

BODYPUMP 104

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Glossary

Express Formats

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01. WARMUP

MUSIC More Than You Know

5:10 mins

WEIGHTS

Light barbell and 1x medium-large plate

DEMONSTRATE

SET Position

TRACK FOCUS

Be clear on the **NETT** throughout the track – **N**ame of **E**xercise, **T**iming and **T**argets – so the class can transition smoothly through all the changes.

BARBELL =

1x PLATE

SET 1

0:05 / (Intro) / REPS

2x8 **SET Position, Shoulder Roll**

0:12 / C / I just **need** it

4x8 4/4 **DEADLIFT**, **SET Stance** 2x

0:27 / _ I saw it

4x8 2/2 4x

0:42 / _ You had your

4x8 2/2 **STANDING UPRIGHT ROW** 4x

0:57 / C / I just **need**

4x8 2/2 **DEADROW** (16cts) 2x

1:13 / Instr / (Rhythm)

4x8 1/1 4x

SET 2

1:28 / V2 / _ Your good intentions

4x8 2/2 **DEADLIFT** 4x

1:43 / _ Right where

4x8 2/2 **STANDING UPRIGHT ROW** 4x

1:58 / **Come** a little

4x8 2/2 **CLEAN & PRESS** (16cts) 2x

2:13 / I just **need**

4x8 1/1 4x

2:28 / Rep / you **know**

4x8 **POWER PRESS** (16cts) 2x

Last 4cts, transition to Squat WIDE Stance

2:43 / Instr / (Rhythm)

4x8 1/1 **SQUAT WIDE Stance** 8x

2:59 / C / I just **need**

4x8 2x **BOTTOM HALF SQUAT** (8cts) 4x

SET 3

3:14 / Br / (Strum)

1x8 **TRANSITION: Back to SET Position. SHOULDER ROLL** 4x

3:18 / _ Your good intentions

4x8 2/2 **DEADLIFT** 4x

3:33 / _ Right where you

4x8 2/2 **STANDING UPRIGHT ROW** 4x

3:48 / **Come** a little

2x8 **TRANSITION: Bar down, grab a single plate. Plate hangs low to prepare for PLATE CLEAN & PRESS**

3:56 / **Ain't** no going back

2x8 2/2 **PLATE CLEAN & PRESS** (16cts) 1x

4:03 / QC / I just **need**

4x8 1/1 4x

01. WARMUP

4:18 / Rep / You **know**

4x8 **PLATE POWER PRESS** (16cts) 2x

Last 4cts, hold plate at collarbones

4:33 / Instr / (Rhythm)

4x8 2/2/2/2 **ALTERNATING BACKWARD** 2x

STEPPING LUNGES L&R (16cts)

4:49 / C / I just **need**

4x8 2/2/2/2 **ALTERNATING BACKWARD**

2x **STEPPING LUNGES WITH 1/1 O/H PLATE PRESS**

L&R (16cts)

5:04 / Outro /

1x8 Plates down

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

TECHNIQUE & COACHING

SET POSITION

LAYER 1

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

- **Heels under hips, turn the toes out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- *Shoulders up, back and down towards the spine*
- **Gently draw in and brace the core**

NETT

SET 1

LAYER 1

For each exercise, coach **NETT** – **NAME OF EXERCISE**, **TEMPO** and **TARGET ZONES**.

This makes your coaching clear and easy to follow. eg:

- **Deadlift** – *hinge forward from the hips, slide the bar to the top of the kneecaps*
- **Upright Row** – *bar stops at lower chest, elbows wide*
- **Deadrow** – *knees, belly, knees and lift*

SET 2

LAYER 1/LAYER 2

Set 2 starts with Deadlifts and Upright Rows, then introduces the Clean & Press and Power Press so the class learns the technique with light weights. We finish with WIDE Stance Squats to bring some heat into 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.

- **Deadlift** – *press the bar into the legs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *keep the bar in a vertical path, elbows wide*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Power Press** – *3 Presses above your head, bend knees, bar to collarbones, brace abs, chest up*
- **Wide Stance Squat** – *F=feet wide, hips go back and down, knees press out, hips to 90 degrees*

01. WARMUP

SET 3

LAYER 1/LAYER 2

Set 3 starts with the bar and finishes with plate work. The final set of Deadlifts and Upright Rows with the bar is the perfect time to connect with your participants to excite them for the workout ahead. Prepare them about the transition to a plate for the Plate Clean & Press and Plate Power Press. We finish with Backward-Stepping Lunges, starting with the leg pattern, then integrate the Overhead Plate Press using clear Layer 1 Position and Execution cues to get your class moving safely and effectively.

- **Deadlift** – *keep the bar close and re-engage the core*
- **Upright Row** – *shoulders should be feeling primed, ready for the workout ahead*
- **Plate Clean & Press** – ***pull the plate up, drop under, brace the abs, chest up***
- **Plate Power Press** – ***use your legs and integrate arms***
- **Alternating Backward-Stepping Lunge with Overhead Press** – ***long step back, rear knee down, front thigh parallel to the floor, shoulders and hips square to front, elbows forward of face***

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 with your regular participants in the front row.

02. SQUATS

MUSIC Black Rose

6:10 mins

BARBELL =

WEIGHTS

Regulars: 2–4x your Warmup weight

New People: Double your Warmup weight

TRACK FOCUS

Coach your class to achieve good depth in the Squat for maximum muscle recruitment.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET 1

0:05 / (Intro) REPS

4x8 **Set up SQUAT, WIDE Stance**

0:19 / V1 / **This** is where

8x8 2/2 **SQUAT, WIDE Stance** 8x

0:48 / _ Black rose

8x8 3/1 8x

1:16 / Instr / (Clap + synth)

8x8 2x **BOTTOM HALF SQUAT** 8x

1:45 / (Windup)

4x8 4/4 **SQUAT** (16cts) 2x

1:59 / (Heavy synth)

8x8 1/1 16x

SET 2

2:28 / Br /

1x8 **TRANSITION:** Heel-toe wider to SQUAT, WIDER STANCE

2:31 / Instr / (Low)

4x8 4/4 **SQUAT WIDER Stance** 2x

2:46 / V2 / **This** is where

8x8 2/2 8x

3:15 / _ Black rose

8x8 3/1 8x

3:34 / Instr / (Clap + Synth)

4x8 2x **BOTTOM HALF SQUAT** (8cts) 8x

4:12 / (Windup)

4x8 4/4 **SQUAT** 2x

4:26 / (Heavy synth)

8x8 1/1 16x

SET 3

4:55 / Instr / (Clap + synth)

8x8 2x **BOTTOM HALF SQUAT** (8cts) 8x

5:23 / (Windup)

4x8 4/4 2x

5:38 / (Heavy synth)

8x8 1/1 **SQUAT** (16cts) 16x

Recovery Torso Twists, shake the legs, Quadricep Stretches.

02. SQUATS

TECHNIQUE & COACHING

1 WIDE STANCE

LAYER 1

Coach Position and Execution setup to get the class moving well. Set up from MID Stance Squat so participants find the perfect WIDE Stance Squat with the heel-toe in a wider position. Use **NETT** to coach good Squat technique – referring to timing, target zones and leg alignment.

- *Feet outside hip-width, heel-toe wider, toes turned out slightly*
- **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
- *Down, down, down, up, up*
- *2 Bottom Halves*
- *Down, halfway, down and up*
- *Stay in the bottom range*
- *Drive out of the heels*
- *Singles are coming!*
- *Drop and push*
- *Let's get deep in the range*

2 WIDER STANCE

LAYER 1/LAYER 2

Reset the new stance into heel-toe wider. Quickly coach Layer 1 Execution cues for the WIDER Stance Squat with the focus on timing and range. Coach participants to engage the muscles of the upper back to create a strong platform. This will allow us to sit deeper into the hips to recruit more muscle fibers. We have long sets of the 2/2 and 3/1 tempo, which

allows you plenty of time to coach Layer 2 cues. Explain how your class can Improve Execution or Manipulate the Intensity. When you hit the Bottom Halves, you don't need to say too much: think short, direct cues that will keep everyone working in the base of the range. Coach the timing of the slow 4/4 so everyone moves with great control, and then the intensity hits hard and fast in the Singles. Continue to reinforce the range through this short set!

- **One heel-toe wider – Wider Squat Stance**
- **Hips sit back, knees out**
- **Butt just above knee line, no lower**
- **Chest up**
- *We start to improve our range in the Wider Squat Stance*
- *Squeeze the shoulder blades into the spine for good upright posture*
- *Feel how that helps you to sit deeper into your hips*
- *Down, down, down and push*
- *Drive your heels through the floor*
- *Feel the power in your legs*
- *Your glutes are working hard*
- *Push your knees out over middle toes*
- *Push through the outside edge of the foot to engage your side glutes*
- *Drop it deeply*
- *Remember this feeling in the side glutes*
- *Bring back the Singles!*
- *Keep driving your knees out*
- *It's all about the range – get deep*

3 WIDER STANCE

LAYER 3

Final block, and it's short. Now bring in your Layer 3 Motivation. We motivate through 4 ways: Intrinsic, Extrinsic, Challenging and Positive language – how will you bring your class to the finish line?

- *Last block – this is it*

02. SQUATS

- *Drop it strongly*
 - *Feel the beat*
 - *There's a fine line between "you can" and "you cannot"*
 - *Today we're going to cross that line together*
 - *Final set of Singles*
 - *All the way*
 - *Maintain great posture*
-

INTENSITY

Hitting the full depth in the Squat creates the pressure that shapes and tones the legs. Focusing on the timing in the Bottom Halves helps keep tension in the muscles to fast-track our results.

PERFORMANCE

This song has great contrast between the softer feeling in the verses and building towards the driving beat of the chorus. Create contrast in your voice to match the feel and emotion of the music. The Performance lies in the final set when we repeat the Bottom Halves – your participants will not be expecting them!

PUMP FACT

Wide and wider stance squats allow us to maintain a more upright trunk position. This reduces lower back tension providing the opportunity to maintain depth throughout the set.

03. CHEST

MUSIC Young And Menace

5:34 mins

WEIGHTS

Regulars: Barbell with 1/3 off your Squat weight

New People: Barbell with Warmup weight

DEMONSTRATE

Mid-Grip Chest Press

BARBELL 

TRACK FOCUS

Coach the pause in timing at the top and bottom of the Singles to maximize the time under tension.

MUSCLE FOCUS

Pectorals, triceps & deltoids

SET 1

0:05 / (Intro)	REPS
Set up CHEST PRESS WIDE Grip	
0:13 / V1 / We've gone	
4x8 4/4 CHEST PRESS WIDE Grip	2x
0:31 / Lived so much	
4x8 3/1	4x
0:48 / PC / Oops I	
4x8 2/2	4x
1:05 / Instr / (Heavy)	
8x8 1/1	16x
1:40 / Br / Woke up on	
2x8 TRANSITION: Up and hold; transition hands to MID-GRIP CHEST PRESS	

SET 2

1:48 / V2 / Madness	
4x8 3/1 CHEST PRESS MID Grip	4x
2:05 / Oops I	
4x8 2/2	4x
2:23 / Instr / (Heavy)	
4x8 1/1	8x
2:40 / Br / If I am off	
2x8 TRANSITION to bench for BENCH PUSH-UP	

2:49 / Just here for	
2x8 2/2 BENCH PUSHUP	2x
Options: Kneeling, on knees or toes	
2:58 / Instr / (Heavy)	
4x8 1/1	8x
3:15 / (Electric guitar)	
4x8 16x PULSE BENCH PUSHUP (32cts)	1x
3:32 / Rep / We've gone away	
2x8 TRANSITION: Back to the benchtop for MID-GRIP CHEST PRESS	

SET 3

3:41 / V3 / Madness	
4x8 3/1 CHEST PRESS MID GRIP	4x
3:58 / PC / Oops I	
4x8 2/2	4x
4:15 / Instr / (Heavy)	
4x8 1/1	8x
4:32 / Br / If I'm off	
2x8 TRANSITION to bench for BENCH PUSH-UP	
4:41 / Just here for	
2x8 2/2 BENCH PUSHUP	2x
Options: On knees or toes	

03. CHEST

4:49 / Instr / (Heavy)

4x8 1/1 8x

5:07 / (Electric guitar)

4x8 16x **PULSE BENCH PUSHUP** (32cts) 1x

5:07 / Outro /

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

TECHNIQUE & COACHING

1 WIDE-GRIP CHEST PRESS

LAYER 1

Coach Position and Execution setup cues for the Chest Press. Use **NETT** to coach targets and timing so participants are moving well. The Singles are slower than you expect: there's a pause at the top and bottom of the movement. Focus on coaching this pause so everyone can follow the timing.

WIDE-GRIP CHEST PRESS

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target is the middle of the chest**
- 3/1 timing
- Down, down, down and rise
- Elbows out wide
- **Elbows top of the bench for range**
- Wide grip works the upper chest
- There's a pause at the top and the bottom of the Press

2 MID-GRIP CHEST PRESS/BENCH PUSHUP

LAYER 1/LAYER 2

We change to mid grip to alter the training stimulus, allowing us to work harder for longer. Focus on coaching the new target for this grip – the bar will naturally move slightly below the middle of the chest. Help your class to get more out of this move by explaining how to squeeze through the upper back to open the chest on the way down, then squeeze the elbows together on the way up. Layer 2 External coaching cues such as “try to bend the bar” can help participants work harder by focusing on an external objective. Set up your Pushups with Layer 1 Position and Execution, then coach the pause in timing at the top and bottom of the Singles.

MID-GRIP CHEST PRESS

- We change to Mid Grip
- **Bring the hands one hand-width closer**
- **Abs braced, back close to bench**
- **Elbows top of bench**
- **Elbows under the wrist**
- **Naturally the bar comes slightly lower on the chest**
- Squeeze through the back and feel the chest lift on the way down
- Squeeze your elbows in on the way up
- Try to bend the bar
- This loads the chest and recruits more muscle fibers
- Singles!
- Squeeze, bend

BENCH PUSHUP

- 2/2 timing
- **Hands wide**
- Knees or toes
- **Chest to elbow-height**

03. CHEST

- **Abs braced**

- *Knees closer makes it easier*
- *Short set – 16 Pulses*
- *Stay in the bottom range, whichever option you're taking*

3 MID-GRIP CHEST PRESS/BENCH PUSHUP

LAYER 3

Set 3 is a repeat of Set 2. We return to the Mid-Grip, then finish strong with pushups. It's a fast transition back to the bench – be sure to cue this so everyone is ready to go! Everyone will be feeling the accumulated fatigue so bring in Layer 3 Motivation cues to keep the class working hard to the end.

- *Fast change, back on the bench and reset the Mid Grip*
- *Final set*
- *Start with the bar, finish with Pushups*
- *Find the squeeze, feel the lift*
- *This is where we give it everything, empty the tank!*
- *Pull, drop, punch*
- *We're feeling it*
- *Push the bar, build the strength*
- *Final set of Pushups*
- *This is it – home time*
- *Let's finish strong together*
- *Feels good*
- *The reps we don't want to do are the ones we need the most*

INTENSITY

The pause at the bottom of the Singles creates tension in the muscles, helping us to reach fatigue faster for accelerated results.

PUMP FACT

Keeping the elbows directly under the wrist during a chest press prevents overload of the shoulder stabilizers. The small muscles of the rotator cuff stabilize the shoulder joint and are prone to strain. Maintaining good alignment throughout the press eliminates excessive tension in these muscles.

04. BACK

MUSIC Ain't Giving Up

5:15 mins

WEIGHTS

Regulars: Barbell with Chest weight or more

1x large plate

New People: Barbell with Chest weight

1x small-medium plate

DEMONSTRATE

Plate Power Press

TRACK FOCUS

Focus on efficiency of movement in the Clean & Press and Triple Plate Squat Press by coaching these exercises with clarity.

MUSCLE FOCUS

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

Deadrow: Lats

BARBELL 

1x PLATE

SET 1

0:05 / (Intro)	REPS	1:54 / PC / Giving up on you	
4x8 SET Position		8x8 TRIPLE DEADROW	4x
0:17 / V1 / When you're sober		2:18 / Instr / (Beat)	
4x8 4/4 DEADLIFT	2x	8x8 1/1 CLEAN & PRESS	8x
0:29 / Feeling empty		2:43 / (B up)	
4x8 3/1	4x	4x8 TRANSITION: Bar down, pick up plate, plate to chest for TRIPLE PLATE SQUAT PRESS	
0:41 / PC / Giving up on you		2:55 / (Drop)	
8x8 TRIPLE DEADROW (16cts)	4x	8x8 TRIPLE PLATE SQUAT PRESS	4x
1:05 / Instr / (Beat)		3:20 / V3 / _ When the	
8x8 1/1 CLEAN & PRESS (8cts)	8x	4½x8 RECOVERY: Plate down, shake out; pick up bar	
Option: 4x 1/1 Clean & Press			
4x 1/1 Deadrow			

SET 2

1:30 / V2 / Going gets tough	
4x8 2/2 DEADLIFT	4x
1:42 / Feeling empty	
4x8 3/1	4x

SET 3

3:33 / Feeling empty	
4x8 3/1 DEADLIFT	4x
3:45 / PC / Giving up on you	
8x8 TRIPLE DEADROW	4x
4:10 / Instr / (Beat)	
8x8 1/1 CLEAN & PRESS	8x

04. BACK

4:34 / (B up)

4x8 **TRANSITION:** Bar down, pick up plate; plate to chest for **TRIPLE PLATE SQUAT PRESS**

4:46 / (Drop)

8x8 **TRIPLE PLATE SQUAT PRESS** 4x

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

TECHNIQUE & COACHING

1 DEADLIFT / TRIPLE DEADROW / CLEAN & PRESS

LAYER 1

Coach your participants how to execute the moves using Position and Execution setup and **NETT** cues. Focus on developing great lifting technique.

DEADLIFT

- Feet under hips
- **Abs braced and chest lifted**
- Set the shoulders back and down
- **Bar to top of the knees**
- **Tip forward from the hip**
- Bar close to your legs
- Drive through the heels on the way up
- Drive the hips forward

TRIPLE DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eyes look out 6½ft (2 meters)**
- **Lift chest and brace abs**
- 3, 2, 1
- **Squeeze between the shoulder blades**

CLEAN & PRESS

- Single Clean & Press
- **Brace abs when you catch**
- **Bar close to the body**
- Pull your body under the bar
- Hips go back and down
- Catch the weight in the heels
- **Use the legs to drive the bar over head**
- Show me some hang time

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

LAYER 1/LAYER 2

Layer 2 coaching focuses on Improving Execution and Manipulating Intensity. Coach participants to pull the bar into the legs in the Deadlift and feel how turning the elbows to the rear creates scapular engagement for more intensity in the upper back. In the Clean & Press, focus on creating speed by lifting the heels and jumping the elbows under the bar. Set up the Plate Power Press with clear Layer 1 Position and Execution cues.

DEADLIFT

Deadlift 2/2

- Start to pull the bar into the thighs
- Turn the elbows back
- Pull the elbows to the rear to engage the upper back

TRIPLE DEADROW

- 3, 2, 1
- We're not giving up – we're just getting started

CLEAN & PRESS

- Let's bring some speed to the Clean
- Fast elbows

04. BACK

- Jump under the bar
- Lift heels off the floor

TRIPLE PLATE SQUAT PRESS

- Bend your knees, bar down
- Pick up your large plate
- Rack the plate high on the collarbones
- **Feet outside hip-width**
- **Brace abs and chest up**
- Triple Squat Press
- 3, 2, 1, reset
- **Hips sit back and down**
- Narrow stance to target the quads
- **Elbows slightly forward**

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

LAYER 2/LAYER 3

Use Layer 3 motivational cues to help maximize the results! Positive motivators keep people working hard. Give praise and encouragement, whilst using challenging cues to demand that they step up and give just a little bit more. There's some cool lyrics you can use to help motivate everyone to give their best and to show your love of the workout. How will you keep everyone in the zone until they finish?

- *This round is about you versus you*
- *You can finish this track*
- *We start and finish together*
- *It's not about anyone else but you*
- *The only person you cannot give up on is yourself*
- *You found it – now take it there!*
- *4 more opportunities*
- *1 inch more in the Squat*
- *1 inch higher in the Press*
- *Challenge: who's going to go for 2 plates?*

- *Back to it*
- *We create change by getting outside our comfort zone*

PERFORMANCE

Don't be tempted to over-coach this track. Keep your cues short, clear and precise and then allow the big highs of the music to be heard. Use a conversational voice to hook into the feel and emotion of the song. Don't try to compete with the music by going bigger with your voice. Remember, we work with the music, not against it!

INTENSITY

The 8x Clean & Press followed by the Plate Power Press creates a metabolic effect, helping you burn calories both during and after class.

SMARTSTART

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

PUMP FACT

Squeezing the shoulder blades together on each row strengthens the scapular retractors which are important postural stabilizers. Many people in class won't do this naturally so reinforcing this element can be key to improving technique.

05. TRICEPS

MUSIC Touch

4:21 mins

1x PLATE

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 and prepare your class for the fast transitions so they achieve every rep for fast results.

MUSCLE FOCUS

Tricep Pushups: Triceps and deltoids

Standing/Seated Tricep O/H Extensions and Dips: Triceps

SET 1

0:05 / (Intro) REPS

2x8 Set up **STANDING TRICEP O/H EXTENSION SPLIT Stance**

0:14 / V1 / The **way**

2x8 4/4 **STANDING TRICEP O/H EXTENSION**
1x

0:23 / **Take** it

4x8 2/2 4x

0:41 / QC / Just a **touch** (SET Stance)

4x8 1/1 8x

0:59 / C / Just a **touch**

8x8 2x **PULSE STANDING TRICEP O/H EXTENSION** (4cts) 8x

1:17 / V2 / **Photograph**

1x8 **TRANSITION** to side of bench for **TRICEP PUSHUP**

SET 2

1:21 / **Why you making** me

7x8 2/2 **TRICEP BENCH PUSHUP** 7x

Options: Kneeling, knees or toes

1:53 / QC / Just a **touch**

4x8 1/1 7x

Use last 4cts to transition to bench for **SEATED TRICEP O/H EXTENSION**

2:10 / C / Just a **touch**

4x8 2x **PULSE SEATED TRICEP O/H EXTENSION** 8x

SET 3

2:29 / V3 / My **whole** week

2x8 **TRANSITION:** Set up for TRICEP DIP, plate on lap option, no plate

2:38 / I'm not a **fraid** to

2x8 2/2 **TRICEP DIP** 2x

2:47 / QC / Just a **touch**

4x8 1/1 7x

Use last 4cts to transition to **SEATED TRICEP O/H EXTENSIONS**

3:04 / / C / Just a **touch**

8x8 2x **PULSE TRICEP O/H EXTENSION** 8x

SET 4

3:21 / V4 / My **whole** week

12x8 **REPEAT SET 3**

05. TRICEPS

TECHNIQUE & COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

The first set is long, which allows you plenty of time to coach Layer 1 Position and Execution setup for the Standing O/H 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. Coach your class to hit the bottom range of the Tricep Extension for every single rep.

STANDING O/H TRICEP EXTENSION

- Split Stance
- Bend knees
- **Brace abs**
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- Hit the full range
- Shoulders down
- Step feet under hips for Singles
- All the way down, all the way up
- We're gonna give it a touch of our love
- Keep squeezing the elbows in
- Full extension at the top to isolate
- Here comes the rhythm
- Double pulse at the base
- 1, 2, push
- Stay in the bottom range of the Extension to feel the bite

2 TRICEP PUSHUP / SEATED O/H TRICEP EXTENSION

LAYER 1/LAYER 2

- Coach Layer 1 Position and Execution setup for the Tricep Bench Pushup using **NETT**. Once everyone is moving well in the Pushups, educate your class around the benefits of moving with Improved Execution. We want to maintain stability through the core to avoid buckling through the mid-section, and the challenge is to get up on toes! Be sure to provide options here. When you repeat the Overhead Extension, the focus is to keep the upper arms still for isolation.

TRICEP BENCH 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
- Challenge for you: 7 Singles, on your toes if you can
- All the muscles work together so we move with strength
- Work the full range
- Fast transition coming

SEATED OVERHEAD TRICEP EXTENSION

- Cross legs, knees open
- Overhead Extension, pulse
- Lift chest and brace abs
- Squeeze elbows in
- Shoulders down
- Did you make it?
- We want to get all the reps!

05. TRICEPS

SETS 3 & 4 TRICEP DIP / SEATED OVERHEAD TRICEP EXTENSION

LAYER 1/LAYER 2/ LAYER 3

Set up the Tricep Dip with Layer 1 Position and Execution, then we focus creating fatigue in the Seated Overhead Extension – finding that ‘bite’ in the back of the arms to create the isolation! Be careful not to over-coach this one. Avoid using a driving voice. Instead, match your voice and language to suit the light, uplifted feel of the song. It’s about celebrating the workout, rather than aggressively pushing your class to work harder.

TRICEP DIP

- *Come to the bench*
- *Plate or no plate*
- *Palms on bench, fingers forward*
- *Butt off bench*
- **Lift chest**
- *Bend elbows to the rear*
- **Brace abs**
- *Your butt stays close to the bench*
- *Option: Sit on bench and work from there*
- *We’re going back to the Overhead Extension*

SEATED OVERHEAD EXTENSION

- *Cross the legs, knees open*
- *You’ve got to give a little more love now*
- *The intensity lies in the range*
- *Down low, with the elbows in*
- *Then we fire into the back of the arms*

SET 4

TRICEP DIP

- *You guys are looking strong today*
- *There’s that ‘sweet spot’*
- *Elbows to the rear*
- *On the beat!*

- *All the way down*
- *Drive through the heel of the hand*
- *Feel how that activates even more muscles*
- *Last one*

SEATED OVERHEAD TRICEP EXTENSION

- *Cross the legs, knees open, abs on*
- *We’re going for long, lean arms*
- *The bite creates the change*
- *That’s what we want!*

PUMP FACT

Thoracic and scapula stability are key components when training triceps. Lifting and extending the thoracic spine and a slight squeeze between the shoulder blades create a sound foundation for tricep activation.

06. BICEPS

MUSIC Back Again

5:14 mins

WEIGHTS

Barbell with Warmup weight

2x small/large plates

TRACK FOCUS

Clearly coach the timing of the combination. Cue the execution of the Bicep Curl with precision to achieve isolation through supination, and sell the benefits.

MUSCLE FOCUS

Biceps

BARBELL 

1x PLATE

SET 1

0:05 / (Intro) / REPS

4x8 **SET Position, SHOULDER ROLL**

0:18 / Instr / (High bleep)

4x8 2/2 **BICEP CURL** **SET Stance** 4x

0:31 / PC / Let's **go**

4x8 2/2 **SPLIT Stance** 4x

0:44 / C / **Squad**, we back again

4x8 1/3 **SET Stance** 4x

0:58 / Instr / (Siren)

8x8 4x **SLOW MID-RANGE PULSE** (16cts) 4x

1:24 / **B**-b-back again

8x8 **BICEP COMBO 1** (16cts) 4x

1/1 BICEP ROW x1

1/1 BICEP CURL x2

SET 2

1:51 / **Go**, hold up, hold

4x8 2/2 **BICEP CURL** **SPLIT Stance** 4x

2:04 / C / **Squad**, I'm back

4x8 1/3 4x

2:17 / Instr / (Distorted synth)

8x8 4x **SLOW MID RANGE PULSE BICEP CURL** (16cts) 4x

SET Stance

2:44 / **b**-b-back again

8x8 **BICEP COMBO 1** (16cts) 4x

1x 1/1 BICEP ROW

2x 1/1 BICEP CURL

3:10 / Instr / (Low)

2x8 **TRANSITION:** Bar down, pick up 2 plates

SET 3

3:17 / Instr / (Low siren)

8x8 4/4 **BICEP PLATE CURL** 4x

3:43 / **B**-b-back again

8x8 **BICEP COMBO 2** (16cts): 4x

1x **ALT SINGLE-ARM PLATE BICEP CURL** L&R (8cts)

2x **BICEP PLATE CURL** (8cts)

Option with bar:

1x 1/3 BICEP CURL (8cts)

2x 1/1 BICEP CURL (8cts)

4:10 / Instr / (Low)

2x8 **SHOULDER ROLL** 1x

SET 4

4.16 / Instr / (Siren)

18x8 REPEAT SET 3

06. BICEPS

TECHNIQUE & COACHING

1 BICEP CURL / BICEP ROW

LAYER 1

Use Layer 1 Position and Execution cues to get the participants moving with the right timing and range. Clearly coach the combination of the Bicep Row/Bicep Curl.

BICEP CURL

- **Feet under hips**
- **Brace abs**
- **Lift your chest**
- **Bring the bar all the way up to shoulder level**
- **Lower the bar down to your thighs**
- *Step in, go fast, slow*
- *Here comes the first bit of heat*
- *4 sets, Mid-Range Pulse*
- *4, 3, 2, down and up*
- *Bar just above and just below elbow-height*

BICEP ROW / BICEP CURL

LAYER 1

- *1 Deadrow, 2 Bicep Curls*
- **Knees, ribs, knees**
- *2 full range*
- *Squeeze through the back*

2 BICEP CURL / BICEP ROW

LAYER 2

Use Layer 2 cues that will help your class to move with improved form. In the Bicep Curl, focus on the position of the elbow to keep load in the target muscles. When you repeat the combination, coach the squeeze between the shoulder blades to strengthen the upper back, then focus on setting great posture for stability in the Single Curls. Remember to allow space in your coaching for the music to be heard.

BICEP CURL

- *Let's track the elbow under the shoulder*
- *Chest lifted*
- *Abs tight*
- *The elbow position dictates the amount of tension we create*
- *Big tension equals big results*
- *Pulses*
- *Keep it small*
- *The elbow position in the pulse helps us accumulate more tension*
- *That tension fast-tracks our results*

BICEP ROW / BICEP CURL

- *Squeeze shoulder blades together in the Row*
- *Squeeze through the arms in the Curl*
- *Brace your abs for stability*

3 & 4 BICEP PLATE CURL

LAYER 1/LAYER 2/LAYER 3

Set 3 introduces the work with the plates. Clearly coach the targets and reinforce timing in the combination so your class completes the full reps and doesn't start to 'check out' of the workout. Focus on Layer 2 cues that Improve Execution and create more intensity for supination, selling the benefits. Finally, Layer 3 cues motivate everybody to the finish. 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?

BICEP PLATE CURL

- *Bars down, grab 2 plates*
- **Feet under hips**
- **Brace abs**
- **Lift your chest**
- *Turn the plate towards the shoulders at the mid-line*
- *Short set, alternating Plate Curl*

06. BICEPS

- *Right, left, double arm up*
- *1, 2, double*
- *If you're using the bar, you go fast, slow, then 2 fast Curls*
- *Can you twist the plate more, for greater supination?*
- *The deep burn gives us that toned, lean look*
- *Single, single, double*
- *Twist the plates*
- *Open up the doors and we pack 'em in!*

INTENSITY

The intensity in this track is generated by achieving the correct target in the Mid-Range Pulses and from the supination of the Bicep Plate Curl.

PUMP FACT

Although we think of the biceps as working on the elbow, these muscles are also important shoulder stabilizers. The long head of biceps runs across the head of the humerus providing stability to the front of the shoulder joint.

07. LUNGES

MUSIC Rise And Shine

4:51 mins

1x PLATE

WEIGHTS

1x small/large plate

Option: Body weight

TRACK FOCUS

Clearly coach the execution of the Backward–Stepping Lunge with the focus of staying low when we step back to SET to load the Quads and the Glutes.

MUSCLE FOCUS

Squats/Lunges: Glutes & Quadriceps

DEMONSTRATE

Backward Stepping Lunge

SET 1

SET 2

0:05 / (Intro) / REPS
2x8 Set up for **LUNGE** L, R foot steps B, plate in R hand

0:12 / Instr / (Clap)
4x8 4/4 **LUNGE** L 2x

0:27 / (Funky)
8x8 4x **PULSE LUNGE** L (8cts) 8x

0:56 / (Low)
2x8 **RECOVERY:** Shake legs, same leg B

1:03 / V2 / **You** say oh
6x8 2/2/2/2 **BACKWARD-STEPPING LUNGE** L (8cts) 6x

1:25 / (Funky)
12x8 1/1 **BACKWARD-STEPPING LUNGE** L (4cts) Last 2cts, **TRANSITION** to **MID STANCE** 24x

2:09 / (Funky)
4x8 16x **PULSE SQUAT** Mid Stance 1x

2:24 / Rise and **shine** it
2x8 **RECOVERY** – shake legs then L foot B for **LUNGE** R

2:31 / (Strum)
38x8 **REPEAT SET 1**

4:42 / Outro / (Piano)
2x8 4/4 **SQUAT** 1x

07. LUNGES

TECHNIQUE & COACHING

1 LUNGE / PULSE BACKWARD-STEPPING LUNGE / PULSE SQUAT

LAYER 1/LAYER 2

Layer 1 Position and Execution setup will get everyone moving well in the Lunge. When the Pulse Lunge kicks in, coach your class to stay in the bottom of the range, and use timing cues so everyone is moving together.

A long set of Backward-Stepping Lunges allows you plenty of time to set up in Layer 1 and then intensify in Layer 2. In Layer 1 explain how to execute the movement, with a long step back and maintaining good upright posture.

Remember to offer the option of using the plate, or no plate and using Running Arms. In Layer 2 bring in the Track Focus of staying low as we step in, stabilizing the front knee to load the quads.

Make sure you pre-cue the Pulse Squat as your class will not be expecting it. Coach the Layer 1 basics to get everyone moving well and ensure they are staying in the base of the range with knees pushing forwards to keep the work in the quads.

LUNGE

- **Feet under hips.**
- *Grab a plate with your left hand*
- **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**
- *Straight into the workout*
- *4 Pulses*
- *4, 3, 2, 1, up, drop*
- *Little up, down*

BACKWARD-STEPPING LUNGE

- *Same leg, Backward-Stepping Lunges*
- *Feet hip-width apart*
- *Step, drop, up, step in*
- **Long step back**
- **Drop the rear knee down**
- *Keep the feet hip-distance apart*
- **Chest up, brace abs**
- *Stay low as you step in*
- *The focus is to stabilize the front knee, get the burn in the quad*
- *Single time, faster*
- *Drop, tap*
- *If you're not using the plate, you've got Running Arms*
- *Now we start to train*
- *Drive out of the front heel*
- *Stay in it*
- *We want that little burn, that pressure*

MID-STANCE SQUAT

- *Mid-Stance Squat Pulses*
- *Feet outside hips*
- *Drop and pulse*
- **Knees tracking forward**
- **Hips back and down**
- **Brace core, chest up**
- *Bottom range of the Squat*
- **Plate high on chest**

2 LUNGE/BACKWARD-STEPPING LUNGE/ PULSE SQUAT

LAYER 2/LAYER 3

Set 2 is a repeat of Set 1. Continue to coach Layer 2 cues, increasing the intensity by hitting the full range and staying low in the Pulse Lunge to feel the burn. The 24x Backward-Stepping Lunges is a monster – everyone is going to be feeling these! Reinforce the Track Focus of

07. LUNGES

staying low as we step back to SET Stance and Educate your class on the benefits of this focus: creating the burn in the muscles to shape and tone our legs. Help your class to commit to the end with lots of Layer 3 motivational cues. Try using some Intrinsic motivators, referring to how good the training makes us feel!

LUNGE

- *No time to think about it!*
- *Change legs*
- *If you want good legs you have to work for them*
- *All the way down*
- *4 Pulses*
- *Down, up, down*
- *It kicks in a little faster on the second side*
- *Keep your posture strong*
- *Low as you can, front thigh parallel*
- *Stay right in the bottom range*
- *Small Pulse*
- *Feel that pulsing goodness in the muscles*

BACKWARD-STEPPING LUNGE

- *Step, drop, up, in*
- *Remember – you can always get rid of the plate to keep strong posture*
- *We need to commit*
- *As a team, let's go for it*
- *24 Singles*
- *Drop, tap*
- *Long step back, stay low as you step in*
- *That's how you shape and tone your legs*
- *The burn is real – that's what we want!*
- *Stay in it*
- *Let's maximize our training*
- *The music will help you get through the last 8*

MID-STANCE SQUAT

- *Stay low*
- *Knees forward to work the quads*
- *This is the finisher*
- *Last 4*
- *Push out one slow Squat*
- *Feels so good at the end!*

INTENSITY

The intensity of this track is generated by staying in the base of the range. We pre-fatigue the legs in the Pulse Lunge, and then we create a massive burn in the quads by staying low as we step forward in the Backward-Stepping Lunges.

PERFORMANCE

This one will 'go off!' The music is unique and driving and the temptation can be to say too much; so, remember – less is more in this track. Work on sitting INSIDE the music with your voice rather than using a big voice. The music is fun, uplifting and energetic and you want your class to enjoy it. Think of yourself as team-teaching with the music and allow it to have a voice.

PUMP FACT

Backward stepping lunges allow participants to focus on stabilizing the anchored, stationary leg. Keeping the knee in line with the mid foot engages the side gluteals, helping to improve functional stability.

08. SHOULDERS

MUSIC Into Dust

5:34 mins

WEIGHTS

Barbell with Warmup weight or less

2x small/large plates

DEMONSTRATE: Shoulder Press Combo

TRACK FOCUS

Clearly coach the Position and Execution setup of all the exercises for good technique, and pre-cue the transition from the Clean to the Overhead Press so everyone can follow successfully.

MUSCLE FOCUS

Plate work: Muscles of the upper back, rear Deltoids

Bar work: Deltoids, trapezius

BARBELL 

2x PLATES

SET 1

0:05 / (Intro) /

REPS

3½ x8 **SET Position**

0:17 / V1 / Put a glass **box**

8x8 4/4 **STANDING UPRIGHT ROW** 4x

SET Stance

0:43 / QC / Into **dust**

4x8 3/1 4x

0:54 / _ Like the wind

8x8 2/2 8x

Use last 2cts to transition to **STANDING O/H PRESS**

1:19 / C / Into **dust**

8x8 **STANDING O/H PRESS COMBO** (8cts) 8x

1x BOTTOM HALF STANDING O/H PRESS (4cts)

1x 1/1 STANDING O/H PRESS (4cts)

1:44 / **Oh-oh**, oh-ohh

4x8 1/1 **STANDING PUSH PRESS** 8x

SET Stance

1:56 / _ Like the wind

2x8 **TRANSITION:** Bar down, pick up 2 plates

SET 2

2:05 / _ She's a

2x8 4/4 **STANDING PLATE UPRIGHT ROW** 1x

SET Stance

2:09 / _ If you try

4x8 2/2 4x

2:21 / C / Into **dust**

8x8 **STANDING PLATE COMBO** (8cts) 8x

1x 1/1 STANDING PLATE UPRIGHT ROW (4cts)

1x 1/1 STANDING PLATE FORWARD RAISE (4cts)

Use last 2cts to step into SET Stance

2:46 / Rep / **Queen** of hearts

2x8 **TRANSITION:** Plates down, pick up bar

SET 3

2:49 / **God**dess in a

6x8 4/4 **STANDING UPRIGHT ROW** 3x

Use the last 2cts to transition into **STANDING O/H PRESS**

3:11 / C / Into **dust**

8x8 **STANDING O/H PRESS COMBO** (8cts) 8x

SPLIT Stance

3:36 / _ Like the wind

2x8 **TRANSITION:** Bar down, pick up 2 plates

08. SHOULDERS

SET 4

3:42 / She's a

2x8 4/4 **STANDING PLATE UPRIGHT ROW** 1x

SET Stance

3:48 / _ If you try

4x8 2/2 4x

4:00 / C / Into **dust**

8x8 **STANDING PLATE COMBO** (8cts) 8x

SPLIT Stance

4:25 / The **queen** of hearts

2x8 **TRANSITION:** Plates down, pick up bar

SET 5

4:32 / **God**dess in a

6x8 4/4 **STANDING UPRIGHT ROW** 3x

SET Stance

Use the last 2cts to transition into **STANDING O/H PRESS**

4:50 / C / Into **dust**

8x8 **STANDING O/H PRESS COMBO** (8cts) 8x

SPLIT Stance

Use last 2cts to step into SET Stance

5:15 / Outro / (Clap)

4x8 1/1 **STANDING PUSH PRESS** 8x

TECHNIQUE & COACHING

1 STANDING UPRIGHT ROW / STANDING O/H PRESS / STANDING PUSH PRESS

LAYER 1

Coach clear Layer 1 Position and Execution setup using **NETT**. In the combination, clearly coach the different ranges and targets for the half and full Overhead Presses and use timing cues so your class has perfect execution and can feel the work in the shoulders.

STANDING UPRIGHT ROW

- Pick up the bar
- SET position
- **Target zone; lower chest**
- **Elbows lead**
- **Lift chest, brace abs**
- Keep the bar close to your T-shirt
- Go slowly – time under tension is the key to getting results
- 2/2 smooth

Smooth, efficient precise movements

Fast clean, Split Stance

STANDING OVERHEAD PRESS

- **Bar from chin to ceiling**
- **Brace your core, keep your chest up**
- Half, full Press

STANDING PUSH PRESS

- **Bend and drive through the legs**
- **Bar to collarbones**

2 STANDING UPRIGHT ROW / STANDING O/H PRESS

LAYER 1

Coach Position and Execution setup of the exercises. Focus on timing, targets and range so your class is moving the plates with precision.

STANDING PLATE UPRIGHT ROW / STANDING PLATE FRONT RAISE

- Pick up your plates
- Hold them closely
- Upright Row, **plates under chest**
- Front Raise, **plates under shoulders**
- **Bend the knees** to stabilize the body
- **Brace abs, lift chest**
- Powerful, precise movements

08. SHOULDERS

3 STANDING UPRIGHT ROW / STANDING O/H PRESS

LAYER 2

In Layer 2, help your class to get more out of the workout. External coaching cues such as “pull your T-shirt up” can reinforce the focus of keeping the bar close to the body in the Upright Row. When we repeat the Standing O/H Press Combo, remind your class of the different targets for the half and full presses so they are performing the moves with precision. The aim is to maximize the load in the deltoids.

STANDING UPRIGHT ROW

- *Pick up the bar*
- *How close can you keep the bar?*
- *Pull your T-shirt up*

STANDING OVERHEAD PRESS

- *Split Stance, clean the bar*
- *Half, Press*
- *This is occlusion training*
- *We trap the blood in the muscles for fast gains*
- *That burn is your upper body getting stronger*

4 STANDING UPRIGHT ROW / STANDING O/H PRESS

LAYER 2/LAYER 3

We repeat the Plate Combo, and everyone is going to be feeling the accumulated fatigue in the muscles. Continue to coach Layer 2 cues, focusing on controlling the plates on the way down for isolation. Educate your class on the benefits of front loading: we are creating a burn in the shoulders to stimulate muscle growth and to shed body fat. Start to bring in Layer 3 Motivation, using lots of praise and encouragement to keep everyone engaged in the workout.

STANDING UPRIGHT ROW / STANDING O/H PRESS

- *That burning feeling is you burning fat and building muscle*
- *Don't just drop the plates – lower the plates*
- *Get the muscles working on the way up and the way down*

5 UPRIGHT ROW / STANDING OVERHEAD PRESS / PUSH PRESS

LAYER 3

Final set! It's your job to help everyone achieve their fitness goals – both seasoned participants and our newcomers. What motivational cues will you use to ensure that everyone is committed to the end?

- *Let's get the full benefit*
- *Bank the results!*
- *Drive through your heels and brace the core*
- *This is the feeling of training hard*
- *We are building lean muscle and burning fat*

INTENSITY

The intensity in the bar work is created by the accumulated pressure in the Overhead Shoulder Press, generating an effect of occlusion training. The build-up of lactic acid in the muscles stimulates muscle growth, fast-tracking our results.

PUMP FACT

BodyPump achieves results by minimising muscle tension with eight weights. Bottom half overhead presses is a great example of this. Removing the resting points at the top and bottom of the press, maintains intramuscular tension driving us toward fatigue and stronger, more toned muscle.

09. CORE

MUSIC No Vacancy

3:48 mins

1x PLATE

WEIGHTS

Medium or small plate

DEMONSTRATE

Plate Lift Combo

TRACK FOCUS

Focus on coaching the execution of the Plate Lift Combo with clarity. Maximize Intensity by explaining how to get more out of this movement.

MUSCLE FOCUS

Pulse Plate Crunch/Plate Crunch: Rectus abdominus

Plate Lift Twist Pulse: Obliques & Rectus abdominus

SET 1

SET 2

0:05 / (Intro) /	REPS	1:46 / V2 / _ I used to be the	
1x8 Set up PULSE CRUNCH		4x8 2/2 CRUNCH	4x
0:10 / V1 / I used to leave		2:05 / PC / No vacancy	
4x8 16x PULSE PLATE CRUNCH (2cts)	1x	4x8 1/1/2	4x
Plate to forehead		2:23 / C / Used to be I felt	
0:29 / _ I'm done sharing		16x8 PLATE LIFT COMBO	8x
4x8 2/2 PLATE CRUNCH	4x		
0:48 / PC / No vacancy			
4x8 1/1/2	4x		
1:07 / C / Used to be I felt			
8x8 PLATE LIFT COMBO (16cts)	4x		
1x PLATE LIFT (2cts) with 2x TWIST L&R (8cts)			
2x PULSE PLATE LIFT (4cts)			
Down to SET Position (2cts)			

09. CORE

TECHNIQUE & COACHING

1 PLATE CRUNCH / PLATE LIFT COMBO

LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear timing cues. Clearly coach the direction and target for the Plate Lift Combo.

PLATE CRUNCH

- *Come down to the floor*
- **Feet close to butt**
- *Plate to the forehead*
- *Crunch up*
- *Tuck elbows in*
- **Ribs to hips as you crunch**
- *Working your upper abs*

PLATE LIFT COMBO

- *Press plate up*
- *Twist to the front, back, front, back, 2 in the middle*
- *Up, twist, twist, twist, push, push*
- **Lift shoulder up and across**
- **Chin tucks in**
- *Working the obliques*

2 PLATE CRUNCH / PLATE LIFT COMBO

LAYER 2/LAYER 3

In this set, choose Layer 2 cues that will that will both improve your participants' technique and help them to feel the work in the target muscles. When you repeat the combo, make sure you use lots of timing and direction cues to help participants stay with the rhythm.

PLATE CRUNCH

- *Reset plate to forehead*
- *Isolation work*
- *Lift the shoulders higher*

- *Can you feel your abs working hard?*

PLATE LIFT COMBO

- *Keep lifting the shoulder up and across*
- *Imagine you're driving – turn your plate more, to avoid other cars*
- *Lift a little higher to feel the work*

10. COOLDOWN

MUSIC Quit

4:23 mins

TRACK FOCUS

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

SET 1

0:05 / Intro / (Low piano)

4x8 **CHILDS POSE**

0:19 / V1 / _ And you say

4x8 **UPPER BACK STRETCH L**

L arm extends F, R arm bent to the side

0:33 / _ They say

4x8 **UPPER BACK STRETCH R**

R arm extends F, L arm bent to the side

0:47 / **Deep** inside

4x8 **CHILDS POSE**

1:01 / **I** can't

4x8 **KNEELING HIP FLEXOR STRETCH R**

L leg F, R arm extends up

1:15 / **I** can't

4x8 **KNEELING HAMSTRING STRETCH L**

1:30 / Instr / (Melody)

4x8 **STANDING QUADRICEP STRETCH R**

1:43 / Gonna **regret it**

4x8 **STANDING ILIOTIBIAL BAND STRETCH R**

1:58 / **When** you said

8x8 **SEATED GLUTEAL HURDLER STRETCH**

L&R

2:27 / **I** can't

4x8 **KNEELING HIP FLEXOR STRETCH L**

R leg F, L arm extends up

2:41 / **I** can't

4x8 **KNEELING HAMSTRING STRETCH R**

2:55 / Instr / (Melody)

4x8 **STANDING QUADRICEP STRETCH L**

3:08 / Yeah, I'm gonna **regret it**

4x8 **STANDING ILIOTIBIAL BAND STRETCH L**

3:24 / Outro /

SHAKE LEGS, SHOULDER ROLL

10. COOLDOWN

TECHNIQUE & COACHING

COACHING TIPS

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

BONUS

08. SHOULDERS

BARBELL =

2x PLATES

MUSIC Just Hold On 5:44 mins

WEIGHT SELECTION

Barbell with Warmup weight or less

2x small/medium plates

DEMONSTRATE

SHOULDER COMBO 2

TRACK FOCUS

Clearly coach the Position and Execution setup of

all the exercises for good technique, and pre-cue the transition from the Clean to the Overhead Press so everyone can follow successfully.

MUSCLE FOCUS

Plate work: Muscles of the upper back, rear deltoids

Bar work: Deltoids, trapezius

SET 1

0:05 / V1 / Wish that **you** REPS

8x8 4/4 **STANDING REAR DELTOID FLY** 4x

0:40 / **Ohhhh**

4x8 3/1 4x

0:56 / Sun goes **down**

4x8 2/2 4x

Stand to SET Position on last 4cts

1:13 / Hold on

8x8 2x **TOP HALF STANDING SIDE RAISE** (8cts) 8x

1:13 / Hold on

2x8 **TRANSITION:** Plates down, pick up bar

SET 2

1:54 / Do you **want**

2x8 3/1 **STANDING UPRIGHT ROW** 2x

SET Stance

2:03 / What you do

2/2 4x

2:19 / Ohhhh

16x8 STANDING SHOULDER COMBO 1 (16cts)

Split Stance 4x

1x 1/3 STANDING UPRIGHT ROW (8cts)

1x 1/3 STANDING FORWARD RAISE (8cts)

Use last 4cts to clean bar up, ready for **SHOULDER PRESS COMBO**

2:53 / Instr / (Synth melody)

8x8 STANDING SHOULDER COMBO 2 (8cts)

1x BOTTOM HALF SHOULDER PRESS (4cts)8x

1x 1/1 SHOULDER PRESS (4cts)

3:26 / Hold on _

4x8 STANDING PUSH PRESS SET stance 8x

3:41

2x8 **TRANSITION:** Shakes arms, pick up bar

SET 3

3:51 / Do you want

2x8 3/1 **STANDING UPRIGHT ROW** 2x

SET Stance

3:59 / What you do

2/2 4x

4:16 / Ohhhh

16x8 STANDING SHOULDER COMBO 1 (16cts)

SPLIT Stance 4x

Use last 4cts to clean bar up ready for

SHOULDER PRESS COMBO

4:49 / Instr / (Synth melody)

8x8 **STANDING SHOULDER COMBO 2** (8cts)

8x

5:22 / Hold on

4x8 **STANDING PUSH PRESS** SET Stance 8x

BONUS

08. SHOULDERS

TECHNIQUE & COACHING

1 STANDING REAR DELTOID FLY / SIDE RAISE

LAYER 1

Coach clear Layer 1 Position and Execution setup, using NETT, for these exercises

STANDING REAR DELTOID FLY

- **Feet under hips**
- **Tip forward from the hips**
- **Plates face each other**
- **Chest lifted, brace abs**
- **Eyes 6.½ft (2 meters) ahead**
- *Rear Deltoid Fly 4/4*
- **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*

SIDE RAISE

- *Two Top Half Side Raises*
- *Open and close*
- *90 degrees*
- **Lead with the elbows**
- **Elbows stop just under shoulder line**
- **Brace abs and lift chest**

2 UPRIGHT ROW / FORWARD RAISE / OVERHEAD

LAYER 1/LAYER 2

- In this set, we start with Upright Rows using the bar, then we integrate the Upright Row with Forward Raise to build a combination. This builds to the Overhead and Push Presses. Use clear Layer 1 cues to get your class moving successfully; coach with clear targets for precision of movement. Use Layer 2 cues to help Improve Execution and start to Manipulate the intensity as the overload builds fast, along with fatigue.

UPRIGHT ROW

- *Pick up the bar*
- *SET position*
- *Upright Row 3/1*
- **Target zone: lower chest**
- **Elbows lead**
- **Lift chest, brace abs**

UPRIGHT ROW / FORWARD RAISE

- *1 Upright Row, 1 Front Raise slow combo*
- *Split Stance*
- *Upright Row, **bar under chest***
- *Front Raise, **bar under shoulders***
- **Bend the knees** to stabilize the body
- **Brace abs, lift chest**

STANDING OVERHEAD PRESS

- *Clean the bar up*
- *Shoulder Press, half and full*
- **Bar from chin to above head**

BONUS

08. SHOULDERS

- **Bar from chin to ceiling**
- **Brace your core, keep your chest up**
- *It's the slowness that will create the overload*
- *The shoulders are turning into concrete, feeling heavy*

STANDING PUSH PRESS

- **Bend and drive through the legs**
- **Bar to collarbones**
- *Legs and arms integrate now*

· **3 UPRIGHT ROW / FORWARD RAISE / OVERHEAD**

LAYER 2/LAYER 3

We repeat Set 2 again in this final block where the aim is to maximize the load in the deltoids. Layer 2 cues help the class execute the moves better and this is the perfect time to challenge participants and get them to hang in and not check out of the workout. Coach them to pull the bar in and to keep the bar close in the Upright Row using the upper back to help assist. How will you motivate your class to the finish line?

- *Final set, final challenge*
- *Upright Row*
- *Let your upper back help you pull the bar up*
- *Keep the bar in close*
- *Just hold on*
- *Combination is coming*
- *1 Upright Row, 1 Front Raise*
- *Control it now, we are maximizing the result*
- *Shaping a great set of shoulders*
- *Stay in – remember, just hold on*
- *Push Presses – there's only 8*
- *Use more legs now – we are so close*

PUMP FACT

Keeping the bar close to the body in upright rows, not only increases safety, it also helps us condition the muscles to improve vertical drive. This is important for athletic development.

05. TRICEPS / BICEPS

MUSIC Livin For Ya / Rich Boy

6:16 mins

WEIGHTS

Tricep: small-large plate

Bicep: Barbell with Warmup weight or more

Option: small-large plates

TRACK FOCUS

Coach transitions well so the class can follow

easily through the different exercises. Coach how to execute each exercise clearly with Layer 1 cues and the benefits of this training.

MUSCLE FOCUS

Tricep Pushups: Triceps and deltoids

Standing Overhead Extensions and Dips: Triceps

Biceps: Biceps

SET 1

0:05 / (Intro) /

0:12 / Rep / Do it right

2x8 4/4 **STANDING O/H TRICEP EXTENSION**

SPLIT Stance 4x

0:20 / V1 / I believe

4x8 2/2 4x

0:34 / (Clap + chant)

4x8 1/1/2 4x

0:49 / Instr / (B up)

4x8 1/1 **SET Stance** 8x

1:04 / Instr / (Heavy)

8x8 / 4x **PULSE STANDING O/H TRICEP EXTENSION** (8cts) 8x

1:34 / I don't need a

2x8 **TRANSITION:** Plate down, pick up bar, **SET Stance**

SET 2

1:43 / V1 / I don't need a

2x8 2/2 **BICEP CURL SET Stance** 2x

1:53 / Rep / I don't need

4x8 1/1 8x

2:12 / Instr / (Synth rhythm)

8x8 2x **PULSE MID-RANGE BICEP CURL** (4cts) 16x

2:52 / (Low)

2x8 **TRANSITION:** Bar down, transition to bench top for **TRICEP DIP**

SET 3

3:02 / Instr / (Clap + chant)

6x8 1/1 **TRICEP DIP** 12x

Option: Seated Tricep Dip

3:24 / (Heavy)

8x8 4x **PULSE TRICEP DIP** (8cts) 8x

3:54 / (Low)

21/2x8 **TRANSITION:** Off bench top, pick up bar, **SET Stance**

05. TRICEPS / BICEPS

SET 4

4:03 / V1 / I don't need a
2x8 2/2 **BICEP CURL** SET Stance 2x

4:13 / Rep / I don't need
4x8 1/1 8x

4:33 / Instr / (Synth rhythm)
8x8 2x **PULSE MID-RANGE BICEP CURL**
(2cts) 16x

5:12 / (Low)
2x8 **TRANSITION:** Bar down, transition to bench
top for **TRICEP BENCH PUSHUP**

SET 5

5:22 / Instr / (Clap + chant)
6x8 1/1 **TRICEP BENCH PUSHUP** 12x
Options: Kneeling, knees or toes

5:44 / (Heavy)
8x8 4x **PULSE BENCH TRICEP PUSHUP** (8cts)8x

- Split Stance
- Bend knees
- **Brace abs**
- Plate up, elbows slightly forward
- **Lift chest**
- Extension super slow
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- Singles 8 times
- Hit the full range
- Set Position
- 4 Pulses and a quick up-down
- Dig into the heels
- Stabilize the body by bracing tightly
- Full activation of triceps
- Quick transition – grab your bar

TECHNIQUE & COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1/2/3

Coach Layer 1 Position and Execution setup for the Overhead 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. Use Layer 2 cues that focus on stability to Maximize Intensity, bringing isolation to the arms. The Pulses hit hard at the end of the set so use Layer 3 motivational language to get your class through. We're going for the fast burn!

2 BICEP CURL

LAYER 1/LAYER 2

Coach clear cues for Position and Execution setup, focusing on targets, tempos and range – especially for 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**
- Double Pulse – mid range
- One inch above and one inch below
- Stay grounded
- That heat is the rep effect, making change in the muscle fibers and giving you results

05. TRICEPS / BICEPS

3 TRICEP DIP

LAYER 1/LAYER 2/LAYER 3

Layer 1 Position and Execution setups get participants moving with this new exercise. Layer 2 Internal and External coaching cues help to build intensity fast and feel the isolation, especially in the Pulses. Give options to help everyone feel successful. Layer 3 motivational cues that praise your participants will help drive them to finish strongly.

- *Tricep Dips, plate or no plate*
- **Hands outside hips**, 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*
- *Movement is small and controlled*
- *Drive through the heel of the hand*
- *You can do it – only 2 more sets!*
- *Stand up quickly, grab bar for biceps*

4 BICEP CURL

LAYER 2/LAYER 3

Use this set to coach Layer 2 cues to Improve Execution of the Bicep Curl. When we Create precision it Manipulates the Intensity, creating muscular tension for fast results. We do this by focusing on the position of the elbow: directly under the shoulder for isolation. Challenge participants to stand still and feel the pressure during with this cool song.

- *2/2 slow – don't rush it*
- *Are you still with us?*
- *Remember, elbow under shoulder; keep it close to the ribs*

- *Try not to bring the elbow forward so then the shoulder does the work*
- *Big block of work – you know what's coming*
- *Fuzzy warm feeling*
- *Fastest way to change muscular shape*
- *Precise movement – one inch above and one inch 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

Quickly coach Layer 1 Position and Execution setup of the Tricep Pushups including options. This is the final set and your job as Instructor is to challenge participants, helping them achieve goals and outcomes.

- *Tricep Pushups – 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!*
- *Max set – 4 Pulses*
- *Stay in the bottom range of the Pushup*
- *Focus on pushing through the bench*
- *Feel the bench push down*

PUMP FACT

Super setting between biceps and triceps exercises allows us to maximise intensity and remain in the training zone. This may allow participants to increase their weight selection.

06. LUNGES / SHOULDERS

MUSIC Sound Of Walking Away

2x PLATES

5.43 mins

WEIGHTS

2x small–large plates

TRACK FOCUS

Clear setup of each exercise, along with early pre-cues, is essential for the class to follow easily and execute well. Coach Layer 2 focus of staying low as you tap in for the Backward-Stepping Lunge to Maximize Intensity in the quads.

MUSCLE FOCUS

Lunges: Glutes and quadriceps

Plate work: Muscles of the upper back, rotator cuff, trapezius, deltoids

SET 1

0:05 / (Intro) /

2x8 Set up for LUNGE L, R leg F, plates by your sides

0:15 / _ I've been quiet

8x8 4/4 **ALTERNATING LUNGE WITH 4/4 SIDE RAISE** L&R 2x

0:55 / _ Weren't listening

4x8 2/2/2/2 **ALTERNATING BACKWARD-STEPPING LUNGE** with **1/1 SIDE RAISE** L&R (16cts) 2x

1:16 / (Dramatic synth)

8x8 2/2 **ALTERNATING BACKWARD STEPPING 3x PULSE LUNGE** with **3x PULSE SIDE RAISE** L&R (16cts) 4x

1:56 / _ I've been drowning

2x8 **RECOVERY:** Shake out legs

Set up **STATIC LUNGE** L, R leg steps B.
Plates up, ready for **REVERSE PEC DEC**

SET 2

2:07 / _ I've been running

2x8 **STATIC LUNGE, WITH 4/4 REVERSE PEC DEC** L (16cts), move L next to Lunge 1x

2:17 / Now don't

4x8 **LUNGE** L with 4/4/4/4 **ARNOLD PRESS** (32cts) 1x

2:37 / _ Weren't listening

4x8 **LUNGE** L with 1/1/1/1 **ARNOLD PRESS** (16cts) 2x

2:57 / (Heavy)

COMBO 8x

2x1/1 **SINGLE-ARM L O/H PLATE PRESS WITH BACKWARD-STEPPING LUNGE** L (4cts)

2x1/1 **DOUBLE-ARM O/H PLATE PRESS WITH BACKWARD-STEPPING LUNGE** L (4cts)

3:38 / I've been drowning

2x8 **RECOVERY**

SET 3

3:49 / I've been running

20x8 **REPEAT SET 2 on R leg.**

06. LUNGES / SHOULDERS

PUMP FACT

Integrated training, combining the arms and legs requires a strong core activation. Once people tune into using these muscles they will develop athletic core strength we need to increase strength and power.

TECHNIQUE & COACHING

1 ALTERNATING LUNGE WITH SIDE

RAISE

LAYER 1

Coach Layer 1 Position and Execution setup, focusing on timing, range and precision of movement. Overload will kick in during the pulsing Lunges so reinforce Layer 2 range cues to ensure participants feel the integration from the legs to the shoulders to maximize their results quickly.

- *Bend your knees, pick up plates*
- **Long step back**, rear heel off the floor
- **Square the body and lift the chest**
- *Slow Lunge with side raise*
- *Step feet in under hips and switch legs*
- **Back knee down, elbow stops under the shoulder line**
- **Brace abs** to square hips and shoulders
- **Front thigh parallel to the floor**
- *Faster now; step drop up and in*
- *Triple, Triple Pulse*
- *Step back long and pulse*
- *Bottom range of Lunge*
- *Top range of Side Raise*
- *Now we're starting to integrate*
- *Feel the integration to shape our bodies quickly*

2 STATIC LUNGE WITH REVERSE PEC DEC / STATIC LUNGE WITH ARNOLD PRESS / SINGLE ARM OVERHEAD PLATE PRESS WITH BACKWARD STEPPING LUNGE

LAYER 1

Shake out after Set 1 and set position of Static Lunge for Set 2. The set starts with Reverse Pec Dec to build the integration of the Lunge with Arnold Press. Clear, simple Layer 1 cues help everyone follow easily. Allow the cues to land – one cue at a time. The kicker comes in the Single Over-Head Plate Press at the end of the set. It will challenge coordination and fitness as well as burn calories fast, integrating the muscle groups. Set the timing and challenge your participants to take a long step back and hit full range on every rep.

STATIC LUNGE WITH REVERSE PEC DEC / ARNOLD PRESS

- *Come into a Static Lunge*
- **Elbows just under the shoulder line**
- *Reverse Pec Dec*
- *Open slowly, **squeeze shoulder blades together***
- *Close it up*
- *Arnold Press, open, elbows high*
- *Come out of the legs as you push up*
- *Turn the plates in*
- *Draw down, **stopping plates under shoulder line***
- *Little faster on the beat*

SINGLE-ARM OVERHEAD PLATE PRESS WITH BACKWARD-STEPPING LUNGE

- *New move coming, Backward-Stepping Lunge*
- *Left leg, leg arm, single single double*
- **Long step back**, single arm and double
- **Front thigh parallel to the floor**

06. LUNGES / SHOULDERS

- **Hit the full range**
- **Push the plate straight up**
- Lock the core in as we have 4 more
- You guys are killing it – perfectly!

3 STATIC LUNGE WITH REVERSE PEC DEC **/ STATIC LUNGE WITH ARNOLD PRESS /** **SINGLE-ARM OVERHEAD PLATE PRESS** **WITH** **BACKWARD-STEPPING LUNGE**

LAYER 2/LAYER 3

Set 3 repeats Set 2 and the overload will kick in faster on this side. Set up the timing and range again and coach the Layer 2 focus of staying low when you tap in for the Backward-Stepping Lunge work. This will create a deep muscle burn and fatigue, maximizing results for your participants. Show them how you love this training by role-modeling perfect technique as this will motivate them and bring them with you to the finish line.

- Shake out the legs, other leg
- Static Lunge with Reverse Pec Dec
- Arnold Press, squeeze the back
- Expand and contract
- Feel the music
- Little faster, keep the elbow under the shoulder
- Fantastic work everyone
- One more exercise to finish us off
- Single, single, double
- Long step back
- Brace the abs tightly and lift the chest
- Fatigue is kicking in
- We love fatigue – hold onto this feeling
- Tune into that feeling
- That's your legs and arms changing shape
- Drop low
- That's a great feeling
- We did 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

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

SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Rear heel lifted
- Knees slightly bent
- Body weight even in both legs



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



WIDE Stance

MID STANCE SQUAT

Position Setup

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest up, light pinch between the shoulder blades
- Belly in and abs braced

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

GLOSSARY

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**



WIDER Stance

Layer 2

- Drive your feet apart
- Knees out

CHEST PRESS WIDE GRIP

Position Setup

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

Execution Setup

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

Layer 2

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



CHEST PRESS MID GRIP

Position Setup

- Hands 1 hand-width in closer
- Bar above shoulders
- **Brace abs – lower back towards the bench**
- Feet hip-width and close to the bench

Execution Setup

- **Bar comes slightly lower on the chest**
- **Elbows stop at bench level**
- **Elbows under wrist**

Layer 2

- Squeeze through the back and feel the chest lift on the way down
- Squeeze your elbows in on the way up

BENCH 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



1. On toes



2. On knees



3. Kneeling

GLOSSARY

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.



CLEAN & PRESS

Position Setup

- SET Position
- **Chest up – abs braced**
- **Knees bent**

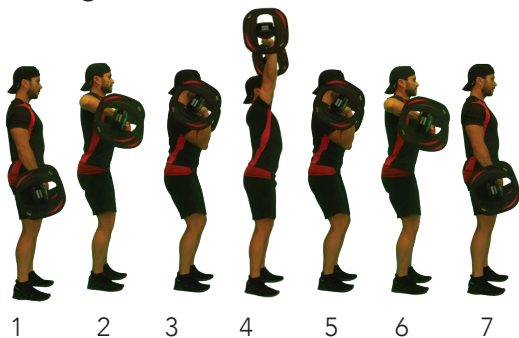
Execution Setup

- 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**

GLOSSARY

- 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.



TRIPLE PLATE SQUAT PRESS

Position Setup

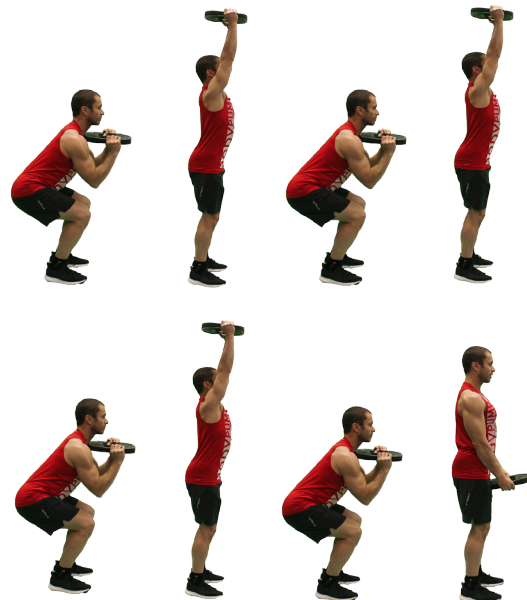
- **Set Position**
- Plate in front of collar bones
- Elbows under plate

Execution Setup

- **Sit butt back and down**
- **Butt just above knee line**
- **Knees tracking in line with toes**
- Drive plate up
- **Abs braced**
- **Elbows slightly forward**

Layer 2

- Drive out of squat
- Push plate to ceiling



STANDING OVERHEAD TRICEP EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and rear 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



GLOSSARY

TRICEP BENCH PUSHUP

Position Setup

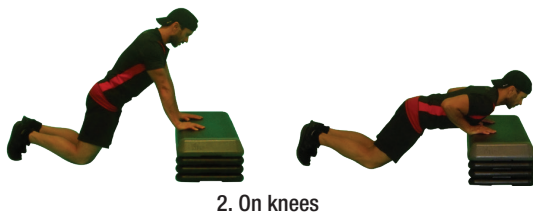
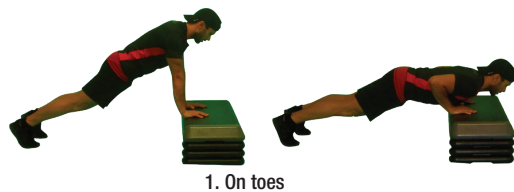
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Setup

- **Lower chest to elbow level**
- **Elbows tuck into ribs**

Layer 2

- Drive the floor/bench away



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



SEATED OVERHEAD TRICEP 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

GLOSSARY

TRICEP DIP

Position Setup

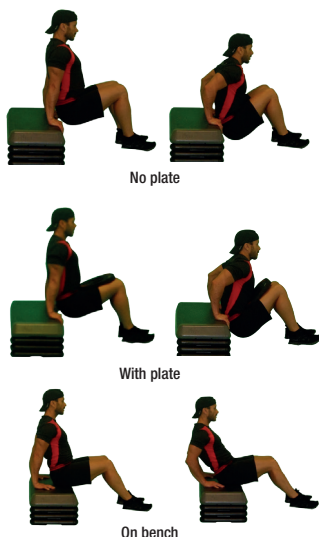
- **Butt close to bench**
- **Chest lifted**
- **Weight in the heels of the hands**

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

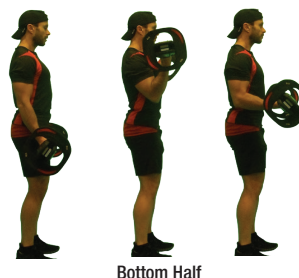
- SET Position
- Hands outside of hips
- **Abs braced – chest lifted**

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



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 – rear 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

BACKWARD-STEPPING LUNGE

Position Setup

- Long step back
- Feet stay hip-width apart
- Hips and Shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – rear knee moves towards the floor
- Front thigh parallel to the floor

Layer 2

- Stay low to isolate the legs



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



GLOSSARY

STANDING PUSH PRESS

Position Setup

- **SET Position**
- Bar in front of collar bones

Execution Setup

- **Bend knees**
- **Drive bar up**
- **Abs braced**
- **Elbows slightly forward**

Layer 2

- Drive out of legs
- Push bar to ceiling



STANDING PLATE UPRIGHT ROW

Position Setup

- **SET Position**
- Plates in front of hips
- Knees Slightly bent

Execution Setup

- **Lift plates to lower chest**
- **Plates close to body**
- **Elbows above plates**
- **Chest up**

Layer 2

- Slide plates up body – lift your t-shirt



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

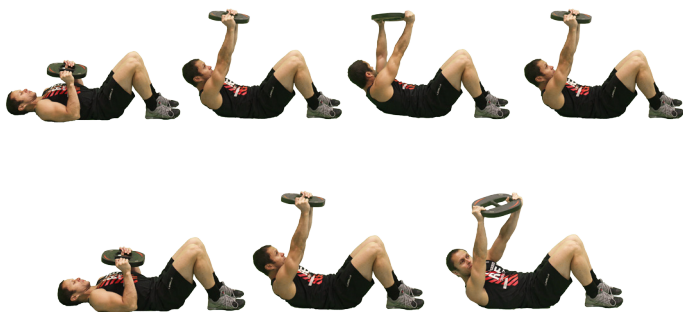
- Plate above shoulders
- **Feet close to butt**
- **Chin tucked in**

Execution Setup

- **Lift opposite shoulder towards knee**

Layer 2

- Lift up and across to engage the obliques



STANDING REAR DELTOID 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 SIDE RAISE

Position Setup

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

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin in

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears
- Option: To increase intensity, widen the angle at the elbow

Keeping the elbows slightly forward ensures we lift the arms in the same plane as the scapula, helping us to engage the rotator cuff muscles evenly to protect the shoulders. Stopping the movement just below shoulder level reduces the potential for shoulder impingement (compression of the shoulder tissues).

GLOSSARY



STANDING FORWARD 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 SHOULDER PRESS

Position Setup

- **Set Position**
- Bar in front of chin

Execution Setup

- **Bend knees**
- Drive bar up
- **Abs braced**
- **Elbows slightly forward**

Layer 2

- Drive out of legs
- Push bar to ceiling



LUNGE SIDE RAISE

Position Setup

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

Execution Setup

- **Long step back**
- **Bend rear knee towards 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**

GLOSSARY

Layer 2

- Maintain full range in the lunge – integrated training



STATIC LUNGE WITH REVERSE PEC DEC

Position Setup

- **Long Lunge**
- **Hips and chest square to the front**
- **Chest lifted**
- Elbows forward – just below shoulder level

Execution Setup

- Elbows open wide
- **Squeeze shoulder blades together**
- **Chest lifted**

Layer 2

- Stay deep in the lunge



LUNGE WITH ARNOLD PRESS

Position Setup

- **Long lunge**
- **Hips and chest square to the front**
- **Chest lifted**
- **Front thigh parallel**

Execution Setup

- Push up out of lunge
- Lift plates
- **Chest up**
- **Elbows slightly forward**
- Bring plates together
- Sink into lunge as you lower the plates
- **Front thigh parallel**

Layer 2

- Integrated training - feel the pressure in the upper and lower body



GLOSSARY

BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

Position Setup

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

Execution Setup

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted abs braced
- Press plates up
- Abs braced
- Chest up

Layer 2

- Full range in the Lunge
- Punch the plates through the ceiling



MUSIC

- 1 **More Than You Know** (3:18)
Axwell\Ingrosso
Courtesy of the Universal Music Group.
Written by: Hedfors, Ingrosso, Fakir, Pontarez, Zastenker

More Than You Know (1:52)
Axwell\Ingrosso
Courtesy of the Universal Music Group.
Written by: Hedfors, Ingrosso, Fakir, Pontarez, Zastenker
- 2 **Black Rose** (6:10)
BlasterJaxx feat. Jonathan Mendelsohn
© 2017 MAXIMIZE / under exclusive license to Spinnin' Records BV.
Written by: Mendelsohn, Makhlaf, Jongkind
- 3 **Young And Menace** (3:39)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley

Young And Menace (1:55)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley
- 4 **Ain't Giving Up (WiDE AWAKE Remix)** (3:21) Craig David & Sigala
© 2016 Insanity Records Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: David, Fielder

Ain't Giving Up (WiDE AWAKE Remix) (1:54) Craig David & Sigala
© 2016 Insanity Records Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: David, Fielder
- 5 **Touch** (3:23)
Little Mix
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. ©
Written by: Ibrahim, Patrikios, Govere, Plested

Touch (0:58)
Little Mix
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Ibrahim, Patrikios, Govere, Plested
- 6 **Back Again** (5:14)
Flosstradamus & Mayhem feat. Waka Flocka Flame
© 2017 Ultra Records, LLC.
Written by: Cameruci, Young, Malphurs, Rotella
- 7 **Rise And Shine** (4:51)
Deorro
© 2017 Ultra Records, LLC.
Written by: Orrosquieta

- 8 **Into Dust** (5:34)
Paris Blohm feat. Elle Vee
© 2017 Lowly Palace.
Written by: Blohm, Vinarsky
- 9 **No Vacancy** (3:48)
OneRepublic
Courtesy of the Universal Music Group.
Written by: Tedder, Eriksen, Hermansen
- 10 **Quit** (4:23)
Cashmere Cat feat. Ariana Grande
Courtesy of the Universal Music Group.
Written by: Levin, Grande, Hoiberg, Furler, Romano

45 MIN FORMAT

- 5 **Livin' 4 Ya** (1:34)
MOTi feat. Katt Niall
© 2016 HEXAGON / Spinnin' Records BV.
Written by: Niall, Romme, Cornelisse

Rich Boy (Zack Martino Remix) (1:21)
Galantis
© 2017 Atlantic Recording Corporation.
Written by: Poole, Hunter, Walcher, Karlsson, Jonback, Eklow, Koitzsch
- Livin' 4 Ya** (0:59)
MOTi feat. Katt Niall
© 2016 HEXAGON / Spinnin' Records BV.
Written by: Niall, Romme, Cornelisse

Rich Boy (Zack Martino Remix) (1:21)
Galantis
© 2017 Atlantic Recording Corporation.
Written by: Poole, Hunter, Walcher, Karlsson, Jonback, Eklow, Koitzsch
- Livin' 4 Ya** (1:01)
MOTi feat. Kart Niall
© 2016 HEXAGON / Spinnin' Records BV.
Written by: Niall, Romme, Cornelisse
- 6 **Sound Of Walking Away** (5:43)
Illenium & Kerli
© 2017 Kasaya / Seeking Blue.
Written by: Koiv, Miller, Strawn

BONUS

- 8 **Just Hold On (DVBBS Remix)** (5:44)
Steve Aoki & Louis Tomlinson
© 2017 Liberator Music.
Written by: Aoki, Lambroza, Rosse, Yatchenko, Tomlinson

ALT CORE

- 9 **No Vacancy** (5:44)
Push It Good
© 2017 Les Mills Music Licensing Ltd.
Written by: Tedder, Eriksen, Hamansen

EXPRESS FORMATS

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 42:19

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 25:57

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 40:54

PLEASE NOTE: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

Alt	alternating
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 – Monique Whareumu

Program Coach – Kylie Gates

Technical Consultant – Bryce Hastings

Technical Advisor – Corey Baird

PRESENTERS



From L to R: Marlon Woods, Lunar Lu, Ben Main, Kylie Gates & Glen Ostergaard

There is one word that describes BodyPump 104 and that's EPIC! It is the perfect blend of music, workout and innovation.

We launch with *More Than You Know*, a huge club tune that introduces Plate Clean & Presses and Power Presses!

The Squat is powerful & driving – not a red rose in sight to save us and watch out for the big set of Singles at the very end.

Young And Menace drives Track 3 – grip changes, Pushups and slower beats ramp up the muscular tension, fast-tracking results!

Awesome vocals in *Ain't Giving Up* lead this crisp, uplifting Back track, where we see the Plate Squat Press in action – metabolic mayhem!

The Triceps and Biceps tracks roll through us. The Lunges makes you want to shimmy if it wasn't for all the Backward-Stepping Lunges that fry the glutes!

Into Dust takes us home; the Press Combo puts the 'B' in Burn!

No Vacancy at the BodyPump Inn a unique combo to tone and taunt the abdominals.

Enjoy,

Glen

PS I hope you're enjoying the tracks in the 45-minute tracks they're awesome!

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.

Kylie Gates (New Zealand) is the Head Program Coach for BODYPUMP and Creative Director for BODYATTACK, BODYBALANCE/BODYFLOW, BODYVIVE 3.1, CXWORX and SH'BAM. She also teaches Yoga and is based in Auckland.

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

Lunar Lu (China) is a BODYPUMP and BODYCOMBAT Trainer and a BODYBALANCE/BODYFLOW and CXWORX Instructor. She lives in Shanghai.

Marlon Woods (USA) is a BODYPUMP Instructor and BODYCOMBAT Trainer. He lives in Georgia, where he also works as an intelligence analyst.