



PRESENTERS FROM
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FRANCE

LES MILLS
BODYPUMP

RELEASE **101**

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

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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.

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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, Siewertz 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, Swarston, Cox	Chase & Status feat. George the Poet	3:27
	Spoken Word Courtesy of the Universal Music Group. Written by: Kennard, Milton, Mpanga, Ledwidge, Swarston, 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, Mhanda, Nobel, Goebel	PARRI\$	5:31
6 BICEPS	Jungle Youth © 2016 Fueled By Ramen, LLC. Produced Under License From Atlantic Recording Corp. Written by: Tilley, Comtois, Gadhia, Doostzadeh, 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, Doostzadeh, 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

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

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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 and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYPUMP 101



From L-R: Ben Main, Glen Ostergaard, Khiran Huston, Reagan Kang, Romain Prevedello, Marcus Benson-Day

BODYPUMP 101 is a 'back to basics' release – simple strong moves with driving music that will tone and shape all the muscles of the body while burning calories!

A generation jump in music sees us pumping to huge acts on the EDM scene – balanced with cool Modern Rock and Pop for contrast.

The Pulses are back in Squats, Chest, Triceps, Biceps and Lunges tracks to amp up the muscular tension and push key metabolic drivers – giving us that lean, muscular look. You know you want it!

Short rests in the Chest and Back tracks drive up the intensity levels. It felt like my first Back track ever... just wait!

Backward-Stepping Lunges are a key innovation – giving us functional strength benefits and making us feel amazing.

Standing Side Rotator Raise With 2x Pec Dec in the Shoulders track delivers shoulder strength and stability, colliding dramatically with the drop in the music!

I hope you enjoy it!

Glen

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.

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

Reagan Kang (Malaysia) is a BODYPUMP and CXWORX™ Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a BODYCOMBAT™ and an RPM Instructor. He is also a personal trainer and CrossFit coach and is based in Singapore.

Khiran Huston (New Zealand) is a BODYPUMP and RPM Instructor, and a LES MILLS GRIT Series Coach. She is based in Auckland.

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

Romain Prevedello (France) is a BODYPUMP, BODYATTACK, BODYSTEP™ and a CXWORX Trainer, and a LES MILLS GRIT Series Trainer. Romain manages a gym in Toulouse.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the USA found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate-to-vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublikehealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

BODYPUMP: IMPROVING NECK ALIGNMENT

Lifting weights improves muscle tone, bone health and burns calories... but to get the most out of your workout – and to minimize your chances of injury – good neck alignment is essential. Let's look at some common causes of neck tension and some simple ways to improve neck alignment when you're teaching BODYPUMP.

How do we look after our neck when we deadlift?

The important thing here is to maintain **Neutral Neck Alignment**, where you have a slight inward curve (in your neck) and your ears are directly above your shoulders. This will ensure your vertebrae are in the best position to take the load when you're lifting.

When deadlifting, we often see people with a **Forward Head Posture**. This can lead to pain because the vertebrae aren't in a position to take the compressive forces created by the weight. To remedy this, lift your chest and tuck your chin and maintain this position throughout the lift.

One more issue you may encounter in BODYPUMP is **Neck Flexion** – where participants simply drop their head and look directly down at the floor.

Layer 1 cues like *'Maintain a high chest position'*, *'Tip from the hip'*, *'Keep your chest lifted'* and *'Keep your chin tucked'* are really important when coaching the Deadlift. These cues will help your class to maintain neutral neck alignment and avoid a forward head position or neck flexion. *'Maintain a pinch between the shoulder blades'* is another essential Layer 1 cue to keep tension out of the upper trapezius and ensure that the load remains in the scapular stabilizers – rather than the neck.

What about bench work?

Doing chest and tricep work on a bench can also lead to poor neck alignment. Those of us with a more rounded upper back may need to over-extend our neck to rest our head on the bench. To fix this, try placing a folded towel under your head; you'll maintain better overall neck alignment as you won't need to extend your neck back so far.

Bench work creates some specific problems for BODYPUMP instructors as you are often turning your head sideways to talk to your class. We recommend three ways to avoid this:

1. Don't turn your head sideways (to address your class) for long periods of time.
2. If you do want to talk to or watch your class for longer periods, you should sit up.
3. Alternate which direction you lie on your bench when you teach. This prevents the imbalance that occurs if you're always lying and turning your head the same way.

What about Crunches?

People often use a forward head position as they lift forward into a Crunch – which can lead to neck tension or even injury. Once again, this is easily fixed. When you lift forward into a Crunch, keep your chin tucked and your eye-line between your knees at the top of the move.

So, next time you're deadlifting, doing bench work or Crunches these simple tips will not only improve your neck alignment but they'll also reduce your chances of injury. When you're teaching, make sure you use Layer 1 cues to set your class up with good neck alignment before they start moving; and when you're teaching on the bench, limit the time you spend with your head turned to one side.

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.

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

1 WARMUP

WEIGHT SELECTION

Light barbell and 2x light plates

BARBELL 

2x PLATES

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** throughout the entire track – **N**ame of **E**xercise, **T**empo and **T**arget 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

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 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.

2 SQUATS

WEIGHT SELECTION

BARBELL

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

WEIGHT SELECTION

REGULARS: Chest weight or less
NEW PEOPLE: Warmup weight

BARBELL 

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

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or slightly more

NEW PEOPLE: Barbell with Chest weight

BARBELL

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.

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 SET Stance
	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 Option: Butt on bench 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 Options: Kneeling, knees, toes 4x
	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

WEIGHT SELECTION

Small to medium plates
Option: Barbell with Warmup weight

2x PLATES

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

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	5x
	0:33 (Distorted vocal)	8x8 4/4	4x
	0:59 (Build)	6x8 1/1	12x
	1:18 (Driving beat)	2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Keep plate on chest in ALTERNATING BACKWARD-STEPPING LUNGE	2x
	1:31 (Horns)	8x8 6x PULSE L, R (32 cts)	2x
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	4x
	2:35 (Build)	6x8 1/1 Use last 8 cts to transition plates to chest for ALTERNATING BACKWARD-STEPPING LUNGE	11x
	2:54 (Driving beat)	4x8 2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Step L leg back first	2x
	3:07 (Horns)	8x8 6x PULSE L, R (32 cts) Use last 2 cts to transition to PLATE SQUAT MID Stance	2x
	3:32 (Low clap)	4x8 1/1 PLATE SQUAT MID Stance	8x
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	4x
	4:12 (Build)	6x8 1/1 Use last 8 cts to transition to plate to chest for ALTERNATING BACKWARD-STEPPING LUNGE	11x
	4:31 (Driving beat)	4x8 2/2 ALTERNATING BACKWARD-STEPPING LUNGE (16 cts) Step R leg back first	2x
	4:44 (Horns)	8x8 6x PULSE L, R Use last 2 cts to transition to PLATE SQUAT MID Stance	2x
	5:10 (Low clap)	4x8 16x PLATE PULSE SQUAT MID Stance	1x

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

WEIGHT SELECTION

Barbell with light weight
2x small plates

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

BARBELL 

2x PLATES

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.

9 CORE

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	1/2x8	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

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!*

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

Execution Setup

- Hips sit back
- Knees out
- Chest up
- Abs Braced



WIDE Stance

Layer 2

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

WIDER STANCE SQUAT

Position Setup

- Same as for WIDE Stance
- Heel-toe wider than Wide Squat

Execution Setup

- Hips sit back
- Knees out
- Chest up
- Abs Braced



WIDER Stance

Layer 2

- Drive your feet apart
- Knees out

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 toward 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 toward 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 – slight 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



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

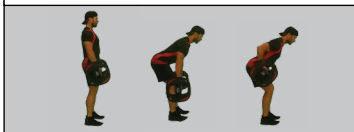
Execution Setup

- 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.



POWER PRESS

Position Setup

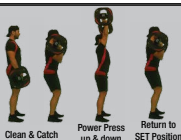
- SET Position
- **Knees bent**
- **Chest up – abs braced**
- Bar in front of chin

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 collarbones
- 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



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.



STANDING TRICEP OVERHEAD EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Shoulders down
- **Belly in, abs braced**
- **Chest up**
- Hold the plate overhead, arms slightly forward, so you can just see your elbows

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top
- **Elbows in**

Layer 2

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



SEATED TRICEP OVERHEAD EXTENSION

Position Setup

- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted – abs braced**
- Chin tucked in

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top
- **Elbows in**

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



TRICEP DIP

Position Setup

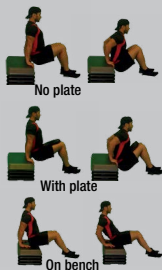
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

- **Drop butt close to bench top – butt towards the floor**
- Elbows bend toward the back of the room

Layer 2

- Full extension to the top



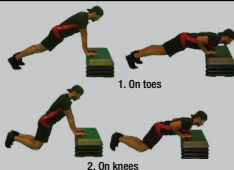
BENCH TRICEP PUSHUP

Position Setup

- **Hands shoulder-width apart**
- **Abs braced**

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



BICEP PLATE CURL

Position Setup

- Arms by side, palms face in, Plate Curl
- 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 to thighs

Layer 2

- Brace abs to stop trunk sway



BICEP PLATE ROW

Position Setup

- As Bicep Plate Curl

Execution Setup

- Tip forward from the hips
- Plate to kneecaps
- Pull the plate to ribcage, just under chest, rotate plates as you Row
- Elbows pull high to the back

Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together



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



PLATE SQUAT

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel with the floor, 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
- Butt stops just above knee level – knees at 90 degrees
- Brace the abs as the plate moves over head
- Elbows slightly forward

Layer 2

- Push through the heel as you rise, to activate your glutes
- Squeeze the butt on the way up



ALTERNATING BACKWARD STEPPING LUNGE

Position Setup

- Long step back
- Feet stay hip-width apart
- 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

- Plate to chest
- Stay low to isolate the legs

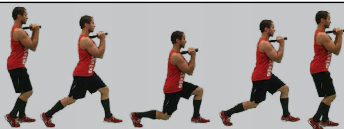


PLATE LUNGE

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 REAR DELTOID RAISE

Position Setup

- SET Stance
- Chest up, tip forward from the hip
- Trunk leans on a 45-degree angle
- Chest lifted
- Keep the chin tucked in and the back of the neck long, eyes look about 6 feet (2 meters) 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 height
- Elbows slightly forward of shoulders
- 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).



STANDING SIDE ROTATOR RAISE WITH 2x PEC DEC

Position Setup

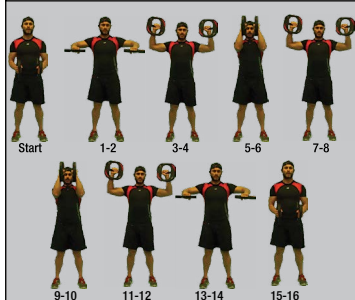
- SET Position
- Elbows at 90 degrees
- Chest up, abs braced

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Rotate shoulders to open arms
- Elbows move to the front with the shoulder blades moving forward, then elbows move back squeezing shoulder blades
- Repeat Pec Dec press and return to start position
- Chest Lifted abs braced

Layer 2

- Make sure you complete all phases of work especially the downward phase of the Rotator Raise



STANDING SIDE ROTATOR RAISE WITH 2x OVERHEAD PRESS

Position Setup

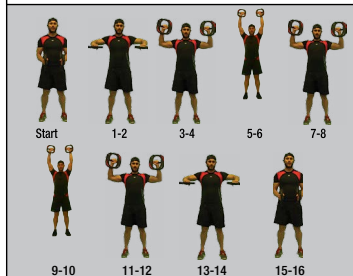
- SET Position
- Elbows at 90 degrees
- Chest up, abs braced

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Rotate shoulders to open arms
- Press plates over head twice
- Elbows slightly forward
- Lower forearms back to shoulder height
- Return to start position

Layer 2

- Make sure you complete all phases of work, especially the downward phase of the Rotator Raise



STANDING OVERHEAD PUSH PRESS

Position Setup

- SET Stance
- Knees bent
- Chest up – abs braced
- Bar in front of chin

Execution Setup

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

Layer 2

- Bend the legs to catch the bar
- Bend and drive
- Power the bar up



BENCH REVERSE CRUNCH LIFT COMBO

Position setup

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

Execution Setup

- Legs extend to 90 degrees
- Lower to 45 degrees
- Keep lower back close to bench as legs lower
- Progress to lift tail bone off the bench

Layer 2

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



BENCH REVERSE CRUNCH

Position setup

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

Execution Setup

- Drive knees upward
- Lift tail bone

Layer 2

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



BENCH PULSE CRUNCH

Position Setup

- Lie down on the bench
- Feet on floor close to bench
- Hands off the floor by hips, palms down

Execution Setup

- Lift shoulders off bench
- Slide ribs to hips
- Chin tucked in towards the throat

Layer 2

- Maintain the height – feel the burn



BENCH HIP BRIDGE

Position Setup

- Feet shoulder-width apart

Execution Setup

- Drive through your heels, and lift hips upward
- **Squeeze through your glutes**
- Slowly lower



SINGLE-LEG BENCH HIP BRIDGE WITH LEG EXTENSION

Position Setup

- Feet shoulder-width apart
- Lift the leg first
- Lift hips, extend, in and down
- **Squeeze the glutes to keep the hips high**

Execution Setup

- Drive through your heels, and lift hips upward
- **Squeeze through your glutes**



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