

LES MILLS
BODYPUMP

103



BODYPUMP 103

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01. WARMUP

2x PLATES

BARBELL

MUSIC Places

5:08 mins

WEIGHTS

Light barbell and 2x small plates

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on **NETT** throughout the track – **N**ame of **E**xercise, **T**iming and **T**arget Zones so the class can transition through all the changes smoothly. Advise your class to have small weights for the plate work.

SET 1

0:04 / Intro / REPS
2x8 **SET Position, Shoulder Roll**

0:12 / V1 / _ I come back
4x8 4/4 **DEADLIFT**, SET Stance 2x

0:27 / Could go **anywhere**
4x8 2/2 4x

0:43 / PC / Not with **you**
4x8 1/1 **DEADROW** 4x

0:58 / C / Not with **you**
4x8 **TRIPLE DEADROW** (16cts) 2x
Use last 4cts to jump hands wide for
WIDE DEADROW

1:13 / Instr / (Distorted vocal + melody)
4x8 **TRIPLE WIDE DEADROW** (16cts) 2x

SET 2

1:28 / Rep / With you
2x8 **Shoulder Roll** and hands reset to
narrow grip

1:38 / PC / Where we found us
6x8 2/2 **STANDING UPRIGHT ROW**,
SET Stance 6x

1:59 / C / Not with **you**
4x8 2/2 **CLEAN & PRESS** (16cts) 2x

2:14 / Instr / (Distorted vocal + melody)
4x8 1/1 **CLEAN & PRESS** (8cts) 4x
Last 4cts, transition bar to back for
SQUAT

2:30 / (Low)
2x8 Set up for **SQUAT**, WIDE Stance

2:37 / (Distorted vocal)
2x8 4/4 **SQUAT**, WIDE Stance 1x

2:45 / C / Not with **you**
4x8 1/1 8x

3:01 / (Distorted vocal + melody)
4x8 2x **BOTTOM HALF SQUAT** (8cts) 4x

SET 3

3:16 / (Low)
2 ½x8 **TRANSITION:** Bar down, pick up 2
plates, set up for **STANDING SIDE RAISE**

3:25 / Where we found **us**
2x8 2/2 **STANDING SIDE RAISE**,
SET Stance 2x

3:33 / PC / _ Ah I'm not me
4x8 2/2 **STANDING SIDE ROTATOR RAISE**
(16cts) 2x

3:48 / Not with **you**
4x8 1/1 **STANDING SIDE ROTATOR RAISE**
(8cts) 4x
Last 4cts, transition to L leg Lunge, R foot,
hold plates down by sides

4:03 / Instr / (Distorted vocal + melody)
4x8 1/1 **PLATES LUNGE L** 8x

SET 4

4:19 / (Low)
2x8 **TRANSITION:** Stack plates together,
plates hang low between legs. Set up **LOW**
PLATE SQUAT, WIDER STANCE

4:25 / (Distorted vocal)
2x8 4/4 **LOW PLATE SQUAT**,
WIDER Stance 1x

4:34 / C / Not with **you**
4x8 1/1 8x
Last 4cts transition to R leg Lunge, L foot
back, hold plates down by sides

4:49 / Instr / (Distorted vocal + melody)
4x8 1/1 **PLATES LUNGE R** 8x
Hold plates down by sides

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

01. WARMUP

TECHNIQUE & COACHING

SET POSITION

LAYER 1

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

- Heels under hips, toes turned 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 – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – Knees, belly, knees and lift**
- **Wide Triple Deadrow – Hands wider, bar to knees and lower ribs, knees, ribs, knees, ribs and lift**

SET 2

LAYER 1

Set 2 starts with Upright Rows then introduces the Clean & Press, allowing the class to practice the technique with lightweights. We finish with Wide Stance Squats to generate heat in the legs. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns to help the class achieve good lifting Technique.

- **Upright Row – Bar aims for lower chest, elbows wide**
- **Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body**
- **Squat Wide Stance – Feet wide, hips go back and down, knees press out, hips and knees to 90 degrees**

SET 3

LAYER 1

Set 3 is where we use plates to finish the Warmup. Coach clear Layer 1 Position and Execution cues to get your class moving safely and effectively. We warm the shoulders through integrated exercises and keep the plates for the Lunge work.

- **Side Raise – Elbows just below shoulder level, chest up, abs braced**
- **Rotator Raise – Elbows lift to side, stopping just under shoulder height; rotate shoulders to open arms back to 90 degrees, chest up**
- **Lunge – long step back, rear knee down, front thigh parallel to the floor, shoulders and hips square to front**

SET 4

LAYER 1/LAYER 2

Set 4 prepares the legs for Track 2 with the Wider Squat, stacking the plates together with the arms long, then separating them again for the final set of Lunges. Coach great posture and connect everyone to the workout ahead.

- **Wider Stance Squat – Stack plates together, chest lifted, shoulder blades squeeze together, hips back and knees out**
- **Lunge – Separate plates, long step back, front knee out, rear knee down**

CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Try to connect with everyone in the room, not just your regular participants in the front row.

02. SQUATS

BARBELL ⊖

MUSIC Here Comes The Sun
5:24 mins

WEIGHTS

Regulars: 2–4x your Warmup weight

New People: Double your Warmup weight

TRACK FOCUS

We use 2 stances – WIDE and WIDER – to create fatigue in the legs by focusing on full range of motion.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus, quads

WIDER Stance: Gluteus maximus, side glutes, posterior chain, quads

SET 1

SET 2

0:05 / (Intro)	REPS	2:42 / (Low) Recovery - Shake legs, 4x8 Set up SQUAT , WIDER Stance	
0:18 / V1 / _ It's been too long		2:56 / _ It's been too long	
8x8 4/4 SQUAT , WIDE Stance	4x	8x8 4/4 SQUAT , WIDER Stance	4x
0:47 / Rep / Here comes the sun		3:24 / Here comes the sun	
8x8 2/2	8x	8x8 2/2	8x
1:16 / Rep / Here comes the sun		3:53 / Rep / Here comes the sun	
4x8 1/1/2	4x	4x8 1/1/2	4x
1:30 / Instr / (Synth)		4:07 / Rep / Instr / (Synth)	
4x8 2x BOTTOM HALF SQUAT (8cts)	4x	4x8 2x BOTTOM HALF SQUAT (8cts)	4x
1:44 / (Synth wind up)		4:21 / (Synth wind up)	
4x8 4x BOTTOM HALF SQUAT (16cts)	2x	4x8 4x BOTTOM HALF SQUAT (16cts)	2x
1:59 / (Pulsing beat)		4:36 / (Pulsing beat)	
8x8 1/1	16x	8x8 1/1	16x
2:27 / (Pulsing beat)		5:04 / (Pulsing beat)	
4x8 16x PULSE SQUAT (32cts)	1x	4x8 16x PULSE SQUAT (32cts)	1x
		5:19 / Outro	

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

02. SQUATS

TECHNIQUE & COACHING

1 WIDE STANCE SQUAT

LAYER 1/LAYER 2

Coach Position and Execution setup to get the class moving well. Set the Wide Stance position up from Mid-stance so participants find the perfect Wide squat - with the heel-toe wider. Use NETT to coach good Squat technique – referring to Timing, Target zones and leg alignment. Be clear on the bottom-half timing so participants are moving on the correct tempo to achieve muscular tension. In Layer 2, focus on improving execution by maintaining a strong core brace. This allows us to complete the full range of movement without compromising spinal integrity.

- **Feet outside hips, Heel-toe wider, toes slightly turned out**
- **Abs braced**
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- **Knees track out** to get the glutes into the workout
- **Butt stops just above knee line**, that's your range
- Drop and stop
- It's building now
- Bottom half for 2
- Down halfway, down and up
- Stay down for 4
- Keep pushing your knees out to fire the glutes
- Singles, down and up
- Focus on keeping the chest up
- Now feel your core brace and wrap around your strong back so you can access your true depth without compromising spinal integrity
- Challenge: 16 pulses
- Stay in the bottom range of the Squat
- Forcing every muscle fiber to engage

2 WIDER STANCE SQUAT

LAYER 1/LAYER 2/LAYER 3

– We are halfway. Reset new stance – heel-toe wider. Quickly coach Layer 1 Execution cues for the Wider Stance with the focus on Timing and Range. The Wider Stance allows us to sit deeper into the hips, recruiting more muscle fibers whilst maintaining strong upper body position and posture. Use Layer 2 cues to explain to the participants how they can feel the exercise more, or how they can improve technique to engage the side glutes. Intensity will hit hard in the Bottom Halves, building pressure that releases in the Single Squats; so use clear Timing cues and focus on full range to make sure no one checks out of the workout. The challenge is to stay in the bottom range of the Squat with 16 Pulses at the end of the block. What Layer 3 cues will you use to take your class with you?

- **One heel – toe wider – Wider Stance**
- Super slow
- **Hips sit back, knees out**
- In this stance we have more muscles to play with to find true depth
- **Butt just above knee line**, no lower
- **Chest up**, lock shoulder blades into spine
- Focus is on the side glutes
- Press the outside edge of the feet into the floor
- You should feel it engage into the side glutes
- Let's test it out, let's find the tension
- Drop and hold
- Building again
- Get down and stay down
- Down halfway, down and rise
- Are your legs on fire?
- No? stay down for 4
- We have to release this pressure
- 16x Singles
- Down and up
- You've got this
- Find your true depth
- 20 more seconds
- The team is with you – will you come with us?
- 16x Pulses
- You are so powerful

INTENSITY

Staying in the bottom range of the Squat for the Pulses creates pressure in the legs quickly. The focus is to achieve full range and good timing on every repetition – creating THE REP EFFECT™.

PUMP FACT

One of the biggest challenges in the Wide and Wider Stance Squats is to keep the knees tracking in line with the middle of the feet. Coaching “drive your knees out” prevents them angling in, which creates pressure on the underside of the knee cap.

03. CHEST

1x PLATE BARBELL (⊖)

MUSIC Believer 5:13 mins

WEIGHTS

Regulars: Barbell with 1/3 off your Squat weight; medium to large plate

New People: Barbell with Warmup weight; small to medium plate

DEMONSTRATE

Plate Press Pull-over

TRACK FOCUS

Coach clear Position and Execution setup in every exercise so that they are easy to follow.

Match the muscular intensity in the combination to the feel of the music.

MUSCLE FOCUS

Pectorals, triceps and deltoids, lats

SET 1

0:05 / (Intro) REPS
2x8 **SET Position, CHEST PRESS**

0:12 / V1 / **First** things first
8x8 2/2 **CHEST PRESS** 8x

0:41 / PC / I was **broken**
4x8 3/1 4x

0:56 / C / (Drop)
8x8 **COMBINATION 1** (16cts): 4x
1/1 **CHEST PRESS** (4cts)
5x **PULSE CHEST PRESS** (12cts)

SET 2

1:26 / V2 / **Third** things third
4x8 2/2 **CHEST PRESS** 4x

1:41 / PC / I was choking
4x8 3/1 4x

1:56 / C / (Drop)
8x8 **COMBINATION 1** (16cts): 4x
1/1 **CHEST PRESS** (4cts)
5x **PULSE CHEST PRESS** (12cts)

SET 3

2:26 / V3 / **Last** things last
2x8 **TRANSITION: PLATE PRESS PULL-OVER**, bar down, pick up plate, set plate up above chest, arms long, ready for PLATE PRESS PULL-OVER

2:33 / In my **veins** oh ohh
4x8 2/2/2/2 **PLATE PRESS PULLOVER** (16cts) 2x

Plate above chest, 4cts down to mid chest, 4cts over to top of head, 4cts back to chest, 4cts press up

2:48 / C / Like _ / (Drop)
8x8 1/1/1/1 **PLATE PRESS PULL-OVER** (8cts) 8x

3:18 / Rep / **Third** things third
2x8 **TRANSITION: BENCH PUSHUP**, hands on bench

3:26 / Spirit to a dove
6x8 2/2 **BENCH PUSHUP** 6x
↓Options: **Kneeling, on knees or Toes**

3:48 / C / Like _ / (Drop)
8x8 **BENCH PUSHUP COMBINATION 2** (16cts): 4x
1/1 **BENCH PUSHUP** (4cts)
5x **BENCH PULSE PUSHUP** (12cts)

SET 4

4:18 / V4 / **Last** things last
2x8 **TRANSITION: PLATE PRESS PULL-OVER**, pick up plate

4:25 / In my **veins** oh ohh
4x8 2/2/2/2 **PLATE PRESS PULL-OVER** (16cts) 2x

4:40 / C / (Drop)
8x8 1/1/1/1 **PLATE PRESS PULL-OVER** (8cts) 8x

Recovery: Shake the arms, roll the shoulders and Chest Stretch.

03. CHEST

TECHNIQUE & COACHING

1 CHEST PRESS

LAYER 1

Coach Position and Execution setup cues for the Chest Press – using **NETT** to coach Target Zones and Timing so participants are moving well and understand the timing for the combination.

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- 2/2 timing
- Elbows out wide
- **Elbows top of the bench for range**
- 1x Single and 5x Pulses
- Drop and pulse
- Stay in the bottom range of the Press

2 CHEST PRESS

LAYER 1/LAYER 2

The first set is short so continue to coach Layer 1 Execution cues coaching = Timing, Range and Target zones. Then, explain how to achieve more from the Chest Press by focusing on strong technique – driving the shoulder blades into the bench as you lower the bar and opening the elbows wide to create expansion through the chest. On the way up, focus on squeezing through the chest to feel how this creates more muscle tension and activation.

- *This time, we want to move better*
- *Open your chest on the way down by squeezing your shoulder blades into the bench*
- *Start to feel the muscle tension*
- *Dig the heels in and brace the core*
- *On the way, up focus on your chest squeeze for more muscle activation*
- *Combo – 1x Single, 5, 4, 3, 2, 1*
- *Keep the tension through the upper body*
- *Transition is quick – bar to the floor and grab a heavy plate*

3 PLATE PRESS PULL-OVER/PUSHUP

LAYER 1

Set 3 is about coaching clear Execution of the Plate Press Pull-over so everyone is moving well. Encourage your participants to take the plates off the bar, as role-modeled on the video. The Pushups in the combination are challenging so offer the options to ensure everyone feels successful – and of course challenge your hardcore participants to try the Pushups on toes. Continue to count the timing of the combination so the class feels the build in intensity with body-weight training.

PLATE PRESS PULLOVER

- Lie down with your plate
- Bring the **plate down to the mid chest**
- **Pull-over to crown of head**
- Pull back and push up
- As we speed up, **brace hard through the core**
- 1, 2, 3, 4
- **Keep the lower back close to the bench** as you press over and pull back
- **Elbows at 90 degrees**
- Full range, plate to crown of head



PUSHUP

- *Quickly to the back of your bench*
- **Hands wide**
- On knees or toes
- Slow Pushup
- **Lower chest to elbow level**
- Back to the combo
- 1 Single, 5 Pulses
- *If you need to, drop to knees or bring knees close to the bench*
- **Brace abs** to stabilize your upper body
- Push the bench away

4 PLATE PRESS PULL-OVER

LAYER 2/LAYER 3

Set 4 repeats of the Press Pull-over with a big plate. Challenge your participants to maximize the results of this final set by adding more weight. Show your love of the workout and the music to motivate your class to the end of this set.

- *Final round on the bench*
- 2/2 Pullover
- *Lock the core in and keep lower back close to the bench*
- *Keep the elbows in as you lower*
- *Big movements, big muscular improvements*
- *Focus on keeping shoulders down away from ears as you pull back*

INTENSITY

Mixing up the muscular recruitment by using different exercises – combined with minimal rest periods – maximizes the training effect and allows us to maintain a high level of intensity to achieve gains faster.

PUMP FACT

We recommend that once people are able to do 16 Pushups on their knees with good form, they should try full pushups on the toes. The secret to gaining lean muscle in the long term is to continue to add new challenges to the target muscles.

04. BACK

1x PLATE

BARBELL

MUSIC I Need You 6:19 mins

WEIGHTS

Regulars: Barbell with Chest weight or more

1x Large plate

New People: Barbell with Chest weight

1x Small or medium plate

TRACK FOCUS

Clearly coach Position and Execution setup to maximize strength in the Deadlifts and Deadrows. Focus on efficiency of movement in the Clean & Press by coaching this move with clarity.

MUSCLE FOCUS

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

Deadrow: Lats

SET 1

0:05 / (Intro) REPS
4x8 **SET Position**, WIDE Grip

0:19 / Instr / (Pulsing cymbals)
4x8 / 2/2 **WIDE DEADLIFT** 4x

0:34 / (Heavy Synth)
8x8 1/1 **WIDE DEADROW** 8x

1:03 / V1 / _She was
4x8 2/2 **WIDE DEADLIFT** 4x

1:17 / _It ain't easy
4x8 1/1 **WIDE DEADROW** 4x

1:32 / And she cries
4x8 2/2 **WIDE DEADLIFT** 4x

SET 2

1:47 / (Low) RECOVERY
Bar down, shake out body
4x8 **SET Position**, REGULAR Grip

2:01 / (Strum)
4x8 2/2 **DEADLIFT** 4x

2:15 / PC / I need you
8x8 1/1 **DEADROW** 8x

2:45 / Instr / (Synth)
8x8 1/1 **CLEAN & PRESS** (8cts) 8x
Options: 4x **CLEAN & PRESS**
4x 1/1 **DEADROW**

3:14 / (Build)
2x8 **TRANSITION TO PLATE**, Bar down,
pick up plate, plate to chest, MID Stance

3:21 / (Drum wind up)
2x8 4/4 **PLATE FRONT SQUAT**, MID
Stance 1x

3:28 / (Synth melody)
8x8 1/1 **PLATE SQUAT PRESS** 16x

SET 3

3:58 / (Low) RECOVERY
Plate down, shake out body
4x8 **SET Position**, REGULAR Grip

4:12 / (Strum)
4x8 2/2 **DEADLIFT** 4x

4:26 / PC / I need you
8x8 1/1 **DEADROW** 8x

4:56 / Instr / (Synth)
8x8 1/1 **CLEAN & PRESS** 8x

5:25
2x8 **TRANSITION TO PLATES**, Bar down,
pick up plate, plate to chest, MID Stance

5:32 / (Drum wind up)
2x8 4/4 **PLATE FRONT SQUAT** MID Stance 1x

5:39 / (Synth melody)
8x8 1/1 **PLATE SQUAT PRESS** 16x

6:09 Outro

Recovery: Torso Twists. Upper Back Stretch,
clasp hands in front, tuck in chin, spread
shoulder blades apart.

PUMP FACT

Wide Deadlifts and Deadrows increase engagement of the mid-traps and rhomboids. The wider hand position results in the shoulder blades moving away from the spine. This sends a message to these muscles to pull harder to stabilize the shoulder girdle and upper back.

04. BACK

TECHNIQUE & COACHING

1 WIDE DEADLIFT / WIDE DEADROW

LAYER 1/LAYER 2

Explain how to execute the moves using Position and Execution setup and NETT. Focus on developing great lifting technique. Using Layer 2 cues that focus on engaging the upper back will help improve participants' technique and increase the intensity.

WIDE DEADLIFT

- **Hands wide on the bar**
- **Feet under hips**
- **Abs braced and chest lifted**
- Set the shoulders back and down
- Deadlift 2/2
- **Bar to top of the knees**
- **Tip forward from the hip**
- **Chest lifted**
- Bar close to your legs
- Press the bar into the thighs to engage the upper back
- Can you feel how the wide grip sets your mid-traps and rhomboid?
- It's great for the Clean & Press coming up

WIDE DEADROW

- **Bar to knees, ribs, knees and rise**
- **Elbows high and wide**
- Long straight back
- **Chin tucked in, eyes gaze ahead 6½ feet (2 meters)**
- **Lift chest and brace abs**
- Wrap the bar around the body to engage more muscles through the upper back
- Stay still at the bottom of the Row
- Bar down and shake out

2 DEADLIFT / DEADROW / CLEAN & PRESS / PLATE FRONT SQUAT / PLATE SQUAT PRESS

LAYER 1/LAYER 2

Layer 2 focuses on how to Improve Execution and Manipulate Intensity. Help your participants to feel the work in the hamstrings and continue to coach upper back engagement to create great posture in the Deadlifts and Deadrows. Creating great alignment prepares participants for the Clean & Press. Use clear Layer 1 cues to ensure solid lifting technique in the Clean & Press and Squat Press - coach the basics well. Encourage participants to take plates off the bar to use for the Squat Press.

DEADLIFT

- SET Position
- Slide your hips back

DEADLIFT (continued)

- Feel the stretch in the back of your legs and your hamstrings
- Recover through the Deadlift
- Push your hips back and find the kneecaps again
- Dig your heels into the floor and feel the hamstrings
- Squeeze your glutes to stand

DEADROW

- Single Row
- **Knees, belly, knees, stand**
- Awesome strength training
- Elbows in and straight back
- Squeeze shoulder blades together
- Setting your back for the Clean & Press

TRIPLE DEADROW

- Intensity comes again
- Triple Rows 3, 2, 1, stand
- **Squeeze shoulder blades together**
- Start to feel the heat between your shoulder blades

CLEAN & PRESS

- Single Clean & Press,
- Drop, drive, catch, set
- **Brace abs** when you catch
- **Bar close to the body**
- Pull your body under the bar
- Get under your bar quickly
- **Drive the bar with the legs**
- Check you can see your bicep out the corner of your eye; this means you're not over-extending
- **Elbows slightly forward**

PLATE FRONT SQUAT

- Bend your knees, bar down
- Pick up your big plate
- **Rack the plate high on the collarbones**
- **Feet outside hip-width**
- **Brace abs and chest up**
- Slow Squat
- **Hips sit back and down**
- **Butt just above knee level**

PLATE SQUAT PRESS

- 16x Squat Press
- **Check you can see your elbows forward of face**
- See how the **butt sits back and then resets under shoulders**
- **Butt just above your knee line for range**
- **Core strong**
- Drive your legs into the floor to shoot the plate high into the sky
- This lifts the heart rate and maximizes the calorie burn

3 DEADLIFT / DEADROW / CLEAN & PRESS / PLATE FRONT SQUAT / PLATE SQUAT PRESS

LAYER 2/LAYER 3

Set 3 is a repeat of Set 2! Congratulate your class on the massive workload they've achieved so far and encourage them for the final block of work. Use layer 3 motivational cues to help maximize the results! Show your love of the workout through genuine physical role-modeling as fatigue will be kicking in now – be a strong role model to bring your class with you and don't forget that the music is a motivation in itself!

- Second set is going to be better than the first
- Feel the music
- Reset the body, shoulders back
- Final set of Rows
- When we set our upper back really well it makes for epic work overhead
- Dynamic phases
- 8x Clean in a row
- Quick elbows
- Squat under the bar
- Drive with the legs
- Keep bar close to the body and drive through the legs to make the press effortless overhead
- Bar down, swap for plates
- Rack it high
- 1x super slow
- 16x Squat Press – let's go
- Hips back and drive with the legs
- Are you ready? Come with us
- All the way to the end
- Catch high on the collarbones to finish

PERFORMANCE

Try a team-teach to bring a new dynamic to this track, as demonstrated in the Masterclass footage. Your voices play a key role in ensuring this track 'goes off' and we work with the music – not against it! Remember to use vocal contrast. Use a Conversational voice in the verses and when the music builds in the pre-chorus go with it by using a building voice. When the chorus and instrumental music hits, use a variety of Big and Intense voices to command success for your participants. It's their job to show up... It's your job to get them to the finish line.

INTENSITY

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

05. TRICEPS

1x PLATE

MUSIC Come Get It Bae

4:41 mins

WEIGHTS

Regulars: 1x Medium/large plate

New People: 1x Small/medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the tricep exercises, along with the fast transitions so it is easy to follow. Coach how to Improve Execution to achieve isolation with the cool feel of this song.

MUSCLE FOCUS

Tricep Bench Pushups: Triceps and deltoids

Standing & Seated Tricep Overhead Extensions and Dips: Triceps

SET 1

0:05 / (Intro) / You miss me
2x8 **Set up STANDING TRICEP OVERHEAD EXTENSION SPLIT** Stance

0:12 / (Beat) REPS
4x8 2/2 **STANDING TRICEP OVERHEAD EXTENSION, SPLIT** Stance 4x

0:27 / V1 / I can **do** anything
4x8 1/1/2 4x

0:42 / PC / I **know** you
4x8 1/1 SET Stance 8x

0:57 / C / You wanna **ride** it
4x8 2/2 SPLIT Stance 4x

1:13 / V2 / I can see it
4x8 1/1/2 4x

1:28 / PC / I **know** you
4x8 1/1 SET Stance 8x

1:43 / C / You wanna **ride** it
4x8 2/2 SPLIT Stance 4x

SET 2

1:58 / Br / There comes a time
2x8 **TRANSITION:** Bench top for **TRICEP DIP**

2:06 / Baaaby
6x8 4/4 **TRICEP DIP** 3x
↳ Option: Butt on bench

2:29 / PC / Come get it bae
4x8 1/1 8x
Use last 4cts to pick up plate

2:44 / C / You wanna ride it
4x8 2/2 **SEATED TRICEP OVERHEAD EXTENSION** 4x
Use first 4cts to pick up plate and transition to **SEATED TRICEP OVERHEAD EXTENSION**

2:59 / Rep / Hey
2x8 1/1 4x

3:07 / C / You wanna **ride** it
4x8 2/2 4x

SET 3

3:23 / There comes a time
2 1/2x8 **TRANSITION:** Bench top for **TRICEP PUSHUP**

3:30 / Br / Baaaby
6x8 4/4 **TRICEP BENCH PUSHUP** 3x
↳ Options: **Kneeling, on knees or toes**

3:53 / PC / Come get it bae
4x8 1/1 8x

4:07 / C / You wanna **ride** it
2x8 **TRANSITION: STANDING TRICEP OVERHEAD EXTENSION, SET** Stance

4:15 / Gunna pop a wheelie
2x8 2/2 **STANDING OVERHEAD TRICEP EXTENSION, SPLIT** Stance 2x

4:23 / Rep / Hey
4x8 1/1 SET Stance 8x

Recovery: Shake the arms; Tricep Stretches.

05. TRICEPS

TECHNIQUE & COACHING

1 STANDING TRICEP OVERHEAD EXTENSION

LAYER 1

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

STANDING OVERHEAD TRICEP EXTENSION

- *Split Stance*
- *Bend knees*
- **Brace abs**
- **Lift chest**
- *Extension 2/2*
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Hit the full range*
- *Stability – bend knees and brace abs*
- *Make sure your upper arm is still for isolation*
- *Set Stance for Singles*
- *All the way down, all the way up*
- *What do you say? Come get it bae*

2 TRICEP DIP / SEATED TRICEP OVERHEAD EXTENSION

LAYER 1/LAYER 2

Coach Position and Execution setup for the Tricep Dip using NETT. Be clear on Timing cues so the class can easily follow you and experience the feel of the music. Layer 2 cues help Improve Execution and Manipulate Intensity. Focus on maintaining stability through the core and trunk when seated on the bench to create isolation in the muscles.

TRICEP DIP

- *Come to the bench*
- *Dip position*
- *Palms on bench, fingers forward*
- *Butt off bench*
- **Lift chest**
- *Super slow Dip*
- *Bend elbows to the rear*
- **Brace abs**
- **Your butt stays close to the bench**
- *Option – sit on bench and work from here*
- *Press your palm through the bench to activate your triceps*
- *Quick transition, grab your plate*

SEATED OVERHEAD TRICEP EXTENSION

- *Cross legs, knees open*
- *Overhead Extension 2/2*
- **Lift chest**
- *Full range on Singles*
- **Squeeze elbows in**
- **Plate to base of neck and full extension to the top**
- **Strong core**

3 TRICEP BENCH PUSHUP / STANDING TRICEP OVERHEAD EXTENSION

LAYER 1/LAYER 2/ LAYER 3

Briefly coach the basics for the Pushups to get participants moving, then challenge them to work harder as there are only 11 repetitions. Celebrate the feel of the intensity and music during the last set of Overhead Extensions. Use inclusive language to bring everyone together as you head towards the finish line.

TRICEP PUSHUP

- *Come to the side of the bench*
- *Hands on bench*
- **Brace abs**
- **Chest to elbow level**
- **Elbows in and back**
- *Option – knees on the floor*
- *Come get it bae*
- *Push the bench through the floor*
- *Shape your triceps*

STANDING TRICEP OVERHEAD EXTENSION

- *Quick transition, grab the plate*
- *All the way to the base of the neck*
- *Come on team!*
- *Stay strong*
- *All the way to the end*

PUMP FACT

External cues focus on an imaginary outcome of an exercise. For example “pushing the bench through the floor” on a Tricep Pushup. Changing the focus away from the body can help increase muscle output.

06. BICEPS

2x PLATES

MUSIC Let Me Love You

4:20mins

WEIGHTS

2x Small/large plates

Option: Barbell with Warmup weight

TRACK FOCUS

Use precise cues to explain how to achieve bicep isolation through supination and give the benefits.

MUSCLE FOCUS

Biceps

SET 1

0:05 I use to believe	REPS
2x8 SET POSITION , SPLIT Stance	
0:14 / V1 / Selling a dream	
2x8 4/4 BICEP PLATE CURL , SPLIT Stance	1x
0:24 / PC / Say, go through	
4x8 3/1	4x
0:42 / C / Don't you give up	
4x8 2/2 STAGGER BICEP PLATE CURL SET Stance	4x
1:01 / Instr / (Low distorted synth)	
1/1 ALTERNATING SINGLE-ARM BICEP PLATE CURL L, R (4cts)	4x
OR Option	
2x8 1/1 MID-RANGE BICEP CURL with bar	4x
1:09 / (Beat + high synth)	
4x8 COMBINATION (16cts):	2x
4x MID-RANGE PULSE (8cts)	
2x 1/1 ALTERNATING SINGLE-ARM PLATE CURL L, R (8cts) push CURL up next to PLATE	
OR Option	2x
1/1 BICEP CURL with bar (8cts)	

SET 2

1:28 / V2 / Don't fall asleep	
4x8 4/4 BICEP PLATE CURL , SPLIT Stance	2x
1:47 / PC / Say, go through	
4x8 3/1	4x
2:05 / C / Don't give up	
4x8 2/2 STAGGER BICEP PLATE CURL , SET Stance	4x
2:24 / Instr / (Low distorted rhythm)	
2x8 1/1 ALTERNATING SINGLE-ARM BICEP PLATE CURL L, R (4cts)	4x
OR Option	
1/1 MID-RANGE BICEP-CURL with bar	4x
2:33 / (Beat + high synth)	
4x8 COMBINATION: (16cts)	2x
4x MID-RANGE PULSE (8cts)	
2x 1/1 ALTERNATING SINGLE-ARM PLATE CURL L, R (8cts)	
OR Option	
2x1/1 BICEP CURL with bar (8cts)	

SET 3

2:51 / V3 / Don't fall asleep	
4x8 4/4 BICEP PLATE CURL , SPLIT Stance	2x
3:10 / PC / Say, go through	
4x8 3/1	4x
3:28 / C / Don't give up	
4x8 2/2 STAGGER BICEP PLATE CURL SET Stance	4x
3:47 / Instr / (Low distorted rhythm)	
2x8 1/1 ALTERNATING SINGLE-ARM BICEP PLATE CURL L, R (4cts)	4x
OR Option	
1/1 MID-RANGE BICEP CURL with bar	4x
3:56 / (Beat + high synth)	
4x8 COMBINATION: (16cts)	2x
4x MID-RANGE PULSE (8cts)	
2x 1/1 ALTERNATING SINGLE-ARM PLATE CURL L, R (8cts)	
OR Option	
2x1/1 BICEP CURL with bar (8cts)	

06. BICEPS

TECHNIQUE & COACHING

1 BICEP PLATE CURL

LAYER 1

Use Layer 1 Position and Execution cues to get the participants moving with the right timing and range. Clearly coach the transition to Alternating Single Arm Plate Curl and pre-cue the combination.

- **Feet under hips**
- **Brace abs**
- **Lift your chest**
- Split Stance
- Bicep Plate Curl 3/1
- **Bring the plates all the way up to shoulder level**
- **Lower the plates down to your thighs**
- Rotate the plates halfway through the move
- Stagger, halfway, to the top, halfway, down
- **Keep elbows directly under shoulders**
- Single-Arm Bicep Curl, right then left
- **Brace abs to keep the body still**
- 4x Mid-Range Pulse and 4x Singles
- Both arms Mid Range Pulse – plate just above and just below elbow height

2 BICEP PLATE CURL

LAYER 2

Use Layer 2 cues to improve the Execution of the Plate Curl. Focus on Layer 2 cues that Improve Execution of the Plate Curl and create more intensity in the supination, selling the benefits of this move. The challenge is to use fewer words so participants can enjoy the music.

- *Super slow – I knew you were going to love this song*
- *3/1 Full twist to the top*
- *That twist is a supination and that creates isolation in your biceps*
- *Really feel the twist*
- *Stagger and enjoy this moment*
- *Alternating Singles, right arm*
- *Stay strong in the body*
- *All the way up all the way down*
- *4x Pulse, 4x Singles*
- *Halfway up and halfway down*

3 BICEP PLATE CURL

LAYER 3

Your role in this final set is to reinforce good technique and motivate everybody to the finish line. 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?

- *Super slow 4/4*
- *Final round ahead of us*
- *Just feel the freedom of the rhythm*
- *BODYPUMP never lets you down*
- *Set and stagger*
- *How much do we love this?*
- *Alternating Singles, right arm*
- *Freedom... Rhythm... Mid-Range Pulse, let's go!*
- *Let's see what you've got, pulse*

INTENSITY

Intensity in this track is generated by the supination in the Bicep Plate Curl and staying low in the Mid-Range Pulses.

MOTIVATION

Let the music speak. This is a really cool song so let participants enjoy it in their own way – singing, humming or moving to the beat. Connect to the lyrics and upbeat feel of the song. Help participants to stay in the workout and range by scripting a variety of all 4 motivational cues to cater to everyone.

PUMP FACT

Often when resistance training, achieving intensity comes from stabilizing what shouldn't be move. When performing Bicep Curls – keeping the upper arm vertical, the chest lifted with a pinch between the shoulder blades – this ensures the load is isolated to the biceps.

07. LUNGES

1x PLATE

BARBELL

MUSIC ILYSM

6:33 mins

WEIGHTS

1x Small/large plate

Options: Body weight or barbell with Warmup weight

TRACK FOCUS

Clearly coach the difference between muscle activation in the Lunges and Squats and script

Layer 3 motivational cues that bring everyone to the finish.

MUSCLE FOCUS

Squat/Lunge: Glutes and quads

SET 1

0:04
4x8 **Set up LUNGE** L, R foot B,
plate in rear hand
0:19 / V1 / I would like to
4x8 3/1 **PLATE LUNGE** L 4x
0:34 / I know **anybody's**
4x8 2/2 4x
0:49 / Rep / I wanna be
4x8 1/1 8x
1:04 / (Low)
12x8 **COMBINATION:** (16cts): 6x
3x **PULSE PLATE LUNGE** L (8cts)
2x 1/1 **PLATE LUNGE** L (8cts)

SET 3

3:17 / (Strum) RECOVERY
4x8 **Set up LUNGE** R, L foot B
3:31 / V3 / I would like to
4x8 3/1 **PLATE LUNGE** R 4x
3:46 / I know **anybody's**
4x8 2/2 4x
4:01 / Rep / I wanna be
4x8 1/1 8x
4:16 / (Low)
12x8 **COMBINATION** (16cts): 6x
3x **PULSE PLATE LUNGE** R (8cts)
2x 1/1 **PLATE LUNGE** R (8cts)

SET 2

1:48 / (Strum) RECOVERY
4x8 **Set up for LOW PLATE SQUAT,**
WIDER Stance, plate hangs low between
legs, plate is parallel to floor
2:02 / V2 / I would like
4x8 3/1 **LOW PLATE SQUAT,** WIDER
Stance 4x
2:17 / I know **anybody's**
4x8 2/2 4x
2:32 / Rep / I wanna be
4x8 1/1 8x
2:47 / Instr / (Synth melody)
8x8 32x **PULSE SQUAT** (64cts) 1x

SET 4

5:00 / (Strum) RECOVERY
4x8 **Set up for LOW PLATE SQUAT,**
WIDER Stance plate hangs low between
legs, plate is parallel to floor
5:15 / V4 / I would like
4x8 3/1 **LOW SQUAT,** WIDER Stance 4x
5:30 / I know **anybody's**
4x8 2/2 4x
5:45 / Rep / I wanna be
4x8 1/1 8x
5:59 / Instr / (Synth melody)
8x8 32x **PULSE SQUAT** (64cts) 1x

Recovery: Shake the legs. Quadricep Stretches.

07. LUNGES

TECHNIQUE & COACHING

1 PLATE LUNGE

LAYER 1

Coach Layer 1 Position and Execution setup to get participants moving with good range and timing in the Lunge. Be clear on Timing cues for the combination.

- **Feet under hips**
- *Grab a plate with your left hand or bar on upper back*
- **Long step back** with left leg
- **Rear knee towards the floor**
- **Front knee pushes out**
- **Square hips and shoulders to front**
- **Front thigh parallel to the floor to get good range**
- 8x Single, full range
- Combo: Hit the bottom range, keep it small
- Rear knee down and lock the front knee over the ankle
- Feel the intensity, feel the pressure in the legs

2 LOW PLATE SQUAT, WIDER STANCE

LAYER 1/LAYER 2

Coach Layer 1 Setup and Execution cues to get participants moving with good range and timing in the Wider Stance Squat. Encourage them to hit good range in the Pulses. Make sure you coach the plate position and provide options to lose the plate or bar if they are unable to maintain a high chest position in the Pulses.

- **Feet wide, toes turned out slightly**
- *Stack plates if using them*
- **Lift chest**
- *Tension between the shoulder blades to create a strong platform from which to squat*
- **Hips sit back and down**
- **Push knees out**
- **Butt stops above knee line**
- *Chest up for great posture*
- *Work full range every time*
- **BODYPUMP fans, you're not going to believe it!**
- 32 Pulses
- *Stay in bottom range of the squat*
- *Shoulders back, core braced*
- *If you're losing good posture, feel free to put plate or bar down.*



3 PLATE LUNGE

LAYER 2/LAYER 3

Use Layer 2 cues to Improve Execution by focusing on the direction of movement. Build intensity by coaching activation of the target muscles, then use Layer 3 motivational cues to keep everybody working hard under fatigue.

- *Switch legs*
- *Long step back*
- *Chest up, abs on*
- *Lunge 3/1*
- *Focus on your rear knee going down and your front knee out, to engage the glutes*
- *Feel the tension building as you move in a vertical line*
- *Push from the front heel to activate the glutes*
- *The intensity is in the combo.*
- *Really feel it.*
- *Feel the burn in Pulses, feel the strength in the Singles*
- *Can you feel the burn?*
- *Do you feel strong?*

4 LOW PLATE SQUAT WIDER STANCE

LAYER 2/LAYER 3

Reinforce Layer 1 Position and Execution cues to get your participants moving safely and effectively. Once everyone is moving well, use Layer 2 cues that Improve Execution by teaching them how focusing on the direction of force can increase the muscle activation. Layer 3 motivational cues help participants to work harder whilst under fatigue.

How will you bring your class to the finish line?

- *Wider Stance Squat – feet wide then heel-toe wider*
- *Chest up*
- *Abs braced*
- *You gotta burn it to earn it*
- *Hips go back. Knees out*
- *Feel the tension between your shoulder blades*
- *Push from the outside edge of your foot to engage side glutes*
- *Push your feet down and out*
- *Split the floor*
- *3 words – burn baby burn*
- *32, 31... Stay low in the Pulses*
- *Feel the burn*
- *Burn creates shape*
- *Burn creates tone*
- *Burn gives you results*
- *Almost there, stay in the game*

INTENSITY

The intensity in this track lies in focusing on the different muscle targets in Lunges and Wider Stance Squats, which creates 3D leg training. Lunges pre-fatigue the quadriceps and glutes, while Wider Stance Squats also engage the Side glutes, creating a huge calorie burn by training multiple large muscles at the same time.

PUMP FACT

Research has shown that taking our muscles to a point of fatigue creates changes in strength and tone. As the leg muscles have had a chance to recover after the Squat track, this is the best time to focus once more on challenging our leg muscles – pushing them to a point of fatigue.

08. SHOULDERS

1x PLATE

BARBELL 

MUSIC Paris

5:35 mins

WEIGHTS

Barbell with Warmup weight or less

2x Small plates

TRACK FOCUS

Clearly coach the Position and Execution setup of the Upright Row and Front Raise combination for good technique, then use strong role-modeling and motivation to challenge participants to give maximum effort.

MUSCLE FOCUS

Plate work: Muscles of the upper back, rear deltoids

Bar work: Deltoids, trapezius

SET 1

0:05 / Intro /
2x8 Set up for **STANDING REAR DELTOID FLY**

0:14 / V1 / We were staying in **Paris**
4x8 2/2 **STANDING REAR DELTOID FLY**,
SET Stance 4x

0:32 / C / If **we** go down
4x8 3/1 4x

0:50 / Rep / Let's show them
4x8 4/4 2x

1:08 / (Pulsing beat + high vocals)
8x8 3x **PULSE STANDING REAR DELTOID FLY** (8cts) 8x

SET 2

1:45 / (Low)
2x8 **TRANSITION:** Plates down,
pick up barbell

1:54 / We were staying in **Paris**
4x8 2/2 **STANDING UPRIGHT ROW**,
SET Stance 4x

2:12 / C / If we go down
4x8 3/1 4x

2:31 / Rep / Let's show them
4x8 **COMBINATION 1** (16cts): 2x
1x 2/2 **STANDING UPRIGHT ROW** (8cts)
1x 2/2 **STANDING FRONT RAISE** (8cts)

2:49 / Instr / (Pulsing beat + high vocals)
8x8 **COMBINATION 2** (8cts): 8x
2x **PULSE STANDING UPRIGHT ROW** (4cts)
1x 1/1 **STANDING FRONT RAISE** (4cts)

SET 3

3:26 / We go down
4x8 **RECOVERY.** Shake arm out. Pick up
barbell, option to pick up 2 plates.

3:44 / V3 / We were staying in **Paris**
4x8 2/2 **STANDING UPRIGHT ROW**, 4x
SET Stance

4:02 / C / If **we** go down
4x8 3/1 4x

4:20 / Rep / Let's show them
4x8 **COMBINATION 1** (16cts): 2x
1x 2/2 **STANDING UPRIGHT ROW** (8cts)
1x 2/2 **STANDING FRONT RAISE** (8cts)

4:39 / Instr / (Pulsing beat + high vocals)
8x8 **COMBINATION 2** (8cts): 8x
2x **PULSE STANDING UPRIGHT ROW** (4cts)
1x 1/1 **STANDING FRONT RAISE** (4cts)

5:15 / We go down
4x8 2/2 **STANDING UPRIGHT ROW** 4x

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

08. SHOULDERS

TECHNIQUE & COACHING

1 STANDING REAR DELTOID FLY

LAYER 1

Coach clear Layer 1 Position and Execution setup using NETT.

- **Feet under hips**
- **Tip forward from the hips**
- **Plates face each other**
- **Chest lifted, brace abs**
- **Eyes 6½ft (2 meters) ahead**
- *Rear Deltoid Fly 2/2*
- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze shoulder blades together**
- *Stabilize the body with knee bend*
- *Come into the slow timing*
- *Focus on control*
- *Isolation phase – 3 Pulses at the top of the move*
- *3, 2, 1 resist*
- *Stay in the top range*
- *Elbows stay just under shoulder line*
- *If you feel the burn, that's the sweet spot*
- *Keep abs tight*

2 STANDING UPRIGHT ROW / STANDING FRONT RAISE

LAYER 1

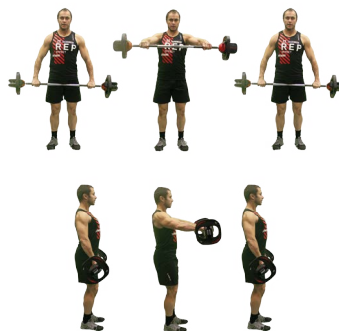
Coach Position and Execution setup of the exercises. Focus on timing, range and precision of movement to create isolation with the barbell.

STANDING UPRIGHT ROW

- *Pick up the bar, option plates*
- *SET Position*
- **Target zone: Lower chest**
- **Elbows lead**
- **Lift chest, brace abs**
- **Keep the bar close to your T-shirt**
- *It's a lot slower than you think*

STANDING UPRIGHT ROW / STANDING FRONT RAISE

- *Combination*
- *2/2 Upright Row, bar under chest*
- *2/2 Front Raise, **bar under shoulders***
- *2x Pulses, 1x Front Raise*
- *Resist on the way down*
- *Drag the bar down*
- **Bend the knees** to stabilize the body
- **Brace abs, lift chest**
- **Shoulder blades back**
- *Recovery coming*



3 STANDING UPRIGHT ROW / STANDING FRONT RAISE

LAYER 2/LAYER 3

Final set of work – you can encourage people to use more or less weight here. Your job is to ensure your class maintains the perfect precision of movement they established in Set 2, especially in the Front Raise – they will be feeling the burn! Coach a strong abdominal brace and to keep chest lifted in Layer 2, to minimize any movement through the trunk and to maximize the isolation.

- *Shoulders back and chest high*
- *Slow tempo 3/1*
- *We make a promise: we go down together*
- *Combo 2/2*
- *Bar under chest*
- *Bar under shoulders*
- *Good vibes only for the combo*
- *Loving the feel and the look on your faces*
- *Looking solid*
- *Only 4 more*

INTENSITY

Intensity in the bar work comes from stabilizing the upper body and shoulder blades to keep the load in the target muscles.

PUMP FACT

One of the added bonuses of strength training is learning to control our center of gravity against external load. In the Front Raise our center of gravity moves forward as we lift the bar. This requires more activation from our back muscles to stabilize the trunk position.

09. CORE

1x PLATE

MUSIC I Love You

3:15 mins

WEIGHTS

1x Medium / 1x large plate

TRACK FOCUS

Coach the Oblique Twist with plate with simple, precise cues for good Execution and Timing – then Maximize Intensity by explaining how to improve technique.

MUSCLE FOCUS

Plate Crunch/Pulse Plate Lift: Rectus abdominis

Plate lift with Oblique Twist: Obliques and rectus abdominis

SET 1

0:05 / Intro / REPS
1x8 **Set up PLATE CRUNCH**, feet on floor,
close to butt, plate to forehead

0:09 / C / I love you
4x8 2/2 **PLATE CRUNCH** 4x
Last 2cts, plate to chest

0:26 / V1 / _ I was tryna save us
8x8 1/1/1/1 **PLATE LIFT WITH OBLIQUE**
TWIST (8cts) L & R 4x
Plate at chest, plate lift up (2cts),
Oblique Twist L (2cts), plate to center (2cts),
plate back at chest (2cts)

0:59 / C / I love you
8x8 3x **PULSE PLATE LIFT**
Plate stays above shoulders. Plate to
forehead on last 2cts 8x

SET 2

1:33 / V2 / You ain't gotta / (Low strum)
8x8 2/2 **PLATE CRUNCH** 8x
Last 2cts, plate to chest

2:06 / C / Coz I love **you**
8x8 1/1/1/1 **PLATE LIFT WITH OBLIQUE**
TWIST (8cts) L & R 4x
Plate at chest, plate lift up (2cts),
Oblique Twist R (2cts), plate to center (2cts),
plate back at chest (2cts)

2:39 / (Melody) / I love you 8x
8x8 3x **PULSE PLATE LIFT**
Plate stays above shoulders. Plate to fore-
head on last 2cts

09. CORE

TECHNIQUE & COACHING

1 PLATE CRUNCH / PLATE LIFT WITH OBLIQUE TWIST / PULSE PLATE LIFT

LAYER 1

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

PLATE CRUNCH

- Come down to the floor
- Lie down, with an option to use plate
- Feet close to butt
- Plate to forehead
- Crunch up
- Tuck elbows in
- **Ribs to hips as you crunch**
- **Chin tucked in**

LIFT WITH OBLIQUE TWIST PLATE

- Press plate up and twist, center and down
- Up and across
- Think **opposite shoulder to knee**
- **Chin tucked in**
- Working the full range



PULSE PLATE LIFT

- Plate stays above shoulders
- Pulsing Crunches 3, 2, 1
- Lift shoulder blades off the floor
- **Keep chin tucked in**
- Push the plate through the ceiling
- **Crushing ribs to hips**
- Aim to lift knees to ceiling

2 PLATE CRUNCH / PLATE LIFT WITH OBLIQUE TWIST / PULSE PLATE LIFT

LAYER 2

Make sure you use lots of Timing cues to help participants move on the correct rhythm. Using Layer 2 cues that Improve Execution will help your participants to achieve good technique. This is the perfect time to look at your class and adapt your coaching to what they need to hear today. Explain where they should be feeling the work.

- Reset plate to forehead, 2/2 Crunch
- Roll up so you compress down and work upper abs
- Push the plate up and work it like a steering wheel
- Roll through to each side
- Finish it with pulsing Crunches
- Try to stay lifted the whole way through
- Stay connected to the end
- We love it!

10. COOLDOWN

MUSIC 1 Night

3:31 mins

TRACK FOCUS

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

SET 1

0:04 / Intro /

4x8 **LYING SUPINE** Hands O/H, legs straight

0:21 / V1 / _ you are something

4x8 **LYING FRONT DELTOID STRETCH** L

0:38 / PC / _ we have a

4x8 **KNEELING HIP FLEXOR TWIST** R,
R arm lifts up

0:55 / C / was only one **night**

4x8 **KNEELING HAMSTRING STRETCH** L

1x8 **TRANSITION: STANDING**

1:12 / C / ohhhh ohh

4x8 **STANDING QUADRICEP STRETCH** R

1:29 / C / was only one **night**

4x8 **ILIOTIBIAL BAND STRETCH** R

Transition back to the floor on last 4cts

SET 2

1:46 / V2 / got that chain

4x8 **LYING FRONT DELTOID STRETCH** R

2:03 / C / we have a connection

4x8 **KNEELING HIP FLEXOR TWIST** L
L arm lifts up

2:20 / C / was only one **night**

4x8 **KNEELING HAMSTRING** R

2:38 / C / ohhhh ohh

4x8 **STANDING QUADRICEP STRETCH** L

2:54 / C / was only one **night**

4x8 **ILIOTIBIAL BAND STRETCH** L

Shake out legs and arms

10. COOLDOWN

TECHNIQUE & COACHING

COACHING TIPS

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

BONUS

02. SQUATS

BARBELL (E)

MUSIC | Still Recall

5:07 mins

WEIGHT SELECTION

Regulars: 2–4 times your Warmup weight**New People:** Double Warmup weight

TRACK FOCUS

We use 2 stances – WIDE and WIDER – to engage the glutes and generate fatigue in the legs. Focus on staying in the bottom range of the Squat in the Pulses to build intensity.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET 1

0:05 / (Intro) REPS
4x8 **Setup SQUAT** – WIDE Stance

0:18 / V1 / I still recall
8x8 4/4 **SQUAT** – WIDE Stance 4x

0:44 / C / We are **beyond**
4x8 3/1 4x

0:57 / C / We are **beyond**
4x8 2/2 4x

1:10 / (Synth melody)
4x8 1/1 8x

1:23
4x8 3x **PULSE SQUAT** (8cts) 4x
After last rep, hold at the top for transition

SET 3

3:14
2x8 **HOLD** – WIDER Stance

3:21 / I still recall
8x8 4/4 **SQUAT** – WIDER Stance 4x

3:47 / (Synth Melody)
4x8 3/1 4x

4:00 / C / We are **beyond**
4x8 2/2 4x

4:13 / (Up beat)
4x8 1/1 8x

4:26 / (Synth Melody)
8x8 **COMBINATION** (16cts) 4x
3x **PULSE SQUAT** (8cts)
2x 1/1 (8cts)
After last rep, hold at the top

4:52 / (Outro)

SET 2

1:35 (Low)
2x8 **TRANSITION:** Heel-toe wider for
WIDER Stance

1:42 / V2 / I still recall
8x8 4/4 **SQUAT** – WIDER Stance 4x

2:09 / (Synth melody)
4x8 3/1 4x

2:22 / C / We are **beyond**
4x8 2/2 4x

2:35 / (Up beat)
4x8 1/1 8x

2:48 / (Synth melody)
8x8 **COMBINATION** (16cts)
3x **PULSE SQUAT** (8cts)
2x 1/1 (8cts) 4x

Recovery: Torso Twists, shake the legs,
Quadricep Stretches;

02. SQUATS

TECHNIQUE & COACHING

1 WIDE STANCE SQUAT

LAYER 1

Cue Position and Execution setup of the Wide Stance Squat. Use NETT to coach good Squat technique – referring to Timing, Target zones and leg alignment. Be clear on your Timing cues for the Pulse Squat Combination.

- **Feet outside hip-width, heel-toe wider, toes slightly turned out**
- **Abs braced**
- **Lift the chest** and keep it there
- **Bring your elbows forward** and create tension through the upper back
- **Hips sit back and down**
- **Knees track out** to get the glutes into the workout
- **Butt stops just above knee line**
- **Drive out of the heels**
- **3 Pulses** – stay in the bottom range of the Squat
- **Heel-toe wider**

2 WIDER STANCE SQUAT

LAYER 2

Set up the new stance – heel-toe wider. Coach Layer 1 Execution cues for the Wider Stance Squat with a focus on activating the glutes. Use Layer 2 cues to explain how participants can feel the exercise more, or how they can improve technique. The burn will hit hard in the Triple Pulse Squat combination, so use clear Timing and Range cues to Manipulate Intensity with a focus on driving out of the heels and squeezing the butt on the way up.

- **One heel-toe wider – Wider Stance**
- **Wider Stance** for more stability and to engage more muscles
- **Chest up**
- **Focus is on the glutes**
- **Hips sit back, knees out**
- **90 degrees range**
- **Triple Pulse, 3, 2, 1, and 2 quickly**
- **Chest is up and brace abs** to get through this block
- **Stay in the bottom range of the Squat**
- **Drive the heels down**
- **Get excited** - here's comes the big stuff
- **Full range the 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
- **Stay as low as you can** - this is where the intensity is

3 WIDER STANCE

LAYER 2/LAYER 3

SET 3 is a repeat of SET 2 and it bites hard! The Wider Stance allows us to sit deeper into the hips, recruiting more muscle fibers whilst maintaining a strong upper body position. We target the side glutes by pushing through the outside edge of the heels, aiming to '*rip the floor apart with your feet*'. This external coaching cue helps participants to experience more tension and heat in the legs to shape them faster. Your motivational language will be a big factor in helping your participants to finish the track. We motivate through 4 ways – Intrinsic, Extrinsic, Challenging and Positive language; how will you motivate your class to reach the finish line?

- *Keep the tension on for results*
- *Metabolic stress of the muscles creates fast results*
- *You want to have the burning feeling*
- *Drive your heels out and split the floor*
- *Keep driving the knees out to fire the glutes even more*
- *Intensity is building*
- *Focus on the floor – drive the floor away*
- *Activate side glutes and hips*
- *90 degrees everyone*
- *You, the move and the music as one*

INTENSITY

Staying in the bottom range of the Squat for the Pulses creates pressure in the legs. The focus is on achieving full range and good timing every repetition to create THE REP EFFECT.

PUMP FACT

Stopping the range at a 90-degrees hip and knee flexion allows our participants to maintain a neutral lumbar spine. This is a slight inward curve in the lower back. Maintaining neutral spinal allows us to keep the load in the target muscles and away from the joints.

05. TRICEPS / BICEPS

1x PLATE

BARBELL **MUSIC** Ritual/Fracture

6:30 mins

WEIGHTS

Triceps – large plate

Biceps – barbell with Warmup weight or more

Option: Small – large plates**TRACK FOCUS**

Coach the transitions well so the class can easily follow the different exercises. Explain how to execute each exercise and sell the benefits. Encourage the addition of more weight to the barbell for Bicep Curls as we have 2 short sets.

MUSCLE FOCUS**Tricep Pushups:** Triceps and deltoids**Standing Overhead Extensions and Dips:** Triceps**Biceps:** Biceps

SET 1

0:05 / Instr / (Chords)
2x8 **Set up for STANDING OVERHEAD TRICEP EXTENSION – SPLIT Stance**

0:13 / V1 / **You** giving me
4x8 2/2 **STANDING OVERHEAD TRICEP EXTENSION – SPLIT Stance** 4x

0:30 / PC / You're something **different**
4x8 1/1 8x

0:46 / C / Whoa iiiii
8x8 2x **BOTTOM HALF TRICEP EXTENSION** (8cts) 8x

1:20 / Instr / (Melody)
8x8 3x **PULSE STANDING OVERHEAD TRICEP EXTENSION** (8cts) 8x

SET 2

1:53 / V2 / (Low)
1x8 / **TRANSITION:** Plate down, Pick up bar for **BICEP CURL**
SET Stance

1:57 / V2/ Ahh always something
4x8 / 4/4 **BICEP CURL** SET Stance 2x

2:17 / V2 / (Heavy)
8x8 / 3x **MID-RANGE PULSE** (8cts) 8x

SET 3

2:56 / C / (Low guitar)
2x8 / **TRANSITION** Bar down, transition to bench top for **TRICEP DIPS**

3:03 / C / Whoa iiiii never
4x8 / 2/2 **TRICEP DIPS** 4x
↓Options: Butt on bench
Plate on lap

3:20 / C / So hold me down
4x8 / 1/1 8x

3:37 / Instr / (High melody)
8x8 / 3x **PULSE TRICEP DIP** (8cts) 8x

SET 4

4:10
1x8 / **TRANSITION:** Plate down, Pick up bar for **BICEP CURL**

4:15 / Always something
4x8 / 4/4 **BICEP CURL** 2x

4:34 / (Heavy)
8x8 / 3x **MID-RANGE PULSE** (8cts) 8x

SET 5

5:13
2x8 / **TRANSITION** Bar down, transition to bench top for **TRICEP PUSH UP**

5:21 / Whoa iiiii
4x8 / 2/2 **BENCH TRICEP PUSHUPS** 4x
↓Options: On Knees / Kneeling / On Toes

5:37
4x8 / 1/1 8x

5:54 / Instr /
8x8 / 3x **PULSE BENCH TRICEP PUSHUP** (8cts) 8x

05. TRICEPS / BICEPS

TECHNIQUE & COACHING

1 STANDING OVERHEAD EXTENSION

LAYER 1/LAYER 2/LAYER 3

Coach Layer 1 Position and Execution setup for the Tricep Extension using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises. You have a long set of the Bottom Half Extensions so use Layer 2 cues that focus on stability – creating isolation in the muscles to maximize intensity. The Pulses hit hard at the end of the set so use Layer 3 motivational language to get your class through.

- Split Stance
- Bend knees
- **Brace abs**
- Plate up and forward of the body
- **Lift chest**
- Extension 2/2
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- Singles 8 times
- Hit the full range
- SET position
- Bottom Half for 2 slow
- Full activation of triceps
- Slow pressure, slow release
- 3 Pulses down, down, down
- Bend knees and brace belly
- Tension is on and it stays on
- Small movement in the bottom range
- Quick transition grab your bar

2. BICEP CURL

LAYER 1

Coach clear cues for Position and Execution setup focusing on target zones, tempos, and range, especially in the Mid-Range Pulses.

- SET Position
- **Brace abs**
- Super slow
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift your chest**
- 3 Mid Range Pulse
- One in ch above and one inch below
- Stay grounded
- BODYPUMP training
- Transition is fast, bar down

3 BENCH TRICEP DIP

LAYER 1/LAYER 2/LAYER 3

Layer 1 Position and Execution setup will get participants moving well with this new exercise. Layer 2 internal and external coaching cues help to build intensity fast and Layer 3 motivational cues drive your class to a strong finish.

- Tricep Dips
- **Hands under shoulders**, fingers forward
- **Lift chest**
- Weight in hands
- Elbows to the back of the room
- **Keep the butt close to the bench as you drop**
- Option: Butt on bench; you're still in the workout zone
- Full range for more muscle activation and fast results
- More resistance – put a plate on your lap
- Movement is small and controlled
- Drive through the heel of the hand
- You can do it – only 2 more!
- Stand up quickly, grab the bar for Bicep Curls

4 BICEP CURL

LAYER 2/LAYER 3

Use this set to coach Layer 2 cues that Improve Execution in the Bicep Curl. Ensuring precision of movement manipulates the intensity, creating muscular tension for fast results. Challenge participants to stand still and feel the pressure as they enjoy this cool song.

- Super slow
- Are you still with us?
- Fastest way to change muscular shape
- Precise movement – one inch above and one below
- Dig the heels in and brace the core
- Challenge is to stay still and strong to finish the set

5 TRICEP PUSHUP

LAYER 1/LAYER 2/LAYER 3

Briefly coach Layer 1 Position and Execution setup of the Tricep Pushup including options. This is the final set and it's your job as instructor to challenge your participants so they can achieve their fitness goals.

- Tricep Pushup – come to side of bench
- Corkscrew your hands into the bench
- Squeeze under your armpits to engage the lats for stability
- Knees or toes
- 2/2 down, down, up, up
- **Chest to elbow level**
- **Brace core**
- **Elbows close to ribs**
- If you're not hitting the range, bring your knees under hips – you're still working hard!
- Focus on pushing through the bench
- Feel the bench push down

PUMP FACT

In this track we are supersetting between opposing muscle groups. This allows us to keep the intensity high and may be an opportunity to increase resistance.

06. LUNGES / SHOULDERS

2x PLATES

MUSIC Heaven (Club Mix)

5.40 mins

WEIGHTS

2x Small/Large plates

TRACK FOCUS Coach the fast transitions with early pre-cues, Range and Timing cues. This will help participants feel the intensity in the dynamic and isolated upper and lower body training.

MUSCLE FOCUS

Lunges: – Glutes and quadriceps

Plate Work – Muscles of the upper back, rotator cuffs, trapezius, deltoids

SET 1

0:05 / (Intro)

2x8 **Set up STANDING REVERSE FLY** –
SET Stance

0:12 / Instr / (Chime)

6x8 / 2/2 **REVERSE FLY** – SET Stance 6x

0:35 / Instr / (Low)

1x8 **SHOULDER ROLL** 1x
Step R leg B into **LUNGE L**

0:39 / V1 / Oh thinkin' about

4x8 / 4/4 **LUNGE L WITH 4/4 SIDE RAISE** 2x
Use last 4cts to change sides

0:54 / V1 / Now nothing can

4x8 / 4/4 **LUNGE R WITH 4/4 SIDE RAISE** 2x
Step to SET Stance on last 2cts

1:08 / V1 / You keep me coming back

1x8 / **SHOULDER ROLL**, Step R leg B 1x

1:12 / C / Baby you're all

4x8 / 1/1 **LUNGE WITH 1/1 SIDE RAISE L** 7x
Use last 4cts to change sides

1:27 / C / and love is

4x8 / 1/1 **LUNGE WITH 1/1 SIDE RAISE R**
(32cts) 7x

Use last 4cts to SET Position

1:42 / C / (Synth)

12x8 / 1/1/1/1 **ALTERNATING BACKWARD-
STEPPING LUNGE L, R WITH 1/1 SIDE
RAISE** (16cts) 6x

2:27

16x8 / **ALTERNATING BACKWARD
STEPPING LUNGE HOLD L,R WITH 1/1
DOUBLE SIDE ROTATOR RAISE** (32cts) 4x

SET 2

3:27 / V2 / Now nothing

5x8 / **RECOVERY:** Option to use heavier plates

Set up SHOULDER PRESS WITH PLATES

3:46 / QC / Baby you're all

4x8 / 2/2 **SHOULDER PRESS WITH PLATES,**
SPLIT Stance 4x

4:01 / C / And love is

4x8 / 1/3 4x

4:16 / Instr / (Synth)

4x8 1/1 **SQUAT PRESS, MID Stance** 8x

SET 3

4:31

5x8 / **RECOVERY**

4:50 / C / And love is

12x8 / 1/1 **ALTERNATING BACKWARD-
STEPPING LUNGE L, R with 1/1
OVERHEAD SHOULDER PRESS** 12x

PUMP FACT

Integrated training is one of the fastest ways to change body composition. These exercises integrate legs, shoulders and core for a metabolic kicker.

06. LUNGES / SHOULDERS

TECHNIQUE & COACHING

1 REVERSE FLY / LUNGE SIDE RAISE / LUNGE ROTATOR RAISE

LAYER 1/LAYER 2

Coach Layer 1 Position and Execution setup focusing on timing, range and precision of movement to create isolation with the plates and dynamic movements. Layer 2 cues help to build intensity. Challenge your participants to stay in the effort in the long sets of Alternating Lunges with Side Raises and Static Lunges with Rotator Raise.

STANDING REAR DELTOID FLY

- **Feet under hips**
- **Tip forward from the hips**
- **Plates face each other**
- **Chest lifted, brace abs**
- **Eyes 6½ft (2 meters) ahead**
- *Rear Deltoid Fly 2/2*
- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze shoulder blades together**

LUNGE WITH SIDE RAISE

- *Shoulder Roll as you step in*
- **Long step back** with left leg
- **Chest lifted**
- *Slow Lunge 4/4*
- **Rear knee towards the floor**
- *Step in, change sides*
- **Front thigh parallel to the floor**
- **Hips and shoulders square to the front**
- *Step in slow Shoulder Roll*
- *Single Side Raise with Lunge*
- *7 Side Raises with lunges*
- **Lead with elbow**
- **Elbow just under shoulder level**
- **Brace abs and lift chest**



ALTERNATING BACKWARD-STEPPING LUNGE WITH SIDE RAISE

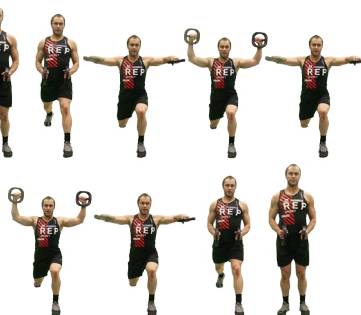
- *Single, alternating now*
- *Step, drop, up, and release*
- **Long step back**
- **Chest up**
- *Full range every rep*
- *Feel how you need to brace hard to stabilize your body*
- *Integrated movement; legs, core, shoulders*
- *We are in BODYPUMP heaven*



1 1 REVERSE FLY / LUNGE SIDE RAISE / LUNGE ROTATOR RAISE Continued

ALTERNATING BACKWARD STEPPING LUNGE WITH DOUBLE SIDE ROTATOR RAISE

- *Static Lunge with Rotator Raise*
- *Step and hold Rotator Raise 2 times*
- *Change legs*
- **Elbows stay under shoulder line**
- **Brace core, keep chest up**
- **Squeeze shoulder blades together as you rotate the plates**
- *Challenge comes in the depth of the lunge*
- *Remember: front thigh parallel to the floor*
- *The challenge is to stay in the effort – the results are worth it*
- *Integrated training – feel the burn*



2 SHOULDER PRESS WITH PLATES / SQUAT PRESS

SHOULDER PRESS WITH PLATES

Recover and encourage a heavier weight for this set of work. Clearly coach Position and Execution of the Shoulder Press using NETT.

LAYER 1/LAYER 2

- *Recover and you can challenge with heavier a weight for the static work*
- *Split Stance*
- *2/2 Shoulder Press*
- *From chin level to ceiling*
- **Keep elbows forward of face at the top**
- **Brace core, chest lifted**
- *Up fast, down slow with control*
- *Light weights, big tension*

SQUAT PRESS

- *Step in; Squat Press*
- *Bend and drive*
- **Feet under hips**
- **Brace core**
- *Hips back, use legs*
- **Drive out of the legs**
- *Little heart rate kick*

3 ALTERNATING BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

LAYER 1/LAYER 2/LAYER 3

Final set, this is the finisher! Quickly coach Layer 1 Position and Execution of this exercise to get everyone moving well. Coach a strong abdominal brace and keeping the chest lifted, using Layer 2 cues to minimize movement in the trunk and maximize the isolation. Layer 3 motivational cues will bring your class to a strong finish – what will you say and do?

- *Shake your legs out*
- *Heart rate, shape and tone*
- *Single Lunge as you press plates up*
- **Long step back**
- **Front thigh parallel**
- **Keep the chest lifted, abs braced**
- **Elbows slightly forward at the top**
- *Integrate legs, core and shoulders*
- *Stay strong through your core and drive out of your front heel as you push up*
- *The challenge is to hit the full range every rep*
- *Nearly there – you can do this*
- *Big kick and the results are worth it!*



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 & 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 slightly
- 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 and down
- Knees out
- Chest up
- Abs braced
- Butt stops just above knee at 90 degrees

Layer 2

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



WIDE Stance

WIDER STANCE SQUAT

Position Setup

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

Execution Setup

- Hips sit back and down
- Knees out
- Chest up
- Abs braced
- Butt stops just above knee at 90 degrees

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

CHEST PRESS

Position Setup

- Hands wide on the bar
- Bar above shoulders
- Brace abs – lower back towards the bench
- Feet hip-width and close to the bench

Execution Setup

- Bar to middle of the chest
- Elbows stop at bench level

Layer 2

- Squeeze shoulder blades on the way down to open the chest
- Drive upper back into the bench to stabilize the upper body



PLATE PRESS PULL-OVER

Position Setup

- Brace abs – lower back towards the bench
- Feet hip-width apart and close to the bench

Execution Setup

- Lower plate to lower chest
- Elbows at 90 degrees
- Pull-over to crown of head

Layer 2

- Lock the core
- Shoulders away from ears



GLOSSARY

PUSHUP

Position Setup

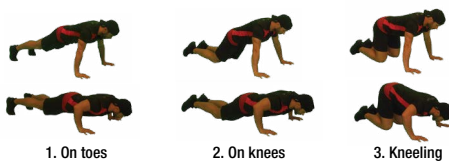
- Hands wide
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level

Layer 2

- Drive the floor / bench away



WIDE DEADLIFT

Position Setup

- SET Position
- Hands wide on the bar
- Abs braced – chest lifted

Execution Setup

- Bar to the knees

Layer 2

- Pull bar into thighs



WIDE DEADROW

Position Setup

- SET Position
- Hands wide on the bar
- Abs braced – chest lifted

Execution Setup

- Bar to the knees
- Row bar from knees to lower chest
- Chin in – eye gaze 6½ feet (2 meters) ahead
- Elbows high and wide
- Squeeze between shoulder blades

Layer 2

- Try and bend or wrap the bar around the body



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 forward from the hips, keeping the chest lifted
- Bar to knees
- Chin tucked in – eyes forward, 6½ 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 merely to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



GLOSSARY

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 collarbones
- 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

Fast elbows under the bar. Lift your T-shirt with the bar. Catch bar high on the chest and drive out of the legs.



PLATE SQUAT PRESS

Position Setup

- SET Position
- Plate high on collarbones
- Abs braced – chest lifted

Execution Setup

- Sit hips back and down
- Knees to 90 degrees
- Knees out
- Butt just above knee level
- Drive the plate over head – elbows slightly forward
- Brace abs as the plate moves over head

Layer 2

- Drive out of the legs to punch plate through the ceiling



PLATE FRONT SQUAT – MID STANCE

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



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 over head, 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

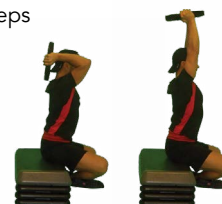
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted – abs braced**
- Chin tucked in

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



GLOSSARY

TRICEP BENCH PUSHUP

Position Setup

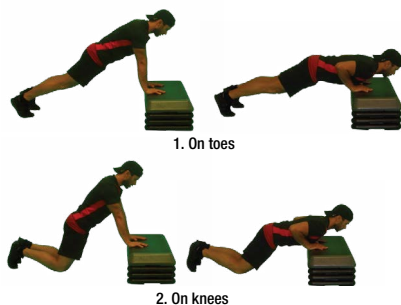
- Hands under shoulders
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor/bench away



TRICEP DIP

Position Setup

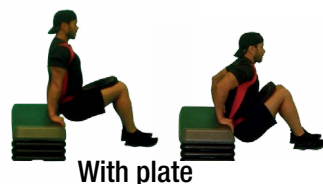
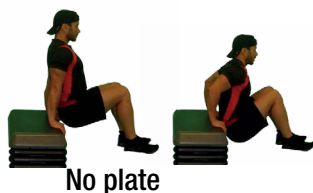
- Butt close to bench
- Chest lifted
- Weight in the heels of the hands

Execution Setup

- Lower butt towards the floor
- Butt stays close to bench
- Chest lifted
- Elbows to the rear

Layer 2

- Squeeze shoulder blades together to lift the chest and stabilize the upper body



BICEP CURL WITH THE BAR

Position Setup

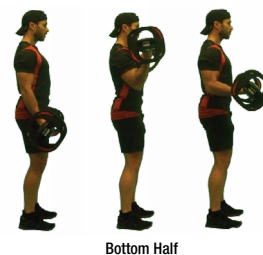
- SET Position
- Hands outside of hips
- Abs braced – chest lifted

Execution Setup

- Curl bar from thighs to front of shoulders
- Chest lifted – light pinch between shoulder blades
- Elbows under shoulders

Layer 2

- Full range every rep



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



SINGLE-ARM PLATE CURL

Position Setup

- SET Stance
- Chest up
- Abs in and braced

Execution Setup

- Plates in front of shoulders in full-range Curl
- Extend down to thighs

Layer 2

- Brace abs to stop trunk sway



GLOSSARY

PLATE LUNGE

Position Setup

- Feet hip-width apart 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

LOW PLATE SQUAT – WIDER STANCE

Position Setup

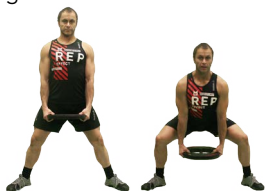
- Feet wide – toes turned out slightly
- Stack plates and hold in front of hips
- Lift chest
- Light squeeze between the shoulder blades
- Abs braced

Execution Setup

- Sit hips back and down
- Knees to 90 degrees
- Knees out
- Butt just above knee level

Layer 2

- Sit into the hips
- Find full range



REVERSE FLY

Position Setup

- SET Position
- Tip forward from the hips
- Body leans on a 45-degree angle
- Chest lifted, abs braced
- Keep the chin tucked in and the back of the neck long, eyes look about 3 feet (1 meter) in front

Execution Setup

- Lead with the elbows
- Elbows slightly bent
- Squeeze between the shoulder blades
- Aiming for stability

Layer 2

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



STANDING FRONT RAISE

Position Setup

- SET Position
- Abs braced – chest lifted

Execution Setup

- Lift bar to just under shoulder level
- Big ab brace to stabilize the trunk
- Chest stays lifted

Layer 2

- Control the bar – maintain full range



STANDING UPRIGHT ROW

Position Setup

- SET Position
- Abs braced – chest lifted

Execution Setup

- Bar to lower chest
- Elbows lead
- Bar close to body
- Light pinch between the shoulder blades

Layer 2

- Elbows high and wide



PLATE CRUNCH

Position Setup

- Plate to forehead
- Feet close to butt
- Chin tucked in

Execution Setup

- Slide ribs to hips

Layer 2

- Lift shoulder blades a little further off the floor



GLOSSARY

PLATE LIFT WITH OBLIQUE TWIST

Position Setup

- Plate above shoulders
- Feet close to butt
- Chin tucked in

Execution Setup

- Lift opposite shoulder towards knee

Layer 2

- Lift up and across to engage the obliques



LUNGE SIDE RAISE

Position Setup

- Feet hip width
- Chest lifted
- Elbows at a 90-degree angle

Execution Setup

- Long step back
- Bend back knee toward floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted abs braced
- Elbows lift to side – just under shoulder level
- Elbows slightly forward

Layer 2

- Maintain full range in the lunge – integrated training



LUNGE ROTATOR RAISE

Position Setup

- Feet hip width
- Chest lifted
- Elbows 90 degrees

Execution Set Up

- Long step back
- Bend back knee toward floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted abs braced
- Elbows lift to side – just under shoulder level
- Elbows slightly forward
- Squeeze shoulder blades as you rotate plates up

Layer 2

- Maintain full range in the lunge – integrated training



SHOULDER PRESS WITH PLATES

Position Setup

- Split stance
- Chest Up
- Abs braced

Execution Set Up

- Press plates up
- Elbows slightly forward at the top
- Abs braced
- Chest Up

Layer 2

- Punch the plates through the roof

BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

Position Setup

- Feet hip width
- Chest lifted
- Elbows 90 degrees
- Plates forward

Execution Set Up

- Long step back
- Bend back knee toward floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted abs braced
- Press plates up
- Elbows slightly forward at the top
- Abs braced
- Chest Up

Layer 2

- Full range in the lunge
- Punch the plates through the roof



MUSIC

- 1 **Places** (3.18)
Martin Solveig feat. Ina Wroldsen
Courtesy of the Universal Music Group.
Written by: Solveig, Wroldsen, Calfan
- Places** (1.50)
Martin Solveig feat. Ina Wroldsen
Courtesy of the Universal Music Group.
Written by: Solveig, Wroldsen, Calfan
- 2 **Here Comes The Sun (Tom Staar Radio Edit)** (5.24)
Will K feat. Sean Declase
© 2016 405 Recordings under exclusive license from Armada Music BV.
Written by: Kissas, Declase
- 3 **Believer** (3.19)
Imagine Dragons
Courtesy of the Universal Music Group.
Written by: McKee, Reynolds, Sermon, Tranter
- Believer** (1.54)
Imagine Dragons
Courtesy of the Universal Music Group.
Written by: McKee, Reynolds, Sermon, Tranter
- 4 **I Need You (Extended Club Mix)** (6.19) Armin Van Buuren feat. Olaf Blackwood
© (P) 2017 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: Garibay, Blackwood, Goeij, Buuren
- 5 **Come Get It Bae** (3.07)
Pharrell Williams
© 2014 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment
Written by: Williams
- Come Get It Bae** (1.34)
Pharrell Williams
© 2014 Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment
Written by: Williams
- 6 **Let Me Love You (R3hab Remix)** (2.33) DJ Snake & Justin Bieber
Courtesy of the Universal Music Group.
Written by: Wotman, Lee, Grigahcine, Marsden, Rosen, Bell
- Let Me Love You (R3hab Remix)** (1.47) DJ Snake & Justin Bieber
Courtesy of the Universal Music Group.
Written by: Wotman, Lee, Grigahcine, Marsden, Rosen, Bell

- 7 **ILYSM** (6.33)
Steve Aoki & Autoerotique
© 2016 Dim Mak Records, Inc.
Written by: Aoki, Robertson, Henderson, Jones, Crouch
 - 8 **Paris (LOUDPVCK Remix)** (3.35)
The Chainsmokers
© 2017 Disruptor Records/Columbia Records. Under licence from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Taggart, Eriksson, Häggstam
 - Paris (LOUDPVCK Remix)** (2.00)
The Chainsmokers
© 2017 Disruptor Records/Columbia Records. Under licence from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Taggart, Eriksson, Häggstam
 - 9 **I Love You** (3.15)
Axwell/Ingrosso feat. Kid Ink
Courtesy of the Universal Music Group.
Written by: Collins, Hedfors, Ingrosso, Love, Taylor, Cun
 - 10 **1 Night** (3.31)
Mura Masa feat. Charlie XCX
Courtesy of the Universal Music Group.
Written by: Crossan, Aitchison, Berger, Picconi
- BONUS**
- 2 **I Still Recall** (5.07)
Slushii
Courtesy of the Universal Music Group.
Written by: Wotman, Lee, Grigahcine, Marsden, Rosen, Bell
- 45 MIN FORMAT TRACKS**
- 5A **Ritual** (1.56)
Nature vs. Adam
© 2017 Les Mills Music Licensing Ltd.
Written by: Reid, Wrabel, Schiersch
 - 5B **Fracture** (1.07)
SLUMBERJACK feat. Vera Blue
© 2017 onelove.
Written by: Addamo, Ehlers, Then
 - 5C **Ritual** (1.10)
Nature vs. Adam
© 2017 Les Mills Music Licensing Ltd.
Written by: Reid, Wrabel, Schiersch
 - 5D **Fracture** (1.07)
SLUMBERJACK feat. Vera Blue
© 2017 onelove.
Written by: Addamo, Ehlers, Then
 - 5E **Ritual** (1.10)
Nature vs. Adam
© 2017 Les Mills Music Licensing Ltd.
Written by: Reid, Wrabel, Schiersch
 - 6 **Heaven (Club Mix)** (5.40)
Dash Berlin feat. Do
© 2016 Armada Music B.V.
Written by: Adams

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.

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.

EXPRESS FORMATS

KEY

NEW 45-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 5 (45)	Triceps/Biceps
Track 6 (45)	Lunges/Shoulders
Track 9	Core
Track 10	Cooldown
Total Time 41:00	

PLEASE NOTE: This NEW 45-Minute Format includes customized tracks 5 (a combination of Triceps and Biceps) and 6 (a combination of Lunges and Shoulders). Create variety in your classes during this 12 week cycle by using this option, as well as the original 45-Minute Format. Let us know your feedback via the survey at this link: <http://bit.ly/2tHeThM>

30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time 25:19	

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 40:58	

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

Alt alternating
B up build up
Br bridge (non-chorus)
C chorus
cts musical counts
F or B forward or back
Instr instrumental
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
V verse

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.

COUNTS

1/1 2 counts down, 2 counts up
1/1/1/1 2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
1/1/2 2 counts down, 2 counts hold, 4 counts up
1/3 2 counts down, 6 counts up
2/2 4 counts down, 4 counts up
2/2/2/2 4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1 6 counts down, 2 counts up
4/4 8 counts down, 8 counts up
1/2/1 2 counts down, 4 counts hold, 2 counts up
8/8 16 counts down, 16 counts up

CREDITS

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

PRESENTERS

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

Diana Archer Mills (New Zealand) is Creative Director for BODYPUMP, BODYCOMBAT, BODYJAM and RPM, and co-Program Director for BODYBALANCE/ BODYFLOW. She is based in Auckland.

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Kristin Donnelly (US) is a BODYPUMP and RPM Trainer. She is based in Canton.

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

Romain Prévédello (France) is a BODYPUMP, BODYATTACK, BODYSTEP, CXWORX and LES MILLS GRIT Series Trainer. He is based in Toulouse, where he also manages a gym.



This is the mother of all releases simply put.

Smooth start drops us into one of the toughest Squat tracks ever, you will get deep... and you'll love it. But if you don't, theres a bonus squat track for you too! Equally as hard, but different sound :) The musical journey is a huge highlight - theres a bit of something for everyone and the chore follows the same path. Innovations in Chest with the Press Pullover, the 6 with more single arm options, or stick with the bar and hammer yourself properly, the 7... burn baby burn! Wider Plate squats.... ouch.

The 9 feels completely different again, but is such a highlight, and we'll go down together, right?

Then just because this all wasn't enough, the Pump 45 tracks are there at the end of the video, just because you deserve them ;)

Enjoy,

Glen