

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	4x
	0:22	V1 / Open up my	8x8	3/1	8x
	0:50	(Low)	1x8	TRANSITION: Heel-toe wider to WIDE Stance	
2	0:53	Rep / I am here	8x8	4/4 SQUAT WIDE Stance	4x
	1:21	C / Where	4x8	TRIPLE PULSE SQUAT (8cts)	4x
	1:36	V2 / _ May the light	6x8	3/1 SQUAT	6x
	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	4x
	2:25	C / Where does everybody	4x8	TRIPLE PULSE SQUAT (8cts)	4x
	2:39	Me ask you	4x8	1/1 SQUAT	8x
	2:53	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts) 4 Staggers down (8cts) Slow up (8cts)	2x
4	3:07	Br / (Low)	1/2x8	HOLD	
	3:09	Rep / I am here	4x8	4/4 SQUAT WIDER Stance	2x
	3:23	Rep / I am here	4x8	1/1	8x
	3:37	C / Where does	4x8	TRIPLE PULSE SQUAT (8cts)	4x
	3:51	Ask you	4x8	1/1 SQUAT	8x
	4:05	Br / (Low)	½x8	HOLD	
5	4:07	Rep / I can think	4x8	1/1/1/1/4 STAGGER SQUAT (16cts)	2x
	4:20	Br / (Low)	½x8	RECOVERY: Short pause	
	4:22	Rep / I am here	4x8	4/4 SQUAT	2x
	4:36	Rep / I am here	4x8	1/1	8x
	4:50	Ask you	4x8	TRIPLE PULSE SQUAT	4x
	5:04	Me ask you	4x8	1/1 SQUAT	8x
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

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!

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

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

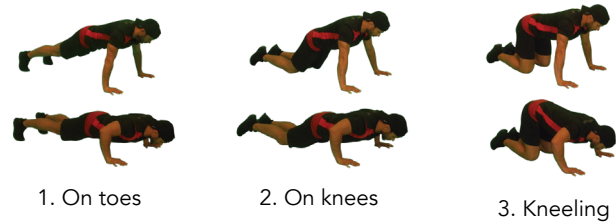
- Hands wide
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



1. On toes

2. On knees

3. Kneeling

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

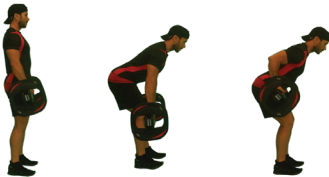
Execution Setup

- **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

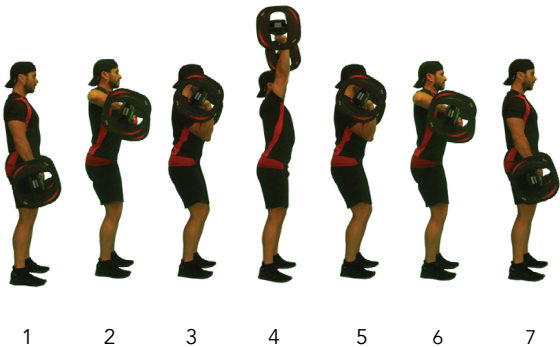
Position Setup

- 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

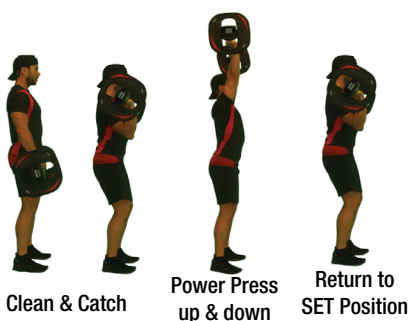
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

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



1. On toes



2. On knees

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

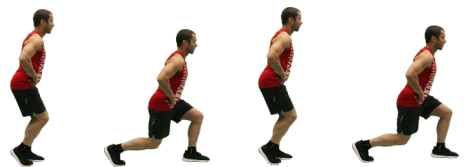
- **Long step back**
- **Feet stay hip-width apart**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Belly in, abs braced and chest up**

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

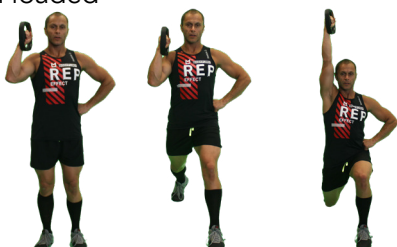
- Feet under hips
- Elbow just under shoulder line
- **Brace abs and lift the chest**

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

SMARTSTART

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.

