

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.

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.

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