

BODYPUMP 107

01. 热身

02. 深蹲

03. 胸部

04. 背部

05. 肱三头肌

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07. 箭步下蹲

08. 肩部

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45-MIN FORMAT

05. 肱三头肌/肱二头肌

45-MIN FORMAT

06. 箭步下蹲/肩部

45-MIN FORMAT

06. 额外的下蹲/肩部

术语

音乐

缩略表达

嗨，教练们，我们期待您对新的内容做出反馈！
请点击此处填写一份快速调查 [https://lesmills.
qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF](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，包括提起法律诉讼以、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 / (Strum)	2x8	SET Position, Shoulder Roll	
	0:12	V1 / Will you lay	4x8	4/4 DEADLIFT SET Stance	2x
	0:28	PC / Cause all I need	4x8	3/1	4x
	0:43	C / A sweet lullaby	4x8	1/1 DEADROW	4x
	0:59	Cause I just	4x8	TRIPLE DEADROW (16cts) Last 4cts transition hands wide for WIDE DEADROW	2x
	1:14	Instr / (Melody)	4x8	TRIPLE WIDE DEADROW (16cts) Last 4cts, transition hands back to normal grip for UPRIGHT ROW	2x
2	1:30	V2 / I'll be there	4x8	2/2 UPRIGHT ROW SET Stance	4x
	1:46	PC / Cause all I need	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:01	C / A sweet lullaby	4x8	1/1 (8cts) Use last 4cts to transition bar to back for SQUAT MID Stance	4x
	2:17	Rep / _ When I'm not	4x8	4/4 SQUAT MID Stance	2x
	2:32	Just sing to me _	4x8	1/1 Last 4cts, R foot back to transition to LUNGE L	8x
	2:47	C / A sweet lullaby	4x8	1/1 LUNGE L (R foot B)	8x
3	3:03	Cause I just	4x8	1/1 LUNGE R (L foot B)	8x
	3:18	Br	1½x8	TRANSITION: Bar down, pick up 1 plate. Set up for PLATE UPRIGHT ROW SET Stance	
	3:21	V2 / I'll be there	4x8	2/2 PLATE UPRIGHT ROW SET Stance	4x
	3:36	PC / Cause all I need	4x8	2/2 PLATE CURL SQUAT & PRESS (16cts)	2x
	3:51	C / A sweet lullaby	4x8	1/1 After last rep, Plate stays at Collarbone for FRONT SQUAT	4x
	4:07	Rep / _ When I'm not	4x8	4/4 PLATE FRONT SQUAT (16cts)	2x
	4:23	Just sing to me _	4x8	1/1	8x
	4:38	C / A sweet lullaby	8x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L R (16cts) RECOVERY: Shake arms, twist torso	4x



01. LULLABY 5:13mins

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

通过第2段的上拉，结合缓慢杠铃翻举，我们可以给上半身热身。我们稍快一点翻举，为背部小节做好准备。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。我们以深蹲和箭步蹲结束本段练习。

- 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
- 箭步蹲——向后一大步，后腿膝盖向下，前腿大腿与地面平行，挺胸收腹

第3段

第1层/第2层

我们换一个大杠铃片，来做上拉和杠铃片弯举深蹲翻举。我们慢慢开始，然后跟着音乐的节奏，动作重点在完全深蹲，提高心率，做好训练准备。我们用深蹲让身体为下一节练习做好准备，以向后箭步蹲、过头杠铃片推举结束本段。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。

- 杠铃片上拉-杠铃片垂直，靠拢，手肘向内
- 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
- 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
- 向后箭步蹲加过头推举——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

小节焦点

教导学员关注中距、宽距和加宽距站姿的不同感受，使用你的声音和身体，在组合动作中，说明动作范围，让学员感到兴奋。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Keyboard melody)	2x8	Set up SQUAT , SET Stance, heel toe wider to find MID Stance
	0:12	V1 / Heavy on your	4x8	4/4 SQUAT MID Stance 2x
	0:27	PC / Cause I promise	4x8	3/1 4x
	0:42	B up / _ When it all	4x8	2/2 4x
	0:56	C / We are dreamers	4x8	1/1/2 4x
	1:11	Instr / (Synth melody)	8x8	COMBINATION (16cts) 1x TRIPLE PULSE SQUAT (8cts) 2x 1/1 SQUAT (8cts) 4x
2	1:41	Instr / (Low)	2x8	RECOVERY: Hold, transition heel toe wider to WIDE Stance
	1:48	V2 / Heavy on feet	4x8	2/2 SQUAT WIDE Stance 4x
	2:03	PC / Cause I promise	4x8	1/1/2 4x
	2:18	B up / _ When it all	4x8	3/1 4x
	2:32	QC / Dreamer too	4x8	1/1/2 4x
	2:47	B up / Dreamer too	8x8	1/1 16x
	3:17	Instr / (Synth melody)	8x8	COMBINATION (16cts) 4x
3	3:47	Instr / (Low)	2x8	RECOVERY: Hold, transition heel toe wider to WIDE Stance
	3:54	V3 / Heavy on my	4x8	2/2 SQUAT WIDER Stance 4x
	4:09	Cause I promise	4x8	1/1/2 4x
	4:24	B up / _ When it all	4x8	3/1 4x
	4:39	QC / Dreamer too	4x8	1/1/2 4x
	4:53	B up / Dreamer too	8x8	1/1 16x
	5:23	Instr / (Synth melody)	8x8	COMBINATION (16cts) 4x
	5:52	Outro / Dreamer too	4x8	4/4 SQUAT 2x
				Recovery: Shake out the legs. Quadricep Stretches:



02. DREAMER 6:13mins

技术与教授

1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**——这是你的动作幅度
- 让杠铃杆落在背部肉比较多的部位

1 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。一开始单次训练，就要关注“停下、起立”的节奏，鼓励学员，在动作顶端挤压臀大肌，激活肌肉。教授弹动的幅度减小，降低一些，控制住，保护好关节。解释如何提高执行力及调控强度，或指导他们其中的原因—哪一个能够让学员获得改变。这会让他们感到肌肉的发力，有助于技巧的调整。在三次弹动作单次组合中，让学员注意两种节奏的对比，以及这如何产生更多力量。

- **加宽一个脚掌的距离——宽距深蹲**
- 用外展肌和侧臀大肌**将膝盖向外拉**
- 脚跟下压，激活臀大肌
- 感受宽距深蹲的区别
- **臀部向后向下坐**
- **收紧核心**
- **膝盖推开**
- 在3/1节奏中，让杠铃杆“飘在顶端”
- 就像你正面对一堵墙，深蹲：**挺胸**，不要让下背部感到疲劳
- 动作最后保持一下，感受单次动作的速度

2加宽距站姿

第1层/第3层

双脚间距加宽一个脚掌的距离=加宽距站姿。最后一轮，达到效果，塑造臀大肌的最后机会。快速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。避免过多教授，让音乐发声。使用2/2节奏，鼓励学员完成本节动作。在在单次动作中注入能量与热情，让学员完成整套组合动作。为了让学员们努力地坚持到底，你会说什么？

- 加宽一个脚掌的距离，慢一点
- 保持身体直立，这对保持肌肉的紧张感很重要
- 臀部再向后，保持膝盖向外
- 收腹
- 让侧臀大肌参与发力
- 挤压双脚外侧边缘，保持这种紧张感
- 挺胸，强壮而又自豪
- 3, 2, 1, 起立
- 一直向下，在低处，找到热量
- 单次训练时放松
- 我想你保证，BODYPUMP会改变你的人生！
- 他们说，在你感到灼热前动作都不算数，我说他们现在就开始起作用了！

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

这首歌对比鲜明。本节以平静的方式开始，以平静的方式开始，把你和学员带上一段情感与身体的旅行。你的表现工具就是音乐、声音和动作——当你通过这些工具，表现出对比，能让学员们超越自我。你会用怎样的方式来表现呢？

训练效果

深蹲是提高核心稳定性的好方法。为了获得最佳效果，我们需要在孤立臀部、膝盖和脚踝时，保持好躯干的位置。同时要挺胸，让腹部参与发力。



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

A字推举

小节焦点

本小节是一个快速过渡， 重点在动作执行， 通过加快训练的所有动作， 获得并保持肌肉紧张感。

训练肌肉群

胸肌、 肱三头肌和三角肌

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Low swirl)	2x8	Pick up bar, hands WIDE grip for CHEST PRESS	
	0:11	V1 / Burn and we played	4x8	4/4 WIDE-GRIP CHEST PRESS	2x
	0:25	PC / I, I am a man	4x8	3/1	4x
	0:39	C / Dangerous night	4x8	4x BOTTOM HALF CHEST PRESS (16cts)	2x
	0:53	Cross the line	4x8	1/1 CHEST PRESS	8x
2	1:07	Started a stranger	4x8	4/4 (16cts)	2x
	1:21	PC / I , I am a man	4x8	3/1	4x
	1:36	C / Dangerous night	4x8	4x BOTTOM HALF CHEST PRESS (16cts)	2x
	1:50	Cross the line	4x8	1/1 CHEST PRESS	8x
	2:04	Instr / (Dramatic)	2x8	TRANSITION: Bar down, grab plates for A-PRESS	
3	2:11	Instr / (Staggered clap)	2x8	4/4 A-PRESS	
	2:18	PC / I , I am a man	4x8	3/1	4x
	2:32	C / Dangerous night	12x8	A-PRESS COMBINATION (16cts): 2x 1/1 A-PRESS (8cts) 1x TRIPLE PULSE A-PRESS (8cts)	6x
	3:15	Instr / (Dramatic)	1x8	TRANSITION: Plates down, behind bench for BENCH TOP PUSHUP	
	3:18	Br / Started a stranger	4x8	4/4 BENCH TOP PUSHUP	2x
4	3:32	PC / I , I am a man	4x8	3/1	4x
	3:46	C / Dangerous night	4x8	4x BOTTOM HALF BENCH TOP PUSHUP (16cts)	2x
	4:00	Cross the line	4x8	1/1	8x
	4:15	Instr / (Dramatic)	2x8	TRANSITION grab plates, back on bench for A-PRESS	
	4:22	Instr / (Staggered clap)	2x8	4/4 A-PRESS	
5	4:29	PC / I , I am a man	4x8	3/1	4x
	4:43	C / Dangerous night	12x8	A-PRESS COMBINATION (16cts) Recovery: Shake out and open arms wide for Chest Stretch.	6x



03. DANGEROUS NIGHT 5:29mins

技术与教授

1 宽握胸推

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。

- **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. 宽握胸推

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。重点是让上背部靠在踏板上，感受胸腔的打开，给接下来的动作塑造一个强有力的平台。

- 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
- 撑起来时挤压胸肌
- 缓慢的下半程以获得最大紧张感
- 向下一半，向下一半
- 肌肉的紧张感加速训练。

3. A字推举

第1层/第2层

这是新的练习，进行A字推举和胸部俯卧撑的目标区域和节奏教学。做好A字推举后，让学员关注肌肉的孤立于精确度——收拢杠铃片时，向内挤压腋窝。

- **快速过渡——放下杠铃，拿起杠铃片**
- **杠铃片朝内**
- **在最低处时保持手肘在踏板水平线上**
- 就像胸推一样，弯曲手肘
- 向外，向内，向外，向内
- 在顶端时杠铃片向内收
- 手肘要在踏板上方
- 推举时，向内挤压腋窝至肋骨，感受肌肉的孤立
- 这是训练胸部的另一种方法

4. 踏板俯卧撑

第1层/第2层

只剩最后一组动作，俯卧撑，速度要快。指导学员双手螺旋状放在踏板上，获得更多紧张感。到最后一组了，要挑战学员，让他们试着踮起脚！一定要鼓励、赞扬迎接这个挑战的学员们。

- **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——选择适合自己的幅度
- 双手螺旋状，感受身体的紧张



03. DANGEROUS NIGHT 5:29mins

5. A字推举

第3层

这一组时间很短。让学员快速回到踏板上，用音乐表现出对比和能力，来做最后的努力。时间不多，所以要善于利用音乐，让学员们发挥出最佳水平。对你和你的学员来说，第3层的激励语是独特的——他们是谁？他们今天需要什么？你要了解你的学员，了解他们的目标，定制你的激励语，让他们获得成功！

- ‘我就是火！’
- ‘我们就快没时间了！’
- 尽力而为，完成
- 抓住你的杠铃片
- 将肩胛骨推向踏板

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

在胸推时，打开及收缩胸部，有助于促进肩胛骨的活动。这减小了压力，提高了我们安全负重的能力。



04. 背部

重量选择

老学员：胸部环节的重量，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

单臂杠铃片俯身划船

小节焦点

让你的学员们正确地执行单臂杠铃片划船动作，用杠铃的短时动作挑战学员。给每个人选择。

训练肌肉群

硬拉/翻举：后部肌肉链，臀大肌，腘绳肌，上背部和下背部
单臂杠铃片划船：背阔肌

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4½x8	Set up for SINGLE-ARM PLATE DEADROW SET Stance, pick up plate, plate in L hand, R hand to hip or out to side of body wide for SINGLE-ARM PLATE DEADROW	
	0:22	Rep / Boom, boom, boom	4x8	1/1 SINGLE-ARM PLATE DEADROW R (8cts)	4x
	0:37	V1 / It's Wizop , the	8x8	TRIPLE SINGLE-ARM PLATE DEADROW (16cts)	4x
	1:07	Rep / Bring that	4x8	1/1 SINGLE-ARM DEADLIFT (4cts)	8x
2	1:22	B up / Boom , boom, boom	½x8	TRANSITION: Plate down, pick up bar: SET Stance for DEADLIFT	
	1:24	Rep / Boom , boom, boom	6x8	4/4 DEADLIFT SET Position	3x
	1:40	Instr / (Thud)	1x8	HOLD	
	1:43	C / Boom, boom, boom	10x8	1/1 CLEAN & PRESS (8cts) Option: 1x 1/1 CLEAN & PRESS 1x 1/1 DEADROW Use last 4cts to jump hands wide for WIDE DEADROW	10x
	2:22	Like a boom boom	4x8	TRIPLE WIDE DEADROW (16cts)	2x
	2:36	Rep / Bring that	4x8	1/1 WIDE DEADLIFT (4cts)	8x
3	2:50	Instr / (Synth)	3x8	TRANSITION: Bar down, pick up plate, plate in R hand, L hand to hip or out wide for SINGLE ARM PLATE DEADROW	
	3:03	Rep / Boom , boom, boom	4x8	1/1 SINGLE-ARM PLATE DEADROW L (8cts)	4x
	3:18	V2 / It's Wizop , the	8x8	TRIPLE SINGLE-ARM PLATE DEADROW (16cts)	4x
	3:48	Rep / Bring that	4x8	1/1 SINGLE-ARM PLATE DEADLIFT (4cts)	8x



04. 背部

4

	MUSIC		SEQUENCE/EXERCISE		REPS
4:03	B up /	Boom , boom, boom	1/2x8	TRANSITION: Plate down, pick up bar: Set Stance for DEADLIFT	
4:05	Rep /	Boom , boom, boom	6x8	4/4 DEADLIFT	3x
4:21	Instr /	(Thud)	1x8	HOLD	
4:24	C /	Boom , boom, boom	10x8	1/1 CLEAN & PRESS (8cts) Option: 1x 1/1 CLEAN & PRESS 1x 1/1 DEADROW Use last 4cts to jump hands wide for WIDE DEADROW	10x
5:02	Rep /	Boom , boom, boom	4x8	TRIPLE WIDE DEADROW (16cts)	2x
5:17	Bring	that	4x8	1/1 WIDE DEADLIFT (4cts) Recovery: Twist torso, Upper and Lower Back Stretch	8x



04. BOOM 5:38mins

技术与教授

1 单臂杠铃片俯身划船/单臂杠铃片硬拉

第1层

使用姿势、执行建立和NETT提示语，指导学员如何执行动作。强调锻炼良好的推举技术。为单臂杠铃片的练习做好动作和执行。在单臂杠铃片划船中，最重要的是保持胸部中线在双脚之间。这有助于孤立肌肉练习，防止身体旋转。划船之后，单臂硬拉增加了额外的阻力，再次关注臀部肌肉链，并且挺直身体。

单臂杠铃片俯身划船

- 双脚打开，与髌同宽，来到基本站姿
- 手到臀部，或是在外侧，与肩同宽
- 放松膝盖
- 挺胸，收紧核心
- 胸部中线在双腿之间
- 臀部向前
- 杠铃片到肋骨

单臂杠铃硬拉

- 向下，向上
- 臀部向前
- 挺胸，腹部收紧
- 起身时脚跟向外

2 硬拉/翻举/宽距俯身划船/宽距硬拉

第1层/第2层

转换到杠铃是很快的一一确保学员们的杠铃靠近身体，这样才不会有人落后。新陈代谢始于单次翻举。有10次，所以花时间给出正确、清晰的执行提示语。在本组动作的最后，说一些第2层提示语，提高执行。学员会期待翻举后休息一下，所以要清楚，他们现在还没有完成，提前提示他们做宽距划船。单次硬拉，转变到后部肌肉链，确保学员坚持的最后！

硬拉

- 腹部收紧，挺胸
- 杠铃到膝盖上端
- 臀部前倾

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
- 通过腿部发力将杠铃举过头
- 抓住杠铃，来到锁骨前方
- 深蹲，举起，深蹲，重来
- 将杠铃用力向上推，腿部发力——创造力量

三次宽距俯身划船

- 手肘抬高，分开
- 肩胛骨收紧挤压
- 杠铃移到下肋骨
- 臀部前倾

宽距硬拉

- 拉回手肘
- 收回肩胛骨
- 挺胸
- 臀部前倾
- 臀部向后推

3 单臂杠铃片俯身划船/单臂杠铃片硬拉

第2层

在单臂杠铃片训练中，让学员注意单侧训练的好处。现在是教导学员的好机会。在单侧训练时，身体要正，能够让更多稳定性肌肉乏力，加强核心，让学员们坚持下去。

单臂杠铃片俯身划船

- 让我们开始练习——3次划船
- 我们要开始做“单侧练习”
- 身体要正，控制好平衡

单臂杠铃硬拉

- 倾斜，挤压，倾斜，挤压
- 负重会把你拉向一侧；保持正对前方
- 能感觉到吗？身体背后的所有联系



04. BOOM 5:38mins

4 硬拉/翻举/宽距俯身划船/宽距硬拉

第2层/第3层

快速过渡到杠铃时，让学员保持警觉，集中精力，然后再做翻举联系。这是最后一次了，所以要注意如何营造更大的强度。翻举后，心率会升高，确保学员知道，马上就要结束了，注意力保持在训练上，直到完成。为了让你的学员坚持下去，你会说什么呢？

- 放下杠铃片——拿起杠铃
- 这次你过渡好了吗？
- 抓起，推举，抓起，回来
- 双手张开
- 短时强度阶段
- 和我一起
- 短暂的硬拉
- 锁定，拉起
- 加油！
- 功能强度
- 连接上半身和下半身
- 让你拥有健美身体
- “你的腿能用上多少力？”

表现

本节充满力量和节奏感。让音乐促进训练，避免过度的指导。还有一种不同的感觉。本节不需要太多洪亮的声音和激励语。要更关注精确度、肌肉的孤立和单侧动作，让本节更流畅、更平静。

思考、写下并练习你使用声音、面部表情和身体语言的方式，进行沟通，让学员们发挥最佳水平。

强度

本节强度源于单臂俯身划船和硬拉的精确度和动作控制，以及翻举中的力量。

训练效果

在翻举阶段，常见错误是使劲抓杠铃，这会增加额外的负重。一开始用力耸耸肩，抬起脚跟，让杠铃变“轻”，让翻举动作更有效率，肩膀压力更少。

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，1片小杠铃片
新学员：1片小或中杠铃片，1片小杠铃片

训练肌肉群

站立肱三头肌过顶反冲、伸展和屈臂伸：肱三头肌
肱三头肌俯卧撑：肱三头肌、前三角肌、胸大肌

小节焦点

关注所有练习的姿势和执行建立，关注动作的范围来营造强度。把学员和音乐联系起来，把握好歌词。享受乐趣，注意每段动作的最后一组。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Strum)	2x8 Set up: Place plate on floor to the right, hands on bench top for TRICEP BENCH PUSHUP	
	0:13	V1 / Whatcha	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	0:29	PC / Have you lost	2x8 4/4	
	0:37	C / Someone else	4x8 1/1	8x
2	0:53	V2 / Whatcha	2x8 TRANSITION: Pick up plate with R hand, kneeling position, L hand on bench for TRICEP BENCH KICKBACK R	
	1:01	Why you	2x8 1/1 TRICEP BENCH KICKBACK R (Plate in R hand) (4cts)	4x
	1:09	PC / Have you lost	2x8 4/4	
	1:17	C / Someone else	4x8 1/1	8x
	1:33	Instr / (Melody)	4x8 16x PULSE TRICEP BENCH KICKBACK R	1x
	1:50	PC / Have you lost	2x8 TRANSITION: Stand up, arms up, elbows close to head for STANDING O/H TRICEP PLATE EXTENSION	
	1:58	C / Someone else	4x8 1/1 STANDING O/H TRICEP EXTENSION	8x
3	2:14	Rep / _ Must've	4x8 16 PULSE STANDING O/H TRICEP EXTENSION	
	2:30	Br	2x8 TRANSITION: Shake arms, then plate on floor, hands on bench top	
	2:38	V3 / Whatcha sippin	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	2:54	PC / Have you lost	2x8 4/4	
	3:03	C / Someone else	4x8 1/1	8x
4	3:19	V4 / Whatcha sippin	2x8 TRANSITION: Pick up plate with L hand, kneeling position, R hand on bench for TRICEP PLATE KICKBACK L	
	3:27	Why you	2x8 1/1 TRICEP BENCH KICKBACK L (Plate in L hand)	4x
	3:35	PC / Have you lost	2x8 4/4	
	3:43	C / Someone else	4x8 1/1	8x
	4:00	Instr / (Melody)	4x8 16x PULSE TRICEP BENCH KICKBACK	
	4:15	PC / Have you lost	2x8 TRANSITION: Stand up, arms O/H, SET Stance for STANDING TRICEP O/H PLATE EXTENSION	
	4:24	C / Someone else	4x8 1/1 STANDING O/H TRICEP PLATE EXTENSION	8x
	4:40	Outro / _ Must've	4x8 16x PULSE STANDING O/H TRICEP PLATE EXTENSION	

RECOVERY: Shake out the arms, Tricep Stretch:



05. NO EXCUSES 4:58mins

技术与教授

1. 肱三头肌踏板俯卧撑

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。给每个人提供选择，让他们用良好的技巧进行练习。

- 肩膀向下，向后
- 双手放在踏板上
- 可选动作：脚趾、膝盖或膝盖间靠拢
- 收紧核心
- 背部伸长挺直
- 眼睛盯着踏板底端
- 胸部与手肘同高
- 手肘向内向后

2 肱三头肌反冲/站立过顶伸展

第1层/第2层

减轻一些负重。指导肱三头肌反冲的姿势和执行建立。重点是完全伸展手肘至顶端，让尽量多的肌肉参与。三次弹动时强度增加，所以要让学员们现在做好准备。快速过渡到站姿，增加负重，来做过顶伸展。先做好姿势，然后关注执行。

肱三头肌反冲

- 膝盖打开，与髋同宽，手在肩膀下方
- 臀部前倾
- 挺胸
- 上臂与地面平行——伸展手肘
- 肩膀摆正

站立肱三头肌过顶伸展

- 基本站姿
- 过顶伸展
- 弯曲膝盖
- 收紧腹部
- 挺胸
- 杠铃片到颈部下端
- 完全伸展到顶端
- 手肘向内挤压
- 肩膀向后，向下

3. 肱三头肌踏板俯卧撑

第2层/第3层

第二段俯卧撑动作具有挑战性。鼓励学员坚持下去，必要时可以做可选动作，但不要停止练习。使用第2层指导，帮助每个人更好地利用自己的力量。

- 短暂的俯卧撑——你能坚持到最后吗？
- 没有借口

4. 肱三头肌反冲/站立过顶伸展

这是最后一段！学员累了，所以他们可能会偷懒。用良好的第2层教学帮助他们坚持下去，打造优秀的肱三头肌。

用动作范围到位的好处激励学员，会得到很好的效果。

- 反冲——这次要抬高手肘，在顶端要好好挤压
- 不要着急——去感受！
- 哇哦！让我们孤立肌肉，全幅度动作——猜猜接下来是什么？弹动
- 就快结束了！
- 你可以做到更好，我保证你永远不会忘记

表现

这首歌很有趣！将歌词和情绪融入你的教学。训练强度很大，所以轻松、有趣的方法，能够帮助学员跟上进度，进行练习。

训练效果

肱三头肌反冲要求稳定的基础，给肱三头肌最大负重。前倾时，挺胸，肩胛骨向后收一点。



06. 肱二头肌

重量选择

热身重量的杠铃
可选重量：2片小或大杠铃片

训练肌肉群

肱二头肌弯举和肱二头肌划船：肱二头肌

小节焦点

教授上半身的稳定动作，孤立肱二头肌。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0.05	Intro / (Chimes)	2x8	Set up: Pick up bar for BICEP CURL . Shoulder roll. SET Stance.
	0.13	C / If you were church	4x8	4/4 BICEP CURL SET Stance
	0.30	Get on my knees	6x8	1/1
	0.47	V1 / Take the pain	8x8	3/1 SPLIT Stance
	1.09	C / If you were church	8x8	3 SLOW MID-RANGE PULSE HOLD (16cts) SET Stance Hold the last rep of pulse, 4cts down
	1.31	Rep / Get on my knees	6x8	1/1 BICEP CURL
2	1.49	V2 / The world	8x8	3/1 BICEP CURL SPLIT Stance
	2.11	C / If you were church	8x8	3 SLOW MID-RANGE PULSE AND HOLD SET Stance
	2.33	Rep / Get on my knees	8x8	4/4 BICEP ROW (8cts)
	2.55	C / If you were church	8x8	3c MID-RANGE PULSE AND HOLD SET Stance
3	3.17		1½x8	HOLD
	3.21	V3 / The world	8x8	3/1 BICEP CURL SPLIT Stance
	3:45	C / If you were church	8x8	3 Slow MID-RANGE PULSE AND HOLD SET Stance
	4:05	Rep / Get on my knees	8x8	4/4 BICEP ROW
	4:27	C / If you were church	8x8	3 SLOW MID-RANGE PULSE AND HOLD SET Stance
				RECOVERY: Shake out the arms. Bicep Stretch.



06. CHURCH 5:02mins

技术与教授

1 肱二头肌弯举

第1层

使用第1层姿势与执行建立提示语让学员们的动作有正确的节奏与范围。清晰地进行单次弯举的节奏。有12组动作，确保学员们了解本段动作结束的时间。

- **双脚位于髌关节正下方**
- **收腹，挺直站立**
- **挺胸，保持肩胛骨向下**
- **杠铃与肩膀同高**
- **杠铃降低到大腿处**
- **手肘保持在肩膀下方**
- **肩膀向后向下**

2. 肱二头肌弯举

第1层/第2层

第1段时间短，继续用第1层执行提示语教学，让学员们做好基础。使用第2层提示语，帮助学员用提高的技巧练习，孤立肱二头肌。

- **3/1分腿站姿**
- **我们重新开始**
- **膝盖放松，挺胸**
- **组合动作——中距弹动，保持一下**
- **不要偷懒！**
- **单次练习——上半身不要摇晃**

3 肱二头肌弯举

第2层

检查学员的姿势，要保持挺胸，肩膀向后向下，可以鼓励手臂。关注中距弹动组合动作的范围。肱二头肌划船的强度减弱；让学员恢复一下，再继续做组合动作，完成练习。重点转移到离心阶段的运动；缓慢放下杠铃，加强一点肌肉的燃烧。

- **前脚脚跟踩住地板**
- **肩膀的姿势可以孤立手臂**
- **保持这种强壮的姿势**
- **让肌肉有紧张感！**
- **向下时抵抗住重量**
- **离心负重，营造肌肉的紧张感**

4 肱二头肌弯举

第3层

与学员有联系，让他们参与进来。练习的积累会让他们受伤。用你的联系与激励工具让他们感到舒服。他们需要听到什么？看一看并参与进去。

- **不要停下来**
- **在顶端时挤压手臂**
- **最后一次，加油做完**

强度

本节的强度源于在紧张感下保持上半身姿势。这能让肱二头肌获得更多孤立，让学员收效更快。

训练效果

肱二头肌小节是联系学员的绝佳机会。联系不仅能让学员们感觉到自己是团队的一部分——还非常具有激励性。完成本节是让学员们坚持每周来训练的最好方式之一。



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

重点要清晰地进行深蹲箭步下蹲组合动作的节奏和执行教学，确保前腿膝盖姿势对于正确的肌肉负重是稳定的。

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Instr / (High strum)	4x8	Set up BACKWARD-STEPPING LUNGE , plate in R hand	
	0:18	V1 / Play this game	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) (Plate in R hand, R foot steps B) Plate to collarbone on last 2cts, MID Stance	8x
	0:44	PC / Get me going	4x8	1/1 PLATE FRONT SQUAT	8x
	0:58	Instr / (Heavy synth)	8x8	SQUAT LUNGE COMBO L (16cts) 2x 1/1 PLATE FRONT SQUAT (8cts) 1x TRIPLE PULSE LUNGE L (8cts) (R foot steps B only) Use last 4cts to transition plate to L hand	4x
2	1:24	V2 / _ I'm going mad	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts) (L foot steps B)	8x
	1:51	PC / Get that	4x8	1/1 PLATE FRONT SQUAT MID Stance	8x
	2:04	Instr / (Dubstep)	8x8	SQUAT LUNGE COMBO R (16cts) 2x 1/1 PLATE FRONT SQUAT (8cts) 1x TRIPLE PULSE LUNGE R (8cts) Plate stays at collarbone	4x
	2:30	I(Distorted vocal)	2x8	TRANSITION: Set up SQUAT Combo , demonstrate the change between MID Stance and WIDE Stance	
3	2:38	PC / _ This is a different beat	14x8	SQUAT COMBO (16cts) 2x 1/1 PLATE SQUAT MID Stance (8cts) 1x TRIPLE PULSE FRONT SQUAT WIDE Stance (8cts) (R leg leads the transition every time)	7x
	3:23	Instr / (Dubstep)	12x8	SQUAT/ ALTERNATING LUNGE COMBO (16cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L (4cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R (4cts) (Option: Replace 1/1 LUNGE with 1x 2 PULSE BACKWARD STEPPING LUNGE, for more intensity:)	6x
	4:03	(Distorted vocal)	2x8	TRANSITION: Set up SQUAT COMBO	
	4:10	PC / _ This is a different beat	14x8	SQUAT COMBO (16cts) 2x 1/1 PLATE FRONT SQUAT MID Stance (8cts) 1x 3x PULSE FRONT SQUAT WIDE Stance (8cts) (L leg leads the transition every time)	7x
4	4:56	Instr / (Dubstep)	12x8	SQUAT/ALT LUNGE COMBO (16cts) RECOVERY: Shake out the legs: Quad Stretch:	8x



07. GOING MAD 5:41mins

技术与教授

1 向后箭步下蹲/杠铃片颈前深蹲/ 深蹲箭步下蹲组合

第1层

以基本站姿开始。第一个动作是向后箭步下蹲；注重正确的执行，确保前腿膝盖对齐。使用NETT清晰地进行深蹲箭步下蹲组合的教学，让学员在正确的时候往正确的方向运动。

向后箭步下蹲

- 双脚打开，与髌同宽
- **挺胸**
- **腹部收紧**
- 向后，向下，向上，向内
- 前腿膝盖向外推，叠放在脚踝上
- **前大腿平行**

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**

深蹲箭步下蹲组合

- 第一个组合动作要开始了
- 2个单次深蹲，3次弹动箭步下蹲
- 向后一大步， 3， 2， 1 ， 迈一步
- 箭步下蹲保持在低处

2 向后箭步下蹲/杠铃片颈前深蹲/ 深蹲箭步下蹲组合

第2层

另一条腿重复第1块动作，能够提高执行，教育学员良好技巧的好处。提高箭步下蹲的执行，学员不仅会更安全，而且肌肉用力会更多，获得效果。

向后箭步下蹲

- 我们要上下动，不是前后动
- 上下动让肌肉保持压力
- 保持身体直立，锻炼到腿部

杠铃片颈前深蹲

- 向下向上
- 动作范围正确
- 组合动作要来了

深蹲箭步下蹲组合

- 2次深度，3次弹动箭步下蹲
- 感觉节奏，感觉热量

3. 深蹲组合/深蹲箭步下蹲交替组合 第1层，第2层

增加了新组合意味着回到本段开始时的第1层提示语教学。中距/宽距深蹲的节奏和第一次深蹲箭步下蹲的节奏相同。清晰地指导宽距深蹲双脚的位置和范围。在深蹲低处，膝盖达到90度，保持肌肉发力，而非关节。肌肉会感觉疲劳，所以确保学员正确地运动，提醒他们可以选择减轻负重。清晰地指导深蹲箭步下蹲组合的节奏和应该运动的脚。学员们有了节奏，他们就可以选择箭步下蹲弹动，获得更多热量。

- 新组合——2次深蹲，3次弹动
- 让我们来试试
- 保持挺胸
- **臀部膝盖90度**
- BODYPUMP安全——让我们找到最佳角度
- 膝盖分开
- **腹部收紧**
- 就像箭步下蹲一样，动作范围让肌肉发力，而非关节
- 再来一次，我们还有1个组合
- 单次颈前深蹲，交替箭步下蹲
- 下上，下上
- 如果你想要更多热量，你可以箭步下蹲弹动
- 或者和我一起做单次
- 大家加油吧
- 保持90度



07. GOING MAD 5:41mins

4. 深蹲组合/深蹲箭步下蹲交替组合

第2层/第3层

这是最后一段——现在学员真的会感觉到肌肉的燃烧。联系他们，让他们知道你也可能会受伤，让他们参与进来。在最后的深蹲箭步下蹲组合用上激励语。要注意全程保持良好的姿势和范围，直到完成。一旦结束，不要忘记庆祝他们的成功。值得庆祝！

- 呼吸，另外一侧全都再来一遍
- 脊柱对齐，挺胸，臀大肌发力
- 这就是我想要的——你呢？
- 最后一个组合要来了
- 深蹲和交替箭步下蹲
- 如果你想要弹动——做吧
- 坚持到最后
- 所有人，我们都做到了

强度

学员感到累的时候，在弹动低处会有点困难。弹得更高可能达到他们的极限——要再三确认这么做没有问题。然后你可以做到更低，这是能力和耐力提高的体现。

训练效果

箭步下蹲时，后腿股四头肌很快就会疲劳，这是因为这条退的臀大肌很少或是没有发力。然而，上下楼梯时，臀大肌能提高我们的能力，下坡时维持肌肉控制。



08. 肩部

重量选择

老学员：热身杠铃重量，或超过2片小或中杠铃片
新学员：热身杠铃重量，或2片小杠铃片

小节焦点

注重清晰的执行提示语，达到前中后3D训练效果。

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、三角肌、肩关节肌腱
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 / (Clap)	4x8	Set up the STANDING REAR DELTOID FLY : heels under hips, tip forward from the hips.	
	0:19	Instr / (Distorted vocal)	4x8	2/2 STANDING REAR DELTOID FLY	4x
	0:34	(Upbeat clap)	4x8	1/3	4x
	0:49	Rep / Want your soul	4x8	4/4	2x
	1:03	Instr / (Heavy dubstep)	8x8	TRIPLE PULSE (8cts)	8x
2	1:32	(Low whirl)	2x8	TRANSITION : Stand up, ready for STANDING SIDE RAISE	
	1:40	V1 / Everything is	4x8	2/2 STANDING SIDE RAISE SET Stance	4x
	1:54	Want your soul	4x8	1/3	4x
	2:08	Rep / Want your soul	4x8	1/1	8x
	2:23	Instr / (Synth windup)	4x8	4/4	2x
	2:38	Br / (Low)	1½x8	HOLD	
	2:40	Instr / (Heavy dubstep)	8x8	1/1/1/1 STANDING SIDE ROTATOR RAISE (8cts) Use last 4cts to transition to floor for PUSHUP	8x
	3:09	(Heavy pulse)	4½x8	1/1 PUSHUP Options: On Toes, knees or kneeling	9x
	3:23		2x8	TRANSITION : Pick up bar or 2 plates, SET Stance for STANDING UPRIGHT ROW	
	3:30	V2 / Everything is wonderful	4x8	2/2 STANDING UPRIGHT ROW SET Stance	4x
3	3:45	Rep / Want your soul	4x8	1/3	4x
	3:59	Want your soul	4x8	1/1	8x
	4:14	Instr / (Synth wind up)	4x8	4/4	2x
	4:29	(Low)	1½x8	TRANSITION : Clean bar, to chin level ready for STANDING O/H PRESS	
4	4:31	Rep / Want your soul	4x8	1/1 STANDING O/H PRESS SPLIT Stance	8x
	4:45	Temptation	4x8	1/1 STANDING PUSH PRESS Use last 4cts to transition to floor for PUSHUP	8x
	5:00	Instr / (Heavy pulse)	4x8	1/1 PUSHUP Option: Toes, knees or kneeling	8x
	5:14	Instr / (Low pulse)	4x8	16 PULSE PUSHUP For more intensity - race the beat in the pulses RECOVERY : Shake out the arms. Deltoid Stretches. (Arm across front of body.)	1x



08. WE WANT YOUR SOUL 5:33mins

技术与教授

1 站立后三角肌飞鸟

第1层/第2层

注重节奏、目标和范围，这样学员才能用良好的执行来移动杠铃片。后三角肌的练习的关键是身躯前倾，控制好杠铃片的范围，就刚好在肩膀下方停下来，保护关节。到弹动时，关注肩膀的后部。现在应该开始燃烧了！

站立后三角肌飞鸟

- 拿起你的杠铃片
- 双脚打开，与髋同宽
- **臀部前倾**
- **收紧核心，挺胸**
- **肩膀向后向下**
- 手肘带动动作
- 手肘就在肩膀下方的高度
- **挤压肩胛骨**
- **收下巴，挺胸**
- 要到很低——我们要控制好
- 我们要锻炼后三角肌
- 每个人都要稳定好核心，要弹动了
- 3次弹动
- 弹动到最高
- 就像是你正给后背继续能力——来吧！

2. 站立侧平举/站立回旋肌侧平举/俯卧撑

第1层/第2层

改变练习将有助于学员持续训练。第二段从后三角肌来到了侧三角肌和前三角肌。第1层执行提示语教学，提高本段不同的练习动作质量。侧平举的强度是通过保持骄傲的姿势来创造的。侧回旋肌侧平举由上背部带动，并将肩胛骨锁定在后肋骨。只有8个俯卧撑，所以要让学员做最合适的动作选择。简单明了地教学，让音乐发声。

侧平举

- 手肘带动动作
- **在肩膀下方高度停下**
- 挺胸
- 1和3——快上慢下
- 现在到侧三角肌
- 单次练习也保持这个姿势
- 身体一定保持静止——这是我们孤立肌肉的方法
- 这也是营造紧张感的方法，对吗？
- 雕刻你的双肩

回旋肌侧平举

- 基本站姿
- 1, 2, 3, 4
- 肩胛骨锁定在后肋骨

俯卧撑

- 双手张开
- 膝盖或脚趾着地
- 肩膀远离耳朵
- 收紧腹部
- **手肘与胸同高**
- **背部伸长拉直**
- 如果你能踮起脚尖，那么就踮起来

3/4站立直身划船/站立过顶推举/站立推举/俯卧撑

第1层/第2层/第3层

最后一块又引入了2个练习，所以你要再用第1层，让学员们快一些准备好。现在学员们都累了，所以要清晰直接。练习的顺序重点是孤立肌肉，孤立与整合。向学员挑战，利用好每一个练习，让肩膀感到疲劳，达到效果。让每个人在最后一段的俯卧撑里用尽全力，可以选择是否做弹动俯卧撑。

站立直身划船

- 杠铃靠近身体
- **手肘打开**
- **杠铃在胸部以下停止**
- 挺胸
- “拉和腿——在底端完全伸展”
- 坚持——一定会有效果的！

站立过顶推举

- 从下巴到天花板
- **手肘向前**
- **挺胸收腹**
- 重心放在前脚上
- 稳定下盘



08. WE WANT YOUR SOUL 5:33mins

站立推举

- 膝盖弯曲
- 锁骨向上顶
- 臀部向后
- 把杠铃推向天花板！

俯卧撑PUSHUP

- 如果你可以的话，踮起脚
- 最后一次挑战——弹动！
- 尽你的全力！
- 你可以选择

强度

肩部循环训练——我们超越每个维度（前，后和中）。这使我们能够保持整节的强度。

训练效果

推举顶端时手肘向前，有助于保持肩部肌肉的负重，以免关节组织发力，还有助于减少下背部的负重，当人把杠铃置于头部后方太远时，下背部负重会让他们被迫进入过度伸展状态。



09. 核心训练

重量选择

小、中杠铃片

训练肌肉群

杠铃片卷腹：腹直肌

杠铃片卷腹飞鸟：腹直肌、腹斜肌

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。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low strum)	2x8	Set up – PLATE CRUNCH
	0:14	V1 / _ OK they	4x8	4/4 PLATE CRUNCH 2x
	0:32	PC / You just caught	4x8	2/2 SINGLE-ARM PLATE CRUNCH FLY R 4x Plate in L hand
	0:50	C / All day, all night	4x8	16x SINGLE-ARM PLATE PULSE CRUNCH R
	1:08	Br / We don't need	4x8	2/2 DOUBLE ARM O/H PLATE CRUNCH 4x Hold plate with both hands, extend arms long O/H, arms next to ears. Use last 4cts to TRANSITION : Plate to hips ready for HIP BRIDGE
2	1:26	Rep / I said oh my	6x8	TOP HALF SLOW PULSE PLATE HIP BRIDGE (4cts) 12x
	1:53	PC / You just caught	4x8	2/2 SINGLE-ARM PLATE FLY CRUNCH, L 4x Plate in R hand
	2:11	C / All day, all night	4x8	16 PULSE SINGLE-ARM CRUNCH L
	2:29	V2 / We don't need	4x8	2/2 DOUBLE ARM O/H PLATE CRUNCH 4x Hold plate with both hands, extend arms long O/H, arms next to ears.
	2:48	Outro	1x8	Plate down: Arms stretch O/H



09. DA MOON 2:54mins

技术与教授

1. 杠铃片卷腹/单臂杠铃片飞鸟卷腹/过顶杠铃片卷腹/单臂杠铃片弹动卷腹/双臂过顶杠铃片卷腹第1层

用清晰的节奏提示语，进行第1层姿势和执行建立教学，明确指出卷腹飞鸟的方向和目标，并确认学员们都在正确运动。这是具有挑战性的动作，所以从空手动作开始是很好的。双臂过顶杠铃片卷腹是难度很大的变化动作。注意确保手臂在头部后方伸展，两侧距离头部要近。这确保最多的负重在腹部，最少的谷中在肩部。

杠铃片卷腹

- 双手举杠铃片至额头
- **侧肋骨朝臀部**
- **眼睛看向膝盖**
- 杠铃片就像顶棒球帽

杠铃片卷腹飞鸟

- 杠铃片放在前面的手
- 另一只手臂的手心向上
- 推动支撑的手，保持肩膀摆正
- 手肘微曲
- 杠铃片直接提过肩膀
- 肩胛骨下沉
- 卷腹时肋骨靠向臀部
- **收下巴，眼睛看膝盖**
- 肩膀向前摆正，不要旋转

单臂杠铃片弹动卷腹

- 弹动，卷腹
- 杠铃片停在肩膀上方
- 收手肘和下巴
- **卷腹时肋骨靠向臀部**

双臂过顶杠铃片卷腹

- 手臂在头部后方伸展
- 肱二头肌接触耳朵
- 上半身整体移动
- **收下巴**

2 臀桥/单臂杠铃片卷腹飞鸟/单臂杠铃片弹动/双臂过顶杠铃片卷腹

第1层/第2层/第3层

以臀桥开始本组，激活臀大肌，伸展前身。我们用另外一只手臂再做一遍卷腹飞鸟。使用第2层提示语，提高学员技巧，帮助他们感受目标肌肉营造更大的紧张感。本组时间很短，所以只需要一两个提示，让音乐发声。

- 杠铃片到臀部
- **挤压抬高臀部**
- 脚跟踩实地面
- 臀部在高处的一半停住
- 后臀肌肉链训练
- 这一轮要全范围
- 不论你到了什么程度，都要再高一点
- 高一点
- 紧紧地弹动
- 你的杠杆要长，才最有效



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 / I miss you	1x8	CHILDS POSE	
	0:13	V1 / Find your way	4x8	SEATED HURDLER STRETCH L L leg F After 2x8, deeper stretch	
	0:41	C / I miss you	2x8	KNEELING HIP FLEXOR R (L leg F, R hand extends up)	
	0:55	I miss you	2x8	HIP FLEXOR STRETCH R, with TWIST	
2	1:10	V2 / _ All the calls	4x8	SEATED HURDLER STRETCH L R leg F After 2x8, deeper stretch	
	1:38	Instr / (Synth)	2x8	HIP FLEXOR STRETCH L (R leg F, L hand extends up)	
	1:52	Rep / I miss you	2x8	HIP FLEXOR STRETCH L with TWIST	
3	2:07	V3 / Picking me up	2x8	STANDING UPPER BACK STRETCH	
	2:21	C / I miss you	2x8	STANDING CHEST STRETCH Arms stretch out wide	
	2:35	I miss you	4x8	STANDING ILIOTIBIAL BAND (ITB) STRETCH L, R	
	3:03	Outro / (Low)		Shake out arms and legs; congratulate	



10. MISS YOU 3:10mins

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

重量选择

肱三头肌：中或大杠铃片
肱二头肌：不轻于热身重量的杠铃

训练肌肉群

跪姿肱三头肌反冲：肱三头肌
肱三头肌俯卧撑：肱三头肌和三角肌
肱二头肌组合动作：肱二头肌

小节焦点

在肱三头肌和肱二头肌练习的第一段中，用第1层提示语清晰地指导每个动作的执行。肱二头肌训练有3轮一样的组合动作，能让你在第2段里教授第2层，在第3段教授第3层。肱三头肌有更多的衍生动作练习，所以首要重点是第1层和第3层。

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Horn)	4½x8	Set up TRICEP PUSHUP on the floor
	0:18	V1 / _ Air I breathe	4x8	2/2 TRICEP PUSHUP Options: toes, knees or kneeling
	0:30	PC / Shake them shackles	7x8	1/1
	0:53	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	0:56	Instr / (Distorted synth)	12x8	BICEP COMBINATION (16cts) SET Stance 2x 1/1 BICEP CURL (8cts) 1x 2 SLOW MID-RANGE PULSE (8cts) Use last 4cts to transition to floor for TRICEP PUSHUP
	1:34	Rep / When it gets	4x8	1/1 TRICEP PUSHUP Option: Toes, knees or kneeling Last rep down and hold
	1:47	Rep / Say , no matter	2x8	TRANSITION: Pick up plate in R hand, kneeling position for KNEELING TRICEP KICKBACK ROW R
2	1:55	V2 / _ Choking on the air	4x8	4/4 KNEELING TRICEP KICKBACK R
	2:06	PC / Shake them shackles	7x8	1/1
	2:28	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	2:32	Instr / (Distorted Synth)	12x8	BICEP COMBINATION SET Stance (16cts) Use last 4cts to transition to floor for TRICEP PUSHUP
	3:10	Rep / When it gets hard	4x8	1/1 TRICEP PUSHUP Last rep, down and hold
	3:24	Say, no matter	2x8	TRANSITION: Pick up plate in L hand, kneeling position for KNEELING TRICEP KICKBACK L
3	3:30	V3 / _ Choking on the air	4x8	4/4 KNEELING TRICEP KICKBACK L
	3:42	PC / Shake them shackles	7x8	1/1
	4:04	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	4:08	Instr / (Distorted synth)	12x8	BICEP COMBINATION (16cts) Use last 4cts to transition to floor for TRICEP PUSHUP
	4:46	Br / It gets hard	4x8	1/1 TRICEP PUSHUP Last rep, down and hold RECOVERY: Tricep and Bicep Stretches



45-MIN FORMAT

05. PEOPLE SAY 5:02mins

技术与教授

1 肱三头肌俯卧撑/肱二头肌弯举/肱三头肌俯卧撑

第1层

使用NETT进行肱三头肌第1层姿势与执行建立教学。快速加入单次练习，有14次，所以用2/2节奏挑战学员，提供1/1节奏的可选动作完成本组练习。

- 双手在肩膀下方，肩膀在地面上
- 双手螺旋状在地面上
- 肩膀向下向后
- 背部伸长挺直
- 腹部收紧
- 手肘内收
- 胸部与手肘同高
- 膝盖或脚趾头可以着地

肱二头肌弯举

第1层

快速教学过渡到站立杠铃肱二头肌弯举。用清晰地姿势和执行建立提示语教学，注重目标、节奏和范围，尤其是中度弹动。

- 基本站姿
- 1， 2， 1， 向下
- 收紧腹部
- 杠铃至肩膀高度
- 一直往下直到大腿
- 手肘在肩膀下方
- 挺胸
- 保持手肘在肩膀下方，孤立肱二头肌

2 跪姿肱三头肌反冲/肱二头肌弯举/

肱三头肌俯卧撑

第1层/第2层

快速进行肱三头肌反冲姿势与执行建立，本组时间较短。注重重新建立起肱二头肌组合动作的节奏，然后进行第2层。本组的弯举都是全幅范围的。以快速肱三头肌俯卧撑结束；此时鼓励学员快速过渡，挑战他们，踮起脚尖跳起来，只有8次。

跪姿肱三头肌反冲

- 单膝跪地
- 手肘到另一侧大腿的顶端
- 挺胸
- 摆正肩膀
- 手肘抬高，就在肩膀水平线下方
- 以手肘90度开始
- 把杠铃片向房间后面推
- 关注手臂后方的挤压

肱二头肌弯举

- 打开肱二头肌
- 全幅范围！

肱三头肌俯卧撑

- 快一点，下到地板上，做俯卧撑
- 膝盖或是脚趾
- 动作到位——手肘与胸部同高
- 用力推地板

3 跪姿肱三头肌反冲/肱二头肌弯举/

肱三头肌俯卧撑

第3层

使用本组让每个练习达到最佳效果。快速过渡和积累负重让学员感觉很累，所以确保给他们足够的理由完成练习。你会说些什么让每个人坚持下来呢？

- 我们能保持住手肘高度和伸展吗？
- 坚定的眼神！
- 还有1段就结束了
- 如果身体开始感觉累，单独把手肘朝向肋骨
- 还有2个！
- 做了8个，全都完成了！
- 可以的话，踮起脚尖！



45-MIN FORMAT

06. 箭步下蹲/肩部

重量选择

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

本节都是高质动作，塑造强壮、有用的身体。教授节奏和执行。预提示语是让学员轻易跟上教学的关键。解释整合练习的好处，达到BODYPUMP的效果。

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Piano)	4x8	Set up, grab 2 plates and prepare to step R foot B for BACKWARD STEPPING LUNGE L	
	0:17	V1 / I'm walking	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L with 1x 1/1 SIDE RAISE (8cts)	8x
	0:41	PC / Try to hold me	8x8	2x 1/1 STATIC LUNGE L with 2x 1/1 SIDE RAISE 1x 1/1/2 STATIC LUNGE L with 1x 1/1/2 SIDE RAISE	4x
	1:05	Instr / (Synth melody)	12x8	TRIPLE PULSE STATIC LUNGE L with 1x 1/1 ROTATOR RAISE Use last 2cts to transition to LUNGE R	12x
2	1:41	Br / All my dreams	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE R with 1/1 SIDE RAISE	8x
	2:04	PC / Try to hold me	8x8	2x 1/1 STATIC LUNGE R with 2x 1/1 SIDE RAISE 1x 1/1/2 STATIC LUNGE R with 1x 1/1/2 SIDE RAISE	4x
	2:29	Instr / (Synth melody)	12x8	TRIPLE PULSE STATIC LUNGE R with 1x 1/1 SIDE ROTATOR RAISE	12x
3	3:05	All my dreams	2x8	TRANSITION: Prepare to press plates O/H, elbows 90 degrees	
	3:17	They said I would	6x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE with 1x 1/1 DOUBLE-ARM O/H PLATE PRESS L R (8cts)	3x
	3:29	PC / Try to hold me	8x8	3x 1/1 STATIC LUNGE L with 3x 1/1 DOUBLE-ARM O/H PLATE PRESS (16cts)	2x
	3:53	Outro / (Synth melody)	12x8	1/1 ALT BACKWARD STEPPING LUNGE L, R with 1/1 DOUBLE-ARM O/H PLATE PRESS L, R (8cts) RECOVERY: Shake out the legs. Quad Stretch. Shoulder Stretch.	12x



45-MIN FORMAT

06. GET IT RIGHT 4:34mins

技术与教授

1 向后箭步下蹲加侧平举/静态箭步下蹲加侧平举/静态箭步下蹲加回旋肌侧平举

第1层

关注节奏、范围和动作精确度的第1层姿势与执行建立教学。回旋击侧平举会让上半身姿势不稳定，所以要加强姿势和范围提示语。学员应该感觉到腿部和肩膀的整个，让负重练习达到最佳效果。

向后箭步下蹲加侧平举

- 抓住杠铃片
- 双脚打开，与髋同宽
- **挺胸，收紧核心**
- **手肘呈90度**
- 向后箭步下蹲 加侧平举
- 手肘放在肩膀水平线下方
- **收紧腹部**，摆正臀部和肩膀
- 向后一大步
- **后腿膝盖向下**，前腿膝盖向外
- 前腿大腿与地面平行

静态箭步下蹲加侧平举

- 从动态箭步下蹲训练到静态箭步下蹲训练
- 2, 3, 向下停住；重复

静态箭步下蹲加回旋肌侧平举

- 3, 2, 1, 起立
- 手肘分开抬高
- **挺胸**
- 箭步下蹲低处保持
- 挤压肩胛骨；挺胸，建立一个结实的平台
- 应该整合肩部和箭步下蹲练习了！

2 向后箭步下蹲加侧平举/静态箭步下蹲加侧平举/静态箭步下蹲加回旋肌侧平举

第2层

使用第2层提示语，加强正确的执行和对肌肉的感觉，注重维持动作的质量。学员会觉得累，这时让他们做可选动作，坚持训练。

- 如果我们的肩膀累了，就把杠铃片放下来
- 注重稳定性
- 动作流畅，给肌肉负重
- 伸展手肘到房间两侧
- 我们在塑造腿型，加强肩膀
- 还有4次！

3 交替向后箭步下蹲加过顶杠铃片推举/静态箭步下蹲加过顶杠铃片推举

- 双脚打开，与髋同宽
- 抬高手肘
- 向后箭步下蹲加过顶推举
- 换边
- 向后一大步
- **手肘在肩部水平线下方**
- 3次静态箭步下蹲
- 膝盖保持放松，股四头肌负重
- 手肘在眼睛前方
- 让杠铃片上下动
- 我们要开始加快速度了！
- 交替步子向后箭步下蹲
- 放下来，站好
- 核心发力
- 你感觉到肌肉燃烧，是身体对训练的反应，能够让你更加健美



45-MIN FORMAT

06. 额外的下蹲/肩部

重量选择

1片中或大杠铃片

训练肌肉群

向后一步单臂杠铃片划船：后三角肌、上背部肌肉、臀大肌、腿后肌

小节焦点

首先教授划船组合动作的节奏，然后关注臀部到后部肌肉链的练习。无论有无跳跃动作，都可以指导箭步下蹲深蹲组合的进展，让每个人都感觉成功。

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Horns)	4x8	SET Position plate in L hand	
	0:25	Instr / (Low pulse)	4x8	1x 4/4 SINGLE-ARM PLATE ROW L, R arm extends out with BACKWARD-STEPPING TAP L leg	2x
	0:45	C / Now we're crawl	16x8	3x 1/1 SINGLE ARM PLATE ROW L with BACKWARD-STEPPING TAP L leg (8cts) Step R leg B and plate extends to full Row position and hold (2cts), SINGLE ARM PLATE ROW (4cts), rise with plate fully extended by side and R foot taps B to SET Stance (2cts)	16x
	2:09	Instr / (Low)	4x8	RECOVERY: Shake legs, plate into R hand	
2	2:29	Instr / (B up)	4x8	1x 4/4 SINGLE-ARM PLATE ROW L arm extends out with BACKWARD-STEPPING TAP R leg	2x
	2:50	C / Now we're crawl	16x8	3x 1/1 SINGLE-ARM PLATE ROW R (8cts) L arm extends out, with BACKWARD STEP TAP R leg Step R leg B and plate extends to full Row position and hold (2cts) 3x SINGLE ARM PLATE ROW (4cts), rise with plate fully extended by side and R foot taps B to SET Stance (2cts)	16x
	4:12	Instr / (Low)	4x8	RECOVERY: Shake legs, plate down	
	4:33	Instr / (B up)	4x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE L R (16cts)	
3	4:54	C / Now we're crawl	4x8	COMBO 1 (8cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L R (4cts) DOUBLE PULSE SQUAT (4cts)	4x
	5:14	Outro / (Dubstep)	12x8	ADVANCED COMBO 2 (8cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L&R (4cts) 1x JUMP SQUAT (4cts) Option: Stay with Combo 1	12x
				RECOVERY: Shake out the legs. Quad Stretch. Shoulder Stretch.	



45-MIN FORMAT

06. CRAWL OUTTA LOVE 6:22mins

技术与教授

1. 向后一步单臂杠铃片划船

第1层

慢慢移动，然后一旦正式开始，就给时间和空间让学员们去了解节奏和新练习、新音乐的感觉。保持简单的语言，确保运动的成功。

- 基本站姿
- 挺胸——腹部收紧
- 臀部前倾
- 鼻尖超过脚尖
- 摆正肩膀
- 摆正臀部
- 挤压肩胛骨向脊柱

2. 向后一步单臂杠铃片划船

第2层

学员们现在应该有了节奏，所以用另一边的动作，教导第2层提示语，提高动作的执行。保持前倾，鼻子朝前，身体想要扭转时，臀部肩膀摆正。会觉得累，他们需要克服疲劳，这样才会有效果。

暂停，深入探索上背部。

- 保持前倾
- 后脚要轻
- 前脚脚跟向外
- 收紧，保持稳定
- 跳跃时，臀大肌在燃烧
- 双腿在颤抖

3. 交替向后箭步下蹲/两次深蹲弹动/跳跃深蹲

第1层/第2层

简单地给学员们选择，让每个人知道他们可以到什么程度，重点是什么。动作范围可以带来运动强度，使用手臂驱动跳跃动作。

向后慢步箭步下蹲

- 基本站姿
- 挺胸——腹部收紧
- 向后一大步
- 快速箭步下蹲，2次弹动深蹲
- 可以选择抬起小腿或是跳跃
- 如果跳跃的话，下落时要放松膝盖
- 使用手臂力量
- 挺胸——深蹲时臀部向下向后
- 跳跃下落时深蹲
- 努力努力，直到最后



术语

基本站姿

姿势建立

- 脚跟位于髋关节正下方
- 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



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



MID Stance



Bottom Range

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



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
- 双脚打开与髋同宽，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

A字推举

姿势建立

- 杠铃片面向内，手肘向内
- 手掌距离稍窄于肩宽
- 弯曲手肘，与踏板同高
- 举起时挤压胸部
- 在顶端时呈一个大写的“A”



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



1. 直腿

2. 跪姿

3. 蛙式

单臂杠铃片俯身划船

姿势建立

- 基本站姿
- 双脚打开，与髋同宽
- 挺胸——腹部收紧

执行建立

- 臀部前倾
- 挺胸
- 杠铃片划船至下肋骨
- 胸部和肩部摆正



单臂杠铃硬拉

姿势建立

- 基本站姿
- 双脚打开，与髋同宽
- 挺胸——腹部收紧

执行建立

- 臀部前倾
- 挺胸
- 胸部和肩膀摆正

第2层

- 身躯中线在双脚中间



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

推举

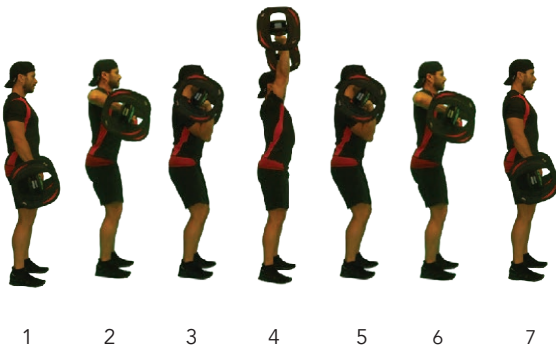
姿势建立

- 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。



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。





术语

宽距划船

姿势建立

- 基本站姿
- 双手宽握杠铃
- 腹部收紧——挺胸

执行建立

- 杠铃到膝盖高度
- 杠铃从膝盖划船至胸部下方
- 收下巴——眼睛盯着前方约2米的地方
- 挤压肩胛骨

第2层

- 努力，弯曲或是抓紧杠铃



肱三头肌俯卧撑

姿势建立

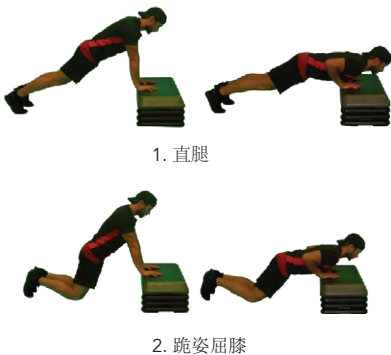
- 双手在肩膀下方
- 收腹
- 后背直立

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



肱二头肌弯举

姿势建立

- 放松膝盖——分腿站姿或基本站姿
- 挺胸
- 腹部向内收紧

执行建立

- 弯举杠铃至肩膀前方
- 往下伸展一直到大腿

第2层

- 手肘放在身体两侧
- 身体保持静止





术语

向后弓箭步蹲

姿势建立

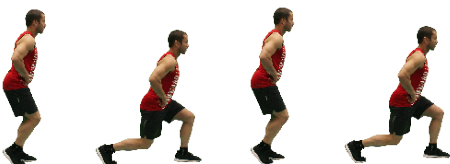
- 向后一大步
- 双脚与髌同宽
- 臀部和肩部放平，并正对前方
- 膝盖对准脚趾
- 收腹挺胸

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



中距站姿杠铃片颈前深蹲

姿势建立

- 双脚比髌略宽，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



站立后三角肌飞鸟

姿势建立

- 基本站姿
- 臀部前倾
- 身体呈45度角
- 挺胸，腹部收紧
- 收下吧，后颈伸长，眼睛盯着前方1米处

执行建立

- 手肘带动动作
- 手肘微曲
- 挤压肩胛骨
- 目标是稳定

第2层

- 手肘带动动作
- 保持挺胸；肩膀不要下落
- 肩膀远离耳朵





术语

站立侧平举

姿势建立

- 基本站姿，站好
- 手肘呈90度
- 挺胸——腹部收紧

执行建立

- 抬高手肘，位于肩膀下方
- 手肘稍前于肩膀
- 手肘带动动作
- 收下巴

第2层

- 身体保持静止，孤立肩膀
- 肩膀远离耳朵

可选动作：为了加大强度，加大手肘的距离

保持手肘略微向前，确保我们将手臂抬高到与肩胛骨同高，帮助我们回旋肌均匀发力，保护肩膀。到肩膀高度就停下动作，可以降低肩膀受伤的可能性（压迫到肩部组织）。



回旋肌侧平举

姿势建立

- 基本站姿
- 挺胸，腹部收紧
- 手肘呈90度——杠铃片面向内

执行建立

- 与肩同高
- 低处的前部回到肩膀高度
- 旋转肩膀，打开双臂
- 回到起始姿势

第2层

- 拉回来时挤压肩胛骨
- 完成练习的所有阶段



站立直身划船

姿势建立

- 基本站姿
- 挺胸——腹部收紧
- 肩胛骨稍稍夹紧

执行建立

- 杠铃抬高到下胸部
- 手肘在杠铃上方
- 保持杠铃靠近身体

第2层

- 手肘带动动作
- 挤压肩胛骨

保持挺胸，并且收紧肩胛骨于最佳位置，承受负重。抬高杠铃，不高于下胸部，降低肩膀受伤的可能性（压迫到肩部组织）。



站立过顶推举

姿势建立

- 分腿站姿
- 后腿受力均衡，膝盖放松
- 挺胸——腹部收紧
- 杠铃与下巴同高，手肘在手腕下方B

执行建立

- 将杠铃向上推
- 动作顶端时手肘保持放松，稍微向前
- 杠铃在头部上方时收紧腹部

第2层

- 保持身体直立，不要向后靠——让肩膀运动



术语

站立推举

姿势建立

- 分腿站姿
- 后腿受力均衡，膝盖放松
- 挺胸——腹部收紧
- 杠铃到锁骨位置，手肘在手腕下方

执行建立

- 向上推杠铃
- 动作顶端时手肘保持放松，稍微向前
- 杠铃在头部上方时收紧腹部

第2层

- 保持身体直立，不要向后靠——让肩膀运动



杠铃片卷腹飞鸟

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



臀桥

姿势建立

- 杠铃片放在大腿上，双手支撑杠铃片
- 双腿分开，与肩同宽

执行建立

- 脚跟支撑用力，抬高臀部
- 挤压臀大肌
- 慢慢下来



向后箭步下蹲加侧平举

姿势建立

- 双腿分开，与髋同宽
- 挺胸
- 手肘呈90度

执行建立

- 向后一大步
- 后腿膝盖向地面弯曲
- 前腿大腿平行
- 臀部和肩膀摆正
- 挺胸，腹部收紧
- 手肘抬到侧面——就在肩膀以下
- 手肘稍稍向前

第2层

- 箭步下蹲时保持全幅范围——整体训练





术语

双臂过顶杠铃片卷腹

姿势建立

- 手臂伸展过头顶
- 收下巴

执行建立

- 从肋骨处滑到臀部
- 肱二头肌在耳朵旁边
- 动作由卷腹驱动

第2层

- 尝试一下，向上卷腹，更高一点
- 动作由卷腹驱动——手臂在耳朵旁边

三次弹动静态箭步下蹲加回旋肌侧平举

姿势建立

- 双脚打开，与髌同宽
- 大步箭步下蹲
- 挺胸
- 手肘呈90度
- 前腿大腿平行
- 臀部和肩膀正对前方

执行建立

- 手肘抬到提测——在肩膀下方
- 手肘稍稍向前
- 前部向上转
- 挤压肩胛骨
- 挺胸——腹部收紧

第2层

- 箭步下蹲保持全幅范围——整体训练



向后箭步下蹲加过顶杠铃片推举

姿势建立

- 双脚打开，与髌同宽
- 挺胸
- 手肘呈90度
- 杠铃片向前

执行建立

- 向后一大步
- 后腿膝盖向地板弯曲
- 前腿大腿平行
- 臀部和肩膀
- 挺胸，腹部收紧
- 居高杠铃片
- 腹部收紧
- 挺胸

第2层

- 箭步下蹲全幅范围
- 把杠铃片用力向天花板推



向后一步单臂杠铃片划船

姿势建立

- 基本站姿
- 挺胸——腹部收紧

执行建立

- 臀部前倾
- 摆正肩膀
- 鼻子要超过脚趾
- 摆正臀部
- 杠铃片到下肋骨
- 挤压肩胛骨向脊柱

第2层

- 保持重心向前，给臀大肌负重
- 胸部中线保持在大脚趾之间



音乐

01

Lullaby (3:21)
Sigala & Paloma Faith
© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Bullmore, Record, Bennett, Fielder, Glynn

02

Lullaby (1:52)
Sigala & Paloma Faith
© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Bullmore, Record, Bennett, Fielder, Glynn

03

Dreamer (Matisse & Sadko Remix) (3:49)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Loelv, Pontare, Al Fakir, Ingrosso, Axwell

Dreamer (Matisse & Sadko Remix) (2:24)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Loelv, Pontare, Al Fakir, Ingrosso, Axwell

04

Dangerous Night (3:17)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto, Aiello

Dangerous Night (2:12)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto, Aiello

BOOM (2:54)
Tiësto & Sevens feat. Gucci Mane
© Courtesy of the Universal Music Group.
Written by: Verwest, K. Brauer, S. Brauer

05

BOOM (2:44)
Tiësto & Sevens feat. Gucci Mane
© Courtesy of the Universal Music Group.
Written by: Verwest, K. Brauer, S. Brauer

No Excuses (2:31)
Meghan Trainor
© 2018 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wells, Trainor, Hindlin

No Excuses (2:27)
Meghan Trainor
© 2018 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wells, Trainor, Hindlin

06

Church (3:20)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Wells, York, Butts

Church (1:42)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Wells, York, Butts

07

Going Mad (5:41)
Paces feat. CLYPSO & Raven Felix
© 2018 etcetc Music Pty Ltd. www.etcetc.tv.
Written by: Perry, Michael, Allread, Wayne, Greenberg, Thomas, Maidza

08

We Want Your Soul (Rob & Jack Remix) (3:25)
Dada Life
© Courtesy of the Universal Music Group.
Written by: Corneer, Engblom

09

We Want Your Soul (Rob & Jack Remix) (2:08)
Dada Life
© Courtesy of the Universal Music Group.
Written by:

2 Da Moon (2:54)
Towkio feat. Teddy Jackson, Grace Weber
© Courtesy of the Universal Music Group.
Written by: Smith, Hutchins, Kennett, Oshita, Jackson, Losnegaard

10

Miss You (NVOY Remix) (3:10)
Young Franco
© (P) 2017 Of Leisure.
Written by: Anes, Da Rin De Barbera, Jane

45-MIN FORMAT

05

People Day (5:02)
Don Diablo feat. Paije
© 2018 HEXAGON.
Written by: Poole, Schipper, van Sonderen, Richardson

06

Get It Right (4:34)
Baron Super
© 2018 Les Mills Music Licensing Ltd.
Written by: Pentz, Allen, Orsted, Garcia, Meckseper, Moore

45-MIN FORMAT

BONUS

06

Crawl Outta Love (6:22)
Illenium feat. Annika Wells
© 2018 Seeking Blue / Kasaya.
Written by: Biancanello, Morgan, Miller, Wells

ALTERNATIVE

04

I Bet You Wanna (5:38)
Gnome
© Black Lotus 2018.
Written by: Sanei, Langeveld



左-右: Glen Ostergaard, Marlon Woods, René Vogel, Ben Main, Diana Archer Mills, Reagan Kang & Kylie Gates

BODYPUMP 107有着对比鲜明的音乐和一些创新之举，会让学员惊叹。这个版本的重点在后部肌肉链以及获得更多的肌肉紧张感，能快速塑形！

课程以Lullaby开始，流畅地连接杠铃和杠铃片练习。深蹲6分钟，臀腿肌肉紧张、卡路里燃烧。Dangerous Night的胸部练习使用杠铃、杠铃片和自重俯卧撑，重点在于控制——你能创造多少紧张感并且坚持多久？

背部小节的亮点Boom是BODYPUMP 106跪姿单次杠铃片练习到站立单次杠铃片练习的进步，更能挑战腹斜肌。

No Excuses是完美孤立肱三头肌的歌曲，结合了俯卧撑、反冲和过顶伸展。

肱二头肌的Church是一节没有休息的练习，尤其是肱二头肌划船。

Going Mad平静的音乐完美结合的深蹲和箭步下蹲（可选弹动动作）。

无论有没有弹动动作（向参与者提供），我们都有蹲下和韵律的最终组合，以及Going Mad的非常酷的声音。

Want Your Sou使用杠铃、杠铃片和自重，从3D维度训练肩部，达到最好的训练效果。

最后，看看45分钟版的组合小节练习，再加上我们还加入了“试训”小节，可以代替箭步下蹲/肩部组合动作小节。这节的重点是后部肌肉链，感觉肌肉的燃烧，一些跳跃动作可以锻炼心肺，获得力量。让我们知道你的想法吧！

摄制组人员名单

项目主管 - Glen Ostergaard

首席创意总监 - Dr. Jackie Mills

创意总监 - Diana Archer Mills

技术顾问 - Bryce Hastings & Corey Baird

项目教练 - Kylie Gates

制片协调 - 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。

Ben Main（新西兰）是BODYPUMP、BODYATTACK和莱美GRIT训练师，目前在奥克兰。

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。

Reagan Kang（马来西亚）是BODYPUMP和莱美GRIT系列的训练师，也是BODYCOMBAT、CXWORX和RPM教练。

René Vogel（德国）是BODYPUM、BODYBALANCE/BODYFLOW、CXWORX和莱美GRIT训练师，也是BODYATTACK教练。



小节设置

新的45分钟小节设置

Track 01	热身
Track 02	下蹲
Track 03	胸部
Track 04	背部
Track 05	肱三头肌/肱二头肌
(45)	
Track 06	箭步下蹲/肩膀
(45)	
Track 09	核心
Track 10	放松
Total Time	38:13

注意：45分钟版包括定制版第5节（肱三头肌和肱二头肌组合）和第6节（箭步下蹲和肩部组合）。在12周的一个周期中，同时使用这一选择以及原始的45分钟版，创造多样性。

请填写问卷（链接：<http://bit.ly/2tHeThM>）让我们了解你的反馈。

30分钟小节设置

Track 01	热身
Track 02	下蹲
Track 03	胸部
Track 04	背部
Track 09	核心
Total Time	25:27

45分钟小节设置

Track 01	热身
Track 02	下蹲
Track 03	胸部
Track 04	背部
Track 07	箭步下蹲
Track 08	肩膀
Track 09	核心
Track 10	放松
Total Time	39:51

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

缩略语

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

节拍

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

要对新的学员表示感谢并告诉他们，若想离开随时都可以。



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。

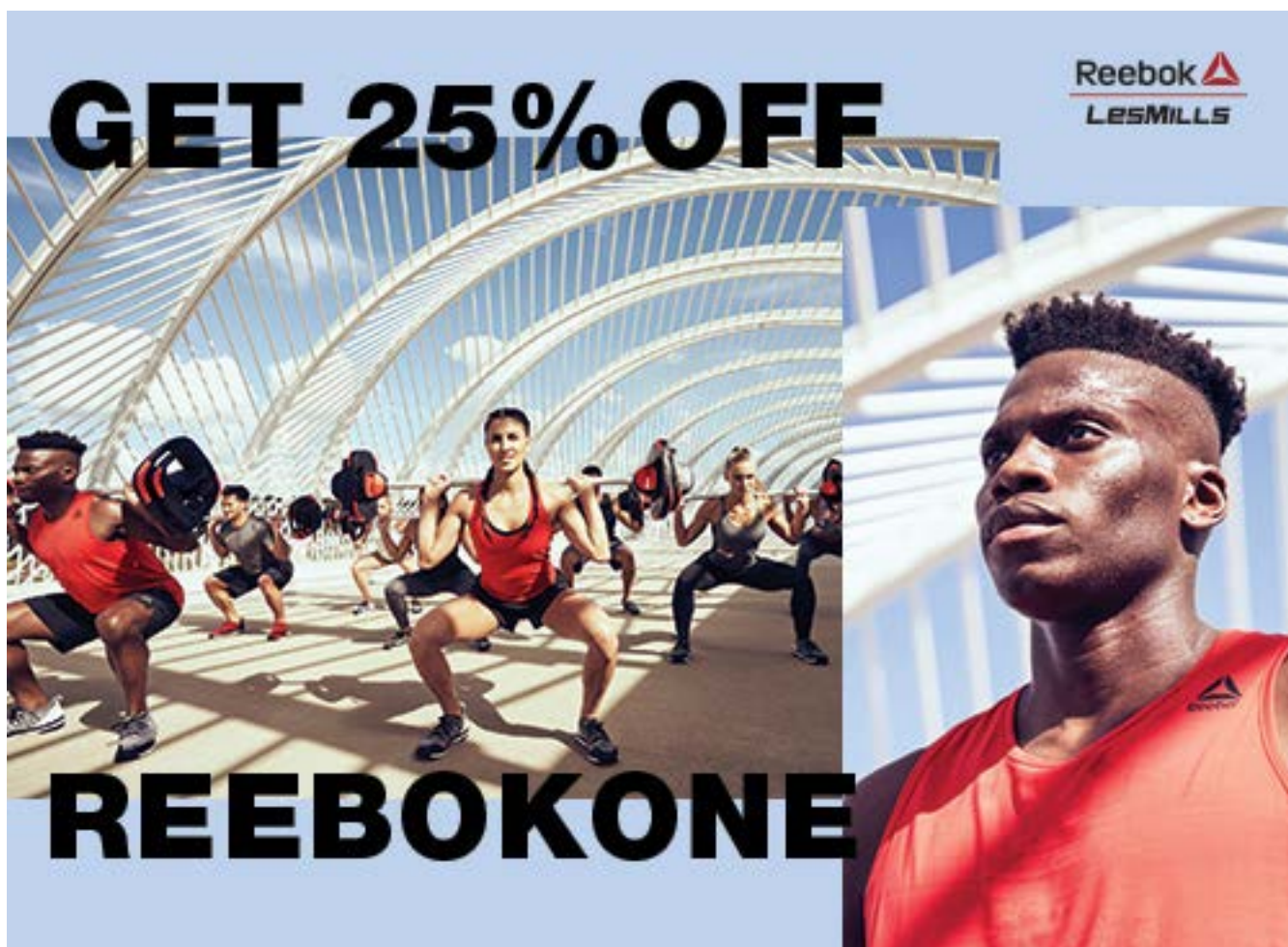
我们完全相信，我们能改变世界。

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

107

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

45-MIN FORMAT

06. BONUS LUNGES/SHOULDERS

GLOSSARY

MUSIC

EXPRESS FORMATS

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BODYPUMP 107

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01. WARMUP

WEIGHT SELECTION

Light barbell and 1 medium to 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 / (Strum)	2x8	SET Position, Shoulder Roll
	0:12	V1 / Will you lay	4x8	4/4 DEADLIFT SET Stance 2x
	0:28	PC / Cause all I need	4x8	3/1 4x
	0:43	C / A sweet lullaby	4x8	1/1 DEADROW 4x
	0:59	Cause I just	4x8	TRIPLE DEADROW (16cts) 2x
			Last 4cts transition hands wide for WIDE DEADROW	
2	1:14	Instr / (Melody)	4x8	TRIPLE WIDE DEADROW (16cts) 2x
			Last 4cts, transition hands back to normal grip for UPRIGHT ROW	
	1:30	V2 / I'll be there	4x8	2/2 UPRIGHT ROW SET Stance 4x
	1:46	PC / Cause all I need	4x8	2/2 CLEAN & PRESS (16cts) 2x
	2:01	C / A sweet lullaby	4x8	1/1 (8cts) 4x
			Use last 4cts to transition bar to back for SQUAT MID Stance	
3	2:17	Rep / _ When I'm not	4x8	4/4 SQUAT MID Stance 2x
	2:32	Just sing to me _	4x8	1/1 8x
			Last 4cts, R foot back to transition to LUNGE L	
	2:47	C / A sweet lullaby	4x8	1/1 LUNGE L (R foot B) 8x
	3:03	Cause I just	4x8	1/1 LUNGE R (L foot B) 8x
	3:18	Br	1½x8	TRANSITION: Bar down, pick up 1 plate. Set up for PLATE UPRIGHT ROW SET Stance
	3:21	V2 / I'll be there	4x8	2/2 PLATE UPRIGHT ROW SET Stance 4x
	3:36	PC / Cause all I need	4x8	2/2 PLATE CURL SQUAT & PRESS (16cts) 2x
	3:51	C / A sweet lullaby	4x8	1/1 4x
			After last rep, Plate stays at Collarbone for FRONT SQUAT	
	4:07	Rep / _ When I'm not	4x8	4/4 PLATE FRONT SQUAT (16cts) 2x
	4:23	Just sing to me _	4x8	1/1 8x
	4:38	C / A sweet lullaby	8x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS L R (16cts) 4x
			RECOVERY: Shake arms, twist torso	



01. LULLABY 5:13mins

TECHNIQUE AND COACHING

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.

- **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

We warm the upper body in Set 2 with upright rows which connects to the slow Clean & Press with barbell. We build into faster Clean & Presses preparing the class for the Back track ahead. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns to help the class achieve good lifting Technique. We finish the set with Squats and Lunges on each leg.

- **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 hips, hips go back and down, knees press forward, hips to 90 degrees**
- **Lunges – long step back, back knee down, front thigh parallel to floor, chest lifted, abs braced**

SET 3

LAYER 1 / LAYER 2

Transition to a large plate for Upright Rows and Plate Curl Squat & Presses. We start slowly and then with tempo we focus on full-range Squats to lift the heart rate and get the body ready. We move into Squats to prepare our body for the next track and finish this block with Backward-Stepping Lunges with Overhead Plate Presses. Focus on coaching clear Layer 1 Position and Execution cues to help participants make the connection with technique and music.

- **Plate Upright Row – hold plate vertically, keep plate close, elbows in**
- **Plate Curl Squat & Press – curl the plate, squat and drop under, chest up, abs braced and press, hips back and down, to 90 degrees**
- **Mid-Stance Front Squat – feet outside hips, hips go back and down, knees press forward, hips to 90 degrees**
- **Backward-Stepping Lunge with Overhead 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 to 3 times your Warmup weight

NEW PEOPLE: Double Warmup weight

TRACK FOCUS

Coach your class to focus on the different feel between the Mid, Wide and Wider Stance and use your voice and body to build range and excitement on the singles into the combination.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Keyboard melody)	2x8	Set up SQUAT , SET Stance, heel toe wider to find MID Stance
	0:12	V1 / Heavy on your	4x8	4/4 SQUAT MID Stance
	0:27	PC / Cause I promise	4x8	3/1
	0:42	B up / _ When it all	4x8	2/2
	0:56	C / We are dreamers	4x8	1/1/2
	1:11	Instr / (Synth melody)	8x8	COMBINATION (16cts) 1x TRIPLE PULSE SQUAT (8cts) 2x 1/1 SQUAT (8cts)
2	1:41	Instr / (Low)	2x8	RECOVERY: Hold, transition heel toe wider to WIDE Stance
	1:48	V2 / Heavy on feet	4x8	2/2 SQUAT WIDE Stance
	2:03	PC / Cause I promise	4x8	1/1/2
	2:18	B up / _ When it all	4x8	3/1
	2:32	QC / Dreamer too	4x8	1/1/2
	2:47	B up / Dreamer too	8x8	1/1
	3:17	Instr / (Synth melody)	8x8	COMBINATION (16cts)
3	3:47	Instr / (Low)	2x8	RECOVERY: Hold, transition heel toe wider to WIDE Stance
	3:54	V3 / Heavy on my	4x8	2/2 SQUAT WIDER Stance
	4:09	Cause I promise	4x8	1/1/2
	4:24	B up / _ When it all	4x8	3/1
	4:39	QC / Dreamer too	4x8	1/1/2
	4:53	B up / Dreamer too	8x8	1/1
	5:23	Instr / (Synth melody)	8x8	COMBINATION (16cts)
	5:52	Outro / Dreamer too	4x8	4/4 SQUAT
				Recovery: Shake out the legs. Quadricep Stretches:



02. DREAMER 6:13mins

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 Timing, Target zones and leg alignment.

- **Feet outside hips, 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
- *Let the bar sink into the meaty part of the back*

2 WIDE STANCE

LAYER 1 / 2

Re-set, 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 to bring focus to glute activation. Once in the Singles, focus on a 'stop and stand' rhythm, encouraging the class to squeeze their glutes to the top of the movement to increase muscle activation. Coach small bottom range in the Pulses to stay controlled and to look after the joints. Explain how to Improve Execution or Manipulate the Intensity and Educate them on the 'whys' which helps empower participants change on the floor. This will enable them to feel the muscles working and help them fine-tune technique. In the Triple Pulse, single combo, draw the participants' attention to the contrast between the two rhythms and how this generates more work.

- **One heel – toe wider – Wide Squat**
- **Pull the knees** out using the abductors, your side glutes
- *Drive your heels into the floor to turn on your glutes*
- *Feel the difference in the Wide Squat*
- **Hips sit back and down**
- **Brace your core**
- **Push your knees wide**
- *In the 3/1 rhythm, let the bar 'float to the top'*
- *Squat like you are facing a wall; **keep your chest up** to keep your lower back from fatiguing*
- *Feel the static at the bottom of the range and the tempo in the Singles*

3 WIDER STANCE

Layer 1 / Layer 3

Set the heel – toe wider for this new stance = Wider Stance. Final round, last opportunity to chase results and build stronger glutes. Quickly coach the basics for the Wider Stance focusing on sitting hips back more and maintaining knee alignment. Avoid over-coaching here; let the music speak. Use the 2/2 rhythm to set the motivational platform for the finish of the track. Build the energy and enthusiasm in the Singles and drive your class to the finish through the combo. What will you say to help your class work hard to the end?

- **Heel – toe wider, slowly**
- *It's important to stay upright to keep tension in the muscles*
- *Hips sit further back and knees keep pressing out*
- **Abs braced**
- *Let's engage the side glutes*
- *Press through the outside edges of the feet and maintain this tension*
- **Chest is lifted, strong and proud**
- *3, 2, 1, stand*
- *Stay right down low to find the heat*
- *Release on the Singles*
- *I promise you, BODYPUMP will change your life!*
- *They say the reps don't count until they burn. I say they're counting now!*

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 big on contrast. By starting the track in a calm way this gives you the opportunity to take the participants on an emotional and physical journey. Your performance tools are the music, voice and actions – when you bring contrast through these tools we take participants to a place they couldn't get to on their own. How will you perform this track in your own authentic style?

PUMP FACT

Squats are a great way to improve core stability. To maximize this effect, we need to maintain our trunk position as we isolate the movement to the hip, knee and ankle. We do this by simultaneously lifting the chest and engaging the abdominals.



03. CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or slightly more – room behind bench for Pushups
2x medium to large plates

NEW PEOPLE: Barbell with Warmup weight,
2x small plates

DEMONSTRATE: A-Press

TRACK FOCUS

This track features fast transitions with a focus on great execution to gain and maintain tension through all moves that will fast-track our training.

MUSCLE FOCUS

Pectorals, triceps and Deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Low swirl)	2x8	Pick up bar, hands WIDE grip for CHEST PRESS	
	0:11 V1 / Burn and we played	4x8	4/4 WIDE-GRIP CHEST PRESS	2x
	0:25 PC / I, I am a man	4x8	3/1	4x
	0:39 C / Dangerous night	4x8	4x BOTTOM HALF CHEST PRESS (16cts)	2x
	0:53 Cross the line	4x8	1/1 CHEST PRESS	8x
2	1:07 Started a stranger	4x8	4/4 (16cts)	2x
	1:21 PC / I, I am a man	4x8	3/1	4x
	1:36 C / Dangerous night	4x8	4x BOTTOM HALF CHEST PRESS (16cts)	2x
	1:50 Cross the line	4x8	1/1 CHEST PRESS	8x
	2:04 Instr / (Dramatic)	2x8	TRANSITION: Bar down, grab plates for A-PRESS	
3	2:11 Instr / (Staggered clap)	2x8	4/4 A-PRESS	
	2:18 PC / I, I am a man	4x8	3/1	4x
	2:32 C / Dangerous night	12x8	A-PRESS COMBINATION (16cts): 2x 1/1 A-PRESS (8cts) 1x TRIPLE PULSE A-PRESS (8cts)	6x
	3:15 Instr / (Dramatic)	1x8	TRANSITION: Plates down, behind bench for BENCH TOP PUSHUP	
	3:18 Br / Started a stranger	4x8	4/4 BENCH TOP PUSHUP	2x
4	3:32 PC / I, I am a man	4x8	3/1	4x
	3:46 C / Dangerous night	4x8	4x BOTTOM HALF BENCH TOP PUSHUP (16cts)	2x
	4:00 Cross the line	4x8	1/1	8x
	4:15 Instr / (Dramatic)	2x8	TRANSITION grab plates, back on bench for A-PRESS	
	4:22 Instr / (Staggered clap)	2x8	4/4 A-PRESS	
5	4:29 PC / I, I am a man	4x8	3/1	4x
	4:43 C / Dangerous night	12x8	A-PRESS COMBINATION (16cts)	6x
			Recovery: Shake out and open arms wide for Chest Stretch.	



03. DANGEROUS NIGHT 5:29mins

TECHNIQUE AND COACHING

1 WIDE-GRIP CHEST PRESS

LAYER 1

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

- **Hands wide on the bar**
- *Bar over shoulders*
- *Feet hip-width apart, close to bench*
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- **Elbows out wide**
- **Elbows top of the bench for range**
- *Shoulders away from the ears so elbows stay under the bar*
- *Slow Bottom Halves to start building tension*

2. WIDE-GRIP CHEST PRESS

LAYER 1 / LAYER 2

First set is short so continue to help participants move with 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. Big tension builds in the slow Bottom Half to fast-track the training. The focus is to drive the upper back into the bench to feel the chest open, creating a strong platform to work from.

- *Reset now – feet on the floor and **brace the core***
- *Shoulders away from the ears*
- *Drive your upper back into the bench and feel your chest open*
- *Squeeze chest muscles as you push up*
- *Slow Bottom Halves for maximum tension*
- *Down half, down half*
- *It's this tension that fast-tracks the training.*

3. A-PRESS

LAYER 1 / LAYER 2

New exercise so coach Layer 1 Execution cues – Timing, Range and Target Zones for the A-Press and Chest Pushup. Once the A-Press is established focus the class on isolation and precision – squeezing armpits in as they close the plates in.

- *Quick transition – bar down grab your plates*
- **Plates face inwards**
- **Keep your elbows just above the bench at the bottom**
- *Elbows bend just like a Chest Press*
- *Out, in, out, in*
- *Plates close at the top*
- *Elbows top of the bench for range*
- *As we press, squeeze your armpits into your ribs to feel the isolation*
- *It's just a different way to train our chest*

4. BENCH PUSHUP

LAYER 1/ LAYER 2

Quickly set up the Pushups as there is only one set. Coach to corkscrew hands into bench for more tension. Challenge your class to try some on toes as there is only one set! Be sure to offer encouragement and praise for those who choose to take this challenge.

- *Transition; 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 option*
- *Corkscrew your hands in to feel the tension through the body*



03. DANGEROUS NIGHT 5:29mins

5. A-PRESS

LAYER 3

This set is short. Move the class quickly back to the bench and use the music to offer contrast and energy for the final effort. There is little time, so use it wisely to get the best out of your participants. Layer 3 Motivation is unique to you and your class participants – who are they? What do they need today? This comes from knowing your people, their goals and customizing your motivational language to bring them to success!

- *'I am a man/woman on fire!'*
- *'We're running out of time!'*
- *Let's finish with our best effort*
- *Grab your plates*
- *Drive the shoulder blades into the bench*

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

Opening and narrowing the chest during a Chest Press helps facilitate scapular mobility. This reduces stress on the rotator cuffs and increases our ability to push heavier loads safely.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more
add 1 medium to large plate

NEW PEOPLE: Barbell with Chest weight
1 small to medium plate

DEMONSTRATE: Single-Arm Plate Deadrow

TRACK FOCUS

Getting your class to achieve good execution

in the Single-Arm Plate row and challenge participants using the short sets with the barbell. Give options for everyone.

MUSCLE FOCUS

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

Single-Arm Plate Row: Lats

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4½x8	Set up for SINGLE-ARM PLATE DEADROW SET Stance, pick up plate, plate in L hand, R hand to hip or out to side of body wide for SINGLE-ARM PLATE DEADROW	
	0:22	Rep / Boom, boom, boom	4x8	1/1 SINGLE-ARM PLATE DEADROW R (8cts)	4x
	0:37	V1 / It's Wizop , the	8x8	TRIPLE SINGLE-ARM PLATE DEADROW (16cts)	4x
	1:07	Rep / Bring that	4x8	1/1 SINGLE-ARM DEADLIFT (4cts)	8x
2	1:22	B up / Boom , boom, boom	½x8	TRANSITION: Plate down, pick up bar: SET Stance for DEADLIFT	
	1:24	Rep / Boom , boom, boom	6x8	4/4 DEADLIFT SET Position	3x
	1:40	Instr / (Thud)	1x8	HOLD	
	1:43	C / Boom, boom, boom	10x8	1/1 CLEAN & PRESS (8cts) Option: 1x 1/1 CLEAN & PRESS 1x 1/1 DEADROW Use last 4cts to jump hands wide for WIDE DEADROW	10x
	2:22	Like a boom boom	4x8	TRIPLE WIDE DEADROW (16cts)	2x
	2:36	Rep / Bring that	4x8	1/1 WIDE DEADLIFT (4cts)	8x
3	2:50	Instr / (Synth)	3x8	TRANSITION: Bar down, pick up plate, plate in R hand, L hand to hip or out wide for SINGLE ARM PLATE DEADROW	
	3:03	Rep / Boom , boom, boom	4x8	1/1 SINGLE-ARM PLATE DEADROW L (8cts)	4x
	3:18	V2 / It's Wizop , the	8x8	TRIPLE SINGLE-ARM PLATE DEADROW (16cts)	4x
	3:48	Rep / Bring that	4x8	1/1 SINGLE-ARM PLATE DEADLIFT (4cts)	8x



04. BACK

4

	MUSIC		SEQUENCE/EXERCISE		REPS
4:03	B up /	Boom , boom, boom	½x8	TRANSITION: Plate down, pick up bar: Set Stance for DEADLIFT	
4:05	Rep /	Boom , boom, boom	6x8	4/4 DEADLIFT	3x
4:21	Instr /	(Thud)	1x8	HOLD	
4:24	C /	Boom , boom, boom	10x8	1/1 CLEAN & PRESS (8cts) Option: 1x 1/1 CLEAN & PRESS 1x 1/1 DEADROW Use last 4cts to jump hands wide for WIDE DEADROW	10x
5:02	Rep /	Boom , boom, boom	4x8	TRIPLE WIDE DEADROW (16cts)	2x
5:17	Bring	that	4x8	1/1 WIDE DEADLIFT (4cts) Recovery: Twist torso, Upper and Lower Back Stretch	8x



04. BOOM 5:38mins

TECHNIQUE AND COACHING

1 SINGLE-ARM PLATE DEADROW / SINGLE-ARM PLATE DEADLIFT

LAYER 1

Coach your participants how to execute the moves using Position and Execution setup and NETT cues. Focus on developing great lifting Technique. Set up good Position and Execution for the single arm plate work. The most important thing to coach in the Single-Arm Plate Row is to keep the mid-line of the chest between the feet. This helps to isolate the work and prevent rotation. The Single-Arm Deadlift add the extra spike after the Rows and again focus on a good hip hinge and squaring of the body.

SINGLE-ARM PLATE DEADROW

- **Feet under hips, Set position**
- *Hand to hip or out to side at shoulder level*
- *Soft knees*
- **Chest up, core braced**
- **Mid-line of chest between your feet**
- **Hinge forward from hips**
- **Plate to ribs**

SINGLE-ARM PLATE DEADLIFT

- *Down and up*
- **Hinge forward from the hip**
- **Chest up, abs braced**
- *Drive out of the heels as you rise*

2 DEADLIFT / CLEAN & PRESS / WIDE DEADROW / WIDE DEADLIFT

LAYER 1 LAYER 2

Transition to the bar is quick – make sure you set up your participants to have their bar close to them so you don't leave anyone behind. The metabolic drive starts from the Single Clean & Press. There are 10, so use the time to give clear set up cues for great Execution. Towards the end of the set offer a few Layer 2 cues to help Improve Execution. The participants will be expecting a break after the Clean & Press so be clear that they aren't finished yet and cue them into the Wide Rows early on. The Single Deadlifts offer a shift back into the posterior chain; be sure to keep your participants engaged to the last rep!

DEADLIFT

- **Abs braced and chest lifted**
- **Bar to top of the knees**
- **Tip forward from the hips**

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**
- **Use the legs to drive the bar over head**
- **Catch the bar in front of the collarbones**
- *Squat, drive, squat, reset*
- *Punch the bar into the ceiling with the legs – this creates power*

TRIPLE WIDE DEADROW

- *Elbows high and wide*
- **Squeeze between shoulder blades**
- **Bar to lower ribs**
- **Tip from hip**

WIDE DEADLIFT

- *Pull the elbows back*
- *Retract shoulder blades*
- **Chest lifted**
- **Tip forward from hips**
- *Hips push back at the bottom*

3 SINGLE-ARM PLATE DEADROW / SINGLE-ARM PLATE DEADLIFT

LAYER 2

Draw participants' attention to the benefits of unilateral training with the single-arm plate work. Now is a great opportunity to Educate your classes. Keeping everything square while working only one side will recruit more stabilizing muscles and strengthen the core to keep your class in the workout.

SINGLE-ARM PLATE DEADROW

- *Lets' bring in the work – 3 rows*
- *What we're doing here is 'unilateral training'*
- *Keeping everything square while working on the control to balance out our bodies*

SINGLE-ARM PLATE DEADLIFT

- *Hinge, squeeze, hinge, squeeze*
- *The weight will pull you to one side; keep everything square to front*
- *Can you feel that? All the work in the back of the body*

4 DEADLIFT / CLEAN & PRESS / WIDE



04. BOOM 5:38mins

DEADROW/ WIDE DEADLIFT

LAYER 2 / LAYER 3

Keep your participants alert and engaged as they transition quickly to the bar and then do the Clean & Press. This is the last time here, so focus on how to create more Intensity. The heart rate will be high after the Clean & Press; ensure your participants know it's almost over and remain focused on the training to the finish. What language will you use to keep your class in the workout?

- *Plate drops – bar comes up*
- *Did you get the transition this time?*
- *Catch, drive, catch, set*
- *Hands jump wide*
- *Short strength phase*
- *Stay with me*
- *Short set of Deadlifts*
- *Lock out and pull*
- *Hit it up!*
- *Functional strength*
- *Connecting the upper and lower body*
- *This gives you an athletic body*
- *'How much can you use your legs?*

PERFORMANCE

This track has a great energy and rhythm. Let the music drive the workout and avoid over-coaching. There's also a different feel to the track. There is less need for BIG vocals and motivation. More focus on precision, isolation and unilateral work means a smoother, cooler feel to the track. Think, script and practice how you will use your voice, face and body language to communicate this while still getting the best effort from your participants.

INTENSITY

The Intensity in this track comes from the precision and movement control required in the Single Arm Deadrows and Deadlifts, combined with the power in the Clean & Presses.

PUMP FACT

Muscling the bar through the Clean phase is a common fault that prevents adding more weight to the Clean & Press. Initiating the Clean with a strong shrug and heel lift allows the bar to become 'weightless', enabling an efficient Clean with less shoulder stress.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: 1x medium to large plate, 1x small plate
NEW PEOPLE: 1x small to medium plate, 1x small plate

TRACK FOCUS

Focus on clear Position and Execution setup for all exercises and bring focus to range of motion

to create Intensity. Connect your members to the music and hook into the lyrics. Have fun and watch out for the 'kicker' at the end of the sets

MUSCLE FOCUS

Standing Overhead Tricep Kickback, Extension and Dips: Triceps
Tricep Pushup: Triceps, anterior deltoid, pectoralis

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Strum)	2x8 Set up: Place plate on floor to the right, hands on bench top for TRICEP BENCH PUSHUP	
	0:13	V1 / Whatcha	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	0:29	PC / Have you lost	2x8 4/4	
	0:37	C / Someone else	4x8 1/1	8x
2	0:53	V2 / Whatcha	2x8 TRANSITION: Pick up plate with R hand, kneeling position, L hand on bench for TRICEP BENCH KICKBACK R	
	1:01	Why you	2x8 1/1 TRICEP BENCH KICKBACK R (Plate in R hand) (4cts)	4x
	1:09	PC / Have you lost	2x8 4/4	
	1:17	C / Someone else	4x8 1/1	8x
	1:33	Instr / (Melody)	4x8 16x PULSE TRICEP BENCH KICKBACK R	1x
	1:50	PC / Have you lost	2x8 TRANSITION: Stand up, arms up, elbows close to head for STANDING O/H TRICEP PLATE EXTENSION	
	1:58	C / Someone else	4x8 1/1 STANDING O/H TRICEP EXTENSION	8x
3	2:14	Rep / _ Must've	4x8 16 PULSE STANDING O/H TRICEP EXTENSION	
	2:30	Br	2x8 TRANSITION: Shake arms, then plate on floor, hands on bench top	
	2:38	V3 / Whatcha sippin	4x8 2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	2:54	PC / Have you lost	2x8 4/4	
4	3:03	C / Someone else	4x8 1/1	8x
	3:19	V4 / Whatcha sippin	2x8 TRANSITION: Pick up plate with L hand, kneeling position, R hand on bench for TRICEP PLATE KICKBACK L	
	3:27	Why you	2x8 1/1 TRICEP BENCH KICKBACK L (Plate in L hand)	4x
	3:35	PC / Have you lost	2x8 4/4	
	3:43	C / Someone else	4x8 1/1	8x
	4:00	Instr / (Melody)	4x8 16x PULSE TRICEP BENCH KICKBACK	
	4:15	PC / Have you lost	2x8 TRANSITION: Stand up, arms O/H, SET Stance for STANDING TRICEP O/H PLATE EXTENSION	
	4:24	C / Someone else	4x8 1/1 STANDING O/H TRICEP PLATE EXTENSION	8x
	4:40	Outro / _ Must've	4x8 16x PULSE STANDING O/H TRICEP PLATE EXTENSION	

RECOVERY: Shake out the arms, Tricep Stretch:



05. NO EXCUSES 4:58mins

TECHNIQUE AND COACHING

1. TRICEP BENCH PUSHUP

LAYER 1

Coach Layer 1 Position and Execution setup for the Tricep Pushup using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of the exercise. Offer options that allow everyone to perform these with good technique.

- *Shoulders down and back*
- *Hands on bench*
- *OPTIONS: Toes, knees or knees closer*
- **Brace core**
- *Long straight back*
- *Eye gaze to end of bench*
- **Chest to elbow level**
- **Elbows in and back**

2 TRICEP KICKBACK / STANDING OVERHEAD EXTENSION

LAYER 1 / LAYER 2

Grab the lighter weight for this exercise. Coach Position and Execution setup of the Tricep Kickback. The focus is to fully extend the elbow at the top of the movement for maximum muscle recruitment. The Intensity ramps up in the Triple Pulses so be ready to keep your participants in the workout here. Quickly transition to standing and pick up the larger weight plate for Overhead Extensions. Set up Position first then focus on Execution.

TRICEP KICKBACK

- *Knees under hips, hand under shoulder*
- *Hinge forward from hips*
- **Chest up**
- **Upper arm parallel to floor – extend the elbow**
- **Keep shoulders square**

STANDING OVERHEAD TRICEP EXTENSION

- *SET 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*

3. TRICEP BENCH PUSHUPS

LAYER 2 / LAYER 3

The second set of Pushups is challenging. Encourage your participants to keep going and use their options to stay in the workout where necessary. Use Layer 2 coaching to help everyone make better use of their strength.

- *Short set of Pushups – can I meet you on the toes?*
- *There are no excuses*

4 TRICEP KICKBACK / STANDING OVERHEAD EXTENSION

This is the final set! As participants get tired they will be likely to cheat in their rhythm and their range. Use good Layer 2 coaching to help them keep going to achieve amazing triceps. Motivation about the benefits of great range will have strong impact.

- *Kickbacks – this time, lift the elbow high and really squeeze at the top*
- *Don't rush – feel!*
- *Whoaar! Let's isolate and get the full range – guess what's coming next? Pulses*
- *Close to the finish line!*
- *Your momma raised you better than that, I promise you'll never forget*

PERFORMANCE

This song is FUN! Let the lyrics and mood of the track into your teaching. The workout is going to burn, so a lighthearted, fun approach can help participants to stay with you and the workout.

PUMP FACT

Tricep Kickbacks require a stable foundation to maximize the load on the triceps. Chest up as you tip forward and drawing the shoulder blade back a little will achieve this.



06. BICEPS

WEIGHT SELECTION

Barbell with Warmup weight
OPTION: 2x small or large plates

TRACK FOCUS

Coach posture for upper body stability to create isolation in the biceps.

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0.05	Intro / (Chimes)	2x8	Set up: Pick up bar for BICEP CURL . Shoulder roll. SET Stance.
	0.13	C / If you were church	4x8	4/4 BICEP CURL SET Stance
	0.30	Get on my knees	6x8	1/1
	0.47	V1 / Take the pain	8x8	3/1 SPLIT Stance
	1.09	C / If you were church	8x8	3 SLOW MID-RANGE PULSE HOLD (16cts) SET Stance Hold the last rep of pulse, 4cts down
	1.31	Rep / Get on my knees	6x8	1/1 BICEP CURL
2	1.49	V2 / The world	8x8	3/1 BICEP CURL SPLIT Stance
	2.11	C / If you were church	8x8	3 SLOW MID-RANGE PULSE AND HOLD SET Stance
	2.33	Rep / Get on my knees	8x8	4/4 BICEP ROW (8cts)
	2.55	C / If you were church	8x8	3c MID-RANGE PULSE AND HOLD SET Stance
3	3.17		1½x8	HOLD
	3.21	V3 / The world	8x8	3/1 BICEP CURL SPLIT Stance
	3:45	C / If you were church	8x8	3 Slow MID-RANGE PULSE AND HOLD SET Stance
	4:05	Rep / Get on my knees	8x8	4/4 BICEP ROW
	4:27	C / If you were church	8x8	3 SLOW MID-RANGE PULSE AND HOLD SET Stance
				RECOVERY: Shake out the arms. Bicep Stretch.



06. CHURCH 5:02mins

TECHNIQUE AND COACHING

1 BICEP CURL

LAYER 1

Use Layer 1 Position and Execution Cues to get participants moving with the right Timing and Range. Clearly coach the timing of the Single Curls. They are quick and start fast. There are 12 reps; make sure to let the class know when they are approaching the end of the set.

- **Feet under hips**
- **Brace abs, stand strong**
- **Lift your chest** and lock the shoulder blades down into the back ribs
- **Bar in line with shoulders at top**
- **Lower the bar down to your thighs**
- **Elbows stay under shoulders**
- *Shoulders back and down*

2. BICEP CURL

LAYER 1 / LAYER 2

Set 1 is short so continue to coach Layer 1 Execution cues to set participants up with the basics. Use Layer 2 cues that will help your class to move with improved technique to isolate the biceps.

- *3/1 Split Stance*
- *Reset ourselves*
- **Soft knees, chest up**
- *Combo – Mid-Range Pulse with a hold*
- *No sanctuary!*
- *Singles – try not to swing your upper body*

3 BICEP CURL

LAYER 2

Check in with the class on Position. Keeping the chest lifted and shoulders back and down will isolate the arms. Focus on range in the Mid-Range Pulse Combo. The intensity backs off in the Bicep Row; allow participants a moment to recover before hitting back into the combo to finish the set. The focus shifts to the eccentric phase of the movement; slow the bar on the way down to add that little extra to the muscle burn.

- *Dig the front heel into the floor*
- *Shoulder position allows us to isolate the arms*
- *So maintain the strong posture*
- *Building muscle tension!*
- *Resist the weight as it comes down*
- *Eccentric loading to build muscle tension*

4 BICEP CURL

LAYER 3

Connect and engage with your participants. They will be hurting from the accumulation of work to this point. Use your tools of Connection and Motivation to bring them home. What do they need to hear? Look, see and engage.

- *Don't check out*
- *Squeeze the arm at the top*
- *Last time, strong to the finish*

INTENSITY

The intensity in this track is driven from the maintenance of great upper body posture while under tension. This creates more isolation for the biceps and faster results for participants.

PUMP FACT

The Biceps track provides the perfect opportunity to connect with the people in your class. Connection is not just a way of making people feel like they are part of a group – it is very motivating. Nailing this is one of the best ways to keep people coming back, week after week.



07. LUNGES

WEIGHT SELECTION

1x small or large plate
OPTION: Body weight

TRACK FOCUS

Focus on clearly coaching the Timing and Execution of the Squat and Lunge combination, ensuring the front knee position is stabilized for correct muscle loading.

MUSCLE FOCUS

Squats and Lunges: Glutes and quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (High strum)	4x8	Set up BACKWARD-STEPPING LUNGE , plate in R hand	
	0:18 V1 / Play this game	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) (Plate in R hand, R foot steps B) Plate to collarbone on last 2cts, MID Stance	8x
	0:44 PC / Get me going	4x8	1/1 PLATE FRONT SQUAT	8x
	0:58 Instr / (Heavy synth)	8x8	SQUAT LUNGE COMBO L (16cts) 2x 1/1 PLATE FRONT SQUAT (8cts) 1x TRIPLE PULSE LUNGE L (8cts) (R foot steps B only) Use last 4cts to transition plate to L hand	4x
2	1:24 V2 / _ I'm going mad	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts) (L foot steps B)	8x
	1:51 PC / Get that	4x8	1/1 PLATE FRONT SQUAT MID Stance	8x
	2:04 Instr / (Dubstep)	8x8	SQUAT LUNGE COMBO R (16cts) 2x 1/1 PLATE FRONT SQUAT (8cts) 1x TRIPLE PULSE LUNGE R (8cts) Plate stays at collarbone	4x
	2:30 I(Distorted vocal)	2x8	TRANSITION: Set up SQUAT Combo , demonstrate the change between MID Stance and WIDE Stance	
3	2:38 PC / _ This is a different beat	14x8	SQUAT COMBO (16cts) 2x 1/1 PLATE SQUAT MID Stance (8cts) 1x TRIPLE PULSE FRONT SQUAT WIDE Stance (8cts) (R leg leads the transition every time)	7x
	3:23 Instr / (Dubstep)	12x8	SQUAT/ ALTERNATING LUNGE COMBO (16cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L (4cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R (4cts) (Option: Replace 1/1 LUNGE with 1x 2 PULSE BACKWARD STEPPING LUNGE, for more intensity:)	6x
	4:03 (Distorted vocal)	2x8	TRANSITION: Set up SQUAT COMBO	
	4:10 PC / _ This is a different beat	14x8	SQUAT COMBO (16cts) 2x 1/1 PLATE FRONT SQUAT MID Stance (8cts) 1x 3x PULSE FRONT SQUAT WIDE Stance (8cts) (L leg leads the transition every time)	7x
4	4:56 Instr / (Dubstep)	12x8	SQUAT/ALT LUNGE COMBO (16cts) RECOVERY: Shake out the legs: Quad Stretch:	8x



07. GOING MAD 5:41mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE / PLATE FRONT SQUAT / SQUAT LUNGE COMBO

LAYER 1

Begin by establishing SET Position. First move is a Backward-Stepping Lunge; focus on correct Execution to ensure correct front knee alignment. Clear coaching of NETT in the Squat / Lunge Combo will keep the class moving in the right direction at the right time.

BACKWARD-STEPPING LUNGE

- **Feet under hips**
- **Chest up**
- **Abs braced**
- *Back, down, up, in*
- **Front knee pressing out, stacked above ankle**
- **Front thigh parallel**

PLATE FRONT SQUAT

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

SQUAT/LUNGE COMBO

- *1st combo coming*
- *2 single Squats and 3 pulsing Lunges*
- *Long step back, 3, 2, 1 step in*
- *Stay in the bottom range of the Lunge*

2 BACKWARD-STEPPING LUNGE / PLATE FRONT SQUAT / SQUAT LUNGE COMBO

LAYER 2

Repeat of block 1 on the other leg provides the opportunity to Improve Execution and Educate about the benefits of good Technique. By Improving Execution of the Lunge, participants are able to not only be safer but also put more work into their muscles for results.

BACKWARD-STEPPING LUNGE

- *We are going down and up, not forward and back*
- *Down and up keeps the pressure in the muscles*
- *Keep the body upright so the work stays in the legs*

PLATE FRONT SQUAT

- *Down and up*
- *Building good range*
- *Combo is coming*

SQUAT LUNGE COMBO

- *2 Squats, 3 Pulse Lunges*
- *Feel the beat and feel the heat*

3. SQUAT COMBO / ALTERNATING SQUAT LUNGE COMBO

LAYER 1, LAYER2

Adding a new combo means going back to Layer 1 cues coaching at the start of this set. The timing of the Mid/Wide Squat Combo is the same as the first Squat Lunge combo. Clearly coach the foot position and range of the Wide Squat. By hitting 90 degrees at the knees at the bottom of the Squat the workout remains in the muscle and out of the joints. The muscles will tire through this set so be sure to keep participants moving well, and reminding them of the option to reduce weight. Clearly coach the Timing and which foot to move in the Squat Lunge Combo 2. Once the class has the rhythm their option is to pulse the Lunge for more heat.

- *New combo – 2 single Squats and 3 pulsing wide*
- *Let's give it a try*
- **Keep the chest up**
- **90 degrees hip and knee**
- *We play it safe in BODYPUMP - let's get the perfect angle*
- **Knees wide**
- **Abs braced**
- *Just like in Lunges, the range keeps the work in the muscles and out of the joints*
- *Its building again and we've got 1 more combo for you*
- *Single front squats and alternating lunges*
- *Down up, down up*
- *If you want more heat you can pulse the lunge*
- *Or stay singles with me*
- *Come on team*
- *Keeping it 90*



07. GOING MAD 5:41mins

4 SQUAT COMBO / ALTERNATING SQUAT LUNGE COMBO

LAYER 2 / LAYER 3

This is the final set – participants will really be feeling the burn by this point. Keep them engaged in the workout by connecting and letting them know that you’re hurting too. Turn up the Motivation into the final Squat Lunge Combo. Go big and focus on maintaining great Position and Range all the way to the finish line. Don’t forget to celebrate their success once you’ve crossed that line. This track deserves it.

- *Take a breath, everything on the other side*
- *When the spine is aligned the chest is lifted it brings the work into our glutes*
- *That’s what I want – what about you?*
- *Last combo coming*
- *Squat and alternating Lunges*
- *If you want the pulse – take it*
- *Range to the end*
- *We’ve got this, team*

INTENSITY

Participants may struggle to pulse at the bottom of the range when fatigued. Pulsing higher in the range may be their limit – reassure them that it is OK. Over time you will be able to stay lower, which is a sign of improved strength endurance.

PUMP FACT

The reason the quads fatigue in the rear leg so quickly in a Lunge is because there is little or no contribution from glute max on this leg. However, this component improves our ability to walk down stairs and maintain control running downhill.



08. SHOULDERS

WEIGHT SELECTION

REGULARS: Barbell with Warm-up weight or more
2x small/medium

NEW PEOPLE: Barbell with Warmup weight
2x small plates

TRACK FOCUS

Focus on clear Execution cues to achieve a 3D training effect on the front mid and rear shoulder.

MUSCLE FOCUS

Bar work: Deltoids, Trapezius

Plate work: Muscles of the upper back, deltoids, rotator cuffs

Pushup: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Clap)	4x8	Set up the STANDING REAR DELTOID FLY : heels under hips, tip forward from the hips.	
	0:19	Instr / (Distorted vocal)	4x8	2/2 STANDING REAR DELTOID FLY	4x
	0:34	(Upbeat clap)	4x8	1/3	4x
	0:49	Rep / Want your soul	4x8	4/4	2x
	1:03	Instr / (Heavy dubstep)	8x8	TRIPLE PULSE (8cts)	8x
2	1:32	(Low whirl)	2x8	TRANSITION: Stand up, ready for STANDING SIDE RAISE	
	1:40	V1 / Everything is	4x8	2/2 STANDING SIDE RAISE SET Stance	4x
	1:54	Want your soul	4x8	1/3	4x
	2:08	Rep / Want your soul	4x8	1/1	8x
	2:23	Instr / (Synth windup)	4x8	4/4	2x
	2:38	Br / (Low)	1½x8	HOLD	
	2:40	Instr / (Heavy dubstep)	8x8	1/1/1/1 STANDING SIDE ROTATOR RAISE (8cts) Use last 4cts to transition to floor for PUSHUP	8x
	3:09	(Heavy pulse)	4½x8	1/1 PUSHUP Options: On Toes, knees or kneeling	9x
	3:23		2x8	TRANSITION: Pick up bar or 2 plates, SET Stance for STANDING UPRIGHT ROW	
	3:30	V2 / Everything is wonderful	4x8	2/2 STANDING UPRIGHT ROW SET Stance	4x
3	3:45	Rep / Want your soul	4x8	1/3	4x
	3:59	Want your soul	4x8	1/1	8x
	4:14	Instr / (Synth wind up)	4x8	4/4	2x
	4:29	(Low)	1½x8	TRANSITION: Clean bar, to chin level ready for STANDING O/H PRESS	
4	4:31	Rep / Want your soul	4x8	1/1 STANDING O/H PRESS SPLIT Stance	8x
	4:45	Temptation	4x8	1/1 STANDING PUSH PRESS Use last 4cts to transition to floor for PUSHUP	8x
	5:00	Instr / (Heavy pulse)	4x8	1/1 PUSHUP Option: Toes, knees or kneeling	8x
	5:14	Instr / (Low pulse)	4x8	16 PULSE PUSHUP For more intensity - race the beat in the pulses	1x
				RECOVERY: Shake out the arms. Deltoid Stretches. (Arm across front of body.)	



08. WE WANT YOUR SOUL 5:33mins

TECHNIQUE AND COACHING

1 STANDING REAR DELTOID FLY

LAYER 1 / LAYER 2

Focus on Timing, Targets and range so your class is moving the plates with great Execution. The key in Rear Deltoid work is to tip the torso forward to isolate the rear deltoids and controlling the range of the plates to stop just below the shoulders to protect the joint. Once into the Pulses focus on juicing and crushing the back of the shoulders. It should really burn!

STANDING REAR DELTOID FLY

- *Pick up your plates*
- **Feet under hips**
- **Tip forward from the hips**
- **Brace core, chest up**
- **Shoulders back and down**
- *Lead with the elbows*
- **Elbows just under shoulder height**
- **Squeeze shoulder blades together**
- **Chin tucked in and lift chest**
- *Super slow – we gonna take control*
- *We are working the rear delts*
- *Everybody lock your core in the Pulses are coming*
- *Triple Pulse*
- *Top range of the pulse*
- *It's like you're juicing up your back now – crush it!*

2. STANDING SIDE RAISE / STANDING ROTATOR RAISE / PUSHUPS

LAYER 1 / LAYER 2

Changing the exercises will help participants stay in the workout for longer. The second set moves from rear deltoids to the side and front deltoids. Coach Layer 1 Execution cues to establish great quality of movement across the different exercises in this set. Intensity in the Side Raises is driven by maintaining tall proud posture. The Side Rotator Raises are driven by the upper back, and anchor the shoulder blades into the back ribs. There are only 8 Pushups so challenge the class to work their best option here. Keep your coaching simple and clear, and let the music speak.

SIDE RAISE

- **Elbow leads**
- **Stop just below shoulder height**
- *Chest up*
- *1 and 3 – up fast, down slowly*
- *We are into the side delts now*

- *Hold the posture for the Singles*
- *Keep the body super still – that's how we isolate*
- *That's how we build the tension, right?*
- *Carving out a great set of shoulders*

ROTATOR RAISE

- *Set posture*
- *1, 2, 3, 4*
- *Dig your shoulder blades into your back ribs*

PUSHUPS

- **Hands wide**
- *On knees or toes*
- *Shoulders away from the ears*
- **Brace abs**
- **Chest to elbow-height**
- **Back long and straight**
- *If you can get up on your toes, do it now*

3/4 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS / PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

The final block introduces 2 more exercises so you'll need to hit Layer 1 again to set these up quickly. By now, participants are fatigued so be clear and direct. The sequence of exercises focuses on Isolation and should be isolated and integrated. Challenge your class to get the most out of each exercise to build shoulder fatigue with the outcome of total shoulder fatigue. Get everyone to push for max effort in the final set of Pushups and the option is on or off the beat in the Pulsing Pushups.

STANDING UPRIGHT ROW

- **Bar close to body**
- **Elbows wide**
- **Bar stops at lower chest**
- **Chest up**
- *'Pull and push – full extension at the base'*
- *Hold on – the results are worth it!*



08. WE WANT YOUR SOUL 5:33mins

STANDING OVERHEAD PRESS

- From the **chin to the ceiling**
- **Elbows forward**
- **Chest lifted, abs braced**
- Weight on front foot
- Lock your base

STANDING PUSH PRESS

- **Bend knees**
- **Collarbones to ceiling**
- Butt back
- Drive that barbell through the ceiling!

PUSHUP

- Try on the toes if you can
- Final challenge – pulse it!
- Do your best!
- On or off the beat – you choose

INTENSITY

Shoulder circuit training – we superset each dimension (front, rear and mid). This allows us to keep the intensity high for the whole track.

PUMP FACT

Keeping the elbows forward at the top of a Press helps to keep the load in the shoulder muscles and out of the joint tissues. It also helps to reduce load on the lower back, which will often be forced into hyperextension when people take the bar too far behind the head.



09. CORE

WEIGHT SELECTION

1x Small to medium plate

TRACK FOCUS

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

MUSCLE FOCUS

Plate Crunch: Rectus abdominis

Plate Crunch Fly: Rectus abdominis, obliques

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low strum)	2x8	Set up – PLATE CRUNCH
	0:14	V1 / _ OK they	4x8	4/4 PLATE CRUNCH 2x
	0:32	PC / You just caught	4x8	2/2 SINGLE-ARM PLATE CRUNCH FLY R 4x Plate in L hand
	0:50	C / All day, all night	4x8	16x SINGLE-ARM PLATE PULSE CRUNCH R
	1:08	Br / We don't need	4x8	2/2 DOUBLE ARM O/H PLATE CRUNCH 4x Hold plate with both hands, extend arms long O/H, arms next to ears. Use last 4cts to TRANSITION: Plate to hips ready for HIP BRIDGE
2	1:26	Rep / I said oh my	6x8	TOP HALF SLOW PULSE PLATE HIP BRIDGE (4cts) 12x
	1:53	PC / You just caught	4x8	2/2 SINGLE-ARM PLATE FLY CRUNCH, L 4x Plate in R hand
	2:11	C / All day, all night	4x8	16 PULSE SINGLE-ARM CRUNCH L
	2:29	V2 / We don't need	4x8	2/2 DOUBLE ARM O/H PLATE CRUNCH 4x Hold plate with both hands, extend arms long O/H, arms next to ears.
	2:48	Outro	1x8	Plate down: Arms stretch O/H



09. DA MOON 2:54mins

TECHNIQUE AND COACHING

1. PLATE CRUNCH / SINGLE-ARM PLATE FLY CRUNCH/ OVERHEAD PLATE CRUNCH / SINGLE ARM PLATE PULSE CRUNCH / DOUBLE ARM OVERHEAD PLATE CRUNCH LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear Timing cues. Clearly coach the direction and target for the Crunch Fly and check that your participants are moving well. It's a challenging move so without the plate is always a great starting place. The Double Overhead Plate Crunch is a tough variation. Focus on ensuring the arms are extended behind the head and remain narrow on either side of the head. This will make sure that the maximum load is placed on the abdominals with minimal assistance from the shoulders.

PLATE CRUNCH

- *Plate to forehead, hold in both hands*
- **Slide ribs towards hips**
- **Eye gaze towards knees**
- *Plate like a baseball cap*

PLATE CRUNCH FLY

- *Plate in front hand*
- *Opposite arm palm up*
- *Push off supporting hand to keep shoulders square*
- *Slight bend in the elbow*
- *Fly the plate directly over the shoulder*
- *Lift both shoulder blades off the floor*
- **Ribs to hips as you crunch**
- **Chin tucked in, eyes to knees**
- *Shoulders stay square to front, no rotation*

SINGLE-ARM PLATE PULSE CRUNCH

- *Pulse and crunch*
- *Plate stays directly above shoulder*
- *Tuck elbows and chin in*
- **Ribs to hips as you crunch**

DOUBLE-ARM OVERHEAD PLATE CRUNCH

- *Arms extended behind head*
- *Biceps touch ears*
- *Move upper body as one*
- **Chin tucked in**

2 HIP BRIDGE / SINGLE-ARM PLATE CRUNCH FLY / SINGLE-ARM PLATE PULSE / DOUBLE ARM OVERHEAD PLATE CRUNCH

LAYER 1 / LAYER 2 / LAYER 3

We start this block with a hip bridge to activate the glutes and stretch out front body. We repeat the moves again using the other arm for the Crunch Fly. Use Layer 2 cues that will both Improve your participants' technique and help them to feel the work in the target muscles creating more intensity. The set is very short so keep to just one or two tips and let the music speak

- *Plate on hips*
- **Squeeze butt to lift the hips**
- *Drive heels into ground*
- *Hips stay in top half of range*
- *Posterior chain training*
- *Let's go for range this round*
- *Wherever you were go for an extra inch higher*
- *Take it high*
- *Keep the Pulses tight*
- *Keep your lever long for maximum work*



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 / I miss you	1x8	CHILDS POSE
	0:13	V1 / Find your way	4x8	SEATED HURDLER STRETCH L L leg F After 2x8, deeper stretch
	0:41	C / I miss you	2x8	KNEELING HIP FLEXOR R (L leg F, R hand extends up)
	0:55	I miss you	2x8	HIP FLEXOR STRETCH R, with TWIST
2	1:10	V2 / _ All the calls	4x8	SEATED HURDLER STRETCH L R leg F After 2x8, deeper stretch
	1:38	Instr / (Synth)	2x8	HIP FLEXOR STRETCH L (R leg F, L hand extends up)
	1:52	Rep / I miss you	2x8	HIP FLEXOR STRETCH L with TWIST
3	2:07	V3 / Picking me up	2x8	STANDING UPPER BACK STRETCH
	2:21	C / I miss you	2x8	STANDING CHEST STRETCH Arms stretch out wide
	2:35	I miss you	4x8	STANDING ILIOTIBIAL BAND (ITB) STRETCH L, R
	3:03	Outro / (Low)		Shake out arms and legs; congratulate



10. MISS YOU 3:10mins

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: Medium to large plate

Bicep: Barbell with Warmup weight or more

TRACK FOCUS

Coach how to Execute each exercise clearly with Layer 1 cues on the first sets of both triceps and biceps exercises. Biceps has 3 rounds of the same combination which allows you to coach LAYER 2 in the second set and LAYER 3 in the 3rd. Triceps

has more exercise variations so focus on Layers 1 and 3 coaching as a priority.

MUSCLE FOCUS

Kneeling Tricep Kickback: Triceps

Tricep Pushup: Triceps and deltoids

Bicep Combination: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Horn)	4½x8	Set up TRICEP PUSHUP on the floor
	0:18	V1 / _ Air I breathe	4x8	2/2 TRICEP PUSHUP 4x Options: toes, knees or kneeling
	0:30	PC / Shake them shackles	7x8	1/1 14x
	0:53	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	0:56	Instr / (Distorted synth)	12x8	BICEP COMBINATION (16cts) SET Stance 6x 2x 1/1 BICEP CURL (8cts) 1x 2 SLOW MID-RANGE PULSE (8cts) Use last 4cts to transition to floor for TRICEP PUSHUP
	1:34	Rep / When it gets	4x8	1/1 TRICEP PUSHUP 8x Option: Toes, knees or kneeling Last rep down and hold
	1:47	Rep / Say , no matter	2x8	TRANSITION: Pick up plate in R hand, kneeling position for KNEELING TRICEP KICKBACK ROW R
2	1:55	V2 / _ Choking on the air	4x8	4/4 KNEELING TRICEP KICKBACK R 2x
	2:06	PC / Shake them shackles	7x8	1/1 14x
	2:28	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	2:32	Instr / (Distorted Synth)	12x8	BICEP COMBINATION SET Stance (16cts) 6x Use last 4cts to transition to floor for TRICEP PUSHUP
	3:10	Rep / When it gets hard	4x8	1/1 TRICEP PUSHUP 7x Last rep, down and hold
	3:24	Say, no matter	2x8	TRANSITION: Pick up plate in L hand, kneeling position for KNEELING TRICEP KICKBACK L
3	3:30	V3 / _ Choking on the air	4x8	4/4 KNEELING TRICEP KICKBACK L 2x
	3:42	PC / Shake them shackles	7x8	1/1 14x
	4:04	Hit ‘em everywhere	1x8	TRANSITION: Pick up bar, SET Stance for BICEP COMBINATION
	4:08	Instr / (Distorted synth)	12x8	BICEP COMBINATION (16cts) 6x Use last 4cts to transition to floor for TRICEP PUSHUP
	4:46	Br / It gets hard	4x8	1/1 TRICEP PUSHUP 7x Last rep, down and hold RECOVERY: Tricep and Bicep Stretches



45-MIN FORMAT

05. PEOPLE SAY 5:02mins

TECHNIQUE AND COACHING

1 TRICEP PUSHUP / BICEP CURL

TRICEP PUSHUPS

LAYER 1

Coach Layer 1 Position and Execution setup for the Tricep Pushups using NETT. The Singles come in quickly and there are 14, so the challenge is to set up the exercise in the 2/2 rhythm and offer options to complete the set in the 1/1.

- Hands under shoulders on floor
- Corkscrew your hands into the floor
- Shoulders down and back
- **Back long and straight**
- **Abs braced**
- **Elbows tucked in**
- **Chest to elbow height**
- Options on the knees or toes

BICEP CURL

LAYER 1

Quickly coach the transition to Standing Barbell Bicep Curls. Coach clear cues for Position and Execution setup focusing on Targets, Tempos and range, especially in the Mid-Range Pulse.

- SET Position
- 1, 2, 1, down
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift your chest**
- Keep elbows directly under shoulders to isolate the biceps

2 KNEELING TRICEP KICKBACK / BICEP CURL / TRICEP PUSHUP

Layer 1 / Layer 2

Quickly set up Position and Execution for the Tricep Kickback; this set is short. Focus on re-establishing Tempo in the Bicep Combo then move into Layer 2. The set is all about full range in the Curl. It finishes with a quick set of Tricep Pushups; encourage a quick transition here and challenge your participants to jump on their toes, as there's only 8 reps.

KNEELING TRICEP KICKBACK

- One knee on floor
- Elbow to top of other thigh
- **Chest up**
- **Shoulders square**
- Elbow is high, just under shoulder line
- Elbow starts at 90 degrees
- Push plate to back of the room
- Focus on squeezing the back of the arm

BICEP CURL

- Open the bi's
- Full range!

TRICEP PUSHUP

- Quickly, down to the floor for pushups
- Knees or toes
- Hit the range - chest to elbow level
- Push the floor away

3 KNEELING TRICEP KICKBACK / BICEP CURL / TRICEP PUSHUP

LAYER 3

Use this set to get the most out of each exercise. The rapid transitions and accumulation of load will have the class tired by now, so be sure to give them plenty of reason to finish strongly. What will you say to keep everyone in the workout?

- Can we maintain height with the elbow and extension through the length?
- Looking solid, team!
- 1 more set before we finish this off
- When the body starts to fatigue think about isolating the elbows towards the ribs
- We've got 2 more – all yours!
- We've got 8 and you're all done!
- If you can, get up on your toes!



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

This track is all about quality reps that create strong, functional bodies. Coach Timing and Execution. Pre-cues are the key to enable your participants to follow easily. Explain the benefits of this integrated work for BODYPUMP results.

MUSCLE FOCUS

Lunges: Glutes and quads

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Piano)	4x8 Set up, grab 2 plates and prepare to step R foot B for BACKWARD STEPPING LUNGE L	
	0:17	V1 / I'm walking	8x8 1/1/1/1 BACKWARD-STEPPING LUNGE L with 1x 1/1 SIDE RAISE (8cts)	8x
	0:41	PC / Try to hold me	8x8 2x 1/1 STATIC LUNGE L with 2x 1/1 SIDE RAISE 1x 1/1/2 STATIC LUNGE L with 1x 1/1/2 SIDE RAISE	4x
	1:05	Instr / (Synth melody)	12x8 TRIPLE PULSE STATIC LUNGE L with 1x 1/1 ROTATOR RAISE Use last 2cts to transition to LUNGE R	12x
2	1:41	Br / All my dreams	8x8 1/1/1/1 BACKWARD-STEPPING LUNGE R with 1/1 SIDE RAISE	8x
	2:04	PC / Try to hold me	8x8 2x 1/1 STATIC LUNGE R with 2x 1/1 SIDE RAISE 1x 1/1/2 STATIC LUNGE R with 1x 1/1/2 SIDE RAISE	4x
	2:29	Instr / (Synth melody)	12x8 TRIPLE PULSE STATIC LUNGE R with 1x 1/1 SIDE ROTATOR RAISE	12x
3	3:05	All my dreams	2x8 TRANSITION: Prepare to press plates O/H, elbows 90 degrees	
	3:17	They said I would	6x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE with 1x 1/1 DOUBLE-ARM O/H PLATE PRESS L R (8cts)	3x
	3:29	PC / Try to hold me	8x8 3x 1/1 STATIC LUNGE L with 3x 1/1 DOUBLE-ARM O/H PLATE PRESS (16cts)	2x
	3:53	Outro / (Synth melody)	12x8 1/1 ALT BACKWARD STEPPING LUNGE L, R with 1/1 DOUBLE-ARM O/H PLATE PRESS L, R (8cts) RECOVERY: Shake out the legs. Quad Stretch. Shoulder Stretch.	12x



45-MIN FORMAT

06. GET IT RIGHT 4:34mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE WITH SIDE RAISE / STATIC LUNGE WITH SIDE RAISE / STATIC LUNGE WITH ROTATOR RAISE

LAYER 1

Coach Layer 1 Position and Execution setup focusing on Timing, range and precision of movement. Upper body position will be challenged by the Rotator Raise, so reinforce Position and Range cues. Participants should feel the integration from the legs to the shoulders to bring overload and to maximize their results.

BACKWARD-STEPPING LUNGE WITH SIDE RAISE

- Grab your plates
- **Feet under your hips**
- **Chest up, brace core**
- **Elbows to 90 degrees**
- Backward-stepping Lunge with Side Raise
- **Elbow just under shoulder line**
- **Brace the abs** to square the hips and shoulders
- **Long step back**
- **Back knee down**, front knee out
- **Front thigh parallel to the floor**

STATIC LUNGE WITH SIDE RAISE

- From Dynamic Lunge training to Static Lunge training
- 2, 3, down freeze; repeat

STATIC LUNGE WITH ROTATOR RAISE

- 3, 2, 1, stand up
- **Elbows wide and high**
- **Chest up**
- Stay in the bottom range of Lunges
- **Squeeze the shoulder blades together; lift chest for a strong platform**
- It's time to integrate Shoulder and Lunge work!

2 BACKWARD-STEPPING LUNGE WITH SIDE RAISE / STATIC LUNGE WITH SIDE RAISE / STATIC LUNGE WITH ROTATOR RAISE

LAYER 2

Focus on maintaining quality of movement by using Layer 2 cues that reinforce correct execution and muscular feel. As participants experience fatigue offer them options to stay in the workout.

- *At this point if the shoulders get fatigued you can drop the plates*
- *Focus on stability*
- *Keep the reps smooth and load in the muscles*
- *Stretch the elbows to the sides of the room*
- *We are toning the legs and strengthening the shoulders*
- *4 big ones to go!*

3 ALTERNATING BACKWARD STEPPING LUNGE WITH O/H PLATE PRESS / STATIC LUNGE W O/H PLATE PRESS

- Feet under hips
- **Elbows up**
- Backward stepping lunge with overhead press
- Change sides
- **Long step back**
- **Keep the elbows just under the shoulder line**
- 3 static lunges
- Keep the knees soft to keep the quads loaded
- **Elbows in front of the eyes**
- Let the plates float up and down
- We're going to go fast
- Alternating step back lunges
- Drop and stand
- Keep the core turned on
- The burn you feel is your body responding to the training and that's what shifts your fitness level



45-MIN FORMAT

06. BONUS LUNGES/SHOULDERS

WEIGHTS

1x medium to heavy plate

TRACK FOCUS

Coach the timing of this Row combination first, then focus on hip hinging to work into the posterior chain. Coach the progression of the Lunge and Squat combo with or without the Jumps so everyone feels successful.

MUSCLE FOCUS

Single Arm Plate Row with Backward Step:
Posterior Deltoid, Upper back Muscles, Glutes and Hamstrings

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Horns)	4x8	SET Position plate in L hand	
	0:25	Instr / (Low pulse)	4x8	1x 4/4 SINGLE-ARM PLATE ROW L, R arm extends out with BACKWARD-STEPPING TAP L leg	2x
	0:45	C / Now we're crawl	16x8	3x 1/1 SINGLE ARM PLATE ROW L with BACKWARD-STEPPING TAP L leg (8cts) Step R leg B and plate extends to full Row position and hold (2cts), SINGLE ARM PLATE ROW (4cts), rise with plate fully extended by side and R foot taps B to SET Stance (2cts)	16x
	2:09	Instr / (Low)	4x8	RECOVERY: Shake legs, plate into R hand	
2	2:29	Instr / (B up)	4x8	1x 4/4 SINGLE-ARM PLATE ROW L arm extends out with BACKWARD-STEPPING TAP R leg	2x
	2:50	C / Now we're crawl	16x8	3x 1/1 SINGLE-ARM PLATE ROW R (8cts) L arm extends out, with BACKWARD STEP TAP R leg Step R leg B and plate extends to full Row position and hold (2cts) 3x SINGLE ARM PLATE ROW (4cts), rise with plate fully extended by side and R foot taps B to SET Stance (2cts)	16x
	4:12	Instr / (Low)	4x8	RECOVERY: Shake legs, plate down	
	4:33	Instr / (B up)	4x8	2/2/2/2 ALT BACKWARD-STEPPING LUNGE L R (16cts)	
3	4:54	C / Now we're crawl	4x8	COMBO 1 (8cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L R (4cts) DOUBLE PULSE SQUAT (4cts)	4x
	5:14	Outro / (Dubstep)	12x8	ADVANCED COMBO 2 (8cts) 1x 1/1 ALT BACKWARD-STEPPING LUNGE L&R (4cts) 1x JUMP SQUAT (4cts) Option: Stay with Combo 1	12x
				RECOVERY: Shake out the legs. Quad Stretch. Shoulder Stretch.	



45-MIN FORMAT

06. CRAWL OUTTA LOVE 6:22mins

TECHNIQUE AND COACHING

1. SINGLE ARM PLATE ROW WITH BACKWARD STEP

LAYER 1

We set up the move slowly and then once the pattern kicks in, allow time and space for participants to get the Timing and feel of the new exercise and music.

Keep your language simple to ensure success of the movement.

- *Set position*
- **Chest lifted - abs braced**
- **Tip from the hip**
- **Nose over toes**
- **Square the shoulders**
- **Hips square**
- **Squeeze shoulder blade to spine**

2. SINGLE ARM PLATE ROW WITH BACKWARD STEP

LAYER 2

Participants should have the Timing now so use this second side to coach Layer 2 cues that Improve the Execution of the movement. Maintaining the hip hinge with nose forward of toes and keeping hips and shoulders square as body will want to twist. Fatigue will be kicking in, they will need to fight it and this is where the results live.

The pause digs deeper into the upper back

- *Keep tipping forward so you hip hinge*
- *Back foot light*
- *Drive out of the front heel*
- *Brace to stabilize*
- *Glutes are fired up for the jump sequence*
- *Legs are buzzing*

3. ALTERNATING BACKWARD STEPPING LUNGE/ DOUBLE SQUAT PULSE/ JUMP SQUAT

LAYER 1 / LAYER 2

Set up simply giving the choices to participants so everyone knows where they can go and what the focus is. Drive range to build Intensity and using the arms to power the jumps.

SLOW BACKWARD STEPPING LUNGE

- **Set position**
- **Chest up - abs braced**
- **Long step back**
- *Fast lunges and double pulse squat*
- *Option calf raise or jumping*
- **Soft knee landing if you jump**
- *Use the arms for power*
- **Chest up - butt down and back as you squat**
- *Use the squat to absorb the jump on the way down*
- *Big power right to the end*



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

A-PRESS

Position Setup

- Plates face inward, elbows in
- Hands narrower than shoulder-width
- Bend the elbows down to bench level
- Squeeze the chest together as you rise
- You want to make a capital 'A' at the top



BENCH PUSHUP

Position Setup

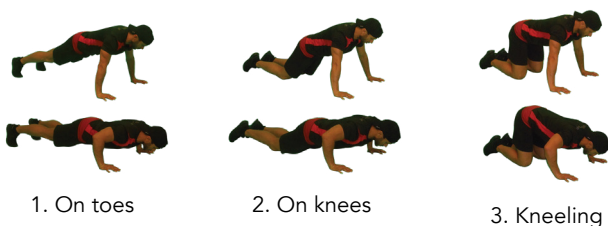
- Hands wide
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



SINGLE-ARM PLATE DEADROW

Position Setup

- SET position
- Feet under hips
- Chest up – abs braced

Execution Setup

- Hinge forward from hips
- Chest up
- Row plate to lower ribs
- Chest and shoulders square

Layer 2

- Squeeze shoulder blade towards spine



SINGLE-ARM PLATE DEADLIFT

Position Setup

- SET position
- Feet under hips
- Chest up – abs braced

Execution Setup

- Hinge from the hips
- Chest up
- Chest and shoulders square

Layer 2

- Keep mid-line of trunk between feet



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

CLEAN & PRESS

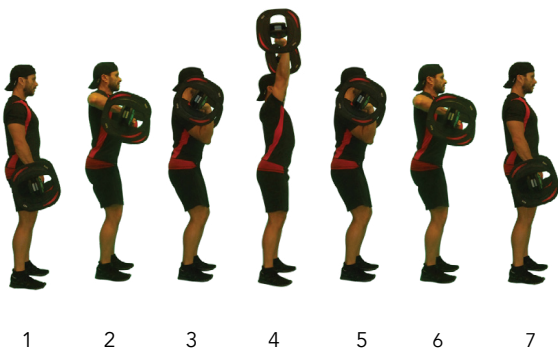
Position Setup

- **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.



DEADROW

Position Setup

- **SET Position**
- **Slight bend in the knees** (20 degrees)
- **Chest up, abs braced**
- Elbows to rear – light pinch between the shoulder blades
- **Chin tucked in**

Execution Setup

- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

Layer 2

- Slide the bar up your thighs
- Squeeze the shoulder blades together
- Bend the legs for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants merely to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.





GLOSSARY

WIDE ROW

Position Setup

- **SET Position**
- Hands wide on the bar
- **Abs Braced – Chest lifted**

Execution Setup

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

Layer 2

- Try and bend or wrap the bar around the body



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



BICEP CURL

Position Setup

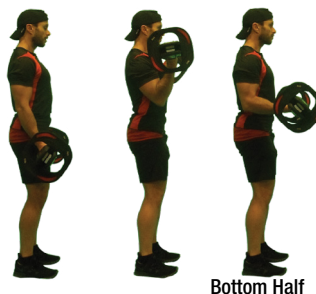
- **Knees soft – Split Stance or SET Position**
- **Chest up**
- **Abs in and braced**

Execution Setup

- Curl the bar to just in front of the shoulders
- Extend all the way down to your thighs

Layer 2

- Elbows by the sides of your body
- Keep the body still





GLOSSARY

BACKWARD-STEPPING LUNGE

Position Setup

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

Execution Setup

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

Layer 2

- Stay low to isolate the legs



PLATE FRONT SQUAT – MID STANCE

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel with the floor, in front of collarbones
- Elbows under plate
- Chest up, abs braced

Execution Setup

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

Layer 2

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



STANDING REAR DELTOID FLY

Position Setup

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

Execution Setup

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

Layer 2

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





GLOSSARY

STANDING SIDE RAISE

Position Setup

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

Execution Setup

- **Lift the elbows to just below shoulder height**
- Elbows slightly forward of shoulders
- Lead the movement with the elbows
- **Chin tucked in**

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears

Option: To increase intensity, widen the angle at the elbow

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



ROTATOR RAISE

Position Setup

- **SET Position**
- **Chest up, abs braced**
- **Elbows bent at 90 degrees – plates facing inward**

Execution Setup

- Shoulder height
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work



STANDING UPRIGHT ROW

Position Setup

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

Execution Setup

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

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

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



STANDING OVERHEAD PRESS

Position Setup

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

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

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





GLOSSARY

STANDING PUSH PRESS

Position Setup

- **Split Stance**
- Weight even in front and back foot, knees soft
- **Chest up – abs braced**
- **Bar to collar bones**, elbows under wrists

Execution Setup

- Press the bar upward
- Keep the elbows soft at the top and elbows slightly forward
- Brace the abs as the bar moves above your head

Layer 2

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



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 in, eye gaze 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



HIP BRIDGE

Position Setup

- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart

Execution Setup

- Drive through your heels, and lift hips up
- **Squeeze through your glutes**
- Slowly lower



BACKWARD-STEPPING LUNGE WITH SIDE RAISE

Position Setup

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

Execution Setup

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

Layer 2

- Maintain full range in the Lunge – integrated training





GLOSSARY

DOUBLE ARM OVERHEAD PLATE CRUNCH

Position Setup

- Arms extended over head
- Chin tucked

Execution Setup

- Slide ribs to hips
- Biceps next to ears.
- Drive the movement from the crunch

Layer 2

- Try and crunch up a little higher
- The crunch drives the movement – keep the arms next to the ears

TRIPLE PULSE STATIC LUNGE WITH ROTATOR RAISE

Position Setup

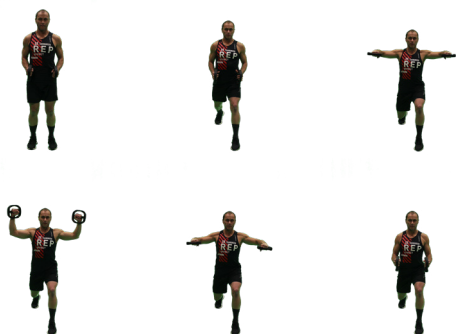
- Feet hip-width apart
- Long Lunge
- Chest lifted
- Elbows at a 90-degree angle
- Front thigh parallel
- Hips and shoulders square to the front

Execution Setup

- Elbows lift to side – just under shoulder level
- Elbows slightly forward
- Rotate forearms up
- Squeeze between shoulder blades
- Chest up – abs braced

Layer 2

- Maintain full range in the Lunge – integrated training



BACKWARD STEPPING LUNGE WITH OVERHEAD PLATE PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



SINGLE ARM PLATE ROW WITH BACKWARD STEP

Position Setup

- Set position
- Chest lifted - abs braced

Execution Setup

- Tip from the hip
- Square the shoulders
- Nose over toes
- Hips square
- Row plate to lower ribs
- Squeeze shoulder blade to spine

Layer 2

- Keep the weight forward to load the glutes
- Keep the midline of your chest just inside the big toe



MUSIC

01

Lullaby (3:21)
Sigala & Paloma Faith
© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Bullmore, Record, Bennett, Fielder, Glynn

02

Lullaby (1:52)
Sigala & Paloma Faith
© 2018 Ministry of Sound Recordings Limited / B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Bullmore, Record, Bennett, Fielder, Glynn

03

Dreamer (Matisse & Sadko Remix) (3:49)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Loelv, Pontare, Al Fakir, Ingrosso, Axwell

Dreamer (Matisse & Sadko Remix) (2:24)
Axwell/\Ingrosso
Courtesy of the Universal Music Group.
Written by: Loelv, Pontare, Al Fakir, Ingrosso, Axwell

04

Dangerous Night (3:17)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto, Aiello

Dangerous Night (2:12)
Thirty Seconds To Mars
Courtesy of the Universal Music Group.
Written by: Leto, Aiello

BOOM (2:54)
Tiësto & Sevens feat. Gucci Mane
© Courtesy of the Universal Music Group.
Written by: Verwest, K. Brauer, S. Brauer

05

BOOM (2:44)
Tiësto & Sevens feat. Gucci Mane
© Courtesy of the Universal Music Group.
Written by: Verwest, K. Brauer, S. Brauer

No Excuses (2:31)
Meghan Trainor
© 2018 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wells, Trainor, Hindlin

No Excuses (2:27)
Meghan Trainor
© 2018 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Wells, Trainor, Hindlin

06

Church (3:20)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Wells, York, Butts

07

Church (1:42)
Fall Out Boy
Courtesy of the Universal Music Group.
Written by: Wentz, Stump, Trohman, Hurley, Wells, York, Butts

08

Going Mad (5:41)
Paces feat. CLYPSO & Raven Felix
© 2018 etcetc Music Pty Ltd. www.etcetc.tv.
Written by: Perry, Michael, Allread, Wayne, Greenberg, Thomas, Maidza

09

We Want Your Soul (Rob & Jack Remix) (3:25)
Dada Life
© Courtesy of the Universal Music Group.
Written by: Corneer, Engblom

We Want Your Soul (Rob & Jack Remix) (2:08)
Dada Life
© Courtesy of the Universal Music Group.
Written by:

2 Da Moon (2:54)
Towkio feat. Teddy Jackson, Grace Weber
© Courtesy of the Universal Music Group.
Written by: Smith, Hutchins, Kennett, Oshita, Jackson, Losnegard

10

Miss You (NVOY Remix) (3:10)
Young Franco
© (P) 2017 Of Leisure.
Written by: Anes, Da Rin De Barbera, Jane

45-MIN FORMAT

05

People Day (5:02)
Don Diablo feat. Paije
© 2018 HEXAGON.
Written by: Poole, Schipper, van Sonderen, Richardson

06

Get It Right (4:34)
Baron Super
© 2018 Les Mills Music Licensing Ltd.
Written by: Pentz, Allen, Orsted, Garcia, Meckseper, Moore

45-MIN FORMAT

BONUS

06

Crawl Outta Love (6:22)
Illenium feat. Annika Wells
© 2018 Seeking Blue / Kasaya.
Written by: Biancanello, Morgan, Miller, Wells

ALTERNATIVE

04

I Bet You Wanna (5:38)
Gnome
© Black Lotus 2018.
Written by: Sanei, Langeveld



L-R: Glen Ostergaard, Marlon Woods, René Vogel, Ben Main, Diana Archer Mills, Reagan Kang & Kylie Gates

BODYPUMP 107 is quite spectacular with loads of contrasting music and some new innovations for all your participants. We bring a posterior chain focus to this release along with more muscular tension to tone and shape us fast!

The class opens with *Lullaby* for a smooth connecting start with barbell and plate work. 6 minutes of big muscular tension and calorie burn blows out the legs and glutes for Squats. Control is the key work for the *Dangerous Night* Chest work using barbell, plates and bodyweight pushups – how much tension can you create and hold on to?

The highlight Backtrack *Boom* sees a progression from BODYPUMP 106 kneeling single plate work to standing single plate work to challenge the obliques even more.

No Excuses is the perfect song to isolate the triceps to with pushups, kickbacks and overhead extensions.

No rest, full noise is the Biceps *Church* track... praying for the bicep rows.

We have the ultimate combination of Squats and Lunges with or without the pulses (offer to participants) to the very cool sounds of *Going Mad*.

Want Your Soul brings us to the 3D shoulder training using barbell, plates and bodyweight to max out the workout.

Lastly, check out the combo tracks for the 45minute classes; PLUS we have included a “trial training” track that can replace the Lunge/ Shoulder combo track if teaching the 45minute format. It has a BIG posterior chain focus so feel the burn and some jumps to bring the cardio and strength gains. Let us know what you think!

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.

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

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

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

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



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	38:13

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	25:27

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	39:51

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.

