

BODYPUMP 101 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 27:00

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 42:06

CREDITS

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

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CONTENTS

BORN TO MOVE: NEW RESEARCH
BODYPUMP: IMPROVING NECK ALIGNMENT
THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Run Wild Revealed Recordings, under exclusive license to Cloud 9 Music B.V. Written by: van de Corput, Sieweritz van Reesema, van der Voort, Krabman	Hardwell feat. Jake Reese	5:47
2 SQUATS	Go! (Vincent Price Remix) © 2016 Smash The House. Written by: Peiken, Frank	Wolfpack & Avancada	5:56
3 CHEST	Spoken Word Courtesy of the Universal Music Group. Written by: Kennard, Milton, Mpanga, Ledwidge, Swanston, Cox	Chase & Status feat. George the Poet	3:27
	Spoken Word Courtesy of the Universal Music Group. Written by: Kennard, Milton, Mpanga, Ledwidge, Swanston, Cox	Chase & Status feat. George the Poet	1:45
4 BACK	LRAD 2013 Warner Music UK Limited. Produced Under License From Warner Music UK Limited. Written by: Swire, McGrillen	Knife Party	5:10
5 TRICEPS	Friday © 2016 Parri\$ Entertainment. Written by: Correia, Mhando, Nobel, Goebel	PARRIS\$	5:31
6 BICEPS	Jungle Youth © 2016 Fueled By Ramen, LLC. Produced Under License From Atlantic Recording Corp. Written by: Tilley, Comtois, Gadhia, Doozadeh, Cannata	Young The Giant	3:33
	Jungle Youth © 2016 Fueled By Ramen, LLC. Produced Under License From Atlantic Recording Corp. Written by: Tilley, Comtois, Gadhia, Doozadeh, Cannata	Young The Giant	2:10
7 LUNGES	Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigahcine, Roelandschap, Taihuttu, Rondhui	DJ Snake feat. Yellow Claw	3:48
	Ocho Cinco Courtesy of the Universal Music Group. Written by: Grigahcine, Roelandschap, Taihuttu, Rondhui	DJ Snake feat. Yellow Claw	1:36
8 SHOULDERS	Feel Your Love © 2016 Circus Records. Written by: Unknown	Flux Pavilion & NGHTMRE feat. Jamie Lewis	5:55
9 CORE	Closer © 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Frank, Kennett, Frangipane, Slade, King	The Chainsmokers feat. Halsey	3:53
	Closer © 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Taggart, Frank, Kennett, Frangipane, Slade, King	The Chainsmokers feat. Halsey	1:02
10 COOLDOWN	Love On The Brain Courtesy of the Universal Music Group. Written by: Ball, Fenty, Angel	Rihanna	3:47

1 WARMUP

Run Wild > 5:47 mins

1

WEIGHT SELECTION

Light barbell and 2x light plates



2x PLATES

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** throughout the entire track – Name of Exercise, Tempo and Target Zones – so the class can transition smoothly through all the changes. Advise your class to have small weights for the plate work.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro I remember how	4x8 SET Position SHOULDER ROLL	1x
	0:20 V1 We locked ourselves	4x8 4/4 DEADLIFT SET Stance	2x
	0:34 QC Ohh. Can you	4x8 3/1 UPRIGHT ROW	4x
	0:49 Instr (Synth)	4x8 2/2 DEADROW (16 cts)	2x
	1:03 (Clap)	8x8 1/1 DEADROW Last 2 cts, hands wide for TRIPLE WIDE DEADROW	8x
	1:32 (Heavy)	8x8 TRIPLE WIDE DEADROW (16 cts) Last 2 cts, hands narrow for DEADLIFT	4x
2	2:01 V2 There is no	4x8 2/2 DEADLIFT SET Stance	4x
	2:15 Cause you can	4x8 2/2 UPRIGHT ROW	4x
	2:29 Br (Low)	1x8 SHOULDER ROLL	1x
	2:33 QC Ohh. Can you	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	2:47 Rep _ Can you hear my	4x8 1/1 CLEAN & PRESS (8 cts)	4x
	3:01 Instr (Windup)	4x8 POWER PRESS (16 cts) Last 4 cts, bar to back for SQUAT MID Stance	2x
	3:16 (Heavy)	4x8 1/1 SQUAT MID Stance	8x
TRANSITION	3:30 Tonight we run wild _	4x8 3x PULSE SQUAT MID Stance (8 cts)	4x
	3:45 V3 There is no	2x8 Bar down, pick up 2x plates	
3	3:53 Eyes reflect the	6x8 2/2 PLATE UPRIGHT ROW SET Stance	6x
	4:14 Br (Low)	1x8 SHOULDER ROLL	1x
	4:17 Rep _ Can you hear my	4x8 4/4 SIDE RAISE	2x
	4:31 Rep _ Can you hear my	4x8 1/1 SIDE ROTATOR RAISE (8 cts)	4x
	4:46 Instr (Windup)	4x8 SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS (16 cts) Last combo, 1x OVERHEAD PRESS Use last 8 cts to stack plates. Plates to chest for ALTERNATING BACKWARD-STEPPING LUNGE	2x
	5:00 (Heavy)	8x8 2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Use last 2 cts to transition to SQUAT MID Stance	4x
	5:29 Tonight we run wild _	4x8 3x PULSE SQUAT MID Stance	4x

SET POSITION

LAYER 1

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

- **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 3/1 – Bar aims for lower chest**
- **Deadrow 2/2 – Knees, belly, knees and lift**
- **Triple Wide Deadrow – Knees, lower ribs, knees, lower ribs, knees, lower ribs, knees and lift**

SET 2

LAYER 1/LAYER 2

Set 2 starts with Deadlifts and Upright Rows then introduces the Clean & Press into Power Presses. We finish with Mid Stance Squats and the Pulse Squat to get the body ready for the workout.

Focus on coaching clear Layer 1 Position and Execution cues for the new movement patterns to help the class achieve good lifting Technique.

LAYER 1

- **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**
- **Squat Mid Stance – Butt goes back and down, knees forward, hips to 90 degrees**

LAYER 2

- **Deadlift** – Press the bar into the legs to engage the lats
- **Upright Row** – Keep the bar in a vertical path, elbows wide
- **Pulse Squat** – Stay in the bottom range of the Squat

SET 3

LAYER 1

Set 3 is where we use plates to finish the Warmup. Continue to warm the shoulders with integrated exercises and Backward-Stepping Lunges and Pulse Squats to continue to warm the legs. Coach with clear Layer 1 Position and Execution cues to get your class moving safely and effectively.

- **Plate Upright Row** – Elbows wide, **plates to lower chest, chest up, abs braced**
- **Side Raise** – **Elbows just below shoulder level, chest up, abs braced**
- **Side Rotator Raise** – **Elbows lift to side, stopping just under shoulder height; rotate shoulders to open the arms, back to 90 degrees**
- **Side Rotator Raise With 2x Overhead Press** – **Keep elbows forward of shoulders as you press, chest up, abs braced**
- **Alternating Backward-Stepping Lunge** – Stack plates together on collarbones, **long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front**
- **Pulse Squat** – keep the range in bottom part of the Squat

CONNECTION

Welcome your class to the workout by being engaging and encouraging. Soften your vocal delivery to match the energy and feel of the music. Try to connect with everyone in the room, not just your regular participants in the front row.

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

2 SQUATS

Go! > 5:56 mins

2

WEIGHT SELECTION



REGULARS: 2–3x your Warmup weight
NEW PEOPLE: Double your Warmup weight

DEMONSTRATE

Pulse Squat range

TRACK FOCUS

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

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	
	0:20 Instr (Beat)	4x8 2/2 SQUAT MID Stance	4x
	0:34 (Heavy beat)	8x8 1/1	16x
RECOVERY	1:03 (Low)	4½x8 HOLD 4 cts, shake out legs. Transition to SQUAT WIDE Stance	
2	1:20 (Windup)	4x8 4/4 SQUAT WIDE Stance	2x
	1:34 Br	1x8 HOLD	
	1:38 (Heavy synth)	4x8 4/4	2x
	1:52 (B up)	8x8 3x PULSE (8 cts)	8x
	2:21 Br	½x8 Transition: SQUAT WIDER Stance	
	2:23 (Heavy pulse)	16x8 COMBINATION: WIDER Stance 7x PULSE (16 cts) 4x 1/1 SQUAT (16 cts)	4x
	3:21 (Windup)	2x8 8x PULSE (16 cts)	1x
RECOVERY	3:28 (Low)	4½x8 HOLD 4 cts, shake out legs. Transition to SQUAT WIDE Stance	
3	3:45 (B up)	4x8 4/4 SQUAT WIDE Stance	2x
	3:59 Br	1x8 HOLD	
	4:02 (Synth)	4x8 4/4	2x
	4:16 (B up)	8x8 3x PULSE (8 cts)	8x
	4:46 Br	½x8 Transition: SQUAT WIDER Stance	
	4:48 (Heavy pulse)	16x8 COMBINATION WIDER Stance	4x
	5:45 (Wind up)	2x8 8x PULSE	1x

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

1 SQUAT MID STANCE

LAYER 1/LAYER 2

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 hip-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 over 2nd and 3rd toes**
- **Butt stops just above knee line**
- **Big Singles, full range**
- **Keep pushing knees forward to fire the quads**

2 SQUAT WIDE / WIDER STANCE

LAYER 1/LAYER 2

Shake out, then reset the new stance using Layer 1 Position cues. Coach Layer 1 Execution cues for the Wide Stance with the focus on activating the glutes. Use Layer 2 cues to explain how to feel the exercise more, or how they can improve technique. Intensity will hit hard in the Triple Pulse Squat so use clear Timing and Range cues to manipulate intensity. Coach how the Pulse Combination is done in the Wider Stance providing more challenge for the glutes, so bring focus to driving the knees out in the Pulses and squeezing the butt on the way up in the Singles.

- **One heel-toe wider – Wide Stance**
- **Chest up, lock shoulder blades into spine**
- **Focus is on the glutes**
- **Hips sit back, knees out**
- **Triple Pulse – 3, 2, 1 and push**
- **Chest is up and brace abs to get through this block**
- **Stay in the bottom range of the Squat**
- **Get excited, here comes the big stuff**
- **We set up for Wider Squat**
- **Stand, wait, heel-toe wider**
- **7x Pulses and 4x Singles**
- **That's the combo**
- **Full-range Singles**
- **At the bottom of the Squat, push your knees out and feel your glutes engage**
- **On the Singles, squeeze your glutes as you rise to the top**
- **Shut this set down, 8x Pulses**

3 SQUAT WIDE / WIDER STANCE

LAYER 2/LAYER 3

This set repeats Set 2 and it bites hard! 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 our 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. We motivate through 4 ways – Intrinsic, Extrinsic, challenging and positive language. How will you motivate your class to the finish line?

- **Shake it out and reset Wide Stance**
- **Round 3 like Round 2**
- **Super slow, hips back, back and down**
- **Heels down, chest up**
- **Lock in the core**
- **Triple Pulse**
- **Drive the heels apart**
- **90 degrees and pulse it out**
- **Building tension, building stress**
- **We create BODYPUMP results**
- **Hold, heel-toe wider**
- **On the Wider Stance, drive the heels apart and rip up the floor**
- **Split the floor into 2 pieces**
- **30 seconds to go**
- **10 seconds, 8x Pulses – you can do it**

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 which produces THE REP EFFECT™.

PUMP FACT

Wide and Wider Squats require less activation from the lower back muscles. Using these stances in the back end of the track will allow participants to maintain full range even when they are fatigued.

3 CHEST

Spoken Word > 5:12 mins

3

WEIGHT SELECTION

REGULARS: Chest weight or less
NEW PEOPLE: Warmup weight



DEMONSTRATE

Mid-Grip Chest Press

TRACK FOCUS

Coach Position and Execution of the new Mid-Grip to pre-fatigue the muscles. Pre-cue well for the Wide-Grip transition. Coach all levels for the Pushups.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro Everybody's free	4x8 Set up MID-GRIP CHEST PRESS	
	0:20 V1 _ I believe in the	4x8 4/4 MID-GRIP CHEST PRESS	2x
	0:33 _ Being strong feels	4x8 3/1	4x
	0:47 What I feel when	4x8 2/2 Last 2 cts, slide hands WIDE for WIDE GRIP	4x
	1:01 C Everybody's free	8x8 COMBINATION 1: 3x PULSE WIDE-GRIP CHEST PRESS (8 cts) 2x 1/1 WIDE-GRIP CHEST PRESS (8 cts) Last combo, only 3x Pulse Use last 8 cts to transition to BENCH PUSHUP	3½x
	1:28 Instr (Melody)	4x8 1/1 BENCH PUSHUP Options: Kneeling, knees, toes	8x
TRANSITION	1:42 (Low)	2x8 Transition back to bench for MID-GRIP CHEST PRESS	
2	1:49 V2 _ You're gonna go	4x8 4/4 MID-GRIP CHEST PRESS	2x
	2:02 Being strong feels	4x8 3/1	4x
	2:16 I'm sitting in	4x8 2/2 Last 2 cts, slide hands WIDE to WIDE GRIP	4x
	2:30 C Everybody's free	8x8 COMBINATION 1: Last combo, only 3x Pulse Use last 8 cts to transition to BENCH PUSHUP	3½x
	2:57 Instr (Melody)	8x8 COMBINATION 2: 3x PULSE BENCH PUSHUP (8 cts) 2x 1/1 BENCH PUSHUP (8 cts) Options: Kneeling, knees, toes	4x
TRANSITION	3:24 (Low)	2x8 Transition back to bench for MID-GRIP CHEST PRESS	
3	3:33 V3 _ You're gonna go	4x8 4/4 MID-GRIP CHEST PRESS	2x
	3:47 _ Being strong feels	4x8 3/1	4x
	4:01 I'm sitting in	4x8 2/2 Last 2 cts, slide hands WIDE to WIDE GRIP	4x
	4:14 C Everybody's free	8x8 COMBINATION 1: Last combo, only 3x Pulse Use last 8 cts to transition to BENCH PUSHUP	3½x
	4:42 Instr (Melody)	8x8 COMBINATION 2: Options: Kneeling, knees, toes	4x

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

1 MID-GRIP CHEST PRESS / WIDE-GRIP CHEST PRESS / BENCH PUSHUP

LAYER 1

Coach Position and Execution setup cues for the Mid-Grip Chest Press. Use NETT to coach Timing and Target Zones so participants are moving well. Pre-cue the transition clearly for the change to Wide Grip. Focus on timing in the combo. Transition to Pushups is fast, so coach this clearly and coach different levels of the Pushup so everyone knows what to do.

MID-GRIP CHEST PRESS

- 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**
- **Target is the middle of the chest**
- **Elbows to the top of the bench – that's your range**
- **Elbow directly under your wrist**
- Pulses and Singles coming

WIDE-GRIP CHEST PRESS

- Hands wide
- Triple Pulse Press
- 3,2,1, and 2 Singles
- **Elbows top of bench**
- **Abs braced**
- This time, just the Pulses; transition to Pushups

BENCH PUSHUP

- Quickly to the back of your bench
- **Hands wide**
- Kneeling, knees or toes
- **Lower chest to elbow level**

2 MID-GRIP CHEST PRESS / WIDE-GRIP CHEST PRESS / BENCH PUSHUP

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 driving the shoulder blades into the bench as you lower the bar and squeezing the chest as you push up. Feel how this creates more muscle tension and activation. Encourage everyone to hit the Timing, Range and Target Zones, in the Pulses as fatigue starts to build in the muscles. The Pushups progress to the combo of Pulses and Singles – coach the range and options!

- Reset Mid-Grip, slowly
- Let's start over, barbell then Pushups
- Drive shoulder blades into the bench as you lower the bar
- Feel the chest lift as you do that
- Squeeze chest as you push up
- We change the hand position to change the activation
- Use your chest to push your bar into the ceiling
- Combo coming, hands wide
- Triple Pulse and Singles
- Stay low and build tension
- Tension is where the strength is
- Last one, just the Pulse
- Back of the bench
- Hands wide, Triple Pulse Press
- 3, 2, 1, and 2x Singles
- Keep the range, elbows level
- Your fight, your story

3 MID-GRIP CHEST PRESS / WIDE-GRIP CHEST PRESS / PUSHUPS

LAYER 3

Last time for the circuit! Fatigue is kicking in. Reset the position quickly and drop into the musical feel and the cool motivational lyrics in the Mid-Grip Chest Press by allowing space for the music to be heard. The Wide-Grip Chest Press and Pushups will be tough but this is the last set and you want the class to finish with you. Our goal is to lead participants to goals and outcomes! What motivational coaching will you give them to not check out of the workout?

- *Fatigue is kicking in*
- *Shoulders down*
- *You are pushing through your chest*
- *This is it – last one*
- *Hands wide – triple*
- *Yeah team – we're gonna finish together*
- *One team*
- *Pulse only*
- *Fast change back of the bench*
- *Hands wide, Triple Pulse*
- *If you can, jump on the toes, challenge the body*
- *Everyone together*
- *Your right, your glory!*

INTENSITY

Mixing up the muscular recruitment through different exercises maximizes the training effect and allows us to maintain a higher level of intensity with minimal rest periods to make gains faster.

PUMP FACT

To minimize rotator cuff stress when performing a Chest Press, keep the elbows directly under your wrists. This means that your elbows will track lower, slightly closer to the ribs, in the Mid Grip.

4 BACK

LRAD > 5:10 mins

4

WEIGHT SELECTION

BARBELL

REGULARS: Barbell with Chest weight or slightly more

NEW PEOPLE: Barbell with Chest weight

DEMONSTRATE

Clean & Press and Power Press

TRACK FOCUS

Clearly coach how to use the legs to create power in the Power Press. To maximize strength benefits in the Triple Rows, clearly coach Position and Execution.

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Clap)	2x8 SET Position	
	0:12 Instr (Clap & beat)	6x8 2/2 DEADLIFT	6x
	0:34 (B up)	8x8 1/1 DEADROW	8x
RECOVERY	1:03 (Low)	4x8 Bar down, shake arms	
2	1:17 (Synth & melody)	4x8 2/2 DEADLIFT	4x
	1:32 (Synth & clap)	4x8 1/1 DEADROW	4x
	1:46 (Sirens)	8x8 TRIPLE DEADROW (16 cts)	4x
	2:15 (Drop)	8x8 POWER PRESS (16 cts)	4x
	2:44 (Electric melody)	4x8 1/1 CLEAN & PRESS (8 cts)	4x
RECOVERY	2:59 (Low)	2x8 Bar down, shake arms	
3	3:07 (Synth melody)	4x8 2/2 DEADLIFT	4x
	3:21 (Synth & clap)	4x8 1/1 DEADROW	4x
	3:35 (Sirens)	8x8 TRIPLE DEADROW (16 cts)	4x
	4:05 (Drop)	8x8 POWER PRESS (16 cts)	4x
	4:33 (Electric melody)	4x8 1/1 CLEAN & PRESS (8 cts)	4x
	4:48 (Low synth)	4x8 1/1 DEADROW	4x

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*
- *Elbows to the rear*
- *Deadlift 2/2*
- *Tip forward from the hip*
- *Chest up, abs braced*
- *Bar to top of the knees*
- *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*
- *Now you have a great position to row from*

2 DEADLIFT / DEADROW / TRIPLE DEADROW / POWER PRESS / CLEAN & PRESS

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. Layer 2 focuses on improving Execution and Manipulating Intensity. Coach upper back engagement for the Deadlift using a variety of internal and external coaching cues to create great posture when moving. Coach clear Layer 1 cues in the Power Press with a focus on Timing and leg drive to execute with good technique. Pre-cue the Clean & Presses, as participants won't be expecting these at the end of the set.

DEADLIFT

- *Elbows to the rear to engage the lats*
- *Deadlift 2/2*
- *Drive your hips back*
- *Push your heels through the floor to load the back of the legs*

DEADROW

- *Single row*
- *Knees, belly, knee, stand*
- *Think about great posture*
- *As you stand push the chest out*
- *Keep the shoulders back*

TRIPLE DEADROW

- *Triple Row 3, 2, 1 and stand*
- *Feel the smooth movement as you pull the bar in*
- *That smooth movement creates tension in the mid and upper back*
- *One more set one more time to give it some power*

POWER PRESS

- *Power Press, bend, 3, 2, 1*
- *Straight back up again*
- *Chest lifted*
- *Legs, legs, legs*
- *Twice more*
- *Every catch sit back into the hips*
- *Catch the bar high on the collarbones*
- *Brace as you catch*

CLEAN & PRESS

- *Catch, press, catch, release*
- *Bar close to the body*
- *Pull your body under the bar*

3 DEADLIFT / DEADROW / TRIPLE DEADROW / POWER PRESS / CLEAN & PRESS

LAYER 2/LAYER 3

Recovery is short before the final block, so challenge participants to dial up the intensity to reach their goals! Use Layer 2 cues to focus on hips sitting back and driving out of legs will help Manipulate Intensity in the Power Presses. Lower body stability focuses in the Triple Rows will give your participants the purpose they need to get to the finish. Layer 3 motivational cues help maximize the results! Show your love of the workout through genuine physical role-modeling as fatigue is kicking in now – be a strong role model to the finish and bring your class with you!

- *SET Position*
- *Turn the elbows to the back*
- *Try and wrap the bar around your legs*
- *This will create upper back tension*
- *Single rows – this is where we build strength*
- *Are you in for the set?*
- *Bend your knees to create stability*
- *Sit your hips back*
- *Crush your shoulder blades together to build upper back strength*
- *Time to give it some gas*
- *Here we go – Power Press, kick it!*
- *Shoot your hips back*
- *Fire up through the legs to create power*
- *Smash the bar through the ceiling*
- *Lift heels, jump under the bar*
- *How fast can you get under the bar?*
- *You've pushed hard for 2 sets*
- *It's how you finish that determines those results*

PERFORMANCE

Your voice plays a key role in ensuring this track 'goes off'! Use a building voice in the Triple Deadrows as the intensity of the music lifts and use a driving powerful voice in the Power Presses to match the feel of the song. 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 Power Press and Clean & Press create a metabolic effect, helping you burn calories both during and after class.

PUMP FACT

Keeping the elbows slightly forward at the top of a Power Press ensures we keep the load in the working muscles and out of the shoulder joints. The faster movements in BODYPUMP make it impractical and high-risk to lock out at the top of each lift.

5 TRICEPS

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

Friday > 5:31 mins

5

WEIGHT SELECTION

REGULARS: 1x medium/large plate

NEW PEOPLE: 1x small plate

1x PLATE

TRACK FOCUS

Clearly coach the execution for all the tricep exercises and then how to improve the execution to achieve isolation and to fast-track results.

MUSCLE FOCUS

Bench Tricep Pushup: Triceps and deltoids
Seated and Standing Tricep Overhead Extension/Seated Tricep Dip: Triceps

SET		MUSIC		EXERCISE	REPS
1	0:05	Intro (Chimes)	2x8	Set up STANDING TRICEP OVERHEAD EXTENSION	
	0:13	V1 Woke up it's	4x8	2/2 STANDING TRICEP OVERHEAD EXTENSION	4x
	0:27	PC Like Monday	4x8	1/1/2	4x
	0:42	Instr (Heavy drums)	4x8	3x PULSE (8 cts)	4x
	0:57	C _ What we do	4x8	1/1	8x
TRANSITION	1:12	Br Yahh	2x8	Transition: TRICEP DIP	
2	1:19	V2 I step into	4x8	2/2 TRICEP DIP	4x
	1:34	PC Like Monday	4x8	1/1/2	4x
	1:49	Instr (Heavy drums)	4x8	3x PULSE (8 cts)	4x
	2:04	C _ What we do	4x8	1/1	8x
TRANSITION	2:19	Rep Friday night goes	2x8	Transition: SEATED TRICEP OVERHEAD EXTENSION	
3	2:26	Friday night goes	2x8	2/2 SEATED TRICEP OVERHEAD EXTENSION	2x
	2:34	PC Like Monday	4x8	1/1/2	4x
	2:49	Instr (Heavy drums)	4x8	3x PULSE (8 cts)	4x
	3:04	C _ What we do	4x8	1/1	8x
TRANSITION	3:19	Br Yahhh	2x8	Transition: BENCH TRICEP PUSHUP on end of bench	
4	3:26	V3 I step into	4x8	2/2 BENCH TRICEP PUSHUP	4x
				Options: Kneeling, knees, toes	
	3:41	PC Like Monday	4x8	1/1/2	4x
	3:56	Instr (Heavy drums)	4x8	3x PULSE (8 cts)	4x
	4:11	C _ What we do	4x8	1/1	8x
TRANSITION	4:26	Rep Friday night goes	2x8	Transition: SEATED TRICEP OVERHEAD EXTENSION	
5	4:33	Friday night goes	2x8	2/2 SEATED TRICEP OVERHEAD EXTENSION	2x
	4:40	PC Like Monday	4x8	1/1/2	4x
	4:55	Instr (Heavy drums)	4x8	3x PULSE (8 cts)	4x
	5:10	C _ What we do	4x8	1/1	8x

RECOVERY: Shake the arms; Tricep Stretches.

1 STANDING TRICEP OVERHEAD EXTENSION

LAYER 1

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

STANDING TRICEP OVERHEAD EXTENSION

- Heels under hips
- Plate up and forward of the body
- Lift chest
- Brace core
- 2/2 extension
- Plate to base of neck
- Full extension at the top
- Elbows in
- 1/1/2
- Down, hold, slow to the top
- Squeeze elbows in
- Feel the triceps working right from the start
- 3x Pulses – 3, 2, 1 and press
- Small movements to the back of the neck
- Singles, down and up
- Full range

2 SEATED TRICEP DIP

LAYER 1/LAYER 2

Coach Position and Execution setup for the Tricep Dip using NETT with or without the plate. Be sure to give the option for the Dip so everyone can stay in the workout. Layer 2 cues that improve Execution, especially in the Pulses, will build intensity fast developing isolation in the Triceps. Describing benefits help to keep participants focused in the work.

- Plate or no plate
- Tricep Dips
- Hands under shoulders, fingers forward
- Lift chest
- Weight in hands
- 2/2 down, down, up, up
- Elbows to the back of the room
- Keep the butt close to the bench as you drop
- Drop and stop
- Option: Butt on bench; you're still in the workout zone!
- 3, 2, 1 and up
- Movement is small and controlled
- Start to drive through the heel of the hand
- 8x Singles – GO!
- Full range for more muscle activation and fast results

3 SEATED TRICEP OVERHEAD EXTENSION

LAYER 1/LAYER 2

Quickly cover the basic execution of Layer 1 to get participants moving safely. Coach good Timing and Target Zones to improve execution on the floor and Layer 2 coaching cues that focus on stability will maximize intensity to bring isolation to the arms.

- Grab your plate
- Cross legs, knees open
- Lift chest
- Brace core
- Elbows in
- 2/2 down, down, up, up
- Plate right down to the base of your neck, full extension to the top
- Keep your core strong for stability
- Check my elbows – where are yours?
- Keep them in and tight
- 3x Pulses 3, 2, 1
- Movement is small and controlled to generate heat in our muscles. We're toning and shaping!
- 1/1 full range

4 BENCH TRICEP PUSHUP

LAYER 1/LAYER 2/LAYER 3

Coach Position and Execution setup for the Tricep Pushup using Layer 1 coaching along with a NETT focus. Give options for the Pushups so participants can dial the intensity up or down; that way, everyone can stay in the workout. Layer 2 cues that improve execution, especially in the Pulses will build intensity fast developing isolation in the Triceps. Participants will need motivation in the last 8 reps of Pushups; try an external focus of pushing the bench through the floor to keep them engaged and strong to the final rep.

BENCH TRICEP PUSHUP

- Side of your bench
- Corkscrew your hands into the bench
- Squeeze under the armpits to engage the lats for stability
- Kneeling, knees or toes
- 2/2 down, down, up, up
- Chest to elbow height
- Brace core
- Elbows in and back
- If you're not hitting the range, bring the knees under hips – you're still working hard!
- Focus on pushing the bench through the floor
- Use the bench
- Feel the bench push down
- Full range
- We've only got 4 to go!

5 SEATED TRICEP OVERHEAD EXTENSION

LAYER 3

Give quick reminders of NETT to get participants moving again then celebrate the feel of the intensity during the last set. Use Layer 3 cues that bring everyone together and drive them to the finish line.

- *Lie down on the bench*
- *Grab plate*
- *Lift chest, brace abs*
- *Extend plate to the base of the neck*
- *Extend arms at the top*
- *Keep squeezing elbows in*
- *Are you feeling the bite?*
- *We only have 30 seconds left – are you in?*
- *Building muscle tension, creating muscle tone – that's what we want right!*
- *8x Singles to finish, together*

PERFORMANCE

After the big sounds in the Back track your class will love the cool, 'chilled' sounds of this song. Your job is to find the feel and emotion of the song and bring it to life through your voice and actions. Work on sitting INSIDE the music using a conversational voice in the verses and building and intense voices to motivate in the bigger parts of the track.

PUMP FACT

Les Mills Research has demonstrated that BODYPUMP classes are effective when it comes to improving bone density. Exercises such as Dips and Pushups help to maintain bone strength in the forearms, helping to reduce the risk of wrist fractures, which result from low bone density.

6 BICEPS

Jungle Youth > 5:43 mins

6

WEIGHT SELECTION

2x PLATES

Small to medium plates
Option: Barbell with Warmup weight

DEMONSTRATE

Slow Mid-Range Pulse

TRACK FOCUS

Coach perfect ROM and Timing in the Mid-Range Pulse to generate the feeling of a muscular pump.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Beat)	4x8 SET Position, SHOULDER ROLL	1x
	0:24 V1 I can't stop listening	12x8 3/1 BICEP PLATE CURL SPLIT Stance	12x
	1:00 C I look up	8x8 4x SLOW MID-RANGE PULSE SET Stance (16 cts)	4x
RECOVERY	1:24 Instr (Guitar)	2x8 SHOULDER ROLL	1x
2	1:30 V2 I woke in a	8x8 3/1 BICEP PLATE CURL SPLIT Stance	8x
	1:53 C I look up	8x8 4x SLOW MID-RANGE PULSE SET Stance (16 cts)	4x
	2:18 Instr (Guitar)	8x8 4/4 BICEP PLATE ROW (32 cts)	2x
	2:41 C I look up	8x8 1/1 (8 cts)	8x
	3:06 Instr (Heavy guitar)	6x8 1/1 BICEP PLATE CURL	12x
	3:24 Br (Low vocal)	2x8 1/1/2	2x
RECOVERY	3:30 (Guitar)	3x8 HOLD (8 cts). SHOULDER ROLL	1x
3	3:39 V3 I woke in a	8x8 3/1 BICEP PLATE CURL SPLIT Stance	8x
	4:03 C I look up	8x8 4x SLOW MID-RANGE PULSE SET Stance (16 cts)	4x
	4:26 Instr (Guitar)	8x8 4/4 BICEP PLATE ROW (32 cts)	2x
	4:50 C I look up	8x8 1/1 (8 cts)	8x
	5:14 Instr (Heavy guitar)	6x8 1/1 BICEP PLATE CURL	12x
	5:32 (Low vocal)	2x8 1/1/2	2x

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

1 BICEP PLATE CURL

LAYER 1

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

- *Grab your plates*
- *Split Position*
- *Brace abs*
- *Plates to shoulders*
- *Lower all the way down to the thighs*
- *Elbows directly under shoulders*
- *Lift your chest*
- *Slow Mid-Range Pulse*
- *Plate one inch (2.5cm) above and one inch below*
- *Stay grounded*

2 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 2

Use this set to coach Layer 2 cues to improve Execution. Coach and reinforce the timing of the slow Pulses to bring your class into the 'sweet spot' – creating muscular tension for fast results. When we stay on the Timing and Range we hit the musical feel of this track – slow and grounded.

- *Reset the body*
- *Chest up, abs braced*
- *Keep your elbows directly under your shoulders to load the biceps*
- *4x slow Pulses*
- *Muscle tension is our goal*

LAYER 1

BICEP PLATE ROW

- *Plates to knees*
- *Under the ribcage*
- *Knees and stand tall*
- *Can you twist the plate for complete supination?*
- *This creates isolation*
- *Full twist of the plate*
- *Fast Single Curls*
- *Up and hold – that's the set*

3 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 3

Your role in this final set is to reinforce good technique and motivate everybody to the finish. Use praise and encouragement to keep your class inspired to the end. 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?

- *Final set*
- *Arms like pressure cookers*
- *Creating tension and stress*
- *Working together to give us big results*
- *Lock and load*
- *Big finish – Singles!*
- *Still as you can now*

PUMP FACT

Successfully isolating the biceps comes from stabilizing the upper back. Rounding the shoulders compromises the anchor for the biceps, making them less effective in the Curl. Bicep Plate Rows help to re-engage the upper back muscles.

7 LUNGES

Ocho Cinco > 5:24 mins

7

WEIGHT SELECTION

REGULARS: 1x small/large plate

NEW PEOPLE: Body weight

1x PLATE

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Coach the fast transitions with early pre-cues, Range and Timing cues to follow easily. Focus on building intensity by staying low in the Pulses.

MUSCLE FOCUS

Squat/Lunge: Glutes and quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8	Set up SQUAT MID Stance, plate to chest
	0:17 Instr (Up tempo)	5x8	2/2 PLATE SQUAT MID Stance
	0:33 (Distorted vocal)	8x8	4/4
	0:59 (Build)	6x8	1/1
	1:18 (Driving beat)	4x8	2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Keep plate on chest in ALTERNATING BACKWARD-STEPPING LUNGE
	1:31 (Horns)	8x8	6x PULSE L, R (32 cts)
RECOVERY	1:57 (Low)	4x8	Set up for PLATE LUNGE L, plate in R hand
2	2:09 (Distorted vocal)	8x8	4/4 PLATE LUNGE L
	2:35 (Build)	6x8	1/1 Use last 8 cts to transition plates to chest for ALTERNATING BACKWARD-STEPPING LUNGE
	2:54 (Driving beat)	4x8	2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Step L leg back first
	3:07 (Horns)	8x8	6x PULSE L, R (32 cts) Use last 2 cts to transition to PLATE SQUAT MID Stance
	3:32 (Low clap)	4x8	1/1 PLATE SQUAT MID Stance
TRANSITION	3:45 (Low)	1/2x8	Transition: PLATE LUNGE R, plate in L hand
3	3:47 (Distorted vocal)	8x8	4/4 PLATE LUNGE R
	4:12 (Build)	6x8	1/1 Use last 8 cts to transition to plate to chest for ALTERNATING BACKWARD-STEPPING LUNGE
	4:31 (Driving beat)	4x8	2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Step R leg back first
	4:44 (Horns)	8x8	6x PULSE L, R Use last 2 cts to transition to PLATE SQUAT MID Stance
	5:10 (Low clap)	4x8	16x PLATE PULSE SQUAT MID Stance

RECOVERY: Shake the legs. Quadricep Stretches.

1 SQUAT MID STANCE / ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1

Coach Layer 1 Position and Execution setup to get participants moving with good range and timing in the Mid Stance Squat. Be super clear on direction and timing cues for the Alternating Backward-Stepping Lunge.

SQUAT MID STANCE

- Feet outside hip-width
- Plate high on chest
- Elbows under the plate
- Lift chest and brace abs
- Shoulder blades back and down into ribs
- Squat 2/2
- Sit your hips back and down
- Knees to 90 degrees
- Knees tracking forward in line with toes to work the quads

ALTERNATING BACKWARD-STEPPING LUNGE

- Back step Lunge, left leg
- Step, drop, in, bend, switch
- Long step back
- Drop the back knee down
- 6x Pulses 6, 5, 4, 3, 2, 1 – switch your legs
- Chest up, brace abs
- Small move, stay in bottom range for the Pulse

2 LUNGE / ALTERNATING BACKWARD STEPPING-LUNGE / SQUAT MID STANCE

LAYER 1/LAYER 2

Use Layer 1 Position and Execution cues for the Lunge to get the class moving well, focusing on ROM. Participants are ready for more intensity in the Alternating Backward-Stepping Lunges, so coach Layer 2 cues to improve their Execution and build intensity by staying low in the Pulses. Pre-cue plate position and use body part and direction cues to make transitions smooth.

LUNGE

- Plate into your left hand
- Feet under hips
- Long step back with left leg
- Slow lunge 4/4
- Back knee towards the floor to 90 degrees
- Front thigh parallel to the floor
- Hips and shoulders square to the front
- Single time, down and up
- Lift chest, brace your core

ALTERNATING BACKWARD-STEPPING LUNGE

- Step in, plate to chest
- Left leg back
- Step, drop, in, switch
- Focus on the front leg
- Load the front thigh
- Drive through the heel to stand
- Bend knees when you step back to hip-width
- 6x Pulses
- Stay low to isolate the legs
- The isolation develops a deep muscle squeeze

SQUAT MID STANCE

- Singles, down and up
- Full range to just above knees
- Front Squat loads and challenges core and quads

3 LUNGE / ALTERNATING BACKWARD-STEPPING LUNGE / SQUAT MID STANCE

LAYER 2/LAYER 3

Layer 2 cues manipulate the intensity, so coach Range and Timing especially in the Pulses, so participants stay in the workout. Provide extrinsic and intrinsic Layer 3 Motivational Cues. These will help motivate your class to hang on to the finish.

- *Plate in right hand*
- *Right leg long step back*
- *Reset shoulders and hips square*
- *Back knee down*
- *Front thigh parallel to floor*
- *If you lose range, reduce the weight or go with your body weight*
- *You will get amazing results*
- *Who's ready for one more set?*
- *Step in, plate to chest*
- *Right leg, Dynamic Lunge Training*
- *Uses more muscles and improves functional strength*
- *Maintain the range to keep the squeeze in the muscles*
- *Right now, you're toning and shaping inside quad*
- *This is the finish*
- *Feet Mid Stance*
- *16x Pulses – if you want great legs, commit!*

INTENSITY

Fast transitions, Range and Timing are key to creating the deep squeeze in the muscles. Staying low in the Pulses is key to maximizing the leg training.

PUMP FACT

The inside part of the quadriceps is known as Vastus Medialis. These fibres help stabilize the kneecap during loaded and impact activities. Encouraging precision in the pulsed Lunges presents an opportunity to focus on Vastus Medialis activation.

8 SHOULDERS

Feel Your Love > 5:55 mins

8

WEIGHT SELECTION

Barbell with light weight
2x small plates
Option: To use 2x light/medium plates the entire track



DEMONSTRATE

Side Rotator Raise With 2x Pec Dec
Side Rotator Raise With 2x Overhead Press

TRACK FOCUS

Clearly coach the execution of all the exercises for good technique, then challenge participants for maximum effort by strong role-modeling and motivation.

MUSCLE FOCUS

Bar work: Deltoids, trapezius
Plate work: Muscles of upper back, rear deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Set up STANDING REAR DELTOID RAISE	
	0:18 V1 So I just wanna	8x8 2/2 STANDING REAR DELTOID RAISE SET Stance	8x
	0:43 Rep _ Can feel your	4x8 2/2 STANDING SIDE RAISE	4x
	0:56 Instr (Dubstep)	8x8 1/1 STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC (16 cts)	4x
	1:22 (Wind up)	4x8 2/2 STANDING SIDE RAISE	4x
	1:34 (Dubstep)	8x8 1/1 STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS (16 cts)	4x
RECOVERY	2:00 (Low)	4x8 Plates down, shake arms. Pick up plates	
2	2:13 Rep Can feel your love	4x8 2/2 STANDING REAR DELTOID RAISE SET Stance	4x
	2:26 Feel your love	4x8 1/1/2	4x
	2:38 Instr (Wind up)	4x8 2/2 STANDING SIDE RAISE	4x
	2:51 (Dubstep)	8x8 1/1 STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC (16 cts)	4x
	3:17 (Dubstep)	4x8 1/1 STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS (16 cts)	2x
	3:30 (Low clap)	8x8 Use first 8 cts to transition from plates to bar 1/1 STANDING OVERHEAD PUSH PRESS SET Stance	14x
RECOVERY	3:56 (Low)	4x8 Bar down, shake arms. Pick up plates	
3	4:08 Rep Feel your love	4x8 2/2 STANDING REAR DELTOID RAISE SET Stance	4x
	4:21 Feel your love	4x8 1/1/2	4x
	4:33 Instr (Windup)	4x8 2/2 STANDING SIDE RAISE	4x
	4:47 (Dubstep)	8x8 1/1 STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC (16 cts)	4x
	5:12 (Dubstep)	4x8 STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS	2x
	5:25 (Low clap)	8x8 Use first 8 cts to transition from plates to bar 1/1 STANDING OVERHEAD PUSH PRESS SET Stance	14x

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

1 STANDING REAR DELTOID RAISE / STANDING SIDE RAISE / STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC / SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS

LAYER 1

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

STANDING REAR DELTOID RAISE

- Tip forward from the hips
- Plates on the knees
- Chest lifted, brace abs
- Eyes 6ft (2 meters) ahead
- Elbows straight to ceiling
- Keep the tension between the shoulder blades

STANDING SIDE RAISE

- Side Raise
- Open and close
- Elbows stop just under shoulder line
- Brace abs and lift chest
- Lead the movement with the elbow

STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC

- Side, open, in, out, in, out and lower down
- Elbows stay high as you squeeze in and out
- Plates face inwards
- Brace your core, keep your chest up
- Squeeze shoulder blades when you open

STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS

- Side, open, press, press and down
- Body still to isolate
- Keep the chest up, abs braced

2 STANDING REAR DELTOID RAISE / STANDING SIDE RAISE / STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC / SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS / STANDING OVERHEAD PUSH PRESS

LAYER 1/LAYER 2

We repeat the exercises, going for maximum effort. Use Layer 2 cues to improve participants' technique so they create more intensity for better results. Focus on Timing, Range and precision of movement to create isolation with the plates. Coach Position and Execution setup for the Push Press using NETT.

LAYER 2

- Rear Raise, tip forward from the hips
- Plates vertical
- Reset, chest up, brace abs
- 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

LAYER 1

STANDING OVERHEAD PUSH PRESS

- SET position, Push Press
- Catch and press
- Bend and drive through legs
- Bar to collarbones
- Brace abs

3 STANDING REAR DELTOID RAISE / STANDING SIDE RAISE / STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC / SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS / STANDING OVERHEAD PUSH PRESS

LAYER 2/LAYER 3

We repeat Block 2 – time to condition the shoulders and maximize the results. Keep using the Timing cues as it helps participants stay on full range of motion. This last set is tough so by acknowledging this conditioning overload your class will be inspired to achieve maximum effort.

- *Elbows go wide*
- *Crush your shoulder blades together at the top*
- *Resist gravity on the way down to load the back of the shoulder*
- *One more time round the block*
- *As the plate comes in spread your back*
- *Feel the difference*
- *Add on 2x Presses*
- *Pick up the bar – 14x Push Presses*
- *Knee bend and drive*
- *Abs tight*
- *Punch the bar with your legs*
- *Big finish*

INTENSITY

Intensity in the plate work comes from movement precision and control.

PUMP FACT

Encouraging scapula movement in the Pec Dec helps remind participants that this is an integral part of shoulder movement. A lack of mobility of the shoulder blades is a common cause of shoulder dysfunction.

DEMONSTRATE

Single-Leg Bench Hip Bridge With Single Leg Extension

TRACK FOCUS

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

MUSCLE FOCUS

Bench Reverse Crunch: Upper and lower abdominals
Bench Reverse Crunch Lift Combo: Rectus abdominis

SET		MUSIC		EXERCISE	REPS
Intro	0:05	Intro	2x8	Set up BENCH REVERSE CRUNCH	
1	0:14	V1 Hey, I was doing	4x8	2/2 BENCH REVERSE CRUNCH Hands grip top of bench	4x
	0:34	C _ I know it breaks	8x8	1/1/2 BENCH REVERSE CRUNCH LIFT COMBINATION (8 cts) 2 cts, knees in 2 cts, legs extend 90° upwards 4 cts, lower legs down to 45° Option: Lift tail bone after first 4 reps	8x
	1:13	Instr (Melody)	4x8	16x BENCH PULSE CRUNCH Arms reach forward, hands to feet	1x
2	1:33	V2 You look as	16x8	Repeat SET 1	
3	2:51	V3 So, baby pull	4x8	2/2 BENCH HIP BRIDGE	4x
	3:10	Rep We ain't ever	4x8	1/1 SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION L leg up 2 cts, lift hips up 2 cts, L leg extends outward 2 cts, L leg in 2 cts, lower hips down	4x
	3:30	Instr (Melody)	4x8	16x BENCH PULSE CRUNCH	1x
RESET	3:50	Br	1½x8	RESET	
4	3:52	V4 So, baby pull	4x8	2/2 BENCH HIP BRIDGE	4x
	4:12	Rep We ain't ever	4x8	1/1 SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION R leg up	4x
	4:32	Instr (Melody)	4x8	16x BENCH PULSE CRUNCH Arms reach forward, hands to feet	1x

1 BENCH REVERSE CRUNCH / BENCH REVERSE CRUNCH LIFT COMBINATION / BENCH PULSE CRUNCH**LAYER 1**

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

BENCH REVERSE CRUNCH

- Hands come over
- Grab the top of the bench
- Elbows in
- Up, up, down, down
- Knees above hips, shins parallel
- Knees straight up

BENCH REVERSE CRUNCH LIFT COMBINATION

- Knees in, legs extend straight up, lower 45 degrees
- Focus on keeping the lower back towards the bench as the legs lower
- Progress to lift your tail bone as your legs go up

BENCH PULSE CRUNCH

- Pulses
- Slide ribs to hips
- Tuck chin in
- Shoulder blades off the floor
- Stay high

2 BENCH REVERSE CRUNCH / BENCH REVERSE CRUNCH LIFT COMBINATION / BENCH PULSE CRUNCH**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 up at your class and coach to what they need at that time. Coach the class where they should be feeling it.

- Stay focused on keeping your lower back towards the bench as you lower the legs
- Squeeze glutes as you extend to control the move
- Imagine sliding your ribs closer towards your hips
- As you extend your legs up think about a tail bone lift
- This will add more intensity into the abdominals
- Control as you lower the legs

3 BENCH HIP BRIDGE / SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION**LAYER 1**

Coach the Layer 1 Position and Execution setup of the Hip Bridge to get the class moving then focus on clear Timing cues of the Hip Bridge With Leg Extension so the class does not have to keep looking back at you.

BENCH HIP BRIDGE

- Up, up, down, down
- Squeeze glutes
- Hips are level
- Drive through your heels
- Getting us stronger for BODYPUMP

SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION

- Lift the leg first
- Lift hips, extend, in and down
- Drive through the heel
- Can you feel it working
- Keep squeezing glutes to keep the hips high
- Drive the heel through the floor to stay lifted

4 BENCH HIP BRIDGE / SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION**LAYER 3**

Use Layer 3 Motivational cues to bring your class to the finish line with challenge and effort. We can do this through Intrinsic Motivation – 'Think how great you will feel for the rest of the day'. Extrinsic – 'We are shaping a great six-pack'. Positive – 'Stay strong – you've got this' and challenge cues 'I know you can lift 1 inch higher'.

PUMP FACT

Hip Bridges provide us with the opportunity to improve inner-range gluteal strength. This is a key component of gluteal function that is often omitted when we train.

10 COOLDOWN

Love On The Brain > 3:47 mins

10

TRACK FOCUS

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

SET		MUSIC		EXERCISE
1	0:05	Intro	(Rhythm)	2x8 CHILDS POSE
	0:20	V1	Got me like oh	2x8 KNEELING TWISTED HIP FLEXOR STRETCH L L leg forward. Upper Body Twist, R hand on L knee
	0:38		Got me like oh	2x8 KNEELING HAMSTRING STRETCH L
	0:55		Me like ahh	4x8 SEATED GLUTEAL HURDLER STRETCH L
2	1:28	C	Love on the brain	4x8 LYING SHOULDER STRETCH L, R R arm forward, L arm threads under, shoulder down to floor, palm up. Repeat on other side
3	2:02	V2	Brain. Then you	2x8 KNEELING HIP FLEXOR STRETCH WITH TWIST R R leg forward. Upper Body Twist, L hand on R knee
	2:19		Me like ah-ah-ah	4x8 KNEELING HAMSTRING STRETCH R
	2:35		Baby Like ahhhh	4x8 SEATED GLUTEAL HURDLER STRETCH R
4	3:09	C	Love on the brain	2x8 ILIOTIBIAL BAND STRETCH L, R
	3:25		Must be love on	1x8 STANDING UPPER BACK STRETCH Cross arms in front
	3:33		No matter what	1x8 STANDING CHEST STRETCH Arms open wide
	3:42	Outro	Must be love	1x8 SHOULDER ROLL

COACHING TIPS

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