

# **BODYCOMBAT**

**96**

## **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

**So High** (4:27)  
Blasterjaxx & Le Shuuk feat. Crooked Bangs  
© 2022 MAXXIMIZE / Spinnin’ Records.  
Written by: Jongkind, Makhlaf, Schilde, Stritzel, Pols, Loenen, Gialeles

01B

**Low** (3:02)  
Blue Fire  
© 2023 Les Mills Music Licensing Ltd.  
Written by: Humphrey, Najm, Dillard

02

**La La La** (4:22)  
Anima Lilly  
© 2023 Les Mills Music Licensing Ltd.  
Written by: Sachdev

03

**Miss You** (5:05)  
Kurzwald  
© 2023 Les Mills Music Licensing Ltd.  
Written by: Barbera, Rowe, Anes

04

**Walk This Way (Lido Remix)** (1:50)  
MØ  
© 2014 Sony Music Entertainment UK Limited.  
Written by: Ørsted, Vindahl

**Walk This Way (Lido Remix)** (2:58)  
MØ  
© 2014 Sony Music Entertainment UK Limited.  
Written by: Ørsted, Vindahl

05

**Party Up (Cavalry Remix)** (2:09)  
DMX  
Courtesy of the Universal Music Group.  
Written by: Dean

**Find Me (Sigma VIP Remix)** (4:05)  
Sigma feat. Birdy  
Courtesy of the Universal Music Group.  
Written by: Van Den Bogaerde, Barnes, Kelleher, Kohn, Purcell

06

**Coming Back Stronger** (4:39)  
Silverberg feat. Reeves  
© 2020 River Wild.  
Written by: Reeves, Silverberg

07

**Follow** (5:53)  
I’ve Got Thunder  
© 2023 Les Mills Music Licensing Ltd.  
Written by: Jenkin, Weiller

08

**WANT NEED LOVE (Dimension Remix)** (4:07)  
Prospa  
Courtesy of the Universal Music Group.  
Written by: Blumler, Smith

**WANT NEED LOVE (Dimension Remix)** (2:08)  
Prospa  
Courtesy of the Universal Music Group.  
Written by: Blumler, Smith

09

**Intro** (2:15)  
EPMD  
Courtesy of the Universal Music Group.  
Written by: Sermon, Smith

**Intro** (0:36)  
EPMD  
Courtesy of the Universal Music Group.  
Written by: Sermon, Smith

10

**Calm Down** (3:56)  
Rema & Selena Gomez  
Courtesy of the Universal Music Group.  
Written by: Ikubor, Hunter, Uwaifo



# BODYCOMBAT 96



L-R: Marlon Woods, Dan Cohen, House Chaalane, Kipa Tiivola, Rachael Newsham, Reagan Kang, Vili Fifita, Lula Slaughter

## PRESENTERS

**Dan Cohen** (United Kingdom/New Zealand) is the WINNING TOGETHER coaching director and co-Creative Lead for BODYCOMBAT and LES MILLS CORE™. He is a Masters Level NLP TLT (Neuro Linguistic Programming and Time Line Therapy) and IBC coach. Dan is based in Auckland with his wife and 3 children.

**Rachael Newsham** (United Kingdom/New Zealand) is the co-Creative Lead for BODYCOMBAT. Rach is passionate about people and helping them find their soul mate workouts and believes that once they do, the rest takes care of itself. She believes in keeping it real and staying with the fight in all aspects of life. She loves MMA, Music, Dance, Sport and Good Kind-hearted Humans.

**House Chaalane** (Singapore) is a BODYCOMBAT, BODYJAM™ and SH'BAM™ Trainer/Presenter/Instructor, and a BODYATTACK™, BODYBALANCE™, BODYPUMP™, RPM™ and LES MILLS THE TRIP™ Trainer/Instructor. He lives in Singapore.

**Vili Fifita** (New Zealand) is a BODYPUMP, LES MILLS TONE™, LES MILLS CEREMONY™, LES MILLS CONQUER™ and a LES MILLS GRIT™ Trainer/Presenter. He is part of the Creative Team for LES MILLS CORE, LES MILLS TONE, BODYPUMP, LES MILLS CONQUER and is a LES MILLS Ambassador. He works as the Innovation Program Manager at Les Mills International in Auckland.

**Reagan Kang** (Malaysia) is a BODYPUMP, LES MILLS GRIT and LES MILLS CORE Trainer/Presenter/Instructor and a BODYCOMBAT Presenter/Instructor. He lives in Singapore.

**Lula Slaughter** (United States) is a BODYCOMBAT and BODYPUMP Trainer/Presenter/Instructor, a LES MILLS TONE Presenter/Instructor, a STRENGTH DEVELOPMENT™ Presenter and BODYJAM Instructor. She lives in Flemington, near New York.

**Marlon Woods** (United States) is a BODYCOMBAT and BODYPUMP Trainer, Presenter, and Ambassador. He lives in Sydney, Australia and works as a researcher and tutor at The University of Sydney.

Thanks to **Kipa Tiivola** (Finland)



# BODYCOMBAT 96

This workout will bring out the best in you and test the rest of you. Some would say ‘it’s out the gate’ from the get go.

Early on, the training seduces you into a false sense of confidence, with two cruisy and overly confident simple combos. This will light a fire in your lower body that does not get extinguished but simmers and then causes meltdown levels of heat, but absolutely gets you in the right zone for the rest of the training session.

Some massive old school Hip Hop hype hits you at the halfway mark when you’d normally want to check out and take a breather, and you can’t because you get swept up into the party vibes of the music. Just like that the Pushups are done and you are looking around like the boss that you are, wondering what all the fuss was about ha ha ha.

The back half of the class is going to feel like a big climb with some real gear shifts of Running Knees in the Muay Thai track, finishing with a superb celebration track. This track carries you through a massive shoulder burner you just can’t quit on, given the very essence of it is built around love and we know BODYCOMBAT fans love hard and there’s no quit in us. You are going to LOVE the highs this training takes you to. Conditioning track is short and tough so before you know it, the work is done and dusted.

Dan and Rach



# CREDITS

**Creative Leads** – Dan Cohen and Rachael Newsham

**Coach** – 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

# 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.

## RELEASE FEEDBACK

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

# KEY

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



# 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 | 37:10              |

### 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 | 25:00              |

**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<br>(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.



# 01A. UPPER BODY WARM-UP

**TRACK FOCUS**

Lift the energy SO HIGH in this Warm-up, just like the song title says!

Setting our members up for success from the beginning is our focus. Clearly stating move names, directions and safety points will help them feel competent and confident. Alongside this, enjoy the buzz of welcoming your class to the awesome journey ahead.

**FEEL**

It's buzzy and cocky and not nearly as intimidating as the title suggests.

**MARTIAL ART**

Boxing

| MUSIC |                                      | EXERCISE                                       |                                                                                                                                         | CTS         | REPS |
|-------|--------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------|------|
| 0:05  | Intro / (Instr)                      | 4x8                                            | L <b>Combat Stance</b><br>Prepare to move<br>👁️ L Jab x2, Pulse F&B x2 on last 8cts                                                     | 32          |      |
| 0:17  | V1 / I <b>hover</b> like a spaceship | 6x8                                            | A L Jab x2<br>Pulse F&B x2                                                                                                              | 4<br>4      | 6x   |
| 0:37  | B up /                               | 2x8                                            | A <sup>1</sup> L Jab                                                                                                                    | 2           | 8x   |
| 0:43  | V2 / I <b>hover</b> like a spaceship | 8x8                                            | A <sup>2</sup> L Jab, R Cross, L Jab<br>R, L Scissor x2                                                                                 | 4<br>4      | 8x   |
| 1:09  | Br / I <b>hover</b> like a spaceship | 2x8                                            | B L, R Uppercut                                                                                                                         | 4           | 4x   |
| 1:15  | C /                                  | 8x8                                            | B <sup>1</sup> L, R, L Uppercut<br>Pulse F&B x2                                                                                         | 4<br>4      | 8x   |
| 1:41  | Br /                                 | 2x8                                            | Hold Martial Arts Guard<br>Transition to R <b>Combat Stance</b>                                                                         | 4<br>12     |      |
| 1:47  | V3 /                                 | <b>REPEAT SEQUENCES A to B<sup>1</sup> – R</b> |                                                                                                                                         |             |      |
| 3:10  | (Fade out)                           | 1½x8                                           | Hold Martial Arts Guard<br>Transition to Wide <b>Front Stance</b><br>Fists to ribs                                                      | 4<br>8      |      |
| 3:16  | (Violin)                             | 1½x8                                           | L Slow Lunge (R leg back) with R Karate<br>Punch Down                                                                                   | 4           |      |
|       |                                      | 6x8                                            | C Step wide to <b>Front Stance</b> (fists to ribs)<br>Repeat to R                                                                       | 8           | 3x   |
| 3:33  |                                      | 4x8                                            | C <sup>1</sup> L Slow Lunge (R leg back) with R Karate<br>Punch Down<br>Step wide to <b>Front Stance</b> (fists to ribs)<br>Repeat to R | 2<br>2<br>4 | 4x   |
| 3:46  | B up /                               | 4x8                                            | L, R Run OTS                                                                                                                            | 2           | 16x  |
| 3:59  | (Synth drop)                         | 8x8                                            | D L Walking Jab x3 (traveling to L)<br>L, R Hook (facing F)<br>Repeat to R                                                              | 4<br>4<br>8 | 4x   |
| 4:24  |                                      | 1x8                                            | R hook to finish, prepare to move into B <sup>1</sup>                                                                                   |             |      |



# 01A. SO HIGH 4:27mins

## 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 strikes, including target zones, ranges of motion, and the number of reps. **Use coaching cues that support the Lunge and Karate Punch Down Combo. This is such a great move and it’s also revisited in track 4 with an option to add greater impact.**

### HOW?

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

## TECHNIQUE AND COACHING

### JAB, CROSS, JAB AND SCISSOR COMBO

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Double right Jab
- Pulse forward and back
- Use front two knuckles to strike
- Aim for nose, lip or chin of your opponent
- Elbow soft
- Back heel lifted off floor

Add on the Cross, Jab and Scissors:

- Jab, Cross, Jab, 4x Scissors – left, right
- Fire the Cross to nose, lip or chin
- Front two knuckles to strike and soft elbow, just like the Jab
- Soft knee landing on the Scissors

#### Layer 2

- Tuck your chin in and round your shoulders for protection
- Integrating upper and lower body to get you nice and warm

OPTION: 2x Squats instead of 4x Scissors

### 3X UPPERCUTS AND PULSE COMBO

#### Layer 1

- Uppercuts, right, left
- Release heel on strikes
- Target the chin

Into the 3x Uppercuts and Scissor Combo:

- We build a combo
- Uppercut, right, left, right; Pulse forward and back

#### Layer 2

- Everything in the Warm-up is about learning – take your time and get comfortable with each move
- Twist your torso on the strikes to warm up your obliques





# 01A. SO HIGH 4:27mins

## TECHNIQUE AND COACHING

### LUNGE AND KARATE PUNCH DOWN SEQUENCE

#### Layer 1

- Feet outside hip-width, fists to ribs
- Long stride back into Lunge, Karate Punch Down
- Step wide and reset
- Change sides, other leg Lunge and punch low
- Hips and shoulders square to the front as you lunge
- Knees bend to 90 degrees
- Brace abs and keep chest lifted

Add speed to the sequence:

- How about we speed up?
- Faster rhythm now while maintaining control
- Front hand towards opposite shoulder on Lunge

#### Layer 2

- Sinking low in your Lunge will get your legs and glutes warm
- Focus on timing and range as you move with control
- Integrating upper and lower body

#### Layer 3

- This is a practice ahead of Track 4 – watch out!
- Feel the essence of Karate – disciplined and controlled

### 3X JABS TO SIDE, 2X HOOKS TO FRONT

#### Layer 1

- We're about to travel – 3 Walking Jabs to the right side
- 3, 2, 1 – Hook right, left, to front
- Switch and go to the left side
- Front two knuckles strike on Hooks and target the jaw or temple
- 90-degree angle in your elbow
- Lift heel and rotate hip and shoulder on Hook

#### Layer 2

- Big half circle on Hooks
- You can travel as far as you like – you choose the intensity

#### Layer 3

- Feel that awesome energy surging as we head into the Lower Body Warm-up next



# 01B. LOWER BODY WARM-UP

## TRACK FOCUS

We strike in multiple directions, even as we travel forwards. By providing early pre-cues, we can ensure our members follow successfully.

Coach the new Lateral Tap with a focus on agility, soft knees and an exciting increase of speed.

## FEEL

Nostalgic sounds reworked into a great new mix. Ride the waves and confidently bring some cool attitude – this one’s a banger!

## MARTIAL ARTS

Kick-boxing, Boxing, TKD, Karate

| MUSIC |                                           | EXERCISE |    | CTS                                                                                                                     | REPS                   |
|-------|-------------------------------------------|----------|----|-------------------------------------------------------------------------------------------------------------------------|------------------------|
| 4:27  | PC /                                      | 10x8     | A  | <b>Front Stance</b><br>L, R Front Knee x2 – traveling F<br>L, R Pulse x4 – traveling B                                  | 8<br>8<br>5x           |
| 5:00  | B up / Low-low-low-low                    | 4½x8     | B  | L, R Lateral Taps into pendulum motion off the beat                                                                     | 4<br>11x               |
| 5:13  | let me talk to them _                     | ½x8      |    | Jump feet wide<br>Set L arm, ready for Side Kick                                                                        | 2<br>2                 |
| 5:17  | C / _ Shawty had them <b>apple</b> bottom | 8x8      | C  | L Side Kick<br>Pulse OTS                                                                                                | 4<br>4<br>8x           |
| 5:44  | QC / Shawty had them <b>apple</b> bottom  | 8x8      | A  | R, L Front Knee x2 – traveling F<br>R, L Pulse x4 – traveling B                                                         | 8<br>8<br>4x           |
| 6:11  | B up / Low-low-low-low                    | 4½x8     | B  | R, L Lateral Taps into pendulum motion off the beat                                                                     | 4<br>11x               |
| 6:26  | Let me talk to them _                     | ½x8      |    | Jump feet wide<br>Set R arm, ready for Side Kick                                                                        | 2<br>2                 |
| 6:28  | C / Shawty had them <b>apple</b> bottom   | 8x8      | C  | R Side Kick<br>Pulse OTS                                                                                                | 4<br>4<br>8x           |
| 6:55  | Br / _ Let me talk to ‘em                 | 5x8      | D  | L Front Kick<br>Step L, R, L<br>R Front Kick<br>Step R, L, R                                                            | 2<br>2<br>2<br>2<br>5x |
| 7:11  | C / Them baggy sweat pants                | 4x8      | D¹ | L Front Kick to L corner<br>Step L, R, L<br>R Front Kick to R corner<br>Step R, L, R<br>L Front Kick to front to finish | 2<br>2<br>2<br>2<br>4x |



# 01B. LOW 3:02mins

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

## TECHNIQUE AND COACHING

### TRAVELING KNEES X4 TO THE FRONT

#### Layer 1

- Front Stance
- Boxing Guard
- 4x Knees, right and left, travel forwards
- Pulse back, right and left
- Strike with top of knee; aim for stomach
- Reach hands up and pull down to hip
- Toes point down, heel lifts up
- Brace abs as you lean back

#### Layer 2

- Bounce back lightly on the balls of your feet
- Drive the arms past your hip to lift up the heart rate
- Feel your abs engage as you strike

#### Layer 3

- Feels good to move off the spot while striking with our legs, huh?

## LATERAL TAPS

#### Layer 1

- Front Stance
- Boxing Guard
- Lateral Tap – right and left
- Tempo speeds up and we move faster
- Tuck your chin in and bend your knees
- Chest and shoulders turn in on a 45-degree angle

#### Layer 2

- A little Boxing agility to warm up the legs
- Maintain your control and position as we speed up

#### Layer 3

- Have you got agile fast feet? Let's see it!

## SIDE KICK

#### Layer 1

- Front Stance
- Low Side Kick, right leg
- Set heel towards target, soften knee and lean away
- Strike with blade of foot, heel up, toes point down
- Target the knee or hip of your opponent
- Brace abs, lean away and keep chest up
- Return to Front Stance and Pulse OTS

#### Layer 2

- We practice for control first; there's plenty of time for power later!
- Exhale as you strike

#### Layer 3

- Feels like a stomping kick, huh?! Imagine you're leaving a footprint on the punchbag!

OPTION: Kick low



# 01B. LOW 3:02mins

## TECHNIQUE AND COACHING

### FRONT KICK

#### Layer 1

- Front Stance
- Boxing Guard
- Front Kick, right and left
- 1 kick, 3 steps to switch
- Use the ball of the foot to strike
- Kick long and low, aiming between knee and stomach height
- Keep knee soft as leg extends
- Lean back a little and brace abs tightly

Into the Front Kick to corners:

- Corner to corner – right and left
- Aim on a 45-degree angle
- Hands up in Martial Arts Guard
- Swing arm down as you do the Front Kick

#### Layer 2

- Retract your heel towards butt to engage hamstrings
- Lean back to warm up the core more

#### Layer 3

- You are looking fantastic everyone – a great start!
- Who's warm and ready for an amazing workout ahead?!

OPTION: Kick low



# 02. COMBAT 1

## TRACK FOCUS

Ticky-ticky, time bomb – this one’s going to explode!

Pace yourself or else you might ‘go off’ too soon; work the levels as you build the intensity gradually. Using well-timed previews and clear coaching is a focus for this track.

By mastering this we guide our class through the progressively increasing intensity – so we all go out with a bang together!

## FEEL

Confident combinations and challenging conditioning! The feels are confidence and control during the progressively building Kick-boxing combination, then switching into challenging and powerful leg conditioning. Tap into the swagger, attitude and vibe of this cool track to blend these feels.

## MARTIAL ARTS

Kick-boxing, Capoeira

| MUSIC |                                              | EXERCISE            |                                                                                                                                                   | CTS    | REPS |
|-------|----------------------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------|------|
| 0:00  | Intro / (la, la, la, la,)                    | 4x8                 | L <b>Combat Stance</b>                                                                                                                            | 32     |      |
| 0:10  |                                              | 4x8 A               | L Jab, R Cross – slow<br>Hold<br> Fast Jab Cross on last 8cts    | 4<br>4 | 4x   |
| 0:20  | V1 / _ Yeah, yeah we make the fire           | 4x8 A <sup>1</sup>  | L Jab, R Cross – fast<br>Hold<br> Jab, Cross, Jab on last 8cts | 2<br>6 | 4x   |
| 0:30  | PC / _ Yeah, yeah we make the fire           | 4x8 A <sup>2</sup>  | L Jab, R Cross, L Jab<br>Hold<br> Front Kick on last rep       | 4<br>4 | 4x   |
| 0:40  | C / _ Ladies and gentlemen                   | 10x8 A <sup>3</sup> | L Jab, R Cross, L Jab<br>R Front Kick                                                                                                             | 4<br>4 | 10x  |
| 1:05  | V2 / _ Yeah, yeah we make the fire           | 8x8 B               | L Pulse Lunge (R leg B) x2<br>R Rear Knee                                                                                                         | 4<br>4 | 8x   |
| 1:24  | B up /                                       | 3½x8 B <sup>1</sup> | L Lunge<br>R Rear Knee                                                                                                                            | 2<br>2 | 7x   |
| 1:31  | Br /                                         | ½x8                 | L <b>Combat Stance</b> – hold                                                                                                                     | 8      |      |
| 1:33  | C / C’mon _                                  | 8x8 A <sup>3</sup>  | L Jab, R Cross, L Jab<br>R Front Kick                                                                                                             | 4<br>4 | 8x   |
| 1:52  |                                              | 8x8 B <sup>1</sup>  | L Lunge (R leg B)<br>R Rear Knee<br>Note: Level 2 after 8 reps                                                                                    | 2<br>2 | 16x  |
| 2:13  | Br / (la, la, la, la)                        | 4x8                 | L Lunge and hold to finish<br>Recover and transition into R <b>Combat Stance</b>                                                                  | 32     |      |
| 2:23  | REPEAT SEQUENCES A to 2nd B <sup>1</sup> – R |                     |                                                                                                                                                   |        |      |



## 02. LA LA LA 4:22mins

### FUNDAMENTALS

#### WHY?

This track blends Kick-boxing with Capoeira leg conditioning. It heightens the cardio training from the Warm-up track and has a strong aerobic base with pockets of explosive and interesting strikes to elevate the heart rate and bring a sense of style and feels very early on.

#### WHAT?

This track focuses on two combinations:

##### **Kick-boxing Combo**

- Three fast punches and a slow, controlled yet powerful Front Kick
- A knockout combo, integrating the upper and lower body and harnessing core control!

##### **Lunge and Rear Knee Combo**

- Focus on getting low in the Lunge then exploding up into the Knee.
- A great cardio and conditioning challenge!

#### HOW?

The focus of each of the combinations is:

##### • **Kick-boxing Combo:**

This starts with building great technique with the slow Jab, Cross. We then add the pop with speed, then add the final Jab before integrating with the legs.

The lower body is involved as we add the Front Kick from the rear leg. The foot has further to travel and reset so there's plenty of time to do this. Having this time allows us to utilize power, core control and accuracy.

##### • **Lunge and Rear Knee Combo:**

First, we learn the combo with 2 Pulse Lunges and 1 Rear Knee. This sets up the technique and awareness before hitting the more intense phase.

The single Lunge and Rear Knee is a beast! Encourage members to drop low then lift high at speed. This is Capoeira leg conditioning at its best!

## TECHNIQUE AND COACHING

### KICK-BOXING COMBO

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Slow Right Jab, left Cross and hold
- No power here, just find the pace
- Target nose, lip or chin, elbows soft

Add on speed:

- Strike faster and hold for longer
- Hands back to guard on the hold

Add on final Jab:

- Jab, Cross, Jab – fast, and hold
- 1, 2, 3 – quick strikes

Add on Front Kick from rear leg:

- 3x punches and 1x Front Kick from your back leg
- Knee soft as you extend the leg, strike with ball of foot
- Brace core tightly and lean back a little as you kick
- Return foot back to exactly where it started (back in Combat Stance)

#### Layer 2

- Twist torso quickly on the punches to work the mid-section
- Back heel lifted and bring more body weight into your front leg
- Push hip forward in Front Kick to control the strike

#### Layer 3

- Hit the pads quickly to feel like an authentic Kick-boxer!
- Full-body training to shape and tone your muscles



## 02. LA LA LA 4:22mins

# TECHNIQUE AND COACHING

### LUNGE AND REAR KNEE COMBO

#### Layer 1

- Double Pulse Lunge and Rear Knee
- Hips level and square
- Shoulders stacked over hips
- Abs braced
- Bend knees to 90 degrees
- Strike with top of knee to stomach of opponent
- Reach hands high and pull down to outside of hip

Into Single Lunge and Rear Knee:

- We move faster – 1 Lunge, 1 Knee
- Start by staying at the top, then drop lower
- Keep your technique controlled here

#### Layer 2

- Aim to reach down with front hand and touch your shin or even your sock with front hand on Lunge
- Find a range in the Lunge that feels achievable for you
- Amazing leg conditioning right here!

#### Layer 3

- Who's reaching low? Can you still touch your sock?
- Can you feel the strength in your legs and glutes?
- This is chiseling your lower body!

#### OPTION:

- Stay at top range in the Lunge and Rear Knee Combo



# 03. POWER TRAINING 1

## TRACK FOCUS

In this track, we have 5 minutes of authentic Boxing combinations.

Speed and power are the skills we focus on in our first taste of Power Training. Role-model the differences between punching fast and fiercely – speed vs. power. This will inspire and motivate members to move with effective technique – gaining the full benefits of this epic track.

## FEEL

A real heart rate kicker and shoulder burner! Follow the flow of the music as you build cardiovascular fitness and Boxing skills. Let yourself go! Physically pushing yourself encourages reciprocity from others... Go for the knockout!

## MARTIAL ART

Boxing

| MUSIC |                                 |      | EXERCISE       |                                                                     | CTS         | REPS |
|-------|---------------------------------|------|----------------|---------------------------------------------------------------------|-------------|------|
| 0:00  | Intro /                         | 12x8 |                | L, R Run OTS                                                        | 2           | 48x  |
| 0:34  | C / anyone else out there       | 12x8 | A              | <b>Front Stance</b><br>L, R Jab x4<br>L, R Body Rip x2<br>L, R Hook | 8<br>4<br>4 | 6x   |
| 1:06  | Br / like I'm worth nothing     | 4x8  | B              | <b>L Combat Stance</b><br>L, R Uppercut                             | 4<br>4      | 4x   |
| 1:17  | B up / _ It doesn't surprise me | 4x8  | B <sup>1</sup> | L Uppercut x2<br>Pulse F&B x2                                       | 4<br>4      | 4x   |
| 1:28  | C / anyone else out there       | 8x8  | B <sup>2</sup> | L Uppercut x2<br>L Jab, R Cross x2                                  | 4<br>4      | 8x   |
| 1:51  | / Over and over again           | 8x8  | C              | L Jump Jab x4 – traveling F<br>L, R Run B x4                        | 8<br>8      | 8x   |
| 2:13  | / Like I'm worth nothing        | 8x8  | D              | <b>Front Stance</b><br>L, R Jab<br>L fist to ceiling to finish!     | 2           | 32x  |
| 2:35  | Fade out                        | 2½x8 |                | Hold and recover                                                    | 20          |      |
| 2:42  | My own business_                | 6x8  |                | R, L Run OTS                                                        | 2           | 24x  |

2:58

REPEAT SEQUENCES A to D – R





## 03. MISS YOU 5:05mins

### FUNDAMENTALS

#### WHY?

This is a fast-paced Power Training track designed to specifically test your quick-thinking motor skills and fitness. This Boxing track challenges our cardiovascular system and delivers results.

#### WHAT?

This track has 5 minutes of combinations fusing speed and power:

- We start with a bang in the form of a 14-punch combo in Front Stance.
- Working high, low, then high again on the punchbag – this integrates the lower body too.

Then,

- Contrast into building the second combo gradually
- Bringing awareness into how to execute the Uppercuts with role-model technique and inspirational power
- Adding in the Jabs and Crosses brings this combo to life with speed in these straight punches

Then,

- Train agility with the Jump Jabs before smashing the Jabs-only section to finish the round/track on a massive high.

#### HOW?

Ride the waves of physical and emotional gear changes with your participants. Use your vocal contrast and role-model fitness to motivate, inspire and encourage them to hit the cardiovascular peaks, then enjoy the celebration of achieving this together.

## TECHNIQUE AND COACHING

### 8X JABS, 4X BODY RIP, 2X HOOK COMBO

#### Layer 1

- Front Stance
- Boxing Guard
- 8 Jabs, right and left
- 4 Body Rips, right and left
- 2 Hooks, right and left

#### Layer 2

- Sink into the legs on Body Rips then stand and whip your hips to Hook
- Work the body and imagine you've got your forehead on a big heavy bag

#### Layer 3

- The Hooks are the knockout punches – who's getting the knockout?!
- For speed and power, you have to think fast, then think hard and hit heavy!

### 2X UPPERCUT, JAB, CROSS, JAB, CROSS COMBO

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Uppercut right and left
- Target the chin with front two knuckles

Into 2 Uppercuts, pulse forward and back:

- Building the combo
- 2 Uppercuts front arm, pulse forward and back
- Chin tucks in; round your shoulders

Add on Jab, Cross x2:

- Add on Jab, Cross – 1, 2, 1, 2
- 6-punch combination
- Lean forward into strikes

#### Layer 2

- Drop your back shoulder into the bag then drive the front shoulder up
- Power in the Uppercuts and speed in the Jab, Crosses
- Use your legs on the Uppercuts to integrate the legs

#### Layer 3

- Can you feel the difference between speed and power – awesome, huh?
- You look superb out there – well done!



# 03. MISS YOU 5:05mins

## TECHNIQUE AND COACHING

### 4X JUMP JAB, RUN BACK

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Jump Jab 4 times – travel forwards
- Right hand Jabs – 4, 3, 2, 1
- Run or walk back

#### Layer 2

- Cover some distance here to reach your opponent
- Land your fist and foot at the same time

#### Layer 3

- Pick up your knee to pick up your heart rate
- We are all getting fitter right now!

#### OPTIONS:

- Step forward into Jab (instead of Jump)
- Walk back (instead of Run)

### JABS

#### Layer 1

- Front Stance
- Boxing Guard
- Jabs – right and left
- Bend knees and rotate torso

#### Layer 2

- Work through the gears here to increase the intensity
- Tuck and roll chin down and twist shoulders

#### Layer 3

- This is your finisher – give it everything you’ve got!
- Today this workout is yours for the taking. Take it or leave it... but don’t leave with nothing – leave with something!
- Find the struggle and push through anyway!



# 04. COMBAT 2

## TRACK FOCUS

Lots of directional cues and options are required for this demanding track. Bring your focus to clarity of coaching alongside demonstrations of all options. The Switching Front Kick is an awesome new strike. Commit to this strike with great range, power and the “Kiah!”

## FEEL

A free-flowing, cruisy and dance-like flava. This is such a great track to play with – bringing the ‘feel’ of Capoeira to life. Don’t be fooled, though – this is far from fun when the lower body heat kicks in!

## MARTIAL ARTS

Capoeira and Karate

| MUSIC |                                        |      | EXERCISE                                                                           |                                                                                                                                                  | CTS              | REPS |
|-------|----------------------------------------|------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------|
| 0:00  | V1 / <i>All my life I've stepped</i>   | 2x8  | L <b>Combat Stance</b>                                                             |                                                                                                                                                  | 16               |      |
| 0:05  | <b>Longing</b> for the sweet           | 10x8 | A                                                                                  | R Half Ginga x2<br>R Ginga<br>L Ginga                                                                                                            | 8<br>4<br>4      | 5x   |
| 0:32  | <i>_ I'm a post-teen monster</i>       | 12x8 | A <sup>1</sup>                                                                     | R Half Ginga x2<br>L Evasive Side Kick                                                                                                           | 8<br>8           | 6x   |
| 1:04  | <i>(Wind chimes)</i>                   | 8x8  | A <sup>2</sup>                                                                     | R Half Ginga x2<br>L Jumping Evasive Side Kick (small jump)                                                                                      | 8<br>8           | 4x   |
| 1:27  | PC / <i>(distorted lyrics)</i>         | 1x8  |                                                                                    | L Lunge Hold (R leg B)                                                                                                                           | 8                |      |
| 1:30  | C /                                    | 7x8  | B                                                                                  | L Switching Front Kick<br>L Lunge and hold<br>Option: Stepping Front Kick                                                                        | 4<br>4           | 7x   |
| 1:49  | <i>All my life</i>                     | 2½x8 | L Switching Front Kick to finish, recover and transition to R <b>Combat Stance</b> |                                                                                                                                                  | 20               |      |
| 1:56  | V2 / <b>Longing</b> for the sweet      |      | <b>REPEAT SEQUENCES A to B – R</b>                                                 |                                                                                                                                                  |                  |      |
| 3:40  | <i>_ We're a symphony of the world</i> | 2x8  |                                                                                    | Transition to <b>Front Stance</b> (fists to ribs)                                                                                                | 16               |      |
| 3:44  | And we <b>long</b> for the place where | 6x8  | C                                                                                  | L Lunge (R leg B), R Karate Punch Down<br>Front Stance – fists to hips<br>R Lunge (L leg B), L Karate Punch Down<br>Front Stance – fists to hips | 2<br>2<br>2<br>2 | 6x   |
| 4:01  | <i>(Wind chimes)</i>                   | 7x8  | C <sup>1</sup>                                                                     | L Impact Lunge, R Karate Punch Down<br>Impact Squat – fists to hips<br>R Impact Lunge, L Karate Punch Down<br>Impact Squat – fists to hips       | 2<br>2<br>2<br>2 | 7x   |
| 4:20  |                                        | 1x8  |                                                                                    | L Impact Lunge and hold                                                                                                                          | 8                |      |
| 4:23  | C / <i>(distorted lyrics)</i>          | 4x8  | B                                                                                  | L Switching Front Kick<br>L Lunge and hold<br>Note: Switch legs on last 4cts                                                                     | 4<br>4           | 4x   |
| 4:34  |                                        | 4x8  | B <sup>1</sup>                                                                     | R Switching Front Kick<br>R Lunge and hold<br>R Switching Front Kick to finish                                                                   | 4<br>4           | 4x   |



# 04. WALK THIS WAY 4:48mins

## FUNDAMENTALS

To build both confidence and competence – improve timing, kicking techniques and understanding of Capoeira and Karate. We focus on authenticity with athletic Capoeira contrasting with controlled Karate. This allows us to move in a way that brings great physical results while enjoying the ‘feel’ of each unique Martial Art. Options are always important to role model and offer so each member can personalize their workout.

This track has 2 sequences focusing on the lower body:

### • 2 Half Ginga, Micro Hop Evasive Side Kick

We build this combo up with mastering the Half Ginga and Full Ginga first then add a grounded Evasive Side Kick. We then role-model and offer the option to add a Micro Hop to increase the demands!

Always highlight that this is purely an option and members can stay grounded. Bring the athletic and authentic playful nature of Capoeira to life here... have some fun!

### • Lunge and Switching Front Kick

This is a cool new challenge. Staying low and loaded in the legs before exploding into a Switching Front Kick. The quads and glutes will be tested here for sure! Again, let’s ensure we role-model and verbally offer both the jumping and stepping version of the Switching Front Kick.

Then we combine upper and lower body with Karate:

### • Lunge and Karate Punch Down

We bring this move back from Track 1A – this time with an additional level of intensity.

The Impact Lunge and Impact Squat variation is demanding for the lower body. Trying to break a board with the Karate Punch is tough for the upper body. The powerhouse of our body, the core, is the catalyst to bringing all this together, so brace tightly and ‘go for it!’

## TECHNIQUE AND COACHING

### 2X HOP GINGA, MICRO HOP EVASIVE SIDE KICK

#### Layer 1

- Right Combat Stance – relaxed arms
- Two light Half Gingas on your left leg
- Full Ginga – step left, right leg Ginga back, step out, left leg Ginga back
- Find the rhythm first
- Front knee over ankle
- Knees soft throughout

Add on Evasive Side Kick:

- 2 Half Gingas, step left, Side Kick right leg
- Turn left toes out slightly to set heel for Side Kick
- Lean away and brace abs for stability as you kick
- Strike waist height or lower

Add Micro Hop to Evasive Side Kick:

- Only an option – 4 reps
- Add a Hop on the Evasive Side Kick
- Land with a soft knee

OPTION: Stay grounded for Evasive Side Kick

#### Layer 2

- Nice and light on the Half Ginga, then feet wide and sink lower on Full Ginga
- Take left foot wide, bending the knee for balance when kicking
- Ginga, our Brazilian/Portuguese word meaning to move or pulse
- Who’s playing a game, who’s dancing, who’s fighting, in Capoeira, we do all three!

#### Layer 3

- Building strength endurance in our legs and glutes
- Feels pretty fun, huh? Be light and playful, feeling the flow
- I promise I’ll walk on those hot coals with you – let’s walk the fire together!

OPTIONS:

- Keep the Side Kick low
- Stay grounded on the Evasive Side Kick



## 04. WALK THIS WAY 4:48mins

### TECHNIQUE AND COACHING

#### LUNGE AND SWITCHING FRONT KICK

##### Layer 1

- Lunge back, left leg
- Long Lunge position – freeze
- Transfer weight into Front Kick on right leg
- It's called the Switching Front Kick
- Back foot comes underneath hips as you kick with front leg
- Lunge back to start position and freeze
- Hips and shoulders square to front and abs braced

OPTION: Step Front Kick – no Hop

##### Layer 2

- Try and get front thigh parallel to floor on Lunge
- Whip your heel back towards your butt to work your hamstrings

##### Layer 3

- Drop down low to tone and shape your legs!
- I'm sure you can hold for longer and explode up faster!
- Last one – shout out a "Kiah!"

OPTION: Step Front Kick instead of Hop version

#### LUNGE AND KARATE PUNCH DOWN SEQUENCE

##### Layer 1

- Let's do a 'bring back' – from the Warm-up track
- Lunge left back, Punch Down left hand
- Centre position – feet wide, fists to ribs
- Lunge right leg back, Punch Down right hand
- Hips and shoulders square to the front
- Front knee over ankle

Add Impact Lunge and Impact Squat:

- Find the rhythm – 1, drop, 2, drop (Impact Lunge/Punch, Impact Squat, Impact Lunge/Punch, Impact Squat)
- Land with soft knees
- Chest lifted and abs braced tightly

OPTION: Stay with the Stepping version – no impact

##### Layer 2

- Imagine you're trying to break a plank of wood
- It's not about how high you jump
- Try to absorb the energy on the way down
- Lift the elbow high to work your abs (on the Karate Punch Down)

##### Layer 3

- Get low in the legs to strengthen your legs and butt
- Who's able to break the board in two?!

OPTION: Stay with the Stepping version – no Jump (no impact)



# 05. POWER TRAINING 2

### TRACK FOCUS

This track focuses on MMA strength and conditioning with various options. Offer all the different variations so members can personalize their workout.

Everyone is different and every day is different. Encourage participants to tailor their intensity and feel proud to finish as a team!

### FEEL

Match the funky rhythm changes with your body and voice. There’s such a cool yet challenging vibe in the first block of work!

When coming into Boxing strikes and Sprawls we dial up the euphoria and group connection. This is the perfect soundtrack for ‘feels’ of achievement and togetherness all round!

### MARTIAL ART

MMA strength and conditioning

| MUSIC |                                              | EXERCISE   |                                                                                                                                            | CTS                   | REPS |
|-------|----------------------------------------------|------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| 0:00  | Intro / (Dramatic sounds)                    | 7x8        | Prepare for Squats in standing or Pushups on floor                                                                                         | 56                    |      |
| 0:17  | Woo _                                        | 8x8    A   | Single Pushup or Squat<br>👁️ Next move on the last 16cts                                                                                   | 8                     | 8x   |
| 0:35  | C / <b>Ya</b> gonna make me lose             | 8½x8    A¹ | <u>Pushup or Squat Combo</u><br>Down, Up, Down, Hold<br>Up, Down, Up, Hold                                                                 | 8<br>8                | 4½x  |
| 0:57  | Br / (Dramatic sounds)                       | 3x8        | Up and Hold<br>Transition to Crab position                                                                                                 | 24                    |      |
| 1:04  | B up /                                       | 6x8        | Set up and Preview Leg Stamp                                                                                                               | 48                    |      |
| 1:18  | If I gotta <b>bring</b> it to                | 9x8    B   | L Leg Stamp<br>R Leg Stamp<br>Option: Add Shoulder Tap after 4 reps<br>Hold last rep for 4cts                                              | 4<br>4<br>4           | 8½x  |
| 1:40  |                                              | 1x8        | Transition to Pushup or Squat                                                                                                              | 8                     |      |
| 1:42  | C / <b>Ya</b> gonna make me lose             | 10x8    A¹ | Pushup or Squat Combo<br>Down, Up, Down, Hold<br>Up, Down, Up, Hold                                                                        | 8<br>8                | 5x   |
| 2:06  | (Fade out)                                   | 4x8        | Down and hold<br>Transition to standing                                                                                                    | 8<br>24               |      |
| 2:20  | (Instr)                                      | 4x8        | L, R Run OTS                                                                                                                               | 2                     | 16x  |
| 2:30  | V1 / We <b>said</b> goodbye                  | 8x8    C   | <b>L Combat Stance</b><br>L Jab x2<br>R Hook                                                                                               | 2<br>2                | 16x  |
| 2:52  | QC / <b>If</b> you’re ready, I’ll be waiting | 16x8    C¹ | L Jab x2<br>R Hook<br>L Jab x2<br>R Hook<br>Sprawl<br>Option: Jumping Jack x4 instead of Sprawl<br>Option: Add Jump to Sprawl after 4 reps | 2<br>2<br>2<br>2<br>8 | 8x   |
| 3:36  | Instr /                                      | 8x8    D   | <b>Front Stance</b><br>L, R Jab                                                                                                            | 2                     | 32x  |



# 05. POWER TRAINING 2

| MUSIC |                    |     | EXERCISE                                     |                                                  | CTS | REPS |
|-------|--------------------|-----|----------------------------------------------|--------------------------------------------------|-----|------|
| 3:58  | Come and find me _ | 8x8 | C <sup>1</sup>                               | L <b>Combat Stance</b>                           |     |      |
|       |                    |     |                                              | L Jab x2                                         | 2   |      |
|       |                    |     |                                              | R Hook                                           | 2   |      |
|       |                    |     |                                              | L Jab x2                                         | 2   |      |
|       |                    |     |                                              | R Hook                                           | 2   |      |
|       |                    |     |                                              | Sprawl                                           | 8   | 4x   |
|       |                    |     |                                              | Option: Add Tuck Jump to Sprawl                  |     |      |
| 4:19  | Br / (Fade out)    | 4x8 |                                              | Recover and transition to R <b>Combat Stance</b> | 32  |      |
| 4:31  |                    |     | REPEAT SEQUENCES C to 2nd C <sup>1</sup> – R |                                                  |     |      |



# 05. PARTY UP / FIND ME 6:14mins

## FUNDAMENTALS

### WHY?

This MMA-inspired Power Training track has all the training principles needed to build a strong physical fitness engine. The Integrated Core Training, combined with high-volume upper body conditioning, builds strength and muscular endurance, while the Sprawls improve both body weight and cardiovascular fitness.

### WHAT?

Block 1 has Pushups with a challenging tempo including pauses at the top and bottom. This will improve power and conditioning in the chest, triceps, shoulders and the core. We then move into Leg Stamps which train our hips, glutes and core whilst integrating upper-body strength. We return to Pushups to finish for one last blast of the challenging tempo.

Block 2 hits cardiovascular endurance training in standing. Using a Double Jab and Hook Combo we lift our heart rate and continue testing the shoulders. Once we add the Sprawl to the punches, we aim to build a huge fitness engine; this helps with stamina, endurance and overall fitness.

### 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 up the participants for great movement control, along with a better understanding of how to execute each move.

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

The variations are:

- Pushups or Squats
- Sprawls or Jumping Jacks

Note: The Leg Stamp has three options:

- Seated
- Hips up off floor
- Hips up off floor with opposite Shoulder Tap

Alternatively, perform a Squat Alternating Front Kick instead of the Leg Stamp.

## TECHNIQUE AND COACHING

### PUSHUPS/SQUATS

#### Layer 1

- On floor for Pushups or stay standing for Squats
- Hands just outside shoulder-width
- Body in Plank position, abs braced, glutes squeezed
- Hips and shoulders square to the floor
- 1/1 Pushups
- Chest no lower than the elbow crease

OPTION: Squats instead of Pushups

Add on: Pushup Stagger Tempo

- Down, up, down and up, down, up
- 1, 2, 3 and 3, 2, 1 – find the tempo first

OPTION: Same tempo in Squats

#### Layer 2

- Really freeze after the third rep each time – this is isometric training
- Elbows stay in position here to keep the work in the shoulders and chest

#### Layer 3

- Feels like you are pushing the floor away with your hands or feet
- Great conditioning work to build stronger muscles
- Who can hold the freeze the longest at the bottom range? That's your challenge!
- This is going to help with your punching ability – commit to the challenge in order to make the change!

OPTION:

- Squats instead of Pushups – follow the same tempos

Layer 1 cues:

- Feet just outside hip-width, hands up in Boxing Guard
- Sit hips back and down to just above knee level
- Heels grounded and push knees out in line with toes
- Lift chest and brace abs





# 05. PARTY UP / FIND ME 6:14mins

## TECHNIQUE AND COACHING

### LEG STAMPS

#### Layer 1

- On floor for Leg Stamp or stay standing for Squat Alternating Front Kick
- Sit on butt – **chest up**
- Hands on floor, beside your hips
- Feet hip-width apart
- Lift hips up, **big glute squeeze, strong ab brace**
- Leg Stamp – kick foot forward, retract and reset, switch legs
- Alternative: Squat with Alternating Front Kick

Add on: Shoulder Tap

- Hand taps opposite shoulder as you do the Leg Stamp
- Chest lifted and abs braced
- Push out of grounded hand to stabilize

OPTIONS: Hips on floor, hips off floor without Shoulder Tap

#### Layer 2

- This move works the hips and core really hard
- Find control by naturally shifting your body weight to counter-balance
- If you are performing the Shoulder Tap – notice how your chest naturally turns to help perform the move

#### Layer 3

- Good on you for taking the option that suits you best today!
- This is fabulous integration which tones and strengthens our bodies

Alternative to Leg Stamp: Squat with Alternating Front Kick

OPTIONS for Leg Stamp: Hips on floor, hips off floor, hips off floor with Shoulder Tap

### DOUBLE JAB, HOOK INTO SPRAWL COMBO

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Double right Jab, left Hook
- Soft elbow in Jabs

#### **SPRAWL:**

- 45-degree angle to front
- Squat, hands down, shoot legs out into Plank
- Brace abs tightly, squeeze glutes then jump feet in and stand

OPTION: Jumping Jacks x4 instead of Sprawls

#### **FULL COMBO:**

- 2x Double Jab, Hook
- One Sprawl and stand

OPTION: Jump Jacks x4 instead of Sprawls

Option to add Jump to Sprawl:

- Chest leads as you jump up
- Soft knee landing
- Only 4 reps

OPTION: 4x Jumping Jacks instead of Sprawls

Option to add Tuck Jump to Sprawl:

- Lift knees towards chest as you jump up
- Both feet take off, both feet land
- Land with soft Knees
- Only 4 reps again

OPTIONS: No Tuck Jump or stay with Jumping Jacks x4 instead of Sprawls

#### Layer 2

- On the Hook, keep elbow in line with shoulder to maximize safety and results
- Shoot legs out and in quickly on the Sprawl for explosive power
- Get your legs away fast so your opponent can't reach them to take you down

#### Layer 3

- This will get you super fit, super fast!
- Can I get your commitment, so we finish together?
- Let the music do its work; let the combo flow!

OPTIONS:

- 4x Jumping Jacks instead of Sprawls
- Sprawl with Stand
- Sprawl with Jump
- Sprawl with Tuck Jump



# 06. COMBAT 3

## TRACK FOCUS

We focus on teaching the Double Palm Block with a criss-cross sensation. This is a great new move and there’s no stress about which wrist crosses over first. When we reach the Karate sequence, focus on control and power in the blocks. To integrate lower body, focus on staying low and loaded in the legs.

## FEEL

We are coming back stronger with this empowering track. Feel capable, strong and accomplished during the sequences.

## MARTIAL ARTS

Kung Fu, Karate

| MUSIC |                                                                              |     | EXERCISE               |                                                                                                                     | CTS                   | REPS |
|-------|------------------------------------------------------------------------------|-----|------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| 0:00  | Intro / (Ah-ah, ah)                                                          | 2x8 | L <b>Combat Stance</b> |                                                                                                                     | 16                    |      |
| 0:06  | V1 / You <b>didn't</b> break me                                              | 4x8 | A                      | Double Palm Block x2 (Slow)<br>L Knife Strike and hold                                                              | 4<br>4                | 4x   |
| 0:19  | C / I'm coming back <b>stronger</b>                                          | 4x8 | A <sup>1</sup>         | Double Palm Block x2 (fast)<br>L Knife Strike<br>Pulse F&B x2                                                       | 2<br>2<br>4           | 4x   |
| 0:32  | <b>Stronger</b> (oh-oh)                                                      | 4x8 | A <sup>2</sup>         | Double Palm Block x2<br>L Knife Strike<br>R Back Kick                                                               | 2<br>2<br>4           | 4x   |
| 0:46  | V2 / <b>You</b> can try me                                                   | 4x8 | B                      | L Low Block<br>L Mid Block<br>L Low Block<br>Striking Guard and hold                                                | 1<br>1<br>2<br>4      | 4x   |
| 0:59  | C / I'm coming back <b>stronger</b>                                          | 4x8 | B <sup>1</sup>         | L Low Block<br>L Mid Block<br>L Low Block<br>R Foot Step F into R Rising Block<br>R Foot Step B into Striking Guard | 1<br>1<br>2<br>2<br>2 | 4x   |
| 1:12  | <b>Stronger</b> (oh-oh)                                                      | 4x8 | B <sup>2</sup>         | L Low Block<br>L Mid Block<br>L Low Block<br>R Foot Step F into R Rising Block<br>R Foot Step B into L Rising Block | 1<br>1<br>2<br>2<br>2 | 4x   |
| 1:26  | Br / (Dramatic sounds)                                                       | 1x8 |                        | Hold Karate Guard<br>Set R Heel to F                                                                                | 4<br>4                |      |
| 1:29  |                                                                              | 7x8 | C                      | L Side Kick out and hold<br>Retract knee<br>Reset foot to floor                                                     | 4<br>2<br>2           | 7x   |
| 1:52  | C / I'm coming back <b>stronger</b>                                          | 8x8 | A <sup>2</sup>         | Double Palm Block x2<br>L Knife Strike<br>R Back Kick                                                               | 2<br>2<br>4           | 8x   |
| 2:19  | V3 /                                                                         | 2x8 |                        | L Knife Strike and hold to finish!<br>Transition to R <b>Combat Stance</b>                                          | 8<br>8                |      |
| 2:25  | <b>REPEAT SEQUENCES A to 2nd A<sup>2</sup> – R</b><br>Note: A is only 3 reps |     |                        |                                                                                                                     |                       |      |



# 06. COMING BACK STRONGER 4:39mins

## FUNDAMENTALS

### WHY?

This superb Kung Fu and Karate-inspired track has movement patterns which challenge our coordination and rhythm. This improves our motor skills and ability to move quickly with multi-directional changes. Each section has its own unique challenge – coordination, power, control. It's all here for a well-rounded, full-body, Martial Arts experience!

### WHAT?

- Double Palm Block, Knife Strike and Back Kick Combo
- Karate Block with stepping forward and back into Rising Block sequence
- Side Kick Balance Challenge

### HOW?

We start by building the Double Palm Block, Knife Strike and Back Kick Combo gradually.

It's important to coach using Layer 1 cues to support participants' timing and success as the combo increases in complexity when adding in speed and then the Back Kick.

Repeat this clear coaching during the Karate section also. This begins again with plenty of time to set participants up with a clear understanding of how to move with control and precision.

Bring the drama of the Side Kick Balance Challenge by using the epic music contrast in your face, body and voice.

## TECHNIQUE AND COACHING

### DOUBLE PALM BLOCK X2, KNIFE STRIKE AND BACK KICK COMBO

#### Layer 1

- Right Combat Stance
- Martial Arts Guard
- Block, Block, Knife Strike right hand
- Double Palm Block, hands open and criss-cross wrists
- It doesn't matter which hand crosses first
- Knife Strike aims for side of punchbag

#### Add speed:

- We go faster, Block, Block, Knife, pulse forwards and back
- Soft knees in Pulse
- Knife Strike with side of hand, palm facing up

#### Add Back Kick:

- Add a Back Kick, left leg
- Strike with heel, toes down
- Aim for knee, groin or stomach height
- Turn your head and look over your shoulder for safety
- Lean forward and brace abs as you kick

#### Layer 2

- Contract your chest muscles quickly on the Double Palm Block
- Redirect the attack; keep your hand open to do this defensive move, then counter-strike
- Multi-directional strikes to test your body and brain

#### Layer 3

- Full-body Martial Arts cardiovascular training – huge results on the way!
- We're coming back stronger together. Let's go!



# 06. COMING BACK STRONGER 4:39mins

## TECHNIQUE AND COACHING

### TRIPLE BLOCK, STEP FORWARD AND BACK RISING BLOCK SEQUENCE

#### Layer 1

- Right Combat Stance
- Martial Arts Guard
- Block Low, Mid, Low
- 1, 2, 3 then reset Striking Guard
- Block inside of knee and shoulder
- Feet wide and sink into legs
- Chest lifted and abs braced

Add on Step forward into Rising Block:

- Step left foot forward into left Rising Block
- Step back into Wide Combat Stance with Striking Guard
- Elbow bent at 90 degrees in Rising Block
- Raise arm just above head to block

Add on Step back Rising Block:

- Add on Rising Block on right arm as you step back to Wide Combat Stance
- Keep posture up and sink into legs
- Tension in arms as you do the Block over head

#### Layer 2

- Karate is about a peaceful intensity – find your inner peace as you slide forward and back with Rising Blocks
- Have a clear start and stop to every move
- Be disciplined and definite with your technique

#### Layer 3

- Immerse yourself in the feeling of being in the Dojo
- Control every move by tensing your muscles at the last second – this builds results

### SIDE KICK BALANCE CHALLENGE

#### Layer 1

- Right Combat Stance
- Martial Arts Guard – Freeze
- Set back heel in towards target
- Right Side Kick to front
- Hold kick out long for a moment
- Retract and land foot with heel up slightly
- Balance Challenge – lean away and brace abs
- Strike with side of foot – heel up, toes point down

#### Layer 2

- Brace your abs, glutes and hold everything tight for stability
- ‘Tuck’ your knee back towards your chest to reload before tapping foot back to reset

#### Layer 3

- You may shake a little; you may even wobble and lose balance – it’s all part of the fun and you’re all doing great!
- Slam your foot into the bag. Who can make the biggest dent in it?



# 07. MUAY THAI

## TRACK FOCUS

This is a golden opportunity to push your fitness to the next level. If we expect members to reach their max effort, we’ve gotta try and reach ours. The focus in this track is to be the hardest worker in the room and instill that mantra in everyone else in it!

## FEEL

Frantic, frenzied and fierce – the perfect Muay Thai feels! The sounds are full-on and so is the intensity. There’s a difference between exercising, working out and training... In Muay Thai we train! Empty the tank!

## MARTIAL ART

Muay Thai

| MUSIC |                                                           |     | EXERCISE       |                                                               | CTS     | REPS |
|-------|-----------------------------------------------------------|-----|----------------|---------------------------------------------------------------|---------|------|
| 0:00  | Intro /                                                   | 1x8 | Front Stance   |                                                               | 8       |      |
| 0:03  |                                                           | 3x8 | A              | L, R Front Knee                                               | 4       | 6x   |
| 0:12  | C / (Synth drop)                                          | 8x8 | A <sup>1</sup> | L, R Running Knee                                             | 4       | 16x  |
| 0:35  | Follow me down _                                          | 4x8 | B              | L Front Knee                                                  | 2       | 16x  |
| 0:47  | B up / down, down, down                                   | 4x8 | B <sup>1</sup> | R Front Knee                                                  | 2       | 16x  |
| 0:59  | C / (Synth drop)                                          | 8x8 | C              | L <b>Combat Stance</b><br>L Jab, R Cross<br>L Diagonal Elbow  | 2<br>2  | 16x  |
| 1:22  | V1 / <b>Just</b> take my hand                             | 8x8 | D              | R Dropping Elbow<br>Hold                                      | 4<br>4  | 8x   |
| 1:45  | Follow <b>me</b> down                                     | 8x8 | D <sup>1</sup> | L Front Knee x6<br>R Dropping Elbow<br>👁 Add Jump on last rep | 12<br>4 | 4x   |
| 2:08  | C / (Synth drop)                                          | 8x8 | D <sup>2</sup> | L Front Knee x6<br>R Jumping Dropping Elbow                   | 12<br>4 | 4x   |
| 2:32  | Follow me down _                                          | 8x8 | A <sup>1</sup> | L, R Running Knee<br>L Knee to finish                         | 4       | 16x  |
| 2:55  | B up / down, down, down                                   | 4x8 |                | Recover and transition into R <b>Combat Stance</b>            | 32      |      |
| 3:06  | REPEAT SEQUENCES A <sup>1</sup> to 2nd A <sup>1</sup> – R |     |                |                                                               |         |      |



# 07. FOLLOW 5:53mins

## FUNDAMENTALS

### WHY?

This intense Muay Thai track has two feature combinations. The first is a quick-fire Jab, Cross and Diagonal Elbow combo. The second is a 7-hit combo that builds in power. Cardiovascular fitness is challenged in the first combo, whereas power in the 6x Knees and Jumping Dropping Elbow is the focus in the second. These combos are interspersed with dynamic and aggressive Running Knees. We aim to 'max out' the cardiovascular peak in this track by keeping the intensity pedal pushed down hard!

### WHAT?

- Running Knees to build stamina and endurance
- A fast 3-strike combo to challenge cardiovascular fitness and timing
- A big 7-strike combo integrating the lower body and a Jumping Dropping Elbow

### HOW?

You say "Follow me" with your role-model physicality in this one!

It's game time and we come out swinging right from the 'get-go'. Leave nothing in the tank at the finish line as you give everything you have to inspire your participants to do the same.

## TECHNIQUE AND COACHING

### RUNNING KNEES

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Running Knees – right and left
- Knee towards stomach
- Strike with top of knee
- Reach hands up high and pull down to outside of hip
- Shoulders forward and hips back

#### Layer 2

- Swing your legs as you crunch your abs
- Cycle your legs
- Pull down hard with your arms to work your abs

#### Layer 3

- Feels like you are taking off on the Running Knees!
- Dig deep and find your inner strength, you've got this!

#### OPTIONS:

- Stay grounded on Running Knees
- It gets pretty tough, life gets pretty tough, but we push through, right?
- Don't leave the fight in the judges' hands

### JAB, CROSS AND DIAGONAL ELBOW

#### Layer 1

- Right Combat Stance
- Boxing Guard
- Jab, Cross, Diagonal right elbow
- The Diagonal Elbow targets the chin
- Traveling from the bottom corner to the top
- A 45-degree angle, going up
- Release front heel as you elbow
- Turn torso and stop the strike at shoulder height

#### Layer 2

- Stay in the pocket here – close-quarters fighting
- Rotate the hip and power up using your legs on the Diagonal Elbow
- Fast strikes to catch your opponent off guard

#### Layer 3

- Awesome oblique conditioning here as you twist with every strike
- Your elbows look sharp – great work; now stay in it and push to the end!



# 07. FOLLOW 5:53mins

## TECHNIQUE AND COACHING

### 6X FRONT KNEES AND DROPPING ELBOW COMBO

#### Layer 1

- Right Combat Stance
- Muay Thai Guard
- Dropping left elbow
- Reset in Muay Thai Guard – open front hand
- Target the head, chest or thigh of your opponent
- Strike with point of the elbow
- Turn chest and sink into legs a little as you strike down

#### Add on 6x Front Knees:

- 6x Front Knees, Dropping Elbow, back arm
- Start low and find the timing first
- Brace the abs
- Light hop on knees or stay grounded
- Soft knee landing if hopping

#### Add on the Jumping Dropping Elbow:

- Option to add a small jump (hop) to the Dropping Elbow
- This is the full combination
- Use power in your strikes

#### Layer 2

- Big step forward, hip drive, lift and drop
- Front hand is open just before you launch into Dropping Elbow
- Pull the front arm in as you elbow to create a pull/push action/reaction – this creates power

#### Layer 3

- This is the fight-winning combo. Commit to it!
- I challenge you to raise the power on your Dropping Elbow!
- Can you fly as high as me?!

#### OPTIONS:

- Stay grounded on Knees (great for a power option instead of cardio)
- Stay grounded on Dropping Elbow



# 08. POWER TRAINING 3

## TRACK FOCUS

Focus on being fully present during this huge Power Training track. Immerse yourself in the moment as you truly ‘see’ your members – work alongside them in this shared experience. Connection is everything and when you truly connect with your members, moves and music you connect to the essence of group exercise.

## FEEL

Euphoric, uplifting and celebratory. Our last ‘stand and bang’ track where we cross the finish line together. Stand united with your team and savor the awesome experience of the moments you share.

## MARTIAL ART

Boxing

| MUSIC |                      | EXERCISE |                                                                                                                      | CTS | REPS |
|-------|----------------------|----------|----------------------------------------------------------------------------------------------------------------------|-----|------|
| 0:02  | Intro / (Instr)      | 4x8      | Front Stance – recover                                                                                               | 32  |      |
| 0:13  |                      | 4x8      | L Shoulder Stretch                                                                                                   | 16  |      |
|       |                      |          | R Shoulder Stretch                                                                                                   | 16  |      |
| 0:25  | Br / (Fade out)      | 2x8      | Hold and prepare to run                                                                                              | 16  |      |
| 0:30  | QC / When in love    | 8x8      | L, R Run OTS                                                                                                         | 2   | 32x  |
| 0:52  | B up / When in love  | 8x8      | A <u>Traveling Combo 1</u>                                                                                           |     |      |
|       |                      |          | L Walking Jab x 4 (traveling L)                                                                                      | 8   |      |
|       |                      |          | L, R Jab, L Uppercut (Front Stance)                                                                                  | 4   |      |
|       |                      |          | L, R Jab, L Uppercut                                                                                                 | 4   |      |
|       |                      |          | Repeat to R                                                                                                          | 16  | 2x   |
| 1:14  | C / When in love     | 8x8      | A <sup>1</sup> <u>Traveling Combo 2</u>                                                                              |     |      |
|       |                      |          | L Walking Jab x3 (traveling L)                                                                                       | 4   |      |
|       |                      |          | L, R Jab, L Uppercut                                                                                                 | 4   |      |
|       |                      |          | Repeat to R                                                                                                          | 8   | 4x   |
| 1:36  |                      | 8x8      | B L, R Jab                                                                                                           | 2   | 32x  |
| 1:58  | Br / (Fade out)      | 2x8      | L fist to the ceiling to finish                                                                                      | 8   |      |
|       |                      |          | Recover and prepare to run                                                                                           | 8   |      |
| 2:04  | (Soft melodic music) | 12x8     | L, R Run OTS                                                                                                         | 2   | 48x  |
| 2:37  | QC / When in love    | 16x8     | A  Traveling Combo 1              | 32  | 2x   |
|       |                      |          | Option: Add Jump Jab after 2 reps                                                                                    |     |      |
| 3:21  | C / When in love     | 8x8      | A <sup>1</sup>  Traveling Combo 2 | 16  | 4x   |
| 3:43  |                      | 8x8      | B L, R Jab                                                                                                           | 2   | 32x  |
| 4:06  | (Fade out)           | 2x8      | L fist to ceiling to finish                                                                                          |     |      |
|       |                      |          | Recover and prepare to run                                                                                           | 16  |      |
| 4:11  | (Soft melodic music) | 12x8     | L, R Run OTS                                                                                                         | 2   | 48x  |
| 4:43  | QC / When in love    | 8x8      | C L, R Jab x4                                                                                                        | 8   |      |
|       |                      |          | L, R Uppercut x2                                                                                                     | 8   | 4x   |
| 5:06  | B up /               | 8x8      | C <sup>1</sup> L, R Jab x2                                                                                           | 4   |      |
|       |                      |          | L, R Uppercut                                                                                                        | 4   | 8x   |
| 5:28  | C / When in love     | 8x8      | A <sup>1</sup>  Traveling Combo 2 | 16  | 4x   |
| 5:50  | (Outro)              | 8x8      | B L, R Jab                                                                                                           | 2   | 32x  |
|       |                      |          | L fist to ceiling to finish                                                                                          |     |      |





# 08. WANT NEED LOVE 6:15mins

## 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 to a place of confidence, and to give them a sense of huge achievement. With well-timed combos and space to complete every strike, this track will unite the whole room as one. Watch out for the 'round of change' – what a fantastic finale and opportunity to feel truly successful together!

### WHAT?

Starting with a High Knee Run to flush out the legs, use this time to set up the team spirit, a collaborative effort and commitment in the room. We then hit a short round of lateral Jabs and a Jab, Jab, Uppercut Combo to the front. This is immediately followed by a 'shoulder blaster' of Jabs in Front Stance.

Recovery is next, where we encourage participants to recharge and maintain their commitment into round 2.

Round 2 mirrors the first and promises more intensity as we stay in the workout for longer (it's a longer round, building greater endurance and team spirit).

After one final active recovery run we head into the "round of change" – the 3rd and final round. This is where the real magic happens...Tap into the new combo and be driven by the music to lift every single person in the room. How will you do this in your own unique way? This is your moment to be the authentic fitness leader you truly are.

### 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.

## TECHNIQUE AND COACHING

### 4X JABS TO SIDE, JAB, JAB, UPPERCUT COMBO 2X TO FRONT

#### Layer 1

- Front Stance
- Boxing Guard
- 4x Walking Jabs to right side
- Jab, right, left, Uppercut right Combo, twice to front
- 4x Walking Jabs to left – Jab, left, right, Uppercut left Combo, twice to front
- Lean into your Jabs
- Tuck your chin in
- Roll your shoulder forward on the Uppercut

#### Add weight shunt forward as you jab to side:

- Try a two feet take-off and both feet landing
- This brings greater power into your punches as you drive from the floor

#### Into 3x Jab to side, Jab, Jab, Uppercut to front:

- Triple Jab to right – one combo to front
- Try to glide/slide instead of walking now
- Moving faster now while maintaining technique

#### Layer 2

- Look towards the direction you are striking in – you can't hit what you can't see
- Lean your body weight into the punch – feels like you are gaining momentum to overcome inertia

#### Layer 3

- How far can you travel today?
- It looks amazing as we all move together – well done!
- Doing wonderful things for your fitness right now – keep pushing!

#### OPTION:

- Stay with Walking Jabs instead of weight shunt or slide/glide versions



# 08. WANT NEED LOVE 6:15mins

## TECHNIQUE AND COACHING

### 8X JABS AND 4X UPPER CUTS COMBO

#### Layer 1

- Front Stance
- Boxing Guard
- 8x Jabs right, left – 4x Uppercuts right, left
- Chin tucked in and shoulders roll
- Twist torso as you strike

#### Into 4x Jabs and 2x Uppercuts:

- Cut it down – 4x Jabs, 2x Uppercuts
- Shorter combo – aim to maintain great timing and range

#### Layer 2

- Raw, concentrated power – all the muscles in your shoulders are engaged
- Push feet into the floor and stand your ground

#### Layer 3

- Feel the energy in your heart!
- We do this together – ‘the round of change’
- What change are you fighting for? Dig deep and use fatigue as a sign of growth
- When we win, we truly win together!



# 09. CONDITIONING

## TRACK FOCUS

An internal focus, like training in the gym on your own is the secret to success. Focus on coaching the benefits of core training and offer the various options to suit each person. We want members to experience a challenging Conditioning track where they ‘dig deep’ to get through.

## FEEL

Rounding out a great workout in style with isolated and integrated core moves. The powerful and demanding music feel matches the challenging nature of the exercises.

| MUSIC |                              |       | EXERCISE |                                                                                                                                                                                                     | CTS                   | REPS |
|-------|------------------------------|-------|----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| 0:03  | Intro / EPMD, Eric and Paris | 4x8   |          | Transition to the floor                                                                                                                                                                             | 32                    |      |
| 0:13  | (Bass and percussion)        | 16x8  | A        | <u>Crunch &amp; C-Crunch Combo</u><br>Crunch (feet down)<br>C-Crunch                                                                                                                                | 4<br>4                | 16x  |
| 0:57  | V1 / Let me <b>introduce</b> | 16x8  | B        | <u>Cross Crawl Combo</u><br>C Crunch to center<br>Cross Crawl to front<br>C Crunch to center<br>Reset to floor<br>Repeat to back                                                                    | 2<br>2<br>2<br>2<br>8 | 8x   |
| 1:41  | (Record scratching)          | 4x8   |          | Transition to Plank position – on knees                                                                                                                                                             | 32                    |      |
| 1:51  | C /                          | 8x8   | C        | <u>Spider Plank</u><br>L hand to L corner<br>Reset under shoulder<br>R hand to R corner<br>Reset under shoulder<br>Option: Plank on toes after 4 reps                                               | 2<br>2<br>2<br>2      | 8x   |
| 2:13  | Br / (Music fades out)       | 1¼x8  |          | Plank – hold or rest and recover                                                                                                                                                                    | 10                    |      |
| 2:17  | C /                          | 11½x8 | C        |  Spider Plank<br>Option: Lift opposite foot as hand reaches out after 6 reps<br>Lift and hold last rep to finish | 8                     | 11½x |



## 09. INTRO 2:51mins

### FUNDAMENTALS

#### WHY?

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

#### WHAT?

Crunches and C-Crunches feature heavily in this routine, as does a Twist Crunch Combo. These help to build both endurance and strength by isolating specific areas of our mid-section. We finish with an integrated Spider Plank sequence. Coach the knees down or up on toes options so participants feel equally challenged yet successful. The surprise hits at the end where we can even lift the hand and opposite foot off the floor! This is a true test of 360-degree core control!

#### HOW?

Nothing too technical in the coaching is needed for this track. Instead, the focus is for participants to go 'internal' and find self-motivation and strength. Keeping to the basics and ensuring your coaching is clear and direct will help achieve this.

Note: You'll be spending most of your time coaching on your back or facing the floor; ensure you use easy-to-follow coaching cues and remember to look out and connect with your participants.

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.

## TECHNIQUE AND COACHING

### C-CRUNCH & C-CRUNCH COMBO

#### Layer 1

- Come down to the floor
- Lie on your back
- Fingertips to temples
- Feet on floor, hip-width apart and close to butt
- 1x Crunch, 1x C-Crunch
- Slide ribs towards hips as you crunch up
- Lower back towards floor
- Fingertips to temples on Crunch, elbows out wide
- Hands reach out, long arms, parallel to floor on C-Crunch then return fingertips back to temples
- Chin tucked in slightly

#### Layer 2

- To intensify, keep your head and shoulders slightly off the floor between reps
- Move smoothly and with control

#### Layer 3

- Challenge yourself by going 'internal' here – feels like you're in the gym on your own
- Building strength in our upper and lower abs

#### OPTION:

- Keep feet down throughout – Crunch with fingertips on temples, then Crunch with arms reaching and hands open



# 09. INTRO 2:51mins

## TECHNIQUE AND COACHING

### TWIST CRUNCH COMBO

#### Layer 1

- C-Crunch to center
- Twist to front (rotate from center of chest), rear shoulder towards front thigh, back foot taps down
- Twist to center
- Tap down to reset
- Repeat and twist towards back knee this time
- Twist shoulder up and across towards the opposite thigh

#### Layer 2

- Squeeze shoulder blades together to open chest
- Try to bring your shoulder and opposite thigh even closer together on the Twist

#### Layer 3

- Powerful abs set us up for powerful punches and kicks – don't tap out now!
- Many BODYCOMBAT movements require efficient rotation, commit to your own internal drive to train hard to fight easy!

#### OPTION:

- Keep feet on floor the entire time (crunch up and twist, keeping legs/feet still)

### SPIDER PLANK

#### Layer 1

##### Set up Plank Position:

- Hands pressed into the floor and directly under the shoulders
- Knees on floor, just outside hip-width
- Abs braced tightly, back long
- Spider Plank – tap right hand out and in, left hand out and in
- Hands tap out on a 45-degree angle (to corners)
- Keep hips and shoulders level with the floor

##### Add on option on toes:

- If you can maintain control and want more of a challenge, lift up on toes
- Take feet to shoulder-width for a strong base of support
- Brace abs tight here – keeping hips just below shoulder level

##### Add on option of arm and leg lift:

- Arm and opposite leg lifts off floor
- Switch sides – keep alternating
- Arm and leg are long – point fingers and toes away
- Push out of grounded hand and foot to stabilize
- Hand and foot lift to just below shoulder level
- Squeeze abs and glutes tightly for control

#### Layer 2

- Pull shoulder blades towards the spine, elbows pull inwards to engage the lats for stability
- Squeeze glutes tight to help protect the lower back
- If you tap your hand out further you'll increase intensity on your core
- If you are losing form, simply tap hand closer in to help
- Work from knees if you feel your lower back dropping

#### Layer 3

- Amazing 360-degree core conditioning – stay strong, results are here for the taking!
- This is our finisher, the last move of the workout – stay strong!

#### OPTIONS:

- Spider Plank on knees or toes
- Spider Plank with arm and opposite leg lift (on knees or toes)



# 10. COOLDOWN

## TRACK FOCUS

Time to repay your body with kindness after it’s worked so hard. Take time to ease into each stretch, linking breathing and lengthening together. As we gently exhale into each stretch we release tension more efficiently.

## FEEL

A lively, jovial and happy song to close the workout beautifully. Feel free to play a little in this one, bringing light and love to match the music vibes.

|      | MUSIC                       |      | EXERCISE                                         | CTS |
|------|-----------------------------|------|--------------------------------------------------|-----|
| 0:00 | Intro / (Instr)             | 4x8  | Transition to floor                              | 32  |
| 0:09 | Vibez                       | 12x8 | R Hip Flexor (L leg F)                           | 48  |
|      |                             |      | R hand down and twist to L, extending L arm up   | 48  |
| 0:36 | Oh-oh-oh-oh                 | 8x8  | L Hamstring Stretch                              | 64  |
| 0:54 | V1 / _ I see this fine girl | 8x8  | L Hip Flexor (R leg F)                           | 32  |
|      |                             |      | L hand down and twist to R, extending R arm up   | 32  |
| 1:12 | Who you come for            | 8x8  | R Hamstring Stretch                              | 64  |
| 1:29 | (Instr)                     | 2x8  | Transition to standing                           | 16  |
| 1:34 | For you I get down _        | 6x8  | L Standing Quad Stretch                          | 48  |
| 1:48 | C / <b>calm</b> down        | 8x8  | L Standing Glute Stretch                         | 64  |
| 2:06 | No-no-no                    | 8x8  | R Standing Quad Stretch                          | 64  |
| 2:23 | V2 / _ As I reach my house  | 8x8  | R Standing Glute Stretch                         | 64  |
| 2:41 | _ Got my                    | 4x8  | R Side Body Stretch                              | 32  |
| 2:50 | <b>Love</b> again           | 4x8  | L Shoulder Stretch                               | 32  |
| 3:00 | C / <b>calm</b> down        | 4x8  | L Side Body Stretch                              | 32  |
| 3:08 | Girl you sweet like _       | 4x8  | R Shoulder Stretch                               | 32  |
| 3:17 | Oh-oh-oh-oh                 | 4x8  | Feet wide – R Triceps Stretch                    | 32  |
| 3:27 | Whoa – whoa                 | 4x8  | Feet wide – L Triceps Stretch                    | 32  |
| 3:36 | (Outro)                     | 8x8  | Shake out arms and legs, roll out and celebrate! | 32  |



# 10. CALM DOWN 3:56mins

## FUNDAMENTALS

This is a beautiful, lyrical and uplifting Cooldown. Let the energy of this 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.

There are also great opportunities to have fun along the way as we celebrate finishing together. Find these opportunities with the cool lyrics/vibe of the song or simply in your own unique way of connecting.

## TECHNIQUE AND COACHING

### KNEELING HIP FLEXOR STRETCH

#### Layer 1

- From the floor, kneeling position
- Right foot steps forward, left knee on floor
- Hip Flexor Stretch – left side
- Drop the left hip down to feel the release
- Chest lifted, squeeze glutes
- Place left hand on floor and turn chest to right side
- Right arm long, right hand reaching to ceiling
- Releasing tension through the back muscles

#### Layer 2

- Thoracic twist – chest rotates, and we open the front of the body
- Sink a little lower to deepen the stretch in your hip

### KNEELING HAMSTRING STRETCH

#### Layer 1

- Gently ease hips back to lengthen right leg into Hamstring Stretch
- Hands on hips or on floor
- Keep chest over the line of the front knee and sink into the stretch

#### Layer 2

- Breathe in; as you breathe out, lengthen the hamstring more
- Front foot stays relaxed as you feel the length down the back of your leg

### STANDING QUADRICEPS STRETCH

#### Layer 1

- Rise into standing position
- Hold right foot in right hand, left arm extends out to side
- Find your balance by bracing abs
- Right heel close to butt
- Bring knees close together
- Soften stabilizing knee

#### Layer 2

- Push the hip forwards gently to deepen the stretch
- Pointing right knee to floor will enhance the Quadriceps Stretch

### STANDING GLUTE STRETCH

#### Layer 1

- Right ankle crosses over left knee
- Bend left knee and sink down into right Glute Stretch
- Chest lifted and abs braced to help balance

#### Layer 2

- Allow the right knee to gently drop out to the side – stretching the glute more
- Fix your eyes on something that is not moving to stop any wobbles!

#### OPTION:

- Sit hips back into Glute Stretch (without crossing ankle over)

### SIDE BODY STRETCH

#### Layer 1

- Step left foot behind the right, placing both feet flat on the floor
- Lean to right side as you reach left hand up and over head
- Stretching down the outside of the body
- Hips stay square to the front

#### Layer 2

- Ease your hips to the left to feel the stretch more
- Ribcage lifts then lowers down to feel side of body lengthening
- Relax your breathing



# 10. CALM DOWN 3:56mins

## TECHNIQUE AND COACHING

### SHOULDER STRETCH

#### Layer 1

- Step feet outside hip-width
- Left arm comes across chest into Shoulder Stretch
- Hold arm with right hand just above or below the elbow
- Pull left shoulder back a little to feel the stretch

#### Layer 2

- Your upper body has worked so hard, let's repay it with a stretch
- Try to lengthen your arm, keeping just a small bend in your elbow

### TRICEPS STRETCH

#### Layer 1

- Bending knees a little more
- Right hand lifts up and behind head, hand between shoulder blades
- Left hand gently presses down on right elbow to stretch right triceps
- Chin lifts a little and chest up tall
- Switch arms and repeat

#### Layer 2

- Every Jab and Cross trains the triceps – time to release the tension
- Elbow points high to the ceiling to maximize the stretch in the back of the arm





# 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
- Brace core
- 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







# GLOSSARY

## RISING BLOCK

### PREPARATION

- Rear arm may move across body or arms cross in front before rising
- May have slight elevation by extending the legs
- Low and loaded in legs

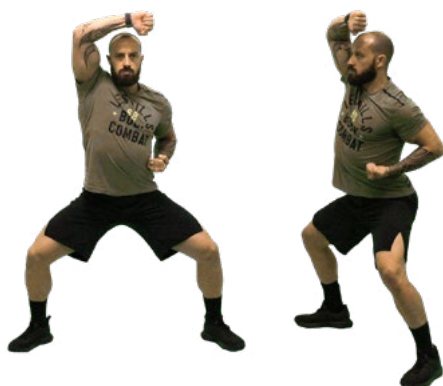
### STRIKE

- Strike Surface: Outside edge of forearm
- The blocking arm drives up and stops above the head
- A fast flick at the top and wrist faces out
- Tense muscles strongly for authenticity
- Opposite arm to waist
- Sink into legs if in wide Karate Stance

### COACHING

#### Layer 1

- Rising Block
- Protect yourself against an attack from above
- Raise the forearm above the head, stopping between 90 and 45 degrees
- Tension in the forearm
- Brace abs – to keep ribs down
- Exhale as you block
- Sink lower into your stance by bending at the knees to create a stable base



## MID BLOCK / OUTER BLOCK

### PREPARATION

- Rear arm may move across body
- May have slight elevation by extending the legs

### STRIKE

- Leading arm draws up towards rear shoulder
- Sweeps in front of body, knuckles rotate 180 degrees
- In line with shoulder
- Elbow bent
- Strike Surface: Forearm

### COACHING

#### Layer 1

- Mid block
- Tension in fist and forearm
- Blocking technique
- Arm/fist in line with shoulder
- Abs braced
- Weight in the heels, bend the knees, chest up, abs braced and exhale to lock the ribcage down





# GLOSSARY

## LOW BLOCK

### PREPARATION

- Squeeze fists
- Chest up and back straight
- Front forearm and rear forearm may cross in front of the mid-line of the body, front forearm in front of the rear forearm
- May have slight elevation from low stance by extending the legs

### STRIKE

- Leading arm draws up towards rear shoulder
- Hammer-like action, diagonally down with arm and fist
- Arm extends and fist stops in line with inside of lead leg knee
- Elbow soft but arm rigid with tension in muscles
- Strike Surface: Forearm
- Non-blocking arm, fist to ribs with knuckles facing up
- Chest stays up, back long and straight, shoulders stacked directly above hips

### COACHING

#### Layer 1

- Low Block
- Cross your arms in front
- Strike down fist to knee
- Your forearm blocks your opponent's kick
- Squeeze your fist and fully extend at the elbow. (Be mindful of not hyper-extending it and snap-locking at the joint)
- Brace abs
- Stay grounded and posturally upright





# WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

# OUR DECLARATION OF INTENT

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

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

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

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

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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