

# 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](http://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.

## 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

BODYPUMP 100

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.

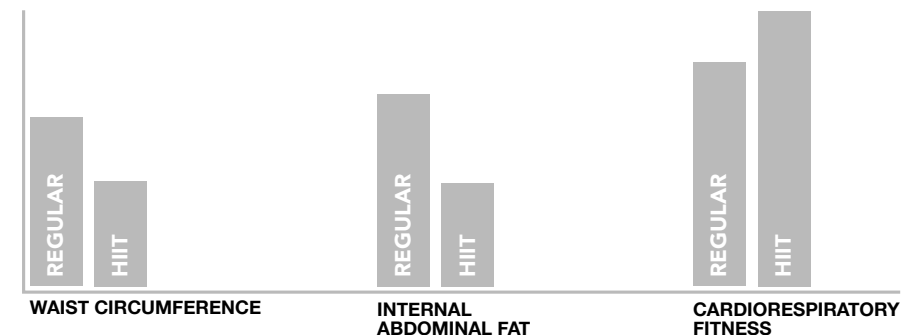
## Results

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.<sup>(1)</sup>

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.

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.<sup>(2)</sup> 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. 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

# 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.

Jad Abi Ghosn (Lebanon) is a BODYPUMP, BODYBALANCE/BODYFLOW and CXWORX Trainer, a BODYATTACK and RPM Instructor, and a LES MILLS GRIT Series Coach.

Tal Aharon (Israel) is a BODYPUMP, BODYBALANCE/BODYFLOW and CXWORX Trainer, a BODYCOMBAT Instructor, and a LES MILLS GRIT Series Coach. He is based in Israel.

Inbal Amran (Israel) is a BODYPUMP, BODYATTACK, BODYBALANCE/BODYFLOW and CXWORX Instructor, and a LES MILLS GRIT Series Coach. She is also a Nutritionist.

Rodrigo Ampuero (Chile) is a BODYPUMP, BODYATTACK and RPM Trainer and a LES MILLS GRIT Series Coach. He is also a Physical Education Teacher.

Meech Aspden (Hong Kong) is a BODYPUMP and BODYCOMBAT Instructor, and a LES MILLS GRIT Series Coach.

Luis Cerca (Portugal) is a BODYPUMP, BODYBALANCE/BODYFLOW and RPM Trainer, and a LES MILLS GRIT Series Coach.

Daniela Gajardo Baez (Chile) is a BODYPUMP, BODYATTACK, BODYCOMBAT, BODYSTEP, CXWORX and RPM Instructor, and a BODYBALANCE/BODYFLOW, BODYJAM and SH'BAM Trainer.

Blair Bennett (Hong Kong) is a BODYPUMP, BODYATTACK, BODYCOMBAT, CXWORX and RPM Instructor, and a LES MILLS GRIT Series Coach. He was born in New Zealand and is now based in Hong Kong.

Marcus Benson-Day (United Kingdom) is a BODYPUMP and LES MILLS GRIT Series Trainer, and a BODYCOMBAT and CXWORX Instructor, based in Norfolk.

Rania Boucher (United Arab Emirates) is a BODYPUMP, CXWORX, RPM and SH'BAM Trainer. She resides in the United Arab Emirates and New Zealand.

Anass El Bouhali (France) is a BODYPUMP, BODYVIVE 3.1, CXWORX and RPM Trainer, a BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT and CXWORX Instructor, and a LES MILLS GRIT Series Coach. He is also the Les Mills Head Trainer in Morocco.

Angie Bravo (Mexico) is a BODYPUMP, BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT, BODYVIVE 3.1, CXWORX and RPM Trainer, and a LES MILLS GRIT Series Coach.

Aristos Christodoulou (Cyprus) is a BODYPUMP Trainer, a BODYCOMBAT, BODYJAM, CXWORX, RPM and SH'BAM Instructor, and a LES MILLS GRIT Series Coach. He is the Director of Les Mills Cyprus.

Ana Domingos (Portugal) is a BODYPUMP, BODYATTACK and CXWORX Trainer.

Karima El Mehdaoui (Belgium) is a BODYPUMP and BODYSTEP Trainer, a BODYATTACK Instructor, and a LES MILLS GRIT Series Coach. She is also a Personal Trainer.

Charlotte Goodall (New Zealand) is a BODYPUMP, BODYATTACK, CXWORX and RPM Instructor, and a LES MILLS GRIT Series Coach. She is based in Lower Hutt.

Adam Gripenblom (Sweden) is a BODYPUMP, BODYBALANCE/BODYFLOW and BODYCOMBAT Trainer. He is also part of the Les Mills Nordic team.

Ranime Habbal (Lebanon) is a BODYPUMP, BODYATTACK and BODYSTEP Trainer, and a BODYCOMBAT Instructor.

Marina Hohmann (Brazil) is a BODYPUMP Trainer and a CXWORX Instructor, based in São Paulo.

Reagan Kang (Singapore) is a BODYPUMP and LES MILLS GRIT Series Trainer, and a BODYCOMBAT, CXWORX and RPM Instructor.

Bettina Keller (Germany) is a BODYPUMP, BODYATTACK and BODYCOMBAT Instructor, and a LES MILLS GRIT Series Coach. She is also studying sports psychology in Berlin.

Dave Kyle (United Kingdom) is a BODYPUMP and CXWORX Trainer, a BODYATTACK, BODYCOMBAT and RPM Instructor, and a LES MILLS GRIT Series Coach. He is also a Sports Massage Therapist.

Nicolas Lambrias (Cyprus) is a BODYPUMP and RPM Trainer, a BODYCOMBAT and CXWORX Instructor, and a LES MILLS GRIT Series Coach.

Rafael Levi (Mexico) is a BODYPUMP, BODYCOMBAT, BODYJAM, BODYVIVE 3.1, CXWORX and SH'BAM Trainer, and a LES MILLS GRIT Series Coach.

Klavdija Likar (Slovenia) is a BODYPUMP and RPM Trainer, a CXWORX Instructor, and a LES MILLS GRIT Series Coach. She is also a Basketball Coach.

Lunar Lu (China) is a BODYPUMP, BODYBALANCE/BODYFLOW, BODYCOMBAT and BODYJAM Instructor, and a LES MILLS GRIT Series Coach. She is based in Shanghai.

Ben Main (New Zealand) is a BODYPUMP, BODYATTACK and LES MILLS GRIT Series Trainer, based in Auckland.

Iman Metwally (United Arab Emirates) is a BODYPUMP, BODYATTACK and BODYCOMBAT Trainer, a BODYBALANCE/BODYFLOW Instructor, and a LES MILLS GRIT Series Coach. She is based in Kuwait.

Lula Nuñez Olivera (Argentina) is a BODYPUMP, BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT, BODYSTEP and SH'BAM Trainer, and an RPM Instructor. She is also studying to be a Personal Trainer.

Oscar Peiro (Spain) is a BODYPUMP, BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT, BODYSTEP, CXWORX and RPM Instructor, and a LES MILLS GRIT Series Coach. He is also the owner of Smart-Club in Madrid.

Douglas Pereira (Brazil) is a BODYPUMP, BODYCOMBAT and CXWORX Trainer, and an RPM Instructor.

Will Pritchard (United States) is a BODYPUMP, BODYCOMBAT and CXWORX Trainer, and a LES MILLS GRIT Series Coach. He is also a Regional Group Fitness Manager at InShape in San Francisco.

Jan Roggeveen (Netherlands) is a BODYPUMP, BODYBALANCE/BODYFLOW and BODYSTEP Instructor. He is also the Live Group Fitness Manager for Basic-Fit in the Netherlands.

Daniela Silberstein (Switzerland) is a BODYPUMP, BODYBALANCE/BODYFLOW and BODYCOMBAT Trainer, a CXWORX Instructor, and a LES MILLS GRIT Series Coach. She is part of the Les Mills team in Switzerland.

Michael Steenhouwer (Sweden) is a BODYPUMP, BODYCOMBAT and CXWORX Trainer, an RPM Instructor, and a LES MILLS GRIT Series Coach. He owns two fitness clubs in Sweden.

Faith Ann Stern (United States) is a BODYPUMP, BODYATTACK and BODYCOMBAT Trainer, a CXWORX Instructor, and a LES MILLS GRIT Series Coach.

Fran Torres (Argentina) is a BODYPUMP, BODYATTACK, BODYBALANCE/BODYFLOW, BODYCOMBAT, BODYSTEP, CXWORX and RPM Trainer. He is also a Program Coach for BODYATTACK, BODYSTEP and RPM.

Emma Vandenbergh (Australia) is a BODYPUMP, BODYBALANCE/BODYFLOW, BODYCOMBAT and CXWORX Instructor. She is based in Australia.

René Vogel (Germany) is a BODYPUMP, BODYBALANCE/BODYFLOW and CXWORX Trainer, and a LES MILLS GRIT Series Coach. He is also a Police Officer in Lüneburg.

Alex Wang (China) is a BODYPUMP, BODYCOMBAT, CXWORX and RPM Trainer. He is also a Group Fitness Director at M Club in Shenzhen.

Eduard Zalar (Slovenia) is a BODYPUMP, BODYATTACK, BODYCOMBAT, CXWORX and RPM Trainer, a BODYJAM and BODYSTEP Instructor, and a LES MILLS GRIT Series Coach.

Karin Zandstra (Netherlands) is a BODYPUMP and BODYATTACK Trainer, and a BODYBALANCE/BODYFLOW Instructor. She is based in Hoogmade.