



BODYPUMP

105

01. WARMUP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. BICEPS/TRICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

GLOSSARY

MUSIC

EXPRESS FORMATS

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF



01. WARMUP

WEIGHT SELECTION

Light barbell and 1 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**arget zones so the class can transition smoothly through all the changes.

Block	Music	Exercise	REPS
1	0:05 Intro / (Chimes)	2x8 SET Position SHOULDER ROLL	
	0:12 QC / _ We all stars	4x8 4/4 DEADLIFT SET Stance	2x
	0:27 V1 / _ Play it loud	4x8 2/2	4x
	0:42 C / _ We all stars	4x8 1/1 DEADROW	4x
	0:57 Instr / (Synth melody)	4x8 TRIPLE DEADROW (16cts)	2x
2	1:12 QC / _ We all stars	4x8 2/2 UPRIGHT ROW SET Stance	4x
	1:27 V2 / _ We got	4x8 2/2 CLEAN & PRESS (16cts)	2x
	1:42 Br / Now	1x8 TRANSITION: Bar down, pick up plate	
	1:46 Rep / Come on	5x8 1/1 PLATE SQUAT PRESS (8cts) Use last 4cts to transition plate to collarbone for Plate Front Squat MID Stance	5x
	2:05 Instr / (Synth melody)	4x8 1/1 PLATE FRONT SQUAT MID Stance	8x
3	2:20 C / _ We all stars	4x8 1/1/1/1 BACKWARD-STEPPING LUNGE L, WITH O/H PLATE PRESS (8cts)	4x
	2:35 Instr / (Chimes)	2x8 TRANSITION: Plate down, pick up bar	
	2:43 QC / _ We all stars	4x8 4/4 DEADLIFT SET Stance	2x
	2:58 V3 / _ Play it loud	4x8 2/2	4x
	3:12 C / _ We all stars	4x8 1/1 DEADROW	4x
4	3:27 Instr / (Synth melody)	4x8 TRIPLE DEADROW	2x
	3:43 QC / _ We all stars	4x8 2/2 UPRIGHT ROW SET Stance	4x
	3:58 V4 / _ We got	4x8 2/2 CLEAN & PRESS	2x
	4:13 Br / Now	1x8 TRANSITION: Bar down, pick up plate	
	4:16 Rep / Come on	5x8 1/1 PLATE SQUAT PRESS Use last 4cts to transition plate to collarbone for Plate Front Squat MID Stance	5x
	4:35 Instr / (Synth melody)	4x8 1/1 PLATE FRONT SQUAT MID Stance	8x
	4:50 C / _ We all stars	4x8 1/1/1/1 BACKWARD-STEPPING LUNGE R, WITH O/H PLATE PRESS (8cts)	4x
	5:05 Outro / (Chimes)	3x8 Plates down	



01. ALL STARS

5:21 mins

TECHNIQUE & COACHING

SET POSITION

Layer 1

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

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

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 2/2 – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Single Deadrow – Knees, belly, knees and lift**
- **Triple Deadrow – Squeeze shoulder blades together**

SET 2

Layer 1

Set 2 starts with Upright Rows, then introduces the slow Clean & Press with barbell. We transition to a Plate Squat Press with tempo where participants learn the technique for the Back track. We finish this set with Front Squats and Backward Stepping Lunges with Overhead Plate Presses to warm up fast. 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 stops at lower chest, elbows wide**
- **Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body**
- **Plate Squat Press – Mid Stance, pull the plate up, drop under, chest up, abs braced, hips back and down, 90 degrees**
- **Mid-Stance Plate Front Squat – Feet outside hip-width, hips go back and down, knees track forward, hips to 90 degrees**
- **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**

SET 3

Layer 2

Set 3 is a repeat of Set 1; we go back to the barbell, helping participants make the connection with technique and music. We do this by using Layer 2 cues to help improve participants Execution of the movement patterns, bring Intensity to their workout and excite them for what's ahead.

- **Deadlift** – Keep the bar close by pulling the bar into the thighs to activate the back
- **Deadrow** – Sit deeper into your legs and keep upper body still; this will start to isolate the upper and mid back
- **Triple Row** – Looking strong out there; stabilize to isolate

SET 4

Layer 2 / Layer 3

The final set of work is a repeat of the 2nd set so coach Layer 2 cues that focus on Execution and Intensity. Layer 3 is all about driving your class to goals and outcomes – so what can you say to motivate them for the workout ahead?

- **Upright Row** – Keep the bar close to the body to feel the efficiency
- **Clean & Press** – Feel the bar close to the body, hips sit back
- **Plate Clean & Press** – Accelerate the Warmup, big Squat
- **Plate Front Squat** – Keep the chest up
- **Backward-Stepping Lunge with Overhead Plate Press** – Integration of the lower body and upper body

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

WEIGHT SELECTION

REGULARS: 2-4 times your Warmup weight

NEW: Double Warmup weight

TRACK FOCUS

Coach your class to understand the difference between the three stances focus on range and timing in the combination to drive results.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

Block	Music		Exercise	REPS
1	0:05	Intro /	1½x8 SQUAT Set up MID Stance	
	0:10	V1 / Every thing	4x8 4/4 SQUAT MID Stance	2x
	0:25	Follow me	6x8 1/1/2	6x
	0:47	(Melody synth)	4x8 2x BOTTOM HALF SQUAT (8cts)	4x
	1:01	(B up)	4x8 3/1 SQUAT	4x
	1:16	(Heavy rhythm)	8x8 COMBO (16cts)	4x
			2x 1/1 SQUAT (8cts)	
			2x BOTTOM HALF SQUAT (8cts)	
	1:45	(Heavy + upbeat)	4x8 1/1 SQUAT Use last 4cts to transition to WIDE Stance	7x
2	1:59	V2 / Every thing	4x8 4/4 SQUAT WIDE Stance	2x
	2:14	Follow me	6x8 1/1/2	6x
	2:36	(Melody synth)	4x8 2x BOTTOM HALF SQUAT	4x
	2:50	(B up)	4x8 3/1 SQUAT	4x
	3:05	(Heavy rhythm)	8x8 COMBO (16cts)	4x
	3:34	(Heavy + upbeat)	4x8 1/1 SQUAT Use last 4cts to transition to WIDER Stance	7x
3	3:49	V3 / Every thing	4x8 4/4 SQUAT WIDER Stance	2x
	4:03	Follow me	6x8 1/1/2	6x
	4:25	(Heavy rhythm)	4x8 2x BOTTOM HALF SQUAT	4x
	4:40	(B up)	4x8 3/1 SQUAT	4x
	4:54	(Heavy rhythm)	8x8 COMBO (16cts)	4x
	5:23	(Heavy + upbeat)	4x8 1/1 SQUAT RECOVERY: Torso twists, shake the legs, Quadricep Stretches	8x



02. DO OR DIE 5:40 mins

TECHNIQUE & COACHING

1 MID STANCE

Layer 1

Coach Position and Execution setup of the Mid Stance to get the class moving well. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment.

- **Feet outside hipwidth, toes turned out** slightly
- **Abs braced** to support lower back
- **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**
- **Butt to 90 degrees**
- **Knees track forward in line with toes** to feel the quads
- **Butt stops just above knee-line** – that’s your range
- Work the full range so the weight can grab hold of your thighs
- Feel the deep squeeze in your quads

2 WIDE STANCE

Layer 1 / Layer 2

Reset new stance: heel-toe wider for Wide Stance. Quickly coach Layer 1 Execution cues to get everyone moving well then coach Layer 2 cues, explaining how to Improve Execution or Manipulate the Intensity. This will help participants feel the muscles working and help them fine tune technique. When you hit the combination you want to make your class accountable so they create results through great timing and tension; shaping and toning fast!

- **One heel-toe wider – Wide Stance**
- Corkscrew your feet into the floor
- **Hips sit back and down**
- **Push your knees wide**
- Wide Squat – glute toning
- **Butt just above knee-line**
- **Chest up**
- We stay low to load the legs
- Use the pressure to create results
- **Lift your chest, brace your abs**
- Body’s feeling strong
- Don’t race us
- The tension is in the timing
- Don’t cheat the beat
- Squeeze your butt as you rise
- Push your feet into the floor
- Now we feel it, right?

3 WIDER STANCE

Layer 1 / Layer 2 / Layer 3

Final block, Wider Stance. Quickly coach the basics for the Wider Stance focusing on sitting hips back more and maintaining knee alignment. 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?

- The Wider Stance – really sit back into your hips and keep pushing your knees out to engage side glutes
- Think posturally upright – have a check, lift chest even more
- Push your feet wide as you stand
- Glute activation for a great – looking butt
- Push your feet out wide
- Feel the floor rip apart with your feet to use your side glutes
- The challenge is to hit the range when you’re fatigued
- Commitment right now determines your success
- Finish together, strong and powerful

INTENSITY

Hitting the full depth in the squat creates the pressure that shapes and tones the legs. Focusing on the timing in the combination builds tension in the muscles to fast-track our results.

PUMP FACT

The key to a safe and effective Squat is a vertical movement of the bar throughout the range. This requires sitting the hips back while simultaneously tracking the knees forward. Maintaining this motion helps load the muscles while minimizing joint stress.



03. CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or slightly more

NEW: Barbell with Warmup weight

DEMONSTRATE

Chest Fly

TRACK FOCUS

Coach great Execution for precision in all moves and use your voice to match the musical feel.

MUSCLE FOCUS

Pectorals, triceps and deltoids

Block	Music		Exercise	REPS
1	0:05	Intro / (Siren)	2½x8	Set up for CHEST PRESS
	0:16	Instr / (Guitar)	4x8	4/4 CHEST PRESS
	0:33	V1 / _ I know the score	8x8	2/2
	1:09	PC / I’m the man	4x8	1/2/1
	1:26	C / Me down	4x8	1/1
2	1:44	V2 / _ When it comes	4x8	2/2 CHEST PRESS
	2:01	PC / I’m the man	2x8	1/2/1
	2:10	C / Me down	4x8	1/1
	2:28	Rep / Who’s the man	4x8	4x PULSE CHEST PRESS (8cts)
	2:45	Instr / (Guitar)	2x8	TRANSITION: Bar down, grab 2 plates for CHEST FLY
3	2:54	Rep / _ I’m the man	2x8	2/2 CHEST FLY
	3:03	C / _ I got gas	4½x8	1/1
	3:22	Rep / Right hand to _	1½x8	TRANSITION: to bench top for BENCH PUSHUP
	3:29	C / Who’s the man	4x8	1/1 BENCH PUSHUP
	3:47	Instr / (Guitar)	4x8	4x PULSE BENCH PUSHUP (8cts)
	4:05	Rep / I’m the man	2x8	TRANSITION: Pick up plates for CHEST FLY
4	4:13	PC / _ I’m the man	2x8	2/2 CHEST FLY
	4:22	C / _ I got gas	4½x8	1/1
	4:40	C / Right hand to _	1½x8	TRANSITION: to bench top for BENCH PUSHUP
	4:48	Rep / Who’s the man	4x8	1/1 BENCH PUSHUP
	5:06	Instr/ (Guitar)	4x8	4x PULSE BENCH PUSHUP (8cts)
				RECOVERY: Shake the arms and roll the shoulders, Chest Stretch



03. THE MAN 5:25 mins

TECHNIQUE & COACHING

1 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.

- **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**
- Elbows out wide
- **Elbows top of the bench for range**
- Shoulders away from the ears so elbows stay under the bar
- Let's play with the Singles

2 CHEST PRESS

Layer 2

Help your class to get more out of this move using Layer 2 cues 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 for more intensity. The song is super smooth and cool, so hook into the musical feel by working with the highs and lows of the music with your voice.

- Slow it down and slow it up
- Squeeze your shoulder blades together on the bench to feel the chest open
- We come back to the 1/2/1
- Hold it down for intensity and squeeze the chest on the way up
- Can you feel the song and now we feel the pressure?
- We change the tempo: 4 Pulses
- Stay in the bottom range of the Pulse

3 CHEST FLY / BENCH PUSHUP

Layer 1

New exercises so coach Layer 1 Execution cues: timing, range and target zones for the Chest Fly and Bench Pushup.

CHEST FLY

- Quick transition – bar down, grab your plates
- Plates face inwards
- Elbows go wide and down so you feel the chest open
- Slight bend in the elbow
- Keep your elbows just above the bench at the bottom

BENCH PUSHUP

- Back of the bench for Pushups
- **Hands wide**
- On knees or toes
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- Knees closer if you need it – choose your option
- Stay in the bottom range, whichever option you're taking

4 CHEST FLY / BENCH PUSHUP

Layer 2 / Layer 3

The final block is tough so remind participants about their technique for the Chest Flys using Layer 2 cues to build more intensity and script some powerful motivational language to push participants to the finish line in the Pushups – everyone will need this!

- Come back to the Flys team
- Last set 2/2
- Open wide – feel big movements
- Squeeze shoulder blades together on the way down and squeeze chest on way up
- Who likes a challenge? I'm the man as I like challenges
- Challenge is the Pulses
- On Knees or toes; let's take it
- Make your upper body fitter, faster, leaner

INTENSITY

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

PUMP FACT

Flys allow us to mix up the recruitment of the pec muscles. The key movement is horizontal adduction, which doesn't require contribution from the triceps. This provides isolation and variety in the Chest track.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more
1x large plate

NEW: Barbell with Chest weight
1x small–medium plate

DEMONSTRATE

Plate Squat Clean & Press

TRACK FOCUS

Focus on efficiency of movement in the Clean & Press work with barbell and focus on depth in the Plate Squat Clean & Press for metabolic drive.

MUSCLE FOCUS

Deadlift / Clean & Press / Plate Squat Press:

Posterior chain: glutes – hamstrings, lower & upper back

Deadrow: Lats

Block	Music	Exercise	REPS
1	0:06 Intro / (Low)	1½x8 SET Position	
	0:13 V1 / _ Save me	8x8 4/4 DEADLIFT	4x
	0:39 C / Staaay	8x8 1/1 DEADROW	8x
	1:05 Instr / (Heavy)	8x8 1/1 CLEAN & PRESS	8x
2	1:31 V2 / _ Save me	8x8 4/4 DEADLIFT	4x
	1:58 C / Staaay	7x8 1/1 DEADROW	7x
	2:21 Waaait	1x8 TRANSITION: Bar down, pick up plate for PLATE SQUAT PRESS	
	2:25 Instr / (Electronic synth)	8x8 1/1 PLATE SQUAT PRESS	8x
	2:51 If you stay	1x8 TRANSITION: Plate down, pick up bar for DEADROW	
	2:55 C / Staaay for it	7x8 1/1 DEADROW	7x
	3:18 Instr / (Heavy)	8x8 1/1 CLEAN & PRESS	8x
	3:45 V3 / _ Save me	8x8 4/4 DEADLIFT	4x
	4:11 C / Staaay	7x8 1/1 DEADROW	7x
	4:34 Waaait	1x8 TRANSITION: Bar down, pick up plate for PLATE SQUAT CLEAN & PRESS	
3	4:38 Instr / (Electronic synth)	8x8 1/1 PLATE SQUAT PRESS	8x
	5:04 If you stay	1x8 TRANSITION: Plate down, pick up bar for DEADROW	
	5:08 C / Staaay for it	7x8 1/1 DEADROW	7x
	5:31 Instr / (Heavy)	8x8 1/1 CLEAN & PRESS	8x
		RECOVERY: Torso twists. Mid Upper Back Stretch (clasp hands in front, tuck in chin, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, tuck chin in, lift up spine)	



04. STAY FOR IT 6:12 mins

TECHNIQUE & COACHING

1 DEADLIFT / 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, SET Position
- **Abs braced and chest lifted**
- Set the shoulders back and down
- Deadlift 4/4
- **Bar to top of the knees**
- **Tip from the hips**
- Bar close to your legs

DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eyes look out 6 feet (2 meters)**
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**

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**

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

Layer 1 / Layer 2

Layer 2 coaching focuses on improve Execution and Manipulate Intensity. Coach participants to pull the bar into the legs in the Deadlift and feel how turning the elbows inward creates scapular engagement for more intensity in the upper back. Coach the fast transition to the Plate Squat Press early on so participants don't miss the reps and be clear with Execution of the move. When you perform the Clean & Press for the second time, focus on efficiency by creating speed with fast elbows and jumping under the bar.

DEADLIFT

- Press the bar into the thighs to set the shoulders
- Can you feel it?
- Pull the elbows to the rear to engage the upper back

SMARTSTART

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

DEADROW

- Let's row – knees, belly, knees
- Can you hear that?
- 3 more then we drop the bar and grab plate
- Do you want to get fitter? Do you want to get quicker?
- Efficient Clean & Press work – let's get under the bar

PLATE SQUAT PRESS

- **Mid Stance**
- **Pull the plate up, drop under**
- **Chest up**
- **Abs braced**
- **Hips back and down**
- **2 Squats**
- **90 degrees**
- As we drive the depth we drive metabolism up and up

CLEAN & PRESS

- Quick elbows
- Jump under the bar
- Speed equals efficiency

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

Layer 2 / Layer 3

Layer 2 and 3 Intensity and Motivational cues will help maximize the results! Drive your participants for the final metabolic kick by educating them on the benefits of this type of training. Positive motivators push people to keep working hard using praise and encouragement. Challenging cues 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 show your love of the workout. How will you keep everyone in the zone until the finish?

- Final push – 7 Deadrows
- We're going to finish this together
- Chest up, brace abs
- Final metabolic kick, grab the plate
- 2 big Squats – full range
- Get us in shape fast
- Bar up to row – wait for it
- Are you with us?
- Let's finish together
- Speed, strength and power for 8 Cleans
- Finish strong

INTENSITY

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

PUMP FACT

Research shows that when we spike the heart rate in BODYPUMP we produce lactate followed by a growth hormone response. This is the key to long-term changes in our body composition.



05. TRICEPS

WEIGHT SELECTION

REGULARS: Barbell – Warmup weight or more
1x medium–large plate

NEW: Barbell–Warmup weight
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 Extensions: Triceps

Tricep Press: Triceps and deltoids

Standing Overhead Tricep Extensions and Dips: Triceps

Block		Music		Exercise	REPS
1	0:05	Intro / (Soft piano)	2x8	Set up bar on bench for TRICEP EXTENSION	
	0:13	Ref / La -da-da	2x8	4/4 TRICEP EXTENSION	1x
	0:21	V1 / We are search	8x8	3/1	8x
	0:54	C / What about us	8x8	1/1 TRICEP PRESS	16x
2	1:26	V2 / We are problems	4x8	3/1 TRICEP EXTENSION	4x
	1:43	We were willing	4x8	2/2	4x
	1:59	C / What about us	8x8	1/1 TRICEP PRESS	16x
	2:32	Instr / (Melodic drums)	8x8	COMBO (16cts) 5x PULSE TRICEP PRESS (12cts) 1x 1/1 TRICEP PRESS (4cts)	4x
	3:04	V3 / Sticks and stones	2x8	TRANSITION: Bar down, front of bench for TRICEP DIP	
3	3:13	It's the start	2x8	4/4 TRICEP DIP Option: Butt on bench	1x
	3:21	I don't want control	4x8	3/1	4x
	3:37	C / What about us	8x8	COMBO (16cts) 5x PULSE TRICEP DIP (12cts) 1x 1/1 TRICEP DIP (4cts)	4x
	4:10	V4 / Sticks and stones	2x8	TRANSITION: Pick up plate for PLATE O/H EXTENSION	
4	4:18	It's the start	2x8	4/4 STANDING O/H EXTENSION	1x
	4:26	I don't want control	4x8	3/1	4x
	4:42	C / What about us	8x8	COMBO (16cts) 5x PULSE STANDING O/H EXTENSION (12cts) 1x 1/1 STANDING O/H EXTENSION (4cts)	4x
	5:15	Rep / What about us	4x8	4/4 STANDING O/H EXTENSION	2x
				RECOVERY: Shake the arms. Tricep Stretches.	



05. WHAT ABOUT US 5:34 mins

TECHNIQUE & COACHING

1 TRICEP EXTENSION / TRICEP PRESS

Layer 1

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

TRICEP EXTENSION

- Shoulder-width grip on the bar
- **Abs in and braced**
- Shoulders back and down
- **Bar to forehead**
- Elbows point towards ceiling
- Elbows stay above your shoulders
- Squeeze elbows in to load the triceps

TRICEP PRESS

- Elbows in
- **Target lower ribs**
- **Elbows top of the bench, close to body**
- Slow Singles keeps the work in the triceps

2 TRICEP EXTENSION / TRICEP PRESS

Layer 2

Layer 2 cues help Improve Execution and Manipulate the Intensity. Focus on maintaining stability through the core and trunk when on the bench to create isolation in the target muscles.

TRICEP EXTENSION

- 90 degrees is our range
- Keep the elbows tucked in
- Upper arm still – start to feel the isolation

TRICEP PRESS

- Change of exercise and direction
- Tuck the elbows in
- Engage the triceps
- Remember, bar to lower ribs
- Point of difference, 5 Pulses, 1 Single Press
- Stay in the bottom range of the Press
- Small movement

3 TRICEP DIP

Layer 1 / Layer 2

Set up the Tricep Dip with Layer 1 Position and Execution using NETT. Once everyone is moving well in the Dips, educate your class around the benefits of moving with improved Execution. We want to maintain stability through the core and create a high chest lift to avoid the shoulders rounding.

TRICEP DIP

- Come to the bench
- Plate or no plate
- Hands shoulder-width apart
- Palms on bench, fingers forward
- Butt off bench
- Lift chest
- Brace abs
- Bend elbows to the rear
- Weight in heel of hands
- Squeeze shoulder blades together to lift the chest and stabilize the upper body

4 TRICEP OVERHEAD EXTENSION

Layer 1 / Layer 2 / Layer 3

Set up the Standing Tricep O/H Extensions with Layer 1 Position and Execution. Next we focus on creating fatigue, 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 and instead match your voice and language to suit the uplifting feel of the song. It’s all about celebrating the workout!

STANDING OVERHEAD 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 the combo
- Keep squeezing the elbows in
- Full extension to the top to isolate
- Here comes the rhythm
- Stay in the bottom range of the Extension to feel the bite

PERFORMANCE

Don’t be tempted to over-coach this track. Keep your cues short, clear and precise and then allow the highs and lows of the music to be heard. Hook into the feel and emotion of the song and don’t try to compete with the music. Remember: we work with the music, not against it!

PUMP FACT

Maximum load in tricep exercises occurs when the elbow reaches a 90-degree flexion. To get the most out of this circuit it’s important to encourage 90 degrees with each rep.



06. BICEPS

WEIGHT SELECTION

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

Block	Music	Exercise	REPS
1	0:05 Intro / (Guitar)	2x8 Set up for BICEP PLATE CURL	
	0:16 V1 / I’m calling you	4x8 4/4 BICEP PLATE CURL SET Stance	2x
	0:35 With the mad ness	4x8 3/1 SPLIT Stance	8x
	0:55 C / _ If I can live	4x8 PLATE COMBO (8cts) SET Stance 1 x ALT SINGLE-ARM PLATE CURL L, R (4cts) 2 x MID-RANGE PULSE (4cts) Or Option with bar (8cts) 1x 1/1 BICEP CURL (4cts) 2x MID-RANGE PULSE (4cts)	4x
2	1:15 Rep / Champion	2x8 4/4 BICEP PLATE CURL SET Stance	1x
	1:25 V2 / Got rage every day	4x8 3/1 SPLIT Stance	8x
	1:45 C / _ If I can live	4x8 PLATE COMBO (8cts) SET Stance	4x
	2:05 Rep / Champion	1x8 TRANSITION: Plates down, pick up bar	
3	2:10 Champion	3x8 2/2 BICEP CURL SPLIT Stance	3x
	2:24 C / _ If I can live	8x8 BAR COMBO (8cts) SET Stance 1x 1/1 BICEP CURL 2x MID-RANGE PULSE	8x
	3:04 Rep / Champion	1x8 TRANSITION: Bar down, pick up Plates	
4	3:09 V3 / Got rage every day	4x8 3/1 SPLIT Stance	8x
	3:29 C / _ If I can live	4x8 PLATE COMBO (8cts) SET Stance	4x
	3:49 Rep / Champion	1x8 TRANSITION: Plates down, pick up bar	
5	3:53 Champion	3x8 2/2 BICEP CURL SPLIT Stance	3x
	4:09 C / _ If I can live	8x8 BAR COMBO (8cts) SET Stance	8x



06. CHAMPION 4:55 mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

Layer 1

Use Layer 1 Position and Execution cues to get your participants moving with the correct timing and range. Clearly coach the timing of the combination.

BICEP PLATE CURL

- Feet under hips
- **Brace abs, stand strong**
- **Lift your chest.**
- Bicep Curl 4/4
- Bring the plates all the way up towards the shoulders
- **Lower the bar down to your thighs**
- Split Stance
- Hook into the beat
- Combination coming
- Alternating Singles, right then left
- Mid–Range Pulse
- Bar just above and just below elbow height
- Commit to memory

2 BICEP PLATE CURL

Layer 2

Use Layer 2 cues that will help your class to move with improved form. In the Bicep Plate Curl, focus on the position of the elbow to keep load in the target muscles. When you repeat the combination, coach the range of movement in the Mid–Range Pulse for isolation focus.

BICEP PLATE CURL

- That's your combo – commit to memory
- 3/1 Split
- Lift your chest and keep the elbows pinned down and in
- Biceps facing forward
- Remember the combo – Single, Single
- 90 degrees with a 2-inch squeeze
- Isolation is a game of inches

3 BICEP CURL

Layer 2

Bring a Layer 2 coaching focus to improving posture with a high chest position as the body is starting to fatigue. Once the class has this posture, coach locking the elbow position again in the combination to create more intensity in the biceps.

BICEP CURL

- Quick transition to the barbell
- Bars up, underhand grip
- Split Stance
- From the thighs you rise to shoulders
- Towards the chest with the squeeze
- Combo – single and mid range
- Elevate your chest – feel the strength in the back
- Pin the elbows down and in and hold that position
- This create more intensity and overload

4 & 5 BICEP PLATE CURL / BICEP CURL

Layer 2 / Layer 3

Set 4 introduces the work with the plates again. 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.

Set 5 finishes with the bar work and 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 finish?

BICEP PLATE CURL / BICEP CURL

- To get more from the workout ,let's isolate by rotating the plates all the way round
- Bicep isolation – you in?
- Combo – twist and resist
- Rotate and isolate
- Last set – it's your mindset
- Champion!
- Elbows down
- Brace your core
- Glue your grip to the bar
- Full pinkie pressure for isolation
- Grip the bar like you lost it, then you found it and you're never going to let it go away
- All the team
- We can do anything
- Mindset is everything

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

Focusing on keeping the biceps facing directly forward helps to keep the shoulder girdle stable. This orientation generates lateral rotation – firing up the rotator cuff – and helps to retract the shoulder blades.



07. LUNGES

WEIGHT SELECTION

1x medium–large plate

OPTION Body weight

TRACK FOCUS

Clearly coach the Timing and Execution of the Squat and Backward-Stepping Lunge combination so everyone understands the technique; success is fatigue!

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

Block	Music	Exercise	REPS
1	0:05	Intro / (Pulse)	2x8 Set up for BACKWARD-STEPPING LUNGE
	0:12	Instr / (B up)	6x8 1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) 6x
	0:34	(Samba drums)	8x8 1/1 (4cts) 16x
	1:03	(Distorted wind–down)	TRANSITION: Plate to collarbones, set up for MID-Range PLATE SQUAT
	1:10	Rep / _ How do you feel	8x8 COMBO (8cts) 8x 1x 1/1 PLATE SQUAT (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L (4cts)
	1:39	Instr / (Windup)	8x8 2 PULSE COMBO (8cts): 8x 1x 2 PULSE SQUAT (4cts) 1x 2 PULSE LUNGE L (4cts)
	2:08	(Pulsing + Samba drums)	8x8 4 PULSE COMBO (16cts) 4x 1x 4 PULSE SQUAT (8cts) 1x 4 PULSE BACKWARD-STEPPING LUNGE L (8cts) (Last rep: stay in LUNGE for PULSE LUNGE)
	2:38	(Distorted downbeat)	4x8 16x PULSE LUNGE L (32cts) 1x
2	2:52	(Low)	2x8 RECOVERY: shake legs, plate in L hand, R hand on hip
	2:59	Instr / (B up)	6x8 1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts) 6x
	3:21	Instr / (Samba drums)	8x8 1/1 (4cts) 16x
	3:50	(Distorted wind–down)	2x8 TRANSITION: Plate to collarbones, set up for MID Stance PLATE SQUAT
	3:58	Rep / _ How do you feel	8x8 COMBO (8cts) 8x 1x 1/1 PLATE SQUAT 1x BACKWARD-STEPPING LUNGE R
	4:27	Instr / (windup)	8x8 2 PULSE COMBO (8cts) 8x 1x 2 PULSE SQUAT (4cts) 1x 2 PULSE BACKWARD STEPPING LUNGE, R (4cts)
	4:56	(Pulsing + Samba drums)	8x8 4 PULSE COMBO (16cts) 4x 1x 4 PULSE SQUAT (8cts) 1x 4 PULSE BACKWARD-STEPPING LUNGE R (8cts) (Last rep: stay in LUNGE for PULSE LUNGE)
	5:25	(Distorted downbeat)	4x8 16x PULSE LUNGE R (32cts) 1x



07. HOW DO YOU FEEL RIGHT NOW 5:47 mins

TECHNIQUE & COACHING

1 BACKWARD-STEPPING LUNGE / BACKWARD-STEPPING LUNGE COMBINATION / MID-RANGE PULSE SQUAT

Layer 1

Layer 1 Position and Execution setup will get everyone moving well in the Backward-Stepping Lunge. The key to a perfect Stepping Lunge is a long step back, maintaining good upright posture and staying low when they tap in, to load the quads. When the combination of Squat and Lunge kicks in, coach your class with clear timing cues to get everyone moving well. Next, coach staying in the bottom range of the Squat and Lunge with a focus on staying upright and strong.

BACKWARD-STEPPING 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**
- Fast ones – drop and tap
- **Front thigh parallel to the floor** to get good range
- Keep body upright

MID-STANCE SQUAT – BACKWARD-STEPPING LUNGE COMBINATION

- Step in, plate to collarbones
- Feet outside hip-width
- 1 Squat, 1 Lunge
- In your Squat, **knees in line with middle toes**
- In your Lunge, rear knee down, front knee out
- **Knees tracking forward**
- **Hips back and down to just above the knee level** in the Squat
- **Long step back** in the Lunge
- **Brace core, chest up**
- Bottom range of the Squat, keep body upright
- Plate high on chest
- 1 becomes 2 and 2 becomes 4
- Long step back
- Stay low – legs, quads and hips
- Keep the load in the quads
- You're getting stronger
- Keep the bottom range and feel the change

2 BACKWARD-STEPPING LUNGE / MID-STANCE SQUAT – BACKWARD-STEPPING LUNGE COMBINATION

Layer 2 / Layer 3

Set 2 is a repeat of Set 1. Transition to the other leg is fast and the focus is now on Layer 2 cues, increasing the intensity by hitting the full range and nailing the timing. Educate your class on the benefits of this training: creating the burn in the muscles to shape and tone our legs and if you have to drop the plate – this is success! Help your class to commit to the end with lots of Layer 3 Motivational cues. Try using some Intrinsic motivators, referring to how good training makes us feel and bring them with you to the finish!

- Don't think about it – other side
- Backward-Stepping Lunge
- Reset posture
- Load your legs
- Stay low to work harder
- Shape and tone the legs
- Aiming for fatigue – hold on
- 1 Squat, 1 Lunge, 1 question: How do you feel right now?
- I feel fatigue in my legs but I like it
- When you reach the point of failure and you have to drop the plate – I call that success!
- That's what we are aiming for – heavy load on our legs
- Down down, back back
- Now's the time to change your mind
- Now's the time to get lean and strong
- Start the party again
- Are you guys with us?
- Hit the intensity
- Drop deeper and stay low
- Push down out of the heels, engage glutes and maximize training
- We stay here – 16 Pulses
- Finish strongly
- Finish as a team
- The smaller you move, the bigger your results

INTENSITY

The intensity of this track is generated by staying at 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 return to the start position between each 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. The combination of the moves and music creates big performance – so rise to the occasion, taking everyone with you through your physical role-modeling, voice and actions!

PUMP FACT

One of the best ways to create fatigue when lifting weights is time under tension. The Squat/Lunge combo in this track utilizes this training principle – building unrelenting pressure in the glutes and quads. This will generate shape and tone and build strength.



08. SHOULDERS

WEIGHT SELECTION

2x small/large plates

TRACK FOCUS

Clearly coach the Position and Execution setup of all the exercises for good Technique. Help participants improve their Pushup technique through precise Layer 2 focuses.

MUSCLE FOCUS

Plate work: Muscles of the upper back, rear deltoids

Pushups: Pectoralis, triceps, deltoids and core

Block	Music		Exercise	REPS
1	0:05	Intro / (Dramatic)	2x8 Set up for PUSHUP	
	0:14	Instr / (Violins)	4x8 2/2 PUSHUP Option: Kneeling, knees or toes	4x
	0:32	V1 / I said my	4x8 PUSHUP COMBO (16cts) 2x 1/1 PUSHUP (8cts) 4x PULSE (8cts)	2x
	0:50	Rep / Lean back	1x8 TRANSITION: Pick up plates, step L leg F	
2	0:55	Instr / (B up)	1x8 2/2 REAR DELTOID RAISE	1x
	0:59	(Distorted synth)	8x8 REAR DELTOID COMBO (16cts) 2x 1/1 REAR DELTOID RAISE (8cts) 4x PULSE (8cts)	4x
	1:36	(Dramatic)	2x8 TRANSITION: Back to floor for PUSHUP	
	1:45	Instr / (Violins)	4x8 2/2 PUSHUP Option: Kneeling, knees or toes	4x
3	2:03	V2 / Said my	4x8 PUSHUP COMBO (16cts) 2x 1/1 PUSHUP (8cts) 4x PULSE (8cts)	2x
	2:21	Rep / Lean back	1x8 TRANSITION: Pick up plates, stand up	
	2:27	Rep / Lean back	1x8 2/2 STANDING PLATE UPRIGHT ROW	1x
	2:31	Rep / Lean back	8x8 STANDING MAC RAISE COMBO (16cts) 1x 1/1 MAC RAISE L, R (8cts) 4x PULSE UPRIGHT ROW (8cts)	4x
4	3:07	Low	2½x8 TRANSITION: Back to floor for PUSHUP	
	3:19	Instr / (Violins)	4x8 2/2 PUSHUP Option: Kneeling, knees or toes	4x
	3:37	V3 / Said my	4x8 PUSHUP COMBO (16cts) 2x 1/1 PUSHUP (8cts) 4x PULSE (8cts)	2x
	3:55	Rep / Lean back	1x8 TRANSITION: Pick up Plates, stand up, Clean the plates up	
5	4:00	Rep / Lean back	1x8 2/2 STANDING PLATE O/H PRESS	1x
	4:05	Instr / (Distorted synth)	8x8 O/H PRESS COMBO (16cts) 1x ALTERNATING SINGLE-ARM O/H PRESS L, R (8cts) 4x PULSE O/H PRESS (8cts)	4x
			RECOVERY: Shake out arms, Deltoid Stretches (arm across front of body)	
6				



08. LEAN BACK 4:49 mins

TECHNIQUE & COACHING

1 PUSHUP

Layer 1

Coach clear Layer 1 Position and Execution setup using **NETT**. Clearly coach the timing in the combination.

- Hands wide
- On Knees or toes
- Shoulders away from the ears
- **Brace abs**
- **Chest to elbow height**
- **Back long and straight**
- Combination: 2 Singles and 4 Pulses
- Slowly so take your time, then faster

2 REAR DELTOID RAISE

Layer 1

Focus on timing, target tones and range so your class is moving the plates with great Execution.

- Pick up your plates
- 1 leg forward, Rear Deltoid Raise
- **Tip forward from the hips**
- Same combination 2 Singles
- Now Pulses
- **Elbows just under shoulder-height**
- **Squeeze shoulder blades together**
- **Chin tucked in and lift chest**
- Lift up, lift up
- This is for a strong upper back and posture

3 PUSHUP

Layer 2

Coach Layer 2 cues that help your class Execute the Pushups for improved Technique and helping to drive the Intensity into this great exercise. Try using a mix of internal and external coaching cues.

- Back to the Pushups, on knees or toes
- Open the fingers and twist the hands into the floor
- Push the floor away from you
- Create more upper body tension
- Do the Pulse away and stay low

4 PLATE UPRIGHT ROW / MAC RAISE

Layer 1 / Layer 2

Changing the exercises will help participants stay in the workout for longer. We stay with this cool combination of Singles and Pulses with Mac Raise and Upright Rows. Coach timing, target and range to get everyone moving well.

- Grab the plates
- **Lift chest, shoulders back**
- Single Mac Raise
- 4-Pulse Upright Row
- **Plates to chest-height**
- **Abs braced**
- **Hips stay square to the front**
- **Rotate from the center of the chest**
- **Elbows wide**
- Stay high

5 PUSHUP

Layer 3

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

- Last set of Pushups
- Let's focus on pushing the floor away
- Hands wide
- Try to trap tension between the shoulder blades
- Feel the chest opening and drive the floor away from you
- Working for an athletic body
- I know it's difficult but you can do it

6 STANDING PLATE OVERHEAD PRESS

Layer 1 / Layer 2 / Layer 3

The final set finishes with plates for Overhead Press work and it comes in quickly. Get everyone moving with great Execution coaching to target, timing and range. Sell the benefits of this training to bring them to the finish line strongly.

- Grab your plate and jump up
- **Chest up, abs braced**
- **Bend knees** to stabilize body
- Plates up
- Press 2/2
- **Elbows stop at shoulder-height**
- Single-Arm Press, 4 Pulses
- Plate to ceiling
- Control, stability and isolation

INTENSITY

Intensity in the plate work comes from movement precision and control. We alternate this with integrated training in the pushups.

PUMP FACT

This track alternates between focusing on intrinsic shoulder muscles in the plate work and global activation in the Pushups. This combination allows us to train the individual shoulder muscles while keeping the intensity high.



09. CORE

WEIGHT SELECTION

Small–medium plate

OPTION No weight

TRACK FOCUS

Focus on stability and control through clear coaching of the Execution and how to Manipulate the Intensity.

MUSCLE FOCUS

Hover: Rectus abdominis

Pulse Plate Crunch: Rectus abdominis

Plate Lift Twist Pulse: Obliques and Rectus abdominis

Block	Music	Exercise	REPS
1	0:05 Intro / (Strum)	2¼x8 Set up for HOVER	
	0:17 V1 / _ Maybe I’m	5x8 SLOW HOVER TAP (8cts) L,R Use last rep to transition to back for PLATE CRUNCH Options: No tap, on knees	4½x
	0:42 C / _ Sweat, sweat	4x8 16x PULSE PLATE CRUNCH (32cts)	1x
	1:03 V2 / _ I’m not a	½x8 TRANSITION to HOVER TAP	
2	1:06 _ I’m just a	4x8 SLOW HOVER TAP R,L	4x
	1:27 _ You turned	½x8 TRANSITION: to back for PULSE PLATE CRUNCH	
	1:31 C / _ Sweat, sweat	4x8 16x PULSE PLATE CRUNCH (32cts)	1x
	1:51 V3 / Crying over	½x8 TRANSITION: to elbows for HOVER TAP	
3	1:54 _ It smells	3½x8 FAST HOVER TAP L,R (4cts)	7x
	2:13 Instr / (Guitar)	4x8 2/2 WALKING HOVER (8cts) Alternate starting hand Option: On knees	4x
	2:34 Instr / (Low)	1x8 HOVER	
	2:39 I’m making you _	1x8 TRANSITION: onto back for PULSE PLATE LIFT	
	2:44 C / _ Sweat, sweat	4x8 16x PULSE PLATE LIFT (32cts) Last rep, up and hold	1x



09. SWEAT 3:09 mins

TECHNIQUE & COACHING

1 HOVER TAP / PULSE PLATE CRUNCH

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 Crunch.

HOVER TAP

- **Elbows under shoulder**
- Fists together
- Knees hip-width apart
- **Brace abs**
- **Back long and straight**
- Front leg moves out with a tap
- Out and in
- Keep abs braced focus on your core
- If on your knees, hold your Hover
- **Hip and shoulders square**

PULSE PLATE CRUNCH

- Pick up the plate, roll over onto back
- Feet close to butt
- Plate to the forehead
- 16 Pulses
- Tuck elbows in
- **Ribs to hips as you crunch**
- Stay up
- **Chin tucked**

2 HOVER TAP / PULSE PLATE CRUNCH

Layer 2

In Layer 2 choose cues that will both improve your participants' technique and help them to feel the work in the target muscles, creating more intensity.

HOVER TAP

- Back to Hover
- Side tap, out and in
- Squeeze glutes for more intensity
- Hips and shoulders square to the floor

PULSE PLATE CRUNCH

- Pick up the plate and roll over
- Time to go further
- Keep shoulders and shoulder blades off the floor
- Feel the top range
- Lift a little higher to feel the work

3 HOVER TAP / WALKING HOVER / PULSE PLATE LIFT

Layer 3

The final set starts with the fast Hover Tap; remember, participants will be fatigued so focus on keeping the abdominal brace strong. Coach Layer 1 Execution cues for the Walking Hover to Plank and option early for knees, to minimize rocking of the body. The final set of Pulses is with the Plate Lift to give a 'kicker' at the end. Coach plate over shoulders for maximum load on core.

- Back to Hover, fast this time
- Out and in
- Brace abs harder
- The speed will give us stability and control in the core
- Prepare for Plank
- Walk up up and down to Hover
- Brace abs to stabilize hips and shoulders
- Hand replaces elbow
- Smooth movement
- On knees or toes
- Grab plate and roll over onto back
- Plate over shoulders
- Pulses up and down
- Plate over shoulders to feel upper abs working

PUMP FACT

Alternating between Hovers and Crunches combines integration training with isolation work. This allows us to train the individual muscles of the core along with focusing on drawing in the core as we load the arms and legs.



10. COOLDOWN

TRACK FOCUS

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

Music		Exercise	
0:05	Intro / (Low strum)	6x8	CHILDS POSE
0:25	PC / You got me	4x8	KNEELING REAR DELTOID STRETCH L, R
0:38	QC / Feel my touch	10x8	SEATED HURDLER STRETCH L,R
1:11	V2 / Always	2x8	KNEELING UPPER BACK STRETCH (Clasp hands in front)
1:18	PC / You got me	8x8	HIP FLEXOR STRETCH WITH TWIST L, R
1:44	C / Break my habits	8x8	STANDING QUADRICEP STRETCH L, R
2:11	All that	13x8	SHAKE LEGS, SHOULDER ROLL, TORSO TWIST



10. BREAK MY HABITS

2:57 mins

COACHING

- Be descriptive in 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!



45-MIN FORMAT

05. TRICEP/BICEPS

WEIGHT SELECTION

Triceps: Small–large plate

Biceps: Barbell with Warmup weight or more

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 explain the benefits of this training.

MUSCLE FOCUS

Tricep Pushup: Triceps and deltoids

Standing Overhead Extension and Dip: Triceps

Bicep Curl: Biceps

Block	Music		Exercise	REPS
1	0:05	Intro / Right here	4x8	Set up for BENCH TRICEP PUSHUP
	0:20	Rep / Right here	8x8	1/1 TRICEP PUSHUP Option: On knees or kneeling Use last 4cts to transition to SEATED O/H TRICEP EXTENSION
	0:49	Instr / (Distorted synth)	8x8	3x PULSE SEATED O/H TRICEP EXTENSION (8cts)
	1:19	V1 / (Low) _ Take me to	1x8	TRANSITION: Pick up bar for BICEP CURL
	1:24	_ Life’s so	3x8	2/2 BICEP CURL SPLIT Stance
	1:40	Instr / (Distorted synth melody)	4x8	1/1 SET Stance
	2:02	V2 / _ Take me to	4x8	1/1/2 STAGGERED BICEP CURL (8cts) SET Stance
	2:24	Rep / Right here	8x8	Use first 4cts to transition to TRICEP DIP 1/1 TRICEP DIP Option: Butt on Bench TRANSITION: Use last 4cts to transition to SEATED O/H TRICEP EXTENSION
2	2:54	Instr / (Distorted synth melody)	8x8	3x PULSE SEATED O/H TRICEP EXTENSION (8cts)
	3:23	V3 / _ Take me to	1x8	TRANSITION: Pick up bar for BICEP CURL
	3:29	_ Life’s so	3x8	2/2 BICEP CURL SPLIT Stance
	3:44	Instr / (Distorted synth melody)	4x8	1/1 SET Stance
	4:06	V4 / _ Take me to	4x8	1/1/2 STAGGERED BICEP CURL (8cts)
	4:28	Rep / Right here	1x8	TRANSITION: Bar down, move behind bench for TRICEP PUSHUP
3	4:32	Right here	7x8	1/1 TRICEP PUSHUP Use last 4cts to transition to SEATED O/H TRICEP EXTENSION
	4:57	Instr / (Distorted synth melody)	8x8	3x PULSE SEATED O/H TRICEP EXTENSION (8cts)
	5:27	V5 / _ Take me to	1x8	TRANSITION: Pick up bar for BICEP CURL
	5:32	_ Life’s so	3x8	2/2 BICEP CURL SPLIT Stance
	5:48	Instr / (Distorted synth melody)	4x8	1/1 SET Stance
	6:10	V6 / _ Take me to	4x8	1/1/2 STAGGERED BICEP CURL (8cts) SET Stance RECOVERY: Shake out arms. Tricep and Bicep Stretches



45-MIN FORMAT

05. MOMENTUM HEAVEN 6:35 mins

TECHNIQUE & COACHING

1 TRICEP PUSHUP / SEATED OVERHEAD EXTENSION / TRICEP PUSHUP

Layer 1

Quickly coach Layer 1 Position and Execution setup of the Tricep Pushups including options.

- Tricep Pushups – come on down
- Hands shoulder-width apart; on knees or toes
- Single pushup
- **Chest to elbow level**
- **Brace core**
- Back long and straight
- Option: Knees close to the bench, elbows towards the floor
- **Elbows close to ribs**

SEATED OVERHEAD TRICEP EXTENSION

Layer 1

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

- Grab your plate
- Triple Pulse Extension
- 3, 2, 1, and up
- **Brace abs**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows** in to engage triceps
- Stay low in the Pulse
- **Lift chest**

2 BICEP CURL

Layer 1

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

- SET Position
- **Brace abs**
- 2/2, set the timing
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**
- Slow Single
- Up, half way and down slowly

3 TRICEP DIP / SEATED TRICEP EXTENSION / TRICEP DIP

Layer 1 / Layer 2

Clear Layer 1 Position and Execution setup cues 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 success. Layer 3 Motivational cues that praise your participants will help drive them to finish strongly.

- 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
- Drive through the heel of the hand

SEATED OVERHEAD EXTENSION

- Quick transition
- Grab the plate, Overhead Extension
- To create more tension, stay in the bottom range
- Look at our arms, stay low
- Sculpt and tone your triceps

4 BICEP CURL

Layer 2

Use this set to coach Layer 2 cues to Improve Execution of the Bicep Curl. When we use 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 along with this cool song.

- 2/2 smoothly
- Remember, elbow under shoulder
- Shoulders and thighs
- Powerful and strong
- Slow and steady wins the day
- Set, halfway and all the way down slowly
- Try slow resistance on the way down and create more tension



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHT SELECTION

2x small–medium plates

TRACK FOCUS

Clear setup of each exercise, along with early pre-cues is essential for the class to be able to follow easily and execute well. Coaching focus is on range of motion to lift heart rate and integrate lower and upper body movements.

MUSCLE FOCUS

Lunges: Glutes and Quadriceps

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

Block	Music		Exercise	REPS	
1	0:05	Intro / (Low strum)	4x8	Setup: Plate in R hand, set at shoulder height, ready to press O/H L hand on hip	
	0:17	Rep / Step by step	8x8	COMBO 1 (16cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) 1x 2/2 SINGLE ARM O/H PLATE PRESS R (8cts)	4x
	0:44	Instr / (Clap + windup)	4x8	COMBO 2 (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE L (4cts) 1x 1/1 SINGLE-ARM O/H PLATE PRESS R (4cts)	4x
	0:57	(Dubstep melody)	16x8	COMBO 3 (16cts) 2x 1/1 BACKWARD-STEPPING LUNGE, L (8cts) 2x 1/1 BACKWARD-STEPPING LUNGE, L WITH 1/1 SINGLE-ARM O/H PLATE PRESS R (8cts)	8x
	1:50	(Low)	4x8	RECOVERY: Shake it out, reset on opposite side	
2	2:03	Rep / Step by step	8x8	COMBO 1 (16cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts) 1x 2/2 SINGLE-ARM O/H PLATE PRESS L (8cts)	4x
	2:30	(Clap + windup)	4x8	COMBO 2 (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE R (4cts) 1x 1/1 SINGLE-ARM O/H PLATE PRESS L (4cts)	4x
	2:43	(Dubstep melody)	16x8	COMBO 3 (16cts) 2x 1/1 BACKWARD-STEPPING LUNGE, R (8cts) 2x 1/1 BACKWARD-STEPPING LUNGE, R WITH 1/1 SINGLE-ARM O/H PLATE PRESS L (8cts)	4x
	3:36	(Low)	4x8	RECOVERY: Shake it out, pick up two plates, plates hang low by thighs	
3	3:49	Rep / Step by step	8x8	COMBO 4 (32cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) 1x 1/1/1/1 DOUBLE-ARM O/H PLATE PRESS (8cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts) 1x 1/1/1/1 DOUBLE-ARM O/H PLATE PRESS (8cts)	2x



45-MIN FORMAT

06. LUNGES/SHOULDERS

Block	Music	Exercise	REPS
3	4:16 Instr / (Clap + windup)	4x8 COMBO 5 (16cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L,R (8cts) 1x 1/1/1/1 DOUBLE-ARM O/H PLATE PRESS WITH CURL (Plates return to side of thighs after press each time) (8cts)	2x
	4:29 (Dubstep melody)	16x8 COMBO 6 (16cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L,R 1x 1/1 ALT BACKWARD-STEPPING LUNGE, WITH 1/1 DOUBLE-ARM O/H PLATE PRESS (After first rep plates stay at shoulder height) (8cts)	8x
	5:22 Outro /	6x8 RECOVERY: Shake arms and legs. Quadricep stretch. Rear Deltoid Stretch.	



45-MIN FORMAT

06. STEP BY STEP 5:48 mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE / SINGLE-ARM OVER HEAD PLATE SHOULDER PRESS

Layer 1

Coach Layer 1 Position and Execution setup focusing on timing, range and precision of movement. Overload kicks in quickly as we stay on the same leg. Reinforce position and range cues so participants feel the integration from the legs to the shoulders to bring overload and to maximize their results.

- Plate in your left hand
- Feet under your hips
- Backward-Stepping Lunge, left leg
- Step drop, up and in
- Shoulder Press 2/2
- **Long step back**, rear heel off the floor
- **Elbow stops under shoulder-line**
- **Rear knee down**, front knee out
- **Brace abs** to square hips and shoulders
- **Front thigh parallel to the floor**
- Faster – 1 Lunge 1 Press
- One in the leg and one in the arm
- **Square the body to the front and lift the chest**
- Combination coming
- 2 Lunges, 2 Lunges with Press
- Keep front thigh parallel to the floor to fire the glutes
- **Keep plate slightly forward of face**

2 BACKWARD-STEPPING LUNGE / SINGLE-ARM OVER HEAD PLATE SHOULDER PRESS

Layer 2

Quickly get everyone moving on the other side. Allow the cues to land – one cue at a time. The ‘kicker’ comes in the combination at the end of the set. It will challenge coordination and fitness as well as burn calories fast, integrating the muscle groups. Challenge participants to take a long step back and hit full range every rep.

- Let’s do it all again on the other side
- Keep the posture upright
- Core strong
- Lots of muscles working together
- Lunge and Press
- Combination is coming
- Starting to feel heart rate lifting
- Legs shoulders and core working together
- Integrated training
- Chest lifted and brace the abs
- 2 more – come on guys
- Plate straight up

3 BACKWARD-STEPPING LUNGE / DOUBLE-ARM OVER HEAD SHOULDER PLATE PRESS

Layer 1 / Layer 2 / Layer 3

New combination where we use both plates. Set up the timing and range again and get the class moving well. This combination will create a deep muscle burn and fatigue quickly, maximizing results for your participants. Show you love this training by role-modeling perfect technique as this will motivate them and bring them to the finish line with you.

- Shake out the legs, pick up 2 plates
- Backward-Stepping Lunge left leg
- Hold, Catch and Press
- Switch legs
- Lower into the lunge
- Front leg is a lever
- **Long step back, front thigh parallel**
- 2 Lunges, freeze and Press
- **Square the body to the front**
- **Brace abs, chest up**
- Let’s put it together to load the glutes, hamstrings
- Loading the core and shoulders
- Stick with the Lunge
- Lunge and Press
- Big step back
- Elevate your chest
- Keep the load in the front leg; glutes and hamstrings stabilizing the hips
- Strong core, driving the power from the floor to the plates
- Integrated workout, integrated teamwork
- Multiple muscles working together
- Metabolic madness in the house!



GLOSSARY

SET POSITION

Position Setup

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in



Overhand Grip

SPLIT STANCE

Same as SET Position

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



MID STANCE SQUAT

Position Setup

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

Execution Setup

- Sit the butt back and down
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90 degrees

Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs tighter in the Bottom Halves



MID Stance



Bottom Range

CHEST PRESS

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 FLY

Position Setup

- Plates facing each other
- Shoulder-width apart
- Elbows slightly bent
- Abs in and braced – lower back toward the bench

Execution Setup

- Open the plates out
- Elbows stop in line with the bench
- Maintain slight bend in the elbows

Layer 2

- Open the chest on the way down



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**
- 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.

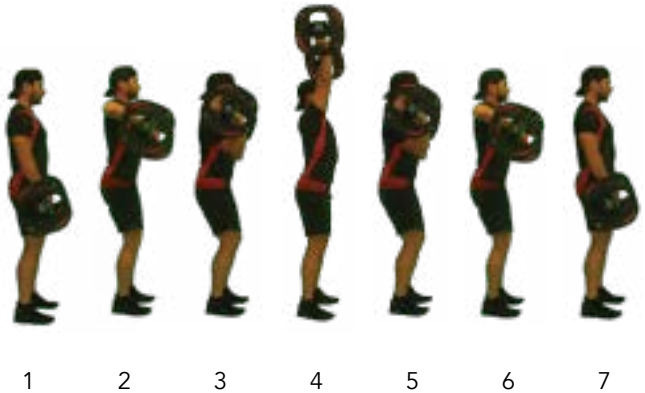


PLATE SQUAT PRESS

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel 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
- Half Squat
- Brace the abs as the plate moves over head
- Elbows slightly forward



GLOSSARY

TRICEP EXTENSION

Position Setup

- Hands shoulder-width apart
- Elbows pointing down the bench and directly above the shoulders
- Shoulders away from the ears
- Brace the abs
- Head supported on the bench
- Feet flat on the floor

Execution Setup

- Lower bar to forehead

Layer 2

- Keep the elbows squeezing in together
- Keep the wrists strong
- Keep the elbows directly above the shoulders

Keeping the upper arm vertical with elbows pointing down the bench during Extensions helps to isolate the load to the triceps.



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



No plate



With Plate



On bench

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



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

SINGLE-ARM PLATE CURL

Position Setup

- SET Position
- **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



SINGLE-ARM PLATE CURL

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



Bottom Half

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



PLATE FRONT SQUAT - MID STANCE

Position Setup

- **Feet slightly wider than hips with toes turned out**
- Plate parallel with the floor, in front of collarbones
- 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**

Layer 2

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





GLOSSARY

DOUBLE ARM O/H PLATE PRESS WITH CURL

Position Setup

- Set Position
- Knees soft
- Chest up – abs braced
-

Execution Setup

- Clean the plates to shoulder-height and press over head
- Keep the elbows soft at the top
- Elbows in and slightly forward
- Plates stay facing each other
- Brace the abs as the plates move above your head

Layer 2

- Keep your body upright and don't lean back
- Keep the work in the shoulders

GLOSSARY

PUSHUP

Position Setup

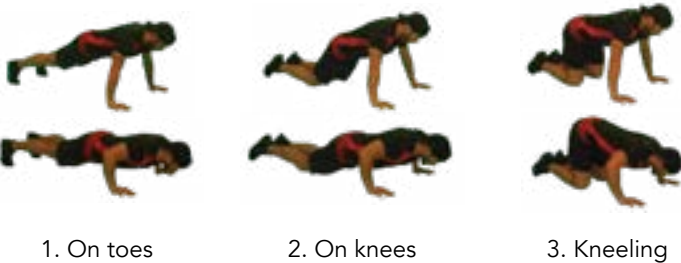
- **Hands wide**
- **Abs braced**
- **Back long and straight**

Execution Setup

- **Lower chest to elbow level**

Layer 2

- Drive the floor/bench away



STANDING REAR DELTOID RAISE

Position Setup

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

Execution Setup

- **Lift the elbows to shoulder level**
- **Squeeze between the shoulder blades**
- Elbows slightly bent

Layer 2

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



STANDING PLATE UPRIGHT ROW

Position Setup

- SET Position
- Chest up – abs braced
- Slight pinch between the shoulder blades

Execution Setup

- **Lift plates to lower chest**
- **Elbows above the plates**
- **Keep plates close to body**

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades



STANDING MAC RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Chin tucked in

Execution Setup

- Left arm reaches forward (Front Raise), elbow slightly bent; at the same time, right arm lifts to side (Side Raise)
- **Plates no higher than shoulders**
- Hips and pelvis square to the front, small **twist through the upper body**
- **Keep the shoulders away from your ears**

Layer 2

- Bend the knees to stay grounded
- Reach long with the front arm
- Brace the abs to avoid swinging



GLOSSARY

UPRIGHT ROW

Position Setup

- SET Position
- Chest up, abs braced
- Slight pinch between the shoulder blades

Execution Setup

- Lift bar up to lower chest
- Elbows above the bar
- Keep bar close to body

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

Keeping the chest lifted and shoulder blades retracted places the shoulder blades in the optimal position to recieve load. Lifting the bar no higher than the lower chest reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING PLATE O/H PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs braced
- Plates in line with chin, elbows under wrists

Execution Setup

- Press the plates upward
- Keep the elbows soft at the top
- Elbows in and slightly forward
- Plates stay facing each other
- Brace the abs as the plates move above your head

Layer 2

- Keep your body upright and don't lean back
- Keep the work in the shoulders



HOVER

Position Setup

- **Elbows under shoulders**
- Knees just outside hips, toes tucked under
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Abs braced to support the mid-section**
Option: On knees

Layer 2

- Squeeze abs, quads and glutes to keep your back long and straight as you fatigue



HOVER TAP

Position Setup

- Elbows under shoulders
- Knees just outside hips, toes tucked under
- Hips in line with shoulders
- Lift knees off floor
- Back long and straight
- Abs braced to support mid-section
Option: On knees

Execution Setup

- Tap foot out and in
- Brace abs to keep the hips still

Layer 2

- Squeeze abs, quads and glutes to keep your back long and straight as you fatigue



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

WALKING HOVER

Position Setup

- Elbows under shoulders
 - Knees just outside hips, toes tucked under
 - Hips in line with shoulders
 - Lift knees off floor
 - Back long and straight
 - Abs braced to support the mid-section
- Option: On knees

Execution Setup

- Walk hands up to Plank position
- Brace abs to keep the hips still

Layer 2

- Squeeze abs, quads and glutes to keep your back long and straight as you fatigue



PLATE LIFT

Position Setup

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

Execution Setup

- Lift plate towards ceiling
- Slide ribs to hips

Layer 2

- Drive plate higher towards the ceiling to engage the upper abdominals

TRICEP BENCH PUSHUP

Position Setup

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

Execution Setup

- **Lift plate towards ceiling**
- **Slide ribs to hips**

Layer 2

- Drive the floor/bench away



1. On toes



2. On knees

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

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



SINGLE ARM O/H PLATE PRESS

Position Setup

- Set Position
- Chest up – abs braced
- Plate in line with chin, elbows under wrists

Execution Setup

- Press the plate upward
- Keep the elbow soft at the top
- Brace the abs as the plate moves above your head

Layer 2

- Keep your body upright and don't lean back
- Keep the work in the shoulder





MUSIC

- 01

All Stars (2:40)
Martin Solveig feat. Alma
Courtesy of the Universal Music Group.
Written by: Keusch, Warner, Solveig
- 02

All Stars (2:41)
Martin Solveig feat. Alma
Courtesy of the Universal Music Group.
Written by: Keusch, Warner, Solveig
- 03

Do Or Die (5:40)
Blasterjaxx feat. Lara
© 2017 MAXXIMISE / under exclusive license to Spinnin’ Records BV.
Written by: Unknown
- 04

The Man (4:02)
The Killers
Courtesy of the Universal Music Group.
Written by: Flowers, Stoermer, Vannucci, Keuning, Lee, R. E. Bell, R. Nell, Boyce, Brown, Mickens, Nash, Smith, Thomas, Westfield
- 05

The Man (1:23)
The Killers
Courtesy of the Universal Music Group.
Written by: Flowers, Stoermer, Vannucci, Keuning, Lee, R. E. Bell, R. Nell, Boyce, Brown, Mickens, Nash, Smith, Thomas, Westfield
- 06

Stay For It (6:12)
RL Grime feat. Miguel
© 2017 WeDedit Records.
Written by: Steinway
- 07

What About Us (4:09)
P!nk
© 2017 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Moore, McDaid, Steve
- 08

What About Us (1:25)
P!nk
© 2017 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Moore, McDaid, Steve
- 09

Champion (3:07)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stumph, Trohman, Hurley, Shatkin, Furler
- 10

Champion (1:48)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stumph, Trohman, Hurley, Shatkin, Furler
- 45-MIN FORMAT

05

How Do You Feel Right Now (2:52)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Hedfors, Ingrosso, Kljucanin
- 45-MIN FORMAT

06

How Do You Feel Right Now (2:55)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Hedfors, Ingrosso, Kljucanin
- 08

Lean Back (NGHTMRE Remix) (3:09)
Terror Squad
Courtesy of the Universal Music Group.
Written by: Storch, Smith, Cartagena
- 09

Lean Back (NGHTMRE Remix) (1:40)
Terror Squad
Courtesy of the Universal Music Group.
Written by: Storch, Smith, Cartagena
- 10

Sweat (3:09)
The All American Rejects
Courtesy of the Universal Music Group.
Written by: Unknown
- 45-MIN FORMAT

05

Break My Habits (2:57)
Topic
© 2017 Warner Music Group Germany Holding GmbH / A Warner Music Company.
Written by: Krabman, Jean, Selle, Topic
- 45-MIN FORMAT

06

Momentum (1:19)
Don Diablo
© 2017 HEXXAGON / Spinnin’ Records BV.
Written by: Unknown
- 45-MIN FORMAT

06

Heaven (1:05)
Wilkinson feat. Shannon Saunders
Courtesy of the Universal Music Group.
Written by: Wilkinson, Saunders, Varrall
- 45-MIN FORMAT

06

Momentum (0:59)
Don Diablo
© 2017 HEXXAGON / Spinnin’ Records BV.
Written by: Unknown
- 45-MIN FORMAT

06

Heaven (1:05)
Wilkinson feat. Shannon Saunders
Courtesy of the Universal Music Group.
Written by: Wilkinson, Saunders, Varrall
- 45-MIN FORMAT

06

Momentum (0:59)
Don Diablo
© 2017 HEXXAGON / Spinnin’ Records BV.
Written by: Unknown
- 45-MIN FORMAT

06

Heaven (1:08)
Wilkinson feat. Shannon Saunders
Courtesy of the Universal Music Group.
Written by: Wilkinson, Saunders, Varrall
- 45-MIN FORMAT

06

Step By Step (5:48)
Slushii
© 2017 Slushii.
Written by: Unknown



From L-R: Diana Archer Mills, Marcus Benson-Day, Rene Vogel, Mathilda Björck, Glen Ostergaard, Christophe Guarnaccia, Denice Burr, Ana Domingos, Dave Kyle

BODYPUMP 105 is a classic release with a fantastic playlist of iconic songs and a workout to boot.

‘All Stars’ is a catchy upbeat warmup the perfect start.

‘Do Or Die’ is a great big Squat challenge – three position changes and no rest, resulting in pure muscle tension and isolated burn!

Flys are back in the Chest track to a fun song, ‘The Man’ – YouTube this one for a giggle.

‘Stay For It’ is an amazing piece of music. With the multiple Clean & Presses and Plate Squat Presses it packs a strength and metabolic punch.

The most iconic song of the release ‘What About Us’ where we can all feel laid-back, so relax and let the magic happen.

The mold has been broken! The Squat & Backward-Stepping Lunge combo launches us onto another planet of butt-blasting sensation! Ask the class – how do you feel right now?

‘Lean Back’ Hip Hop madness is a superb shoulder superset.

Sweat the Core track and we’re done.



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

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.

Marcus Benson-Day (Dubai) is a BODYPUMP, LES MILLS GRIT Series and LES MILLS SPRINT Trainer and an Instructor for BODYCOMBAT and RPM. He is also the Regional Training Coordinator for LMME.

Mathilda Björck (Sweden) is a BODYPUMP, BODYATTACK and BODYSTEP Trainer and a CXWORX Instructor.

Denice Burr (UK) is a BODYPUMP, BODYATTACK, CXWORX and LES MILLS GRIT Series Trainer and a BODYBALANCE/BODYFLOW and BODYCOMBAT Instructor. She is also the Regional Training Coordinator for LMUK.

Ana Domingos (Portugal) is a BODYPUMP, BODYATTACK and CXWORX Trainer and also an Instructor for BODYSTEP.

Christophe Guarnaccia (France) is a BODYPUMP, BODYCOMBAT, BODYJAM, BODYJAM, CXWORX, RPM, SH’BAM and LES MILLS GRIT Series Trainer. He is also the Sports Director for Movidaclub.

Dave Kyle (USA) is a BODYPUMP, CXWORX and LES MILLS GRIT Series Trainer. He is also the National Training Team Director for LMUS.

René Vogel (Germany) is a BODYPUMP, BODYBALANCE/BODYFLOW, CXWORX and LES MILLS GRIT Series Trainer. He is also a BODYATTACK Instructor.



KEY

Alt	Alternating	R	Right
Instr	Instrumental	O/H	Over Head
Intro	Introduction	Outro	Last few bars of music
B	Up Build Up	PC	Pre-Chorus
BR	Bridge (non-chorus)	QC	Quiet Chorus
C	Chorus	Ref	Refrain (recurring phrase or number of song lines)
CTS	Musical Counts	Rep	Reprise (part of the chorus repeated)
F or B	Forward or Back	ROM	Range of motion
L	Left	V	Verse

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

SMARTSTART

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

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	41:07

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>

45-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time	25:42

30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 5	Lunges
Track 6	Shoulders
Track 7	Core
Track 8	Cooldown
Total Time	39:20

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.



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

GET 25% OFF REEBOKONE.COM

