

BODYPUMP

106

01. 热身

02. 深蹲

03. 胸部

04. 背部

05. 肱三头肌

06. 肱二头肌

07. 箭步下蹲

08. 肩部

09. 核心训练

10. 放松

45-MIN FORMAT

05. 肱三头肌/肱二头肌

45-MIN FORMAT

06. 箭步下蹲/肩部

术语

音乐

小节设置

嗨，教练们，我们期待您对新内容做出反馈！
请点击此处填写一份快速调查

https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

莱美国际教练资源是为莱美国际认证教练提供的独一无二、有价值的资源，以便你能够学习每个新动作并仅在莱美国际授权俱乐部进行指导。资源不可分享。通过互联网复制、上传或分享文件或向他人出售莱美国际的教练资源以及欺诈莱美国际、其经销商及其他教练都是非法的。如果你正在参与非法活动，可能会对你个人造成严重的后果，包括提起法律诉讼、莱美国际证书暂停或永久撤销。非常感谢你的合作！



01. 热身

重量选择

轻重量杠铃和1个中大型杠铃片

示范

基本站姿

小节焦点

清晰的使用NETT贯穿整个小节——E动作、N名称、T 节奏、T目标区域，这样课程才能顺利进行每个动作的过渡。

	Music		Sequence/Exercise		REPS
1	0:05	Intro	2x8	SET Position, Shoulder Roll	
	0:12	V1 / Paradise	4x8	4/4 DEADLIFT SET Stance	2x
	0:26	Jupiter	4x8	2/2	4x
	0:41	QC / _ When all the	4x8	2/2 DEADROW (16cts)	2x
	0:55	_ When all the	4x8	1/1 Last 4cts, hands WIDE for WIDE DEADROW	4x
	1:10	Instr / (Upbeat melody)	8x8	TRIPLE WIDE DEADROW (16cts)	4x
2	1:39	Instr / (Low piano)	2x8	SHOULDER ROLL (8cts) Hands back to SET Position (8cts)	1x
	1:47	V2 / Love's a willing	4x8	2/2 DEADLIFT SET Stance	4x
	2:00	Seven nights	4x8	2/2 UPRIGHT ROW	4x
	2:16	QC / _ When all the	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:30	_ When all the	4x8	1/1 (8cts) Use last 4cts to transition bar to back for MID Stance SQUAT	4x
	2:44	Instr / (Upbeat melody)	4x8	1/1 SQUAT MID Stance	8x
3	2:59	Rep / _ When all the hope	4x8	TRIPLE PULSE SQUAT MID Stance (8cts)	4x
	3:14	Instr / (Low piano)	2x8	TRANSITION: Bar down, pick up plate. Set up for PLATE FRONT SQUAT – MID Stance	
	3:21	V3 / Love's a willing	4x8	2/2 PLATE FRONT SQUAT MID Stance	4x
	3:35	Seven nights	4x8	1/1/2	4x
	3:49	QC / _ When all the	4x8	2/2 PLATE CURL SQUAT PRESS (16cts)	2x
	4:04	Rep / _ When all the	4x8	1/1 (8cts)	4x
	4:19	Instr / (Upbeat melody)	4x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts)S Plate at collarbone	2x
	4:34	Rep / _ When all the	4x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L, R (16cts)	2x
	4:48	Outro / With all the damage	4x8	4/4 PLATE FRONT SQUAT MID Stance Plate at collarbone	2x



01. STILL THE ONE 5:06mins

技术与教授

1 基本站姿

第1层

在开始之前，请教授学员做好基本站姿，让他们的站姿有力而挺拔。

- 脚跟位于髌关节正下方，脚趾微微向外打开
- 放松膝关节
- 双手与大腿保持一个拇指的距离
- 挺胸
- 肩膀向上、向后、向下，靠向脊椎
- 轻轻内收并绷紧核心

第1段

第1层

对于每一个动作，通过NETT——即E训练、N名称、T 节奏和T目标区域。 这能够让你的教学更加清晰易学。比如：

- 硬拉——髌关节屈曲，使杠铃滑到膝盖顶部
- 单次俯身划船——膝盖、腹部、膝盖，起身
- 三次宽距俯身划船——收紧肩胛骨

第2段

第1层/第2层

第2段还是以硬拉开始，注重技巧的加强。然后做上拉，再缓慢翻举，进行上半身热身。我们稍快一点翻举，为背部小节做好准备，以深蹲结束。要着重关注复杂动作，用清晰的第1层教授，使用姿势和执行提示语，帮助学生学习正确标准的举重技术动作。

- 硬拉——杠铃拉至大腿，手肘向后，让背部肌肉参与发力
- 上拉——杠铃停留在下胸部高度，手肘打开
- 翻举——向上拉并接住，屈膝，收腹，挺胸，保持杠铃贴近身体
- 中距站姿深蹲——双脚向外打开，与髌同宽，臀部向后向下，膝盖保持向前，臀部与髌曲保持90度

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第3段

第1层/第2层

我们换一个大杠铃片，来做颈前深蹲和杠铃片弯举深蹲翻举，动作重点在完全深蹲，提高心率，做好训练准备。我们以向后箭步蹲、过头推举及颈前深蹲结束本段。要着重用清晰的第1层教授，使用姿势和执行提示语，帮助学员将技巧与音乐联系起来。

- 中距站姿杠铃片颈前深蹲——双脚向外打开，与髌同宽，臀部向后向下，膝盖保持向前，臀部与髌曲保持90度
- 杠铃片弯举深蹲翻举——杠铃片弯举，向下蹲，挺胸收腹，臀部向后向下坐，与地面保持 90度
- 向后箭步蹲杠铃片加过头推举——向后一大步，后腿膝盖向下蹲，前腿大腿与地面平行，肩膀与髌关节正对前方，双臂位于面部前方

联系

通过与学员一起训练同时向他们展示对运动的热爱来 感召学生。尝试着与每一位学员进行互动，而不仅仅 只是第一排的老学员。



02. 深蹲

重量选择

老学员：热身重量的2-4倍

新学员：热身重量的2倍

训练肌肉群

中距站姿：股四头肌

宽距站姿：股大肌

加宽距站姿：股大肌、侧臀大肌、后部肌肉链

小节焦点

教导学员关注宽距站姿和加宽距站姿的幅度，产生疲劳感，达到效果。

	Music		Sequence/Exercise	REPS
1	0:05	Intro / Woo!	1x8	Set up SQUAT – MID Stance
	0:09	Instr / (Low guitar)	4x8	2/2 SQUAT – MID Stance
	0:22	V1 / Open up my	8x8	3/1
	0:50	(Low)	1x8	TRANSITION: Heel-toe wider to WIDE Stance
2	0:53	Rep / I am here	8x8	4/4 SQUAT WIDE Stance
	1:21	C / Where	4x8	TRIPLE PULSE SQUAT (8cts)
	1:36	V2 / _ May the light	6x8	3/1 SQUAT
	1:55	Instr / (Whirl)	¼ x8	TRANSITION: Heel toe wider to WIDER Stance
3	1:57	Rep / I am here	8x8	4/4 SQUAT WIDER Stance
	2:25	C / Where does everybody	4x8	TRIPLE PULSE SQUAT (8cts)
	2:39	Me ask you	4x8	1/1 SQUAT
	2:53	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts) 4 Staggers down (8cts) Slow up (8cts)
4	3:07	Br / (Low)	1/2x8	HOLD
	3:09	Rep / I am here	4x8	4/4 SQUAT WIDER Stance
	3:23	Rep / I am here	4x8	1/1
	3:37	C / Where does	4x8	TRIPLE PULSE SQUAT (8cts)
	3:51	Ask you	4x8	1/1 SQUAT
	4:05	Br / (Low)	½x8	HOLD
5	4:07	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts)
	4:20	Br / (Low)	½x8	RECOVERY: Short pause
	4:22	Rep / I am here	4x8	4/4 SQUAT
	4:36	Rep / I am here	4x8	1/1
	4:50	Ask you	4x8	TRIPLE PULSE SQUAT
	5:04	Me ask you	4x8	1/1 SQUAT
				Recovery: Torso Twists, shake out the legs, Quadricep Stretches



02. I AM HERE 5:21mins

技术与教授

中距站姿

第1层

为了更好的让学员移动，要正确教授好姿势和执行建立。利用NETT教导学员正确的深蹲技术——即节奏、目标区域以及腿部关节排序

- **双脚向外打开，到髌部外侧，脚趾微微向外**
- **收紧腹部**以支撑下背部
- **保持挺胸**
- 手肘向前打开位于杠铃下方，通过下背部发力
- **臀部向后向下坐**
- **臀部到90度**
- **膝盖对准脚趾**，感受股四头肌
- **臀部位于膝盖水平线之上**——这就是你的动作幅度

宽距站姿

第1层/第2层

重新调整站姿：宽距站姿——双脚间距加宽一个脚掌的距离。使用第1层 执行提示语教学，让每个人移动，并感受到中距站姿和宽距站姿的区别，着重激活臀大肌。教授弹动的幅度减小，降低一些，控制住，保护好关节。使用第2层提示语，解释如何提高执行力及调控强度，或指导他们其中的原因——哪一个能够让学员达到目标，这能够让学员们感受到肌肉的发力，帮助他们调整好技巧。

- **加宽一个脚掌的距离**——宽距深蹲
- 感受一下——向下，2, 3, 4, 慢慢来
- 感受宽距深蹲的区别
- **臀部向后向下坐**
- **膝盖向外打开**
- **锁定核心**——准备三组弹动
- 3, 2, 1, 站起来
- 保持在低位，小范围的
- 让我们一起掌握好宽距深蹲
- 向下看膝盖
- 让你的膝盖去找第二个、第三个脚趾头
- 这样，你的臀大肌将开始燃烧。

加宽距站姿

第1层/第2层

转换到加宽距站姿的速度很快，所以你的教学要清晰简洁。简要地说明加宽距站姿的基本内容，强调臀部更加向后坐，保持膝盖对齐。然后思考：你的第2层提示语中，重点是什么？看看学员们的需求……膝盖支撑不住是常见的错误，所以，在本段中，要让侧臀大肌集中，或者保持挺胸，确保上半身稳定。关注并教育学员“为什么”，帮助他们从本小节中获得最大的收获。

- 再加宽一个脚掌的距离，慢一点
- 加宽距深蹲——就是这个
- **膝盖保持向外**
- **收紧腹部**
- 让侧臀大肌参与发力
- 双脚外侧边缘发力
- 从基础开始一起身时夹紧臀部
- **挺胸**，强壮而又自豪
- 你们准备好了吗？三次弹动，开始！
- 3, 2, 1, 站起来
- 他们要去哪里？
- 一直向下，在低处，找到热量
- 在单次训练时放松
- 要用力
- 一直向下，然后有力地站起来
- 起身时夹紧臀部



02. I AM HERE 5:21mins

4/5 加宽距站姿

第2层/第3层

本小节接下来保持加宽距站姿，这意味着你会感觉疲劳。你需要加强技巧。因为会有许多编排上的变化，你要注意在正确的时间进行正确的教学。进行单次训练、弹动、单次训练组合动作之后，利用慢速深蹲，让你的学员重新集中注意力，再进行重量较大的动作。为了让学员找到感受到音乐和训练室内的能量，你要说些什么呢？

- 错开，下，下，下，慢一点，上，上
- 深呼吸，挺胸
- 这就是感觉
- 感受你的肌肉；感受音乐
- 感受我们要给训练室带来的能量——就是现在！
- 单次训练——我们就在这里！
- 做完整，臀部高度刚好过比膝——让我们尝试一下最大幅度
- 所有人——三次弹动
- 一直向下
- 单次训练——加油
- 脚跟发力向外
- 膝盖保持向外
- 这是为了锻炼你的臀部

强度

全蹲可以激发腿部力量，塑造紧实的腿部。关注组合动作的节奏，这样可以让肌肉始终保持紧张感，从而快速达到训练效果。

表现

这首歌富有感情，其中的魔力源于吸引学员的注意力，将他们带上情感和身体的旅程。

你的表现工具是音乐、声音和动作。当你通过这些工作带来对比时，我们会让学员超越自我。你会如何以一个真实可信的风格来表现这个大曲目呢？

训练效果

有研究表明，BODYPUMP可促进人类生长荷尔蒙的产生。

关键在于乳酸的积累。通过在弹动中保持低位，来保持肌肉的压力，这是达到最大效果的好方法。



03. 胸部

重量选择

老学员： 杠铃重量比深蹲时的重量减少1/3， 或比2个中大型杠铃片的重量略重一些

新学员： 热身重量，2个小杠铃片重量

示范：飞鸟

小节焦点

在所有的动作中，都要教导学员精准地执行，并且要清晰地指导他们转换，这样会让参与者感到疲劳。

训练肌肉群

胸肌、肱三头肌和三角肌

	Music			Sequence/Exercise	REPS
1	0:05	Intro	1x8	Set up for CHEST PRESS – Wide Grip	
	0:09	Instr / (Low Strum)	2x8	4/4 CHEST PRESS – Wide Grip	1x
	0:16	V1 / Lord , don’t let	4x8	2/2	4x
	0:32	C / _ Little thing gone	4x8	1/1	8x
	0:47	Instr / (Guitar)	4x8	4x BOTTOM HALF (16cts)	2x
2	1:03	V2 / _ Lord, don’t	4x8	2/2 CHEST PRESS – Wide Grip	4x
	1:18	C / _ Little thing gone	4x8	1/1	8x
	1:34	Ref / Oo-woo-wo	4x8	4x BOTTOM HALF (16cts)	2x
	1:49	_ Won’t you let	2x8	TRANSITION: Bar down, pick up 2 plates for CHEST FLY	
3	1:57	V3 / _ Won’t you let	6x8	2/2 CHEST FLY	6x
	2:20	Instr / (Electric guitar)	6x8	4x BOTTOM HALF (16cts) Use last 2cts to transition to Bench Pushup	3x
	2:44	(Low siren)	6½x8	1/1 BENCH PUSHUP Options: toes, knees, or kneeling	14x
	3:11	Rep / Love , I wanna	1x8	TRANSITION: Pick up bar, back to bench for CHEST PRESS – Wide Grip	
	3:15	V4 / Lord , don’t let	4x8	2/2 CHEST PRESS – Wide Grip	4x
4	3:30	C / _ Little thing gone	4x8	1/1	8x
	3:46	Ref / Oo-woo-wo	4x8	4x BOTTOM HALF (16cts)	2x
	4:01	V5 / _ Won’t you let	2x8	TRANSITION: Bar down, pick up 2 plates for CHEST FLY	
	4:09	_ Won’t you let	6x8	2/2 CHEST FLY	6x
5	4:32	Instr / (Electric guitar)	6x8	4x BOTTOM HALF (16cts) Use last 2cts to transition to Bench Pushup	3x
	4:56	Oo-woo-wo	6x8	1/1 BENCH PUSHUP	12x
	5:19	Outro / Won’t you let	2x8	4/4	1x
				Recovery: Shake out the arms, Shoulder Roll, Chest Stretch	



03. LITTLE THING GONE WILD 5:30mins

技术与教授

1 推胸

第1层

教授推胸的姿势及执行建立。利用NETT进行目标区域和节奏教学，这样学员们可以顺利完成动作。

推胸

- **双手打开宽握杠铃**
- 杠铃位于肩膀上方
- 双脚与髌同宽，靠近踏板
- **收腹，下背部靠近踏板**
- **目标区域是胸部中间**
- 双肘向外打开
- **双肘幅度不低于踏板水平线**
- 肩膀离开耳朵从而让双肘保持在杠铃下方
- 下半程放慢，肌肉开始有紧张感

2. 宽握推胸

第1层/第2层

第1段较短，因此要继续进行正确的节奏和运作幅度教学。然后，使用第2层提示语，解释如何执行推胸动作，达到更大的强度，帮助学员从动作中获得更多收益。在缓慢的下半程，保持紧张感，让肌肉超负荷，获取力量。

宽握推胸

- 现在重新开始，脚步着地，绷紧核心
- 肩膀远离耳朵
- 肩胛骨向下挤压踏板，感觉胸部张开
- 向上时挤压胸部肌肉
- 缓慢的下半程以获得最大紧张感
- 向下一半，向下一半
- 保持负重——我们很快就超负荷了！

飞鸟/踏板俯卧撑

第1层

新的训练要求你使用第1层执行提示语教学——飞鸟和俯卧撑的节奏、幅度、目标区域。

飞鸟

- 快速过渡——放下杠铃，拿起杠铃片
- 杠铃片朝内
- 手肘向外向下打开，感受胸腔张开的力量
- 微微弯曲手肘
- 在最低处时保持手肘在踏板水平线上
- 现在我们要开始分开了

踏板俯卧撑

- 过渡：尽可能快
- 在踏板后面做踏板俯卧撑
- **双手打开**
- 膝盖或脚尖落地
- **胸部与手肘同高**
- **背部伸长拉直**
- **收腹**
- 需要的话膝盖靠拢一些——选择最适合自己的幅度

4 宽握推胸

第2层/第3层

这一段很难，所以要使用第2层提示语，加大强度，纠正技巧。下半程时保持最大的紧张感：非常非常慢，很快就热起来！这是有杠铃的最后一段，所以你要激励学员，挑战自我！

- 使用你自己的杠铃
- 用力推2/2
- 保持肌肉受力时间——这是BODYPUMP奏效的原因
- 核心区域要收得很紧
- 肩胛骨贴紧踏板
- 打造一个强有力的平台，让杠铃下的所有部位变得强壮
- 拉动杠铃；推动杠铃
- 像个高压锅——紧张起来！



03. LITTLE THING GONE WILD 5:30mins

5 飞鸟/俯卧撑

第3层

对你和学员而言，第3层激励是独特的——他们是谁？他们今天要做什么？你要了解学员和他们的目标，这样你才能使用合适的激励语言，带他们获得成功！

- 有飞鸟动作的最后一段
- 做到最快
- 让我们挑战自我
- 你的翅膀能张多开？
- 缓慢的半程——你能做到的！
- 俯卧撑，挑战自我
- 可以的话，踮起脚尖
- 刹车——最后一组

强度

通过不同的锻炼组合不同的肌肉群，最小化休息时间，最大化训练效果。这将有助于我们维持在高强度训练中，从而更快获得训练效果。

训练效果

保护腕关节在推胸教学中十分重要。把杠铃放在手掌根，不要再向手指方向，有助于避免手腕过度伸展。



04. 背部

重量选择

老学员：胸部环节的重量，或重于1片中或大杠铃片

新学员：胸部环节的重量，1片中或小的杠铃片

示范：力量举/单臂杠铃片划船

训练肌肉群

硬拉/翻举/力量举：后部肌肉链：臀大肌，腘绳肌，上背部和下背部

俯身划船：背阔肌

跪姿单臂杠铃片划船：背阔肌和上背部

小节焦点

用杠铃做翻举动作时注意动作效率，单臂杠铃片划船注意稳定性。

	Music		Sequence/Exercise	REPS
1	0:05 (Distorted vocal)	4x8	SET Position	
	0:18 V1 / Dylon , dylon	4x8	2/2 DEADLIFT	4x
	0:32 _ What you wanna	8x8	1/1 DEADROW	8x
	0:59 Instr / (Heavy beat)	8x8	1/1 CLEAN & PRESS (8cts)	8x
2	1:27 Br / _ Yaah	1x8	SHOULDER ROLL	1x
	1:30 V2 / _ Ay girl what	4x8	2/2 DEADLIFT	4x
	1:44 _ Like a week	4x8	1/1 DEADROW	4x
	1:58 Instr / (Heavy beat)	8x8	1/1 CLEAN & PRESS (8cts)	8x
3	2:25 Br / _ Sheesh	2x8	TRANSITION: Bar down, pick up plate R hand, L hand on bench for KNEELING SINGLE-ARM PLATE ROW	
	2:32 Ref / _ Sheesh	2x8	2/2 KNEELING SINGLE-ARM PLATE ROW R (8cts)	2x
	2:38 Sheesh	4x8	1/1 (4cts)	8x
	2:52 V3 / _ Gettin' faded	7x8	TRIPLE PULSE KNEELING SINGLE-ARM PLATE ROW R (8cts)	7x
	3:16 I don't GAFOS	1x8	TRANSITION: Plate down, pick up bar. SET Stance for CLEAN & PRESS	
	3:20 Instr / (Heavy beat)	4x8	1/1 CLEAN & PRESS (8cts)	4x
4	3:34 Instr / (Distorted beat)	8x8	POWER PRESS (16cts)	4x
	4:01 Br / _ Sheesh	2x8	TRANSITION: Bar down, pick up plate L hand, R hand on bench for SINGLE-ARM PLATE ROW	
	4:07 Ref / _ Sheesh	2x8	2/2 KNEELING SINGLE-ARM PLATE ROW L (8cts)	2x
	4:14 Sheesh	4x8	1/1 (4cts)	8x
	4:28 V4 / _ Gettin' faded	7x8	TRIPLE PULSE KNEELING SINGLE-ARM PLATE ROW L (8cts)	7x
	4:52 I don't GAFOS	1x8	TRANSITION: Plate down, pick up bar. SET Stance for CLEAN & PRESS	
	4:56 Instr / (Heavy beat)	4x8	1/1 CLEAN & PRESS (8cts)	4x
	5:09 Instr / (Distorted beat)	8x8	POWER PRESS (16cts)	4x
Recovery: Torso Twists, Upper Back Stretch (clasp hands in front tuck chin in, spread shoulder blades apart), Lower back Stretch (elbows to thighs, tuck chin in, lift up spine)				



04. SAY LESS 5:39mins

技术与教授

硬拉/俯身划船/翻举

第1层

使用姿势、执行建立和NETT提示语。强调锻炼良好的推举技术。

硬拉

- 双脚打开，与髌同宽，来到基本站姿
- **收腹，挺胸**
- 肩膀向后向下
- 硬拉 2/2
- **杠铃至膝盖顶部**
- **向前倾**
- 杠铃贴近大腿

俯身划船

- **杠铃至膝盖、腹部、膝盖，起身**
- **双肘夹紧向后**
- **背部伸长拉直**
- **下巴收紧，眼睛向前看向大约2米处**
- **挺胸收腹**
- **肩胛骨收紧**

翻举

- 单次翻举
- 接住杠铃时**绷紧腹部**
- **杠铃贴紧身体**
- **将身体落到杠铃杆下方**
- 臀部向后向下
- 重量转移到脚跟
- 通过腿部发力将杠铃举过头

硬拉/俯身划船/翻举

第1层/第2层

第1段较短，因此要继续进行正确的节奏和运作幅度教学。第2层提示语教学重点：提高执行力、调控强度。指导学员在硬拉时，将杠铃拉到腿上，手肘向内，感受该动作让上背部肌肉参与发力的方式。第二次演示翻举时，专注于通过迅速利用双肘并落到杠铃杆下方来创造速度。这让我们的运动有效率。

硬拉

- 将杠铃拉至大腿来固定肩膀，手肘向后
- 保持肌肉的激活
- 超过头顶，我们将动作做到最大幅度
- 要回到划船了
- 手肘向后拉，让上背部发力
- 挤压上背部
- 开始找到紧张感

俯身划船

- 划船——膝盖，腹部，膝盖，归位
- 有效的翻举训练——让我们一起落到杠铃下吧
- 迅速利用双肘并落到杠铃杆下方
- 落到杠铃杆下方——抬起脚跟

单臂杠铃片划船/翻举/力量举

第1层/第2层

新动作：单臂杠铃片划船。清晰地进行第1层姿势及执行建立教学，让学员更好地移动，感受动作的节奏和范围。杠铃来过渡的速度很快，所以要提前给出提示，确保不会有学员跟不上。促进新陈代谢以翻举开始，以力量举结束。使用清晰简洁的第1层节奏及执行提示语教学，帮助学员理解如何在技术上完成这个动作。

- 跪姿单臂杠铃片划船
- 新动作：到踏板边，膝盖着地
- 抓住杠铃片，单臂划船
- 手放在踏板中间
- **臀部向后**
- **摆正肩膀和臀部**
- **挺胸，收腹**
- **杠铃片与臀部同高**
- **挤压肩胛骨**
- 三次弹动
- 我们现在正在感受
- 说YES！



04. SAY LESS 5:39mins

翻举

- 快速过渡到杠铃
- 举起来，举起来
- 屈膝，臀部向后
- 杠铃靠近身体

力量举

- 力量举——翻1下，举3下
- 每次抓的时候**屈膝**
- 用上深蹲动作——你的力量
- **臀部向后坐**
- **收腹**
- **挺胸**
- 腿部用力

跪姿单臂杠铃片划船/翻举/力量举

使用第2层、第3层强度和激励提示语，获得最佳效果。让学员进行最后一组促进新陈代谢运作。通过表扬和鼓励等积极的激励因素以刺激他们更加努力训练。挑战式提示语要求他们更加努力，也可以利用歌曲中的歌词去鼓励他们竭尽全力，并向他们展示你对锻炼的热爱和激情。你将如何让每个人保持良好的训练状态直到结束呢？

- 放下杠铃，来到另外一边
- 单臂划船
- 向前倾 2/2
- 单次训练，拉，推
- 我们做到了
- 三次划船——拉进来
- 手肘瞄准肋骨后方
- 加油做，加油
- 最后一个，一起完成
- 翻举
- 身体疲劳了就用腿
- 力量举——还可以更加用力
- 现在，腿部和上半身结合
- 每一次臀部都向后
- 大家加油，我们做到了！

表现

在本节训练中不要过度教授。你的提示语要尽量简洁、清晰、明了，就像歌里唱的——say LESS！这首歌态度严肃。体会歌曲的感觉与情感：通过音乐、声音和动作，将你的表现融入教学！用你自己的方式去做……

训练效果

单臂杠铃片划船是集中训练肩胛骨牵引肌肉的好方法。关键是身体躯干保持稳定，孤立这些肌肉。挺胸，支撑的手掌放在踏板上，摆正肩膀，可以达到效果。

SMARTSTART

要对新的学员表示感谢并告诉他们，若想离开随时都可以。



05. 肱三头肌

重量选择

老学员：1片中或大杠铃片
新学员：1片中或下小杠铃片

训练肌肉群

肱三头肌伸展：肱三头肌
肱三头肌推举：肱三头肌和三角肌
站立肱三头肌过顶伸展/屈臂伸：肱三头肌

小节焦点

在所有的肱三头肌动作中，清晰的教授姿势和执行的建立，同时注重肩膀的稳定性，以孤立肌肉。

	Music		Sequence/Exercise	REPS
1	0:05	Intro / _ I, I've been	2x8	Set up for O/H TRICEP EXTENSION SPLIT Stance
	0:12	V1 / I don't know	2x8	4/4 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance 1x
	0:20	Youuu	4x8	3/1 4x
	0:35	PC / _ Oh baby	4x8	2/2 4x
	0:50	Instr / (Upbeat melody)	4x8	1/1 SET Stance 8x
	1:06	Rep / Love me	4x8	TRIPLE PULSE STANDING O/H TRICEP PLATE EXTENSION (8cts) 4x
2	1:20	Br / Come on	2x8	TRANSITION: Plate down, transition to side of bench for TRICEP BENCH PUSHUP
	1:28	V2 / So looong	6x8	2/2 TRICEP BENCH PUSHUP 6x Options: Toes, knees, or kneeling
	1:51	PC / _ Oh baby	8x8	1/1 16x
	2:22	Rep / Love me _	2x8	TRANSITION: Grab plate, come to front of bench for SEATED O/H TRICEP PLATE EXTENSION
	2:30	Love me _	2x8	2/2 SEATED O/H TRICEP PLATE EXTENSION 2x
	2:37	Instr / (Upbeat melody)	4x8	1/1 8x
3	2:53	Rep / Love me _	4x8	TRIPLE PULSE SEATED O/H TRICEP PLATE EXTENSION (8cts) 4x
	3:08	Br / _ Come on	2½x8	TRANSITION: Plate down, come to front of bench for TRICEP DIP
	3:17	V3 / So looong	6x8	2/2 TRICEP DIP 6x Option: Sit on bench
	3:40	PC / _ Oh baby	8x8	1/1 16x
	4:11	Rep / Love me _	2x8	TRANSITION: Grab plate, stand for STANDING O/H TRICEP PLATE EXTENSION Split Stance
	4:19	Love me _	2x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance 2x
	4:26	Instr / (Upbeat melody)	4x8	1/1 SET Stance 8x
	4:42	Rep / Love me _	4x8	TRIPLE PULSE STANDING O/H TRICEP PLATE EXTENSION (16cts) 4x
				Recovery: Shake out the arms. Tricep Stretches



05. TELL ME YOU LOVE ME 4:59mins

技术与教授

第1层

利用NETT教授1层姿势和执行的建立来进行三头肌过顶伸展和推举训练。每次一个提示语，这样可以留出空间让学员理解动作的执行。

站立肱三头肌过顶伸展

- 分腿站姿
- 过顶伸展
- 屈膝
- 收腹
- 挺胸
- 杠铃片至脖子后侧
- 完全伸展到顶部
- 夹紧双肘
- 肩膀向后向下
- 在最低幅度做三次弹动

肱三头肌俯卧撑/坐姿肱三头肌过顶伸展

第1层/第2层

进行肱三头肌俯卧撑姿势及执行建立教学，重点是教导不同的选择，有助于每个学员都能做到良好的执行。接着每个人的运动效果不错时，挑战踮脚俯卧撑，让身形更加健美。第2层提示语提高执行及调控强度。我们希望通过保持核心稳定，以避免身体中部弯曲。重复过顶伸展时，重点是孤立上臂，保持肩膀向下，维持稳定。

肱三头肌俯卧撑

- 到踏板的一边
- 双手抓住踏板
- 肩膀向下向后
- 收腹
- 胸部与手肘同高
- 手肘向内向后
- 可选动作——膝盖着地
- 让我们接受挑战——尽你所能踮起脚尖
- 撑起来时膝盖可以下落
- 用上每一块肌肉
- 它是值得的——俯卧撑是独一无二的

坐姿肱三头肌过顶伸展

- 双腿交叉，膝盖打开
- 过顶伸展
- 骄傲的姿态
- 肩膀向下
- 挺胸收腹
- 挤压手肘向内
- 如果肩膀稳定，我们孤立了肱三头肌，连你的手肘都在燃烧，这就是我们想要的。

肱三头肌屈臂伸/站立肱三头肌杠铃片过顶伸展

第1层/第2层/第3层

用第1层姿势及执行提示语、NETT建立肱三头肌屈臂伸。在进行屈臂伸中每个人都很好的完成动作时，教育他们在提高执行力后做这个动作的好处。我们想要通过核心力量来维持稳定，并做到挺胸，避免含胸。用站立过顶伸展一起完成本段动作，塑造腿部，增强力量。记住：这是为我们的训练庆祝！你会说什么让学员们跟着你呢？

肱三头肌屈臂伸

- 双手打开与肩同宽
- 手掌放在踏板上，手指向前
- 臀部离开踏板——靠近
- 肩膀向下向后
- 挺胸
- 收腹
- 需要的话，你可以把臀部放在踏板上，减小强度
- 手肘向后弯曲
- 重心在掌根
- 挤压肩胛骨，挺胸，稳定上半身

站立肱三头肌杠铃片过顶伸展

- 最后一组，抓住杠铃片，站起来
- 让我们共同完成
- 过顶伸展
- 绷紧核心
- 挺胸，开始吧
- 稳定，孤立
- 现在弹动
- 你们成功啦！

训练效果

坐姿肱三头肌过顶伸展中，双腿交叉，膝盖下落至一边，让我们的下背部保持居中对齐。



06. 肱二头肌

重量选择
2个 小/大杠铃片
可选：热身重量

训练肌肉群
肱二头肌

小节焦点
进行良好的姿势教学，为弯举动作提供强有力的平台，达到孤立训练目标肌肉的目的。

	Music		Sequence/Exercise		REPS
1	0:05	Intro	4x8	Set up for BICEP PLATE CURL SPLIT Stance , Shoulder Roll	1x
	0:18	V1 / Can you even	8x8	3/1 BICEP PLATE CURL SPLIT Stance	8x
	0:45	C / Ohh oh	4x8	COMBO (16cts) SET Stance 1x ALT SINGLE-ARM PLATE CURL L&R (8cts) 2x 1/1 BICEP PLATE CURL (8cts)	2x
2	0:58	Br / Tonight	½x8	Shoulder Roll , transition to SPLIT Stance	
	1:00	V2 / Look at the sky	4x8	3/1 BICEP PLATE CURL SPLIT Stance	4x
	1:13	_ A thin line	4x8	1/1/2	4x
	1:26	C / Ohh oh	8x8	COMBO (16cts) SET Stance	4x
3	1:53	Br / Tonight	½x8	Shoulder Roll , transition to SPLIT Stance	
	1:55	Rep / Do you believe	4x8	2/2 BICEP PLATE ROW (16cts)	2x
	2:08	Do you believe	4x8	1/1	4x
	2:21	C / Ohh oh	12x8	COMBO (16cts) SET Stance	6x
4	3:01	Br / (Low)	1x8	RECOVERY : Shoulder Roll , transition to SPLIT Stance	
	3:05	V3 / Look at the sky	4x8	3/1 BICEP PLATE CURL SPLIT Stance	4x
	3:18	_ A thin line	4x8	1/1/2	4x
	3:31	C / Ohh oh	8x8	COMBO (16cts) SET Stance	4x
5	3:57	Br / Tonight	½x8	Shoulder Roll	
	3:59	Rep / Do you believe	4x8	2/2 BICEP PLATE ROW (16cts)	2x
	4:12	Do you believe	4x8	1/1 (8cts)	4x
	4:26	C / Ohh oh	12x8	COMBO (16cts) SET Stance	6x
				Combo with option of the bar: 1/1/2; 2x1 1/1 BICEP CURL	



06. WALK ON WATER 5:10mins

技术与教授

肱二头肌杠铃片弯举

第1层

用第1层姿势和执行力提示语让参与者能随着正确的节奏和幅度进行训练。清晰的教授组合动作的节奏。

肱二头肌杠铃片弯举

- 双脚位于髋关节正下方
- 收腹，挺直站立
- 挺胸，保持肩胛骨向下
- 肱二头肌弯举 3/1
- 将杠铃片向上举至肩膀
- 放下杠铃至大腿
- 手肘在肩膀下方
- 组合——左，右，单次训练
- 完整的动作幅度

肱二头肌杠铃片弯举

第1层/第2层

第1段较短，所以继续进行第1层执行提示语教学，让学员做好基础。使用第2层提示语，帮助学员运动时提升技术。在肱二头肌杠铃片弯举中，关注手肘的位置，保持目标肌肉的负重，通过这些动作，打造一个强有力的平台，有效负重。

肱二头肌杠铃片弯举

- 3/1分腿站姿
- 我们重新开始
- 膝盖放松，挺胸
- 1/1/2——与节奏竞赛
- 孤立训练
- 大家一起来——左，右，单次训练
- 肩膀向后向下，稳定身体
- 挺胸，保持双肘向下向内

肱二头肌杠铃片划船/肱二头肌杠铃片弯举

第1层/第2层

使用NETT的肱二头肌杠铃片划船提示语清晰地教学。现在，你很快就会感觉疲劳，而组合动作时间更长——所以要在第2层教学中，重点增加学员的体验。准备教学重点时，要思考：要说什么？怎么说？你的表达风格是什么？你是与学员之间互动是否足够？还是会被音乐和歌词驱动？又或是两者都是？我们向学员传达信息的方式至关重要。

肱二头肌杠铃片划船

- 缓慢的肱二头肌杠铃片划船
- 杠铃片到膝盖
- 胸腔下方
- 杠铃片完全扭转
- 拉，扭
- 扭松

肱二头肌杠铃片弯举

- 回到组合动作——左，右
- 每次扭动杠铃时，我们都是在锻炼肱二头肌
- 保持——今晚我们要战斗
- 现在开始会有点痛了
- 肌肉燃烧的更明显了，挺胸，收起手臂，绷紧核心
- 身体尽量不要摇晃
- 让身体强壮，不要动

4&5 肱二头肌杠铃片弯举/肱二头肌杠铃片划船

第2层/第3层

最后2段运动量很大，也是真的燃烧热量！第4段还是杠铃片训练。第3层提示语鼓励每个人完成动作。展示出努力锻炼的趣味性——这能够传达出内在的激励，让学员爱上努力锻炼的感觉，帮助他们取得成功。你要怎么样让学员们坚持到最后呢？

肱二头肌杠铃片弯举/肱二头肌杠铃片划船

- 现在手肘向内拉，肩膀向后向下
- 为弯举创造一个强有力的平台
- 缓慢地划船
- 扭转，激活
- 最后的挑战——6个组合
- 我到你背后咯
- 还能来2组吗？
- 保持，就像橡树那样结实强壮

强度

本节训练强度源于完成肱二头肌杠铃片弯举中的后旋动作。

训练效果

肱二头肌不仅使手肘弯曲，还是肩膀前部的重要稳定器。弯举时，注意动作的精确度和对齐情况，有助于训练肱二头肌的稳定作用。



07. 箭步下蹲

重量选择

1个小/大杠铃片

可选重量：自重

训练肌肉群

深蹲和箭步下蹲：臀肌和股四头肌

小节焦点

清晰的教授深蹲和向后箭步蹲组合动作的节奏和执行，这样每个人才能明白其技术；只有练到疲惫时才能 取得成功！

	Music		Sequence/Exercise	REPS
1	0:05	Intro	4x8 Set up PLATE FRONT SQUAT	
	0:19	Rep / Miracle _ cle cle	4x8 2/2 PLATE FRONT SQUAT MID Stance	4x
	0:34	Instr / (Rhythmic beat)	8x8 MID & WIDE STANCE SQUAT PULSE COMBO (64cts): • 8x PULSE PLATE FRONT SQUAT MID Stance (R foot steps out to WIDE Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT WIDE Stance (R foot steps in to MID Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT MID Stance (L foot steps out to WIDE Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT WIDE Stance (L foot steps in to MID Stance) (16cts)	1x
	1:03	Br / (Low)	1x8 TRANSITION: Plate in R hand, plate hangs by side	
2	1:07	V1 / Going to save the	8x8 4/4 MID-STANCE SQUAT/LUNGE COMBO L (32cts): • 1x 4/4 SQUAT MID Stance Plate in R hand (16cts) • 1x 4/4 LUNGE L (R foot steps B) (16cts)	2x
	1:36	Rep / Tell you know	8x8 1/1 MID-STANCE SQUAT/LUNGE COMBO L (8cts): • 1x 1/1 SQUAT MID Stance plate in R hand (4cts) • 1x 1/1 LUNGE L (R foot steps B) (4cts)	8x
	2:05	Tell you know	8x8 2 PULSE MID-STANCE SQUAT/LUNGE COMBO L (8cts): • 2x PULSE SQUAT – MID Stance Plate in R hand (4cts) • 2x PULSE LUNGE (R foot B for L leg LUNGE) (4cts) On last 2cts transition plate to collar bone	8x
	2:34	Instr / (Rhythmic beat)	16x8 MID & WIDE STANCE SQUAT PULSE COMBO L (64cts)	2x
3	3:32	Br / (Low)	1x8 TRANSITION Hold plate in L hand, plate hangs by L side	
	3:36	V2 / Going to save the	8x8 4/4 MID-STANCE SQUAT/LUNGE COMBO R (32cts)	2x
	4:05	Rep / Tell you know	8x8 1/1 MID-STANCE SQUAT/LUNGE COMBO R (8cts)	8x
	4:34	Tell you know	8x8 2 PULSE MID-STANCE SQUAT/LUNGE COMBO R (8cts)	8x
	5:03	Instr / (Rhythmic Beat)	16x8 SQUAT PULSE COMBO R (64cts)	2x



07. COCO'S MIRACLE 6:05mins

技术与教授

1 中幅弹动颈前深蹲/中幅和宽幅深蹲弹动第1层

我们以颈前深蹲开始本节，很快就能进行中距和宽距站姿深蹲弹动组合。说清楚是哪条腿运动到哪里（思考身体部位及方向），这样每位学员能一起运动，同时使用好节奏提示语。保持小幅度弹动，关注关节，快速创造压力。

中距站姿杠铃片颈前深蹲

- 颈前深蹲
- 杠铃片与胸部同高
- 双脚打开与髌同宽
- 手肘位于杠铃片下方
- 挺胸收腹
- 臀部向后向下坐
- 臀部位于膝盖水平线之上

中距和宽距站姿深蹲弹动

- 杠铃片颈前深蹲重点——8次弹动
- 左脚向外迈，开始宽距深蹲
- 深蹲时，在最小幅度保持低位
- 宽距站姿深蹲时膝盖向外
- 回到中距站姿
- 保持低位
- 保持挺胸
- 右脚向外迈，到宽距站姿深蹲
- 让我们来制造点压力

2. 中距站姿深蹲/箭步下蹲组合/中距和宽距站姿深蹲弹动

第1层/第2层

我们以中距站姿深蹲和箭步下蹲组合开始本段。完美的箭步下蹲，关键是向后一大步，保持身体直立。使用清晰的节奏提示语教学，让每个人在做深蹲和箭步下蹲时动作到位，感觉良好；接下来，在深蹲和箭步下蹲的最小幅度中，加入弹动之后，要指导学员保持在低位。可以减少杠铃片降低幅度！

中距站姿深蹲/箭步下蹲组合

- 左手拿杠铃片
- 缓慢深蹲
- 缓慢箭步下蹲——向后一大步
- 后腿膝盖向下，前腿膝盖向外
- 回到深蹲
- 绷紧核心，挺胸
- 臀部位于膝盖水平线之上
- 箭步下蹲——摆正身体，前腿大腿平行
- 思考：臀部向下，膝盖向下
- 让我们找到一点压力
- 深蹲时脚跟下压
- 箭步下蹲时前腿脚跟向外
- 保持低位，给腿部造成压力
- 再来4次，启动你的引擎

中距和宽距站姿深蹲弹动组合

- 为颈前深蹲做好准备
- 装好杠铃片
- 颈前深蹲，8次弹动
- 迈出左脚
- 宽距站姿深蹲，臀部向下
- 收回左脚
- 要做3组
- 膝盖向外推，点燃臀大肌
- 需要的话，可以放下杠铃片
- 你们的腿呢？



07. COCO'S MIRACLE 6:05mins

3 中距站姿深蹲/ 箭步下蹲组合/ 中距和宽距站姿深蹲弹动

第2层/第3层

第3段是第2段的重复。现在，关注第2层和第3层提示语，要做完完整幅度的动作，加大强度，说明节奏，鼓励每个人坚持下来。教育学员训练会带来好处：燃烧肌肉，给腿部塑形，增强力量。如果你不得不放下杠铃片，请你明白，这已经很成功了！使用第3层激励提示语帮助学员坚持到最后。尝试使用一些内在激励，即训练能给我们带来多么棒的感受，带着学员一起完成训练！

- 右手拿杠铃片
- 缓慢深蹲
- 缓慢箭步下蹲
- 臀部向后向下，挺胸
- 我们不会减轻负重
- 感觉累了吧
- 针对动作幅度，创造变化
- 停在前腿
- 臀部下落
- 弹动的压力
- 训练你想训练的腿部
- 不要跟节奏比速度
- 做好动作，用力
- 还有不到1分钟
- 大家臀部向下
- 胸部下落，则杠铃片下落——很好
- 迎接变化
- 弹动的压力
- 4次大的弹动

强度

本节的强度源于弹动的数量。因此，一些学员会在深蹲范围里弹动得更高。这没有问题——鼓励他们找到自己的最大训练量，挖掘自己的全部潜能。

表现

这首歌非常经典，也很受欢迎，尝试在视觉及听觉表现上达到平衡。动作组合和音乐很有戏剧性，所以要处理好，让每位学员跟着你做动作，使用你的声音和行动来引导！

训练效果

BODYPUMP引入了耐力训练，许多观众在这之前都不希望在健身房训练。其中一个主要原因是我们使轻重量训练的效果达到最佳。本节训练就示范了，使用非常轻的重量，甚至在身体自重的情况下，如何让学员达到他们的疲劳点。



08. 肩部

重量选择

老学员：热身时的杠铃重量或2个中或大杠铃片

新学员：热身时的杠铃重量或2个小杠铃片

小节焦点

在所有的训练中，都要教导学员精准地执行，并且要清晰地指导他们转换。教育学员训练的好处。

训练肌肉群

杠铃练习：三角肌、斜方肌

杠铃片练习：上背部肌肉，后部三角肌

俯卧撑：胸肌、肱三头肌、三角肌和核心肌肉

	Music		Sequence/Exercise	REPS
1	0:05	Intro	4x8 Set up KNEELING REAR DELTOID RAISE	
	0:16	Instr / (High siren)	4x8 4/4 KNEELING REAR DELTOID RAISE	2x
	0:26	(Low beat windup)	8x8 1/1	16x
	0:48	(Heavy synth)	8x8 TRIPLE PULSE KNEELING REAR DELTOID RAISE - (8cts) Last 4cts, plates down, move to floor for PUSHUP	8x
	1:10	(Heavy distorted synth)	8x8 1/1 PUSHUP Options: Toes, knees, or kneeling	16x
	1:32	(Heavy synth + horns)	8x8 TRIPLE PULSE PUSHUP (8cts)	8x
	1:54	Instr / (Low)	4x8 TRANSITION: Pick up plates, SET Stance	
2	2:05	(High siren)	12x8 4/4 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS L,R (16cts)	3x
	2:38	(Heavy synth + horns)	8x8 1/1 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS L,R (8cts) (Last 4cts, plates down, pick up bar for UPRIGHT ROW)	8x
	3:00	(Heavy synth + horns)	8x8 TRIPLE PULSE WIDE GRIP UPRIGHT ROW (8cts)	8x
	3:22	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plates, SET Stance	
3	3:35	(High siren)	12x8 4/4 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS R,L (16cts)	3x
	4:07	(Heavy synth + horns)	8x8 1/1 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS R,L (8cts) (Last 4cts, plates down, pick up bar for WIDE GRIP UPRIGHT ROW)	8x
	4:29	(Heavy synth + horns)	8x8 TRIPLE PULSE WIDE GRIP UPRIGHT ROW (8cts)	8x
			Recovery: Shake out the arms, Deltoid Stretches: alternate arms across front of the body	



08. TRIBES 4:54mins

技术与教授

跪姿杠铃片侧平举/俯卧撑

第1层

关注节奏、目标区域和幅度，这样你的学员在移动杠铃片时，会有优秀的执行，并学会自重俯卧撑的基础知识。杠铃片侧平举的关键在于向前倾，孤立肌肉，弹动时保持较小幅度同时绷紧。

跪姿杠铃片侧平举

- 拿起杠铃片
- 1条腿向前然后做杠铃片侧平举
- 髋关节弯曲
- 手掌向后
- 手肘带动
- **双肘不高于肩膀**
- **夹紧肩胛骨**
- **下巴收起，挺胸**
- 保持躯干向前45度以孤立后三角肌
- 你们准备好了吗？
- 三次弹动
- 完整幅度运动
- 让手肘向两边伸展

俯卧撑

- 双手分开
- 膝盖或脚尖支撑
- 肩膀远离耳朵
- **收腹**
- **胸部与手肘同高**
- **背部伸长挺直**
- 臀大肌参与发力
- 双手旋转抓紧地面
- 在最底端弹动
- 弹动动作要紧绷
- 要有紧张感，让地板爆炸

站立交替单臂过顶杠铃片推举/宽握直立提拉

第1层

改变锻炼方式有助于学员在锻炼中坚持更长的时间。站立单臂杠铃片训练对你的核心队员都是挑战。进行节奏、目标区域和幅度教学，让每个人都很好地运动。提前使用杠铃提拉提示语，这样每个人才能坚持训练到最后。

- 抓紧杠铃片，站起来
- 准备单臂过顶推举动作
- 缓慢推举
- **杠铃片在肩膀水平线上**
- 肩膀远离耳朵
- **挺胸，收腹**
- **屈膝，稳定身体**
- 所有的训练都是孤立训练肩部
- **保持手肘放在面前**
- 单臂推举
- 直接向上举起杠铃片——没有多余的动作
- 还有2次——马上要快速过渡

宽握直立提拉

- 抓住杠铃
- 双手分开，直立提拉
- 3次弹动
- **目标：胸部中间**
- **手肘抬高打开**
- **挺胸**
- **收腹**
- 弹动的顶端高度要保持



08. TRIBES 4:54mins

站立交替单臂过顶杠铃片推举/宽握直立提拉

第2层/第3层

最后一段是过顶杠铃片训练和宽距划船的重复。用第2层内部和外部训练提示语教学，这有助于学员提高技巧及执行。动作强度很大，学员需要激励的话，帮助他们更好地训练，度过疲劳期，这也是我们的目标！要告诉他们本节训练的好处，教育和激励他们做完最后一节！

- 杠铃片向上，从左臂开始
- 我们要去哪儿？你不会受伤的……
- 那还不够哦！
- 把杠铃片再举高一点
- 伙伴们——准备好了吗？
- 单次训练
- 直上直下
- 让身体向下，远离杠铃片
- 更快速地移动杠铃片
- 能调节好肩膀
- 放下杠铃片，杠铃杆向上
- 宽距划船，上拉
- 挺胸
- 还能弹动得更高吗？

强度

强度来自于用杠铃片正确完成动作和较好的控制。躯干尽量不动，只运动孤立肌肉。宽距直立提拉时，保持杠铃贴近身体，这不仅能提高安全性，还能让我们调整肌肉，增强垂直动力。这对于体格发展很重要。

训练效果

过顶推举到顶端时，保持手臂稍微向前，降低肩膀受伤的可能性。



09. 核心训练

重量选择
小-中杠铃片

小节焦点
通过清晰的教授执行力以及如何调控强度保持稳定和控制。

训练肌肉群
平板支撑：腹直肌
杠铃片卷腹：腹直肌
杠铃片卷腹飞鸟：腹直肌、腹斜肌

	Music		Sequence/Exercise		REPS
1	0:05	Intro	1x8	Set up PLATE CRUNCH FLY Lie on back, plate in L hand & extend L arm out on floor to begin.	
	0:10	V1 / Like Leo	4x8	2/2 PLATE CRUNCH FLY R (plate in L hand)	4x
	0:31	PC / I'm day -dreaming	4x8	1/1/2 Last 4 cts, bring plate to forehead for PULSE PLATE CRUNCH	4x
	0:54	C / Do revenge	4x8	15x PULSE PLATE CRUNCH	1x
2	1:13	V2 / Now here's	1x8	TRANSITION: Plate to R hand	
	1:19	We've all been	3x8	2/2 PLATE CRUNCH FLY L (plate in R hand)	3x
	1:35	PC / I'm day -dreaming	4x8	1/1/2 Last 4cts, bring plate to forehead for PULSE PLATE CRUNCH	4x
	1:58	C / Do revenge	4x8	15x PULSE PLATE CRUNCH	1x
	2:17	V3 / We felt like	1½x8	TRANSITION to HOVER	
3	2:25	_ Feels like	3x8	2/2 ALT HOVER TAP (8cts) R,L	3x
	2:42	The club and	4x8	1/1 ALT HOVER TAP (4cts) R,L	8x
	3:04	Your driving	4x8	2/2 ALT WALKING PLANK/HOVER (8cts) 4cts to PLANK, 4cts to HOVER Alternate leading arm	4x
	3:26	C / Do revenge	4x8	1/1/2 ALT WALKING PLANK/HOVER (8cts) 2cts to PLANK, 2cts HOLD, 4cts to HOVER	4x



09. REVENGE 3:50mins

技术与教授

杠铃片卷腹飞鸟/杠铃片弹动卷腹

第1层

使用清晰的节奏提示语进行第1层姿势及执行建立教学。清晰地指出杠铃片卷腹飞鸟的方向和目标区域，检查每位学员运动状态是否良好。这是个具有挑战性的动作，因此可以先从不带杠铃片的选项开始。

杠铃片卷腹飞鸟

- 躺下，抓紧杠铃片
- 前部手臂抓杠铃片
- 另一侧手臂手掌朝上
- 手肘微屈
- 用杠铃片画一个大弧，来到肩膀正上方
- 双侧肩胛骨抬起，离开地面
- **卷腹时肋骨靠向臀部**
- **收下巴，眼睛看向膝盖**
- 快速向上，缓慢向下
- 在顶端时停顿一下，保持住，再下来

杠铃片弹动卷腹

- 杠铃片到额头，双手抓紧
- 弹动，卷腹
- 收紧手肘和**下巴**
- 卷腹时**肋骨靠向臀部**

杠铃片卷腹飞鸟/杠铃片弹动卷腹

第2层

用另外一只手臂再次重复杠铃片卷腹飞鸟动作。选择第2层提示语，提高学员的技巧，帮助他们感觉到目标肌肉的训练，营造更大的强度。在这个新的杠铃片卷腹飞鸟训练中，我们希望强调，卷腹时挑战上腹肌；飞鸟时，强调腹斜肌。

杠铃片卷腹飞鸟/杠铃片弹动卷腹

- 杠铃片在后面的手臂
- 手臂张开
- 让我们一起飞吧，向上，向下
- 保持杠铃片超过肩膀，让核心区域有效负重
- 通过向上向下，在卷腹动作的顶端挑战上腹肌，宽距飞鸟时挑战腹斜肌
- 杠铃片到额头
- 还能再高一点吗？
- 孤立训练——一起来！
- 停，放下杠铃片

交替平板支撑点地/交替平板支撑平移/平板支撑

第1层/第2层/第3层

最后一组是平板支撑点地和平板支撑平移；记住，学员会感到疲劳，所以要强调保持腹部收紧，提供可选动作，即膝盖着地，减小身体的摇摆。要说明该训练的好处，教育和激励学员坚持到最后。

交替平板支撑点地

- 来到平板支撑
- 手肘位于肩膀下方
- 握拳
- 膝盖着地或脚尖点地
- **收腹**
- **背部伸长挺直**
- 前腿移动点地
- 向外向里
- 收紧，臀部摆正

交替平板支撑平移/平板支撑

- 来到平板支撑姿势
- 前面的手臂开始
- 后面的手臂
- 用手掌代替手肘，来到平板支撑
- **收紧腹部，减小身体摇摆**
- 快速向上，缓慢向下
- 让我们一起完成

训练效果

通常，在训练腹斜肌时，大部分的阻力源于腿部，比如交叉爬行训练。本节训练手臂带来负荷，以此挑战这些肌肉。这有助于塑造腹斜肌，在上半身及下半身组合运动中稳定躯干。



10. 放松

小节焦点
通过音乐和动作，与学员进行互动，充分拉伸锻炼的肌肉。

	Music		Sequence/Exercise	REPS
1	0:05	Intro	1½x8	Set up CHILDS POSE
	0:13	V1 / This hope	4x8	CHILDS POSE
	0:33	Been meteoric	4x8	SEATED HURDLER STRETCH L
	0:53	PC / I will still	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST R L Leg F, R arm reaches across and rests on L knee
	1:15	Instr / (Distorted Vocals)	4x8	HAMSTRING STRETCH
	1:34	Instr / (Beat melody)	4x8	STANDING QUADRICEP STRETCH R
2	1:54	Br / (Low)	1x8	Transition to Childs Pose
	1:58	V2 / Trying to save	4x8	CHILDS POSE
	2:18	PC / I will still	4x8	SEATED HURDLER STRETCH R
	2:37	Rep / Here. Star	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST L R Leg F, L arm reaches across and rests on R knee
	2:57	Ref / Liiight	4x8	KNEELING HAMSTRING STRETCH L
	3:16	Instr / (Distorted vocals)	4x8	STANDING QUADRICEP STRETCH L
	3:55	Outro / Liiight	4x8	Shake out arms and legs



10. STARGAZING 4:01mins

技术与教授

教学提示

要描述清楚如何伸展以及他们应该感受到由哪里发力。

认可学员为今天的训练付出的努力，恭喜他们完成训练！



45-MIN FORMAT

05. 肱三头肌/肱二头肌

重量

肱三头肌：小——大的杠铃片

肱二头肌：热身时的杠铃重量或比热身时的要重

小节焦点

教授学员很好的进行动作的过渡，这样他们才能在不同的训练中都能够轻松的跟上你的节奏。在第1段的两个训练中，用第1层提示语清晰地说明如何执行每个训练。在第2段和第3段中，要让训练具有强度、好处和激励。

训练肌肉群

站立肱三头肌过顶伸展：肱三头肌

肱三头肌俯卧撑：肱三头肌、三角肌

肱二头肌弯举：肱二头肌

	Music		Sequence/Exercise	REPS
1	0:05	Intro / Baby just please	4x8 Set up: STANDING O/H PLATE TRICEP EXTENSION SPLIT Stance	
	0:16	V1 / _ Baby just please	4x8 1/1 O/H PLATE TRICEP EXTENSION SPLIT Stance	8x
	0:29	Doing it on my	4x8 16x PULSE SET Stance	1x
	0:40	_ And baby just	2x8 TRANSITION: Plate down, transition to bench for TRICEP BENCH PUSHUP	
	0:47	_ And now I'm	6x8 2/2 TRICEP BENCH PUSHUP Option: Toes, knees, or kneeling	6x
	1:04	Instr / (Synth melody)	4x8 1/1	8x
	1:16	_ And baby just please	4x8 16x PULSE TRICEP BENCH PUSHUP	1x
2	1:28	Back to the basics	2x8 TRANSITION to barbell ready for BICEP CURL SET Stance	
	1:34	_ You told me	6x8 4/4 BICEP CURL SET Stance	3x
	1:56	PC / Time for me	4x8 1/1	8x
	2:10	Instr / (Distorted synth)	12x8 2x SLOW MID-RANGE PULSE (8cts)	12x
3	2:51	V2 / _ And baby	4x8 TRANSITION Bar down, pick up plate	
	3:03	_ Sometimes we	4x8 1/1 STANDING O/H PLATE TRICEP EXTENSION SPLIT Stance	8x
	3:15	C / Doing it on	4x8 16x PULSE SET Stance	1x
	3:27	_ And baby	2x8 TRANSITION: Plate down, transition to bench top for TRICEP BENCH PUSHUP	
	3:33	PC / _ And now I'm	6x8 2/2 TRICEP BENCH PUSHUP	6x
	3:51	Instr / (Synth melody)	4x8 1/1	8x
	4:03	_ And baby just please	4x8 16x PULSE	1x
4	4:15	V2 / _ But down	2x8 TRANSITION to barbell ,ready for BICEP CURL SET Stance	
	4:25	Run the lies	6x8 4/4 BICEP CURL SET Stance	3x
	4:46	Rep / Better lost	8x8 1/1	16x
	5:13	Instr / (Distorted synth)	12x8 2x SLOW MID-RANGE PULSE (8cts)	12x

Recovery: Shake out arms. Tricep and Bicep Stretches



45-MIN FORMAT

05. YOU & ME / LOST 5:59mins

技术与教授

1. 站立肱三头肌过顶伸展/肱三头肌俯卧撑/站立肱三头肌过顶伸展

第1层

使用NETT进行肱三头肌过顶伸展的第1层姿势及执行建立教学。很快就会进行弹动，有16次，保持弹动在最底端，这具有挑战性。

- 抓紧杠铃片
- 分腿站姿
- 屈膝
- 挺胸，收腹
- 肩膀下落
- 单次训练
- 向下到下颈部
- 完全向顶部拉直
- 加紧双肘，让肱三头肌参与发力
- 16次弹动
- 弹动时保持低位
- 到最低幅度

2. 肱三头肌俯卧撑

第1层

快速进行肱三头肌俯卧撑第1层姿势及执行建立教学，包括可选动作。

- 肱三头肌俯卧撑 - 踏板一侧
- 双手螺旋状放在踏板上
- 膝盖或脚尖支撑
- 2/2俯卧撑
- 胸部与手肘同高
- 绷紧核心
- 背部身长挺直
- 可选动作：膝盖靠近踏板，手肘朝向地面
- 手肘靠近肋骨
- 我们要做16次弹动
- 尽可能保持在低位
- 弹动很有好处

3. 肱二头肌弯举

第1层

使用清晰的提示语教授姿势及执行建立，重点是目标、节奏和幅度，尤其是中幅动作。

- 来到准备姿势
- 要超级慢
- 收腹
- 杠铃到肩部
- 一直向下，直到大腿
- 手肘在肩膀正下方
- 挺胸
- 单次训练——吸气，呼气
- 缓慢进行中幅弯举
- 就在手肘水平线上下
- 看上去很强壮
- 用杠铃完成肱二头肌弯举动作
- 伸展

站立肱三头肌过顶伸展

第2层/第3层

第2层内在和外在提示语教学提示语有助于快速创造强调，尤其是弹动。给出可选动作，帮助每个人获得成功。第3层激励提示语表扬学员，这有助于让他们坚定地完成训练。

站立肱三头肌过顶伸展

- 抓住杠铃片——我们要让动作最大
- 手肘向前，肩膀向下
- 挺胸收腹
- 手肘内收，这样才能孤立
- 弹动要小而紧
- 就是这个孤立训练……完成了

肱三头肌俯卧撑

- 到踏板一侧
- 向下2/2
- 我们使用踏板是有理由的——你要做的就是把踏板向地板推
- 你们做到了吗？
- 就这样，向下推
- 踮起脚尖试一次
- 坚持——我们在让训练效果最大化
- 这就是你得到一个健美身材的方法
- 俯卧撑是最佳训练！



45-MIN FORMAT

05. YOU & ME / LOST 5:59mins

4 肱二头肌弯举

第2层/第3层

利用本段进行第二层提示语的教授来提高肱二头肌弯举的执行力。我们要准确完成动作，才能控制强度，创造肌肉的紧张感，从而快速获得训练效果。我们通过专注于手肘的位置来完成：即位于肩膀的正下方来进行孤立。挑战学员站稳不要慌，在这首非常酷的音乐的结合下感受肌肉的紧张感。

- 肱二头肌最后一段
- 要超级慢
- 向下时触摸大腿
- 起身时感受手臂前部力量
- 两个过程我们都在加强
- 伸长手臂时，你在为明天创造力量
- 缓慢中幅弹动
- 检查手肘锁定在肩膀正下方——保持
- 肱二头肌最大负重

训练效果

训练重点在肱二头肌和肱三头肌间交替，有助于保持训练的高强度。



45-MIN FORMAT

06. 箭步下蹲/肩部

重量

2个小、中杠铃片

训练肌肉群

箭步下蹲：臀大肌、四头肌

杠铃片练习：上背部肌肉、旋转肌群、三角肌

小节焦点

清晰教授每一个动作的建立，并提前进行提示，才能保证学员轻松地跟上并且很好地执行。教授的重点在于动作的幅度，提高心率并结合下肢和上肢动作。在向后箭步蹲时，重点在保持低位，以达到训练股四头肌和臀大肌的目的。

	Music		Sequence/Exercise	REPS
1	0:05	Intro	4x8 Set up for BACKWARD-STEPPING LUNGE, plate in R hand	
	0:17	V1 / _ Could you be	8x8 2/2/2/2 BACKWARD-STEPPING LUNGE L with 2/2 SINGLE-ARM O/H PLATE SHOULDER PRESS (16cts)	4x
	0:42	Instr / (Windup)	4x8 1/1/1/1 R foot B BACKWARD-STEPPING LUNGE L with 1/1 SINGLE-ARM O/H PLATE SHOULDER PRESS (8cts) Step B to LUNGE on last 2cts R	4x
	0:54	(Flute melody)	8x8 1/1 LUNGE L with SINGLE-ARM O/H SHOULDER PLATE PRESS R (4cts) Step B to LUNGE L on last 2cts R	16x
2	1:19	Rep / A gain again	4x8 TRANSITION: Pick up other plate, set up the LOADED LUNGE L, R foot B ready for REAR DELTOID RAISE	
	1:31	Instr / (Guitar)	8x8 LOADED LUNGE L with 3x 1/1 REAR DELTOID RAISE (16cts) Come back up to top range of Lunge after the 3x reps of Rear Deltoid Raise	4x
3	1:56	Instr / (Low)	2x8 TRANSITION	
	2:03	V2 / You could say	8x8 2/2/2/2 BACKWARD-STEPPING LUNGE R with 2/2 SINGLE-ARM 1/1 O/H PLATE SHOULDER PRESS (16cts)	4x
	2:27	Instr / (Windup)	4x8 1/1/1/1 BACKWARD-STEPPING LUNGE R with SINGLE-ARM O/H PLATE SHOULDER PRESS (16cts) Step back to Lunge R on last 2cts	4x
	2:40	(Flute melody)	4x8 1/1 LUNGE R with SINGLE-ARM O/H SHOULDER PLATE PRESS L (4cts)	16x
4	3:05	Rep / A gain again	4x8 TRANSITION: Pick up other plate, set up the LOADED LUNGE R, L foot B ready for REAR DELTOID RAISE	
	3:17	Instr / (Guitar)	8x8 LOADED LUNGE R with 3x 1/1 REAR DELTOID RAISE (16cts)	4x



45-MIN FORMAT

06. WARMUP

5

	Music		Sequence/Exercise	REPS	
	3:42	Instr / (Low)	2x8	TRANSTION: Stack plates together	
	3:48	V3 / You could say	8x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE L,R Plate at collarbone (32cts)	2x
	4:13	Instr / (Windup)	4x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE with O/H PLATE PRESS L,R (16cts)	2x
	4:25	(Flute melody)	4x8	1/1 STATIC LUNGE L with O/H PLATE PRESS Use last 4cts to transition to L leg for LUNGE R	7x
	4:38	Instr / (Flute melody)	4x8	1/1 STATIC LUNGE R WITH O/H PLATE PRESS	7x
	4:50	Rep / Again again	4x8	Recovery: Shake out legs	
	5:02	Instr / (Guitar)	16x8	1/1/ ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L,R (8cts) Recovery: Shake out legs, Quadricep Stretch, Shoulder Stretch	16x



45-MIN FORMAT

06. ON THE RUN 5:59mins

技术与教授

向后箭步蹲加单臂杠铃片过顶肩推/箭步下蹲加单臂杠铃片过顶肩推

第1层

利用第一层姿势和执行建立教授节奏、幅度和动作的准确性。由于是同一条腿的训练，负重感会很快的加强，加强姿势和幅度提示语，让学员感受腿部和肩部的结合，从而取得最大的训练效果。

向后箭步蹲加单臂杠铃片过顶肩推

- 左手拿杠铃片
- 双脚位于髋关节正下方
- 从向后箭步蹲开始
- 双肘不超过肩膀水平线
- 收紧腹部，摆正臀部和肩部
- 向后一大步，向下，推举，收回
- 后腿膝盖向下，前腿膝盖向外
- 前腿大腿与地面平行
- 手肘放在面前
- 单次训练，1/1
- 迈出，向下，向上，收回
- 速度加快，收紧核心，稳定身体

箭步下蹲加单臂杠铃片过顶肩推

- 静态箭步下蹲
- 向后一大步
- 保持住箭步下蹲
- 背部下落，保持前腿膝盖向外
- 检查手肘，保持手肘不高于肩膀，让前三角肌负重
- 开始有超负荷的感觉

负重箭步蹲加杠铃片侧平举

第1层

第2段我们在箭步下蹲加杠铃片侧平举训练中要增加一个杠铃片。使用NETT让学员做好准备。

- 再拿一个杠铃片
- 让我们进行箭步下蹲加杠铃片侧平举训练
- 向后一大步
- 后腿屈膝，来到箭步下蹲
- 前倾45度
- 双肘不超过肩膀水平线
- 手肘抬高打开
- 收腹挺胸
- 挤压肩胛骨

向后箭步蹲加单臂杠铃片过顶肩推/箭步下蹲加单臂杠铃片过顶肩推

第2层, 第3层

现在我们在另一条腿重复相同的动作……踏踏实实地说出提示语，一次一句。最后一组组合动作强度会有很大提升。这将会挑战身体的协调性和体能，并快速燃烧卡路里，结合整个肌群。挑战学员向后一大步，在做每一次组动作时都要做到最大幅度。

- 还是一个杠铃片——换一边做
- 右腿向后箭步蹲
- 向后一大步，向下，推，点地
- 收回脚步时，点地，这样你可以稳定前腿膝盖的姿势，保持股四头肌负重——这就是重点
- 让股四头肌和臀大肌燃烧起来
- 你在想什么——让我们奔跑吧！
- 加快速度
- 继续保持前腿膝盖放松，让股四头肌负重
- 重心通过前脚脚跟到臀大肌
- 静态箭步下蹲，保持，向下
- 让动作流畅——感受酷炫的音乐
- 把杠铃片直接向上推
- 现在我们要开始整合肌群，要超过负荷了
- 保持这个幅度——前腿大腿与地面平行



45-MIN FORMAT

06. ON THE RUN 5:59mins

负重箭步蹲加杠铃片侧平举

第2层

这一段很短，因此要迅速让学员准备好，语速要急促，配合好音乐的感觉。强调箭步下蹲90/90，身体前倾，以孤立后部三角肌。

不认真的人不能休息哦，回到2个杠铃片

杠铃片侧平举，向后一大步，箭步蹲

箭步蹲90/90

向后向下转动肩膀

身体倾斜

手肘抬高打开

身体越前倾，就会越孤立后部三角肌

训练效果

箭步下蹲同时进行过顶推举，对腰椎稳定性有较高的要求。腹部要非常收紧，防止腰椎延长。这是很棒的反应性核心训练。

交替向后箭步蹲加过顶杠铃片肩推/ 箭步下蹲加杠铃片推举/交替向后箭步蹲加杠铃片过顶推举

第1层/第2层/第3层

把杠铃片撂起来，用一个杠铃片或者不用也可以。再次说明节奏和幅度，让学员做好交替缓慢向后箭步蹲动作。节奏简单，然后我们保持静态箭步蹲，让肌肉深层燃烧，很快就会感到疲劳，让学员完成最佳训练效果。最后的动作是长时间的一组交替箭步蹲，非常棒！进行完美的技巧示范，以此展现你对训练的热爱。这将激励学员，让他们和你一起坚持到最后。

把杠铃片撂起来，用一个杠铃片或者不用也可以

缓慢向后箭步蹲

收回时两脚在髋部正下方

每一次迈出步子时，都迈一大步

长长的大步

杠铃片直接向上

现在，我们真的要开始整合核心了

让我们加速

杠铃片举过头顶

超负荷——箭步下蹲保持

杠铃片直接朝着天花板向上

1分钟，获得训练效果

快速落到杠铃片下方，将杠铃片举过头顶

身体向下，到杠铃片下方

继续——还有8次

你会获得超值的训练效果！



术语

基本站姿

姿势建立

- 脚跟位于髌关节正下方
- 脚趾微微向外打开
- 放松膝盖
- 双手与大腿间距拇指宽
- 轻轻收腹并绷紧腹部
- 挺胸
- 肩膀向上，绕肩向后，将肩 胛骨收紧下拉至脊柱
- 收下巴



正握

分腿站姿

与基本站姿一样

- 双脚与跨同宽并平行
- 后脚跟抬起
- 微微弯曲膝盖
- 重心位于双腿之间



中距深蹲

姿势建立

- 将杠铃举至上背部肉最多处
- 双脚比胯略宽，同时脚趾向外
- 挺胸，轻轻夹紧肩胛骨
- 腹部内收并绷紧

执行建立

- 臀部向后向下蹲
- 膝盖向前对齐脚尖
- 臀部略高于膝盖水平线，膝盖保持90度

第2层

- 动作结束时臀部位于肩膀正下方
- 感受股四头肌的压力
- 在下半程2次一半时收紧腹部



中距



底部幅度

宽距站姿深蹲

姿势建立

- 距离比中距站姿宽一个脚掌

执行建立

- 臀部向后向下
- 膝盖向外
- 挺胸
- 收腹
- 臀部略高于膝盖水平线，膝盖保持90度



宽距

第2层

- 起身时脚跟发力，激活你的图打击
- 用双脚推地面
- 起身向上时收紧臀部

推胸

姿势建立

- 双手打开宽握杠铃
- 将杠铃举至肩部之上
- 收腹，下背部靠向踏板
- 双脚打开与髌同宽，并靠近踏板

执行建立

- 将杠铃举至胸中部
- 手肘与踏板在同一水平上

第2层

- 下降时收紧肩胛骨，打开胸腔
- 上背部贴紧踏板，保持身体上半部稳定





术语

仰卧飞鸟

姿势建立

- 将杠铃片对面举着
- 与肩膀同宽
- 手臂微微弯曲
- 腹部向内收紧——下背部靠近踏板

执行建立

- 将杠铃片打开
- 手肘与踏板平行
- 保持手臂微微弯曲

第2层

- 将杠铃片放下时打开胸腔



俯卧撑

姿势建立

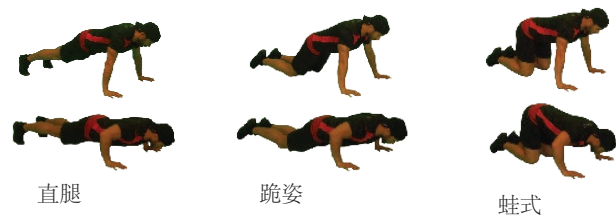
- 双手打开
- 收腹
- 保持背部直立

执行建立

- 胸部向下至手肘水平线上

第2层

- 用力推开地板 / 踏板



硬拉

姿势建立

- 基本站姿
- 膝盖弯曲（成20度）
- 挺胸收腹
- 双肘向后，轻轻收紧肩胛骨
- 收下巴

执行建立

- 髋部驱动身体向前倾斜，保持挺胸
- 将杠铃落至膝盖
- 收下巴，眼睛看向前方6.5英尺处（2米）

第2层

- 整个过程中肩胛骨保持收紧
- 起身时收紧你的股后肌群和臀肌
- 脚跟紧紧着地



术语

俯身划船

姿势建立

- 基本站姿
- 膝盖弯曲（成20度）
- 挺胸收腹
- 手肘向后，轻轻收紧肩胛骨
- 收下巴

执行建立

- 将杠铃拉至膝盖处
- 拉到肚脐
- 收紧肩胛骨

第2层

- 将杠铃压向大腿上
- 收紧肩胛骨
- 弯曲双腿保持身体稳定，臀部下坐
- 让肩膀远离耳朵

在俯身划船中强调肩胛骨要收紧能够确保训练到肩胛骨牵缩肌并帮助参与者进行肩关节铰链时减少倾斜 度。这些肌肉有助于身体保持稳定从而预防受伤。



推举

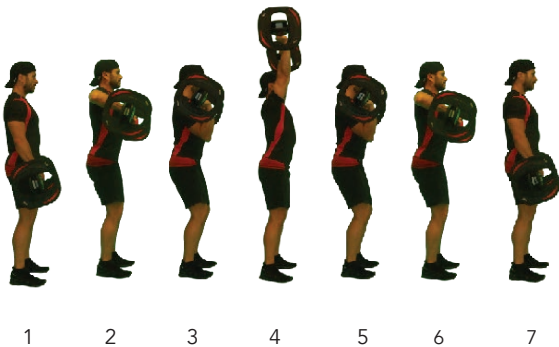
姿势建立

- 基本站姿
- 挺胸收腹
- 膝盖弯曲

执行建立

- 膝盖再弯曲些，双腿发力将杠铃拉起
- 在上拉阶段保持手肘高于杠铃
- 杠铃靠近身体，拉到胸部
- 膝盖弯曲，落到杠铃杆下方
- 将杠铃拉起至锁骨前后保持住
- 推向上方
- 双腿发力将杠铃举起
- 杠铃举至头顶时保持收腹
- 双肘微微向前
- 再次弯曲双腿回到基本站姿
- 将手肘抬高上翻将杠铃放低

双肘要快速移动到杠铃杆下方。好像要拉起你的T恤一样将杠铃举起。在胸前接住杠铃，如何双腿发力推起。





术语

跪姿单臂杠铃片划船

姿势建立

- 跪在踏板后
- 手放在踏板中部
- 臀部微翘
- 摆正肩膀和臀部
- 挺胸，收腹

执行建立

- 杠铃片与臀部同高
- 挤压肩胛骨

第2层

- 手肘对准肋骨后部



力量举

姿势建立

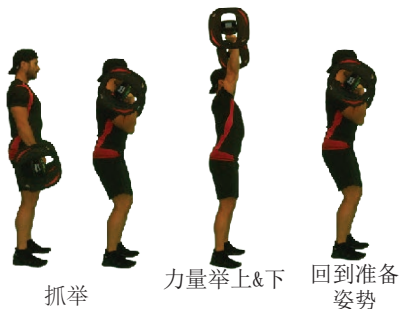
- 来到准备姿势
- 半深蹲时屈膝
- 挺胸 - 收腹
- 杠铃位于下巴前方

执行建立

- 用腿部力量向上推杠铃
- 过顶推举时将杠铃举起来
- 在推举顶端手肘稍微向前
- 杠铃过顶时收腹
- 杠铃回到下巴高度
- 再来两次

第2层

- 弯腿，抓住杠铃
- 臀部向下向后
- 力量举时脚跟向下
- 双腿向外
- 举起杠铃



肱三头肌俯卧撑

姿势建立

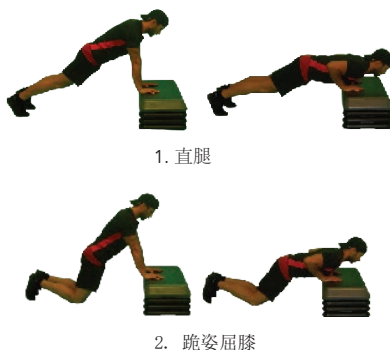
- 双手在肩膀下方
- 收腹
- 后背直立

执行建立

- 胸部往下与手肘水平线成一条直线
- 双肘夹紧肋骨

第2层

- 用力推开地面 / 踏板



站姿三头肌过顶伸展

姿势建立

- 分腿站姿，膝盖放松，重心位于两脚中间
- 肩膀下沉
- 收腹
- 挺胸
- 将杠铃片举过头顶，手臂微微向前，你可以看到自己的双肘

执行建立

- 将杠铃片下落至颈部底端
- 完全伸展举到头顶
- 双肘收紧

第2层

- 沉于双腿，保持核心稳定
- 保持肩膀向后向下，让三头肌用力



术语

坐姿过顶伸展

姿势建立

- 双腿交叉坐在踏板上使髋部保持直立
- 将杠铃片举过头顶，手臂微微面向前让自己可以看到手肘
- 肩膀远离耳朵
- 挺胸收腹
- 收下巴

执行建立

- 将杠铃片放下至颈部底端
- 完全伸展将杠铃片举至头顶
- 双肘收紧

第2层

- 保持双肘向内收紧，孤立训练三头肌



坐姿肱三头肌屈臂伸

姿势建立

- 臀部贴近踏板
- 挺胸
- 手掌根受力

执行建立

- 臀部向下对向地板
- 保持臀部贴近踏板
- 挺胸
- 手肘向后

第2层

- 夹紧肩胛骨并挺胸，保持上半身稳定



徒手练习



杠铃片负重



坐到踏板上

肱二头肌杠铃片弯举

姿势建立

- 两侧手臂手心朝里持杠铃片
- 膝盖放松，分腿站姿或者基本站姿
- 挺胸
- 收腹

执行建立

- 向上弯举，旋转杠铃片，半程或全程
- 全程弯举时将杠铃片放在肩膀前方，
- 向下伸展至大腿两侧

第2层

- 收腹保持身体稳定



单臂杠铃片弯举

姿势建立

- 基本站姿
- 挺胸
- 腹部向内收紧

执行建立

- 将杠铃片举至肩膀前方，完全弯举
- 向下伸至大腿

第2层

- 收紧腹部避免身体摇晃





术语

站立杠铃片划船

姿势建立

- 来到准备姿势
- 杠铃片在臀部前方
- 微微屈膝

执行建立

- 将杠铃片举至下胸部
- 杠铃片贴近身体
- 手肘位于杠铃片之上
- 挺胸

第2层

- 向上卷起杠铃片——就像卷起衣服



中距站姿杠铃片颈前深蹲

姿势建立

- 双脚比髋略宽，脚趾打开
- 杠铃片与地面平行，举至锁骨前
- 手肘位于杠铃片之下
- 挺胸收腹

执行建立

- 臀部向下向后坐
- 膝盖对准脚趾
- 臀部不低于膝盖水平线保，膝盖成90度

第2层

- 起身时脚跟发力，激活你的臀肌
- 起身向上时收紧臀部



向后弓箭步蹲

姿势建立

- 向后一大步
- 双脚与髋同宽
- 臀部和肩部放平，并正对前方
- 膝盖对准脚趾
- 收腹挺胸

执行建立

- 弯曲膝盖，后膝盖朝向地面
- 前腿与地面保持平行

第2层

- 身体尽量保持在低端，孤立腿部



跪姿杠铃片侧平举

姿势建立

- 单腿向前跪
- 身体倾斜45度
- 挺胸
- 收紧下巴，后颈伸长，双眼看向前方约1米处

执行建立

- 将手肘举至肩膀高度
- 收紧肩胛骨

第2层

- 手肘带动进行整个动作
- 保持挺胸；尽量不要让肩膀向前
- 肩膀离开耳朵





术语

单臂杠铃片过顶推举

姿势建立

- 基本站姿
- 挺胸收腹
- 将杠铃片举至下巴同一高度，手肘位于手腕之下

执行建立

- 将杠铃片向上推
- 手肘在顶部保持放松
- 当杠铃片举至头顶时收紧腹部

第2层

- 保持身体直立，不能向后倾斜
- 肩膀用力



中距站姿杠铃片颈前深蹲

姿势建立

- 仰卧，一手拿着杠铃片
- 另一侧手心向上
- 手肘微屈

执行建立

- 用杠铃片画一个大弧，来到肩膀正上方
- 双侧肩胛骨抬起，离开地面
- 卷腹时肋骨靠向臀部
- 收下巴，眼睛看向膝盖

第2层

- 杠铃片在肩膀正上方时，在顶点保持一会，让核心有效负重



杠铃片卷腹

姿势建立

- 将杠铃片放在额头
- 双脚靠近臀部
- 收下巴

执行建立

- 肋骨靠向髋关节

第2层

- 肩胛骨抬起更高，离开地面



平板支撑双脚点地

姿

势建立

- 手肘位于肩膀之下
- 膝盖打开略宽于髋，脚趾内勾
- 臀部与肩膀保持同一水平线
- 膝盖抬高离开地板
- 背部伸长拉直
- 收紧腹部支撑身体中部

选择：膝盖落地

执行建立

- 双脚点地打开内收
- 收紧腹部保持髋部平稳

第2层

- 收紧腹部、四头肌和臀部，以帮助你疲劳时保





术语

平板支撑平移

姿势建立

- 手肘位于肩膀之下
- 膝盖打开略宽于髋，脚趾内勾
- 臀部与肩膀保持同一水平线
- 膝盖抬高离开地板
- 背部伸长拉直
- 收紧腹部支撑身体中部
- 选择：膝盖着地

执行建立

- 手臂依次伸直至平板姿势
- 收紧腹部，保持髋部稳定

第2层

- 收紧腹部、四头肌和臀部，以帮助你疲劳时保持背部直立



向后箭步蹲加单臂杠铃片过顶肩推

姿势建立

- 双脚在臀部正下方
- 双肘在肩膀水平线上
- 收腹挺胸

执行建立

- 向后一大步
- 双脚打开，保持与髋同宽
- 臀部和肩膀放平，向前摆正
- 后腿膝盖向下，前腿膝盖向外
- 前腿大腿与地面平行
- 把杠铃片向上举
- 手肘保持在面前

第2层

- 迈回步子时，轻踩脚步，这样你能保持前腿膝盖的稳定姿势，保持股四头肌负重



负重箭步蹲加杠铃片侧平举

姿势建立

- 双脚在臀部正下方
- 向后一大步
- 双脚打开，保持与髋同宽
- 臀部和肩膀放平，向前摆正
- 向前倾斜45度
- 收腹挺胸

执行建立

- 双肘在肩膀水平线上
- 收紧肩胛骨

第2层

- 手肘抬高打开
- 越向前倾，后部三角肌越能得到孤立锻炼





音乐

- 01

Still The One (5:06)

Hardwell & Kill The Buzz feat. Max Collins

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Written by: Nanuru, van de Corput, Bair, Preston
- 02

I Am Here (4:07)

P!nk

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Written by: Mann, Medice, Moore
- 03

I Am Here (1:14)

P!nk

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Written by: Mann, Medice, Moore
- 04

Little Thing Gone Wild (5:30)

Wildcat Wonder Wall

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Written by: Shapiro, Been, Hayes
- 05

Say Less (5:39)

Dillon Francis feat. G-Eazy

© 2017 IDGAFOS.
Written by: Gillum, Francis, Rushent
- 06

Tell Me You Love Me (3:09)

Galantis & Throttle

© 2017 Atlantic Recording Corporation.
Written by: Aarons, Bergin, Karlsson, Koitzsch, Jonback, Eklow, Jenkins
- 07

Tell Me You Love Me (1:50)

Galantis & Throttle

© 2017 Atlantic Recording Corporation.
Written by: Aarons, Bergin, Karlsson, Koitzsch, Jonback, Eklow, Jenkins
- 08

Walk On Water (3:02)

Thirty Seconds To Mars

Courtesy of the Universal Music Group.
Written by: Leto
- 09

Walk On Water (2:08)

Thirty Seconds To Mars

Courtesy of the Universal Music Group.
Written by: Leto
- 10

Coco’s Miracle (Club Mix) (6:05)

Fedde Le Grand & Dannic vs Coco Star

© 2017 SpinninRecords.com.
Written by: Davis, Imbres, le Grand, Romera, van Reeken
- 11

Tribes (3:24)

Chase & Status

Courtesy of the Universal Music Group.
Written by: Milton, Kennard

- 12

Tribes (1:30)

Chase & Status

Courtesy of the Universal Music Group.
Written by: Milton, Kennard
- 13

Revenge (3:50)

P!nk feat. Eminem

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Written by: Moore, Martin, Mathers, Shellback
- 14

Stargazing (4:01)

Kygo feat. Justin Jesso

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Written by: Crichton, Gørvell-Dahll, Hartman, Stein

45-MIN FORMAT

- 15

You & Me (1:30)

Marshmello

© 2017 Joytime Collective.
Written by: Unknown
- 16

Lost (1:23)

Illenium feat. Emilie Brandt

© 2017 Seeking Blue / Kasaya.
Written by: Brandt, Miller, Napert, Wirsberger
- 17

You & Me (1:23)

Marshmello

© 2017 Joytime Collective.
Written by: Unknown
- 18

Lost (1:43)

Illenium feat. Emilie Brandt

© 2017 Seeking Blue / Kasaya.
Written by: Brandt, Miller, Napert, Wirsberger
- 19

On The Run (5:59)

NGHTMRE feat. PASSEPORT

© 2017 Mad Decent.
Written by: Duelk, Miatello, Stoecker



后排左至右：Desmond Helu, Larissa Hunter（影子展示者），Ethan Morrow（影子展示者），Gerry Salmon（影子展示者），Amy Lu（影子展示者），Todor Ivanov（影子展示者），Nick Williams（影子展示者），Andrew Sua（影子展示者），Scarlett Sole（影子展示者）

前排左至右：Diana Archer Mills, Marlon Woods, Maureen Sutherland（影子展示者），Glen Ostergaard, Natacha Sanguinetti（影子展示者），Kylie Gates, Jako Michael Misic

BODYPUMP 106是一个充满感觉与情感的史诗版训练……尤其是我们在庆祝莱美品牌50周年。

本训练将让你为实现自己的健身目标做好准备。

Still The One的画面有一种美丽而又复古的感觉。

本次发布版本中，歌曲I Am Here让深蹲动作充满动力和情感。

Little Things Gone Wild不会让踏板推举、飞鸟和俯卧撑动作有丝毫松懈，能给肌肉带来巨大的紧张感——不同的训练有助于我们更长久的维持技巧。

现代曲目Say Less意义深刻，为单臂杠铃片划船的肌肉孤立训练寻求创新。

你和学员们将在肱三头肌小节中体会到很多乐趣，并被肱二头肌的《Times Are Changing》的积极歌词深深吸引。

箭步下蹲小节是你见证健美的时刻……不用多说！加上侧箭步蹲让腿部肌肉燃烧，尤其是臀大肌和大腿内外肌肉。

肩部小节的杠铃和杠铃片训练中，鼓点和贝斯给人冲击力，让人加速，充满电子电子的感觉。

我们用一首有趣的歌曲，伴着单臂卷腹飞鸟加平板支撑挑战的创新动作，圆满地完成训练。

Stargazing让每个人充满热情地完成训练，获得成功。

PS. 我们无法忘记45分钟小节组合中美妙的声音与具有挑战性的动作。

——看看他们吧！

致谢

- Program Director** – Glen Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultant** – Bryce Hastings & Corey Baird
- Program Coach** – Kylie Gates
- Production Coordinator** – Monique Whareumu

展示者

Glen Ostergaard（新西兰）是BODYPUMP，RPM和LES MILLS SPRINT课程健身项目总监。BODYATTACK让他开始了团体健身职业生涯，目前在奥克兰。

Diana Archer Mills（新西兰）是BODYPUMP，BODYCOMBAT，BODYJAM和RPM的创意总监兼BODYBALANCE/BODYFLOW的联合项目总监，目前在奥克兰。

Kylie Gates（新西兰）是BODYPUMP主项目教练兼BODYATTACK、BODYBALANCE/BODYFLOW、LES MILLS TONE、CXWORX和SH’ BAM的创意总监，她还教授瑜伽，目前在奥克兰。

Desmond Helu（新西兰）是BODYPUMP指导员兼LES MILLS GRIT教练。他也是奥克兰的一名私人教练。

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Marlon Woods（美国）是BODYPUMP指导员兼BODYCOMBAT培训师。他还是一名情报分析师，住在乔治亚。





小节设置

小节设置45分钟（新）

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 06 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:36

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>

小节设置30分钟

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:26

小节设置45分钟

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	39:20

写给教练

在混合套路时，请试着选择最新的小节从而体现当前学习的动作、使用的音乐和训练原则。如果你正进行老套路教学，要确保结合最近的小节训练且不要做任何变动；按照套路编排去教，你也可以加入现代的教学语言和术语。

大声说出你的想法，让我们听到

告诉我们你对这个课程的想法。登陆 lesmills.com/BLAH

KEY

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

COUNTS

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



我们是莱美部落

我们是一个全球性的领导者大家庭，热情地致力于创造一个健康的星球。

我们勇敢地激励他人爱上运动，从而发掘自身真实的潜力。

锻炼是我们全球性的运动。数以百万计的我们每天通过汗水团结在一起。我们的运动震撼着整个世界。

音乐是我们的灵魂。它驱使着我们，聚焦在我们身上，为我们带来激情。

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美国际，我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们消除了评判的界限，使所有人都能享受运动带来的独特益处。在尊重传统的同时，我们也为未来设定了方向。希望尽可能人性地去启发，去革新，去创造。

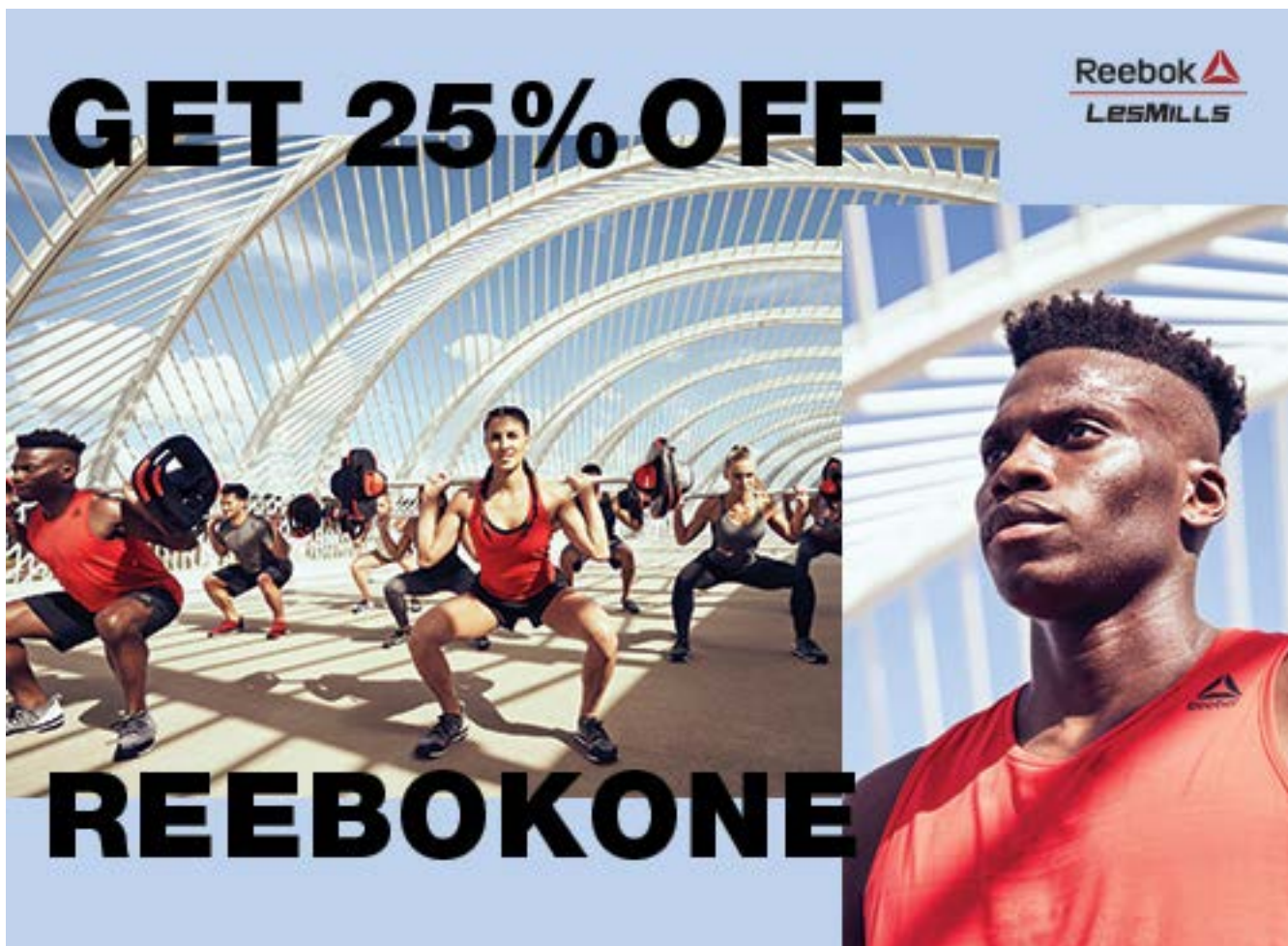
我们完全相信，我们能改变世界。

我们就是莱美部落。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们拥护与我们的全球大家庭敞开心扉交流，这样可以表达各个观点之间的不同之处，并达成折中方案。最重要的是，我们热衷于随时随地传递改变人生的健身体验。



BODYPUMP

106

01. WARMUP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

GLOSSARY

MUSIC

EXPRESS FORMATS

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BODYPUMP 106

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01. WARMUP

WEIGHT SELECTION

Light barbell and 1 medium – large plate

DEMONSTRATE

SET Position

TRACK FOCUS

Be super 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.

	Music		Sequence/Exercise	REPS
1	0:05	Intro	2x8 SET Position, Shoulder Roll	
	0:12	V1 / Paradise	4x8 4/4 DEADLIFT SET Stance	2x
	0:26	Jupiter	4x8 2/2	4x
	0:41	QC / _ When all the	4x8 2/2 DEADROW (16cts)	2x
	0:55	_ When all the	4x8 1/1 Last 4cts, hands WIDE for WIDE DEADROW	4x
	1:10	Instr / (Upbeat melody)	8x8 TRIPLE WIDE DEADROW (16cts)	4x
2	1:39	Instr / (Low piano)	2x8 SHOULDER ROLL (8cts) Hands back to SET Position (8cts)	1x
	1:47	V2 / Love’s a willing	4x8 2/2 DEADLIFT SET Stance	4x
	2:00	Seven nights	4x8 2/2 UPRIGHT ROW	4x
	2:16	QC / _ When all the	4x8 2/2 CLEAN & PRESS (16cts)	2x
	2:30	_ When all the	4x8 1/1 (8cts) Use last 4cts to transition bar to back for MID Stance SQUAT	4x
	2:44	Instr / (Upbeat melody)	4x8 1/1 SQUAT MID Stance	8x
3	2:59	Rep / _ When all the hope	4x8 TRIPLE PULSE SQUAT MID Stance (8cts)	4x
	3:14	Instr / (Low piano)	2x8 TRANSITION: Bar down, pick up plate. Set up for PLATE FRONT SQUAT – MID Stance	
	3:21	V3 / Love’s a willing	4x8 2/2 PLATE FRONT SQUAT MID Stance	4x
	3:35	Seven nights	4x8 1/1/2	4x
	3:49	QC / _ When all the	4x8 2/2 PLATE CURL SQUAT PRESS (16cts)	2x
	4:04	Rep / _ When all the	4x8 1/1 (8cts)	4x
	4:19	Instr / (Upbeat melody)	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts)S Plate at collarbone	2x
	4:34	Rep / _ When all the	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L, R (16cts)	2x
	4:48	Outro / With all the damage	4x8 4/4 PLATE FRONT SQUAT MID Stance Plate at collarbone	2x



01. STILL THE ONE 5:06mins

TECHNIQUE AND COACHING

1 SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position, setting them up 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**

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*
- **Deadrow** – *knees, belly, knees and lift*
- **Triple Wide Deadrow** – *squeeze shoulder blades together*

SET 2

LAYER 1 / LAYER 2

Set 2 starts with Deadlifts again with a focus on sharpening Technique. We then warm the upper body with Upright Rows which connect to the slow Clean & Presses. We build into faster Clean & Presses to prepare the class for the Back track before finishing the set with Squats. 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 thighs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *bar stops at lower chest, elbows wide*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid Stance Squat** – *feet outside hip-width, hips go back and down, knees press forward, hips to 90 degrees*

SET 3

LAYER 1 / LAYER 2

We transition to a big plate for Front Squats and Plate Curl Squat Presses with a focus on full-range Squats to lift the heart rate and prepare the body for the workout. We finish this block with Backward-Stepping Lunges with Overhead Presses and Front Squats. Focus on coaching clear Layer 1 Position and Execution cues to help participants connect with the Technique and the music.

- **Mid-Stance Plate Front Squat** – *feet outside hip-width, hips go back and down, knees press forward, hips to 90 degrees*
- **Plate Curl Squat Press** – *curl the plate, Squat and drop under, chest up, abs braced and press, hips back and down to 90 degrees*
- **Backward-Stepping Lunge with Overhead Plate Press** – *long step back, back 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 your regular participants in the front row.



02. SQUATS

WEIGHT SELECTION

REGULARS: 2–4 times your Warmup weight

NEW: double your Warmup weight

TRACK FOCUS

Coach your class to focus on depth in the Wide and Wider Stance to generate fatigue and produce results.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

	Music		Sequence/Exercise	REPS
1	0:05	Intro / Woo!	1x8	Set up SQUAT – MID Stance
	0:09	Instr / (Low guitar)	4x8	2/2 SQUAT – MID Stance
	0:22	V1 / Open up my	8x8	3/1
	0:50	(Low)	1x8	TRANSITION: Heel-toe wider to WIDE Stance
2	0:53	Rep / I am here	8x8	4/4 SQUAT WIDE Stance
	1:21	C / Where	4x8	TRIPLE PULSE SQUAT (8cts)
	1:36	V2 / _ May the light	6x8	3/1 SQUAT
	1:55	Instr / (Whirl)	¼ x8	TRANSITION: Heel toe wider to WIDER Stance
3	1:57	Rep / I am here	8x8	4/4 SQUAT WIDER Stance
	2:25	C / Where does everybody	4x8	TRIPLE PULSE SQUAT (8cts)
	2:39	Me ask you	4x8	1/1 SQUAT
	2:53	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts) 4 Staggers down (8cts) Slow up (8cts)
4	3:07	Br / (Low)	1/2x8	HOLD
	3:09	Rep / I am here	4x8	4/4 SQUAT WIDER Stance
	3:23	Rep / I am here	4x8	1/1
	3:37	C / Where does	4x8	TRIPLE PULSE SQUAT (8cts)
	3:51	Ask you	4x8	1/1 SQUAT
	4:05	Br / (Low)	½x8	HOLD
5	4:07	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts)
	4:20	Br / (Low)	½x8	RECOVERY: Short pause
	4:22	Rep / I am here	4x8	4/4 SQUAT
	4:36	Rep / I am here	4x8	1/1
	4:50	Ask you	4x8	TRIPLE PULSE SQUAT
	5:04	Me ask you	4x8	1/1 SQUAT
				Recovery: Torso Twists, shake out the legs, Quadricep Stretches



02. I AM HERE 5:21mins

TECHNIQUE AND 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 **T**iming, **T**arget Zones and leg alignment.

- **Feet outside hip-width, 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

2 WIDE STANCE LAYER 1 / LAYER 2

Reset new Stance: heel-toe wider for Wide Stance. Coach Layer 1 Execution cues to get everyone moving and feel the difference between the Mid and Wide Stances, bringing a focus to glute activation. Coach small bottom range in the Pulses to stay controlled and to look after the joints. Using Layer 2 cues, explaining how to Improve Execution, Manipulate Intensity or Educate them on the whys – which empower participants to achieve the results. This will enable them to feel the muscles working and help them fine-tune Technique.

- **One heel toe wider – Wide Squat**
- *Feel this – down, 2, 3, 4, slowly*
- *Feel the difference in the Wide Squat*
- **Hips sit back and down**
- **Push your knees out wide**
- **Lock in your core** – Triple Pulses are coming
- 3, 2, 1, and stand
- Stay down low, small range
- *Let's master this Wide Squat*
- Look down at your knees
- You want your knees tracking over 2nd and 3rd toes
- *That way, your glutes will start firing.*

3 WIDER STANCE LAYER 1 / LAYER 2

The transition to Wider Stance is fast so coach this one clearly. Briefly coach the basics for the Wider Stance, focusing on sitting hips back more and maintaining knee alignment. Then think: What will be your Layer 2 coaching focus? Look and see what the needs of the class are... Common faults are knees collapsing in – so, engaging the side glutes can be a great focus in this block OR maintaining a lifted chest to ensure upper body stability. Focus on one point and Educate your class on the “why” so you are helping them get the most out of this track.

- *Heel-toe wider, slow*
- *The Wider Squat – this is the one*
- **Knees keep pressing out**
- **Abs braced**
- *Let's engage the side glutes*
- *Push through the outside edges of your feet*
- *Drive from the base – squeeze your butt as you rise*
- **Chest is lifted**, strong and proud
- *You guys ready? Triple Pulse, go!*
- 3, 2, 1, stand
- *Where do they go?*
- *Stay right down low to find the heat*
- *Release on the Singles*
- *Bring in the energy*
- *All the way down then we stand strong*
- *Squeeze the butt as you rise*



02. I AM HERE 5:21mins

4 / 5 WIDER STANCE

LAYER 2 / LAYER 3

We stay in the Wider Stance for the rest of the track, which means that fatigue will be setting in. You will need to reinforce great technique. Due to many choreography changes, focus on coaching the right thing at the right time. Use Slow Squats to re-focus your participants before the big energy that will follow with the Single, Pulses, Singles combo. What will you say here to bring your participants into the feel of the music and lift the energy in the room?

- *Stagger, down, down, down, slow, up, up*
- *Take a breath and lift your chest*
- *This is about feel*
- *Feel the muscles; feel the music*
- *Feel the energy we are about to bring into this room – right now!*
- *Singles – we are here!*
- *Full range, butt just above knee line – let's access that full depth*
- *Everybody – triple pulse*
- *Right down low*
- *Singles – pump them*
- *Drive out of the heels*
- *Keep pushing your knees out*
- *This is all about your butt*

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.

PERFORMANCE

The song is emotive and the magic comes from captivating your participants' attention and taking them on this emotional and physical journey. Your performance tools are the music, your voice and your actions. When you bring contrast out through these tools we take participants to a place they couldn't get to on their own. How will you perform this big track in a style that is authentic to you?

PUMP FACT

Research has shown that BODYPUMP increases the production of the human growth hormone. The key to this is the accumulation of lactic acid. Maintaining muscle pressure by staying low in the pulses is a great way to maximize this effect.



03. CHEST

WEIGHT SELECTION

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

2x medium – large plates

NEW: Barbell with Warmup weight,

2x small plates

DEMONSTRATE: Chest Flys

TRACK FOCUS

Coach great Execution for precision in all moves and be clearly coach the transitions so you bring your participants to fatigue.

MUSCLE FOCUS

Pectorals, triceps and deltoids

	Music		Sequence/Exercise		REPS
1	0:05	Intro	1x8	Set up for CHEST PRESS – Wide Grip	
	0:09	Instr / (Low Strum)	2x8	4/4 CHEST PRESS – Wide Grip	1x
	0:16	V1 / Lord , don't let	4x8	2/2	4x
	0:32	C / _ Little thing gone	4x8	1/1	8x
	0:47	Instr / (Guitar)	4x8	4x BOTTOM HALF (16cts)	2x
2	1:03	V2 / _ Lord, don't	4x8	2/2 CHEST PRESS – Wide Grip	4x
	1:18	C / _ Little thing gone	4x8	1/1	8x
	1:34	Ref / Oo-woo-wo	4x8	4x BOTTOM HALF (16cts)	2x
	1:49	_ Won't you let	2x8	TRANSITION: Bar down, pick up 2 plates for CHEST FLY	
	1:57	V3 / _ Won't you let	6x8	2/2 CHEST FLY	6x
3	2:20	Instr / (Electric guitar)	6x8	4x BOTTOM HALF (16cts) Use last 2cts to transition to Bench Pushup	3x
	2:44	(Low siren)	6½x8	1/1 BENCH PUSHUP Options: toes, knees, or kneeling	14x
	3:11	Rep / Love , I wanna	1x8	TRANSITION: Pick up bar, back to bench for CHEST PRESS – Wide Grip	
	3:15	V4 / Lord , don't let	4x8	2/2 CHEST PRESS – Wide Grip	4x
	3:30	C / _ Little thing gone	4x8	1/1	8x
4	3:46	Ref / Oo-woo-wo	4x8	4x BOTTOM HALF (16cts)	2x
	4:01	V5 / _ Won't you let	2x8	TRANSITION: Bar down, pick up 2 plates for CHEST FLY	
	4:09	_ Won't you let	6x8	2/2 CHEST FLY	6x
	4:32	Instr / (Electric guitar)	6x8	4x BOTTOM HALF (16cts) Use last 2cts to transition to Bench Pushup	3x
	4:56	Oo-woo-wo	6x8	1/1 BENCH PUSHUP	12x
5	5:19	Outro / Won't you let	2x8	4/4	1x
				Recovery: Shake out the arms, Shoulder Roll, Chest Stretch	



03. LITTLE THING GONE WILD 5:30mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach Position and Execution setup cues for the Chest Press. Use NETT to coach Target Zones and Timing so participants are moving well.

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 – 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
- Slow Bottom Halves to start building tension

2. WIDE-GRIP CHEST PRESS

LAYER 1 / LAYER 2

The first set is short so continue to coach good timing and range. Then, help your class to get more out of this move by using Layer 2 cues that explain how to execute the Chest Press to build more Intensity. We build the tension in the slow Bottom Half to overload the muscles for strength gains.

WIDE-GRIP CHEST PRESS

- Reset now, feet on the floor and brace the core
- Shoulders away from the ears
- Squeeze your shoulder blades on the bench to feel the chest open
- Squeeze chest muscles as you push up
- Slow Bottom Halves for maximum tension
- Down half, down half
- Keep the load on – we overload fast!

3 CHEST FLY / BENCH PUSHUP

LAYER 1

New exercises require that you 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**
- We start to isolate now

BENCH PUSHUP

- Transition: as fast as you can
- 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 best option

4 WIDE-GRIP CHEST PRESS

LAYER 2 / LAYER 3

This block is tough, so use Layer 2 cues to build more Intensity and correct Technique. Maximize tension in the Bottom Halves: super slow and the heat builds fast! This is the final set with the barbell so you'll want to motivate participants to challenge themselves!

- Return to using your bar
- Hustle 2/2
- Time under tension – that's why BODYPUMP works
- Brace hard through your core
- Drive a shoulder blades into the bench
- Create the strong platform so everything under the barbell is strong
- Pull the bar; push the bar
- Like a pressure-cooker – tension is on!



03. LITTLE THING GONE WILD 5:30mins

5 CHEST FLY / BENCH PUSHUP LAYER 3

Layer 3 Motivation is unique to you and your class participants – who are they? What do they need today? You need to know your class and their goals so you can tailor your motivational language to bring them to success!

- *Last set with the Chest fly*
- *As fast as you can*
- *Let's challenge ourselves*
- *How wide can you make your wingspan?*
- *Slow Halves – you can do this!*
- *Challenge yourselves with the Pushups*
- *On your toes if you can*
- *Put the brakes on – last rep*

INTENSITY

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

PUMP FACT

Wrist joint protection is an important part of coaching the Chest Press. Resting the bar in the heel or base of the hands, rather than further up towards the fingers, helps prevent hyperextension of the wrist.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more

1x medium – large plate

NEW: Barbell with Chest weight

1 small – medium plate

DEMONSTRATE: Power Press / Single-Arm Plate Row

TRACK FOCUS

Focus on efficiency of movement in the Clean and

Press work with barbell and focus on stability in the Single-Arm Plate Row.

MUSCLE FOCUS

Deadlift / Clean & Press / Power Press:

Posterior chain: Glutes, hamstrings, lower and upper back

Deadrow: Lats

Kneeling Single-Arm Plate Row: Lats and upper back

	Music		Sequence/Exercise	REPS
1	0:05 (Distorted vocal)	4x8	SET Position	
	0:18 V1 / Dylon , dylon	4x8	2/2 DEADLIFT	4x
	0:32 _ What you wanna	8x8	1/1 DEADROW	8x
	0:59 Instr / (Heavy beat)	8x8	1/1 CLEAN & PRESS (8cts)	8x
2	1:27 Br / _ Yaah	1x8	SHOULDER ROLL	1x
	1:30 V2 / _ Ay girl what	4x8	2/2 DEADLIFT	4x
	1:44 _ Like a week	4x8	1/1 DEADROW	4x
	1:58 Instr / (Heavy beat)	8x8	1/1 CLEAN & PRESS (8cts)	8x
3	2:25 Br / _ Sheesh	2x8	TRANSITION: Bar down, pick up plate R hand, L hand on bench for KNEELING SINGLE-ARM PLATE ROW	
	2:32 Ref / _ Sheesh	2x8	2/2 KNEELING SINGLE-ARM PLATE ROW R (8cts)	2x
	2:38 Sheesh	4x8	1/1 (4cts)	8x
	2:52 V3 / _ Gettin' faded	7x8	TRIPLE PULSE KNEELING SINGLE-ARM PLATE ROW R (8cts)	7x
	3:16 I don't GAFOS	1x8	TRANSITION: Plate down, pick up bar. SET Stance for CLEAN & PRESS	
	3:20 Instr / (Heavy beat)	4x8	1/1 CLEAN & PRESS (8cts)	4x
	3:34 Instr / (Distorted beat)	8x8	POWER PRESS (16cts)	4x
4	4:01 Br / _ Sheesh	2x8	TRANSITION: Bar down, pick up plate L hand, R hand on bench for SINGLE-ARM PLATE ROW	
	4:07 Ref / _ Sheesh	2x8	2/2 KNEELING SINGLE-ARM PLATE ROW L (8cts)	2x
	4:14 Sheesh	4x8	1/1 (4cts)	8x
	4:28 V4 / _ Gettin' faded	7x8	TRIPLE PULSE KNEELING SINGLE-ARM PLATE ROW L (8cts)	7x
	4:52 I don't GAFOS	1x8	TRANSITION: Plate down, pick up bar. SET Stance for CLEAN & PRESS	
	4:56 Instr / (Heavy beat)	4x8	1/1 CLEAN & PRESS (8cts)	4x
	5:09 Instr / (Distorted beat)	8x8	POWER PRESS (16cts)	4x

Recovery: Torso Twists, Upper Back Stretch (clasp hands in front tuck chin in, spread shoulder blades apart), Lower back Stretch (elbows to thighs, tuck chin in, lift up spine)



04. SAY LESS 5:39mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 1

Explain 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 2/2
- **Bar to top of the knees**
- **Tip forward 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 2 meters**
- **Lift chest and brace abs**
- **Squeeze shoulder blades together**

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

2 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 1 / LAYER 2

The first block is short so continue to get participants moving with great timing and range. Layer 2 coaching focuses: are to 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 engagement of the upper back muscles for more intensity. When you perform the Clean & Press for the second time, focus on creating speed by using fast elbows and jumping under the bar. This gives us efficiency in the movement.

DEADLIFT

- Press the bar into the thighs to set shoulders and turn the elbows to the rear
- Keep the postural muscles activated
- We maximize the work over head
- Rows are coming back
- Pull the elbows to the rear to engage the upper back
- Squeeze through the upper back
- Start to find tension

DEADROW

- Let's row – knees, belly, knees, set
- Efficient Clean & Press work – let's get under the bar
- Fast elbows under the bar
- Jump under the bar – lift heels

3 SINGLE-ARM PLATE ROW / CLEAN & PRESS / POWER PRESS LAYER 1 / LAYER 2

New move: Single-Arm Plate Row. Clearly coach Layer 1 Position and Execution setup to get participants moving well and get the feel of the timing and range of this movement pattern. The Transition is fast for the barbell, so pre-cue this early to make sure you don't leave anyone behind. The metabolic drive begins with the Clean & Presses and finishes with the Power Presses. Coach clear, simple Layer 1 Timing and Execution cues to help participants understand how to technically perform the move.

KNEELING SINGLE-ARM PLATE ROW

- New move: come to your bench, on your knees
- Grab your plate, Single-Arm Row
- Hand in the middle of bench
- **Tip from hips**
- **Square your shoulders and hips to the bench**
- **Chest up, brace abs**
- **Plate comes to hip level**
- **Squeeze shoulder blades**
- Triple Pulses
- We're feeling it now
- Say YES!



04. SAY LESS 5:39mins

CLEAN & PRESS

- *Fast transition to the barbell*
- *Clean it, clean it*
- *Bend your knees, hips back*
- *Keep the bar close to the body*

POWER PRESS

- *Power Press – 1 catch, 3 Presses*
- **Bend your knees** every time you catch
- *Use your Squat – there's your power*
- **Hips sit back**
- **Brace abs**
- **Lift chest**
- *Use leg power*

4 KNEELING SINGLE-ARM PLATE ROW / CLEAN & PRESS / POWER PRESS

Use Layer 2 and 3 Intensity and Motivational cues to in maximize the results. Drive your participants for the final metabolic kick; positive motivators push people to keep working hard by using praise and encouragement, whilst challenging cues demand that they step up and give just that little bit more. Use the cool lyrics to motivate everyone to give their best and show your love of the workout. How will you keep everyone in the zone until the finish?

- *Bar down, other side*
- *Single-Arm Row*
- *Tip forward 2/2*
- *Singles, Pull and Push*
- *We've got this guys*
- *Triple Row – pull it in*
- *Aim for the back of the ribs with the elbows*
- *Go get it, go get it*
- *Last one, let's take it home*
- *Clean & Press*
- *Use legs as the body fatigues*
- *Power Press – plenty in the tank*
- *Integrate legs and upper body now*
- *Hips back every time*
- *Come on everyone, we've got this!*

PERFORMANCE

Don't be tempted to over-coach this track. Keep your cues short, clear and precise and, as the song says – say LESS! This song has some serious attitude. Hook into the feel and emotion of the song: bring performance into your coaching through the music, your voice and your actions! Do it your way...

PUMP FACT

Single-Arm Plate Rows are a great way to focus on the scapular retractor muscles on each side of the body. The key to isolating these muscles is setting up a stable trunk position. This is achieved by lifting the chest, driving the supporting hand into the bench and squaring the shoulders.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: 1x medium – large plate

NEW: 1x small – medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the Tricep exercises and focus on shoulder stability to create isolation.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Press: Triceps and deltoids

Standing Overhead Tricep Extension and Dips: Triceps

	Music		Sequence/Exercise	REPS
1	0:05	Intro / _ I, I've been	2x8	Set up for O/H TRICEP EXTENSION SPLIT Stance
	0:12	V1 / I don't know	2x8	4/4 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance 1x
	0:20	Youuu	4x8	3/1 4x
	0:35	PC / _ Oh baby	4x8	2/2 4x
	0:50	Instr / (Upbeat melody)	4x8	1/1 SET Stance 8x
	1:06	Rep / Love me	4x8	TRIPLE PULSE STANDING O/H TRICEP PLATE EXTENSION (8cts) 4x
	1:20	Br / Come on	2x8	TRANSITION: Plate down, transition to side of bench for TRICEP BENCH PUSHUP
2	1:28	V2 / So looong	6x8	2/2 TRICEP BENCH PUSHUP 6x Options: Toes, knees, or kneeling
	1:51	PC / _ Oh baby	8x8	1/1 16x
	2:22	Rep / Love me _	2x8	TRANSITION: Grab plate, come to front of bench for SEATED O/H TRICEP PLATE EXTENSION
	2:30	Love me _	2x8	2/2 SEATED O/H TRICEP PLATE EXTENSION 2x
	2:37	Instr / (Upbeat melody)	4x8	1/1 8x
	2:53	Rep / Love me _	4x8	TRIPLE PULSE SEATED O/H TRICEP PLATE EXTENSION (8cts) 4x
	3:08	Br / _ Come on	2½x8	TRANSITION: Plate down, come to front of bench for TRICEP DIP
3	3:17	V3 / So looong	6x8	2/2 TRICEP DIP 6x Option: Sit on bench
	3:40	PC / _ Oh baby	8x8	1/1 16x
	4:11	Rep / Love me _	2x8	TRANSITION: Grab plate, stand for STANDING O/H TRICEP PLATE EXTENSION Split Stance
	4:19	Love me _	2x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance 2x
	4:26	Instr / (Upbeat melody)	4x8	1/1 SET Stance 8x
	4:42	Rep / Love me _	4x8	TRIPLE PULSE STANDING O/H TRICEP PLATE EXTENSION (16cts) 4x
				Recovery: Shake out the arms. Tricep Stretches



05. TELL ME YOU LOVE ME 4:59mins

TECHNIQUE AND COACHING

LAYER 1

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

1 STANDING OVERHEAD TRICEP EXTENSION

- Split Stance
- Overhead Extension
- Bend knees
- **Brace abs**
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- Shoulders are back and down
- Triple Pulses are in the bottom range

2 TRICEP PUSHUP / SEATED OVER HEAD TRICEP EXTENSION LAYER 1, LAYER 2

Coach Position and Execution setup of the Tricep Pushup with a focus on coaching options to help everyone achieve good Execution. Then, once everyone is moving well, challenge Pushups on the toes to create an athletic body. Layer 2 cues Improve Execution and Manipulate Intensity. We want to maintain stability through the core to avoid buckling through the mid-section. When you repeat the Overhead Extension, the focus is to keep the upper arm still for isolation, keeping the shoulders down for stability.

TRICEP PUSHUP

- Come to the side of the bench
- Corkscrew hands on bench
- Shoulders down and back
- **Brace abs**
- **Chest to elbow level**
- **Elbows in and back**
- Option – knees on the floor
- Let's take the challenge – as many as you can on your toes
- You can drop to your knees to push up
- Recruit every muscle
- It's worth it – nothing shapes like Pushups

SEATED OVERHEAD TRICEP EXTENSION

- Cross legs, knees open
- Overhead Extension
- Posture is proud

- Shoulders down
- Lift chest and brace abs
- Squeeze elbows in
- Even if your elbows are flaring out, if your shoulders are stable we are isolating the triceps and that's what we want

3 TRICEP DIP / STANDING OVERHEAD TRICEP PLATE EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

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 rounding through the shoulders. We finish the block with Standing Overhead Extensions together, to shape and tone. Remember: it's all about celebrating the workout! What will you say to bring your class with you?

TRICEP DIP

- **Hands shoulder-width apart**
- Palms on bench, fingers forward
- Butt off bench – keep it close
- Set the shoulders down and back
- **Lift chest**
- **Brace abs**
- Anytime you need, put your butt on the bench to take away some intensity
- Bend elbows to the rear
- Weight in heel of hands
- Squeeze shoulder blades together to lift the chest and stabilize the upper body

STANDING OVERHEAD TRICEP PLATE EXTENSION

- Last set, grab your plate and stand
- Let's finish this together
- Overhead Extensions
- Brace core
- Lift chest and let's go
- Stabilize and isolate
- Pulses now
- You did it!

PUMP FACT

Crossing the legs and dropping the knees to the side in the Seated Overhead Tricep Extensions allows us to bring the lower back into a neutral alignment.



06. BICEPS

WEIGHT SELECTION

2x Small / Large plates

OPTION: Barbell with Warmup weight

TRACK FOCUS

Coach great posture to provide a strong platform to curl from and to achieve isolation of the target muscle.

MUSCLE FOCUS

Biceps

		Music		Sequence/Exercise	REPS
		0:05	Intro	4x8 Set up for BICEP PLATE CURL SPLIT Stance , Shoulder Roll	1x
1		0:18	V1 / Can you even	8x8 3/1 BICEP PLATE CURL SPLIT Stance	8x
		0:45	C / Ohh oh	4x8 COMBO (16cts) SET Stance 1x ALT SINGLE-ARM PLATE CURL L&R (8cts) 2x 1/1 BICEP PLATE CURL (8cts)	2x
		0:58	Br / Tonight	1½x8 Shoulder Roll , transition to SPLIT Stance	
2		1:00	V2 / Look at the sky	4x8 3/1 BICEP PLATE CURL SPLIT Stance	4x
		1:13	_ A thin line	4x8 1/1/2	4x
		1:26	C / Ohh oh	8x8 COMBO (16cts) SET Stance	4x
		1:53	Br / Tonight	1½x8 Shoulder Roll , transition to SPLIT Stance	
3		1:55	Rep / Do you believe	4x8 2/2 BICEP PLATE ROW (16cts)	2x
		2:08	Do you believe	4x8 1/1	4x
		2:21	C / Ohh oh	12x8 COMBO (16cts) SET Stance	6x
		3:01	Br / (Low)	1x8 RECOVERY : Shoulder Roll , transition to SPLIT Stance	
4		3:05	V3 / Look at the sky	4x8 3/1 BICEP PLATE CURL SPLIT Stance	4x
		3:18	_ A thin line	4x8 1/1/2	4x
		3:31	C / Ohh oh	8x8 COMBO (16cts) SET Stance	4x
		3:57	Br / Tonight	1½x8 Shoulder Roll	
5		3:59	Rep / Do you believe	4x8 2/2 BICEP PLATE ROW (16cts)	2x
		4:12	Do you believe	4x8 1/1 (8cts)	4x
		4:26	C / Ohh oh	12x8 COMBO (16cts) SET Stance Combo with option of the bar: 1/1/2; 2x1 1/1 BICEP CURL	6x



06. WALK ON WATER 5:10mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL LAYER 1

Use Layer 1 Position and Execution cues to get the 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** and lock the shoulder blades down into the back ribs
- Bicep Curl 3/1
- **Bring the plates all the way up towards the shoulders**
- **Lower the plates down to your thighs**
- **Elbows stay under shoulders**
- Combination – left, right, Singles
- Full range

2 BICEP PLATE CURL LAYER 1 / LAYER 2

Block 1 is short so continue to coach Layer 1 Execution cues to set up participants with the basics. Use Layer 2 cues that will help your class to move with Improved Technique. In the Bicep Plate Curl, focus on the position of the elbow to keep load in the target muscles and create a strong platform through the posture to load effectively.

BICEP PLATE CURL

- 3/1 Split Stance
- Reset ourselves
- Soft knees, chest up
- 1/1/2 – Race the beat
- Isolate
- Here we go team – left, right, Singles
- Shoulders back and down to stabilize the body
- Lift your chest and keep the elbows pinned down and in

3 BICEP PLATE ROW / BICEP PLATE CURL LAYER 1 / LAYER 2

Clearly coach Layer 1 Execution of the Bicep Plate Row using **NETT**. Fatigue will be kicking in fast now and the combination is longer – so bring in your Layer 2 coaching focus to enhance participants' experience. As you prepare your coaching focuses, think: WHAT to say and think about HOW to say it. What is your style of delivery? Are you a high connector or are you driven by the music and lyrics, or a bit of both? The way we deliver information to participants

is crucial for it to land and make change on the floor.

BICEP PLATE ROW

- *Slow Bicep Plate Row*
- **Plates to knees**
- **Under the ribcage**
- *Full twist of the plate*
- *Pull and twist*
- *Twist unleash*

BICEP PLATE CURL

- *Back to the combo – left, right*
- *Every time we twist the plates we really start to burn the biceps*
- *Keep it coming – fight tonight*
- *Now it's starting to bite*
- *As it burns a little more, lift chest, tuck arms in and brace the core*
- *Try not to swing your body*
- *Keep the body strong and still*

4 & 5 BICEP PLATE CURL / BICEP PLATE ROW LAYER 2 / LAYER 3

The final 2 blocks of work are big and the burn is real! Block 4 introduces the work with the plates again. 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 / BICEP PLATE ROW

- *Now we are drawing the elbows in and shoulders back and down into the ribcage*
- *Create a strong platform to curl from*
- *Slow Row*
- *The twist to activate the pump*
- *Final challenge – 6 combos*
- *I've got your back*
- *Can we do 2 more?*
- *Stay strong and solid like an oak tree*

INTENSITY

The intensity in this track is generated by achieving the execution through the supination of the Bicep Plate Curl.

PUMP FACT

The biceps not only flex the elbow, but they are also a key stabilizer of the front of the shoulder. Focusing on movement precision and alignment during Curls helps train this stabilizing role.



07. LUNGES

WEIGHT SELECTION

1x small / large plate
OPTION: Body weight

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

TRACK FOCUS

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

	Music		Sequence/Exercise	REPS
1	0:05	Intro	4x8 Set up PLATE FRONT SQUAT	
	0:19	Rep / Miracle _ cle cle	4x8 2/2 PLATE FRONT SQUAT MID Stance	4x
	0:34	Instr / (Rhythmic beat)	8x8 MID & WIDE STANCE SQUAT PULSE COMBO (64cts): • 8x PULSE PLATE FRONT SQUAT MID Stance (R foot steps out to WIDE Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT WIDE Stance (R foot steps in to MID Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT MID Stance (L foot steps out to WIDE Stance) (16cts) • 8x PULSE PLATE FRONT SQUAT WIDE Stance (L foot steps in to MID Stance) (16cts)	1x
	1:03	Br / (Low)	1x8 TRANSITION: Plate in R hand, plate hangs by side	
2	1:07	V1 / Going to save the	8x8 4/4 MID-STANCE SQUAT/LUNGE COMBO L (32cts): • 1x 4/4 SQUAT MID Stance Plate in R hand (16cts) • 1x 4/4 LUNGE L (R foot steps B) (16cts)	2x
	1:36	Rep / Tell you know	8x8 1/1 MID-STANCE SQUAT/LUNGE COMBO L (8cts): • 1x 1/1 SQUAT MID Stance plate in R hand (4cts) • 1x 1/1 LUNGE L (R foot steps B) (4cts)	8x
	2:05	Tell you know	8x8 2 PULSE MID-STANCE SQUAT/LUNGE COMBO L (8cts): • 2x PULSE SQUAT – MID Stance Plate in R hand (4cts) • 2x PULSE LUNGE (R foot B for L leg LUNGE) (4cts) On last 2cts transition plate to collar bone	8x
	2:34	Instr / (Rhythmic beat)	16x8 MID & WIDE STANCE SQUAT PULSE COMBO L (64cts)	2x
3	3:32	Br / (Low)	1x8 TRANSITION Hold plate in L hand, plate hangs by L side	
	3:36	V2 / Going to save the	8x8 4/4 MID-STANCE SQUAT/LUNGE COMBO R (32cts)	2x
	4:05	Rep / Tell you know	8x8 1/1 MID-STANCE SQUAT/LUNGE COMBO R (8cts)	8x
	4:34	Tell you know	8x8 2 PULSE MID-STANCE SQUAT/LUNGE COMBO R (8cts)	8x
	5:03	Instr / (Rhythmic Beat)	16x8 SQUAT PULSE COMBO R (64cts)	2x



07. COCO'S MIRACLE 6:05mins

TECHNIQUE AND COACHING

1 MID PULSE FRONT SQUAT / MID AND WIDE SQUAT PULSE LAYER 1

We start the track with Front Squats which build quickly to the Squat Pulse Combination of Mid and Wide Stances. Clearly coach which leg moves where (think body-part and direction) so everyone moves together and use good timing cues. Keep the range of Pulses small to look after the joints and to quickly create the pressure.

MID-STANCE PLATE FRONT SQUAT

- *Front Squat*
- **Plate high on chest**
- **Feet outside hip-width**
- *Elbows under plate*
- **Lift chest and brace abs**
- **Hips sit back and down**
- **Butt just above knee line**

MID AND WIDE STANCE SQUAT PULSE

- *Plate Front Squat focus – 8 Pulses*
- *Left foot steps out to Wide Squat*
- *Stay low in bottom range of Squat*
- **Push knees out in Wide Squat**
- *Return to Mid Stance*
- *Stay low*
- **Keep chest lifted**
- *Right foot steps out to Wide Squat*
- *Let's create some pressure*

2. MID-STANCE SQUAT / LUNGE COMBINATION / MID AND WIDE STANCE SQUAT PULSE LAYER 1 / LAYER 2

We start this block with the Mid-Stance Squat and Lunge Combination. The key to a perfect Lunge is a long step back maintaining good upright posture. Coach your class with clear timing cues to get everyone moving well with the feel of the Squat and Lunge; next, coach staying as low as possible in the bottom range of the Squat and Lunge when the Pulses kick in. Offer to decrease intensity by dropping the plate!

MID-STANCE SQUAT/LUNGE COMBINATION

- *Plate in left hand*
- *Slow Squat*
- *Slow Lunge – long step back*
- **Back knee down, front knee out**
- *Return to Squat*
- **Brace core, chest up**

- **Butt just above knee line**
- *Lunge – square body, front thigh parallel*
- *Think: hips down, knee down*
- *Let's find some pressure*
- *Dig your heels in on the Squat*
- *Drive out of the front heel in your Lunge*
- *Stay low to build pressure in your legs*
- *4 more times, rev up your engines*

MID AND WIDE STANCE SQUAT PULSE COMBINATION

- *Prepare for the Front Squat*
- *Rack your plate*
- *Front Squat, 8 Pulses*
- *Left foot steps out*
- *Wide Squat, butt down*
- *Step back in*
- *3 sets to go*
- *Push your knees out to fire the glutes*
- *If you need to, put the plate down*
- *Where are your legs?*



07. COCO'S MIRACLE 6:05mins

3 MID-STANCE SQUAT / LUNGE COMBINATION / MID AND WIDE STANCE SQUAT PULSE LAYER 2 / 3

Block 3 is a repeat of Block 2. Focus now on Layer 2 and 3 cues, increasing the intensity by hitting the full range, nailing the timing and motivating everyone to stay in the game. Educate your class on the benefits of this training: we create 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!

- *Plate in right hand*
- *Slow Squat*
- *Slow Lunge*
- *Hips back and down, chest up*
- *We won't take anything less*
- *We are fatiguing*
- *Aim for the range to create the change*
- *Anchor through front leg*
- *Drop hips*
- *Pulsing pressure*
- *Train for the legs you want*
- *Don't race the rhythm*
- *Rack it and smack it*
- *Less than 1 minute to go*
- *Butt down everyone*
- *If chest is dropping, drop the plate – all good*
- *Embrace the change*
- *Pulsing pressure in your pistons*
- *4 big Pulses*

INTENSITY

The amount of Pulses in this track delivers the Intensity. As a result, some participants will pulse higher in their Squat range. This is OK – encourage them to find their max and their full potential.

PERFORMANCE

This song is a classic favorite – think about providing a great balance of visual and verbal performance. The combination of the moves and music creates drama so rise to the occasion, taking everyone with you in the way you physically role model the track, use your voice and your actions!

PUMP FACT

BODYPUMP has introduced resistance training to a large audience, many of whom would be reluctant to train in the weights room. One of the main reasons for this is we have maximized the effectiveness of training with light weights. This track demonstrates how a very light weight - or even just using their body weight – can still enable participants to reach a point of fatigue.



08. SHOULDERS

WEIGHT SELECTION

REGULARS: Barbell with Warmup weight or more

2x Medium – Large plates

NEW: Barbell with Warmup weight

2x small plates

TRACK FOCUS

Coach the Position and Execution setup of all the exercises for good Technique and be clearly cue on the fast transitions. Educate your participants on the benefits of this training.

MUSCLE FOCUS

Bar work: Deltoids, Trapezius

Plate work: Muscles of the upper back, rear deltoids

Pushup: Pectoralis, triceps, deltoids and core

	Music		Sequence/Exercise	REPS
1	0:05	Intro	4x8 Set up KNEELING REAR DELTOID RAISE	
	0:16	Instr / (High siren)	4x8 4/4 KNEELING REAR DELTOID RAISE	2x
	0:26	(Low beat windup)	8x8 1/1	16x
	0:48	(Heavy synth)	8x8 TRIPLE PULSE KNEELING REAR DELTOID RAISE - (8cts) Last 4cts, plates down, move to floor for PUSHUP	8x
	1:10	(Heavy distorted synth)	8x8 1/1 PUSHUP Options: Toes, knees, or kneeling	16x
	1:32	(Heavy synth + horns)	8x8 TRIPLE PULSE PUSHUP (8cts)	8x
	1:54	Instr / (Low)	4x8 TRANSITION: Pick up plates, SET Stance	
2	2:05	(High siren)	12x8 4/4 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS L,R (16cts)	3x
	2:38	(Heavy synth + horns)	8x8 1/1 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS L,R (8cts) (Last 4cts, plates down, pick up bar for UPRIGHT ROW)	8x
	3:00	(Heavy synth + horns)	8x8 TRIPLE PULSE WIDE GRIP UPRIGHT ROW (8cts)	8x
	3:22	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plates, SET Stance	
3	3:35	(High siren)	12x8 4/4 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS R,L (16cts)	3x
	4:07	(Heavy synth + horns)	8x8 1/1 STANDING ALT SINGLE-ARM O/H PLATE SHOULDER PRESS R,L (8cts) (Last 4cts, plates down, pick up bar for WIDE GRIP UPRIGHT ROW)	8x
	4:29	(Heavy synth + horns)	8x8 TRIPLE PULSE WIDE GRIP UPRIGHT ROW (8cts)	8x
			Recovery: Shake out the arms, Deltoid Stretches: alternate arms across front of the body	



08. TRIBES 4:54mins

TECHNIQUE AND COACHING

1 KNEELING REAR DELTOID RAISE / PUSHUP LAYER 1

Focus on timing, target zones and range so your class are moving the plates with great Execution and learning the basics of body-weight Pushups. The key in the rear deltoid work is tipping forward from the hip to isolate and staying small and tight in the Pulses.

KNEELING REAR DELTOID RAISE

- *Pick up your plates*
- *1 leg forward, Rear Raise*
- *Tip from the hips*
- *Palms to the rear*
- *Lead with the elbows*
- **Elbows just under shoulder height**
- **Squeeze shoulder blades together**
- **Chin tucked in and lift chest**
- *Keep the torso forward on 45 degrees to isolate the rear delts*
- *You ready to work?*
- *Triple Pulse*
- *Top range of the motion*
- *Take the elbows to the side of the room*

PUSHUP

- *Hands wide*
- *On knees or toes*
- *Shoulders away from the ears*
- **Brace abs**
- **Chest to elbow-height**
- **Back long and straight**
- *Engage glutes*
- *Corkscrew hands into the floor*
- *Bottom range Pulse*
- *Keep the Pulses tight*
- *Build tension and explode from the floor*

2 STANDING ALTERNATING SINGLE-ARM OVER HEAD PLATE PRESS / WIDE GRIP UPRIGHT ROW LAYER 1

Varying the exercises will help participants stay in the workout for longer. Standing single-arm plate work will challenge even your hardcore members. Coach timing, target zones and range to get everyone moving well. Pre-cue the barbell rows early on, so everyone stays in the workout till the end.

- *Grab your plates and stand up*
- *Set up Single-Arm Overhead Press*

- *Press slowly*
- **Plates up above shoulder line**
- *Shoulders away from ears*
- **Chest up, abs braced**
- **Bend knees** to stabilize the body
- *All the work is isolated into the shoulders*
- **Elbows stay in front of face**
- *Single-Arm Press*
- *Plates drive straight up – no wasted movement*
- *3 more – quick transition coming*

WIDE-GRIP UPRIGHT ROW

- *Grab the barbell*
- *Hands wide, Upright Row*
- *Triple Pulse*
- **Target: mid chest**
- **Elbows high and wide**
- **Lift chest**
- **Brace abs**
- *Keep the Pulses high in the top range*

3 STANDING ALTERNATING SINGLE-ARM OVERHEAD PLATE PRESS / WIDE-GRIP UPRIGHT ROW LAYER 2 / LAYER 3

The final block is a repeat of the overhead plate work and Wide Rows. Coach Layer 2 internal and external coaching cues that will help your class execute improved Technique. The intensity is high and participants will need motivational language that will help them to perform well and bring them towards fatigue – that's the goal! Sell the benefits of this training to educate and motivate in this final big track!

- *Plates up, left arm starts*
- *Where we're going, it won't hurt you..*
- *At least not that much!*
- *Stretch the plate one inch higher*
- *Tribe – are you ready?*
- *Singles*
- *Straight up and down*
- *Drive your body down, away from the plates*
- *Move the plate faster*
- *Great conditioning for the shoulders*
- *Plates down, bars up*
- *Wide Row, pull*
- *Chest is lifted*
- *Can you pulse higher?*



08. TRIBES 4:54mins

INTENSITY

Intensity in the plate work comes from exercise precision and control. Minimise trunk movement to maximise isolation benefits. Keeping the bar close to the body in the wide Upright rows, not only increases safety, it also helps us condition the muscles to improve vertical drive. This is important for athletic development.

PUMP FACT

Keeping the arm slightly forward at the top of an Overhead Press reduces the potential for shoulder impingement.



09. CORE

WEIGHT SELECTION

Small – medium plate

TRACK FOCUS

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

MUSCLE FOCUS

Hover: Rectus abdominis

Plate Crunch: Rectus abdominis

Plate Crunch Fly: Rectus abdominis, obliques

		Music		Sequence/Exercise	REPS
1	0:05	Intro	1x8	Set up PLATE CRUNCH FLY Lie on back, plate in L hand & extend L arm out on floor to begin.	
	0:10	V1 / Like Leo	4x8	2/2 PLATE CRUNCH FLY R (plate in L hand)	4x
	0:31	PC / I’m day- dreaming	4x8	1/1/2 Last 4 cts, bring plate to forehead for PULSE PLATE CRUNCH	4x
	0:54	C / Do revenge	4x8	15x PULSE PLATE CRUNCH	1x
2	1:13	V2 / Now here’s	1x8	TRANSITION: Plate to R hand	
	1:19	We’ve all been	3x8	2/2 PLATE CRUNCH FLY L (plate in R hand)	3x
	1:35	PC / I’m day- dreaming	4x8	1/1/2 Last 4cts, bring plate to forehead for PULSE PLATE CRUNCH	4x
	1:58	C / Do revenge	4x8	15x PULSE PLATE CRUNCH	1x
	2:17	V3 / We felt like	1½x8	TRANSITION to HOVER	
3	2:25	_ Feels like	3x8	2/2 ALT HOVER TAP (8cts) R,L	3x
	2:42	The club and	4x8	1/1 ALT HOVER TAP (4cts) R,L	8x
	3:04	Your driving	4x8	2/2 ALT WALKING PLANK/HOVER (8cts) 4cts to PLANK, 4cts to HOVER Alternate leading arm	4x
	3:26	C / Do revenge	4x8	1/1/2 ALT WALKING PLANK/HOVER (8cts) 2cts to PLANK, 2cts HOLD, 4cts to HOVER	4x



09. REVENGE 3:50mins

TECHNIQUE AND COACHING

1 PLATE CRUNCH FLY / PLATE PULSE CRUNCH LAYER 1

Coach Layer 1 Position and Execution setup of the exercises with clear timing cues. Clearly coach the direction and target zone for the Plate Crunch Fly and check that your participants are moving well. It's a challenging move so option without the plate is always a great starting place.

PLATE CRUNCH FLY

- *Lie down, grab your plate*
- *Plate in front arm*
- *Opposite arm palm up*
- *Slight bend in the elbow*
- *Bring the plate up through a wide arc until it is directly over the shoulder.*
- *Lift both shoulder blades off the floor*
- ***Ribs to hips as you crunch***
- ***Chin tucked in, eyes to knees***
- *Up fast and slowly lower*
- *At the top we pause, resist and fly down*

PLATE PULSE CRUNCH

- *Plate to forehead, grab in both hands*
- *Pulse and crunch*
- *Tuck elbows and **chin in***
- ***Ribs to hips*** together as you crunch

2 PLATE CRUNCH FLY / PLATE PULSE CRUNCH LAYER 2

We repeat the moves again using the other arm for the Plate Crunch Fly. Choose Layer 2 cues that will both Improve your participants' Technique and help them to feel the work in the target muscles, to create more intensity. For this new Plate Crunch Fly, we want to focus on challenging the upper abs as you crunch; as you fly we bring the focus to the obliques.

PLATE CRUNCH FLY / PLATE PULSE CRUNCH

- *Plate in the back arm*
- *Arms wide*
- *Let's fly, rise and lower*
- *Keep the plate over the shoulders at the top to load the core effectively*
- *At the top of move the Crunch challenges the upper abs and the wide Fly challenges the obliques on the way up and the way down*
- *Plate to forehead*

- *Can you get a bit higher in this set?*
- *Isolated work – together!*
- *Stop, lose the plate*

3 ALTERNATING HOVER TAP / ALTERNATING WALKING PLANK/HOVER LAYER 1 / LAYER 2 / LAYER 3

The final set is Hover Taps and Walking Hovers to Planks; remember, participants will be fatigued so focus on keeping the Abdominal brace strong and offer the option on knees early on to minimize rocking of the body. Sell the great benefits of this training to Educate and Motivate participants to reach the end of the track.

ALTERNATING HOVER TAP

- *Roll over to Hover*
- *Elbows under shoulders*
- *Fists together*
- *On knees or toes*
- ***Brace abs***
- ***Back long and straight***
- *Front leg moves with a tap*
- *Out and in*
- *Brace tightly so hips are square to the floor*

ALTERNATING WALKING PLANK/HOVER

- *Walking up to Plank position*
- *Front arm leads*
- *Back arm*
- *Hand replaces elbow to Hover*
- ***Brace abs tightly to minimize rocking***
- *Up fast and down slowly*
- *Let's finish strongly*

PUMP FACT

Often when training the obliques, the majority of the resistance comes from the legs, such as in a Cross Crawl. This track utilizes the arms with external load to challenge these muscles. This helps condition the obliques to stabilize the trunk during movements that combine the upper and lower body.



10. COOLDOWN

TRACK FOCUS

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

	Music		Sequence/Exercise	REPS
1	0:05	Intro	1½x8	Set up CHILDS POSE
	0:13	V1 / This hope	4x8	CHILDS POSE
	0:33	Been mete or ic	4x8	SEATED HURDLER STRETCH L
	0:53	PC / I will still	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST R L Leg F, R arm reaches across and rests on L knee
	1:15	Instr / (Distorted Vocals)	4x8	HAMSTRING STRETCH
	1:34	Instr / (Beat melody)	4x8	STANDING QUADRICEP STRETCH R
2	1:54	Br / (Low)	1x8	Transition to Childs Pose
	1:58	V2 / Trying to save	4x8	CHILDS POSE
	2:18	PC / I will still	4x8	SEATED HURDLER STRETCH R
	2:37	Rep / Here. Star	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST L R Leg F, L arm reaches across and rests on R knee
	2:57	Ref / Liiight	4x8	KNEELING HAMSTRING STRETCH L
	3:16	Instr / (Distorted vocals)	4x8	STANDING QUADRICEP STRETCH L
	3:55	Outro / Liiight	4x8	Shake out arms and legs



10. STARGAZING 4:01mins

TECHNIQUE AND COACHING

COACHING TIPS

- 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. TRICEPS/BICEPS

WEIGHTS

Triceps: Small to large plate

Bicep: Barbell with Warmup weight or more

TRACK FOCUS

Coach the transitions well so the class can follow easily through the different exercises. Explain how to execute each exercise clearly with Layer 1 cues on the first set of both exercises. During

the 2nd and 3rd sets, bring intensity, benefits and motivation to this training.

MUSCLE FOCUS

Standing Overhead Tricep Extensions: Triceps

Tricep Pushups: Triceps and deltoids

Bicep Curl: Biceps

	Music		Sequence/Exercise	REPS
1	0:05	Intro / Baby just please	4x8	Set up: STANDING O/H PLATE TRICEP EXTENSION SPLIT Stance
	0:16	V1 / _ Baby just please	4x8	1/1 O/H PLATE TRICEP EXTENSION SPLIT Stance 8x
	0:29	Doing it on my	4x8	16x PULSE SET Stance 1x
	0:40	_ And baby just	2x8	TRANSITION: Plate down, transition to bench for TRICEP BENCH PUSHUP
	0:47	_ And now I'm	6x8	2/2 TRICEP BENCH PUSHUP 6x Option: Toes, knees, or kneeling
	1:04	Instr / (Synth melody)	4x8	1/1 8x
	1:16	_ And baby just please	4x8	16x PULSE TRICEP BENCH PUSHUP 1x
2	1:28	Back to the basics	2x8	TRANSITION to barbell ready for BICEP CURL SET Stance
	1:34	_ You told me	6x8	4/4 BICEP CURL SET Stance 3x
	1:56	PC / Time for me	4x8	1/1 8x
	2:10	Instr / (Distorted synth)	12x8	2x SLOW MID-RANGE PULSE (8cts) 12x
3	2:51	V2 / _ And baby	4x8	TRANSITION Bar down, pick up plate
	3:03	_ Sometimes we	4x8	1/1 STANDING O/H PLATE TRICEP EXTENSION SPLIT Stance 8x
	3:15	C / Doing it on	4x8	16x PULSE SET Stance 1x
	3:27	_ And baby	2x8	TRANSITION: Plate down, transition to bench top for TRICEP BENCH PUSHUP
	3:33	PC / _ And now I'm	6x8	2/2 TRICEP BENCH PUSHUP 6x
	3:51	Instr / (Synth melody)	4x8	1/1 8x
	4:03	_ And baby just please	4x8	16x PULSE 1x
4	4:15	V2 / _ But down	2x8	TRANSITION to barbell ,ready for BICEP CURL SET Stance
	4:25	Run the lies	6x8	4/4 BICEP CURL SET Stance 3x
	4:46	Rep / Better lost	8x8	1/1 16x
	5:13	Instr / (Distorted synth)	12x8	2x SLOW MID-RANGE PULSE (8cts) 12x

Recovery: Shake out arms. Tricep and Bicep Stretches



45-MIN FORMAT

05. YOU & ME / LOST 5:59mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSIONS / TRICEP PUSHUPS STANDING OVERHEAD TRICEP EXTENSION LAYER 1

Coach Layer 1 Position and Execution setup for the Overhead Tricep Extension using **NETT**. The Pulses come in quickly and there are 16 of them, so the challenge is to stay in the bottom range of the movement.

- *Grab your plate*
- *Split Stance*
- *Bend knees*
- **Chest up, abs braced**
- *Drop the shoulders down*
- *Single time*
- **Down to the base of neck**
- **Full extension to the top**
- **Squeeze elbows in** to engage triceps
- *16 Pulses*
- *Stay low in the Pulse*
- *Bottom range*

TRICEP BENCH PUSHUP LAYER 1

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

- *Tricep Pushups – side of the bench*
- *Corkscrew hands to the bench*
- *On knees or toes*
- *2/2 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*
- *We've got to do it – 16 Pulses*
- *Stay as low as you can*
- *The Pulses are the goodness*

2 BICEP CURL LAYER 1

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

- *SET Position*
- *Super slowly*
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift your chest**
- *Singles – take in some air and breathe*
- *Slow Mid-Range Curl*
- *Just above and just below elbow line*
- *Looking strong*
- *Embrace the barbell and embrace the Bicep Curl*
- *Extended set*

3. STANDING OVERHEAD TRICEP EXTENSION LAYER 2 / LAYER 3

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.

STANDING OVERHEAD TRICEP EXTENSION

- *Grab your plate – we're going to maximize this set*
- *Elbows forward, shoulders down*
- *Chest up and abs braced*
- *Keep the elbows in so we can isolate*
- *Pulses keep it small and tight*
- *There is the isolation right there... done*

TRICEP BENCH PUSHUP

- *Side of the bench*
- *Lock down 2/2*
- *We use the bench for a reason – what you've got to do is push the bench through the floor*
- *Have you got it?*
- *Use it, push it down*
- *Try one on your toes*
- *Stay in – we are maximizing*
- *This is how you get an athletic body*
- *Pushups are the best!*



45-MIN FORMAT

05. YOU & ME / LOST 5:59mins

4 BICEP CURL

LAYER 2 / LAYER 3

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

- *Final set, Biceps*
- *Super slowly*
- *Touch your thighs as you come down*
- *As you rise feel the work in the front of the arms*
- *In both phases we strengthen*
- *As you lengthen your arms you build the strength to tomorrow*
- *Slow Mid-Range Pulse*
- *Check elbow is locked under shoulder – keep it there*
- *Maximum load for your biceps*

PUMP FACT

Alternating the training focus between the biceps and triceps helps maintain a high level of Intensity.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small – medium plates

TRACK FOCUS

Clear setup of each exercise, along with early pre-cues, is essential for the class to follow easily and execute the moves well. The coaching focus is on range of motion to lift the heart rate and integrate the lower and upper body and on staying low in

the Backward Stepping Lunges the to achieve burn in the quads and glutes.

MUSCLE FOCUS

Lunges: Glutes and quadriceps

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

	Music		Sequence/Exercise		REPS
1	0:05	Intro	4x8	Set up for BACKWARD-STEPPING LUNGE, plate in R hand	
	0:17	V1 / _ Could you be	8x8	2/2/2/2 BACKWARD-STEPPING LUNGE L with 2/2 SINGLE-ARM O/H PLATE SHOULDER PRESS (16cts)	4x
	0:42	Instr / (Windup)	4x8	1/1/1/1 R foot B BACKWARD-STEPPING LUNGE L with 1/1 SINGLE-ARM O/H PLATE SHOULDER PRESS (8cts) Step B to LUNGE on last 2cts R	4x
	0:54	(Flute melody)	8x8	1/1 LUNGE L with SINGLE-ARM O/H SHOULDER PLATE PRESS R (4cts) Step B to LUNGE L on last 2cts R	16x
2	1:19	Rep / A gain again	4x8	TRANSITION: Pick up other plate, set up the LOADED LUNGE L, R foot B ready for REAR DELTOID RAISE	
	1:31	Instr / (Guitar)	8x8	LOADED LUNGE L with 3x 1/1 REAR DELTOID RAISE (16cts) Come back up to top range of Lunge after the 3x reps of Rear Deltoid Raise	4x
3	1:56	Instr / (Low)	2x8	TRANSITION	
	2:03	V2 / Y ou could say	8x8	2/2/2/2 BACKWARD-STEPPING LUNGE R with 2/2 SINGLE-ARM 1/1 O/H PLATE SHOULDER PRESS (16cts)	4x
	2:27	Instr / (Windup)	4x8	1/1/1/1 BACKWARD-STEPPING LUNGE R with SINGLE-ARM O/H PLATE SHOULDER PRESS (16cts) Step back to Lunge R on last 2cts	4x
	2:40	(Flute melody)	4x8	1/1 LUNGE R with SINGLE-ARM O/H SHOULDER PLATE PRESS L (4cts)	16x
4	3:05	Rep / A gain again	4x8	TRANSITION: Pick up other plate, set up the LOADED LUNGE R, L foot B ready for REAR DELTOID RAISE	
	3:17	Instr / (Guitar)	8x8	LOADED LUNGE R with 3x 1/1 REAR DELTOID RAISE (16cts)	4x



45-MIN FORMAT

06. LUNGES/ SHOULDERS

	Music		Sequence/Exercise	REPS
	3:42 Instr / (Low)	2x8	TRANSTION: Stack plates together	
	3:48 V3 / You could say	8x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE L,R Plate at collarbone (32cts)	2x
	4:13 Instr / (Windup)	4x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE with O/H PLATE PRESS L,R (16cts)	2x
5	4:25 (Flute melody)	4x8	1/1 STATIC LUNGE L with O/H PLATE PRESS Use last 4cts to transition to L leg for LUNGE R	7x
	4:38 Instr / (Flute melody)	4x8	1/1 STATIC LUNGE R WITH O/H PLATE PRESS	7x
	4:50 Rep / A gain again	4x8	Recovery: Shake out legs	
	5:02 Instr / (Guitar)	16x8	1/1/ ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L,R (8cts) Recovery: Shake out legs, Quadricep Stretch, Shoulder Stretch	16x



45-MIN FORMAT

06. ON THE RUN 5:59mins

TECHNIQUE AND COACHING

1. BACKWARD STEPPING LUNGE WITH SINGLE-ARM OVER HEAD PLATE SHOULDER PRESS / LUNGE WITH 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 fast as we stay on the same leg for the entire set. Reinforce Position and range cues so participants feel the integration from the legs to the shoulders bringing overload and maximize their results.

BACKWARD-STEPPING LUNGE WITH SINGLE ARM OVER HEAD PLATE SHOULDER PRESS

- Plate in your left hand
- **Feet under your hips**
- Start with Backward-Stepping Lunges
- **Elbow just under shoulder line**
- **Brace the abs** to square the hips and shoulders
- **Long step back**, drop and press, step in
- **Back knee down**, front knee out
- **Front thigh parallel to the floor**
- **Keep the elbow in front of face**
- Single time – 1/1
- Step, down, up, in
- As you move faster, brace the core and stabilize

LUNGE WITH SINGLE-ARM OVER HEAD PLATE SHOULDER PRESS

- Static Lunge
- Long step back
- Hold your Lunge
- Drop the back down and keep pressing the front knee out
- Check the elbow – keep it just under the shoulder line to load the front deltoid
- Start to feel the overload building

2 LOADED LUNGE WITH REAR DELTOID RAISE LAYER 1

The 2nd block is where we add another plate for Rear Deltoid Raises in a Lunge pattern. Set participants up clearly using NETT.

- *Pick up another plate*
- *Let's set a Rear Deltoid Raise with a Static Lunge*
- **Long step back**
- *Bend the back knee and come into the Lunge*
- **Tip forward at 45 degrees**
- **Elbows stop just under shoulder line**
- *Elbows high and wide*
- **Brace the abs and lift the chest**
- *Squeeze shoulder blades together*

3 BACKWARD-STEPPING LUNGE WITH SINGLE ARM OVER HEAD PLATE SHOULDER PRESS / LUNGE WITH SINGLE ARM OVER HEAD PLATE SHOULDER PRESS LAYER 2, LAYER 3

Now we repeat everything on the other leg... 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 by integrating lots of muscle groups. Challenge participants to take a long step back and hit full range on every rep.

- *Back to one plate – let's do the other side*
- *Right leg Backward-Stepping Lunge*
- *Long step back, drop and push, tap*
- *When you step back in, tap it so you stabilize the front knee position and keep the quad loaded – that's the focus*
- *Burn into the quads and glutes*
- *What do you think – shall we run?*
- *Let's go faster*
- *Continue to keep front knee soft to keep the quad loaded*
- *Weight through the front heel for the glutes*
- *Static Lunge, hold your Lunge and drop*
- *Make it smooth – Feel this cool music*
- *Push the plate straight up*
- *Now we're starting to integrate and overload*
- *Stay with the range – front thigh parallel*



45-MIN FORMAT

06. ON THE RUN 5:59mins

4 LOADED LUNGE WITH REAR DELTOID RAISE LAYER 2

This set is short, so quickly set up participants, using an urgency that matches the feel of the music. Emphasize the Lunge 90/90 and the tip forward from the hips to create the isolation into the rear deltoids.

- *No rest for the wicked, back to 2 plates*
- *Rear Deltoid Raise, long Lunge back*
- *Hit the Lunge 90/90*
- *Roll the shoulders back and down*
- *Tip the body*
- *Elbows high and wide*
- *The more you tip forward, the more we target and isolate the Rear Deltoids*

5 ALTERNATING BACKWARD-STEPPING LUNGE WITH OVERHEAD SHOULDER PLATE PRESS / LUNGE WITH PLATE PRESS / ALTERNATING BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS LAYER 1 / LAYER 2 / LAYER 3

Stack both plates together, or single, or no plate. Set up the timing and range again and get the class moving well with the Alternating Slow Backward-Stepping Lunges. The tempo picks up and then we stay in the Static Lunges to create a deep muscle burn and fast fatigue, maximizing the results for your participants. The finisher is the long set of Alternating Lunges – so awesome! Show your love for this training by role-modeling perfect Technique. This will motivate participants and bring them with you to the finish line.

- *Stack the plates together, single or don't use plates*
- *Backward-Stepping Lunge slowly*
- *Feet under hips when you step back in*
- *Every time you take the step, make it a long one*
- *Long stride*
- *Plate goes straight up*
- *Now we're going to really integrate our core*
- *Let's go faster*
- *Drive the plate over head*
- *Overload – hold the Lunge*
- *Push the plate straight up to the ceiling*
- *1 minute to earn the results*
- *Drop under the plate fast and drive the plate up over head*
- *Drive your body down under the plate*
- *Keep going – 8 more*
- *The results are worth it!*

PUMP FACT

Lunging while simultaneously pressing over head places a high demand on the lumbar stabilizers. Extra abdominal bracing is required to prevent extension of the lumbar spine. This is great Reactive Core Training.



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

WIDE-STANCE SQUAT

Position Setup

- Heel-toe wider than Mid Stance



WIDE Stance

Execution Setup

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

Layer 2

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

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





GLOSSARY

CHEST FLY

Position Setup

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

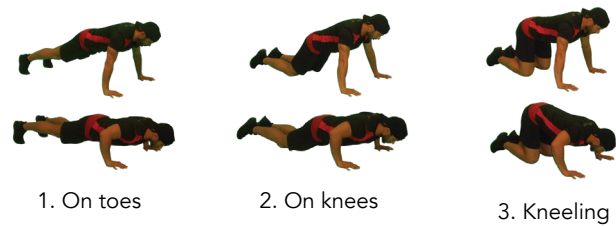
- Hands wide
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



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



GLOSSARY

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

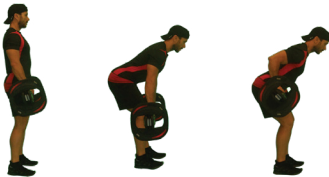
Execution Setup

- **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

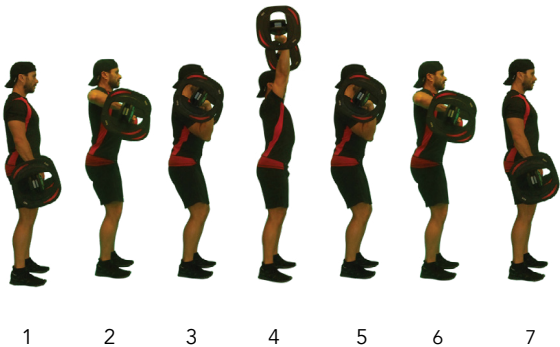
Position Setup

- 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.





GLOSSARY

KNEELING SINGLE-ARM PLATE ROW

Position Setup

- Kneel behind your bench
- Hand in middle of bench
- Tip from hips
- **Shoulders and hips square to bench**
- **Chest up, brace abs**

Execution Setup

- **Lift plate to hip level**
- Squeeze shoulder blades together

Layer 2

- **Aim elbow to the back of the ribs**



POWER PRESS

Position Setup

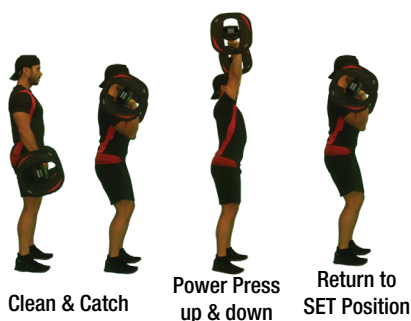
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin
- Power the bar up 2 more times

Layer 2

- Bend the legs to catch the bar
- Hips down and back
- Keep the heels down during the Power Presses
- Drive out of your legs
- Power the bar



TRICEP BENCH PUSHUP

Position Setup

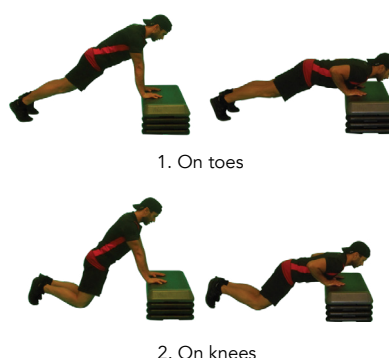
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Setup

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

Layer 2

- Drive the floor/bench away



STANDING OVERHEAD TRICEP PLATE EXTENSION

Position Setup

- Split Stance – knees soft, weight even in both feet
- 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

SEATED OVERHEAD TRICEP PLATE EXTENSION

Position Setup

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

Execution Setup

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

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



TRICEP DIP

Position Setup

- **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

BICEP PLATE CURL

Position Setup

- Arms by side, palms face in, Plate Curl
- Knees soft, Split Stance or SET Position
- **Chest up**
- **Abs in and braced**

Execution Setup

- Curl upward, rotating plates for bottom half and full range
- **Plates in front of shoulders in full-range Curl**
- **Extend down to thighs**

Layer 2

- Brace abs to stop trunk sway



SINGLE-ARM PLATE CURL

Position Setup

- SET 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





GLOSSARY

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 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



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



KNEELING REAR DELTOID RAISE

Position Setup

- Kneel with one foot forward
- Body leans on a 45-degree angle
- **Chest lifted**
- **Keep the chin tucked in and the back of the neck long, eyes look about 3 feet (1 meter) in front**

Execution Setup

- **Lift elbows to just under shoulder height**
- Squeeze between shoulder blades

Layer 2

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





GLOSSARY

SINGLE-ARM OVER HEAD 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



PLATE CRUNCH FLY

Position Setup

- Lie on your back with plate in the front hand
- Opposite arm palm up
- Slight bend in the elbow

Execution Setup

- Bring the plate up through a wide arc until it is directly over the shoulder
- Lift both shoulder blades off the floor
- **Ribs to hips as you crunch**
- **Chin tucked, eyes to knees**

Layer 2

- Keep the plate over the shoulder at the top to load the core effectively



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



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





GLOSSARY

WALKING PLANK/HOVER

Position Setup

- Elbows under shoulders
- Knees just outside hip-width, 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



BACKWARD STEPPING LUNGE WITH SINGLE ARM O/H PLATE SHOULDER PRESS

Position Setup

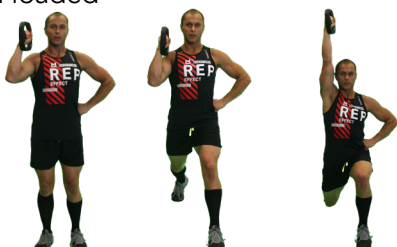
- Feet under hips
- Elbow just under shoulder line
- **Brace abs and lift the chest**

Execution Setup

- **Long step back**
- Feet stay hip-width apart
- **Hips and shoulders even and square to the front**
- Back knee down, front knee out
- **Front thigh parallel to the floor**
- Press plate towards ceiling
- **Keep the elbow in front of the face**

Layer 2

- When you step back in, tap the foot so you stabilize the front knee position and keep the quad loaded



LOADED LUNGE WITH REAR DELTOID RAISE

Position Setup

- Feet under hips
- **Long step back**
- **Feet stay hip-width apart**
- **Hips and shoulders even and square to the front**
- **Tip forward at 45 degrees**
- **Brace abs and lift the chest**

Execution Setup

- **Lift elbows to just under shoulder line**
- **Squeeze shoulder blades together**

Layer 2

- Elbows high and wide
- The more you tip forward, the greater the isolation for the rear deltoids





MUSIC

01

Still The One (5:06)
Hardwell & Kill The Buzz feat. Max Collins
© 2017 Revealed Music B.V.
Written by: Nanuru, van de Corput, Bair, Preston

02

I Am Here (4:07)
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: Mann, Medice, Moore

03

I Am Here (1:14)
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: Mann, Medice, Moore

Little Thing Gone Wild (5:30)
Wildcat Wonder Wall
© 2018 Les Mills Music Licensing Ltd.
Written by: Shapiro, Been, Hayes

04

Say Less (5:39)
Dillon Francis feat. G-Eazy
© 2017 IDGAFOS.
Written by: Gillum, Francis, Rushent

05

Tell Me You Love Me (3:09)
Galantis & Throttle
© 2017 Atlantic Recording Corporation.
Written by: Aarons, Bergin, Karlsson, Koitzsch, Jonback, Eklow, Jenkins

Tell Me You Love Me (1:50)
Galantis & Throttle
© 2017 Atlantic Recording Corporation.
Written by: Aarons, Bergin, Karlsson, Koitzsch, Jonback, Eklow, Jenkins

06

Walk On Water (3:02)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto

Walk On Water (2:08)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto

07

Coco’s Miracle (Club Mix) (6:05)
Fedde Le Grand & Dannic vs Coco Star
© 2017 SpinninRecords.com.
Written by: Davis, Imbres, le Grand, Romera, van Reeken

08

Tribes (3:24)
Chase & Status
Courtesy of the Universal Music Group.
Written by: Milton, Kennard

Tribes (1:30)
Chase & Status
Courtesy of the Universal Music Group.
Written by: Milton, Kennard

09

Revenge (3:50)
P!nk feat. Eminem
© 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, Martin, Mathers, Shellback

10

Stargazing (4:01)
Kygo feat. Justin Jesso
© 2017 Kygo AS under exclusive license to Sony Music Entertainment International Ltd / Ultra Records, LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Crichton, Gørvell-Dahll, Hartman, Stein

45-MIN FORMAT

05

You & Me (1:30)
Marshmello
© 2017 Joytime Collective.
Written by: Unknown

Lost (1:23)
Illenium feat. Emilie Brandt
© 2017 Seeking Blue / Kasaya.
Written by: Brandt, Miller, Napert, Wirsberger

You & Me (1:23)
Marshmello
© 2017 Joytime Collective.
Written by: Unknown

Lost (1:43)
Illenium feat. Emilie Brandt
© 2017 Seeking Blue / Kasaya.
Written by: Brandt, Miller, Napert, Wirsberger

06

On The Run (5:59)
NGHTMRE feat. PASSEPORT
© 2017 Mad Decent.
Written by: Duelk, Miatello, Stoecker



L–R Back: Desmond Helu, Larissa Hunter (Shadow), Ethan Morrow (Shadow), Gerry Salmon (Shadow), Amy Lu (Shadow), Todor Ivanov (Shadow), Nick Williams (Shadow), Andrew Sua (Shadow), Scarlett Sole (Shadow)

L–R Front: Diana Archer Mills, Marlon Woods, Maureen Sutherland (Shadow), Glen Ostergaard, Natacha Sanguinetti (Shadow), Kylie Gates, Jako Michael Mistic

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognise them as the heroes of their clubs who deliver great experiences for their members every single day. BODYPUMP 106 is simply an epic release full of feel and emotion... especially as we celebrate 50 years of the Les Mills brand.

This is the workout that will prep you towards your fitness goals.

Still The One sets the scene beautifully with the old-feel *Goosebumps* Warmup track.

The song of the release is *I Am Here* – driving and hugely emotive to drive the squats.

Little Things Gone Wild never lets up with bench press, Chest flys and pushups to build massive tension – varying the exercises helps us maintain technique for longer.

The modern millennial track *Say Less* speaks volumes and look out for the new innovation of the Single Arm Plate Row for isolation.

You and your class participants will have heaps of fun with Triceps and hook into the positive lyrics of *Times Are Changing* with Biceps.

Time to witness the fitness will be in the Lunge track...say no more! Plus Side Squats burn the legs into submission, especially the glutes and the inner and outer thighs.

A driving electronic feel with a Drum ‘n’ Bass feel kicks the gears up in Shoulders with barbell and plate work.

We round off the workout with a fun cheeky song with a new innovation of the Single-Arm Crunch Fly along with Hover and Plank challenges. *Stargazing* brings everyone home with a soulful finish.

PS. We can’t forget the amazing sounds and challenging moves in the 45 minute combo tracks – check them out!

BODYPUMP 106

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings & Corey Baird

Program Coach – Kylie Gates

Production Coordinator – Monique Whareumu

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, co-Program Director for BODYBALANCE/BODYFLOW, and choreographer for LES MILLS TONE, LES MILLS BARRE and CXWORX. She is based in Auckland.

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

Desmond Helu (New Zealand) is a BODYPUMP Instructor and a LES MILLS GRIT Coach. He is based in Auckland, where he is also a personal trainer.

Jako Michael Mistic (Australia) is a BODYPUMP, CXWORX, LES MILLS GRIT and RPM Trainer. He is also the Head Trainer for Les Mills Asia Pacific.

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



EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05	Triceps/Biceps
(45)	
Track 06	Lunges/Shoulders
(45)	
Track 09	Core
Track 10	Cooldown
Total Time	41:36

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 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:26

45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	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.

BE LOUD AND HEARD

Tell us what you think of this release. Visit lesmills.com/BLAH

KEY

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

COUNTS

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

SMART START

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



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

