

BODYCOMBAT

93

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

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

Burn It To The Ground (3:07)

Blasterjaxx feat. Jay Mason

© 2022 MAXXIMIZE / SpinninRecords.com.
Written by: Jongkind, Makhlaf, Brinkhuis, Kamerling
- 01B

Tick Tick Boom (3:45)

Brand New World

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Written by: Izquierdo, Franks, Mitchell, Lavigne, Majic
- 02

Real Ones (QUIX Remix) (5:34)

L.A.B & Kings

© 2022 Loop Recordings Aot(ear)oa.
Written by: Adams-Tamatea, Gregory, B. Kora, S. Kora, Shadbolt, Chapple-Wilson
- 03

That's On You (6:18)

Mazare & Monika Santucci

© 2020 Monstercat.
Written by: Pezzetta, Vorwerk, Santucci
- 04

Shadows (6:40)

Blasterjaxx & Hollywood Undead

© 2021 MAXXIMIZE / SpinninRecords.com.
Written by: Ragan, Terrell, Jongkind, Makhlaf
- 05

Like A Boss (4:19)

NOES

© 2019 Magic Records.
Written by: Capkur
- 06

Watch Me Go (4:42)

Hot Kicks

© 2020 Position Music.
Written by: Rygg, Sherman, Sato
- 07

Incoming (4:02)

Steve Aoki & Gammer

© 2021 Dim Mak Records/Liberator Music.
Written by: Aoki, Lee
- 08

Catharsis X (7:08)

MUZZ feat. Koven

© 2022 Monstercat.
Written by: Alobaidi, Boyle

- 09

I Got It (3:27)

Ryan Innes

© 2020 Position Music.
Written by: Lake
- 10

Hold My Hand (3:33)

Lady Gaga

Courtesy of the Universal Music Group.
Written by: Germanotta, Tucker
- ALT
01A

Hold My Hand (0:58)

Lady Gaga

Courtesy of the Universal Music Group.
Written by: Germanotta, Tucker
- ALT
01A

The Window To My Soul (3:07)

Ceen

Courtesy of Epidemic Sound.
Written by: Unknown



BODYCOMBAT 93



L-R: Marlon Woods, Benjamin Siolo, Natasha Vincent, Dan Cohen, Meno Thomas, Danielle Lally, Rachael Newsham, Vili Fifita

Martial Arts-inspired training is one of the best ways to build power, speed and endurance. It drives incredible physical and emotional results. Feeling inspired and empowered is fundamental to any MMA workout. Power Strikes, Sprawls, Jump Lunges, Street Brawl Punches and TKD Kick Katas all feature in this release. The duration of the tracks has a real endurance sequencing; long tracks followed by mid-length tracks really improve overall cardiovascular training. The music will have you buzzing, especially in Tracks 2, 4, 7 and 8.

Watch out for the stinger in Track 6 and good luck in the primal Track 9.

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. 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.

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.

Benjamin Siolo (New Zealand) is a BODYCOMBAT, BODYPUMP, LES MILLS GRIT, BODYJAM™, SH’BAM™ Trainer/Presenter/Instructor, a LES MILLS CORE Trainer/Instructor and a LES MILLS SPRINT Instructor. He lives in Auckland.

Marlon Woods (United States) is a BODYCOMBAT and BODYPUMP Trainer and a LES MILLS TONE Presenter. He is a Les Mills Ambassador for BODYCOMBAT and BODYPUMP. He lives in Sydney, Australia, and works in a research lab at The University of Sydney.

Meno Thomas (New Zealand) is a BODYCOMBAT Presenter/Instructor, and a BODYJAM Trainer/Presenter/Instructor. He is a self-employed DJ and lives in Auckland.

Thanks to **Danielle Lally**.



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	38:27

30-MINUTE FORMAT

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

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>

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.



01A. UPPER BODY WARM-UP

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *The Window To My Soul* with the same choreography.

TRACK FOCUS

To get the room feeling successful and informed as they are warming up for a brilliant workout. Verbally pre-cue sequence E in the combo and the body-part direction to give the info time to register.

FEEL

The beginning of something great – standing shoulder to shoulder with people who came for the same reasons as you did: to set the workout riot standard.

MARTIAL ART

Boxing

MUSIC				EXERCISE	CTS	REPS
				L Combat Stance		
0:05	V / <i>All guns blazing</i>	4x8	A	L Jab, R Cross	4	8
0:20	<i>So sing along</i>	4x8	B	L Jab	2	16
0:33	<i>Burn it to the ground _</i>	4x8	C	L Jab, R Cross, L Jab Pulse F, B x2	4 4	4
0:46	<i>Instr / Burn it to the ground _</i>	4x8	C ¹	L Jab, R Cross, L Jab R, L Scissor x2	4 4	4
0:59	<i>/ (Stabby synths)</i>	2x8	D	L, R Uppercut	4	4
1:06	<i>/ (Loopy synths)</i>	8x8	E	L Uppercut R Hook L Uppercut Pulse F, B x2	1 1 2 4	8
1:32	<i>Quiet / (Horns)</i>	2x8		R Combat Stance	16	
1:39	<i>V / All guns blazing</i>			REPEAT SEQUENCES A to E – R		



01A. BURN IT TO THE GROUND 3:07mins

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?

Stay with Layer 1 coaching cues and be clear with RIGHTS and LEFTS, directional changes, and names of ALL the strikes, including target zones, ranges of motion and the number of reps. **Use coaching cues that support the Uppercut Hook Uppercut sequence as this combo is fast-paced with very little lead time. Creating imagery can help participants understand different techniques and help set the tone of authentic Boxing.**

HOW?

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

TECHNIQUE AND COACHING

JAB AND CROSS SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Single Jab and Cross right and left
- Keep elbows soft
- 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 and include a small rotation of the hips and heels
- Strike with the two largest knuckles

Layer 2

- Stay light, smile and enjoy this workout

SINGLE JABS

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab with the lead arm
- Stay light in your stance
- Move your body weight into the strike
- No power needed yet

Layer 2

- Fully extend the Jab
- This will help warm up the muscles in the shoulders, back and core

JAB CROSS JAB INTO SCISSOR SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Jab, Cross, Jab – right, left, right
- Keep elbows soft
- 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

Layer 2

- Keeping the hips facing forward, add on 4x Scissor
- Bend the knees a little
- Warm up the legs
- Keep a relaxed Boxing Guard



01A. BURN IT TO THE GROUND 3:07mins

TECHNIQUE AND COACHING

UPPERCUT HOOK UPPER CUT SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Uppercut, Hook, Uppercut
- Right, left, right – front arm, back arm, front arm
- As you do the Uppercut, rotate inwards and strike upwards no higher than the chin
- As you perform the Hook off the back arm, rotate from the back foot so the hips and shoulders twist forward
- Brace the abdominals to engage the core and to help with stability as you speed up
- Then pulse forward and back

Layer 2

- As you speed up, coach to the rhythm change
- Keep the punches light and short range
- Close to the body
- Then pulse forward and back using a bigger range and sink a little lower into the legs



01B. LOWER BODY WARM-UP

TRACK FOCUS

Continued from Track 1A including a very clear emphasis on the stance changes as there are plenty in this Lower Body Warm-up.

FEEL

How this track should be used as pre-game pump-up tunes, instead of the millions of reels of people baking cakes and doing room makeovers.

MARTIAL ARTS

Kick-boxing, TKD, Karate

MUSIC			EXERCISE		CTS	REPS
3:05	Intro /	1½x8	Front Stance		12	
3:07	Instr / (Guitar lead)	2½x8	A	Adductor Stretch R, L (Roll up on last rep)	4 4	5
3:20	V / Boom _	4x8	B	L Hip Roll, Step L, R, L R Hip Roll, Step R, L, R	4 4	4
3:34	_ Rowdy	4x8	C	L Front Knee to L corner, Step L, R, L R Front Knee to R corner, Step R, L, R	4 4	4
3:48	Tick tick	½x8	L Combat Stance		4	
3:50	V / Ahhhhh	8x8	D	L Front Kick Pulse OTS	4 4	8
4:17	Bang bang _	4x8	E	Front Stance L Side Kick Pulse OTS	4 4	4
4:29	Tick boom _	4x8	F	L Combat Stance L Roundhouse Set-up Pulse OTS	4 4	4
4:45	Oooh	6x8	F¹	L Roundhouse Kick Pulse OTS	4 4	6
5:06	V / Boom _	Front Stance REPEAT SEQUENCES B to F¹ – R				



01B. TICK TICK BOOM 3:45mins

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

HIP ROLLS INTO DIAGONAL WALKING KNEES

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Hip Rolls – right and left
- Hip Roll – right, step, step
- Hip Roll – left, step, step
- Big circles to warm the hips and inner and outer thighs
- Turn to the right corner
- Diagonal Walking Knees
- First to the right, step, step and then to the left corner
- Step, step to the left and repeat
- Relax the upper body and keep it simple
- Pull the arms down past the thighs as the Knee Strikes come up
- Brace abs tightly and lean back slightly as you strike

Layer 2

- As you strike, stay light and bouncy on your feet and keep it upbeat

FRONT KICK

Layer 1

SAY:

- From Combat Stance
- Relaxed Boxing or Martial Arts Guard
- Front Kick with lead leg
- Bring back foot in and under your back hip to set balance
- Perform the Front Kick low
- Strike out then retract
- Rest into your stance

Layer 2

- This kick is mostly seen and used in Karate
- Extend from the knee
- Kick lightly
- Great way to warm up the hips, hamstrings and quads

OPTION: Kick low

SIDE KICKS

Layer 1

SAY:

- From Front Stance, look to your right
- Low right Side Kick, turn supporting foot towards the target
- Kick out and retract strike into your stance
- Lean away as you kick
- Brace the abs and lift your chest

Layer 2

- There are two options after the strike:
 - 1) Step wide, back into your stance
 - 2) Jump wide
- Lean your body away from the kick
- Extend the lead arm to help you balance

OPTION: Kick low



01B. TICK TICK BOOM 3:45mins

TECHNIQUE AND COACHING

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 back
- Lift shin to align parallel with the floor
- 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



02. COMBAT 1

TRACK FOCUS

Three parts to focus on: The Palm Block sequence is about breath work and channeling focus into the world of Martial Arts and the disciplines involved. The Jab, Cross and Hook gets the wheels turning and instant buy-in, and needs a number count. The Knee and Downward Punch sequence is a curtain-raiser as the heart rate shifts gear and requires intensity-level options to be offered. Note that the Palm Block Sequence is lyrical rather than on strict beats. Use the Masterclass as a guide.

FEEL

There’s an edge to this track of angst and attitude. A sense of overcoming obstacles and bouncing back. A ‘don’t mess with me’ moment. A realness. It’s raw, like the synths used in the track and your lungs when you finish, ha ha ha.

MARTIAL ARTS

Kick-boxing, Karate

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Strings)	4½x8		L Combat Stance – set up for Palm Block Sequence	36	
0:13	V / But I spent	2x8	A	L Open Palm Inside Mid Block	4	
				R Karate Punch	4	
				L Rising Block	8	1
0:19	/ And I let all the	5x8	A	L Open Palm Inside Mid Block	8	
				R Karate Punch	4	
				L Rising Block	4	2½
				(Finish with single O.P.I.M.B)		
0:33	PC / Missing you _	12x8	B	L Jab, R Cross x3	6	
				L Hook	2	
				Pulse F, B x4	8	6
				👁️ next move on last 16cts		
1:07	Instr / Drop	16x8	B¹	L Jab, R Cross x3	6	
				L Hook	2	
				R Knee, L Street Brawl Downward Punch x2	8	8
				Note: Hop Knee after 4 reps		
1:52	V / _ Yea Sad	8x8	C	Front Stance		
				Wide Squat Pulse x4	7	
				Jumping Jack in and out	1	8
2:14	Time _	2x8		Hold Squat and transition to standing	16	
2:19	Instr Drop / Time time	10x8	D	L Front Knee x2	4	
				R Front Knee x2	4	
				L, R Running Man Knee x2	8	5
2:48		2½x8		Recover and set up Kata in R Combat Stance	20	
2:55	V / But I spent			REPEAT SEQUENCES A to D – R		



02. REAL ONES 5:34mins

FUNDAMENTALS

WHY?

This track is a blend of Kick-boxing and Karate styles. It heightens the cardio training from the Warm-up track and has a strong aerobic base with interesting strikes to elevate the heart rate and bring a sense of authenticity and feels really early on.

WHAT?

This track focuses on one main combination – the Super Combo. This combo is a classic ‘add on’ routine:

- Starting with the 6x Jab Cross and 1x lead arm Hook, making it 7 total strikes at this point
- Moving onto the 2x Rear Knee and Downward Punch Sequence

HOW?

The sequence of combinations looks like:

- Combo 1
- Add on combo 2
- Combo 2 with the progression to a small hop in the Knee
- Into leg strengthening and finishing with Muay Thai-style Knees

Note: This track starts with a Karate Kata Sequence. This is feels vs. perfection of technique. Keep cues minimal – make them more directional.

TECHNIQUE AND COACHING

KARATE KATA SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Martial Arts Guard
- Step back into low Wide Combat Stance
- Inside circle, Block right
- Karate Punch to mid-body left
- Rising Block above the head to the right
- Brace abs and lift chest to keep good posture throughout each move

Layer 2

SAY:

- Create a balance between tension in the muscles and breath
- Stay relaxed but look strong and focused

FULL COMBO: 6X JAB CROSS, 1X HOOK, 2X REAR KNEE AND DOWNWARD PUNCH

Layer 1

SAY:

- From Right Combat Stance
- Boxing Guard
- 7 hits
- 6x Jab, Cross and 1x Hook – ‘right, left, right’ 7, 6, 5, 4, 3, 2, 1, Hook
- Move with flow and speed, elbows soft as you strike
- Tuck in the chin
- Chest lifted with abs braced tightly
- Rotate into each strike
- Release the heel of the front foot on the Hook

Layer 2

After a couple of reps in, setting members up with this combo, SAY:

- Add more power as you climb through the numbers
- 1, 2, 3, 4, 5, 6, power on 7!
- Now that you have this, we’re adding on – so watch the preview
- Rear Knee
- Downward Punch
- Rear Knee
- Downward Punch

The Downward Punch is a strike that starts by drawing the arm up high so that the elbow sits higher than the shoulder and the striking fist is above the head.

- Strike downwards, stopping the fist in line with the inside of the rear knee while in your stance
- Exhale strongly as you strike
- Lift the chest
- Eyes look slightly forward instead of head directly down
- There is a total of 8 reps of this full ‘Super Combo’
- After around 4 reps, there’s an option to increase intensity by adding a small hop in the rear knee strikes

Layer 3

- If there was a time in any workout where you have to hit the power button, this is it! So ‘go for it’ as it will set you up for the rest of this workout...

OPTION: No hopping in the Rear Knee



02. REAL ONES 5:34mins

TECHNIQUE AND COACHING

WIDE SQUAT AND JUMPING JACK SEQUENCE

Layer 1

SAY:

- From Front Stance
- Hands in Boxing Guard
- 4x Pulse Squats
- 1x Jumping Jack in and out
- Lift chest
- Brace abs

Layer 2

- Small bottom-range Squat Pulses, push the knees out towards the little toes
- Move light and fast with the Jumping Jack in and out, keep the knees bent and stay sitting down to challenge the legs

Layer 3

- To build stronger kicks we have to train these legs well

OPTION: Just Squat, no Jumping Jack

MUAY THAI KNEE COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard or Muay Thai Guard
- Double Front Knee
- Double Back Knee
- 4x alternating Knees
- Right, right, left, left, right, left, right, left

Layer 2

- This is it! Bring it now – pull the arm-line in hard as the knees come up
- So, bring the elbows down past the line of the knee as you strike. It will lift the heart rate and help you work your obliques harder

OPTION: No hopping on the Knees; stay grounded



03. POWER TRAINING 1

TRACK FOCUS

Preview the Front Stance combo. This will help the class to see and hear what’s coming so they can nail it the first time. After that last track, you already have the class entering their HR zone so keep them there by using the recoveries well.

FEEL

This is a rolling track where you can get swept along or you can step up. That’s on you at the end of the day. It provides a challenge like a chaser, and you have to choose whether ‘to go big’ or go back empty handed.

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Ahhhhhh	20x8	A	Front Stance Run OTS	160	
0:57	Instr Drop / (Drumbeats)	8x8	B	L, R Jab x2 L Uppercut L Hook  to the R Note: Add Power Hook after 2 reps	4 2 2 8	4
1:19	C / You	8x8	C	L, R Jab L fist to sky to finish!	2	32
1:41	On you _	4x8	A	Recover and Run OTS	32	
1:52	V / I wish	8x8	D	L Combat Stance L Jab	2	32
2:14	On you	8x8	E	L Jab x2 R Cross	2 2	16
2:36	Instr Drop / (Synths & beats)	8x8	F	L Jab, R Cross x2 L Hook R Cross	4 2 2	8
2:58	On you	8x8	G	L Jump Jab F x4 Run B	8 8	4
3:20	V / I wish	8x8	D	R Combat Stance R Jab	2	32
3:41	On you	8x8	E	R Jab x2 L Cross	2 2	16
4:04	Instr Drop / (Synths & beats)	8x8	F	R Jab, L Cross x2 R Hook L Cross	4 2 2	8
4:26	C / On you	8x8	G	R Jump Jab F x4 Run B	8 8	4
4:48	V / I wish	16x8	A	Run OTS	128	
5:31	Intsr Drop / (Synths & beats)	8x8	B	Front Stance R, L Jab x2 R Uppercut R Hook  to the L Note: Add Power Hook after 2 reps	4 2 2 8	4
5:53	C / On you	8x8	C	R, L Jab	2	32



03. THAT'S ON YOU 6:18mins

FUNDAMENTALS

WHY?

This is a faster-paced Power Training Boxing track designed to specifically test your quick-thinking motor skills and fitness – all inclusive of the cardiovascular benefits.

WHAT?

This starts and finishes with the same sequencing:

- Starting with a Front Stance sequence of Jabs, Uppercuts and Hooks
- Right side – speed into Power Strikes
- Left side combo, finishing in Front Stance

HOW?

Motivation is key here – it encourages participants to strike faster, harder and increase their level of fitness training due to the basic nature of the combo. Intrinsic feeling cues help bring this track alive.

Note: This track has large running-on-the-spot sections – use this time to build energy, excitement and focus in the class.

TECHNIQUE AND COACHING

JAB, UPPERCUT AND HOOK SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- 4x alternating fast Jabs right, left, right, left
- 1x Uppercut, 1x Hook off the right arm
- Repeat on the left side
- Move with speed and stay relaxed
- Rotate the shoulders and aim to keep the strikes in line with the chest in the Uppercut and/or just higher than the line of the shoulders in the Hook
- Soft elbows at full extension
- Alternating right and left
- Tuck the chin in and squeeze the abs
- Stand up tall as you hook. Then gently sink as you strike, releasing the hips and heels

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 floor up
- The key is not to overly tense the muscles in the upper body. Try staying relaxed up until the point of contact as 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 on the Power Hooks



03. THAT'S ON YOU 6:18mins

TECHNIQUE AND COACHING

DOUBLE JAB & CROSS COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Right leg forward
- Double Jab and Cross right, right, left
- Move with speed
- Brace abs tightly

Layer 2

- Anytime we strike with the front arm, we tend to focus on speed while the focus on power is often executed from the back arm

Layer 3

- This is a short block with an opportunity to go 'all out' – take this moment now!

4X JAB CROSS AND HOOK CROSS SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- 4x Jab Cross
- Into a Power Hook and Cross
- Right, left, right, left, power right, power left
- Tuck chin in
- Brace the core
- Rotate into each strike

Layer 2

- This is a split combo starting with 4x fast-paced strikes into 2x power shots being the Hook and Cross
- Sit down into the punch to help generate more power
- Remember to release the back heel on the Cross to increase range in the strike



04. COMBAT 2

TRACK FOCUS

Coaching the foot placement in between the kicks gives the class a chance to get really comfortable and then become more confident with their kicking ability. A great start allows growth so give the Side Kick a 45-degree/just-above-the-knee target and you are set.

FEEL

It's like the trend of hybrid workouts these days has tipped over into hybrid sounds. With that Chicago rap sound blended with a big-room EDM track and boom, you have yourself some amped-up hustling workout tunes where the lyrics don't let you sleep on it and neither does the drop.

MARTIAL ART TKD

MUSIC		EXERCISE		CTS	REPS
0:06		2x8	L Combat Stance	16	
0:12	Intro / (Music box chimes)	6x8	A L Front Knee x2	4	
			Pulse F, B x2	4	6
0:25	We were	8x8	A ¹ L Front Knee x2	4	
			L Front Kick	2	
			L Step, R Tap B, R Step F	2	8
0:51	PC / _ You know	4x8	B Front Stance		
			L Side Kick	4	
			Step wide and Pulse OTS	4	4
1:04	_ You know	4x8	B ¹ L Side Kick	2	
			R Front Knee Hop Exchange	2	
			(Land on L leg)		
			Pulse OTS	4	4
1:16	Instr Drop / (Synths & beats)	8x8	B ² L Side Kick	2	
			R Front Kick Hop Exchange	2	
			Pulse OTS	4	8
1:42	Shadows _	8x8	C L, R Front Kick x4 traveling F	8	
			Pulse L, R x4 traveling B	8	4
2:08	/ (Music box chimes)	2x8	Jump wide, hold and reset	16	
2:14	V / Nothing good	4x8	A  L Front Knee x2	4	
			Pulse F, B x2	4	4
2:27	Heartless	4x8	A ¹  L Front Knee x2	4	
			L Front Kick	2	
			L Step, R Tap B, R Step F	2	4
2:40	B up / Oh oh oh	4x8	B ²  L Side Kick	2	
			R Front Kick Hop Exchange	2	
			Pulse OTS	4	4
2:52	Instr Drop / Shadows _	8x8	C  L, R Front Kick x4 traveling F	8	
			Pulse L, R x4 traveling B	8	4
3:19	/ (Music box chimes)	2x8	Recover and reset into R Combat Stance	16	
3:24	/ (Music box chimes)		REPEAT SEQUENCES A to 2nd C – R		



04. SHADOWS 6:40mins

FUNDAMENTALS

WHY?

To build both confidence and competence – improve timing, kicking techniques and explore this TKD-inspired track. High-volume kicking builds power and improves all-round control. Pull back on power and focus on quality early on.

This track has 3 separate sequences:

- The Double Front Knee and Front Kick
- The Side Kick into the Hop Exchange Knee/ Front Kick
- The 4x Front Kicks traveling forward

WHAT?

The separation in these 3 blocks feels like they naturally flow into one another. It's this sequencing that builds the competence in the technique which in turn drives confidence.

HOW?

Coach using the options and modifications in this track for deep participant engagement. In this case, pulling back on height and power will give your class the energy needed to really complete the routine with control.

TECHNIQUE AND COACHING

DOUBLE KNEE AND FRONT KICK SEQUENCE

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- Double Front Knee to the right
- Into 1x Front Kick and step back
- Repeat this
- Knee, Knee, Kick, step back
- Lean back on both the Knees and Front Kick strike
- This allows the strikes to have more length
- Brace the abs tightly to protect the lower back

Layer 2

- As you build into this combo and you feel like you're starting to move well, add a little bounce on the Double Knee
- Add a snap into the Front Kick
- This builds power into the kick
- It will help you move on the beat and help your timing. As you can feel it right now, this is going to be a great workout

Layer 3

- Sometimes to build confidence with kicking, you just need to kick!

OPTION: No bouncing in the Knee



04. SHADOWS 6:40mins

TECHNIQUE AND COACHING

SIDE KICK, HOP KNEE/FRONT KICK COMBO

Layer 1

SAY:

- From Front Stance with Martial Arts Guard
- Side Kick to the right
- Then hop to exchange your weight and perform a left Knee Strike
- Land with feet hip-width apart
- The key is to get your kicking foot back under your hip to help balance as you hop into the left Knee
- **Option is no hop**
- Keep chest lifted and hips square to the front
- Once you've got your balance with the Hop Knee, **execute the Front Kick** in its place
- Keep the kick low to help with control
- Start lightly
- There are 8 reps – so take your time

Layer 2

- Move from one foot to the other
- Drive the hopping Knee directly up and focus on the pause after the Front Kick
- As you perform the Side Kick, ensure the supporting foot is turned towards the target to help alignment

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 hopping and stay with the Knee instead of Front Kick

4X ALTERNATING FRONT KICK FORWARD

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- 4x Front Kicks, traveling forward
- Right, left, right, left
- Then pulse back right, left, right, left
- Kick low with control and lean back a little
- Brace the core hard
- Swing the arms down as you kick

Layer 2

- This is a huge, powerful, high-energy move, so step forward and kick with power
- As you're stepping, actively thrust the hips forward behind the kick
- You don't have to kick high
- Land lightly and retract each strike

Layer 3

- How far can you travel? If you travel forward about 6 feet, then you must travel back just as far – so now you are the owner of your own workout

OPTION: Knee Strikes instead of the Front Kicks



05. POWER TRAINING 2

TRACK FOCUS

You need to be ‘on your game’ and have your options scripted and ready to go so everyone has a choice in where they take this track as individuals. The good news is that the reps are short and sweet; the bad news is you have to get your cues out in a clear and concise manner.

FEEL

Like you have just entered the Hall of Fame for the most wins back-to-back and this is just another day at the office.

MARTIAL ART

MMA

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Beats & piano)	4x8	Transition to the floor while offering standing options: Mid-Stance Squat/Wide-Stance Squat Slow Run OTS Combo: 6x Run OTS Mid-Stance Squat Wide-Stance Squat		
				32	
0:12	/ (Piano continued)	8x8	A	Tricep Pushup	8
				Chest Pushup	8
					4
0:36	/ (Beats pick up)	4x8	B	L, R Slow Mountain Climber	4
				Note: 👁 next move on last 16cts	8
0:48	Instr Drop /	8x8	C	L, R Mountain Climber x3	8
				Tricep Pushup	4
				Chest Pushup	4
					4
1:13	/ (Quiet piano)	4x8		Recover	32
1:25	PC / Like a boss _	8x8	A	🔁 Tricep Pushup	8
				Chest Pushup	8
					4
1:49	Instr Drop / (Middle Eastern instrument)	8x8	C	🔁 L, R Mountain Climber x3	8
				Tricep Pushup	4
				Chest Pushup	4
					4
2:14	/ (Quiet piano)	2x8		Transition to standing	16
2:20	PC / Like a boss	6x8	D	L Combat Stance	
				L Jab, R Cross	2
					24
2:38	/ (Beats pick up)	4x8	E	Slow Sprawl	8
					4
2:50	/ (Faster beats)	8x8	E¹	Fast Sprawl and Tuck Jump	8
					8
3:15		2x8		Recover and reset into R Combat Stance	16
3:20				REPEAT SEQUENCES D to E¹ – R	



05. LIKE A BOSS 4:19mins

FUNDAMENTALS

WHY?

This MMA-inspired Power Training 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 Running improve both body weight and cardiovascular fitness.

WHAT?

Block 1 has been dedicated to improving our pushing muscles – chest, triceps, shoulders and core. This section is repeated twice.

The first round is the set-up and pre-fatigue round. Round 2 challenges those muscle groups under fatigue to drive results (overload training principle).

Block 2 is all about cardiovascular training. A Modified Sprawl accelerates the heart rate and builds a powerhouse fitness engine. There are two options to choose from – the slower-paced Burpee or the faster-paced Burpee with Tuck Jump. And as always, there's a full standing non-grounded routine that can be followed.

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.

Note: This track has 2 variations in movement patterns – a floor section and a standing section.

The standing exercises are:

- Triceps and Wide Pushups combo = Mid-range Squat and Wide Squat
- Instead of the Sprawl = 4x Jumping Jacks or 1x Squat

TECHNIQUE AND COACHING

TRICEPS AND WIDE PUSHUPS INTO MOUNTAIN CLIMBERS COMBO

Layer 1

SAY:

- From the floor position
- Hands in line with the shoulders
- Body in Plank position, abs braced
- Hips and shoulders square to the floor
- Triceps and Wide Pushups into Mountain Climbers Combo
- 1x block of Mountain Climbers right and left

OPTION: Drop to knees

Combo:

- 6x Mountain Climbers right and left
- 1x Tricep Pushup
- Jump or walk hands wide
- 1x Wide Pushup
- Jump or walk hands in

Layer 2

SAY:

- Keep driving the hands hard into the floor to help stabilize the shoulders
- Run the knees in towards the wrists and keep your back straight
- Now drive this exercise and feel your abs working really hard
- Keep the elbows close to the body on the Tricep Pushups and then elbows out wide on the Pushups
- New Cue: *Chest to elbow height*
- Now you're working more of the pushing muscles to help generate power for when it's time to punch

Layer 3

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

OPTION: If you're standing, run on the spot and perform 1x Mid-Stance Squat followed by 1x Wide-Stance Squat



05. LIKE A BOSS 4:19mins

TECHNIQUE AND COACHING

SLOW INTO FAST SPRAWL & TUCK JUMP COMBO

Layer 1

SAY:

- From Combat Stance
- Boxing Guard
- 4x Modified Sprawl – drop into the Squat, hands to floor, jump both legs out then in and return to standing with Boxing Guard
- Brace abs tightly
- Keep the hands in line with the shoulders

Layer 2

SAY:

- Quick transition to the floor as you do the Sprawl
- As an option, when you come back to standing you can include a small vertical jump (or Tuck Jump) to increase the intensity of the move and challenge your fitness

Instead of the Sprawl:

- 4x Jumping Jacks or 1x Squat or slow Squats
- Fast Sprawl
- Move lightly
- Drop down into the Sprawl, shoot legs out and stand back up faster
- You can then jump or do a Tuck Jump
- Then there's a small hold before the next rep
- Think of this as Reactive Core Training – wait, wait, wait... OK go!

Layer 3

- There are only 8 reps. Anyone can do 8 reps – you've got this!
- Try and hit your head on the ceiling
- So bend your legs and jump as high as you can

OPTIONS: 4x Jumping Jacks and 1x Squat or slow Squats



06. COMBAT 3

TRACK FOCUS

Be sure you have the rhythms of the Lunge pattern set so you can nail that first Knee.

FEELS

Feel? Oh, this is easy. By the end of this track, you won't be able to 'feel' your legs anymore. As the lyrics say, "if you don't know, now you know, watch me go".

MARTIAL ART

Capoeira

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up into Lunge position	16	
0:08	V / Yea you want	4x8 A	L Pulse Lunge (R leg B)	2	16
0:25	Livin' how	4x8 A ¹	Lunge Combo L L Pulse Lunge x2 R Knee Hold foot at the back on last rep for 4cts to set up for next move	3 1	8
0:42	C / Watch me go	8x8 B	Ginga Esquiva Combo – R R Half Ginga R Forward Facing Esquiva	4 4	8
1:15	/ (Drums)	1x8	Transition to R Lunge position	8	
1:19	V / Yea you want	4x8 A	 R Pulse Lunge (L leg B)	2	16
1:36	Livin' how	4x8 A ¹	 Lunge Combo R	4	8
1:52	C / Goooo	8x8 B	 Ginga Esquiva Combo – L	8	8
2:25	Oooh I'm gonna get	2x8	Front Stance	16	
2:34	Oooh I'm gonna get	6x8 C	Shuffle Lunge Combo Shuffle R L Step B L Step F, B  to the R Option: Switch Lunge	2 2 4 8	3
2:59	PC / Watch me go	2x8 A	 L Pulse Lunge (R leg B)	2	8
3:07	C / Goooo	6x8 A ¹	 Lunge Combo L	4	12
3:32	Oooh I'm gonna get	2x8	Transition to Front Stance and prepare to Shuffle L	16	
3:40	Oooh I'm gonna get	6x8 C	 Shuffle Combo – L then R	16	3
4:06	Watch me go	2x8 A	 R Pulse Lunge (L leg B)	2	8
4:14	Goooo	6x8 A ¹	 Lunge Combo R	4	12



06. WATCH ME GO 4:42mins

FUNDAMENTALS

WHY?

This incredible athletic Capoeira-inspired track has a movement pattern that challenges our leg conditioning and timing, building better motor skills and core control and allows us to improve our multi-directional movement.

WHAT?

A combination of athletic leg training and Capoeira with Pulse Lunges, Esquivas, Knees and Travelingingas. This has been created to ensure a higher level of success within the track. Simple and very effective training.

HOW?

Coach the Lunges as partial range; they can be Top Half, Bottom Half or somewhere in between.

As the Knee Strikes come into play, naturally it is easy to use 'heat these Pulse Lunges' cues to keep your class grounded and their legs loaded.

TECHNIQUE AND COACHING

DOUBLE PULSE LUNGE & KNEE COMBO

Layer 1

SAY:

- From Combat Stance
- Relaxed Capoeira Guard
- Right leg forward
- Stay light on feet
- 2x Lunges down and up, 1x Rear Knee
- Chest up
- Hips square to the front
- Step back into a long Lunge
- Front thigh parallel to the floor

Layer 2

- As you drop down into the Lunges, drive your feet out of the floor
- Squeeze the glutes hard
- On the Rear Knee, move fast
- This is an explosive but controlled move
- Drive your knee up as you pull the arms down fast
- The aim is to feel the load in the glutes and quads especially as you drive up into the Knee Strike

OPTION: Reduce range and speed. Rest accordingly

HALF GINGA & FORWARD-FACING ESQUIVA COMBO

Layer 1

SAY:

- From relaxed Combat Stance
- Relaxed Capoeira Guard

Level 1:

- Step left foot out to the side
- Then back in
- Then step out and drop down into the forward-facing Esquiva
- Right hand – fingertips to temples
- 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

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
- Level 2 is to step wide and sink lower. Now drive out of the supporting leg to engage more gluteal and quad muscles. Think of the rhythm as slow then fast; play with it a little

Layer 3

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

OPTION: No reach towards the floor; stay upright



06. WATCH ME GO 4:42mins

TECHNIQUE AND COACHING

SHUFFLE TO THE SIDE AND SPLIT LUNGE SEQUENCE

Layer 1

SAY:

- From relaxed Combat Stance
- Shuffle left
- And step right foot back then forward and repeat to the other side – this is to progress into a Lunge

Layer 2

- You have the option to split the Lunge with a little jump in between instead of stepping into a Lunge forward and back. This now makes it a more intense, loaded exercise with a plyometric feel

Layer 3

- This exercise isn't about how high you can jump. It is more about how low you can step into the Lunge and then move again. That's real control; that's the real essence of Capoeira

OPTIONS: Step into the Lunge or drop into the Lunge



07. MUAY THAI

TRACK FOCUS

Manage the intensity expectations of the class early on in the track so they know this track is going to be tough but it's not a long one. Shorter rep counts and seconds on the clock mean your participants can 'put their foot down' and commence the track with the knowledge it's time to work.

FEELS

EPIC roller-coaster ride that you wanna ride again and again because the highs are so high and it's over in no time; so buckle up, keep your hands up and your elbows in.

MARTIAL ART

Muay Thai

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /(Drum fill)	2x8	L Combat Stance	16	
0:05	/ (Horns)	8x8	A L Jab, R Cross x2 L, R Hook Note: 👁 next combo on 16cts	4 4	8
0:28	Instr Drop / Incoming...	8x8	A ¹ L Jab, R Cross x2 L, R Hook L, R Running Knee x2	4 4 8	4
0:51	/ (Piano)	2x8	Reset/Recover	16	
0:57	Building Instr / (Piano & beats)	10x8	B L Jab R Descending Elbow Hold/Pulse Note: Add Jumping Descending Elbow after 5 reps	2 2 4	10
1:25	5, 4, 3	4x8	C L Front Knee	2	16
1:37	Instr Drop / Incoming _	8x8	A ¹  L Jab, R Cross x2 L, R Hook L, R Running Knee x2	4 4 8	4
2:00	/ (Werewolf howl)	2x8	Transition to R Combat Stance	16	
2:05			REPEAT SEQUENCES A to 2nd A¹ – R		



07. INCOMING 4:02mins

FUNDAMENTALS

WHY?

This short Muay Thai track has 2 separate combos. The first is a traditional Kick-boxing style sequence. And the second is a two-hit combo that builds in power. Because of its short duration, ‘the gloves are off’, the set-up is minimal and full-throttle acceleration can commence straight away.

In the second combo, we do the single Jab and Descending Elbow.

Note: The Elbow combo has an option to add a small hop, adding power and height. There are not many reps. Accelerate a progressive build into the Jump as the advanced option. This allows participants to experience the essence of Muay Thai and test their fitness.

WHAT?

Starting with the Jab, Cross, Jab, Cross, Hook, Hook sequence, then adding on the 4x Alternating Running Man Knees. Use cues that motivate and inspire, and also at the same time, tweak and improve the technique of these Knee Strikes – whether it’s weight distribution, height or even speed.

During the Jab and Elbow combo, it’s important to note your participants haven’t yet seen this Elbow in their workout. So, spend the first few reps coaching the finer details and then set up the small jump as an option only.

HOW?

The Knees really come alive in this track. It’s what is considered as a global move; it has huge cardiovascular benefits, coupled with the Martial Arts conditioning of this specific move through high-volume repetitions.

TECHNIQUE AND COACHING

JAB CROSS HOOK AND KNEE SEQUENCE

Layer 1

SAY:

- From Front Stance
- Boxing/Muay Thai Guard
- Jab, Cross, Jab, Cross, Hook, Hook
- Right, left, right, left, right, left
- Keep the punches up high, in line or just above the shoulder line
- Sit down into the stance and feel anchored to the floor
- Generate power from the hips
- Add on 4x alternating Running Man Knees right and left
- As the knee lifts above the line of the hips, pull both arms down and keep the hands clasped together
- The elbows drop down past the outside of the thigh to engage the obliques and lift the heart rate
- Alternate the weight distribution in the feet so that the hips swing back at the same time the shoulders come forward

Layer 2

- This full combo is a short block so don’t hold back
- Take this opportunity to go ‘all out’ as there’s a small recovery coming up. So, as you do the Jab and Cross, use these initial strikes like a domino effect. If you start strong then the rest of the pieces will all fall down.

OPTION: No bouncing in the knee strikes



07. INCOMING 4:02mins

TECHNIQUE AND COACHING

SINGLE JAB AND REAR DESCENDING ELBOW

Layer 1

SAY:

- From right Combat Stance
- With Muay Thai Guard
- Single Jab with lead arm
- Descending Elbow to the left
- As you do the Elbow, release the rear heel and pivot on the ball of the foot, bringing the rear shoulder forward
- Think diagonal, starting high and then low – moving across the line of the body
- The strike surface for the Elbow sits between the elbow peak and mid forearm
- Relax the hand during this strike so that the move can be executed freely with no tension

Layer 2

- After setting up 2 to 3 reps
- Start to coach how to hop off of the lead foot
- Now add height to the Descending Elbow
- The aim is to increase intensity and power as you strike down with the elbow
- By doing this, you're aiming to lift the body vertically instead of forward
- Actively step forward on the lead foot to create the sense of height and power

Layer 3

SAY:

- “Short reps, not much time – so what are you going to do? Would you and could you simply give it your all?”

OPTION: No jumping



08. POWER TRAINING 3

TRACK FOCUS

Keep the room pushing that power button for 7 mins when they are ‘smashed’. It’s a mind game now and this isn’t the time to get too technical. Set an intention early on in the track and keep reminding them of their potential so they can fulfill it.

FEELS

The training montage at the end of a 1980s Boxing movie that’s being remade in 2022; when the hero has their moment of clarity and knuckles down to do the mahi (work) involved in leveling up to meet the objective of success over, after and above their failures. The journey wasn’t easy and neither is the battle but the end is just the beginning of a better and brighter you. Make it the end of your excuses and the beginning of your reasons for success and an absolute celebration of those choices.

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Piano & eerie sounds)	4x8	Front Stance	32	
0:10	V / When we look	4x8 A	Shoulder Stretch L, R	32	1
0:21	Wild to	12x8 B	Run OTS	96	
0:54	Instr / A new trail _	16x8 C	L Walking Jab x4 (to L)	8	
			L, R Uppercut x2	8	
			R Walking Jab x4 (to R)	8	
			R, L Uppercut x2	8	4
1:38	Instr Drop / Left to fall _	8x8 C¹	L Jump Jab x2 (to L)	4	
			L, R, L Uppercut	4	
			R Jump Jab x2 (to R)	4	
			R, L, R Uppercut	4	4
2:00	C / This is not	8x8 D	Front Stance L, R Jab	2	32
2:23	Instr / New trail _	8x8 C¹	REPEAT L Jump Jab x2 (to L)	4	
			L, R, L Uppercut	4	
			R Jump Jab x2 (to R)	4	
			R, L, R Uppercut	4	4
2:44	V / Couldn’t see	8x8 B	Punch L fist to the sky, recover and Run OTS	64	
3:06	C Build / This is not	8x8 E	L Combat Stance	4	
			L, R, L Uppercut	4	8
			R Step Over Cross		
3:28	Instr Drop / (Synths & beats)	8x8 E¹	L Jab, R Cross x4	8	
			L, R, L Uppercut	4	
			R Step Over Cross	4	4
3:50	C / _ This is not	8x8 D	Front Stance L, R Jab Punch L fist to sky to finish	2	32
4:12	V / Couldn’t see	8x8 B	Hold, recover and Run OTS	64	
4:34	C Build / This is not	8x8 E	REPEAT R Combat Stance		
			R, L, R Uppercut	4	
			L Step Over Cross	4	8
4:56	Instr Drop / (Synths & beats)	8x8 E¹	REPEAT R Jab, L Cross x4	8	
			R, L, R Uppercut	4	
			L Step Over Cross	4	4



08. POWER TRAINING 3

MUSIC			EXERCISE	CTS	REPS
5:18	_ This is not	15x8	D Front Stance L, R Jab	2	60
5:59	_ catch your	8x8	C  L Walking Jab x4 (to L) L, R Uppercut x2 R Walking Jab x4 (to R) R, L Uppercut x2	8 8 8 8	2
6:21	To fall _	8x8	C ¹  L Jump Jab x2 (to L) L, R, L Uppercut R Jump Jab x2 (to R) R, L, R Uppercut	4 4 4 4	4
6:42	This is not	8x8	D L, R Jab Finish	2	32



08. CATHARSIS X 7:08mins

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, and to give them a sense of huge achievement. With well-timed combos and space to complete every single strike, this track will 'bring the house down'! Watch out for the extended Jab sections and the powerful Step Over Cross.

WHAT?

Starting with a High Knee Run sets the tone for the intensity in this track. The combinations in this track echo one another. The Jabs and Uppercuts are the main feature and the Step Over Cross brings the heart rate up again.

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 them encouragement and praise.

Note: This is a long endurance Power Training track; coaching to the intensity levels is key to maintaining the energy and enjoyment throughout the song.

TECHNIQUE AND COACHING

LATERAL JAB & UPPERCUT COMBO FROM 4X INTO 2X

Layer 1

SAY:

- From Front Stance
- Boxing Guard
- Look right
- 4x walking Jabs right arm
- Face the front
- 4x alternating Uppercuts right and left
- Repeat on the other side
- Lean in on the Uppercuts, creating both intensity and full raw concentrated power. Be intentional here
- As you do the Step and Jab, build the intensity in the strike as well as the energy in the Step
- Build in a small jump into the Jab

Layer 2

As the sequence speeds up, include the fast 2x Jump Jabs and Triple Uppercuts:

- Break down the sequence now
- Only 2x Jabs to the right and then 3x faster Uppercuts right, left, right, then repeat to the other side
- The challenge is to travel further, move faster, hit harder and react quicker

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"



08. CATHARSIS X 7:08mins

TECHNIQUE AND COACHING

TRIPLE UPPERCUT & STEP OVER CROSS COMBO

Layer 1

SAY:

- From Combat Stance, right leg forward
- Uppercut right, left, right and Step Over Cross
- The Step Over is from the back leg
- As you perform the Cross, step the back foot forward at the same time
- This brings a huge amount of momentum and power to the Cross
- Then step back by lifting the knee up and back
- This is a skillful combo with plenty of reps, so coach the footwork before the power. Then, coach the timing before the big gear change to match the energy in the song

Layer 2

- Imagine a moving target coming at you. On the Step Over Cross, time the movement. Time the peak of the strike to hit the moving target just before it gets to you
- The step back is equally as important
- You can even lift the rear knee up and pivot off of the lead foot
- This allows you to move faster and takes away any tension in the lead knee

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

Coaching the hand positions of the Rope Climb and the options to reduce load.

FEELS

If the London market traders had a theme song, it would be this. If someone made a West End musical of life in London in 2022 this would be the opening number for the cast.

MARTIAL ART

Conditioning

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / The search	2x8		Transition to the floor and lie on your back	16
0:07	V / Get your	6x8	A	Rope Climb Combo	
				L, R, L Arm Reach	6
				Reset	2
				R, L, R Arm Reach	6
				Reset	2
					3
0:27	PC / Uh huh _	6x8	B	Pulse Crunch with hands up	2
0:46	C / I got that _	6x8	C	Criss Cross Legs	2
1:06	I got it _	4x8	D	Cross Crawl	2
1:19	V / I've got all	6x8	A	 Rope Climb Combo	16
1:39	PC / Uh huh _	6x8	B	 Pulse Crunch with hands up	2
1:58	C / I got that _	6x8	C	 Criss-Cross Legs	2
2:18	I got it _	4x8	D	 Cross Crawl	2
2:31	Do you want	2x8		Transition to Plank position – on knees or toes	16
2:38	Do you want	2x8	E	L, R Shoulder Tap (in Plank)	2
2:51	C / I got that _	10x8	E ¹	Bear Crawl & Shoulder Tap Combo	
				Walk Feet F, F, B, B (Bear to Plank) x2	8
				L, R Shoulder Tap x2	8
					5



09. I GOT IT 3:27mins

FUNDAMENTALS

WHY?

Creating a Conditioning track with a strong focus on complete 360° training feels amazing at this point of the workout. This track strengthens the core through integration and isolation exercises.

WHAT?

Rope Climbs, Lower Abdominal Lifts, Oblique Twists, Shoulder Taps and Bear Crawls feature in this routine. These help to build both 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 each move by explaining 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.

Note: Coach to the options early on so that the class can choose and feel which variation of the exercise suits them best.

TECHNIQUE AND COACHING

TRIPLE ROPE CLIMB

Layer 1

SAY:

- From floor position
- Lie on your back
- Feet on the floor with knees bent
- Crunch up and pull the rope, lifting higher each time with top, bottom, top lifting up 2 inches (5 centimeters) each time
- Release down
- As you crunch up, slide ribcage down towards the pelvis
- New Cue: *Lower back towards floor*
- Tuck the chin in and hold, keeping the shoulders off the floor

Layer 2

- This is a feel-good move
- Use cues to highlight what it feels like to climb a rope
- Ask: "What would you do as you pull the rope?"
- Would you pull yourself up? Would you pull the rope down? How would you lift higher?

Layer 3

- How high can you climb? To the very top? The top of greatness!

OPTION: Stay with a single Crunch

CRISS-CROSS LEGS

Layer 1

SAY:

- From floor position
- Extend both legs out wider than 45 degrees
- Start with legs outside hip-width
- Cross feet under and over – legs in and out
- Point the toes
- Brace the abs super tightly to help keep the lower back pressed towards the floor
- Shoulders down and arms out wide
- Option: Bend at the knees
- This is a fantastic isolation exercise for the lower abs and hip flexor muscles
- Make the Criss Cross a micro cross
- This ensures you have less momentum and keep the work in the abdominals

CROSS CRAWL

Layer 1

SAY:

- From floor position
- Twist rear shoulder up and across to the opposite thigh
- Fingertips on temples
- Elbows wide
- Rotate from the center of the chest
- There are 2 options:
 - 1) Bend one knee and tap your toes; this may give you the added boost you need to lift across
 - 2) Extend the leg as you twist. Note: This increases intensity and will need praise and motivation

BEAR CRAWL & SHOULDER TAP COMBO

Layer 1

- From Plank position
- Hands under shoulders
- On knees or toes
- Hips and shoulders square to the floor
- Brace the core
- Tap shoulder right and left x4
- 4x Bear Crawl in and out – right foot, left foot
- Keep the hips as still as possible

Layer 2

- These are primal moves
- They don't need to be perfect. However, for maximal core activation, move with as much control as possible

OPTIONS: No Bear Crawl, hold the Plank or a Hover if desired



10. COOLDOWN

TRACK FOCUS

There is a good amount of time in these standing stretches to really feel that release and lengthening effect.

FEEL

We don't do these workouts alone, we do them together and part of that reason is knowing that someone else knows what you are feeling and won't leave you behind, like a Group Fitness wing man/woman/person. Some things just work better in twos, like Maverick & Goose and Dan & Rach.

MUSIC		EXERCISE		CTS
0:00	Intro/ (Distorted vocal)	1x8	Set up Childs Pose	8
0:10	V / Hold my hand	1x8	L hand over R Upper Back Stretch	8
0:19	Pull me	1x8	R hand over L Upper Back Stretch	8
0:29	Tell me	1x8	Down Dog	8
0:38	But if you	1x8	Add heel walk (optional)	8
0:48	/ (Quiet)	¼x8	Transition to the knees	2
0:51	C / So cry	1x8	R Kneeling Hip Flexor Stretch (Step L foot F) Raise both arms O/H	8
1:01	You can cry	1½x8	Add R Tricep Stretch	12
1:15	Raise your	1x8	L leg out to the L for L Kneeling Adductor Stretch	8
1:25	I can see	1x8	Reach L hand to L foot	8
1:34	To tell me	1x8	R leg out to the R for R Kneeling Adductor Stretch	8
1:44	But if you	1x8	Reach R hand to R foot	8
1:53	/ (Quiet & drum fill)	¼x8	Transition to the knees	2
1:56	C / So cry	1x8	L Kneeling Hip Flexor Stretch (Step R foot F) Raise both arms O/H	8
2:06	You can cry	1x8	Add L Tricep Stretch	8
2:16		½x8	Transition to standing	4
2:21	C / Hold my hand	2¼x8	L Standing Quad Stretch (Raise arm O/H and down to center line with open palm)	18
2:42	I know you're scared	2¼x8	Release L leg and swing through into L Hamstring Stretch	18
3:05	Hold my hand	2¾x8	R Standing Quad Stretch (Raise arm O/H and down to center line with open palm)	22
3:32	I know you're scared	2¼x8	Release R leg and swing through into R Hamstring Stretch	18
3:54	Hold my hand	1x8	Step L foot behind for L side body stretch Add C Block – L arm high, R arm low	8
4:04	Hold my hand	1x8	Step R foot behind for R side body stretch Add C Block – R arm high, L arm low	6
4:13	Hold my	½x8	L Shoulder Stretch	4
4:22	Hand	½x8	R Shoulder Stretch	4
	I heard from		Finish	



10. HOLD MY HAND 4:31mins

FUNDAMENTALS

This is a meaningful and upbeat Cooldown with smooth transitions in between stretches.

Let this soulful 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 breath with the stretches. Most of these stretches are held longer.

TECHNIQUE AND COACHING

KNEELING SINGLE-ARM LATERAL STRETCH

Layer 1

SAY:

- From the floor, on knees
- Take the right arm and reach towards the opposite side of the body, forward of the head, lying the hand flat on the floor
- Then take your left hand and place it on top to hold it in place
- Feel the stretch under the armpit
- Then lean the body gently away from the reached-out hand
- Feel the stretch in the latissimus muscles

Layer 2

- Use breath to sink lower and hold

DOWN DOG

Layer 1

- From the floor position
- Arms outside shoulder width
- Lift tail bone up high
- Eye gaze down with chin tucked in
- Gently lower the heels down to the floor
- Soft knees
- Feel the stretch in the back, hamstrings and calves

Layer 2

- Option is to alternate walking heels and move slowly through this stretch

KNEELING HIP FLEXOR STRETCH 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 towards the ceiling into a Tricep Stretch
- Fingers to the upper back. Take the other hand and rest on elbow to create a little downward pressure to help stretch the tricep

STANDING HAMSTRING STRETCH

Layer 1

- From a standing position
- Sink the hips back and bend the left knee, straighten the right leg
- Lifting the chest and keep back in neutral position
- Tip forward from the hips
- Bring the chest down towards the straight leg, in line with the lead knee
- Feel the stretch in the back of the leg
- Keep the hands rested on the bent knee, front foot relaxed

STANDING STRETCH AND C BLOCK STRETCH

Layer 1

- From standing position
- Step right foot behind the left, keeping both heels down on the floor
- And push the hips out to the side
- Top arm in Rising Block position and bottom arm mirroring with knuckles facing up to create the letter 'C'

Layer 2

- Use breaths as you move into the C Block as this creates a deeper stretch and brings authenticity to the move



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

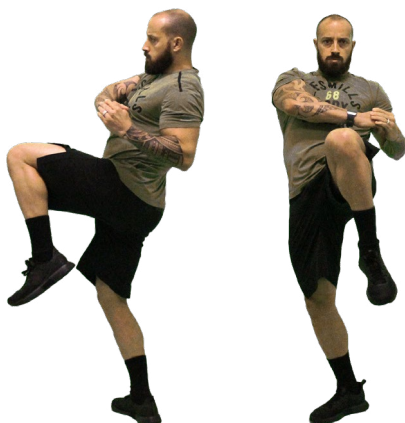
STRIKE

- 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.

