x8	B L Combat Stance Jab L Cross R Uppercut L	1 1 2	8
2:07	V / (Broken footsteps)	12x8	B ¹ Jab L, Cross R, Uppercut L x2 Run OTS	8 8	6
2:31	/ A king without	16x8	B ² Jab L, Cross R, Uppercut L x2 Run OTS Double Bolt Sprawl	8 8 16	4
3:24	/ (Laser gun sounding synths)	8x8	C Jab Cross L, R x7½ Decoy and Tuck Jump x4	16 16	2
3:46	/ Holdin’ onnnnnn	5x8	Recover, Hold OTS	40	
4:00	Instr / (Violins)	R Combat Stance  Sequences B to C - R			



05. HOLDIN' ON 5:56mins

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 speed punches, Modified Sprawl and Bolt improve both body weight 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 with a new Sprawl and Bolt sequence.

Block 3 is a finisher with modified options – Jabs and Crosses into a Decoy and Tuck Jump.

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 fast-paced Jabs, Crosses, Decoys and Tuck Jumps after the Bolt sequence as they come straight in as a finisher.

Note: This track has two variations in movement patterns – a floor section or a standing section.

TECHNIQUE AND COACHING

RENEGADE PUSHUPS INTO THE 16X MOUNTAIN CLIMBER PUSHUP COMBO

Layer 1

SAY:

- From the floor position
- Hands outside shoulder-width
- Body in Plank position
- Hips in line with shoulders
- Pushup down and up into a right Renegade Row and change
- Brace abs, keep hips and shoulders square
- Drop to your knees to maintain great technique
- Chest no lower than the elbow crease

Layer 2

SAY:

- Let's add some speed and intensity now
- Speed up the Renegade Pushups and add on 2x Pulse Pushup; stay mid-range to fire up the chest and triceps more

ADD ON:

- 16x Fast Mountain Climbers right and left into those 2x Renegade and Pulse 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
- Pull the elbows up on the Renegade Row to hit the mid and upper back muscles while challenging the core in this position
- On 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 gooooo!

STANDING OPTIONS:

- During the Pushups, Squats and Power Knees
- During the Climbers, run or march on the spot
- All timings remain the same to keep it simple



05. HOLDIN' ON 5:56mins

TECHNIQUE AND COACHING

MODIFIED SPRAWL INTO THE 2X BOLTS

Layer 1

SAY:

- From Front Stance
- Drop to the floor and sprawl
- Shoot both legs back
- Brace abs tightly as you stop in Plank position
- Pull the hips back to your heels and bolt into Plank x2
- Jump feet back in under the hips and jump back up vertically to stand

Layer 2

- The Bolt is designed to release the shoulders as you pull back and at the same time, it loads the hips and legs
- Then bolt the body weight forward and feel the core ignite
- As you jump in, really try to vertically lift as high as you can

OPTIONS:

- Stay standing
- Squat Jack with Arm Reach x4

DECOY AND TUCK JUMPS

Layer 1

SAY:

- Let's jump and land lightly
- Decoy into a Tuck Jump x4 R
- Switch, jump up, land with bent knees
- Rebound in between Jumps

OPTIONS: 4x Squats or Pivot Turns

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
- Chest is lifted and abs braced super tightly
- This is a challenging move

OPTIONS: Squat or Pivot instead of jumping



06. COMBAT 3

TRACK FOCUS

The use of the pause gives this Front Kick a lot to write home about. It's excellent core training and helps your participants get control of that Front Kick like never before. When you move into the leg conditioning combo, you aren't there for long so encourage people to go full range in the Lunge and Esquiva. The first couple of reps may require the class to take a look and catch up, unless you have prepared some clear and early cues, which would be helpful.

FEELS

Scoring points on the mat here. Do it for your country. If you don't kiah, do you really BODYCOMBAT correctly? Dang... I wish I'd said that in filming now, ha ha ha!

MARTIAL ARTS

TKD, Capoeira

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Ahhhhhh	4x8	L Combat Stance		32	
0:14	Instr / (Synths melody)	8x8	A	Jab L	1	8
				Cross R to body	1	
				Hook L to head	2	
				Pulse OTS	4	
0:27	B up / (Chanting vocal noise)	8x8	A ¹	Jab L	1	8
				Cross R to body	1	
				Hook L to head	2	
				Back Kick R	4	
0:53	C Drop / (Haunting floating vocal)	8x8	A ²	Full Combo		8
				Jab L	1	
				Cross R to body	1	
				Hook L to head	2	
				Back Kick R	2	
				Front Kick with Pause L	2	
1:20		1x8	Hold L Combat Stance		8	
1:23	V / (Chanting Vocal noise)	16x8	B	Half Ginga R x2	8	4
				Esquiva Lateral R	4	
				R Lunge B	2	
				Switch Lunge on to L	2	
				Repeat to L	16	
				Introduce Plyo Lunge as option after 2 reps		
2:16	C Drop / (Full-noise instruments)	8x8	A ²	L Combat Stance  Full Combo	8	8
2:43		1x8	R Combat Stance		8	
2:46			 Sequences A to 2nd A2 - R			



06. ODIN 5:19mins

FUNDAMENTALS

WHY?

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

WHAT?

A combination of a TKD speed combo involving a 'Pause Front Kick' as well as the Esquiva and Lunge Sequence.

HOW?

Initially a Jab to the head, Cross to the body and Hook to the head is performed as one combo. Adding on the Back Kick and then the Pause Kick allows for participants' success. This is then followed by the slow set-up of the Esquiva and Lunge Sequence. It starts slow and controlled and progressively increases range.

Note: It's important to coach using Layer 1 cues to support participants' timing and success as the combo increases range.

TECHNIQUE AND COACHING

JAB CROSS HOOK AND BACK KICK SEQUENCE

ADDING ON THE PAUSE KICK

Layer 1

SAY:

- From Combat Stance
- Relaxed Boxing Guard
- Right leg forward
- Stay light
- Jab, Cross and Hook
- Jab high, cross to the body, hook high and pulse forward and back
- Stay light and relaxed throughout

Layer 2

ADD ON THE BACK KICK:

- Look over the rear shoulder
- Lean the body weight forward and execute the Back Kick
- Ensure the strike surface of this kick has the heel facing up and the toes down
- Prime this kick with a step off the front foot. Slide back into position to help transfer the weight onto the forward foot. This will help you balance as you strike the Back Kick
- Brace the abs tightly

ADD ON THE FRONT KICK PAUSE:

- **This is very similar to a standard Front Kick**
- The main difference is the timing
- When performing this kick, hold the kick for half a second longer after retraction and then, on the 1 count of the music, land the kick at the same time as you perform the Jab to the head

Layer 3

- Can you hold the kick to the very last moment? If you can, that means your core control is amazing



06. ODIN 5:19mins

TECHNIQUE AND COACHING

GINGA & ESQUIVA SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Relaxed Capoeira Guard

Level 1:

- Let's start with the Double Half Ginga
- Step foot out to the side and back 2 times
- Then drop down into the forward-facing Esquiva
- Right hand – fingertips to temple
- Left hand reaches down towards the floor
- Lift the chest and brace the abs tightly
- Bend the left knee while straightening the right leg
- As you reset, step the right foot back into a relaxed Lunge
- Again, keep the chest up, the hips square to the front and front thigh parallel to the floor
- Then switch legs to the other side and repeat full sequence

Layer 2

SAY:

- Can you feel the music building now?
- OK, let's now add onto this some range and depth on the Esquiva
- Step back in and into a Lunge and switch. The option now is to add a little Plyo Jump as you switch

OPTION: Let's add the flavor; let's bring the essence of Capoeira alive



07. MUAY THAI

TRACK FOCUS

This track has short explosive bursts of high-octane BODYCOMBAT, so let your participants know that so they can put their foot down and locate that intensity when it’s time. That also means you need to demonstrate the no Plyo option while motivating the heck outta people to just put pedal to metal and floor it!

FEELS

Being a Les Mills BODYCOMBAT teacher in this Muay Thai track is like being a player manager in a sports team. You need to give the strategic approach and the hard word to the team but you also need to know when to shut up, put up and get it done. I also imagine it’s possibly like being able to hear the internal voices of your class when they are at their absolute limit and you ask for more, and they yell at you from inside their heads with ‘SHUT UP’, ha ha ha...

MARTIAL ART

Muay Thai

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	L Combat Stance		16	
0:05	V / _ Clean your	4x8	A	Jab L	1	
				Cross R	1	
				Ascending Elbow L	2	
				Hold OTS	4	4
0:17	/ Dat dat dat	4x8	A ¹	Jab L	1	
				Cross R	1	
				Ascending Elbow L	2	
				Knee R x2	4	4
0:29	C Drop / Pull up the beat _	8x8	A ²	Jab L	1	
				Cross R	1	
				Ascend Elbow L	2	
				Knee R x2	4	
				Running Man Knee L, R x2	8	4
0:52		2x8	L Combat Stance		16	
			Hold Muay Thai Stance and Guard			
0:58	V / _ Clean your	4x8	B	L Step F	2	
				Knee R	2	
				Step B and reset	4	4
1:10	/ Dat dat dat	4x8	C	7 Punches Knee Combo Set-up		
				Jab L, Cross R x 3½	8	
				L Step F	2	
				Knee R	2	
				Step B and reset	4	2
1:21	C Drop / Pull up the beat _	8x8	C ¹	7 Punches Knee Combo Full		
				Jab L, Cross R x 3½	8	
				L Step F	2	
				Jump Knee R	2	
				Step B and reset	4	4
1:44	V / Clean your	1x8	R Combat Stance		8	
1:50	Clean your	3x8	A	Jab R	1	
				Cross L	1	
				Ascending Elbow R	2	
				Hold OTS	4	3



07. MUAY THAI

MUSIC				EXERCISE	CTS	REPS
1:55	/ Dat dat dat	4x8	A ¹	Jab R	1	
				Cross L	1	
				Ascending Elbow R	2	
				Knee L x2	4	4
2:07	C Drop / Pull up the beat _	8x8	A ²	Jab R	1	
				Cross L	1	
				Ascending Elbow R	2	
				Knee L x2	4	
				Running Man Knee R, L x2	8	4
2:30					R Combat Stance	
		2x8		Hold Muay Thai Stance and Guard	16	
2:36	V / _ Clean your	4x8	B ¹	R Step F	2	
				Jump Knee L	2	
				Step B and reset	4	4
2:59	C Drop / Pull up the beat _	12x8	C ¹	7 Punches Knee Combo Full		
				Jab R, Cross L x 3 1/2	8	
				Step F	2	
				Jump Knee L	2	
				Step B & reset	4	6
3:23					Front Stance	
		2x8			16	
3:29	V / _ Clean your	8x8	D	Front Knee L, R	4	
				Descending Elbow L, R	4	8
3:52	C Drop / Pull up the beat _	8x8	E	Running Man Knees L, R	4	32
				Finish		



07. TEAM 4:17mins

FUNDAMENTALS

WHY?

This short Muay Thai track has just 2 separate combos, the first being a combo with a total of 9 strikes!

The second is an 8-hit combo. Both have either a progressive build or a progressive overload, resulting in increased stamina. It allows participants to experience a larger variety of strikes at the same time as growing their fitness base.

WHAT?

- Starting with the progressive 9-strike sequence
- Jab Cross Ascending Elbow, Double Rear Knee and 4x Alternating Running Man Knees
- And 8-hit combo inclusive of a Jump Knee

HOW?

The 8-hit combo is the standout move in this track and starts with basic strike sequencing and leads to an overload principle: 7x Jabs and Crosses followed by the challenging Jump Knee. The Jump Knee is only a plyometric option and as 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 ELBOW, DOUBLE KNEE AND RUNNING MAN KNEE SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing or Muay Thai Guard
- Jab Cross and Ascending Elbow
- Right, left, right
- The Ascending Elbow is a vertical strike
- Relax the lead hand and strike with the elbow moving in an upwards plain
- Lighten the chest
- Tighten the core and return to the guard

Layer 2

ADD ON THE DOUBLE KNEES:

SAY:

- After the Punch and Elbow combo, add on a Double Rear Knee
- Lift the height of the knee higher than the hips and then lean back slightly. Again, brace 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 ALTERNATING RUNNING MAN KNEES:

- You add on 4x Alternating Running Man Knees right and left
- Hips swing back as the shoulders move forward
- Pull the arm-line down past the knee to engage the obliques and raise the heart rate
- 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 about motivation. Imagine that every strike in the Jab Cross sequences builds with power in every rep so the final Knees become the most enjoyable part! Let's gooooo!

OPTION: No bouncing in the knee strikes



07. TEAM 4:17mins

TECHNIQUE AND COACHING

7X JAB CROSS AND 1X JUMPING REAR KNEE

Layer 1

SAY:

- From right Combat Stance
- With Muay Thai Guard
- 7x Jab and Cross right and left
- Note: Prior to the Jump Knee there is a set-up
- First, set the timing for this Jump Knee while stepping forward on the lead leg and then performing the Rear Knee Strike
- Then step back into the Stance
- From there, introduce a small hop as an option
- As the 7x Jab Cross comes back in, add the advanced option by jumping

Layer 2

- 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

Layer 3

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

OPTION: No jumping



08. POWER TRAINING 3

TRACK FOCUS

Directing the room is the key to success early in the class. The Corner Travel Combo needs a firm and clear cue as the chorus drop comes in to warn people that you are adding on Front Stance Jabs. Other than that, it's all about maintaining momentum and keep growing. That Power Hook literally feels like 'Hadouken' going super Saiyan. So, let it rip!

FEELS

Like standing on the edge of opportunity, where you step forward and lose all those excuses and it feels so good. You celebrate because you've never felt more alive than you do now. You've let go of all that was holding you back.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Front Stance	32	
0:11	V / When you're	8x8 A	Shoulder Stretch L, R	64	
0:32	/ If I lose	8x8 B	Run OTS	64	
0:55	_ When you're	8x8 C	L Combat Stance Corner Travel Combo Set-up Walking Jab L x2 to L corner Jab L x2, Cross R, to L corner Run B on diagonal Repeat to R corner	4 4 8 16	2
1:17	C Drop /	16x8 C ¹	Corner Travel Combo Walking Jab L x2 to L corner Jab L x2, Cross R, to L corner Run B on diagonal Jab L, R x7½ – Front Stance Repeat to R	4 4 8 16 32	2
2:01	Instr / (Drums & synths)	8x8 B	Run OTS	64	
2:23	V / When you're	4x8	Hold OTS	32	
L Combat Stance					
2:34	/ When you're	4x8 D	Jab L Cross R	2 2	8
2:45	/ Heart on fire	8x8 E	Jab L, Cross R x4 Uppercut L, R, L Step & Roll B Step F & reset	8 4 2 2	4
3:07	/ A little bit _	8x8 E ¹	Jab L, Cross R x4 Uppercut L, R, L Step & Roll B Power Hook R	8 4 2 2	4
Front Stance					
3:29	Instr / When you're	8x8 F	Jab L, R	2	32
3:51	V / When you're	4x8	Hold OTS	32	
4:02	/ When you're	REPEAT Sequences D to F – R			



08. ALIVE 5:24mins

FUNDAMENTALS

WHY?

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

WHAT?

It starts with a combo echoing from earlier in the workout. This Jab, Jab, Jab, Jab, Cross is now featured in a V-shape travel and run sequence. The second half of the track features the draw back into the Power Hook, which at this stage of the workout feels just amazing! That good old opportunity to go 'all out' and leave nothing left.

HOW?

As the combinations within this track build, increase both the motivation and energy. There isn't a need to coach how to execute the strikes but instead coach to the increase in energy and intensity. Connect with your participants and give encouragement and praise.

TECHNIQUE AND COACHING

V-SHAPE JAB/CROSS SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Look to your right corner at 45 degrees
- Step forward and perform Jab, Jab, Double Jab Cross, then High Knee Runs back to the start position and then repeat to the left side

Layer 2

ADD ON:

SAY:

- Front Stance, 15x Alternating Jabs right and left (count down after 8 reps) 7, 6, 5, 4....
- Turn and explode to the other side
- Remember to drive both the knees and the arms while you're running because this really is the main point to go 'all out' on fitness training

Layer 3

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

OPTION: Marching instead of running

JAB CROSS UPPERCUT & POWER HOOK COMBO

Layer 1

SAY:

- From Combat Stance, right leg forward
- 8x Jab and Cross into 3x Uppercuts right left right
- Then step and roll backwards, keeping those elbows tucked in tightly
- Brace the abs
- As you roll and twist away, keep your eye gaze facing the front

Layer 2

ADD ON THE POWER HOOK:

- Now we're going to add the Power Hook, so get ready. After the Triple Uppercut and Roll back, step forward and execute a huge Power Hook off the back arm
- Tuck your chin in and keep the guard high
- Release the rear heel, the hips and rotate the shoulder
- Now move your feet and shift your whole body weight into this Hook

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

There are moments when quick-fire and simple choreography cues will help the class feel successful – like the end of the Punch Repeater into the Window Wiper, and the Slow Crunch single rep before you go back into Crunch and Punch. It’s not the hardest Conditioning track or the longest, so heads up to the class so they know not to hold too much back is a good thing.

FEELS

The sweat is real and so is the success because there’s a win in every drop and you know it and deserve it after that workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Transition to the floor	16	
0:09	Instr / Born ready	2x8	A	Slow Crunch 4/4	16	1
0:19	V / Detail	8x8	B	Crunch & Punch Combo		
				Crunch	2	
				Punch L, R	2	
				Reset	2	
				Release	2	8
0:58	B up / _ Born ready	2x8	C	Punch Repeater L, R	2	8
				Note: Reset into lying on back with arms out wide on last 2 cts		
1:07	/ (Trumpets)	4x8	D	Oblique Knee Drop to L	4	
				Kick R, L, R	4	
				Oblique Knee Drop to R	4	
				Kick L, R, L	4	2
1:26	/ (Auto tune vocal)	4x8	D¹	Oblique Knee Drop to L	4	
				Kick R, L, R, L	4	
				Oblique Knee Drop to R	4	
				Kick L, R, L, R	4	2
1:46	Quiet / Always put		 Sequences A – D¹			



09. RARI 3:24mins

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?

Crunch and Punch, Leg Drops feature in this track – just two combos repeated twice to focus on endurance and strength.

HOW?

Nothing too technical in the coaching is needed for this track. Keep 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

CRUNCH AND PUNCH COMBO

Layer 1

SAY:

- From a grounded position
- Lie on your back
- Fingertips to temples
- Feet on the floor with knees bent
- 1x Crunch up and hold
- Punch back arm to front knee
- Punch front arm to back knee
- Fingertips to temples and then release down to the floor and repeat

Layer 2

- As you slide your ribcage down towards the pelvis, tuck the chin in and hold, keeping your shoulders off the floor
- Punch and rotate with control
- When you have the rhythm and timing under control, punch hard and punch fist past the line of the knees or thighs

OBLIQUE KNEE DROP WITH LEG EXTENSION (KICK)

Layer 1

SAY:

- Lying on your back
- Knees at right angle, directly over the hips and shins parallel
- Drop both knees to the front, and alternately extend the top and bottom legs x3, bend knees
- Reset and repeat on the other side
- Brace abs tightly to keep the lower back pressed towards the floor
- Anchor both shoulders down
- Note: The kicks build from 3 to 4 and then only on the last set are there 5 kicks

Layer 2

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

OPTION: Stay with the 3 Kicks instead of 4



10. COOLDOWN

TRACK FOCUS

This track has the ability to sweep you up and leave you lost in the chorus, so practice your mapping points for Choreographic changes. Each time you teach this, start with a different hamstring side to even things out. The glutes and quads have different lengths of stretch but let music be your guide/cue – it’s the most natural change in the music to change stretch.

FEEL

Massive celebrations in the locker room after winning the title fight you have been training for and the confidence is high.

MUSIC			EXERCISE		CTS
0:00	Intro / Whoaaaaaa	4x8	A	Lie on back in Extended Butterfly Stretch	32
0:16	V / _ No fear	4x8	B	Hamstring Stretch R	32
0:29	/ Long _	4x8	B ¹	Extend bottom leg	32
0:42	/ whoaaaaa	6x8	C	Glute Stretch R	48
1:01	/ I am courageous	4x8	C ¹	Advance the Glute Stretch	32
1:14	/ whoaa	4x8	B	Hamstring Stretch L	32
1:27	V / You gotta	4x8	B ¹	Extend bottom leg	32
1:40	/ Business _	2x8	C	Glute Stretch L	16
1:47	/ _ I risk it	2x8	C ¹	Advance the Glute Stretch	16
1:53	Instr / I’m fearless _	1x8		Hug knees to roll up and transition	8
1:56	/ _ I’m fearless	1x8	E	Hip Flexor Stretch R	8
2:00	QC / Nothing	4x8	E ¹	Add Tricep Stretch R	32
2:12	/ I am courageous	1x8	E	Hip Flexor Stretch L	8
2:16	/ I am unbreakable	3x8	E ¹	Add Tricep Stretch L	24
2:25	C / I am _	4x8	F	Standing Quadriceps Stretch L	32
2:39	/ whoaa	3x8	F	Standing Quadriceps Stretch R	24
2:48	/ I am unstoppable	3x8	G	Side Stretch R	24
2:56	/ I am	4x8	G	Side Stretch L	32
3:11	/ I am _	2x8	H	Shoulder Stretch L	16
3:17	/ I am _	2x8	H	Shoulder Stretch R	16
3:24				Finish	



10. I AM FEARLESS 3:28mins

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

LYING HAMSTRING STRETCH

Layer 1

- Lying on your back
- Extend front leg up straight and gently hold behind the hamstring or calf muscle
- Pull the knee softly in towards the body and feel the stretch in the hamstring
- Note: This stretch is held for a long time
- To increase this stretch, use your breath and then extend the back leg along the floor. Keep both hips down

KNEELING HIP FLEXOR AND TRICEP 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 into the ceiling into a Tricep 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

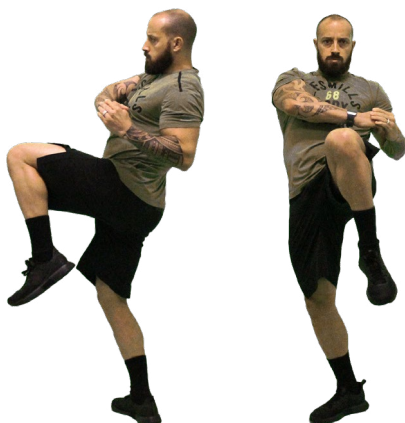
STRIKE

- 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.

