



LES MILLS **BODYPUMP**

RELEASE **100**

FEATURES

- HOT TIPS FOR MEMORIZING CHOREOGRAPHY
- LES MILLS GRIT™: CARVING INCHES OFF YOUR WAISTLINE
- THE REP EFFECT™

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

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.

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	This Is What You Came For © 2016 Sony Music Entertainment UK Limited / Westbury Road Entertainment LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Wiles, Swift	Calvin Harris feat. Rihanna	3:39
	This Is What You Came For © 2016 Sony Music Entertainment UK Limited / Westbury Road Entertainment LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Wiles, Swift	Calvin Harris feat. Rihanna	2:19
2 SQUATS	Kraken © 2015 Earstorm Records distributed by Warner Music UK Limited. Produced under license from Warner Music UK Limited. Written by: Ingamells, Swire	Knife Party & Tom Staar	4:15
	Kraken © 2015 Earstorm Records distributed by Warner Music UK Limited. Produced under license from Warner Music UK Limited. Written by: Ingamells, Swire	Knife Party & Tom Staar	1:59
3 CHEST	Bad Man © 2016 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Perez, Frederic, Peyton, Spangur, Thicke, Youngs, Nate	Pitbull feat. Robin Thicke, Joe Perry & Travis Barker	3:33
	Bad Man © 2016 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Perez, Frederic, Peyton, Spangur, Thicke, Youngs, Nate	Pitbull feat. Robin Thicke, Joe Perry & Travis Barker	2:11
4 BACK	Creation Courtesy of the Universal Music Group. Written by: Montalvo, Enoksson	Seven Lions feat. Vok	4:08
	Creation Courtesy of the Universal Music Group. Written by: Montalvo, Enoksson	Seven Lions feat. Vok	2:13
5 TRICEPS	Me Too © 2016 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Frederic, Hindlin, Desrouleaux, Svensson	Meghan Trainor	3:01
	Me Too © 2016 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Frederic, Hindlin, Desrouleaux, Svensson	Meghan Trainor	1:51
6 BICEPS	Who's With Me © 2016 Atlantic Recording Corporation. Produced under license from Atlantic Recording Corp. Written by: Peterhof, Malic, Isaac, Izquierdo, Evigan, Franks, Dillard	Flo Rida	3:35
	Who's With Me © 2016 Atlantic Recording Corporation. Produced under license from Atlantic Recording Corp. Written by: Peterhof, Malic, Isaac, Izquierdo, Evigan, Franks, Dillard	Flo Rida	1:45
7 LUNGES	No Money © 2016 Atlantic Recording Corporation. Produced under license from Atlantic Recording Corp. Written by: Karlsson, Bullimore, Jonback, Eklow, Koitzsch, Gale	Galantis	2:50
	No Money © 2016 Atlantic Recording Corporation. Produced under license from Atlantic Recording Corp. Written by: Karlsson, Bullimore, Jonback, Eklow, Koitzsch, Gale	Galantis	2:46
8 SHOULDERS	NRG Courtesy of the Universal Music Group. Written by: Kennard, Milton, Kankam	Chase & Status feat. Novelist	3:19
	NRG Courtesy of the Universal Music Group. Written by: Kennard, Milton, Kankam	Chase & Status feat. Novelist	1:51
9 CORE	Wherever I Go Courtesy of the Universal Music Group. Written by: Tedder, Zancanella, Kutzle	OneRepublic	2:55
	Wherever I Go Courtesy of the Universal Music Group. Written by: Tedder, Zancanella, Kutzle	OneRepublic	1:02
10 COOLDOWN	Just Like Fire © 2016 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Moore, Martin, Shellback, Holter	P!nk	3:40
BONUS 2 SQUATS	Feel Your Love (DBSTF Remix) © 2016 Central Station Records. Written by: Romers, Hofstee, K. Petersen, N. Petersen, Smeele	Dannic & Sick Individuals	5:57
BONUS 4 BACK	Turn Up © 2016 Counter Records. Written by: Ellul, McLaren, Page, Swaby, Taylor	The Heavy	5:15
BONUS 7 LUNGES	Bailar © 2016 Ultra Records, LLC. Written by: Crespo, Orrosquieta, Fernandez	Deorro feat. Elvis Crespo	5:22
BONUS 8 SHOULDERS	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corner, Enblom, Berglund, Persoon	Dada Life feat. Lizzy Hale	2:43
	Tic Tic Tic Courtesy of the Universal Music Group. Written by: Davis, Corner, Enblom, Berglund, Persoon	Dada Life feat. Lizzy Hale	2:40

BODYPUMP 100 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 28:14

45-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 7 Lunges
Track 8 Shoulders
Track 9 Core
Track 10 Cooldown
Total Time 42:40

CREDITS

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Chief Creative Officer – Dr Jackie Mills
Creative Director – Diana Archer Mills
Program Planner – Carrie Dean
Program Coach – Kylie Gates
Technical Consultant – Bryce Hastings
Technical Advisor – Corey Baird

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

Alt	alternating	V	verse	3/1	6 counts down, 2 counts up
B up	build up	1/1	2 counts down, 2 counts up	4/4	8 counts down, 8 counts up
Br	bridge (non-chorus)	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B	1/2/1	2 counts down, 4 counts hold, 2 counts up
C	chorus	1/1/2	2 counts down, 2 counts hold, 4 counts up	8/8	16 counts down 16 counts up
cts	musical counts	1/3	2 counts down, 6 counts up		Increase weight selection
F or B	forward or back	2/2	4 counts down, 4 counts up		Normal weight selection
Instr	instrumental	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B		Decrease weight selection
Intro	introduction				
L	left				
O/H	over head				
Outro	last few bars of music				
PC	pre-chorus				
QC	quiet chorus				
R	right				
Ref	refrain (recurring phrase or number of song lines)				
Rep	reprise (part of the chorus repeated)				
ROM	range of motion				

The Fine Print

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYPUMP 100



Welcome to BODYPUMP 100! What an epic landmark, and have we got an epic release to accompany it! As for big-music songs, we get started with *This Is What You Came For*, the Squats track drops in with *Kraken*, a huge epic feel with *Creation* in a powerful, uplifting Back track – the pinnacle song, Pop double for the Tri/Bi combo, huge *NRG* with the Shoulders track and the icon of BODYPUMP music seals the deal in the Cooldown.

What more could you ask for? How about 4 bonus tracks?!

And that's not all - let's get into the workout...

Pulses in the Squats track amp up intensity, creating tension overload; a close grip in the Chest track provides a new training stimulus; Wide Triple Rows target the upper back – a welcome return; also, the Press/Pull-over is back.

There's great contrast between fast and slow tension moves in the Biceps track.

The slow Clean is refreshing and unexpected in the Shoulders track – spend some time getting the timing correct here, gang.

I know you're going to love this!

Mr Glen

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

Choreography is the foundation of all LES MILLS programs. It's what allows us to deliver safe and effective classes, role-model great technique, coach, connect, and to create awesome fitness experiences every time!

It's your job as the instructor to breathe life into the Program Director's choreography. It's a big responsibility, and one that requires you to learn new choreography every 3 months. If you teach more than 1 program, the time spent learning choreography can add up FAST. Whether you've been a Les Mills Instructor for a long time or just starting your journey, use the 5 tips below to help you memorize the choreography in record time.

Hot Tip #1 – Say No to Social

To learn choreography quickly, give it your undivided attention – even if it's for just 5–10 minutes. Turn off anything that will distract you, such as email notifications or cellphones. Create an environment that will let you concentrate – away from your partner, kids and pets – and resist the urge to check social media!

Hot Tip #2 – Become a Visual Learner

Our visual senses are a powerful tool when it comes to learning choreography.

Go to 'audio settings' on the Masterclass and turn off the Presenter's voice so that you watch the video with the music only. This will allow you to focus solely on the movement and music, helping you to absorb the choreography.

Think you don't need to watch the Masterclass? OK, here's your challenge! When you learn your next release, watch the filming video first to engage your visual senses. You may be surprised by how quickly and accurately you can learn the choreography, simply by watching the video.

Hot Tip #3 – Wash, Rinse, Repeat

Listen to the music over and over again so you can identify the verses, the chorus and the bridge. The more familiar you are with the music, the easier you will find it to align the choreography with it. Pay attention to the details! A cymbal crash, a catchy lyric, a sound effect... these are all important ways to link the right moves to the right parts of the music.

Hot Tip #4 – X Marks the Spot

Dancers have one of the best techniques when it comes to memorizing choreography. It's called 'marking'.

To mark a dance means to go through the motions of the dance in a minimized way. For example, instead of performing a pirouette, a dancer might mark the move with a twirl of their fingers in the direction of the turn. Marking isn't just a way to

conserve energy while rehearsing: new research shows that marking makes it easier to learn it!

Mark the moves the next time you need to learn a new release and feel how this allows your brain and body to connect. It's not exclusive to learning dance; it works for any type of program.

Hot Tip #5 – Channel Your Inner Spock

A valuable way to help you to retain choreography for the long term is to understand the logic behind it.

For example, in a BODYPUMP Chest track we might have 16x Bottom Half Pulses, a Hold at the top for 4 counts, then a 2/2 rhythm.

To make sense of this choreography: 16x Bottom Half Pulses are meant to be challenging, which means you'll need a break. The 4-count hold at the top provides that quick rest before moving onto the next working phase – the steady 2/2 rhythm.

Try to comprehend the logic behind the Program Director's choreography. Is it a specific training stimulus they're trying to achieve, a story they want to tell, or a feeling they want to convey? If you can understand their intention, you've unlocked one of the most powerful tools to memorizing choreography.

Which of these tips do you already use?

Which tip(s) are you willing to try for the first time?

How will you use 1+ of these tips the next time you are learning choreography?

1. Warburton E C, Wilson M, Lynch M & Cuykendall S (2013). The cognitive benefits of movement reduction: evidence from dance marking. *Psychological Science*, 24(9):1732-9 PMID: 23863756.

LES MILLS GRIT

CARVING INCHES OFF YOUR WAISTLINE

Abdominal fat: not only is it considered undesirable but it's also unhealthy.

An increased waist circumference is strongly associated with diabetes, metabolic syndrome, heart disease and hypertension. It's even thought to disrupt your hormonal balance. So, what can we do to get rid of the dreaded abdominal bulge?

New evidence has shown that 8 weeks of LES MILLS GRIT is the perfect way to carve inches off your waistline.

High-Intensity Interval Training (HIIT) consists of short, intermittent bursts of maximum-intensity exercise interspersed with periods of rest. LES MILLS GRIT utilizes these training methods with short but explosive workouts.

Previous research has shown that these workouts deliver accelerated changes in body composition, aerobic fitness and strength. A research team from the University of Nicosia in Cyprus wanted to know what effect combining LES MILLS GRIT Cardio with conventional training might have on our body composition and – in particular – that stubborn type of abdominal fat that interferes with our health.

The Study

Two groups of adults participated in an 8-week intervention. One group performed four regular workouts combining cardio and resistance training, while the other group replaced two of the cardio sessions with two LES MILLS GRIT Cardio workouts – and kept the remainder of the training the same.

Body composition and physical fitness tests were performed at the beginning and end of the study.

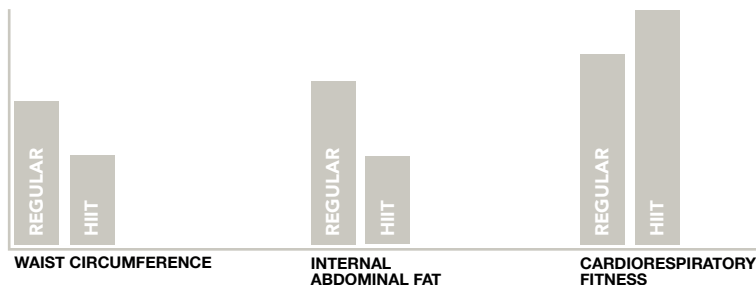
Results

The results were impressive. While both groups saw a reduction in body fat, the HIIT group experienced a much greater reduction in waist circumference and internal abdominal fat. They lost an average of 0.86 inches (2.2cm) from their waistlines, and 2.2% of the fat from deep inside their abdomen; this is the type of fat that causes serious health issues. The HIIT group also significantly increased their cardiorespiratory fitness, sprint speed and arm strength.

Conclusion

This study proves that if you want to maximize the results of your training, all you need to do is replace two of your regular gym sessions with two 30-minute HIIT workouts.

Combining these two types of training will increase your aerobic fitness, grow lean muscle tissue and amplify fat burn – and this latest study demonstrates that it will also carve inches off your waistline.



LES MILLS' RESEARCH

Features at World Sports Medicine Conference

Les Mills research reached new heights in June when the results of one of our research projects was presented at the American College of Sports Medicine (ACSM) World Scientific Congress in Boston, USA.

Bryce Hastings, LES MILLS International Head of Research presented the findings from the Group Fitness Instructor injury survey with Dr Jinger Gottschall, Professor of Kinesiology at Penn State University in attendance.

Being accepted to present at this conference is deemed to be a huge accomplishment, with only the top research projects in the field of Sports Medicine making the grade.

This achievement is a testament to the dedication and expertise of Dr Gottschall and her team at Penn State, and goes a long way towards showcasing Les Mills programs on the scientific world stage. We'll keep you up-to-date about this research in future releases.



BOTTOM HALVES & PULSES

In this release Bottom-Range Pulses feature in the Squat and Chest tracks

How do Pulses differ from Bottom Halves?

1. Pulses use a shorter Range Of Motion, moving just a few inches in and out of the bottom range
2. Pulses generate more intra-muscular pressure as they maximise tension within the target muscles
3. They are safer to perform at faster tempos due to a smaller ROM which makes the movement easier to control

NB: The Pulses in the Bicep track are performed in mid-range (90 degrees flexion). This is the point of maximum tension for this exercise

BODYPUMP

THE REP EFFECT™

THE REP EFFECT™ allows us to get all the benefits of resistance training without lifting heavy weights. It's the key to developing long lean muscles, and it's also getting rid of some of those weight-training myths. Unbelievably, findings from the Center of Disease Control and Prevention in the United States report that less than 20% of adults regularly do the recommended two resistance training sessions per week.

The truth is you can develop toned, lean muscle without lifting heavy weights and getting bulky... that's the Les Mills secret formula behind THE REP EFFECT™.

THE REP EFFECT™ is the reason Les Mills' BODYPUMP is still the fastest way in the universe to get – and stay – in shape. It uses the effect of high repetitions with much less weight to fatigue the muscles – and it's muscle fatigue, *not muscle load*, that tones and strengthens.

TRADITIONALLY, WE'VE ALWAYS KNOWN THAT HIGH-REP TRAINING IMPROVES STRENGTH ENDURANCE, CREATING TONED MUSCLE WITHOUT BULK.

High-rep training produces more protein synthesis in muscle (that's how you create muscle tone) than traditional heavy weight training.⁽¹⁾

In your average BODYPUMP class, you perform around **800** repetitions in a single workout – *more than four times as many as you would in a regular gym workout!* And we separate the class into tracks, with every 70 to 100 reps per track focused on a different body part.

So this achieves two types of fatigue – isolated fatigue of each track's target muscle group and an accumulation of fatigue by the time you've finished the class. And if you want long lean muscles, fatigue is a good thing. The length of the class and the fact that your heart rate remains elevated, also means you get a cardiovascular workout so you're burning fat at the same time you're shaping and toning muscle – double the bang for your buck!

Les Mills carefully designs each BODYPUMP track using things like tempo changes to fatigue the different fibers in your muscles in different ways. This maximizes THE REP EFFECT™ and it's unique.

Some fibers work better with slow tempos and other fibers work better with faster tempos. By changing the pace up and down we're not just keeping the workout interesting, we're making sure we activate *all* the fiber types in your muscles.

1. Burd N., Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men, PLoS One, August 2010, Volume 5, Issue 8, e12033

2. Wernbom M., Ischemic strength training: a low-load alternative to heavy resistance exercise? Scand J Med Sci Sports 2008; 18: 401–416

Then we use different ranges of motion – take Bottom Halves, where you're sitting at the bottom of a Squat. They build pressure in the muscle by taking away the release you would normally get at the top of the movement.

This is called occlusion training and it's a great way to generate more fatigue with less load.⁽²⁾ And recently we've added some propulsions into the Lunges track.

Propulsions are an explosive movement using all your fast-twitch muscle fibers and they really push your heart rate up and burn fat.

**SO BY THE END OF A
BODYPUMP CLASS YOU'VE
EXHAUSTED EVERY MUSCLE
GROUP... AND ALL THE
DIFFERENT FIBERS WITHIN
EVERY MUSCLE GROUP...**

You've pushed your heart rate into a cardiovascular training zone, you've toned and strengthened, you've burned fat, and hopefully you've had some fun along the way.

And that's THE REP EFFECT™. Tone not bulk. High reps not heavy weights. Encouraging not intimidating. Resistance training that anyone at any age and any level of fitness can do – enjoy – and see the effect.

1 WARMUP

WEIGHT SELECTION

Light barbell



DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** – Name of **E**xercise, **T**empo and **T**arget Zones to set up the class well in the 1st and 2nd blocks. The 3rd block repeats 2nd and you want the class pumped and ready for the workout ahead.

SET	MUSIC	EXERCISE	REPS
1	0:05 V1 Baby , this is	2x8 SET Position	
	0:12 Time she moves	2x8 SHOULDER ROLL	1x
	0:20 Rep You , oh, oh	4x8 4/4 DEADLIFT SET Stance	2x
	0:35 C _ Baby this	4x8 4/4 UPRIGHT ROW	2x
	0:50 Rep You , oh, oh	4x8 1/1 DEADROW	4x
	1:05 Rep You , oh, oh	4x8 TRIPLE DEADROW (16 cts)	2x
2	1:20 V2 _ We go	4x8 2/2 DEADLIFT SET Stance	4x
	1:35 _ We say	4x8 2/2 UPRIGHT ROW	4x
	1:50 C _ Baby this	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	2:05 Rep You , oh, oh	4x8 1/1 CLEAN & PRESS (8 cts)	4x
	2:20 Rep You , oh, oh	4x8 POWER PRESS (16 cts) Use last 4 cts to transition to SQUAT MID Stance	2x
	2:35 QC _ Baby, this	4x8 4/4 SQUAT MID Stance	2x
	2:50 _ Baby, this	4x8 1/1 EASY SQUAT	8x
	3:05 Rep You , oh, oh	4x8 1/1 SQUAT Last 2 cts, step R foot B into LUNGE L	8x
	3:20 Rep You , oh, oh	4x8 1/1 LUNGE L	8x
TRANSITION	3:35 Br (Low)	1x8 TRANSITION: Bar back to SET Position	
3	3:39 V3 _ We go	4x8 2/2 DEADLIFT SET Stance	4x
	3:54 _ We say	4x8 2/2 UPRIGHT ROW	4x
	4:09 C _ Baby this	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	4:24 Rep You , oh, oh	4x8 1/1 CLEAN & PRESS (8 cts)	4x
	4:39 Rep You , oh, oh	4x8 POWER PRESS (16 cts) Use last 4 cts to transition to SQUAT WIDE Stance	2x
	4:54 QC _ Baby, this	4x8 4/4 SQUAT WIDE Stance	2x
	5:09 _ Baby, this	4x8 1/1 EASY SQUAT	8x
	5:24 Rep You , oh, oh	4x8 1/1 SQUAT Last 2 cts, step L foot B to LUNGE R	8x
	5:40 Rep You , oh, oh	4x8 1/1 LUNGE R	8x

RECOVERY: Shake the arms and legs; light Torso Twists.

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position to establish a strong lifting foundation.

- *Heels under hips, turn the toes out slightly*
- *Soften the knees*
- *Hands thumb-distance from thighs*
- *Chest lifted*
- *Shoulders up, back and down towards the spine*
- *Gently draw in and brace the abs*

SET 1

LAYER 1

For each exercise, coach **NETT** – **NAME OF EXERCISE**, **TEMPO** and **TARGET ZONES**. This ensures that your coaching is clear and easy to follow, eg:

- *Deadlift 4/4 – Hinge forward from the hips, slide the bar to the top of the kneecaps*
- *Upright Row 4/4 – Bar aims for lower chest*
- *Deadrow 1/1 – Knees, belly, knees and lift*

SET 2

LAYER 1

Set 2 introduces the Clean & Press into the Power Presses, Squats and Lunges. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns, to help the class achieve good lifting technique.

- *Upright Row – Keep the bar in a vertical path, elbows wide*
- *Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body*
- *Power Press – Bend knees, bar to collarbones, chest up, abs braced*
- *Mid Stance Squat – Butt goes back and down, knees forward, hips to 90 degrees*
- *Lunge – Long step back, back knee down, aim front thigh parallel to the floor*

SET 3

LAYER 1/LAYER 2

Set 3 is a repeat of Set 2 with the addition of the Wide Squat. Focus is to improve execution of the exercises and connect with participants preparing them for the workout ahead.

- *Deadlift – Drive out of the heels to activate the hamstrings and glutes*
- *Upright Row – Keep the bar close, pull up your shirt, helps prepare for the Clean & Press*
- *Clean & Press – 2x Squats each time: squat, press, squat, reset, hips sit back*
- *Power Press – Drive out of the legs*
- *Wide Stance Squat – Feet wide, hips push back further, knees push out wide*
- *Lunge – Push through the front heel to activate the glutes*

CONNECTION

This is where you set the scene for the rest of the workout – we are aiming for smooth, efficient movements so keep your language positive and encouraging. What will you say and do to help connect with your participants?

2 SQUATS

WEIGHT SELECTION

BARBELL 

REGULARS: 2–4x your Warmup weight

NEW PEOPLE: Double your Warmup weight

DEMONSTRATE

Pulse Squat Range

TRACK FOCUS

We use 3 stances – MID, WIDE, WIDER – to bring fatigue to the legs. Focus on coaching to stay low in the bottom range of the Squat to build intensity through the Pulses.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Clap) 4x8	Set up SQUAT MID Stance	
	0:19 Instr (Clap and horn) 12x8	4/4 SQUAT MID Stance	6x
	1:03 (Distorted vocal) 4x8	3/1	4x
	1:18 (Build) 4x8	1/3	4x
	1:32 (Pulsing beat) 8x8	3x PULSE (8 cts)	8x
	2:01 (Pulsing rhythm) 4x8	1/1 SQUAT Last 4 cts, transition to WIDE Stance	7x
2	2:16 (Distorted vocal) 8x8	4/4 SQUAT WIDE Stance	4x
	2:45 (Heavier) 4x8	3/1	4x
	3:00 (Build) 4x8	1/3	4x
	3:14 (Pulsing beat) 8x8	3x PULSE (8 cts)	8x
	3:43 (Pulsing rhythm) 4x8	1/1 SQUAT	8x
	3:58 (Windup) 4x8	2/2	4x
TRANSITION	4:13 Br ½x8	TRANSITION TO SQUAT WIDER Stance (4 cts)	
3	4:14 (Distorted vocal) 8x8	4/4 SQUAT WIDER Stance	4x
	4:44 (Heavier) 4x8	3/1	4x
	4:58 (Build) 4x8	1/3	4x
	5:13 (Pulsing beat) 8x8	3x PULSE (8 cts)	8x
	5:42 (Pulsing rhythm) 4x8	1/1 SQUAT	8x
	5:56 (Windup) 4x8	2/2	4x

RECOVERY: Torso Twists, shake the legs, Quadricep Stretches.

1 SQUAT MID STANCE

LAYER 1

Cue Position and Execution setup. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment. Be clear on timing cues for the Pulse Squat.

- **Feet outside hips-width, toes turned out slightly**
- **Abs braced**
- **Lift the chest**
- *Bring your elbows forward and create tension through the upper back*
- **Hips sit back and down**
- **Knees track forward to fire the quads**
- **Butt stops just above knee line**
- *Triple pulse and rise*
- *Stay low and keep pushing knees forward*

2 SQUAT WIDE STANCE

LAYER 1/LAYER 2

Set the new stance using Layer 1 Position and Execution cues. Use Layer 2 cues to refine the movement. Explain to the participants how they can feel the exercise more, or how they can improve technique. The focus is on sitting hips back further and pushing knees out to activate glutes. Continue to reinforce the Pulse Squat using clear Timing and Range cues to manipulate intensity. As the intensity increases, role-model great technique to engage participants in the workout.

- **From Mid Stance to Wide Stance – one heel-toe wider**
- *Set 2 is all about the glutes*
- *Let's set this up*
- *Sit further back into the hips*
- *Drill the heels into the floor*
- *This is the position that will load your glutes*
- *Start to drive the floor away*
- **Push your knees out and brace the abs**
- **Keep your chest lifted**
- *Are you ready to pulse?*
- *Triple Pulse*
- *Drop to the bottom range of your Squat and keep the movement short*
- *When the range is short you build massive pressure in the legs*
- *Heavy in the heels*
- *Single Squat – from short range to big range*
- *Big drive to the heart rate*
- *Stay with us in the pressure zone*
- *Legs begin to shape and tone*

3 SQUAT WIDER STANCE

LAYER 1/LAYER 2/LAYER 3

As you start moving in the final block with a new stance – Wider Stance – communicate the focus for the last set of effort. Don't stop... take it up! The Wider Stance allows us to sit deeper into the hips recruiting more muscle fibers while maintaining strong upper body position and posture. We target the side glutes by pushing through the outside edge of the heels, ripping the floor apart with your feet. This external coaching cue helps participants experience more tension and heat in the legs, shaping us faster. Your motivational language is a big factor, which participants need to help them finish the track. Be positive and bring your people with you!

- **From Wide Stance – one heel-toe wider**
- *Keep it coming*
- *Nice effort and perseverance*
- *Don't stop – we're going to take it up one more time*
- *Side glutes – push the outside edge of your foot out*
- *Feel the side glutes by forcing your feet apart*
- *Triple Pulse – last opportunity to overload the legs to get stronger and leaner*
- *Leave a dent in the floor*
- *This is what you came for*
- *30 seconds left*

INTENSITY

Staying in the bottom range of the Squat for the Pulses creates pressure in the legs quickly. Focus is full range and good timing in every rep producing THE REP EFFECT™.

PUMP FACT

BODYPUMP maximizes the effect of loading muscles with light weights to generate improvements in strength and tone. Pulses, which trap muscular pressure at the bottom of the range, accelerates the onset of fatigue which enhances this effect.

2 BONUS SQUATS

WEIGHT SELECTION



REGULARS: 2–4x your Warmup weight
NEW PEOPLE: Double your Warmup weight

DEMONSTRATE

Pulse Squat Range

TRACK FOCUS

We use 3 stances – MID, WIDE, WIDER – to bring fatigue to the legs. Intensity builds fast because of the combination of Pulse Squats and full-range Singles with limited recovery in between sets. Challenge your class to stay low in the bottom range of the Squat.

MUSCLE FOCUS

MID Stance: Quads
WIDE Stance: Gluteus maximus
WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET	MUSIC		EXERCISE		REPS
1	0:05	Intro	4x8	Set up SQUAT MID Stance	
	0:19	Instr (Clap)	4x8	4/4 SQUAT MID Stance	2x
	0:34	(Windup)	4x8	1/1/2	4x
RECOVERY	0:48	(Low)	4x8	Shake legs. RESET MID Stance	
2	1:03	(Distorted vocal)	8x8	4/4 SQUAT MID Stance	4x
	1:32	(High synth)	4x8	2/2	4x
	1:46	(Build)	4x8	1/1/2	4x
	2:01	(Heavy dubstep)	12x8	COMBINATION (16 cts): 3x PULSE (8 cts) 2x 1/1 (8 cts)	6x
	2:45	(Distorted vocal)	4x8	1/1 Last rep, slow to stand (4 cts)	8x
RECOVERY	2:59	(Low)	4x8	Shake legs, transition to WIDE Stance	
3	3:14	(Distorted vocal)	4x8	4/4 SQUAT WIDE Stance	2x
	3:29	(Build)	4x8	1/1/2	4x
	3:43	(Heavy dubstep)	12x8	COMBINATION (16 cts)	6x
	4:26	(Distorted vocal)	4x8	1/1 Last rep, slow to stand (4 cts)	8x
RECOVERY	4:41	(Low)	4x8	Shake legs, transition to WIDER Stance	
4	4:56	(Heavy dubstep)	12x8	COMBINATION WIDER Stance (16 cts)	6x
	5:39	(Distorted vocal)	4x8	1/1 Last rep, slow to stand (4 cts)	8x

RECOVERY: Torso Twists, shake the legs, Quadricep Stretches.

1 SQUAT MID STANCE

LAYER 1

Cue Position and Execution setup. Use NETT to coach good Squat technique – referring to Timing, Target Zones and be clear on Timing cues for the Pulse Squat Combination.

- *Feet outside hip-width, toes turned out slightly*
- **Abs braced**
- **Lift the chest**
- **Hips sit back and down to just above knee level**

2 SQUAT MID STANCE

LAYER 1/LAYER 2

First set is short so coach the basics again. Be super clear on Timing cues for the Combination. Layer 2 cues of control will help improve execution in the Pulses. Manipulate the intensity by driving knees forward to create pressure in the quads.

- *Bring your elbows forward and create tension through the upper back*
- **Knees track forward to fire the quads**
- **Butt stops just above knee line**
- *Deep into the quads and strong in the core*
- *Intensity is coming*
- *Combination, 3 Pulses, 2 full Singles*
- *Try not to bounce out of it, control it*
- *Stay low in the Pulse*
- *Feel the muscle burn*
- *Feel the pressure in the quads*

INTENSITY

Staying in the bottom range of the Squat for the Pulses creates pressure quickly in the legs. Focus is full range and good timing every rep produces THE REP EFFECT™.

3 SQUAT WIDE STANCE

LAYER 1/LAYER 2

Set the new stance using Layer 1 Position and Execution cues. Use Layer 2 cues to refine the movement. Explain to the participants how they can feel the exercise more, or how they can improve technique. The focus is on sitting hips back further and pushing knees out to activate glutes. Continue to reinforce the Pulse Squat Combination using clear Timing and Range cues to manipulate intensity. As the intensity increases, role-model great technique to engage participants in the workout.

- **Heel-toe wider – Wide Stance**
- *Recovery is getting shorter*
- *Fatigue is building*
- *Super slow to feel your love*
- *Drive out of the heels*
- **Open the hips more to engage the glutes**
- *Hit the full range*
- *Pulses – go!*
- *Full range in the Singles*
- *Squeeze the glutes as you stand to feel intensity*
- **Brace tightly in the core**
- **Keep the chest lifted**
- *Now we feel the glutes working hard in the Pulses*
- *Feel the burn*
- *Stay on the pace – build intensity*

4 SQUAT WIDER STANCE

LAYER 2/LAYER 3

As you start moving in the final block with a new stance – Wider Stance – communicate the focus for the last set of effort... bring the fatigue. The Wider Stance allows us to sit deeper into the hips, recruiting more muscle fibers while maintaining strong upper body position and posture. We target the side glutes by pushing through the outside edge of the heels, ripping the floor apart with your feet. This external coaching cue helps participants experience more tension and heat in the legs shaping us faster. Your motivational language is a big factor that participants need to help them finish the track – be positive and bring your people with you!

- **Heel-toe Wider Stance**
- *Hold 4, 3, 2, Pulses*
- *Last set – bring the fatigue*
- *This is where the results live*
- **Keep the chest lifted**
- **Brace the abs tightly**
- *Drive through outside of foot*
- *Engage side glutes*
- *Bring it home strongly*
- *Dig deep and make the change*

3 CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or less

NEW PEOPLE: Warmup weight

BARBELL

DEMONSTRATE

Mid-Grip Chest Press

TRACK FOCUS

Coach the execution of the new Mid Grip to pre-fatigue the muscles. Coach all levels for the pulsing Pushups and clearly coach the Wide Grip to finish.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET		MUSIC		EXERCISE	REPS
1	0:05	Instr (Drums)	2x8	SET Up Bench SET Position	
	0:12	Rep _ Ooh-ah	4x8	4/4 MID-GRIP CHEST PRESS	2x
	0:28	V1 They say he	5x8	2/2	5x
	0:47	C I'm a badman	5x8	1/1	10x
	1:07	Rep _ Ooh-ah	4x8	8x PULSE (16 cts)	2x
2	1:22	V2 Building a	5x8	2/2 MID-GRIP CHEST PRESS	5x
	1:42	C I'm a badman	5x8	1/1	10x
	2:01	Rep _ Ooh-ah	4x8	8x PULSE (16 cts)	2x
TRANSITION	2:17	Instr (Guitar)	2x8	TRANSITION: BENCH PUSHUP	
3	2:24	Rep I'm a badman	3x8	2/2 BENCH PUSHUP Option: Toes, knees, kneeling	3x
	2:36	C I'm a badman	5x8	1/1	10x
	2:55	Rep _ Ooh-ah	8x8	8x PULSE (16 cts)	4x
TRANSITION	3:27	Instr (Guitar)	3½x8	TRANSITION: WIDE-GRIP CHEST PRESS	
4	3:40	V3 I'm cool	3x8	2/2 WIDE-GRIP CHEST PRESS	3x
	3:52	C I'm a badman	5x8	1/1	10x
	4:11	Rep _ Ooh-ah	4x8	8x PULSE (16 cts)	2x
5	4:27	Instr (Guitar)	5x8	2/2 WIDE-GRIP CHEST PRESS	5x
	4:46	C I'm a badman	5x8	1/1	10x
	5:06	Rep _ Ooh-ah	8x8	8x PULSE (16 cts)	4x
	5:37	Outro	1x8	HOLD	

RECOVERY: Shake the arms and roll the shoulders. Chest Stretch.

1 MID-GRIP CHEST PRESS

LAYER 1

Coach new Mid-Grip Position with Execution setup cues. Use NETT to coach Target Zones and a big focus on perfect Timing, especially in the Pulses.

- *Pick up your bar with the Mid Grip*
- **Hands one hand-width in on the bar**
- *Feet are hip-width apart, close to the bench*
- *Drop your shoulders down*
- **Abs braced, back close towards the bench**
- *Super slow*
- **Target is the middle of the chest**
- **Elbows to the top of the bench** – that's your range
- *Singles – down and up*
- **Elbows directly under your wrists**
- *Fast Bottom Half Pulses*
- *Get down – 8, 7, 6, 5, 4, 3, 2, Pushup*

2 MID-GRIP CHEST PRESS

LAYER 1/LAYER 2

First set is short so continue to use Layer 1 Execution cues coaching = Timing, Range and Target Zones. Then start to coach how to achieve more from the Bench Press. Bring focus to the up phase of the Press and squeezing the chest as you push up. Feel how this creates more muscle activation. Encourage everyone to hit the Target Zones, range and timing in the Pulses as fatigue starts to build in the muscles.

- *The focus is to squeeze your chest as you press*
- *We change the hand position to change the activation*
- *We change the body*
- *Pulses are coming*
- *Stay low and stay with us*
- *Are you starting to feel your chest and arms?*

PUMP FACT

Les Mills Research into the muscle activation during Bench Presses and Pushups indicates that changing grip width alters recruitment in the target muscles of the chest. Mixing up the muscular recruitment maximizes the training effect and allows us to maintain a higher level of intensity throughout the track.

3 BENCH PUSHUP

LAYER 1/LAYER 2

The Pushups are challenging, so coach the options to ensure everyone feels success and then motivate them not to stop! What motivational coaching will you give them to not check out of the workout? Congratulate their efforts at the end of the set.

- *Quickly to the back of your bench*
- *Knees or toes*
- **Lower chest to elbow level**
- *Reach the target every time*
- *This track is going to get challenging so if you are not meeting the range, bring your knees closer to the bench*
- *8x Pulses – are you ready girls?*
- **Brace abs and keep back long and straight**
- *As you push up, push the bench away*
- *Give yourself a pat on the back for great work – from Mid to Wide Grip*

4 & 5 WIDE-GRIP CHEST PRESS

LAYER 1/LAYER 2/LAYER 3

This last set is using the Wide Grip. Reset everyone quickly back on the bench coaching Target Zones, Range and Timing. Use Layer 2 cues to improve Execution and manipulate more intensity from the exercise. We do this by not letting participants check out of the timing and range, especially in the Pulses – this is how we get to fatigue. Encourage them to feel like they can bend the bar to achieve more isolation. Layer 3 is all about motivation and we are in the motivation business – your voice and language will be an important factor to help bring everyone to the finish line. Praise then encourage them to do more. Our goal is to lead participants to goals and outcomes!

- *From the Mid Grip to the Wide Grip*
- *Grab your barbell, lie back on your bench*
- **Bar to the middle of the chest**
- **Elbows to the top of bench**
- *Listen up, feet close to bench*
- **Abs braced**
- *Who's ready for love?*
- *8x Bottom Pulses*
- *Stay down, up and away*
- *Isolation phase tones and shapes the body*
- *Absorb the music*
- *Overload the chest and try and bend the bar*
- *That will give you the results you're looking for*
- *I'm here to make you feel good*
- *Last set of Pulses to the checkered flag*
- **Brace abs and overload**
- *Make it count – every rep counts*

4 BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more. 1x medium/large plate

NEW PEOPLE: Barbell with Chest weight 1x small plate

Option: 4x Clean & Press and 4x Deadrow instead of 8x Clean & Press

BARBELL 

1x PLATE

DEMONSTRATE

Clean & Press

TRACK FOCUS

Focus on coaching the execution of the Deadlift with clarity to maximize efficiency of the movement. Always option 4x Clean & Press and 4x Deadrow instead of the 8x Clean & Press.

MUSCLE FOCUS

Deadlift/Clean & Press/Squat Plate Press: Posterior chain – glutes, hamstrings, lower and upper back

Deadrow: Lats

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro 2x8	SET Position	
	0:12 Instr (B up) 2x8	SHOULDER ROLL	1x
	0:19 (Pulsing rhythm) 4x8	2/2 DEADLIFT	4x
	0:33 (Beat & rhythm) 8x8	1/1 DEADROW	8x
RECOVERY	1:02 (Low) 4x8	Bar down. Torso Twists	
2	1:17 V1 _ Looked inside 8x8	4/4 DEADLIFT	4x
	1:46 Ref _ And I want 8x8	3/1	8x
	2:14 Ref _ Go 4x8	2/2	4x
	2:28 Instr (Dubstep) 8x8	1/1 CLEAN & PRESS (8 cts) Option: 4x CLEAN & PRESS, 4x DEADROW	8x
	2:57 Ref _ I am everywhere 4x8	3/1 DEADLIFT Jump hands WIDE on last 2 cts	4x
	3:11 Instr (Heavy synth) 12x8	TRIPLE WIDE DEADROW (16 cts)	6x
RECOVERY	3:54 (Low) 4x8	Bar down. Torso Twists	
3	4:08 Instr (Dubstep) 8x8	1/1 CLEAN & PRESS (8 cts) Option: 4x CLEAN & PRESS, 4x DEADROW	8x
	4:37 Ref _ I am everywhere 4x8	3/1 DEADLIFT Jump hands WIDE on last 2 cts	4x
	4:51 (Pulsing melody) 12x8	TRIPLE WIDE DEADROW (16 cts)	6x
RECOVERY	5:35 (Low) 4x8	Bar down, pick up plate	
4	5:49 Instr (Pulsing synth) 8x8	PLATE SQUAT PRESS MID Stance	16x

RECOVERY: Torso Twists, Mid-Upper Back Stretch (clasp hands in front, tuck in chin, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, tuck in chin, lift up spine).

1 DEADLIFT / DEADROW**LAYER 1**

Coach your members how to execute the moves using Position and Execution setup and NETT cues.

DEADLIFT

- *SET Position*
- *Chest up, abs braced*
- *Bar to top of the knees*
- *Tip forward from the hips*
- *Glide the bar down*

DEADROW

- *Bar to knees, belly, knees and rise*
- *Elbows in and back*
- *Lift chest and brace abs*
- *Squeeze between your shoulder blades*

2 DEADLIFT / CLEAN & PRESS / TRIPLE WIDE DEAD ROW**LAYER 1/LAYER 2**

The first set is short so continue to coach using Layer 1 Execution cues to get the class moving with great technique. You have a long set of Deadlifts in this block, providing great opportunity to coach Layer 2 to improve execution and manipulate intensity. Coach upper back engagement for the Deadlift using a variety of internal and external coaching cues. Clear Layer 1 cues for the Clean & Presses and Wide Deadrows will enable success. Remember, great coaches pause, look and see, then respond to the needs on the floor, creating a change in technique. Educate to empower the change for your participants.

DEADLIFT

- *Slowly, to your knees*
- *Push through heels on the way up*
- *Try this – try to pull your hands behind your legs*
- *Melting the bar into the thighs*
- *That's going to prime your postural muscles, ready for power work*
- *Turn your elbows to the rear and try and bend the bar around your legs*
- *Feel your upper back engage*

CLEAN & PRESS

- *8 in a row*
- *Catch, press, catch, release*
- *Bar close to the body*
- *Bend your knees and get under the bar*
- *Brace abs as you press*
- *Every time sit back into the hips to catch*
- *2x Squats*

TRIPLE WIDE DEADROW

- *Hands wide*
- *Triple Row 3, 2, 1*
- *From knee to lower ribs*
- *Elbows wide and high*
- *Squeeze the shoulder blades together*
- *All about the posture*

3 CLEAN & PRESS / DEADLIFT / TRIPLE WIDE DEADROW

LAYER 2/LAYER 3

This is the final big block with the barbell. Layer 2 cues focusing on speed under the bar will help manipulate intensity in the Clean & Press. A lower body stability focus in the Triple Deadrows will give your participants the isolation in the back and the purpose they need to get to the finish. Layer 3 motivational cues will help maximize the results! Show your love of the workout through role-modeling technique as fatigue is kicking in now. Keep them from checking out of the workout.

- *SET Position*
- *Lift your heels and jump under the bar*
- *Fast elbows*
- *Pull your whole body under the bar*
- *This is how you create the power to make the Press feel effortless*
- *We are on our way to building strength through the Deadlifts and Triple Deadrows*
- *Pull and push*
- *Grind the heels into the floor*
- *Sink deeper into the hips*
- *Lock the body down*
- *Increase intensity by reducing the bounce*
- *Feel the burn in the back*

4 PLATE SQUAT PRESS

LAYER 1/LAYER 2/LAYER 3

There are only 16x Squat Presses at the end of the track so clearly set up the Execution of the move in the first 8 reps. In the last 8 reps, use a mix of Layer 2 and 3 cues to drive your class to finish strongly.

- *Last set: 16x Squat Presses*
- *Grab a plate*
- *Feet wide slightly wider than hips*
- *Plate high on chest*
- *Squat Press down and drive*
- *Butt down and back*
- *Butt stops just above the knees*
- *Brace abs*
- *Lift chest*
- *Ready to fly*
- *Compress the muscle like a coiled spring*
- *Explode, catapult the plate from the chest*

PERFORMANCE

The music is big and emotive so vocally you want to match the highs and lows of the music. The BIG Performance comes from your actions. BE the best physical role model you can be to inspire your participants to challenge themselves through your physicality!

INTENSITY

Short rests between sets ensure the heart rate stays up. The Clean & Presses create a metabolic effect, helping you burn calories both during and after class.

PUMP FACT

External cues focus on an imagined outcome of the exercise. "Try and bend the bar around your legs" helps people engage their upper back during Deadlifts. The matching internal cue would be "Turn your elbows to the rear". Try both of these in your next class and see if you can detect the change in technique in your participants.

4 BONUS BACK

WEIGHT SELECTION

BARBELL 

REGULARS: Barbell with Chest weight or more

NEW PEOPLE: Barbell with Chest weight

DEMONSTRATE

Clean & Press

TRACK FOCUS

Focus on coaching the execution of the Wide Deadrows and Wide Deadlifts with clarity to maximize efficiency of the movements.

MUSCLE FOCUS

Deadlift/Clean & Press: Posterior chain – glutes, hamstrings, lower and upper back

Wide Deadrow/Wide Deadlift: Lats, upper back muscles

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro (Piano)	2x8	SET Position
	0:12 (Piano)	2x8	SHOULDER ROLL 1x
	0:18 C Turn _ up	8x8	1/1 DEADROW 8x
	0:45 V1 _ I set my soul	8x8	2/2 DEADLIFT 8x
	1:12 C Turn _ up	8x8	COMBINATION (16 cts): 1x 1/1 CLEAN & PRESS (8 cts) 1X 1/1 DEADROW (8 cts) Jump hands WIDE on last 2 cts 4x
	1:40 Ref Baby, baby	8x8	3/1 WIDE DEADLIFT 8x
RECOVERY	2:06 V2 _ If that's what	3x8	Bar down. Torso Twists
2	2:16 Love	1x8	SHOULDER ROLL 1x
	2:20 C Turn _ up	8x8	COMBINATION (16 cts) Jump hands WIDE on last 2 cts 4x
	2:47 Instr (Trumpets)	7x8	1/1 WIDE DEADROW 7x
	3:11 (Electric guitar)	4x8	TRIPLE WIDE DEADROW (16 cts) 2x
	3:24 Ref Baby, baby	8x8	3/1 WIDE DEADLIFT 8x
RECOVERY	3:51 V3 _ If that's what	3x8	Bar down. Torso Twists
3	4:01 Love	1x8	SHOULDER ROLL 1x
	4:05 C Turn _ up	8x8	COMBINATION (16 cts) Jump hands WIDE on last 2 cts 4x
	4:32 Instr (Trumpets)	7x8	1/1 WIDE DEADROW 7x
	4:55 (Electric guitar)	4x8	TRIPLE WIDE DEADROW (16 cts) 2x

RECOVERY: Torso Twists, Mid-Upper Back Stretch (clasp hands in front, tuck in chin, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, tuck in chin, lift up spine).

Turn Up > 5:15 mins

1 DEADROW / DEADLIFT / CLEAN & PRESS / WIDE DEADLIFT

LAYER 1

Coach your members how to execute the moves using Position and Execution setup and NETT cues for great lifting technique in this first block.

DEADROW

- **SET Position**
- *Take a Shoulder Roll – up, back and down*
- *Single Deadrow 1, 2, 3, 4*
- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- **Lift chest and brace abs**
- **Squeeze between your shoulder blades**

DEADLIFT

- *Down, down, up, up*
- **Bar to knees**
- **Chest up, abs braced**
- **Tip from the hips**
- *Glide the bar down*

CLEAN & PRESS/DEADROW

- *Combo – 1x Clean, 1x Deadrow*
- *Catch, press, catch, set*
- **Keep the bar close to the body**
- **Bend your knees to absorb the weight**
- **Brace your abs as you push the bar above your head**

WIDE DEADLIFT

- *New move, hands wide*
- *Time to engage all the muscles in upper back*
- **Same range – bar to knees**
- **Keep the chest lifted, abs braced**
- *Point the elbows to the rear to engage back muscles*
- *Feel it?*

2 CLEAN & PRESS / DEADROW / WIDE DEADROW / WIDE DEADLIFT

LAYER 1/LAYER 2

The combination of Clean & Press/Deadrow comes in fast in this block – good timing pre-cues are needed to prepare the participants. Once you have set timing, use Layer 2 focuses of hip drive and fast elbows under the bar to manipulate intensity and improve participants' execution of the movement. We introduce the Wide Deadrow in this block using clear Target Zones and Layer 1 Range cues for great execution. The long set of Wide Deadlifts provides an opportunity to coach Layer 2 focuses to improve execution and manipulate intensity. Coach upper back engagement for the Deadlift using a variety of internal and external coaching cues.

CLEAN & PRESS/DEADROW

- *Time to pick up the intensity*
- **Clean & Press & Row**
- *Hips sit back every time*
- *Feel the hip drive*
- *Let's go for fast elbows under the bar*
- *Use your legs*
- *Squat and push then row*

WIDE DEADROW

- **Hands wide**
- **From knees to lower ribs**
- *Elbows wide and high*
- *Shoulders away from ears*
- **Squeeze the shoulder blades together**
- **Abs braced**
- *Feel the work*

WIDE DEADLIFT

- *Shoot the hips back*
- *Chest stays lifted*
- *Here's the tip: press the bar against your thighs*
- *Turn your elbows to the rear*
- *Feel the upper back engaging*
- *This will give you a stronger and more posture*

Turn Up > 5:15 mins

3 CLEAN & PRESS / WIDE DEADROW

LAYER 2/LAYER 3

This is the final block! Layer 3 cues and motivational cues will help maximize results in the Clean & Press. A lower body stability focus in the Triple Wide Deadrows will give your participants the purpose they need to get to the finish line. Show your love of the workout through role-modeling technique as fatigue is kicking in now. Keep them from checking out of the workout. Intrinsic and Extrinsic motivation will help get them to the finish!

- *Final set – power and strength*
- *Raise the bar, raise the roof*
- *I want you to use the lyrics*
- *The bar goes up and then we roll*
- *Wide Deadrow – feel the back working*
- *Pull the bar hard in to the core*
- *Use your legs – feel strong and grounded*
- *This is strength training*
- *I want you to pull the bar through the body*
- *This is where results happen*
- *How much do you want it?*

PERFORMANCE

This song is catchy and energetic. Vocally you want to match the highs and lows of the music. Be aware to not over-coach as then you will obstruct the music. Performance comes from your actions – BE the best physical role model you can be to inspire your participants to challenge themselves through your physicality!

INTENSITY

Short rests between sets ensure the heart rate stays up. The Clean & Presses create a metabolic effect, helping you burn calories both during and after class.

PUMP FACT

Taking the hands wider in the Deadlift and Deadrow increases the tension in the Scapula retractors as the shoulder blades move outward away from the spine. Pulling the shoulder blades together fires up these key postural muscles. This is great postural training and helps improve scapular stability assisting injury prevention.

5 TRICEPS

SMARTSTART

ACKNOWLEDGE YOUR NEW PARTICIPANTS
AND LET THEM KNOW THEY CAN LEAVE
NOW IF THEY CHOOSE TO.

WEIGHT SELECTION

REGULARS: Barbell with Warmup or more
1x medium/large plate
NEW PEOPLE: Warmup weight on the barbell
1x small plate



DEMONSTRATE

Tricep Press Pullover

TRACK FOCUS

Clearly coach the execution for the Press Pullover and then how to improve technique to achieve isolation.

MUSCLE FOCUS

Tricep Extensions: Triceps
Tricep Press Pullover and Tricep Pushups: Triceps and Deltoids
Standing Tricep OH Extensions: Triceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Drum roll)	3x8	Set Up TRICEP EXTENSION on bench
	0:17 Instr (Strum)	2x8	4/4 TRICEP EXTENSION 1x
	0:25 V1 Who's that	4x8	2/2 4x
	0:40 PC _ I thank God	4x8	1/1/2 4x
	0:55 C If I was you	4x8	2/2 TRICEP PRESS PULLOVER (16 cts) 2x
2	1:08 Br To _	1x8	HOLD
	1:13 V2 I walk in like	4x8	2/2 TRICEP EXTENSION 4x
	1:28 PC _ I thank God	4x8	1/1/2 4x
	1:43 C If I was you	8x8	2/2 TRICEP PRESS PULLOVER (16 cts) 4x
TRANSITION	2:14 PC _ I thank God	2x8	TRANSITION: TRICEP PUSHUP on bench
3	2:21 _ And I cant	2x8	1/3 BENCH TRICEP PUSHUP 2x Options: Toes, knees or kneeling
	2:29 C If I was you	8x8	1/1 16x
TRANSITION	2:59 Br (Low)	1½x8	TRANSITION: Back to bench with bar
4	3:04 V3 I walk in like	4x8	2/2 TRICEP EXTENSION 4x
	3:20 PC _ I thank God	4x8	1/1/2 4x
	3:34 C If I was you	8x8	2/2 TRICEP PRESS PULLOVER (16 cts) 4x
TRANSITION	4:05 PC _ I thank God	2x8	TRANSITION: Pick up plate, STANDING OVERHEAD EXTENSION
5	4:12 _ And I can't	2x8	1/3 STANDING OVERHEAD EXTENSION 2x SET Stance
	4:20 C If I was you	8x8	1/1 16x

RECOVERY: Shake the arms; Tricep Stretches.

1 TRICEP EXTENSION / TRICEP PRESS PULLOVER

LAYER 1

Coach Layer 1 Position and Execution setup for the Tricep Extension and Press Pullover using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises.

TRICEP EXTENSION

- **Shoulder-width grip on the bar**
- **Abs in and braced**
- *Shoulders back and down*
- *Extension super slow 4/4*
- **Bar to forehead**
- **Keep the elbows above your shoulders**
- *Extend all the way to the ceiling*
- *Elbows point towards ceiling*

TRICEP PRESS PULLOVER

- *Take it down, over head, back and extend*
- **Elbows to top of bench**
- *All the way over head*
- **Brace the abs**

2 TRICEP EXTENSION / TRICEP PRESS PULLOVER

LAYER 1/LAYER 2

This block repeats the Tricep Extension and Press Pullover exercises. Block 1 is short, so revisit Layer 1 Execution and Timing cues for great technique of the Extension and Pullover. Layer 2 cues for stability help to build intensity developing isolation in the triceps. Benefits help to keep participants focused in the work.

TRICEP EXTENSION

- *Reset, turn your elbows to your toes*
- *Forehead and straight to ceiling*
- *Are your elbows pointing straight to ceiling*
- *We do this to load the triceps*
- *Find the rhythm: down, hold, slow, slow*
- *Building tension in the back of the arms on the way up*

TRICEP PRESS PULLOVER

- *Change direction – Press Pullover*
- *Elbows to top of bench*
- *Over head*
- *Pull it back and extend to ceiling*
- *Lock your lower back towards the bench*
- *Isolation of the triceps*
- *Activation of the lats, chest and shoulders*

3 BENCH TRICEP PUSHUP

LAYER 1/LAYER 2

This is the only set of Pushups so clearly coach Layer 1 Execution for the Pushup including options so everyone feels successful. Don't forget to challenge your hardcore participants for the toe option in the Pushups.

- *Quick transition for Pushups*
- **Hands under shoulders**
- **Abs braced**
- *Quick, slow*
- **Chest to elbow height**
- *Singles, down, up*
- *If you need more range, bring your knees under hips*
- *Show me attitude on your toes*
- *Push your body away from the bench*

4 TRICEP EXTENSION / TRICEP PRESS PULLOVER

LAYER 2/LAYER 3

The transition back to the bench is fast. Make sure to pre-cue early and reset everyone for their last set with the barbell. Participants know the exercises, so use Layer 2 cues to develop more intensity through great technique and educate them on the benefits they will receive.

- *You know what to do*
- *Squeeze the elbows in, to keep the load in the triceps*
- *What are you feeling?*
- *The arms are getting more toned this way*
- *Keep squeezing the elbows in*
- *Press Pullover*
- *Bigger range now*
- *Make sure lower back is locked toward the bench*
- *Love this exercise*
- *Many muscles working together to make it functional*

5 STANDING OVERHEAD EXTENSION

LAYER 1/LAYER 2/LAYER 3

Coach Layer 1 Position and Execution setup of the Overhead Extensions. Layer 2 is bringing focus to isolation and Layer 3 is about celebrating the better you!

- *Grab your plate*
- *Set up for Standing Overhead Extension*
- *Feet under hips, elbows in and push the plate over head*
- *Quick and slow*
- ***Plate to the base of the neck***
- ***Full extension to the top***
- *Down and up*
- ***Elbows in***
- ***Chest lifted, abs braced***
- *Keep the body still and tight*
- *Elbows as high as you can*
- *Looking great, to be a better version of you*

PUMP FACT

Les Mills Research tells us that allowing new people to leave after Track 4 provides a gradual introduction to the BODYPUMP programme. This allows new participants to tailor the class to their fitness levels and sets them up for success.

6 BICEPS

WEIGHT SELECTION

Small to medium plates

2x PLATES

DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach great execution of the Mid-Range Pulse so the class feels the intensity quickly, and hook them into the great lyrics.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:06 Intro	4x8 SET Position. SHOULDER ROLL	
	0:18 C Oh my lord	4x8 4/4 PLATE CURL SET Stance	2x
	0:29 Instr (Guitar)	4x8 8x MID-RANGE SLOW PULSE (32 cts)	1x
	0:40 V1 I got a lot	8x8 3/1 SPLIT Stance	8x
	1:03 PC _ Now ooh	4x8 1/1/2 SET Stance	4x
	1:15 QC Oh my lord	4x8 4/4	2x
	1:26 C Oh my lord	4x8 1/1	8x
	1:38 Instr (Guitar)	4x8 8x MID-RANGE SLOW PULSE (32 cts)	1x
2	1:49 V2 Graduated baby	8x8 3/1 PLATE CURL SPLIT Stance	8x
	2:12 PC _ Now ooh	4x8 1/1/2 SET Stance	4x
	2:23 QC Oh my lord	4x8 4/4	2x
	2:35 C Oh my lord	4x8 1/1	8x
	2:46 Instr (Guitar)	4x8 8x MID-RANGE SLOW PULSE (32 cts)	1x
	2:58 Ref Take it up	4x8 4/4 PLATE CURL	2x
	3:09 Instr (Guitar)	8x8 8x MID-RANGE SLOW PULSE (32 cts)	2x
RECOVERY	3:32 Br (Silence)	1x8 HOLD. RESET	
3	3:35 V3 Graduated baby	8x8 3/1 PLATE CURL SPLIT Stance	8x
	3:58 PC _ Now ooh	4x8 1/1/2 SET Stance	4x
	4:09 QC Oh my lord	4x8 4/4	2x
	4:20 C Oh my lord	4x8 1/1	8x
	4:32 Instr (Guitar)	4x8 8x MID-RANGE SLOW PULSE (32 cts)	1x
	4:44 Ref Take it up	4x8 4/4 PLATE CURL	2x
	4:55 Instr (Guitar)	8x8 8x MID-RANGE SLOW PULSE (32 cts)	2x

RECOVERY: Shake the arms. Bicep Stretches. Thumbs in and down, arms back.

1 PLATE CURL

LAYER 1

Create clear cues for Position and Execution setup focusing on Target Zones, Tempo and Range. There are many tempo changes so you need to be clear with pre-cues so the class don't miss a rep.

- *Grab your plates*
- *SET Position*
- **Brace abs**
- *Roll shoulders*
- *Super slow*
- *Slow Mid-Range Pulse*
- *Plate one inch (2.5cm) above and one inch below*
- **Plates to shoulders**
- **Lower all the way down to the thighs**
- **Elbow directly under shoulders**
- **Lift your chest**
- *Stay grounded*
- *From slow to fast movements*
- *Full range*
- *Remember, one inch above and one inch below*

2 PLATE CURL

LAYER 2

Use this set to focus on posture so the class can feel the intensity and isolation. Coach range in the Mid-Range and Singles combo to create more tension for fast results. Start to bring in the musical feel of this track... slow and cool.

- *Watch me*
- *Keep your elbows directly under your shoulders to load the biceps*
- *Can you twist the plate for complete supination*
- *This creates isolation*
- *Full twist of the plate*
- *Back to the combo – slow, fast, slow*
- *From shoulders to thighs*
- *Full range to isolated burn*
- *2 rounds of Mid-Range Pulses*
- *Let's get the pressure to shape and tone biceps*
- *It's all about the feel for fast results*

3 PLATE CURL

LAYER 3

Layer 3 is about hooking into the musical feel and intensity of the Pulses to push everyone to the finish line together. Show that working hard can be fun – this delivers intrinsic motivation, helping participants succeed by getting them to love the feel of working hard. How will you bring your class to the end?

- *Last round = 100 seconds to go*
- *I know we are fatigued, but it's here that counts*
- *Stay tall*
- *Brace abs tightly*
- *Singles in the air*
- *Who's with me?*
- *Mid-Range Pulses*
- *This song is all about feel*
- *Take it up another notch*
- *Show me some swagger*

INTENSITY

Intensity is in the Mid-Range Slow Pulses and fast Singles. This is where we can create the greatest amount of force production. It places huge demand on the muscles, creating faster results.

PERFORMANCE

Performance occurs when you sit in the essence of the track: strong and grounded, leading people into the feel and emotion of the song. It's a combination of matching your voice, face and body language with the music. There are many opportunities to just sit in the song and the movement allowing the Performance to happen.

PUMP FACT

There are 3 main muscles that flex the elbow. But only 1 that also supinates the forearm and biceps. Adding supination to a Plate Curl is the perfect way to isolate the load into the Biceps.

7 LUNGES

WEIGHT SELECTION



REGULARS: Biceps to Chest weight

NEW PEOPLE: Body weight

Option: To use plates only

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Coach your class to execute the Pulse combination with the correct ROM to maximize muscular tension for accelerated results.

MUSCLE FOCUS

Squats/Lunges: Glutes and quadriceps

SET	MUSIC			EXERCISE		REPS
1	0:04	V1	Sorry, I aint	4x8	4/4 SQUAT MID Stance	2x
	0:19		You might knock	4x8	3/1	4x
	0:34	QC	This time	4x8	1/3	4x
	0:50	C	Not this time	8x8	COMBINATION SQUAT MID Stance (16 cts): 3x PULSE (8 cts) 2x 1/1 (8 cts) Last 2 cts, step R leg B for LUNGE L	4x
2	1:19	V2	Sorry, I aint	4x8	2/2 LUNGE L	4x
	1:34		You might knock	4x8	3/1	4x
	1:49	QC	This time	4x8	1/3	4x
	2:03		(B up)	4x8	1/1	8x
	2:18	C	Not this time	8x8	COMBINATION LUNGE L (16 cts): 3x PULSE (8 cts) 2x 1/1 (8 cts)	4x
TRANSITION	2:48	Br	(Low)	½x8	TRANSITION: SQUAT WIDE Stance	
3	2:50	V3	Sorry, I aint	4x8	4/4 SQUAT WIDE Stance	2x
	3:04		You might knock	4x8	3/1	4x
	3:19	QC	This time	4x8	1/3	4x
	3:33	C	Not this time	8x8	COMBINATION SQUAT WIDE Stance (16 cts) Last 2 cts, step L leg B for LUNGE R	4x
4	4:03	V4	Sorry, I aint	4x8	2/2 LUNGE R	4x
	4:18		You might knock	4x8	3/1	4x
	4:33	QC	This time	4x8	1/3	4x
	4:48		(B up)	4x8	1/1	8x
	5:03	C	Not this time	8x8	COMBINATION LUNGE R (16 cts)	4x

RECOVERY: Shake the legs. Quadricep Stretches.

1 SQUAT MID STANCE

LAYER 1

Short first set of Squats. Cue Position and Execution setup to get participants moving with good range and timing.

- *Bar on the meaty part of the upper back*
- *Mid-Stance Squat*
- *Feet outside hip-width*
- *Turn the toes out slightly*
- *Belly in and braced*
- *Lift chest and slide shoulder blades down into ribs*
- *Sit your hips down back and down*
- *Knees to 90 degrees*
- *Down fast and slow up*
- *Catch the Squat at the bottom*
- *Triple Pulse and 2x Singles*
- *Stay down to feel the quads*
- *Keep the chest up*

2 LUNGE L

LAYER 1

Coach the basic Layer 1 cues for good technique of the Lunge. Establishing Position and Execution setup of the exercise. Focus on being super clear with the new combination of 3x Pulse and 2x Single Lunge.

- *Long step back*
- *Down-and-up smooth 2/2*
- *Front thigh parallel to the floor*
- *Back knee towards the floor*
- *Hips and shoulders square to the front*
- *Down quickly and up slowly*
- *Big push through the front heel*
- *8x Singles*
- *Pushing from the heel means the glutes are ready to fire*
- *Pulses create the intensity*

INTENSITY

Range and Timing are key to creating pressure in the legs. The Pulses create heat to shape and tone the legs. If you see members struggling, provide the option to put the bar/plate down during the track. The key is to make everyone feel successful.

PUMP FACT

Finding the right stride length in the Lunge allows participants to lock the front knee position, keeping the knee directly above the ankle. If we are not long enough in this stride, the front knee tends to push forward past the ankle. This increases joint pressure.

3 SQUAT WIDE STANCE

LAYER 1/LAYER 2

Cue Position and Execution Setup. Using NETT, coaching good technique in the Squat – Tempo, Target Zones and leg alignment. Layer 2 cues manipulate the intensity and you do this by not letting the class check out of the Range and Timing, especially in the last 2 sets of the combo. Staying low creates the pressure, shaping the legs quickly.

- *Wide Squat super slow*
- *Feet outside shoulder-width*
- *Belly in and braced*
- *Hips back more*
- *Push knees out to engage the glutes*
- *Butt to knee line*
- *Looking strong team*
- *We are moving together*
- *Pumping together*
- *We are One Tribe*
- *Remember the combo*
- *We are shaping our legs right now*

4 LUNGE R

LAYER 2/LAYER 3

Coach Timing and Execution cues to get everyone moving well on the other leg. Use Layer 2 cues to help participants stay in range to increase the tension, bringing their legs to fatigue in the Pulses. Together Layer 3 motivational cues and musical feel celebrate their efforts and results.

- *Long step back on the 2/2*
- *We have one more leg to train*
- *Front thigh parallel to the floor*
- *Push the floor away and feel your glutes and quads*
- *This time, pushing gets serious*
- *We want strong legs*
- *You ain't going to give up*
- *Stay low in the Pulses*
- *Embrace the burn in the legs*
- *This is our legs changing*
- **THE REP EFFECT™**

7 BONUS LUNGES

WEIGHT SELECTION

REGULARS: Medium/Large plate

NEW PEOPLE: Small weight or body weight

1x PLATE

DEMONSTRATE

Lunge 90/90 Pulse

TRACK FOCUS

Coach your class to execute the Pulses with good technique through precise coaching and by selling the benefits.

MUSCLE FOCUS

Squats/Lunges: Glutes and quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro _ Despacito	2x8	Set up for PLATE LUNGE L
	0:17 V1 _ Mueve dale	8x8	2/2 PLATE LUNGE L 8x
	0:48 (Windup)	2x8	1/1 4x
	0:56 (Funky beat)	4x8	3x PULSE LUNGE L (8 cts) 4x
	1:11 Ref Ven Conmigo _	4x8	16x PULSE LUNGE L (32 cts) 1x
	1:26 V2 Esta noche si	4x8	4/4 PLATE LUNGE L Step into PLATE SQUAT WIDE Stance on last 2 cts, plate resting at collarbone 2x
2	1:41 Rep _ Para bailar	2x8	4/4 PLATE SQUAT WIDE Stance 1x
	1:48 Ref Apreta _	4x8	2/2 4x
	2:03 Instr (Windup)	2x8	1/1 4x
	2:11 (Funky beat)	4x8	3x PULSE SQUAT (8 cts) 4x
	2:26 Ref Ven conmigo _	4x8	16x PULSE SQUAT (32 cts) 1x
RECOVERY	2:41 (Low)	4x8	Shake out legs. Step into LUNGE R
3	2:54 V3 _ Mueve dale	8x8	2/2 PLATE LUNGE R 8x
	3:25 Instr (Windup)	2x8	1/1 4x
	3:33 (Funky beat)	4x8	3x PULSE LUNGE R (8 cts) 4x
	3:47 Ref Ven conmigo _	4x8	16x PULSE LUNGE R (32 cts) 1x
	4:03 V4 _ Esta noche si	4x8	4/4 PLATE LUNGE R Step into SQUAT WIDE Stance on last 2 cts, plate resting at collarbone 2x
4	4:18 Rep _ Para bailar	2x8	4/4 PLATE SQUAT WIDE Stance 1x
	4:25 Ref Apreta _	4x8	2/2 4x
	4:40 Instr (Windup)	2x8	1/1 4x
	4:47 (Funky beat)	4x8	3x PULSE SQUAT (8 cts) 4x
	5:02 Ref Ven conmigo _	4x8	16x PULSE SQUAT (32 cts) 1x

RECOVERY: Shake the legs. Quadricep Stretches.

1 PLATE LUNGE L

LAYER 1

Coach the basic Layer 1 cues for good technique of the Lunge: establishing Position and Execution setup of the exercise. Focus on being super clear with Timing cues and Execution of the Pulses.

- *Grab a plate*
- *Hold plate in left hand*
- **Long step back** with left leg
- *Down-and-up smooth 2/2*
- **Back knee towards the floor to 90 degrees**
- **Hips and shoulders square to the front**
- **Chest up and brace abs**
- *4x Singles – full range*
- **Front thigh parallel to the floor**
- *3x Pulses*
- *You want to stay low – keep the move small*

2 PLATE SQUAT WIDE STANCE

LAYER 1/LAYER 2

Cue Position and Execution Setup. Using NETT, coaching good technique in the Squat – Tempo, Target Zones and leg alignment. Layer 2 cues manipulate the intensity and you do this by not letting the class check out of the Range and Timing, especially in the Pulses. Staying low creates the pressure, shaping the legs fast.

- *Wide Squat super slowly*
- **Feet outside shoulder-width**
- **Belly in and braced**
- **Sit the hips back more**
- **Push knees out** to engage the glutes
- **Butt to knee line**
- **Keep the chest lifted**
- *Ready for the Pulses*
- *The plate wants to pull you down, so chest up*
- *Stay low and keep the range small*
- *Good things come to those who squat!*

3 PLATE LUNGE R

LAYER 2/LAYER 3

Coach Timing and Execution cues to get everyone moving well on the other leg. Use Layer 2 cues to help participants stay in range to manipulate the burn, bringing their legs to fatigue in the Pulses. Together, Layer 3 motivational cues and musical feel will help maintain effort and deliver results.

- *What we did on one side we do on the other*
- *Long step back on the 2/2*
- *Lift chest up*
- *Make sure your front knee is pushing out*
- *Pulses give the results*
- *You know it – stay low and feel the heat*
- *Feel the fire in your legs*
- **THE REP EFFECT™ – shape and tone the legs**
- *Now we can feel our legs*
- *When you think it's over – slowly*

4 PLATE SQUAT WIDE STANCE

LAYER 2/LAYER 3

The last set is tough – what will you do and say to keep your participants from checking out of the workout? Remind them of sitting the hips back more and pressing the knees out to engage the glutes and to bring more intensity to the legs. Big results happen from the Pulses; staying low builds heat and shapes and tones quickly. Use a variety of Layer 3 motivational language to help everyone get across the finish line. Educate on the great pulsing benefits!

- *4/4 Wide Squat*
- *The slower the better*
- *Hips sit back further*
- *Drive out of heels on the way up*
- *Squeeze your butt*
- *4x Singles – are you ready?*
- *Pulses are for results*
- *Feel the tension*
- *Brace your abs*
- *Challenge with 16x Pulses*

INTENSITY

Range and Timing are key to creating pressure in the legs. The Pulses create heat to shape and tone the legs. If you see members struggling, provide the option to put the bar/plate down during the track. The key is to make everyone feel successful.

PUMP FACT

Using a combination of Lunges and Wide Squats allows us to load the leg muscles while minimizing stress on the trunk, as the trunk remains fairly upright. This is a great training tool for this phase of the class.

8 SHOULDERS

WEIGHT SELECTION

Barbell with Bicep/Chest weight

Option: To use 2x light/medium plates the entire track

BARBELL 

TRACK FOCUS

Clearly coach the Position and Execution of all the exercises so your class is moving well. Bring good timing cues to the new move: Slow Clean. Educate participants on the benefits of this great conditioning for the upper body.

MUSCLE FOCUS

Bar work: Deltoids, trapezius

Plate work: Muscles of upper back, rear deltoids

Pushup: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SET Position, SHOULDER ROLL	1x
	0:18 Instr (Electric guitar)	4x8 1/1 STANDING UPRIGHT ROW SET Stance	8x
	0:32 V1 _ I'm in a rave	4x8 2/2 SPLIT Stance	4x
	0:46 Ref NOV said jump	4x8 1/1/2 SET Stance Use last 4 cts to transition to STANDING OVERHEAD PRESS	4x
	1:00 NOV said jump	4x8 1/1 STANDING OVERHEAD PRESS SPLIT Stance	8x
	1:13 (Heavier)	4x8 1/1 STANDING PUSH PRESS SET Stance	8x
2	1:27 V2 Energy, in a	4x8 2/2 STANDING UPRIGHT ROW SPLIT Stance	4x
	1:41 I bring vibe	4x8 1/1/2 SET Stance	4x
	1:54 Instr (Electric guitar)	8x8 STANDING SLOW CLEAN (16 cts) 6 cts up, 2 cts Clean, 8 cts down Use last 2 cts to transition bar to STANDING O/H PRESS	4x
	2:22 Instr (Guitar + rhythm)	4x8 1/1 STANDING OVERHEAD PRESS SPLIT Stance	8x
	2:35 Instr (Sirens)	4x8 1/1 STANDING PUSH PRESS SET Stance Use last 2 cts to transition to PUSHUPS	8x
3	2:50 Instr (Pulsing)	8x8 1/1 PUSHUPS Options: Toes, knees or kneeling	16x
TRANSITION	3:16 V3 _ Energy	2½x8 TRANSITION: STANDING UPRIGHT ROW (Barbell)	
4	3:25 My lyrical daps	2x8 2/2 STANDING UPRIGHT ROW SPLIT Stance	2x
	3:32 _ I bring vibe	4x8 1/1/2 SET Stance	4x
	3:47 Instr (Electric guitar)	8x8 STANDING SLOW CLEAN (16 cts) 6 cts up, 2 cts Clean, 8 cts down Use last 2 cts to transition bar to STANDING O/H PRESS	4x
	4:13 Instr (Electric guitar)	4x8 1/1 STANDING OVERHEAD PRESS SPLIT Stance	8x
	4:27 Instr (Sirens)	4x8 1/1 STANDING PUSH PRESS SET Stance Use last 2 cts to transition to PUSHUPS	8x
5	4:41 (Pulsing)	8x8 1/1 PUSHUPS Options: Toes, knees or kneeling	16x

RECOVERY: Shake the arms and Deltoid Stretches (arm across front of body).

1 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 1

Cue clear Layer 1 Position and Execution setup using NETT, for these exercises.

STANDING UPRIGHT ROW

- *Bend your knees, pick up your bar*
- *Set Position*
- *Feet under hips, lift chest*
- *Brace abs*
- *Single Upright Row*
- *Bar to lower chest*
- *Elbows directly above the bar*
- *Split Stance 2/2*
- *Elbows stay above the bar*
- *Bar stays close*

STANDING OVERHEAD PRESS

- *Transition to Overhead Press*
- *Single Press*
- *Bar from chin to ceiling*
- *Lift chest and brace abs*

STANDING PUSH PRESS

- *Step in*
- *Catch and press*
- *Bend and drive through legs*
- *Bar to collarbones*
- *Brace abs as the bar moves overhead*

2 STANDING UPRIGHT ROW / STANDING SLOW CLEAN / STANDING OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 1/LAYER 2

The first set is short so revisit Position and Execution setup using NETT for good lifting technique in the Upright Row. Keep using the Timing cues as it helps participants stay on full ROM. Be super clear on Timing cues to help participants achieve the precision of the Slow Cleans. Coach Layer 2 cues for the Overhead Press and Push Press work to feel the intensity in the shoulders.

STANDING UPRIGHT ROW

- *2/2 nice and easy*
- *Stand strong, long spine*
- *Step in, quick up and hold*
- *Drive your elbows wide*
- *Elbows just below shoulder height*

STANDING SLOW CLEAN

- *New move – Slow Clean*
- *1, 2, 3, 4, 5, drop, lift, down, slow*
- *Chest up and brace abs*
- *Bar to lower chest*
- *As you drop sit your hips back*
- *You need to be fast under your barbell*
- *Keep the bar close*

STANDING OVERHEAD PRESS

- *One quick Clean*
- *Step back*
- *Overhead Press*
- *Sink into your legs*
- *Brace your abs tightly*
- *Now we're working the shoulders*

STANDING PUSH PRESS

- *Step in*
- *Push Press*
- *Drive and catch*
- *Dynamic strength*
- *Elevating the heart rate right now*
- *2 more, then Pushups*

3 PUSHUPS

LAYER 1

Cue clear Layer 1 Position and Execution setup using NETT for the Pushups. Give options for everyone.

- *Barbell down for Pushups*
- **Brace Abs**
- **Hands wide**
- *You can start on your knees*
- **Bring chest to elbow height**
- *Challenge on your toes*
- *If you are on your toes – squeeze quads by extending legs*

4 & 5 STANDING UPRIGHT ROW / STANDING SLOW CLEAN / STANDING OVERHEAD PRESS / STANDING PUSH PRESS / PUSHUP

LAYER 2/LAYER 3

We repeat the block of work – time to condition the shoulders and maximize the results. Keep using the Timing cues as it helps participants stay on full ROM. When you repeat the Overhead Presses and Push Presses try using internal and external focuses to help participants manipulate the intensity. This last set is tough and by acknowledging this conditioning overload your class will be inspired to achieve maximum effort.

- *Barbell up*
- *Split Stance*
- *Upright Row*
- *Bar to lower chest*
- *Step in, up quickly*
- *Resist gravity and feel maximum tension in the shoulders*
- *Slow Clean*
- *1, 2, 3, 4, 5, drop and lift, slow down*
- *Go under the bar*
- *Fast elbows*
- *Working the whole shoulder*
- *This is it – one Clean, step back*
- *Overhead Press*
- *Isolating the shoulders right now*
- *Step in, Push Press*
- *Compound training*
- *Brace the abs*
- *Use the legs to energize the bar*
- *Pushups*
- *Down and up*
- *Chest to elbow level*
- *The burn you feel is THE REP EFFECT™*
- *Commitment, right now, right here*

INTENSITY

The intensity builds in each set as we move from movement control in the Standing Upright Rows and Standing Slow Cleans to compound strength and power in the Standing Overhead Press and Standing Push Press.

PUMP FACT

The Standing Slow Clean provides a chance to improve execution in both the Standing Upright Row and the Clean. The focus in the Standing Upright Row is to keep the bar close and elbows above the bar. In the Clean we focus on bending and straightening the knees to transition under and over the bar.

8 BONUS SHOULDERS

WEIGHT SELECTION

2x light/medium plates

2x PLATES

TRACK FOCUS

Clearly coach the Position and Execution of all the exercises so your class is moving well in the first half of the track. The second half of the track repeats; the focus is to maximize results. Educate participants on the benefits of this great conditioning for the upper body.

MUSCLE FOCUS

Plate work: Deltoid, rhomboids, trapezius, rotator cuff

Pushups: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Guitar) 4x8	Set Up PUSHUPS on the floor	
	0:19 V1 Tune in 4x8	2/2 PUSHUP Options: Toes, knees or kneeling	4x
	0:34 C Tic, tic, tic, woah _ 4x8	1/1	8x
TRANSITION	0:48 Instr (Guitar) 2x8	TRANSITION: KNEELING REAR DELTOID RAISE, L leg F	
2	0:55 V2 Tune in 4x8	2/2 KNEELING REAR DELTOID RAISE L leg F	4x
	1:10 Tic, tic, tic, woah _ 4x8	1/1	8x
	1:25 Rep _ Woah woah 4x8	1/1/2 On last 2 cts bring both knees to the floor	4x
	1:39 (B up) 4x8	2/2 KNEELING SIDE RAISE	4x
TRANSITION	1:54 Br (Low) 1x8	TRANSITION: STANDING SET Stance	
3	1:57 Instr (Guitar) 8x8	COMBINATION (16 cts) 1x 1/1 STANDING SIDE RAISE (4 cts) 1x 1/1 STANDING MAC RAISE L (4 cts) 1x 1/1 STANDING SIDE RAISE (4 cts) 1x 1/1 STANDING MAC RAISE R (4 cts)	4x
	2:27 Instr (Guitar) 4x8	1/1 STANDING SIDE ROTATOR RAISE (8 cts)	4x
TRANSITION	2:41 (Low) 4½x8	TRANSITION: PUSHUP on the floor	
4	2:57 V3 Tune in 4x8	2/2 PUSHUPS Options: Toes, knees or kneeling	4x
	3:12 Tic, tic, tic, woah _ 4x8	1/1	8x
TRANSITION	3:27 (Guitar) 2x8	TRANSITION: To floor for KNEELING REAR DELTOID RAISE R leg F	
5	3:34 V4 Tune in 4x8	2/2 KNEELING REAR DELTOID RAISE R leg F	4x
	3:49 Tic, tic, tic, woah _ 4x8	1/1	8x
	4:03 Rep _ Woah woah 4x8	1/1/2 On last 2 cts bring both knees to the floor	4x
	4:18 (B up) 4x8	2/2 KNEELING SIDE RAISE	4x
TRANSITION	4:32 Br (Low) 1x8	TRANSITION: STANDING SET Stance	
6	4:36 Tic, tic, tic, woah _ 8x8	COMBINATION (16 cts)	4x
	5:05 Instr (Guitar) 4x8	1/1 STANDING SIDE ROTATOR RAISE (8 cts)	4x

RECOVERY: Shake the arms and Deltoid Stretches (arm across front of body).

1 PUSHUP

LAYER 1

Cue clear Layer 1 Position and Execution setup using NETT for the Pushups. Give options for everyone .

- *Pushups*
- **Hands wide outside shoulder-width**
- *You can start on your knees or toes*
- **Bring chest to elbow height**
- **Brace abs, back straight**
- *8x Singles*
- *Challenge on your toes*
- *Keep the body still*

2 KNEELING REAR DELTOID RAISE / KNEELING SIDE RAISE

LAYER 1/LAYER 2

Cue Position and Execution Setup using NETT for good lifting technique and timing in both exercises. Make sure you coach the tip forward to target the upper back in the rear deltoid work.

KNEELING REAR DELTOID RAISE

- *Take one leg forward, back knee under hip*
- *Rear Deltoid Raise*
- **Tip forward from the hip, back straight**
- **Brace abs and lift chest**
- **Plates face the rear**
- **Take the elbows wide and high**
- **Brace abs** and keep upper body still
- **Pull shoulder blades together**, use shoulders and upper back muscles
- *Shape and tone the upper body*
- *Constant tension for results*
- *Keep the body still to isolate the shoulders*

KNEELING SIDE RAISE

- *Side Raises*
- **Elbows finish just under shoulder line**
- **Brace abs**
- **Lift chest**

3 STANDING SIDE RAISE / STANDING MAC RAISE / STANDING ROTATOR RAISE

LAYER 1

Coach Position and Execution setup of the 3 exercises using NETT to help make transitions smooth and easy to follow. Keep using the Timing cues as it helps participants stay on full ROM.

STANDING SIDE RAISE/STANDING MAC RAISE

- *Stand up*
- *1x Side Raise, 1x Mac Raise*
- *This is our combination*
- **Brace abs, lift chest**
- **Hips square to the front**
- **Slight rotation from the center of the chest**
- **Plate stops just under shoulder line**
- *Stay strong*

STANDING ROTATOR RAISE

- *Last change, Rotator Raise*
- *Side, up, down and in*
- **Elbows 90 degrees**
- **Brace abs, lift chest**
- **Squeeze your shoulder blades together**

4, 5, 6 PUSHUP / KNEELING REAR DELTOID RAISE / KNEELING SIDE RAISE / STANDING SIDE RAISE / STANDING MAC RAISE / STANDING ROTATOR RAISE

LAYER 2/LAYER 3

This track is in 2 halves and the second half provides the opportunity to maximize results as the class is familiar with the sequence. Layer 2 cues of stability and isolation will manipulate the intensity of the exercises and improve participants' technique. Layer 3 cues help to keep participants from checking out of the workout. Look out and see what they are doing. Praise them and encourage them to work harder. Remember, participants come to BODYPUMP for outcomes and goals – they want results. Sell the benefits and hook into this catchy song to finish on a high!

- *2 minutes of effort*
- *You know the sequence – max it out this time*
- *Pushups – squeeze your chest as you push away from the floor*
- *Try and so some on your toes*
- *Challenge brings change*
- *Kneeling Rear Deltoid Raise*
- *Pull up with chest lifted to train your upper back and shoulder muscles*
- *Brace your abs tightly*
- *Imagine you are holding 2 ropes as strongly as you can*
- *Can you feel your shoulders ticking?*
- *Stay lifted and still – that's the key for isolation*
- *Get grounded for complete body control*
- *Continuous Tension Training to shape and tone and bring results*
- *15 seconds to fire up*
- *This is it – finish strongly*

INTENSITY

Intensity in the plate work comes from movement precision and control. Clear Layer 1 and 2 coaching will enable participants to feel the isolation during these exercises.

PUMP FACT

A high chest position and slight pinch between the shoulder blades stabilizes the scapulae and reduces the potential for shoulder impingement. These 2 elements are vital for injury prevention when resistance training.

9 CORE

WEIGHT SELECTION

1x medium/small plate

1x PLATE

DEMONSTRATE

Bench Reverse Crunch

TRACK FOCUS

Focus on coaching the Bench Reverse Crunch with simple, precise cues for good Execution and Timing. Then maximize intensity as you coach participants how to improve technique.

MUSCLE FOCUS

Alternating Leg Extension with Plate Extension:

Lower abdominals and upper abdominals

Bench Reverse Crunch: Lower abdominals

SET		MUSIC		EXERCISE	REPS
1	0:05	QC	I know I could	2x8	Set up BENCH REVERSE CRUNCH Plate on chest, hands grip top of bench. Lift legs up to 90°
	0:15		I know I could	2x8	4/4 BENCH REVERSE CRUNCH 1x
	0:24	V1	Some people lie	4x8	3/1 4x
	0:43	Br	(Low)	½x8	HOLD
	0:46	QC	I know I could	4x8	2/2 4x
	1:05	V2	Some people try	4x8	2/2 ALTERNATING SINGLE LEG EXTENSION L, R (16 cts) 2x
	1:23		Make me	1x8	HOLD. GRAB PLATE
	1:29	C	I know I	5x8	1/1 ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION L, R (8 cts) Extend plate O/H with Alternating Single Leg Extension 5x
RECOVERY	1:53	Instr	(Low)	2x8	RESET. Plate on chest, hands grip top of bench
2	2:03	V3	Some people pray	3x8	3/1 BENCH REVERSE CRUNCH 3x
	2:17	Rep	Same, same, same	½x8	HOLD. GRAB PLATE
	2:20	C	I know I could	7x8	1/1 ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION L, R (8 cts) 7x
RECOVERY	2:53	Instr	(Low)	2½x8	RESET. Plate on chest, hands grip top of bench
3	3:05	V4	Some people pray	3x8	3/1 BENCH REVERSE CRUNCH 3x
	3:18	Rep	Same, same, same	½x8	HOLD. GRAB PLATE
	3:22	C	I know I could	7x8	1/1 ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION L, R (8 cts) Extend plate O/H with Alternating Single Leg Extension 7x

1 BENCH REVERSE CRUNCH / ALTERNATING LEG EXTENSION / ALTERNATING LEG EXTENSION WITH PLATE EXTENSION

LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear Timing cues.

BENCH REVERSE CRUNCH

- *Plate on chest*
- *Hands come over*
- *Grab the top of the bench*
- *Reverse Crunch 3/1*
- *Up, up, up, down*
- *Knees move straight up to the ceiling and straight down*
- *Knees over hips*
- *Shins parallel*

ALTERNATING SINGLE LEG EXTENSION

- *Alternate the Leg Extension*
- *One leg at a time*
- *Lower back stays close towards the bench as the leg extends*

ALTERNATING LEG EXTENSION WITH PLATE EXTENSION

- *Alternating Leg Extension With Plate*
- *Plate goes over head as the leg extends*
- *Keep the focus on keeping lower back towards the bench*
- *Only take the plate as far as you can, keeping the back down*

PUMP FACT

Extending the arms overhead challenges the core, as this engages the lats which pull the lower back away from the bench. Keeping the lower back down during this exercise increases core strength and control.

2 BENCH REVERSE CRUNCH / ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION

LAYER 2

Make sure you use lots of Timing cues to help participants stay with rhythm and timing. Layer 2 cues to help improve execution will empower your participants to make change on the floor. This is the perfect time to look out at your class and coach to what they need at that time. Coach the class where they should be feeling it.

- *Hands come over*
- *Reverse Crunch*
- *Knees stay over hips*
- *Elbows in tightly to activate the lats and set the shoulders down*
- *Use your bench*
- *Push your upper back into the bench to lift you straight up*
- *Hold, grab your plate*
- *Alternating leg and arm extending*
- *As big as you can*
- *Use your plate as resistance*
- *Full integration of lower and upper abs*
- *Keep lower back down to load the core effectively*

3 BENCH REVERSE CRUNCH / ALTERNATING LEG EXTENSION WITH PLATE EXTENSION

LAYER 3

Participants will need the extra motivation to keep going and not check out of the workout for this last set. Give Quick reminders of technique and sell the benefits of why they would want to keep going. Remember – the music is super cool and it is a motivation in itself, so let it have a voice.

- *Reset plate on chest*
- *Grab the top of bench*
- *Reverse Crunch last set*
- *That's tough and we got it*
- *Legs... arms.... Go!*
- *Lower back stays towards the bench*
- *Full core integration*

10 COOLDOWN

TRACK FOCUS

Connect with your members through music and movement to stretch each worked muscle group.

SET		MUSIC		EXERCISE
1	0:05	Intro	_ I know	3x8 CHILDS POSE
	0:22	V1	Walking on a wire	2x8 SEATED GLUTEAL HURDLER STRETCH L
	0:34	PC	Run it, run it	2x8 KNEELING HIP FLEXOR STRETCH R <i>L leg F, R arm lifted</i>
	0:46	C	Just like fire	4x8 STANDING QUADRICEP STRETCH R
TRANSITION	1:10	Br	Fire	1x8 TRANSITION BACK TO FLOOR
2	1:15	V2	And people like	2x8 CHILDS POSE
	1:27		No matter the	2x8 SEATED GLUTEAL HURDLER STRETCH R
	1:39	PC	Run it, run it	2x8 KNEELING HIP FLEXOR STRETCH L <i>R leg F, L arm lifted</i>
	1:51	C	Just like fire	4x8 STANDING QUADRICEP STRETCH L
3	2:14	Rep	Just like fire	2x8 STANDING CHEST STRETCH <i>Arms open wide</i>
	2:26	V3	Came here to run	4x8 STANDING SHOULDER STRETCH L, R
	2:50	QC	Just like fire	2x8 STANDING FRONT DELTOID/CHEST STRETCH <i>Clasp hands behind back</i>
	3:01	C	Just like fire	4x8 ILIOTIBIAL BAND STRETCH L, R
	3:25	Rep	Just like fire	2x8 SHAKE LEGS, ROLL SHOULDERS

COACHING TIPS

- *Be descriptive about how to stretch and where they should feel it*
- *Acknowledge the effort that's been put into the workout today and congratulate them on completing it!*

BODYPUMP TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

Position Setup

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in



Overhand Grip

SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Back heel lifted
- Knees slightly bent
- Body weight even in both legs



MID STANCE SQUAT

Position Setup

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest up, light pinch between the shoulder blades
- Belly in and abs braced

Execution Setup

- Sit the butt back and down
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90 degrees

Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs tighter in the Bottom Halves



MID Stance



Bottom Range

WIDE STANCE SQUAT

Position Setup

- Heel-toe wider than Mid Stance

Layer 2

- Sit the hips back
- Push through your heels as you rise to activate the glutes
- Push floor apart with your feet
- Squeeze butt on the way up



WIDE Stance

WIDER STANCE SQUAT

Position Setup

- Heel-toe wider than Wide Squat

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

MID GRIP CHEST PRESS

Position Setup

- Hands one hand-width in on the bar
- Bar in the heel of the hands
- Shoulders away from ears
- Abs in and braced – lower back towards bench
- Chin tucked in

Execution Setup

- Bar down to the center of the chest
- Elbows no lower than the top of the bench
- Elbows slightly bent at the top
- Elbows directly under the wrist

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way up, squeeze your elbows in
- Squeeze your chest as you press is the focus
- We change the hand position to change the activation

Stopping the bar at the level of the bench protects the rotator cuffs from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



WIDE GRIP CHEST PRESS

Position Setup

- Hands wider than shoulders
- Bar in the heel of the hands
- Shoulders away from ears
- Abs in and braced – lower back towards bench
- Chin tucked in

Execution Setup

- Bar down to the center of the chest
- Elbows no lower than the top of the bench
- Elbows slightly bent at the top
- Elbows stay directly under the bar throughout the movement

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way down, take the elbows wide
- On the way up, squeeze your elbows in
- Try to bend the bar by squeezing your hands together

Stopping the bar at the level of the bench protects the rotator cuffs from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



BENCH PUSHUP

Position Setup

- Hands just outside shoulder-width on bench
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the bench away



DEADLIFT

Position Setup

- SET Position
- Slight bend in the knees (20 degrees)
- Chest up, abs braced
- Elbows to rear – light pinch between the shoulder blades
- Chin tucked in

Execution Setup

- Tip from the hips, keeping the chest lifted
- Bar to knees
- Chin tucked in – eyes forward, 6 feet (2 meters) in front

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor



POWER PRESS

Position Setup

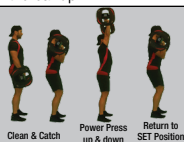
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin
- Power the bar up two more times

Layer 2

- Bend the legs to catch the bar
- Hips down and back
- Keep the heels down during the Power Presses
- Drive out of your legs
- Power the bar up



DEADROW

Position Setup

- SET Position
- **Slight bend in the knees** (20 degrees)
- **Chest up, abs braced**
- **Elbows to rear – light pinch between the shoulder blades**
- Chin tucked in

Execution Setup

- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



WIDE DEADLIFT

Position Setup

- SET Position
- Hands wide
- **Same range – bar to knees**
- **Slight bend in the knees** (20 degrees)
- **Chest up, abs braced**
- Elbows to rear to engage back muscles
- Chin tucked in

Execution Setup

- **Tip from the hips, keeping the chest lifted**
- **Bar to knees**
- Chin tucked in – eyes forward, 6 feet (2 meters) in front

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor



WIDE DEADROW

Position Setup

- SET Position
- **Hands wide**
- **Abs braced, chest up**
- **Light pinch between the shoulder blades**
- Elbows wide and high
- Chin tucked in
- Shoulders away from ears

Execution Setup

- **From knees to lower ribs**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



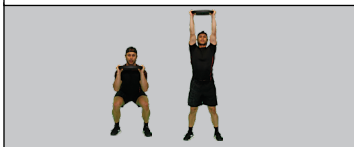
PLATE SQUAT PRESS

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel in front of collar bones
- **Elbows under plate**
- **Chest up, abs braced**

Execution Setup

- Sit the butt down and back
- Knees track forward in line with toes
- Half Squat
- Brace the abs as the plate moves over head
- Elbows slightly forward



CLEAN & PRESS

Position Setup

- SET Position
- **Chest up – abs braced**
- **Knees bent**

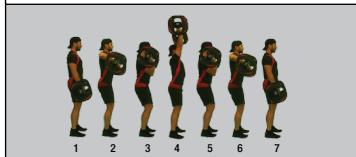
Execution Setup

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- **Bar close to the body, lift to lower chest**
- **Drop under the bar, bending the knees**
- Clean the bar and hold in front of the collar-bones
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you Press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Layer 2

- Sit hips back and drive through the legs
- Lift your heels to initiate the move
- Get under the bar as quickly as possible – be explosive!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean & Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



TRICEP EXTENSION

Position Setup

- Hands shoulder-width apart
- Elbows pointing down the bench and directly above the shoulders
- Shoulders away from the ears
- Belly in and brace the abs
- Head supported on the bench
- Feet flat on the floor

Execution Setup

- Lower bar to forehead

Layer 2

- Keep the elbows squeezing in together
- Keep the wrists strong
- Keep the elbows directly above the shoulders

Keeping the upper arm vertical with the elbows pointing down the bench during extensions helps to isolate the load to the triceps.



TRICEP PRESS PULLOVER

Position Setup

- Press the bar down towards the body
- Aim for just below the ribcage (lower ribs)
- Elbows fix and then push the bar over head towards the forehead – stop just above the head
- **Keep the abs braced so that the lower back does not lift off the bench**

Layer 2

- You can go further than the forehead so long as you do not arch or lift your back off the bench
- Keep it smooth and even to keep the muscles under tension



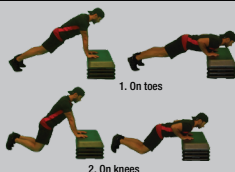
BENCH TRICEP PUSHUP

Position Setup

- Hands shoulder-width apart
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



STANDING OVERHEAD TRICEP EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Shoulders down
- **Belly in, abs braced**
- **Chest up**

Execution Setup

- **Plate extends over head and returns to the base of the neck**
- Elbows forward

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down to keep the work in the triceps



PLATE CURL

Position Setup

- Start with Hammer Grip
- Knees soft – Split Stance or SET Position
- Chest up
- Abs in and braced

Execution Setup

- Curl upward, rotating plates for bottom half and full range
- Plates in front of shoulders in full-range Curl
- Extend down next to thighs

Layer 2

- Brace abs to stop trunk sway



90/90 SETUP FOR STRIDE LENGTH

- Kneeling
- Hips square with 90-degree angles at both knees
- Tuck toes of back foot under and rise; this sets the stride length



LUNGE

Position Setup

- Feet hip-width and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



PLATE LUNGE

Position Setup

- Feet hip-width and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



STANDING UPRIGHT ROW

Position Setup

- SET Position
- Chest up – abs braced
- Slight pinch between the shoulder blades

Execution Setup

- Lift bar up to lower chest
- Elbows above the bar
- Keep bar close to body

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

Keeping the chest lifted and shoulder blades retracted places the shoulder blades in the optimal position to receive load. Lifting the bar no higher than the lower chest reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING PUSH PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs braced
- Bar in line with chin, elbows under wrists

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders



STANDING OVERHEAD PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs braced
- Bar in line with chin, elbows under wrists

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders



STANDING SLOW CLEAN

Position Setup

- SET Position
- Chest up and brace abs

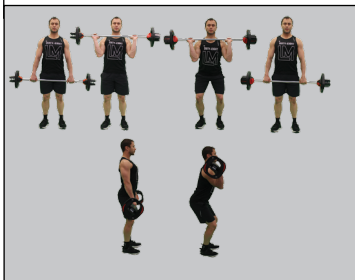
Execution Setup

- Start with more knee bend and use the legs to move the bar
- Bar close to the body, lift to lower chest
- Drop under the bar, bending the knees
- Clean the bar and hold in front of the collar-bones
- Use the legs to move the bar
- Abs braced
- Bring the elbows up and over to lower the bar

Layer 2

- Use the legs to move the bar
- Lift your heels to initiate the move
- As you drop sit your hips back
- Get under the bar as quickly as possible – be explosive!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean & Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.



PUSHUPS

Position Setup

- Hands just outside shoulder-width
- Back straight – abs braced to support the mid-section
- Chin tucked in

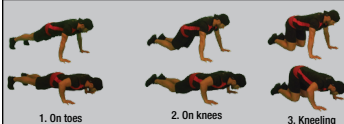
Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.



KNEELING REAR DELTOID RAISE

Position Setup

- Kneeling, one leg forward
- Body leans on a 45-degree angle
- Chest lifted
- Keep the chin tucked in and the back of the neck long, eyes look about 3 feet (1 meter) in front

Execution Setup

- Lift the elbows to shoulder level
- Squeeze between the shoulder blades
- Elbows slightly bent

Layer 2

- Lead the movement with the elbows
- Keep the chest lifted, try not to drop the shoulders forward
- Shoulders away from ears



STANDING SIDE RAISE

Position Setup

- SET Position standing
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin tucked in

Layer 2

- Keep the body still to isolate your shoulders
 - Shoulders away from the ears
- Option: To increase intensity, widen the angle at the elbow

Keeping the elbows slightly forward ensures we lift the arms in the same plane as the scapula, helping us to engage the rotator cuff muscles evenly to protect the shoulders. Stopping the movement just below shoulder level reduces the potential for shoulder impingement (compression of the shoulder tissues).



KNEELING SIDE RAISE

Position Setup

- Kneeling position
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin in

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ear

Option: To increase intensity, widen the angle at the elbow



STANDING MAC RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Chin tucked in

Execution Setup

- Left arm reaches forward (Front Raise), elbow slightly bent; at the same time, right arm lifts to side (Side Raise)
- Plates no higher than shoulders
- Hips and pelvis square to the front, small twist through the upper body
- Keep the shoulders away from your ears

Layer 2

- Bend the knees to stay grounded
- Reach long with the front arm
- Brace the abs to avoid swinging



STANDING SIDE ROTATOR RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Elbows bent at 90 degrees – plates facing inward

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work



BENCH REVERSE CRUNCH

Position setup

- Knees over hips
- Fingers hold under top of bench
- Elbows in tightly
- Brace abs tightly

Execution Setup

- Reverse Crunch

Layer 2

- Use your bench and push your upper back into the bench to lift you straight up



ALTERNATING SINGLE LEG EXTENSION WITH PLATE EXTENSION

Position Setup

- Lying with knees at 90 degrees – directly above hips
- Belly in, abs braced
- Lower back towards the floor
- Hands reaching behind head, fingers on floor

Execution Setup

- Straighten knee – lowering each leg toward the floor
- Brace abs to keep lower back toward the floor



BODYPUMP Presenters

Glen Ostergaard (New Zealand) is Program Director for both BODYPUMP and RPM™. He began his group fitness career with BODYATTACK™ and is based in Auckland.

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