

BODYCOMBAT UNITED

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

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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

Therapy (4:22)

Timmy Trumpet, Charlott Boss

© 2019 Hussle Recordings a division of TMRW Music Pty Ltd.
Written by: Townsend, De Lutin, Boss, Smith, Bunawan
- 01B

Monster (Luca Testa Remix) (3:41)

Blasterjaxx feat. Junior Funke

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Written by: Funke, Jongkind, Makhlaf, Housmans
- 02

Came To Win (5:37)

7kingz

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Written by: Bissell, Morgan, Beaudreau
- 03

Follow Me (Polygon Remix) (5:15)

Matrix & Futurebound feat. Ayak Thiik

© 2019 Metro / Virper Recordings.
Written by: Collins, Quinn, Thiik, Milton, Goudie, James
- 04

Hena (6:24)

Zafrir feat. Dikanda

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Written by: Afrah
- 05

No Effect (Sunset Bros Remix) (4:41)

Hooligan Hefs

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Written by: Silapa
- 06

Boa Noite (3:47)

Karol Conka

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Written by: Conka
- 07

King Of The Party (6:26)

Some Cadence

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Written by: Pentz, Walsh, Bouti
- 08

Devotion (5:34)

Dimension feat. Cameron Hayes

© 2019 Dimension.
Written by: Etheridge
- 09

Ain’t No Rest For The Wicked (2:53)

Cage The Elephant

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Written by: D. Shultz, M. Shultz, Tichenor, Champion
- 10

Fool For You (3:41)

Ceelo Green feat. Melanie Fiona

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Written by: Callaway, Splash, Fiona



BODYCOMBAT UNITED

Hundreds of trainers from around the globe, coming together and showing how we can be connected during a disjointed time. Les Mills BODYCOMBAT United is a true testament to the power of “we are better together”.

Creating this release was amazing, knowing that so many locations would all be brought alive from around the globe. You will see first-hand some amazing shots such as the Eiffel Tower, Stonehenge, a helipad on a high-rise building, a Chinese temple and more.

This work out has a strong focus on what we call “THE DOUBLE B”. This is where we break each move down to help participants with mastery and then build the combos back up to ensure the desired magic and training effect is met!

The rhythm changes to increase timing efficiency. We incorporate Power Punches to build core, back and shoulder strength. We use dynamic kicking to increase speed and there’s a Muay Thai track that really brings the party!

We want to take this opportunity to say how proud we are of the global BODYCOMBAT team, who showed up during this challenging time. Thank you!

Keep it real, and stay with the fight.



CREDITS

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- Chief Creative Officer** – Jackie Mills
- Creative Director** – Mark Nu’u-Steele
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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 (MMA circuit or Bonus Boxing track 5)
Track 06	Combat 3
Track 07	Muay Thai
Track 09	Conditioning
Total Time	43:06

30-MINUTE FORMAT

Track 1A	Upper Body Warm-up
Track 1B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 07	Muay Thai
Track 09	Conditioning
Total Time	28:14

Note: As the 30-minute Express Format is shorter than the allocated time you can include a shorter Cooldown of your own.

Please note: The 30 and 45-minute class formats have been customized for this release.

NEW MIXED EXPRESS FORMATS

We have updated the Express formats that should be used when mixing releases. From now on, when teaching a mixed 45-minute or 30-minute class, the following formats should be used:

45-MINUTE FORMAT

Track 01A	Upper Body Warm-up
Track 01B	Lower Body Warm-up
Track 02	Combat 1
Track 03	Power Training 1
Track 04	Combat 2
Track 05	Power Training 2 (MMA circuit or Bonus Boxing Track 5)
Track 06	Combat 3
Track 07	Muay Thai

EITHER Track 8 Power Training 3, OR Track 9 Conditioning, OR Track 10 Cooldown

Please note: Choose your final track based around time, aiming for 42-43 minutes of music

30-MINUTE FORMAT

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

EITHER Track 9 Conditioning OR Track 10 Cooldown

Please note: Choose your final track based around time, aiming for 26-27 minutes of music

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



KEY

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

HEY INSTRUCTORS

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

RELEASE FEEDBACK

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



01A. UPPER BODY WARM-UP

TRACK FOCUS

There is a distinct split between punches and lower body cardio exercises to help teach the moves and get your participants warmed up nicely. Once the split has been identified in the Jab, Cross, Jab and Decoy, try to give flow to the combo. Everyone needs therapy after lockdown and BODYCOMBAT is a brilliant place to start.

FEEL

After finishing high school we all need a bit of therapy, but first let me take a BODYCOMBAT class.

MARTIAL ART

Boxing

MUSIC				EXERCISE	CTS	REPS
0:13	V / I'll be	4x8	A	L Combat Stance L Jab	2	16x
0:25	PC / Ayiyah	4x8	A ¹	L Jab, R Cross	4	8x
0:38	Instr / (Drums)	8x8	A ²	L Jab, R Cross, L Jab Pulse F, B	4 4	8x
1:04	(Guitar)	7x8	B	L Uppercut x2 R Uppercut x2	4 4	7x
1:25	V / _ Disagree	6x8	C	L Hook R Hook Pulse F, B	2 2 4	6x
1:45	B up / Ohhhh	2x8	D	Decoy R Decoy L	2 2	4x
1:52	C / Ayiyah	8x8	A ³	L Jab, R Cross, L Jab Decoy R Decoy L	4 2 2	8x
2:17	V / I'll be	1x8		Transition to R Combat Stance	8	
2:20	Every	3x8	A	R Combat Stance R Jab	2	12x
2:30	PC / Ayiyah	4x8	A ¹	R Jab, L Cross	4	8x
2:43	Instr / (Drums)	8x8	A ²	R Jab, L Cross, R Jab Pulse F, B	4 4	8x
3:08	(Guitar)	7x8	B	R Uppercut x2 L Uppercut x2	4 4	7x
3:31	V / _ Disagree	6x8	C	R Hook L Hook Pulse F, B	2 2 4	6x
3:50	B up / Ohhh	2x8	D	Decoy L Decoy R	2 2	4x
3:57	C / Ayiyah	8x8	A ³	R Jab, L Cross, R Jab Decoy L, Decoy R	4 4	8x



01A. THERAPY 4:22mins

FUNDAMENTALS

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

TECHNIQUE & COACHING

JAB

Layer 1

- Right Combat Stance
- Boxing Guard
- Right Jab, soft elbow
- Chin tucked in, target just above the shoulder

Layer 2

- Warm up the shoulder and back muscles
- No power – strike light

JAB, CROSS

Layer 1

- Add a Cross
- Release back heel on the Cross
- Keep front arm in Guard Position
- Turn rear shoulder forward

Layer 2

- Rotate the upper body, no power
- Bend knees and sink down
- Fire the muscles of the core

Layer 3

- Building the energy here, stay focused and strike full range to get the body feeling great for this workout!

JAB, CROSS, JAB, PULSE

Layer 1

- Add another Jab and increase speed
- Pulse body weight forward and back and stay light on your feet

Layer 2

- Lifting the heart rate now!
- Maintain a High Guard
- Soft knees as you move on and off the spot

DOUBLE UPPERCUT

Layer 1

- Feet in Wide Combat Stance
- Double Uppercut, front arm then back arm
- Vertical strike
- Bend knees and rotate forward

Layer 2

- Retract each strike back into Boxing Guard
- Drop and roll the shoulders like a figure of 8
- Keep elbows close to ribs before you strike, target no higher than the jaw line

HOOK X2, PULSE

Layer 1

- Circular, short range strike
- Elbows bent at 90 degrees
- Hook front arm then back arm
- Release heel on the Hook
- Pulse forward and back staying light on your feet

Layer 2

- Get the shoulders, hips, knees and heel to rotate
- The body moves as one connected chain

DECOY

Layer 1

- Switch Stance
- Keep feet wide
- Knees soft as you switch and land
- Relaxed Martial Arts Guard

Layer 2

- Fire up the muscles of the lower body and core
- Quick reactions as you switch
- Shoulders and hips turning as one



01A. THERAPY 4:22mins

TECHNIQUE & COACHING

JAB, CROSS, JAB, DECOY, SWITCH

Layer 1

- Keep elbows close to body as you punch
- Brace abs
- Switch, whilst keeping a Wide Combat Stance
- Knees stay soft

Layer 2

- Light but quick upper body boxing strikes
- Think and react fast as you decoy

Layer 3

- We're building the speed here so lets reach further and start to get the heart rate up!



01B. LOWER BODY WARM-UP

TRACK FOCUS

There is plenty of time to let the reps do their job and allow your participants to gradually maneuver through the learning of all the kicks. Encourage the class to increase their range as they feel warmer.

FEEL

It's a little PIXAR, a little German hard dance and a little bit ravey.

MARTIAL ARTS

Kick-Boxing, Tae Kwon Do and Karate

MUSIC		EXERCISE		CTS	REPS
4:22	Intro / V / Someone	8x8	A	Dynamic Squat into Hamstring Stretch	
				Front Stance & Squat Down	4
				Double Hamstring Stretch	4
				Wide Squat	4
				Roll up	4
					7x
4:48	Instr / B up / (Drums)	4x8	B	L Hip Roll	1
				Step L, R, L	3
				R Hip Roll	1
				Step R, L, R	3
					4x
5:00	B up / Dark	4x8	C	L Knee to L Corner	1
				Step L, R, L	3
				R Knee to R Corner	1
				Step R, L, R	3
					4x
5:13	Instr / Dark	8x8	D	L Front Kick	2
				Hold OTS	6
				R Front Kick	2
				Hold OTS	6
					4x
5:39	Break / (Quiet)	1x8		L Combat Stance	
				Hold OTS	8
					1x
5:42	V / (Quiet)	5x8	E	L Roundhouse set-up	2
				Hold OTS	6
					5x
5:58	_ I don't	8x8	E¹	L Roundhouse Kick	4
				Hold OTS	4
					8x
6:24	Instr / (Drums)	8x8	F	Front Stance	
				Shuffle L	4
				L Side Kick to L	4
				Shuffle R	4
				R Knee x2	4
					4x
6:49	Break / (Quiet)	1x8		R Combat Stance	8
				Hold OTS	
6:52	V / (Quiet)	5x8	E	R Roundhouse set-up	2
				Hold OTS	6
					5x
7:08	_ I don't	8x8	E¹	R Roundhouse Kick	4
				Hold OTS	4
					8x
7:34	Instr / (Drums)	8x8	F	Front Stance	
				Shuffle R	4
				R Side Kick to R	4
				Shuffle L	4
				L Knee x2	4
					4x



01B. MONSTER (LUCA TESTA REMIX) 3:41mins

FUNDAMENTALS

Continue to coach with connection, warmth and friendliness. Create a teaching and learning environment that will help your participants journey into this workout. Focus on Layer 1 coaching – be clear with rights & lefts, directional changes and all names of the strikes. Be specific with targets and heights – keep them low. Explain the muscles we want to kick low with full range at a slower pace as this will really help them as they speed up movement patterns later on in the work out

TECHNIQUE & COACHING

DYNAMIC SQUAT INTO HAMSTRING STRETCH

Layer 1

- Feet wide and bend both knees
- Hips sit back and down into the Squat
- Rest hands on knees
- Lean forward
- Chest lifted
- Straighten legs

Layer 2

- Feel the stretch in the back of the leg as you lean forward
- Shoulders over hips in the Squat
- Turn toes slightly out
- Mobilize and warm up the hips to help with kicking

HIP ROLL

Layer 1

- Front Stance
- Lift knee to hip height and circle outwards

Layer 2

- Wide circles preparing the hips for kicking

FRONT KICK

Layer 1

- Front Stance
- Kick low, aim for waist down
- Front Kick strikes with the ball of the foot
- Keep knee soft as you extend leg into kick

Layer 2

- To help bring power to your Kick, try swinging the outside arm
- Use your hip to drive the Kick up and forward
- Brace abs hard as you extend the kick to support the spine

ROUNDHOUSE KICK SET-UP

Layer 1

- Right Combat Stance
- Set back heel towards front and lean away
- Lift shin to near parallel
- Brace abs to help balance

Layer 2

- Knee close to hip level, increasing the stretch in the hip flexors
- Bend your supporting knee a little more to find great balance

ROUNDHOUSE KICK

Layer 1

- Strike with shin down to top of the foot
- Start low to begin
- Extend arm out for balance
- Brace abs

Layer 2

- It's not about height, it's about length – stretch the leg
- Try and whip your heel back to your butt to warm your hamstrings

SIDE KICK, SHUFFLE & KNEES X2

Layer 1

- Front Stance
- Shuffle to the side
- Low Side Kick
- Set the heel towards the target and then lean away
- Brace abs
- Arm out for balance as you kick
- Shuffle back
- 2x knees, hips and pelvis face front, knee lifts in line with hips

Layer 2

- Retract Side Kick and control the balance as you land
- Move light on your feet as you travel
- Lift the knees up as you bring your arms down to engage the muscles of the obliques

Layer 3

- Pick up the pace and the energy here, the body is feeling great so lets go get it



02. COMBAT 1

TRACK FOCUS

This is a numbers track! We have 6 Boxing combos before we add speed through the Double Knee and a powerful Front Kick off the back leg. Be sure to count loud and clear during the build up.

FEEL

Nobody turns up to win with a losers attitude

MARTIAL ART

Kick-Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Synths)	2x8		L Combat Stance Hold OTS	16	
0:05	(Synths)	10x8	A	L Jab, R Cross, L Hook R Cross, L Jab, R Hook	4 4	10x
0:31	V / Focus on	4x8	B	L Knee x2 Hold OTS	4 4	4x
0:42	Prime time	4x8	B ¹	L Knee x2 R Front Kick Slow	4 4	4x
0:52	C / Win _	8x8	A	L Jab, R Cross, L Hook R Cross, L Jab, R Hook	4 4	8x
1:13	V / I'm a beast	4x8	B ¹	L Knee x2 R Front Kick Slow	4 4	4x
1:23	Pull up the	4x8	B ²	L Knee x2 R Front Kick Fast	4 4	4x
1:34	C / to win _	16x8	C	L Jab, R Cross, L Hook R Cross, L Jab, R Hook L Jab, R Cross, L Hook R Cross, L Jab, R Hook L Jab, R Cross, L Hook R Cross, L Jab, R Hook L Knee x2 R Front Kick Faster	4 4 4 4 4 4 4 4	4x
2:16	Br / If you ready	1x8		Transition to Front Stance	8	
2:18	Killing it	3x8	D	L Elbow to L side Hold and Pulse OTS	2 6	3x
2:26	C / _ welcome to	8x8	D ¹	L Elbow to L side R Knee Hold OTS	2 2 4	8x
2:47	(Synth)			REPEAT SEQUENCES A to D1 – R		



02. CAME TO WIN 5:37mins

FUNDAMENTALS

This track has been designed with a rhythmical accent using counts 1, 3, 5 and 7. It trains both fast twitch muscle fibers and reaction timing. Coach with high energy and urgency to create a larger shift from the Warm-up. It moves us into a phase of skill acquisition, striking speed, and combinations. After using very clear directional Layer 1 cues, jump into more Layer 2 cues to help members move quickly and powerfully

TECHNIQUE & COACHING

JAB, CROSS, HOOK, CROSS, JAB, HOOK

Layer 1

- From Combat Stance, throw the combo light and fast to begin with
- Think light on the Jab, Cross and heavy on the Hook
- The rhythm changes the feel
- The counts stand out on the 1, 3, 5, 7

Layer 2

- Level up on the power and speed, let's improve our fast twitch muscle fibers and move explosively
- Lean into the strike by tucking in the chin and holding Guard position. Rotate using core power into the punch

Layer 3

- Pick up the intention behind the strike, be deliberate racing the rhythm and turning the whole body as you Hook to add power

KNEE X2

Layer 1

- Strike both knees fast and freeze
- In line or higher than the hips

Layer 2

- Put more weight on the back foot, drive the arms down past the waist line
- Lift chest high and brace abs hard

Layer 3

- Play a game here! Move and stop

KNEE X2, FRONT KICK X1

Layer 1

- Add on the Front Kick from the back leg
- This kick initially is slow, drag the kick so it looks and feels like the rhythm has gone from quick, quick, slow

Layer 2

- Lean back as you kick to ensure you reach full length
- Brace abs and swing the lead arm to help with control

Layer 3

- Actively put the hand brake on as you kick, later we will bring speed and power all while adding intensity

SIDE ELBOW & KNEE

Layer 1

- Front Stance
- Look to the side as you strike the elbow, open the chest and bring the opposite hand to your waist line
- Brace abs and shift your weight towards the target
- Lift the knee up in line with the hips and pull arms down at the same time

Layer 2

- Exhale hard as you elbow strike to create more power
- Add a hop on the knee, increase heart rate, create a challenge

Layer 3

- Go for it, give it everything you've got here, add the hop on the power knee, it's a short section so go for it
- How are you going to finish? I came here to win!



03. POWER TRAINING 1

TRACK FOCUS

There is a focus on single side fighting in this track using the Jumping Hook. Be sure to teach the footwork early on and draw attention to the shoulders so the class know where the power can be steered from. The Front Stance Jabs keep the cardio levels high.

FEEL

Questioning, Leading, Engaging and Uplifting

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	V / Staring down	8x8	A	Run OTS	64 1x
0:23	So pick	8x8	B	Front Stance L Jab, R Jab	4 16x
0:45	Instr / Me up _	8x8	B ¹	L Jab, R Jab x2 Jack x2	4 8x
1:07	(Synths)	8x8	B ²	L Jab, R Jab	2 32x
1:29	Break / (Quiet Synths)	8x8	A	Run OTS	64 1x
1:51	V / I give you	8x8	C	L Combat Stance L Uppercut R Hook	2 16x
2:13	So pick	8x8	D	L Uppercut x2 L Hook, travel F Jump B	4 8x
2:32	C / So pick me	16x8	D ¹	Front Stance L Jab, R Jab x8 L Uppercut x2 L Hook, travel F Jump B L Uppercut x2 L Hook, travel F Jump B	16 4x
3:20	V / Staring down	REPEAT SEQUENCES A to D1 – R			



03. FOLLOW ME (POLYGON REMIX) 5:15mins

FUNDAMENTALS

This track has a strong cardiovascular focus with 3 key points:

- Jacks for increased cardiovascular intensity
- Short range power combinations to increase punching intensity
- High volume speed punches to increase punching endurance and cardio output

The objective is to reach our first cardio peak. Coach with a high level of Layer 3 cues on top of powerful and beneficial Layer 1 and 2 cues. Directional cues and choreography cues set up movement patterns. Enhancement cues improve technique and execution. Motivational cues help to drive the movement, the energy and the fun.

TECHNIQUE & COACHING

JAB

Layer 1

- From Front Stance
- Heavy Power Jabs on right and left
- Turn body forward into the punch
- Rotate from center of chest
- Hands stay in Boxing Guard
- Lift heels as you turn, creating power from the hips

Layer 2

- Tuck chin and strike heavy and slow
- Build intensity

Layer 3

- Lift elbows to the outside to engage more power from the shoulders. Cork screw the Jab

JAB X4, JACK X2

Layer 1

- Speed up the Jabs moving lightly and quickly
- Jack feet in and out twice, land with soft, bent knees
- OPTION: Power Squat

Layer 2

- Lift the heart rate up, move quickly, stay light and think sharp as you strike

Layer 3

- Race with the music and hit that cardio peak, go!

FAST JAB

Layer 1

- Front Stance
- Jabs, right, left
- Rotate from center of chest
- Shoulders stay relaxed

Layer 2

- Brace abs hard, move faster and hold that pace

Layer 3

- Hold for 20 seconds, rain down on these punches, feel the power and speed combined

UPPERCUT & HOOK

Layer 1

- Combat Stance
- Target under the jaw for the Uppercut
- For the Hook keep the strikes in line with the shoulder and release the heel as you rotate the hips

Layer 2

- Pull back on intensity, instead focus on technique and body position

Layer 3

- This creates a pathway to move from double side combo training into a single arm power focus

UPPERCUT, HOOK & POWER HOOK FORWARD

Layer 1

- Jump forward on the Power Hook, drop rear shoulder forward to pre-load the Power Hook
- Brace abs hard as you perform the Hook with the lead arm to support the spine and to help with balance

Layer 2

- This is a powerful Jump Hook, using the momentum of your body weight while moving forward will create a huge shift in intensity

Layer 3

- How much power can you throw behind this strike? How much intensity can you give right now?



03. FOLLOW ME (POLYGON REMIX) 5:15mins

TECHNIQUE & COACHING

**FAST JAB X16, UPPERCUT, HOOK, POWER
HOOK FORWARD**

Layer 1

- Moving from Front Stance to Combat Stance and back
- Slide left leg back as you move into the Power Combo and drop the rear shoulder

Layer 2

- Crunch the abs and round the shoulders as you transition from the Fast Jabs into the Power Combo

Layer 3

- This is the beauty of boxing training, flowing from speed endurance punches into short range power punches trains muscles more effectively



04. COMBAT 2

TRACK FOCUS

The focus is on building up and breaking down combos. This track consists of one huge combo and one cardio stinger at the end which is the Kick KATA.

FEEL

Hard core, you know the score!

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Sto...	4x8	A	Step into L Combat Stance Inhale both arms overhead Double Palm at chest Transfer weight onto back leg and L Open Palm Low Block Reset L Combat Stance		
0:16	V / Hena	8x8	B	L Closed Fist Low Block L Closed Fist Mid Block L Closed Fist Low Block Pulse OTS	1 1 1 5	8x
0:42	PC / Ayheyaaaa	9x8	C	L Step Kick F Shuffle B L Jump Kick F Shuffle B	4 4 4 4	5x 4x
1:14	C / Henaa	8x8	C ¹	L Low/Mid/Low Block L Jump Kick F Shuffle B Pulse F, B	4 4 4 4	4x
1:38	Break / (Quiet synths)	5x8	D	Decoy R Decoy L	2 2	10x
1:55	B up / (Loud Synths)	8x8	C ²	L Low/Mid/Low Block L Jump Kick F Shuffle B Decoy R, L	4 4 4 4	4x
2:21	V / Henaaa	8x8	C ³	L Low/Mid/Low Block L Jump Kick F Shuffle B Decoy Tuck R, L	4 4 4 4	4x
2:47	Ayheyaaa	1x8		Transition into Front Stance	8	
2:51	C / Henaa	8x8	E	Kick KATA L Knee x2 L Side Kick (Add hops for the last 4 reps)	4 4	8x
3:19	V / Hena			REPEAT SEQUENCES B to E – R Note: Use first 16cts to recover and set up R Combat Stance		



04. HENA 6:24mins

FUNDAMENTALS

The main combination in this track has been created to:

- Lift the heart rate
- Create a sense of strength and power
- Mix Karate and TKD together, highlighting the performance in feel and authenticity

Spend time mastering the Jump Kick as there are many reps that build in intensity through this track

TECHNIQUE & COACHING

BLOCK

Layer 1

- Combat Stance
- Lift chest, brace abs, hips square
- Perform the Block with a soft elbow
- The target for the Block is low. Block inside the line of the knee and thigh with a closed fist
- The Mid Block stops in line with the lead shoulder, the elbow is bent

Layer 2

- Keep tension on in the Block to work the arm and back muscles. Keep an upright posture and stay grounded to the floor

STEP KICK FORWARD & JUMP KICK FORWARD

Layer 1

- Step the back foot forward and Kick with the front leg, land wide and Shuffle back
- Lean back on the Kick
- Brace the core

Layer 2

- Jump Kick Forward
- Land softly, knees bent
- Load the Kick
- Use your hips to power the kick
- Delay the kick and think of your leg as a whip
- Make your back leg heavy and front leg light
- OPTION: Stay with the Knee, Front Kick

Layer 3

- This Kick is designed for distance not height. Keep the weight moving forward and focus on transferring the weight from leg to leg. Challenge yourself to move further forward with each strike

DECOY

Layer 1

- Combat Stance
- Switch stance
- Feet wide
- Both knees soft as you switch and land
- Keep a relaxed Martial Arts guard

Layer 2

- Fire up the muscles of the lower body and the core
- Keep your reactions quick as you switch

Layer 3

- Stay low to get the legs burning, come on the roof just got lower!

DECOY TUCK

Layer 1

- Switch stance
- Keep feet wide
- Both knees soft as you switch and land

Layer 2

- Bend your knees and jump in the air, switch stance as you do so. Keep your stance wide as you land

Layer 3

- This is a cross between power and plyometric training, it's the big calorie kicker right now! Can you feel your heart beat pounding?



04. HENA 6:24mins

TECHNIQUE & COACHING

KICK KATA

Layer 1

- Weight in the left leg
- Double right Roundhouse Knee, right Side Kick
- Knee on a 45 degree angle
- Keep the kick low to start with

Layer 2

- Bend left knee to support body weight
- Knee out over mid-foot
- Push out of supporting leg to add a little hop
- We are playing with balance training
- Once we have balance control we can start to increase the height and power of the kick
- Arms stay tucked in

Layer 3

- The legs and glutes are shaping and strengthening right now!
- Such a powerful combo – I love it!



05. POWER TRAINING 2

TRACK FOCUS

This is about strength and conditioning. We call on power from the obliques and strength from the shoulders with a big cardio kicker to finish. It is the second cardio peak so you are aiming to build up the combo then nail yourself once it's built. Plan where you will demo your options. Watch how Dan places the alternatives and use the video as an example to get you started.

FEEL

Somewhere downtown in Plaistow, East London there is a seriously fit guy who feels no effect

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
			Set up Pushup position on knees			
			<u>OPTION:</u> Standing			
0:11	V / <i>Never forgive</i>	7½x8	A	Pushup Down/Up	2	
				Down/Superman Pushup L	2	
				Down/Up	2	
				Down/Superman Pushup R	2	7½x
0:58	C / <i>(Synths & drums)</i>	6½x8	B	Mountain Climber L, R x4	8	
				Plank Jack x4	8	6½x
1:37	V / <i>I'm all</i>	2x8		Transition to Standing		
				L Combat Stance	16	1x
1:43	No effect	6x8	C	Uppercut L, R, L	4	
				Pulse F, B	4	6x
1:59	Break / <i>(Silence)</i>	½x8	D	Run OTS L, R	2	2x
2:01	V / <i>Refuse</i>	4½x8	D	Run OTS L, R	2	18x
2:14	PC / <i>No effect</i>	6x8	E	Uppercut L, R, L	4	
				Run OTS	4	6x
2:32	Instr / <i>(Synth & drums)</i>	12x8	E¹	Uppercut L, R, L	4	
				Run OTS	4	
				Sprawl or Jack	8	6x
3:08	V / <i>I'm all</i>			Transition to R Combat Stance and		
				REPEAT SEQUENCES C to E1		



05. NO EFFECT (SUNSET BROS REMIX) 4:41mins

FUNDAMENTALS

This track is all about variety, offer your members choices to suit them. Watch out as it has a real cardio kicker at the end. Pace yourself and coach to the options to ensure a higher level of participant success.

The standing options in this track are:

- Power Squat x2 and a Power Driving Knee (both sides)
- High Knee Running and Jacks for the cardio element

The grounded option is core integration with pressing power, improving strength, speed and endurance in punching

TECHNIQUE & COACHING

SUPERMAN PUSHUP

Layer 1

- Come down to the ground, on the knees
- Knees outside of hips
- Hand under the line of the shoulder
- Chest no lower than the elbow crease
- Brace abs hard to support the spine
- Drop down and up two times
- Extend arm to Superman
- Target in line with the shoulder

Layer 2

- Drive the hands hard into the ground
- Feel the power in the muscles of the chest and triceps
- As you lift one arm up keep squeezing the glutes to help stabilize the hips

Layer 3

- This is incredible core training that also brings work into the shoulders. It's these muscles that are needed every time we throw our upper body strikes

MOUNTAIN CLIMBER

Layer 1

- Hands under shoulders
- On your knees or toes
- Run the legs in
- Knees target between the line of the thumbs and chest

Layer 2

- Keep hips and shoulders square to the ground
- Brace abs hard to keep the trunk still
- OPTION: Drop to knees and move at half speed

Layer 3

- This is a wonderful blend of cardio and core training in one, right?

PLANK JACK X4

Layer 1

- Jack feet out and in 4, 3, 2, 1
- Brace abs hard to keep hips square

Layer 2

- Protect your lower back, prevent bouncing with a strong Abs Brace as the feet Jack in and out
- OPTION: Drop to your knees and walk your feet out one leg at a time

UPPERCUT X3

Layer 1

- Combat Stance
- Right, left, right
- Rotate in as you Strike and move fast

Layer 2

- Elbows are tucked in towards the rib cage, throw each Strike with speed and power

Layer 3

- Time to get this heart rate up and bring the cardio training back. Are you ready?



05. NO EFFECT (SUNSET BROS REMIX) 4:41mins

TECHNIQUE & COACHING

RUN ON THE SPOT

Layer 1

- Stay light
- Lift chest
- Drive knees up
- Use alternating arms to keep the momentum up

Layer 2

- Lift knees in line with hips or higher to increase running intensity

SPRAWL

Layer 1

- Drop down into a Squat, hands open
- Place hands on floor, jump the legs back and brace your abs
- Jump legs back in, towards the chest then Vertical Leap and land with soft knees
- OPTION: Jack x4 or High Knee Running

Layer 2

- Abs braced in the Sprawl
- The Sprawl is a dynamic move which integrates the whole body
- Visualize someone trying to grab your legs and you shoot yourself out of their reach!

Layer 3

- I challenge each and every one of you to find your max power output, not just on the Jumps but the Punches too. Create high energy from start to finish
- Train together and unite together



06. COMBAT 3

TRACK FOCUS

This is an athletic, Capoeira inspired, leg conditioning track. Stay at your max range in the Lunges and working blocks. Use the Ginga to recover.

FEEL

Brazilian Beach Capoeira’off challenge

MARTIAL ART

Boxing

MUSIC				EXERCISE	CTS	REPS
0:00	Intro / (Drums & chants)	4x8	A	Front Stance Ginga step to L and Ginga, step to the R	8	4x
0:12	V / Vim pra	8x8	B	Short Ginga & Front Kick Lunge Combo Step ¼ turn to face L side	2	
				R Front kick to L side	2	
				Replace R leg	2	
				Turn back to front and L step back into Lunge	2	8x
0:36	C / Ouça esse	6x8	C	R Lunge x3	6	
				Hold Lunge position at top of the move	2	6x
0:55	V / Culturas	8x8	C1	R Lunge	2	
				¼ Pulse Turn to L side into Wide Squat	2	
				¼ Pulse Turn to Front into R Loaded Lunge	2	
				Hold Lunge position at the top of the move	2	8x
1:19	C / Ouça esse	8x8	B+C¹	¼ Turn Front Kick	8	
				R Lunge ¼ turn combo	8	4x
1:43	Intro / (Drums & chants)	6x8	A	Front Stance Ginga step to R and Ginga step to the L	8	6x
2:02	V / Vim pra			REPEAT SEQUENCES B to B+C¹		



06. BOA NOITE 3:47mins

FUNDAMENTALS

A slower paced, low loaded, athletic Capoeira track. This is a great opportunity to bring the pace and intensity of the class down a level. Focus not only on a different Martial Arts essence but also on bringing a connection to muscle and mind movement patterns. Coach to the holding patterns in this track and have everybody moving with great technique and have fun doing so.

TECHNIQUE & COACHING

SHORT GINGA & FRONT KICK LUNGE COMBO

Layer 1

- Step on three points of a triangle
- Step left, right foot goes back, step right, left foot goes back
- Add the Kick
- Step half Ginga
- Turn your body to the corner and Front Kick
- Kick low with control
- As you Lunge back, drop the front thigh parallel to the floor and brace the core
- Lift the chest
- Hips square to the front

Layer 2

- Let the upper body turn as you step to the corners
- In the Lunge, drive out of the front foot and work the muscles of the glutes and quads
- Swing the lead arm as you Kick

Layer 3

- We are taking the foot off of the cardio gas but bringing in muscular heat

TRIPLE PULSE LUNGE

Layer 1

- Long step back
- Chest is lifted, hips are square to the front and abs are braced
- Drop the back knee down, front knee is over the mid-foot
- Front thigh is near parallel to the floor

Layer 2

- Drive out of the front foot keeping the pressure in the glute and quad of the front leg
- Stand fully upright after every Triple Pulse to hit full range before you drop again

Layer 3

- Would you like powerful and great looking legs? Then get lower everybody, come on let's do this together

QUARTER TURN SQUAT

Layer 1

- Step back into the long Lunge and turn your body to the side
- Pivot on the ball of the feet or add a little Hop as you rotate

Layer 2

- Stay agile as you rotate to the back and keep the knees soft as you Pivot. This makes the move feel fluid, now we are dancing

Layer 3

- Capoeira is a game, you've got to be smart, know when to attack and when to fake... so get low and get ready to put everything you've learned together



07. MUAY THAI

TRACK FOCUS

This track moves quickly between the 70-85% endurance range during the building blocks. You hit max effort once the combo has been built, which doesn't last too long. The focus is working to your max at EVERY opportunity you get. There are plenty of pit stops to recover, built in to the track.

FEEL

Caribbean Party with a very egotistical male who wants the neighboring suburbs to know he's the king of the iso'lockdown party

MARTIAL ART

Boxing

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / (Trumpet)	2x8		Transition into Front Stance	16	
0:06	Are you ready?	8x8	A	L Knee x2	4	8x
				R Knee x2	4	
0:29	Instr / 2, 3, 4 _	8x8	B	L Knee x16	32	
				R Knee x17	32	
0:52	Br / (Trumpet)	2x8		Transition to L Combat Stance	16	
0:58	(Trumpet)	2x8	C	L Jab	2	2x
				R Cross	2	
				L Descending Elbow	4	
1:04	V / Just keep	4x8	C ¹	L Jab	1	4x
				R Cross	1	
				L Descending Elbow	2	
				Pulse OTS	4	
1:15	So take a	4x8	C ²	L Jab	1	8x
				R Cross	1	
				L Descending Elbow	2	
1:27	PC / put your	4x8	D	R Knee x16	2	16x
1:38	Instr / _ go go	8x8	C ² +D	L Jab	1	4x
				R Cross	1	
				L Descending Elbow	2	
				R Knee x6	12	
2:02	Br / (Trumpet)	2x8		Recover and return to L Combat Stance	16	
2:08	(Trumpet)	6x8	E	L Jab	1	6x
				R Cross	1	
				L Hook	2	
				Pulse F, B	4	
2:25	V / Free up	8x8	E ¹	L Jab	1	8x
				R Cross	1	
				L Hook	2	
				R Knee	2	
				R Shield	2	
				(On last four reps add Hop to Shield)		
2:48	Instr / Mash up	8x8	F	Running Man Knee L, R	4	32x
3:18	Intro / Are you ready			REPEAT SEQUENCES A to F		



07. KING OF THE PARTY 6:26mins

FUNDAMENTALS

This is a shorter than standard Muay Thai track, it has been designed to have both skills acquisition and short intensity heart rate spikes. Keep the cues short with a sense of urgency and be playful with the energy of the song, as after all you are the *"kings & queens of the party"*. Focus on the level changes from the upper body strikes into the lower strikes. Let the simplicity of this track be the guide in the context of fitness and Muay Thai training.

TECHNIQUE & COACHING

DOUBLE KNEE

Layer 1

- Double Knee right and left knee, 1, 2 switch 1, 2
- Abs braced and chest is lifted
- Pull arms down past the outer thigh

Layer 2

- Hit these knees to start with at 70-80% of intensity, give yourself somewhere to go
- We are pulling back to begin and then will build to our max

Layer 3

- Start to move to 90% of your max and when that beat drops we are hitting 100%

SINGLE KNEE

Layer 1

- 16x left knees
- Switch sides, 17x right knees
- Abs braced and lift the chest
- Pull arms down past the outer thigh

Layer 2

- As the knees lift up, drop the arms down past the outer thigh to help maximize oblique recruitment as well as to lift the heart rate

Layer 3

- This is your 100%. It's all-out, max effort. It's only short so get ready to switch knees

JAB CROSS DESCENDING ELBOW

Layer 1

- Right Combat Stance
- Jab, Cross, Ascending Elbow, Pulse forward and back
- Hands stay in Boxing Guard
- On the elbow, start above the lead shoulder by lifting the elbow and draw a line diagonally down crossing the front of the body
- Strike with the elbow and forearm

Layer 2

- Lean into the strike as you throw the initial Jab, this creates the required momentum to stay down on the Strike, which in turn allows for more power out of the core
- On the elbow, lift the chest just before you strike diagonally down as this will help increase authenticity and power. Keep the lead hand relaxed and open, this will allow the elbow to move freely and with speed

6X KNEES

Layer 1

- The first 5 Knees are strong, Muay Thai Knees. The 6th is a driving power knee, up the center in line with the hips

Layer 2

- Save energy here so that the 6th Knee both looks and feels more powerful. Try adding a little shift in speed on the last rep and exhale hard to help activate your core muscles

JAB, CROSS, HOOK AND PULSE

Layer 1

- Jab, Cross, Hook, right, left, right then Pulse forward and back
- We've got Boxing combined with Kick Boxing
- Stay light on your feet

Layer 2

- Feel the thumping beat and hit with it
- Twist and rotate into each strike, tuck the chin and keep your hands up



07. KING OF THE PARTY 6:26mins

TECHNIQUE & COACHING

SHIELD AND KNEE

Layer 1

- Add on a skills acquisition, the Shield and Knee
- Lift back knee to the side wall creating an L shape

Layer 2

- This Shield is a specialty move where we use the forearm and shin as a shield or block from an oncoming attack

Layer 3

- Start to play with this move, on the first Knee lift higher, this gives the feeling of lightness as you move into a hopping Shield. If you've got next level skills, push the lead arm forward

RUNNING MAN KNEES

Layer 1

- Front Stance
- Running Man Knee, right, left
- OPTION: Stay grounded for Knees
- The shoulders go forward as the hips go back

Layer 2

- Swing the hip back then drive it forward
- Pull the hands down to the outer hip to engage the obliques

Layer 3

- This is it team give it everything, give it your all and finish strong, together
- Gear change now, put your hands up, get your knees up. It's just you and the high energy feel of this awesome track



08. POWER TRAINING 3

TRACK FOCUS

Am I able to give my absolute best, no matter how I am feeling? Apply this question to the beginning of the track to focus the participants on bringing their best self, to the hardest part of the class. It's about stamina, endurance and devotion.

FEEL

Encouraging and slightly demanding with the use of the lyrics 'Give me your'

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Floating vocal notes)		Recover – Stretch L, R Shoulder		
0:22	V / Give me your	8x8 A	Run OTS L, R	2	32x
0:44	PC / (Quiet)	8x8 B	Front Stance L Jab to L Side x4 R Slip, L Slip Drop Squat Repeat to R side	8 4 4 16	2x
1:05	Instr / (Drums & synths)	16x8 B ¹	L Jump Jab to L Side x4 R Power Slip, R Slip Tuck Jump or Drop Squat Repeat to R side	8 4 4 16	4x
1:50	Break / (Quiet floating vocals)	4x8	Recover – transition into L Combat Stance	32	
2:01	Your emotion	4x8 C	L Hook R Hook	2 2	8x
2:12	V / Your devotion	8x8 C ¹	L Hook x2 Scissor R, L, R, L	4 4	8x
2:34	Instr / (Drums & synths)	8x8 D	Front Stance L, R Jab	2	32x
2:56	Br / Your devotion	2x8	Recover		
3:02	Intro / All of your	6x8 A	Run OTS L, R	2	28x
3:18	V / Give me your	8x8	REPEAT SEQUENCES B to D – R		



08. DEVOTION 5:34mins

FUNDAMENTALS

The final power track. There is a big cardio-power output theme in this one, both on the Tuck Jumps and the Lateral Jumps. The Speed Punches, Hooks and Scissors are a real test of technique as the body will be feeling fatigued. This track needs LOTS of Layer 2 and 3 cues. Cues will make the participants feel successful so dial up the connection and motivation right from the very start. Play with the music and the intensity.

TECHNIQUE & COACHING

RUN OTS

Layer 1

- Run right, left
- Stay light on the feet
- Listen to the sound you're making on the floor and keep that beat
- Use the arms

Layer 3

- We're not trying to go hard but we are wanting to bring energy back into the legs

4X WALKING JABS, 2X SLIPS, 1X DROP SQUAT

Layer 1

- From Front Stance
- Turn to the side and walk as you Jab
- Slip left, right then right
- Step forward and Drop Squat with your knees out and chest up
- Repeat on the other side
- Chin down

Layer 2

- Step and punch. Feel the increase of intensity as the music builds throughout the move
- Crunch as you Slip to get power from the core, it's slower so really squeeze
- As you Drop Squat, sink into the leg

JUMP THE JABS, POWER SLIP AND TUCK JUMP

Layer 1

- Jump as you Jab to the side
- The Drop Squat becomes an optional Tuck Jump

Layer 2

- As you Jab, cork screw the knuckles to engage more the shoulder and back muscles
- Jump the Jabs, take off and land with both feet

Layer 3

- Jump so high that it feels like you're playing a game. Imagine someone is trying to get your legs and you've got to challenge yourself to jump over them. As you do this feel the heart rate lift. Land with soft knees then jump straight into the Power Punches
- Take a moment and think, what are you going to devote to? Because your heart rate is through the roof right?

HOOK AND SCISSOR

Layer 1

- Combat Stance
- Double right power Hook then Scissor left, right x4
- Turn the hips as you Hook then square the hips to the front as you Scissor

Layer 2

- Stay light on the feet, this is speed and cardio training, let's keep burning the calories
- Bend your knees and lift your heels just off the floor

Layer 3

- Build up your power with the music, let this incredible song guide you. Pick it up and get your breathing right because here come the Fast Jabs



08. DEVOTION 5:34mins

TECHNIQUE & COACHING

FRONT STANCE, FAST JAB

Layer 1

- Front Stance
- Fast Jabs right and left
- Rotate from the center of the chest as you punch

Layer 2

- We don't want to peak just yet, take this opportunity bring yourself to a place that you never knew you could go
- Tuck your chin and keep a soft stance

Layer 3

- As you run Let's re-energize the legs. We are about to take it up not 1 but 2 gears higher on the other side, are you 100% in?



09. CONDITIONING

TRACK FOCUS

There isn't much time for chatting in this track so have your Layer 1 cues prepped and ready to deliver. There are three lying positions to identify and each move has a less intense variation. Either by using a single leg, or by not fully extending the levers.

FEEL

Challenging and factual

MARTIAL ART

Boxing

MUSIC			EXERCISE			CTS	REPS
0:07	V / I was walking	4x8	A	Single Crunch		2	16x
0:36	C / There ain't	4x8	B	Single Crunch x2		4	
				C-Crunch with double arm and leg extension		4	4x
1:01	V / Not even 15	4x8	C	Laying on L side – push off elbow, on meaty part of the butt, full leg extension, toes pointed			
				Oblique Crunch		2	8x
				Double Leg Side Crunch		2	8x
1:26	C / There ain't	5x8	B	Single Crunch x2		4	
				C-Crunch with Double Arm and Leg Extension		4	5x
1:57	(Guitar & drums)	1x8		Transition to laying on R side – push off elbow, on meaty part of the butt, full leg extension, toes pointed			
2:03	V / But now a	4x8	C	Oblique Crunch		2	8x
				Double Leg Side Crunch		2	8x
2:27	C / You know there	4x8	B	Single Crunch x2		4	
				C-Crunch with Double Arm and Leg Extension		4	4x



09. AIN'T NO REST FOR THE WICKED 2:53mins

FUNDAMENTALS

This is a pure isolation track for the upper and lower abs and the obliques. It's a short yet challenging track, with a simple rhythm. The key is to set the compulsory cues early and then you can enjoy the exercises by enhancing them and coaching to the feel of the track

TECHNIQUE & COACHING

SINGLE CRUNCH

Layer 1

- From Crunch position feet flat on the floor
- Slide the ribs to hips as you Crunch up
- Tuck the chin in
- Hands are in Boxing Guard
- Crunch up and down

Layer 2

- Lift the shoulders higher from the ground, feel the burn in the upper abs

Layer 3

- It's a great Country Western feel song but don't let that fool you

CRUNCH COMBO

Layer 1

- 2x Crunches
- 1x C-Crunch
- 1x extended Crunch
- Knees stop directly over the hips on the C-Crunch
- Throw the arms to the outside of the legs
- Abs are braced as you extend the arms and legs away
- The lower back presses towards the floor
- Legs are to 45 degrees
- OPTION: Toe Tap in C-Crunch vs extended legs

Layer 2

- Throw your arms up towards your socks on the Crunch and try to touch your shoes
- Squeeze the muscles in the thighs as you extend the Crunch and keep the feet together

Layer 3

- I challenge you to lift as high as you can on the C-Crunch and the brace abs even harder as you extend away. Imagine someone is jumping on your mid-section, how strong are you?

OBLIQUE CRUNCH

Layer 1

- Roll onto one side
- Hips and chest face the front
- The top leg and top arm move together, in and back
- Feet are forward of the hips
- Slide the bottom rib to the hip
- Fingertips at the temple
- The bottom arm is out on the floor to help stabilize the upper body

Layer 2

- As you Crunch up, reach the arm down the outside of the top leg and feel the isolation in the obliques

Layer 3

- *"There ain't no rest for the wicked"* so come on let's not tap out now! I know it's hard but it feels great, right?



10. COOLDOWN

TRACK FOCUS

This track feels like a beautiful reward for the body. With extended hamstring stretches that feel nourishing and double glute stretches. Some of the musical changes can be hard to hear coming, allow time to cue the transitions for the class so they don't feel too rushed.

FEEL

Relaxed

MARTIAL ART

Boxing

MUSIC		EXERCISE		CTS
0:00	Intro / (Piano & drums)	Transition to the floor and lay on your back for Lying Adductor Stretch Soles of the feet together and knees fall open		
0:13	V / That real	2x8	Lying Back Stretch – drop knees towards the L side Chest towards the ceiling and shoulders on the floor Release top knee further towards the floor	16
0:27	Can nobody	2x8	Repeat all towards the R side	16
0:39	Right now	2x8	Hug both knees and roll up – transition to Seated Glute Stretch . L Foot flat on the floor Twist body over L knee	16
0:54	V / Sooo	2x8	Lying Quadricep Stretch L (Lay on R side and stretch L leg)	16
1:07	PC / Like a	2x8	Lying Glute Stretch L L ankle over right knee and reach through the window to hold R leg	16
1:21	V / So sweet	6x8	Lying Hamstring Stretch L R leg bent but straighten after 16cts	48
2:01	Feels so right	2x8	Hug both knees Roll up and transition to Seated Glute Stretch on the R	8 8
2:15	PC / Like a fool	2x8	R Foot flat on the floor Twist body over R knee	16
2:28	Instr / (Drums)	2x8	Lying Quadricep Stretch R (Lay on L side and stretch R)	16
2:42	C / I'm a fool	2x8	Lying Glute Stretch R R ankle over right knee and reach through the window to hold R leg	16
2:58	Hey love	5x8	Lying Hamstring Stretch R L leg bent but straighten after 16cts	40
3:24	Instr / (Drums)	2x8	Roll up and transition to seated, cross legs to finish	



10. FOOL FOR YOU 3:41mins

FUNDAMENTALS

This is a beautiful cool down using flowing stretches with the stand out being the hamstring stretch. It's a long, developmental stretch that uses the breath to move deeper into the hamstrings. It's an important stretch as there have been many kicks and lower body exercises that have fatigued the legs. Relate the stretches to the workout, it's easy to forget that we want to close the BODYCOMBAT journey using language similar to the rest of the class.

TECHNIQUE & COACHING

LYING ADDUCTOR STRETCH

Layer 1

- Lay flat on the back with the soles of feet together
- Drop the knees out to the side
- Rest the head and shoulders down to the floor

Layer 2

- Let the weight of your legs naturally stretch the inner thighs and release tension in the lower back and hips

LYING BACK STRETCH

Layer 1

- Drop the knees away from the anchored shoulder
- Anchor the rear shoulder to the ground
- Release the lower back and hips

Layer 2

- To increase this stretch draw the top knee up higher and use the opposite hand to pull the knee down closer to the ground
- Switch sides

Layer 3

- Relax your breathing, feel comfortable and bring some energy back to the body

SEATED GLUTE STRETCH

Layer 1

- Sitting tall on the sit bones
- Lift the chest
- Bring the opposite foot over the knee
- Twist to the opposite side and support the body by pressing the lead hand into the ground

Layer 2

- Release the glutes in this stretch, you've done a lot of lower body training today

LYING QUAD STRETCH

Layer 1

- Lay down on one side
- The Bottom leg is bent in front of the body, bend the top leg back
- Put the top foot in the hand, pressing the heel into the glute to increase the Quad Stretch

Layer 2

- Push out of the ground with the elbow and forearm, then lift the chest and push the hips forward

LYING GLUTE STRETCH

Layer 1

- Hook the top ankle across the bottom knee
- Draw the legs back to the middle
- Reach through the window and grab the back leg
- Push the knee gently away

Layer 2

- Keep hips down and square to front
- Feel that lovely stretch along the glutes



10. FOOL FOR YOU 3:41mins

TECHNIQUE & COACHING

LYING HAMSTRING STRETCH

Layer 1

- Extend the top leg
- The back foot drops to floor
- Hold behind the hamstring or the calf
- Use the breath to release the tension in the muscles

Layer 2

- The key is to keep the hips down, relax the shoulders and relax the foot
- We'll be here for a long time
- Increase this stretch with an inhalation and as you exhale bring the top leg closer to the chest and extend the bottom leg straight and away



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

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

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

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

SIDE KICK

PREPARATION

- Set your heel in line with the target
- Back foot directly under the body and soft knee bend in back leg
- Transfer weight to the back foot and lean body away from the target but keep head up for balance
- Draw knee up and in front of the body towards the chest across the center line
- Pull up through the arch of the kicking foot, pushing the ankle out to create a blade with outside of foot
- Toes down slightly and heel turned up slightly
- Extend same arm as kicking leg to keep balance
- Opposite arm fist to ribs with knuckles facing down
- Engage obliques and glutes

STRIKE

- Target Zones: Knee, thigh, hip, stomach, head or throat (advanced)
- Brace abs and use glutes
- Extend the knee to a straight leg with your toes angled down slightly
- Hips and knee of kicking leg face more forward, not down to floor
- Lean body shoulders away but keep head up
- Strike with the edge or heel of the foot

COACHING

Layer 1

- Side Kick
- Brace abs
- Draw the knee in and load the kicking leg
- Strike with your heel or blade of foot
- Turn toes down and heel up
- Retract kicking leg on the way back in landing in Combat or Front Stance



ROUNDHOUSE KICK

PREPARATION

- Step the rear foot in under the body with heel towards (¾) target
- Slight bend in supporting knee
- Brace abs and lead away with head up for balance
- Extend leading arm for balance, rear arm into ribs with knuckles facing up
- Push hips forward to open them as you lift your knee to hip height; ideally knee, hips and shoulders are in alignment and knee pointing towards target
- Shin parallel to the floor, heel towards butt and toes pointed

STRIKE

- Strike Surface: Lower shin
- Target Zones: Leg, body, shoulder or head
- Extend lower leg from knee to toes
- Retract in same path of movement

COACHING

Layer 1

- Set your heel towards your target
- Lean upper body away and look towards your target
- Pre-load and then open your hips and lift your knee up, shin parallel to floor
- One arm out for balance, other arm tucked in
- Retract lead leg back to the pre-load position





GLOSSARY

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



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

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



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 Les Mills.

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.

