

BODYPUMP

108

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARMUP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

ALTERNATIVE

05. TRICEPS

06. BICEPS

ALTERNATIVE

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

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

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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-degree angle

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

WIDER-STANCE SQUAT

Position Setup

- Same as for WIDE Stance
- Heel-toe wider than Wide Squat

Execution Setup

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



WIDER Stance

Layer 2

- Drive your feet apart
- Knees out



GLOSSARY

NARROW TO WIDE PLATE PRESS

Position Setup

- Feet hip-width apart
- **Abs braced, chest up**
- Shoulders away from ears
- **Plates facing each other**

Execution Setup

- **Lower elbows to top of bench**
- **Elbows in**
- Push plates out to Wide Press
- **Elbows slightly bent**
- **Elbows level with the top of the bench**

Layer 2

- Hitting all of the pec muscles
- Feel the contrast in the narrow and wide movements



CHEST FLY

Position Setup

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

Execution Setup

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

Layer 2

- Open the chest on the way down



BENCH-TOP CHEST PUSHUP

Position Setup

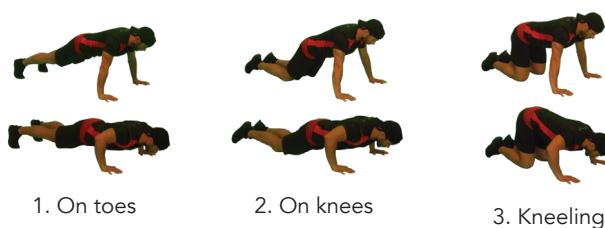
- **Hands wide**
- **Abs braced**
- Back long and straight

Execution Setup

- **Lower chest to elbow level**

Layer 2

- Drive the floor/bench away



WIDE DEADLIFT

Position Setup

- SET Position
- **Hands wide on the bar**
- **Abs braced, chest lifted**

Execution Setup

- Bar to the knees

Layer 2

- Pull bar into thighs





GLOSSARY

WIDE DEADROW

Position Setup

- SET Position
- **Hands wide**
- **Abs braced, chest up**
- **Light pinch between the shoulder blades**
- Elbows wide and high
- Chin tucked in
- Shoulders away from ears

Execution Setup

- **From knees to lower ribs**
- **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 to merely hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



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

POWER PRESS

Position Setup

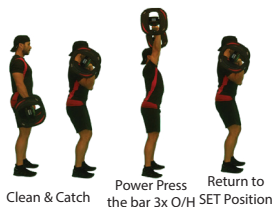
- **SET Position**
- **Bend to Half Squat**
- **Chest up, abs braced**
- Bar in front of collarbones

Execution Setup

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

Layer 2

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



BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW

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 mid-line of your chest just inside the big toe



SQUAT PLATE PRESS

Position Setup

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



STANDING OVERHEAD TRICEP PLATE EXTENSION

Position Setup

- Split Stance – knees soft, weight even in both feet
- Shoulders down
- **Belly in, abs braced**
- **Chest up**
- Hold the plate over head, arms slightly forward, so you can just see your elbows

Execution Setup

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

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down, to keep the work in the triceps





GLOSSARY

TRICEP BENCH PUSHUP

Position Setup

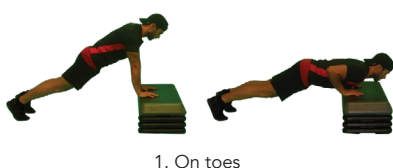
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Setup

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

Layer 2

- Drive the floor/bench away



1. On toes



2. On knees

TRICEP BENCH KICKBACK

Position Setup

- **Hinge forward from hips, chest up, shoulders square**
- Elbow high and close to the body

Execution Setup

- **Upper arm parallel to floor – extend the elbow**
- Upper arm still as you extend

Layer 2

- Lock the position of the shoulder and upper arm to isolate the tricep



BICEP PLATE CURL

Position Setup

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

Execution Setup

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

Layer 2

- Brace abs to stop trunk sway



BICEP PLATE ROW

Position Setup

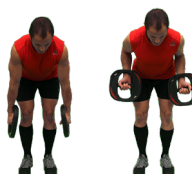
- As Bicep Plate Curl

Execution Setup

- **Tip forward from the hips**
- **Plate to kneecaps**
- **Pull the plate to ribcage, just under chest, rotate plates as you Row**
- Elbows pull high to the back

Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together





GLOSSARY

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



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



ALTERNATING 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 – back knee moves towards the floor
- Front thigh parallel to the floor

Layer 2

- Plate to chest
- Stay low to isolate the legs



PLATE LUNGE

Position Setup

- Feet hip-width apart and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

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

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes





GLOSSARY

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, eye 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



KNEELING WIDE UPRIGHT ROW

Position Setup

- Kneeling, hands wide
- **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/KNEELING REAR DELTOID FLY WITH ROTATION

Position Setup

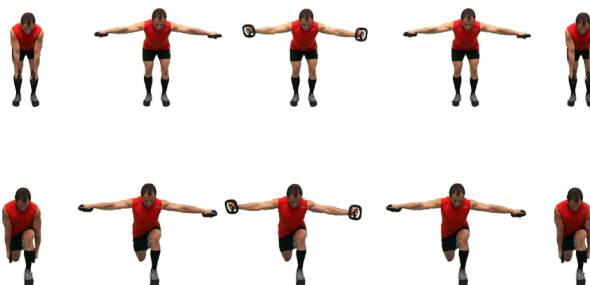
- Plates facing inward
- **Tip forward from the hips**
- **Chest up**
- Shoulders back and down
- **Abs braced**

Execution Setup

- Lift plates to side
- **Elbows slightly bent**
- **Elbows just under shoulder-height**
- **Squeeze shoulder blades together**
- Turn the plates up
- **Biceps up, elbows down**

Layer 2

- Use the upper back to stabilize the shoulders and turn the plates



PUSHUP

Position Setup

- **Hands just outside shoulder-width**
- **Back straight – abs braced to support the mid-section**
- Chin tucked in

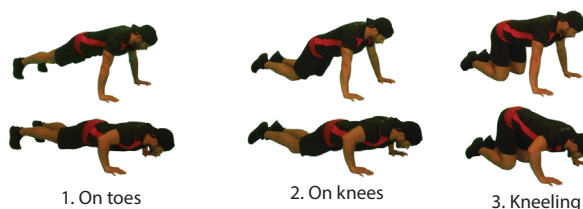
Execution Setup

- **Drop down to bring shoulders and chest to elbow level**

Layer 2

- Push the floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.





GLOSSARY

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



PLATE CRUNCH

Position Setup

- Plate to forehead
- **Feet close to butt**
- **Chin tucked in**

Execution Setup

- **Slide ribs to hips**

Layer 2

- Lift shoulder blades a little further off the floor



HOVER

Position Setup

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

Layer 2

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



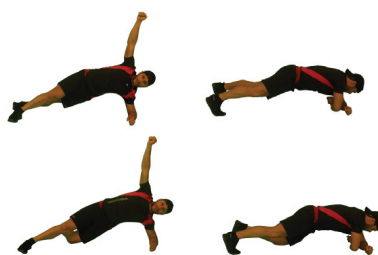
ROTATING HOVER

Position Setup

- **Elbow under shoulder**
- Square your hips to the front
- Legs in scissors position, top leg forward
- **Hips and shoulders move together**

Layer 2

- Body moves as a block
- Hips down
- Press down through bottom elbow
- Option:** Rear leg down on the floor



Option: Rear leg down on floor

KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- **Abs braced, chest up**

Execution Setup

- Lower plate back and down to base of neck, keeping elbows facing forward





GLOSSARY

LUNGE WITH SINGLE ARM OVERHEAD PLATE SHOULDER PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



LUNGE WITH DOUBLE ARM OVERHEAD SHOULDER PRESS

Position Setup

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



Layer 2

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

BACKWARD-STEPPING LUNGE WITH FRONT RAISE

Position Setup

- Feet under hips
- Chest up, abs braced
- Plates in front of thighs

Execution Setup

- **Long step back**
- **Front thigh parallel**
- **Back knee down, knee out**
- **Hips square**
- Raise the plates forward
- **Plates just under shoulder-line**

Layer 2

- Integrating the upper and lower body to drive up the heart rate



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





MUSIC

01

Panic Room (5:33)
Au/Ra & CamelPhat
© 2018 Loudmouth Music Limited.
Written by: Benjamin, Frampton, Stenzel, Farrar

02

Pump It Up (Extended Mix) (5:43)
Nari, Pain, Tava & Luciana
© 2018 Ego a brand of Vae Victis Srl.
Written by: Zoffoli, Caldarella, Tavani, Tesini

03

Great Wide Open (4:36)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

04

Great Wide Open (1:26)
Thirty Seconds to Mars
Courtesy of the Universal Music Group.
Written by: Leto

Therapy (Extended Club Mix) (6:15)
Armin van Buuren feat. James Newman
© 2018 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: Newman, Busbee

05

Say Amen (Saturday Night) (3:12)
Panic! At The Disco
© 2018 Fueled By Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

06

Say Amen (Saturday Night) (2:09)
Panic! At The Disco
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Written by: Urie, Greene, Hollander, Pritchard, Wincorn, Peyton, El-Amine, Foder, Deller, Brenneck, Shinn, Abshire, Tankel, Profilio, Sinclair

Make It Rain (Explicit) (3:42)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

07

Make It Rain (1:12)
Fat Joe & Lil Wayne
Courtesy of the Universal Music Group.
Written by: Storch, Carter, Cartagena

Ready For It (5:04)
Carmada feat. Tribes
© 2018 Insomniac Records.
Written by: Carmody, Armata, Ramirez

08

Boomshakalak (Extended Mix) (5:40)
MR.BLACK & Diego Miranda feat. The
Kemist
© 2018 Revealed Music B.V.
Written by: Unknown

09

Let You Be Right (3:00)
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: Trainor, Kasher, Wells

10

Let You Be Right (0:57)
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: Trainor, Kasher, Wells

Remind Me To Forget (3:42)
Kygo & Miguel
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Written by: Plested, Gorvell-Dahll, Pimentel, Phelan, Oriet

45-MIN FORMAT

05

BaBaBa (Vete Pa’Ya) (5:40)
Dillon Francis feat. Young Ash
© 2018 IDGAFOS.
Written by: Francis, Bautista, Rushent

06

I Wanna Know (4:15)
RL Grime feat. Daya
© 2018 WeDidIt Records.
Written by: Nigro, Salimando, Steinway

ALTERNATIVE

05

Chamomile Breath (5:21)
Quantic
Black Lotus 2018.
Written by: Gainsford, van de Geer, Langeveld

06

Manera (4:54)
SilverShadow
Black Lotus 2018.
Written by: Conrad, van de Geer, Langeveld



L–R: Glen Ostergaard, Marlon Woods, Scott Martin (Shadow), Ben Main, Kayla Atkins-Gordine and Jacki Kellogg

BODYPUMP 108 has some new innovations and a great mix of old Pump classic moves and fresh new music.

Panic Room creates a ‘chilled’ yet very inclusive atmosphere to get everybody warmed up and ready for the BODYPUMP 108 workout. Match your vocal tone and pace to the feel of this song to set the scene. Squats come in hard and fast with the driving sounds of *Pump It Up*, building continuous muscle tension through the 3 stances proving to be a class favorite. Chest training has a new move; the Narrow To Wide Plate Presses, to fully work pectoral muscles. This new move feels sensational with the deeply emotive sounds of *Great Wide Open*. The Back track, *Therapy*, starts with a giant block with the barbell and finishing with plate work to create balance in the body and lift heart rates! We continue our functional Lunge tracks with the Squat-Lunge Combination great for muscle activation and coordination using plates or body weight. Shoulder training has a new innovation: Rear Deltoid Fly with Rotation, which integrates the rear shoulders, upper back and shoulder stabilizers helping to keep us injury free to the cool sounds of *Boomshakalak*.

Enjoy this workout!

Glen

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.

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.

Jacki Kellogg (USA) is a BODYPUMP, BODYBALANCE and BODYCOMBAT Trainer/Presenter. She is also a CXWORX Instructor and a LES MILLS GRIT Coach. She is based in Knoxville, Tennessee.

Kayla Atkins-Gordine (New Zealand) is a BODYPUMP and BODYBALANCE Instructor and LES MILLS GRIT and LES MILLS SPRINT Coach. She is based in Auckland.



EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05	Triceps/Biceps
(45)	
Track 06	Lunges/Shoulders
(45)	
Track 09	Core
Track 10	Cooldown
Total Time	41:07

Please note: This NEW 45-minute format includes customized Tracks 5 (a combination of Triceps and Biceps) and 6 (a combination of Lunges and Shoulders). Create variety in your classes during this 12-week cycle by using this option, as well as the original 45-Minute Format. Let us know your feedback via the survey at this link: <http://bit.ly/2tHeThM>

30-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	27:30

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	41:56

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.



01. WARMUP

WEIGHT SELECTION

Light barbell

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 / (Pulsing cymbal)	2x8	SET Position, Shoulder Roll	1x
	0:12	V1 / _ Hell raising	4x8	2/2 DEADLIFT SET Stance	4x
	0:27	My phone	4x8	3/1	4x
	0:43	C / Panic room	4x8	2/2 DEADROW (16cts)	2x
	0:58	Rep / Panic room	4x8	1/1	4x
	1:13	Panic room	4x8	TRIPLE DEADROW	2x
2	1:28	V2 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	1:43	My phone	4x8	3/1	4x
	1:58	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	2:13	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:29	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT MID Stance	
	2:44	Panic room	4x8	1/1 SQUAT MID Stance	8x
				Use last 2cts to transition R foot B for LUNGE L	
3	2:59	Ref / Crying wolf now	4x8	4/4 LUNGE L	2x
	3:14	Instr / (Beat)	4x8	1/1	7x
				Use last 4cts to transition to SET Stance	
	3:29	V3 / _ Still waiting	4x8	4/4 DEADLIFT SET Stance	2x
	3:44	My phone	4x8	3/1	4x
	4:00	C / Panic room	4x8	2/2 UPRIGHT ROW	4x
	4:15	Instr / (Bup)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	4:30	Rep / Panic room	4x8	1/1	4x
				Use last 4cts to transition bar ready for SQUAT WIDE Stance	
	4:45	Panic room	4x8	1/1 SQUAT WIDE Stance	8x
				Use last 2cts to transition L foot B for LUNGE R	
	5:00	Ref / Crying wolf now	4x8	4/4 LUNGE R	2x
	5:15	Instr / (Beat)	3½x8	1/1	7x
	5:28	Outro /	½x8	Transition to SET Stance	



01. PANIC ROOM 5:33mins

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 engage the core**

BLOCK 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 Deadrow – squeeze shoulder blades together**

BLOCK 2

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts again with a focus on feeling the technique, then to the upper body with Upright Rows which connect to the slow Clean & Press. We build into faster Clean & Presses and finish the set with Squats and lunges. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns, to help the class achieve good lifting Technique.

- **Deadlift** – *press the bar into the thighs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *bar stops at lower chest, elbows wide*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid Stance Squat** – *feet outside hips, hips go back and down, knees press forward, hips to 90 degrees*
- **Lunge** – *long step back, back knee down, front thigh parallel to the floor*

BLOCK 3

LAYER 1 / LAYER 2

We repeat all the exercises again that were in Block 2; so it's the perfect opportunity to coach your class on technique reminders to get their bodies ready for the workout ahead as well as using this time to connect with your participants and what their goals for the class might be. Think of how you can communicate this to them.

- **Deadlift** – *back of the body is turned on and ready for the work ahead*
- **Upright Row** – *keep the bar close to the body, keep it smooth*
- **Clean & Press** – *let's practise fast elbows under the bar and really pushing the hips back as you catch*
- **Wide-Stance Squat** – *feet outside hips, hips go back and down, knees press out, knees to 90 degrees*
- **Lunge** – *feel the Lunge, feel the timing*

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 4 times your Warmup weight
NEW PEOPLE: Double Warmup weight

TRACK FOCUS

Coach your class with early pre-cues to not miss a stance change and to ensure good execution to drive results.

MUSCLE FOCUS

MID Stance: Quads
WIDE Stance: Gluteus maximus
WIDER Stance: Gluteus maximus, side glutes

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Pulse)	2x8	Set up SQUAT : find SET Stance and take a heel – toe wider to find MID Stance	
	0:12	Instr / (Cymbal)	6x8	2/2 SQUAT MID Stance	6x
	0:34	Rep / Know pump it	8x8	3/1	8x
	1:03	Instr / (Heavy synth)	8x8	COMBO (16cts) 2x 1/1 SQUAT (8cts) 1x TRIPLE PULSE SQUAT (8cts)	4x
2	1:32	V1 / My graffiti	4x8	2/2 SQUAT MID Stance	4x
	1:46	PC / Show me	4x8	1/1/2	4x
	2:01	Instr / (Heavy synth)	8x8	COMBO (16cts) Use last 2cts to transition heel – toe wider to WIDE Stance	4x
3	2:30	V2 / Woah woah	4x8	2/2 SQUAT WIDE Stance	4x
	2:45	PC / Show me	4x8	4/4	2x
	2:59	Rep / Know pump it	4x8	1/1/2	4x
	3:14	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	3:43	Ref / Ooo ha ee ha	4x8	1/1 Use last 2cts to transition heel – toe wider to WIDER Stance	8x
4	3:58	Rep / Woah woah	4x8	2/2 SQUAT WIDER Stance	4x
	4:12	PC / Show me	4x8	4/4	2x
	4:27	Rep / Know pump it	4x8	1/1/2	4x
	4:41	Instr / (Heavy synth)	8x8	COMBO (16cts)	4x
	5:11	Ref / Ooo ha ee ha	8x8	1/1	16x
RECOVERY: Shake out the legs. Quadricep Stretches					



02. PUMP IT UP 5:43mins

TECHNIQUE AND COACHING

1 MID STANCE SQUAT

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 – and use this block to coach timing and rhythm of the combination so everyone gets familiar with it.

- **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**
- *Find the rhythm – timing is what this track is all about*
- **Knees to a 90-degree angle**
- **Push your knees forward in line with the center of the feet** to load the muscles perfectly
- **Butt stops just above knee-line** – that's your range
- *Combo: 2 Singles and Triple Pulse*
- *Full range on the Singles and bottom range on the Pulse*

2 MID STANCE SQUAT

LAYER 2

We stay in the Mid Stance bringing more focus to the quads; coach participants on how to achieve more from this stance. Layer 2 cues are designed to help them achieve more from the workout; we do this by improving execution, manipulating the intensity and also through educating them on what they are doing and how it should feel. Remember, the lyrics of this song will help motivate participants to find their range and timing as well.

- *Quad-dominant stance*
- *Push your knees forward to create heat in the front of the legs*
- *Drop and stop*
- *You ready for the combo?*
- *You're all doing it correctly so now you should be feeling the heart rate lift = THE REP EFFECT™ is working*
- *We've got the tempo, we've got the range, we need a new stance to challenge us*

3 WIDE STANCE SQUAT

LAYER 1 / LAYER 2

There is no break so be sure to pre-cue the new stance early – heel – toe wider for Wide Stance. Coach Layer 1 Execution cues to get everyone moving and feel the difference between the Mid and Wide Stance. Bring focus to glute activation, through sitting hips back and pressing the knees out. No recovery creates the effects of Continuous Tension Training so the effects will start to kick in fast. Use Layer 2 cues to refine the movement of your participants' Technique by giving them a focus and allowing them time to experience and feel the focus. How will you communicate with your participants to see how they are doing as you coach to keep them engaged in the workout?

- **One heel – toe wider – Wide Squat**
- *Feels good, doesn't it?*
- *Welcome to your Wide Squat Stance*
- *Let's recruit the muscles in a new way*
- **Hips sit back and down**
- **Push your knees out wide**
- **Lock in your core**
- *Let's talk about your glutes, shall we?*
- *Drop and stop – feel how the muscles in your butt catch at the bottom and then squeeze as you drive out of your heels and push the floor away*
- *Hold that feeling now for the combo*
- *You should be feeling tension in the legs, right?*
- *That's the muscular tension we need to get stronger*
- *Let the legs go – find your Singles*



02. PUMP IT UP 5:43mins

4 WIDER STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

Wider Stance – again the stance change comes in quick so be super clear. Quickly coach the basics for the Wider Stance focusing on sitting hips back more and maintaining knee alignment. Fatigue is kicking in so participants will need your help to motivate them to finish strong – we motivate in four ways – Intrinsic, Extrinsic, Challenging and Positive language. Take some time to script (prepare and practise) some key motivational language so you capture everyone in the room... then when you deliver it: be in the moment with your class and look into people's eyes when you teach so you bring your authentic self into the room!

- *One last chance, **one last stance, heel – toe wider***
- *The Wider Squat Stance; let's get the range back – 90 degrees*
- ***Hips sit further back and knees keep pressing out***
- *When we push the knee out we hit the side glutes*
- *Alright team, you look fantastic, you're doing it correctly, which means you're feeling it*
- *Combo, pulse low*
- *When you're doing it correctly, fatigue kicks in; brace hard, and hit the full range every rep*
- *We're with you, you're with us; let's pump it up*
- *This is the theme song as you saunter down the street with your good-looking legs*

INTENSITY

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

PUMP FACT

Les Mills' research suggests that the Squats track is key to increasing bone density in a BODYPUMP class. Participants in our study who had the greatest increase in their Squat weight – experienced the most improvements in hip and spine.



03. CHEST

WEIGHT SELECTION

REGULARS: 2x medium to large plates

NEW PEOPLE: 2x small plates

DEMONSTRATE: Narrow To Wide Plate Press

TRACK FOCUS

Coach great Timing and Targets of the Narrow To Wide Plate Press for precise Execution and Feel.

MUSCLE FOCUS

Pectorals, triceps and deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Low)	4x8	Set up new move: NARROW TO WIDE PLATE PRESS	
	0:19	Rep / Woah	12x8	4/4 NARROW TO WIDE PLATE PRESS (32cts) Lower plates down by sides (8cts) Push plates out wide (8cts) Return plates back in by sides (8cts) Press plates back to top (8cts)	3x
	0:59	PC / Into the great	8x8	2/2 (16cts)	4x
	1:27	Rep / Free	2x8	1/1 (8cts)	2x
2	1:34	Swear to god	8x8	4/4 NARROW TO WIDE PLATE PRESS (32cts)	2x
	2:01	PC / Into the great	8x8	2/2 (16cts)	4x
	2:29	Rep / Free	8x8	1/1 (8cts)	8x
	2:56	Ref / Let it out	8x8	COMBO (16cts) 2x 1/1 NARROW PLATE PRESS (8cts) 1x 1/1 NARROW TO WIDE PLATE PRESS (8cts)	4x
	3:23	Woah	4x8	TRANSITION: Pick up lighter plates for CHEST FLY	
3	3:37	PC / Into the great	8x8	8/8 CHEST FLY (32cts)	2x
	4:05	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST FLY (8cts)	8x
	4:32	Instr / (Low)	4x8	TRANSITION: Plates down, behind bench for BENCH TOP CHEST PUSHUP	
4	4:46	PC / Into the great	8x8	8/8 BENCH TOP CHEST PUSHUP (32cts) Options: Toes, knees or kneeling	2x
	5:13	C / Set me free	8x8	2x SLOW BOTTOM HALF CHEST PUSHUP (8cts)	8x
	5:41	Rep / Woah woah	4x8	8/8 BENCH TOP CHEST PUSHUP (32cts)	1x
			RECOVERY: CHILDS POSE, shake out arms and legs and open arms wide for Chest Stretch		



03. GREAT WIDE OPEN 6:02mins

TECHNIQUE AND COACHING

1 NARROW TO WIDE PLATE PRESS

LAYER 1

Coach Position and Execution setup cues for the Narrow To Wide Plate Press. Use NETT to coach Targets and Timing so participants are moving well and understand the feel of the music.

NARROW TO WIDE PLATE PRESS

- Feet hip-width apart, close to bench
- **Plates facing each other**
- Shoulders away from the ears
- **Brace abs, lower back towards the bench**
- Lower plates to Narrow Press
- Elbows out wide to Wide Press
- Pull back in and press up
- **Elbows top of the bench** on the Narrow Press
- **Elbows top of the bench** for Wide Press
- Narrow press deep into the chest muscles
- Wide press into the upper chest
- Big compound move
- Let's feel the full power in the Singles

2 NARROW TO WIDE PLATE PRESS

LAYER 1 / LAYER 2

First block is short so continue to help participants move with good timing and range with this new exercise. Then help your class to get more out of this move by using Layer 2 cues that explain how to execute the Narrow To Wide Plate Press to build more intensity. Big tension builds in the combination where we stay narrow and build to narrow – wide press to overload.

NARROW TO WIDE PLATE PRESS

- Feet on the floor and brace the core
- Keep the elbows tucked in as you lower
- Push the arms out to finish in a Fly position
- Get the timing to get the tension
- Tone and shape and feel fantastic
- Set it free
- How big can you go?
- How strong can you become?
- Combo – 2 narrow, 1 narrow – wide
- Feel the big compound movements working fully into the chest

3 CHEST FLY

LAYER 1

New exercise so quickly coach Layer 1 Execution cues – Timing, range and Target zones for the Chest Fly. Then motivate participants for range and tension in the Bottom Halves for isolation.

CHEST FLY

- Quick transition – grab your light plates
- **Plates face inwards**
- Super super slow
- **Elbows go wide and down** so you feel the chest open
- **Slight bend in the elbows**
- Maximize tension to isolate
- **Keep your elbows just above the bench at the bottom**
- Slow Bottom Halves
- Let BODYPUMP set you free

4 BENCH PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

There is only one block of Pushups so it's a perfect time to encourage your participants to try some Pushups on their toes. Quickly coach Layer 1 Position and Execution of the Pushup with clear options so everyone feels successful. In the Bottom Halves the tension builds and fatigue is kicking in fast; what will you say to keep your participants from checking out of the workout? Do you need to educate them to connect and motivate them into their bodies or praise and coach for more? Whatever you say, think about how you will say it... Stay inside this very cool piece of music for an intense finish!

- Back of the bench for Pushups
- **Hands wide**
- On Knees or toes
- Every count counts, every rep matters
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- Pull it down and push it away
- Pull the bench into the body
- Stay in the bottom range for as long as you can
- Full muscle activation
- Last one – super slow. Push every last ounce of muscle activation



03. GREAT WIDE OPEN 6:02mins

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

The low elbow position in the Narrow Press fires up the lower pecs that arise from the sternum and ribs. The Wide Press and Flys access the pecs that arise from the collarbones, ie the upper pecs. The combination allows us to strengthen the full pectoralis group.



04. BACK

WEIGHT SELECTION

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

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

DEMONSTRATE: Power Press

TRACK FOCUS

Focus on the muscles of the upper back to maintain great posture in every movement with the barbell and focus on stability in the Single-Arm Plate Row for isolation.

MUSCLE FOCUS

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

Deadrow: Lats and upper back

Single-Arm Plate Row: Lats, upper back and posterior deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low clap)	4x8 Set up for WIDE DEADLIFT Shoulder Roll	
	0:19	Instr / (Heavy beat)	4x8 2/2 WIDE DEADLIFT SET Stance	4x
	0:33	Instr / (Pulsing synth)	10x8 1/1 WIDE DEADROW	10x
	1:10	Br / (Low)	2x8 TRANSITION: Reset hands, normal grip on bar	
	1:18	V1 / _ I can't dance	4x8 2/2 DEADLIFT SET Stance	4x
	1:32	Came here	4x8 3/1	4x
	1:47	Rep / _ You look like	5x8 2/2	5x
	2:05	Instr / (Synth melody)	8x8 COMBO 1 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
	2:34	(Heavy melody)	8x8 1/1 CLEAN & PRESS	8x
	3:03	Rep / _ You look like	12x8 COMBO 2 (32cts) 1x POWER PRESS (16cts) 1x TRIPLE DEADROW (16cts)	3x
2	3:47	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plate in L hand. R hand to hip or extends out	
	4:01	(Heavy synth)	8x8 BACKWARD-STEP TAP L with 1x 1/1 SINGLE-ARM PLATE ROW L (8cts), R hand to R hip Step L leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW L (4cts), step L leg F to SET Stance (2cts)	8x
	4:30	(Heavy synth)	4x8 BACKWARD-STEP TAP L with 3x 1/1 SINGLE-ARM PLATE ROW L (16cts), R hand to R hip Step L leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW L (12cts), step L leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	4:45	Instr / (Heavy synth)	4x8 1/1 SQUAT PLATE PRESS MID Stance	8x



04. BACK

	MUSIC		SEQUENCE/EXERCISE	REPS
	4:59 Instr / (Low)	4x8	TRANSITION: Shake out and prepare for other side	
	5:14 (Heavy synth)	8x8	BACKWARD-STEP TAP R with 1x 1/1 SINGLE-ARM PLATE ROW R (8cts), L hand to L hip Step R leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW R (4cts), step R leg F to SET Stance (2cts)	8x
3	5:43 (Heavy synth)	4x8	BACKWARD-STEP TAP R with 3x 1/1 SINGLE-ARM PLATE ROW R (16cts), L hand to L hip Step R leg B (2cts), 3x 1/1 SINGLE-ARM PLATE ROW R (12cts), step R leg F to SET Stance (2cts) Plate to collarbone on last 4cts. Step to MID Stance after last rep	2x
	5:58 Instr / (Heavy synth)	4x8	1/1 SQUAT PLATE PRESS MID Stance RECOVERY: Torso twists, upper and lower back stretches	8x



04. THERAPY 6:15mins

TECHNIQUE AND COACHING

1 WIDE DEADLIFT / WIDE DEADROW / DEADLIFT / CLEAN & PRESS / DEADROW / POWER PRESS

LAYER 1 / LAYER 2

The barbell work starts with one giant block so encourage your participants to go a little heavier once they master the technique after a few classes. Coach how to execute the moves using Position and Execution setup and NETT cues for clarity; this brings focus to developing great lifting technique from the start. As the block progresses, you have opportunities to bring in Layer 2 focuses; like maintaining great posture, (squeezing shoulder blades together creates scapula engagement for intensity the upper back) to help improve their execution and add intensity to their workout. It is always more challenging to maintain perfect posture as you execute technique and this is where the results live. Postural training has a carry-over effect into everyday life so educate and motivate your participants for results.

WIDE DEADLIFT

- *Feet under hips, SET Position, hands wide*
- **Abs braced and chest lifted**
- *Set the shoulders back and down*
- *Deadlift 2/2*
- **Bar to top of the knees**
- **Tip from the hips**

WIDE DEADROW

- **Bar to knees, ribs, knees and SET**
- **Elbows high and wide**
- **Core strong**
- **Squeeze shoulder blades together as you row**

DEADLIFT

- *Hands come in, roll the shoulders*
- *Keep the elbows to the rear*
- *Keep the squeeze in the shoulder blades*
- *Hips, heels, and glutes*
- *Push the hips back*
- *Drive the heels down and squeeze the glutes*
- *Push the bar into the thighs on the way up and on the way down*
- *Squeeze shoulder blades together to open chest as you stand*
- *Keep the postural muscles activated*

CLEAN & PRESS

- *1 Clean & Press, 1 Deadrow*
- **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**

DEADROW

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

POWER PRESS

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

2 BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW / SQUAT WITH PLATE PRESS

LAYER 1 / LAYER 2

We have a new variation on the Single-Arm Plate Row; this is performed with a Backward-Step tap to challenge the stabilizing muscles, adding another layer of intensity to the workout. Set your participants up well with clarity by coaching one thing at a time. Get them moving with basic Layer 1 coaching of Timing, Targets and range so everyone feels successful. Coach nose over toes target to ensure participants achieve the hip hinge and Plate to Ribcage, along with squaring shoulders to front, to isolate the upper back. At the end of the block there are 8 Squat Plate Presses to spike the heart rate; they come in quick so pre-cue well and motivate for full Squat range to finish the block strongly.



04. THERAPY 6:15mins

BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW

- *Grab your plate, right hand, Single-Arm Row*
- *Set the shoulders back*
- *Right leg steps back, single time*
- **Hinge from the hips**
- **Nose over toes**
- *Engage the upper back muscles and **square your shoulders***
- **Chest up, brace abs**
- **Plate to ribcage**
- *Triple Row*
- **Squeeze shoulder blade into the back ribs**

SQUAT PLATE PRESS

- *Mid Stance*
- *Plate to collarbones – Squat Press*
- *8 reps*
- **Hips back and down**
- **Butt just above knee-line**
- **Chest up, abs braced**

3 BACKWARD STEP TAP WITH SINGLE-ARM PLATE ROW / SQUAT PLATE PRESS

LAYER 2 / LAYER 3

Layer 2 coaching focuses improve participants' Execution of the movements and manipulate the intensity of their workout. Single-arm plate work is a great way to focus on the scapula retractor muscles on each side of the body. The key to isolating these muscles is setting up a stable trunk position. This is achieved by hinging forward from the hips with the chest lifted and squaring the shoulders. Use a mix of Layer 2 and 3 Intensity and Motivational cues to maximize results. Positive motivators push people to keep working hard by using praise and encouragement, while challenging cues demand that they step up and give just a little bit more. Using the music can help to motivate everyone to give their best and allows you to show your love of the workout. How will you keep everyone in the zone until the end?

- *Plate in the left hand, Single-Arm Row*
- *This round, let's focus more on the posture*
- *Nose over toes*
- *Weight in the front heel and squeeze right glute when you stand*
- *Keep the shoulder blade squeeze on*
- *Let's finish off the back*
- *Step back and stay back*
- *Bring the plate to the ribs*
- *Great posture everyone*
- *Mid Stance – 8 Squats*
- *Stretch through the shoulders*

PERFORMANCE

This track has great contrast with many builds in the giant block. Don't be tempted to over-coach; allow the music to drive the workout. You do this by keeping your cues short, clear and precise and hooking into the feel and emotion of the song; bring performance into your coaching that's music, voice (tone and pace), and actions (body and face)! Do it your way...

INTENSITY

The intensity in this track comes from the combination of isolated and compound movements. Isolation in the Single-Arm Row patterns develops accumulating tension in the target muscles. The compound bar work with the Clean & Press and Power Press, combined with the Squat with Overhead Plate Press, spikes the heart rate.

PUMP FACT

Keeping the nose over the toes in the Single-Arm Plate Row with Backward Tap requires extra input from the glutes and hamstrings. This position moves our center of gravity forward of our base of support. This means the muscles at the back of the body have to contract extra hard to maintain our position.

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
NEW PEOPLE: 1x small to medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the tricep exercises bringing focus, options and challenge to the single timing.

MUSCLE FOCUS

Tricep Pushup: Triceps, anterior deltoids, pectorals
Standing Overhead Tricep Extension, Kickback: Triceps

This track contains explicit content. There is an alternative track available.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Beat)	2x8	Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance
	0:12	Instr / (Distorted vocals)	6x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance 6x
	0:30	And if I try to	4x8	3/1 4x
	0:42	C / Pray for the	8x8	1/1 SET Stance 16x
2	1:05	Instr / (Distorted vocals)	4x8	TRANSITION: To L side of bench for TRICEP BENCH PUSHUP
	1:16	V2 / Every morning	4x8	2/2 TRICEP BENCH PUSHUP 4x Options: Toes, knees or kneeling
	1:28	Give everything	4x8	3/1 4x
	1:39	C / Pray for the	8x8	1/1 16x
3	2:02	Br / _ If I had one	2x8	TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L
	2:08	_ To be better	6x8	2/2 TRICEP BENCH KICKBACK L (Plate in L hand) 6x
	2:25	C / Pray for the	8x8	1/1 16x
	2:48	Rep / It's Saturday	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION 14x Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate
4	3:10	Instr / (Distorted vocals)	4½x8	TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP
	3:23	V3 / Every morning	4x8	2/2 TRICEP BENCH PUSHUP 4x Options: Toes, knees or kneeling
	3:35	Give everything	4x8	3/1 4x
	3:46	C / Pray for the	8x8	1/1 16x
5	4:09	Br / _ If I had one	2x8	TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R
	4:16	_ To be better	6x8	2/2 TRICEP BENCH KICKBACK R (Plate in R hand) 6x
	4:32	C / Pray for the	8x8	1/1 16x
	4:55	Rep / It's Saturday	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION 14x Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches



ALTERNATIVE

05. TRICEPS - CHAMOMILE BREATH 5:21mins

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	
	0:12	Instr / (Synth)	6x8	2/2 STANDING O/H TRICEP PLATE EXTENSION SPLIT Stance	6x
	0:30	(Bup)	4x8	3/1	4x
	0:42	(Heavy)	8x8	1/1 SET Stance	16x
2	1:05	(Lower)	4x8	TRANSITION: To L side of bench for TRICEP BENCH PUSHUP	
	1:16	(Synth)	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	1:28	(Bup)	4x8	3/1	4x
	1:39	(Heavy)	8x8	1/1	16x
3	2:02	(Low)	2x8	TRANSITION: Pick up smaller weight plate in L hand for TRICEP BENCH KICKBACK L	
	2:08	(Low build)	6x8	2/2 TRICEP BENCH KICKBACK L (Plate in L hand)	6x
	2:25	(Heavy)	8x8	1/1	16x
	2:48	(Heavy melody)	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate	14x
4	3:10	(Guitar)	4½x8	TRANSITION: Plate down, back to R side of bench for TRICEP BENCH PUSHUP	
	3:23	(Melody)	4x8	2/2 TRICEP BENCH PUSHUP Options: Toes, knees or kneeling	4x
	3:35	(Melody Bup)	4x8	3/1	4x
	3:46	(Heavy)	8x8	1/1	16x
5	4:09	(Low)	2x8	TRANSITION: Pick up smaller weight plate in R hand for TRICEP BENCH KICKBACK R	
	4:16	(Low build)	6x8	2/2 TRICEP BENCH KICKBACK R (Plate in R hand)	6x
	4:32	(Heavy)	8x8	1/1	16x
	4:55	(Heavy melody)	8x8	1/1 STANDING O/H TRICEP PLATE EXTENSION Use first 8cts to transition from floor to SET Position . Option: to pick up larger weight plate RECOVERY: Shake out the arms. Tricep stretches	14x



05. SAY AMEN 5:21mins

TECHNIQUE AND COACHING

LAYER 1

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

1 STANDING OVERHEAD TRICEP PLATE EXTENSION

- *Split Stance*
- *Overhead Extension*
- *Bend knees*
- **Brace abs**
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Shoulders are back and down to retract the scapula and stabilize the shoulders*
- *Keep the elbows forward and the core switched on*

2 TRICEP PUSHUP

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup of the Tricep Pushup with a focus on coaching options to help everyone achieve good execution. Then, once everyone is moving well, challenge some Pushups on the toes for an athletic body. Layer 2 cues help improve execution and manipulate the intensity. We want to maintain stability through the core to avoid buckling through the mid-section, and the challenge is to get up on your toes!

TRICEP PUSHUP

- *Come to the side of the bench*
- *Corkscrew hands on bench*
- *Shoulders down and back*
- *On Knees or toes*
- **Brace abs**
- **Chest to elbow level**
- **Elbows in and back**
- *Option – knees on the floor or bring the knees closer*
- *Squeeze the glutes and get ready for Singles*
- *Make sure the elbows are close to the body to isolate the back of the arms*

3 TRICEP BENCH KICKBACK / STANDING TRICEP OVERHEAD PLATE EXTENSION

LAYER 1 / LAYER 2

Coach Position setup for the Kickback in the transition and Execution setup (Targets, Timing and range) in the 2/2 so when the Singles hit, participants feel the burn creating isolation in the tricep. The key is to keep the elbow up high and keep it close to the body; small move and big burn. Take your time to get participants up and standing for the Overhead Extension single tempo to finish the block. The focus is to keep the upper arm still for isolation, keeping the shoulders down for shoulder stability.

TRICEP BENCH KICKBACK

- *Kickbacks, grab your small plate*
- *Hinge forward from hips*
- **Chest up**
- **Upper arm parallel to the floor – extend the elbow**
- **Keep shoulders square**
- *The key is to keep the elbow high and close to the body*

STANDING OVERHEAD TRICEP PLATE EXTENSION

- *Stand up and grab your large plate*
- *Overhead Extension*
- *Posture is proud*
- *Shoulders down*
- *Lift chest and brace abs*
- *Squeeze elbows in*

4 TRICEP PUSHUP

LAYER 2 / LAYER 3

Another round of Pushups and fatigue will set in fast; encourage your class to work for quality reps with good execution, no matter what the level is... Right now, they need your help to motivate them to the finish line – what will you do and say to help participants cross that line?

TRICEP PUSHUP

- *Anytime, go to the knees for quality, especially when fatigue sets in*
- *As the elbows flare, fight to bring them close to the body*
- *Drive the bench away, really push down hard*
- *Chest is warm, shoulders are warm*
- *Triceps are hot!*



05. SAY AMEN 5:21mins

5 TRICEP BENCH KICKBACK / STANDING TRICEP O/H PLATE EXTENSION

LAYER 2 / LAYER 3

We finish the block with Kickbacks and Standing Overhead Tricep Extensions together, to shape and tone. Remember; It's all about celebrating the workout and allowing the music to speak! What will you say to bring your class with you?

- *Grab the small plate*
- *Kickback 2/2*
- *If you had one chance to be better than yesterday, would you take it?*
- *Squeeze the back of the arm*
- *Mumma, can I get another?*
- *Overhead Extensions*
- *Finish with us, dig deep*

PUMP FACT

The triceps muscle has three heads. One of those heads, the long head, crosses the back of the shoulder while the other two originate in the upper arm. When we hold the upper arm parallel to the floor in the Kickback, the long head of the tricep plays a key part in maintaining the position of the upper arm.



06. BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or less
2x small to large plates

TRACK FOCUS

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

MUSCLE FOCUS

Bicep Curl: Biceps
Bicep Row: Upper back and biceps

This track contains explicit content. There is an alternative track available.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Thunder)	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	C / _ Yeah I'm in this	8x8	PLATE COMBO SET Stance (16cts) 4x 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	V1 / Cr , cr, crack	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:11	C / _ Yeah I'm in	8x8	PLATE COMBO (16cts) SET Stance 4x
	1:35	Ref / _ Clap clap clap	4x8	1/1 BICEP PLATE ROW (8cts) 4x
3	1:48	V2 / Why's everybody so	4x8	2/2 BICEP PLATE CURL SPLIT Stance 4x
	2:00	Lil mama try	4x8	1/1/2 SET Stance 4x
	2:13	That couple bricks	4x8	2/2 SPLIT Stance 4x
	2:26	C / _ Yeah I'm in	8x8	PLATE COMBO SET Stance 4x
4	2:50	V3 / _ Mami's body	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	Rep / _ I make it	7x8	2/2 BICEP CURL SPLIT Stance 7x
	3:15	C / _ Yeah I'm in	8x8	BARBELL COMBO (16cts) SET Stance 4x 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Instr / (Low)	1/2x8	HOLD
	3:42	V4 / _ Mami's body	8x8	2/2 BICEP CURL SPLIT Stance 8x
	4:07	C / _ Yeah I'm in	8x8	BARBELL COMBO SET Stance 4x
	4:32	Ref / _ Calca, TS	4x8	1/1 BICEP CURL 8x
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



ALTERNATIVE

06. BICEPS - MANERA 4:54mins

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8	Set up for BICEP PLATE CURL SET Stance
	0:20	Instr / (Melody rhythm)	8x8	PLATE COMBO SET Stance (16cts) 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
2	0:45	(Low synth)	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:11	(Melody rhythm)	8x8	PLATE COMBO (16cts) SET Stance 4x
	1:35	(Windup)	4x8	1/1 BICEP PLATE ROW (8cts) 4x
3	1:48	(Melody)	4x8	2/2 BICEP PLATE CURL SPLIT Stance 4x
	2:00	(Melody)	4x8	1/1/2 SET Stance 4x
	2:13	(Melody)	4x8	2/2 SPLIT Stance 4x
	2:26	(Melody rhythm)	8x8	PLATE COMBO SET Stance 4x
4	2:50	(Melody)	1x8	TRANSITION: Plates down. Pick up barbell
	2:53	(Melody)	7x8	2/2 BICEP CURL SPLIT Stance 7x
	3:15	(Melody rhythm)	8x8	BARBELL COMBO (16cts) SET Stance 4x 2x 1/1 BICEP CURL (8cts) 1x MID-RANGE TRIPLE PULSE (8cts)
5	3:40	Br / (Low)	1/2x8	HOLD
	3:42	(Melody)	8x8	2/2 BICEP CURL SPLIT Stance 8x
	4:07	(Melody rhythm)	8x8	BARBELL COMBO SET Stance 4x
	4:32	(Melody rhythm)	4x8	1/1 BICEP CURL 8x
	4:44	Outro	2x8	RECOVERY: Bar down, shake out arms



06. MAKE IT RAIN 4:54mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

LAYER 1

Use Layer 1 Position and Execution cues to get the participants moving with the correct timing and range in the combination.

- **Feet under hips**
- **Brace abs, stand strong**
- **Lift your chest** and lock the shoulder blades down into the back ribs
- Alternating Curl and 3 Pulses
- **Bring the plates all the way up towards the shoulders**
- **Lower to your thighs**
- Keep the pulse at elbow level

2 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 1 / LAYER 2

Block 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. In the Bicep Plate Curl, focus on the position of the elbow to keep load in the target muscles and creating the strong platform in your posture to load effectively.

BICEP PLATE CURL

- From the thighs, turn the plates at the mid-line
- **Elbows stay under shoulders**
- Drop the shoulders down and bend the knees
- Let's feel the strong posture, shoulders back and down
- Singles and Pulses
- Trap the elbow under the shoulder to load
- Start to turn the plates a little more

BICEP PLATE ROW

- Let's take a dive; Bicep Plate Row
- **Plates to knees**
- **Under the ribcage**
- Full twist of the plate

3 BICEP PLATE CURL

LAYER 2 / LAYER 3

Fatigue is kicking in fast now so bring in your Layer 2 coaching focus to enhance participants' experience. As you prepare your coaching focuses, think: WHAT to say; and think about HOW to say it. What is your style of delivery? Are you a high connector or driven by the music and lyrics, or a bit of both? The way we deliver information to participants is crucial for it to land and make change on the floor.

BICEP PLATE CURL

- Let's focus on the supination
- Full turn of the plates
- Let's start to feel the pump
- Really force the turn
- Turn the knuckles
- Can you feel the load?
- Big turn – big burn
- Step in Single and pulses
- Keep turning the plate and force the knuckle round

4 & 5 BARBELL BICEP CURL

LAYER 2 / LAYER 3

The final two blocks of work are big and the burn is real... Block 4 introduces the work with the barbell so it's going to be tough. Layer 3 cues motivate everybody to the finish. Show that working hard can be fun – this delivers intrinsic motivation, helping participants succeed by getting them to love the feel of working hard. How will you bring your class to the end with this cool song?

- Transition to the bar
- Underhand grip
- From the thighs
- Full extension just under the shoulders
- Soften knees and lift tall through the chest
- Start to stretch the arm out
- Keeping the pulse at elbow level; be precise
- Let's finish strongly
- Squeeze the shoulder blades together for strong posture to the end
- We're going home
- Now it's kicking in, 30 secs
- BODYPUMP rain
- 8 Singles – ride it to the end



06. MAKE IT RAIN 4:54mins

INTENSITY

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

PUMP FACT

Maintaining a slight retraction of the scapulae during Bicep Curls teaches participants to support and stabilize their thoracic spine when their posture is challenged.



07. LUNGES

WEIGHT SELECTION

1x small to large plate
OPTION: Body weight

TRACK FOCUS

Clearly coach the timing for the Squat and Backward-Stepping Lunge combinations along with focus on posture for load and fatigue.

MUSCLE FOCUS

Squat and Lunge: Glutes and quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Don't fail me	4x8 Set up PLATE FRONT SQUAT	
	0:16	_ Don't hold it in	4x8 4/4 PLATE FRONT SQUAT MID Stance Plate to collarbone	2x
	0:27	_ Through the night	8x8 4/4 ALT BACKWARD-STEPPING LUNGE L, R (32cts) Step R leg B first	2x
	0:49	PC / No time to	8x8 SLOW SQUAT-LUNGE COMBO (64cts) 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE L (16cts), R leg steps B 1x 4/4 SQUAT (16cts) 1x 4/4 LUNGE R (16cts), L leg steps B	1x
	1:10	Rep / Ready for this	12x8 FAST SQUAT-LUNGE COMBO (16cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts), R leg steps B 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts), L leg steps B Note: First 2 reps easy range	6x
2	1:44	V2 / _ As I make	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	1:47	I stand here	7x8 3/1 PLATE LUNGE L (R foot B) Plate to collarbone on last 4cts	7x
	2:05	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE L (4cts)	8x
	2:27	No time to	1x8 TRANSITION to PLATE LUNGE L (R foot B). Plate in R hand	
	2:30	_ Cause I	7x8 3/1 PLATE LUNGE L	7x
	2:49	Rep / Ready , ready	4x8 1/1 Plate to collarbone on last 4cts	8x
	3:00	Instr / (Distorted synth)	8x8 SQUAT-LUNGE L COMBO (8cts)	8x



07. LUNGES

3

	MUSIC		SEQUENCE/EXERCISE	REPS
3:23	V3 / _ As I make	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
3:25	I stand here	7x8	3/1 PLATE LUNGE R (L foot B) Plate to collarbone on last 4cts	7x
3:44	Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 LUNGE R (4cts)	8x
4:06	No time to	1x8	TRANSITION to PLATE LUNGE R (L foot B). Plate in L hand	
4:09	_ Cause I	7x8	3/1 PLATE LUNGE R	7x
4:28	Rep / Ready , ready	4x8	1/1 Plate to collarbone on last 4cts	8x
4:39	Instr / (Distorted synth)	8x8	SQUAT-LUNGE R COMBO (8cts) RECOVERY: Shake legs, Quadricep Stretches	8x



07. READY FOR IT 5:04mins

TECHNIQUE AND COACHING

1 PLATE FRONT SQUAT / ALTERNATING BACKWARD-STEPPING LUNGE / SQUAT-LUNGE COMBINATION

LAYER 1

We start the track with Front Squats building into Alternating Lunges then into the Squat-Lunge Combination, slow then fast. Clearly coach which leg moves where (think body-part and direction) so everyone moves together using good timing cues. Think one cue at a time so you keep everyone with you and offer to decrease intensity by dropping the plate early to maintain great posture!

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**

ALTERNATING BACKWARD-STEPPING LUNGE

- **Long step back**
- **Back knee down, front knee out**
- *Step in and switch*
- **Chest up, abs braced**
- **Front thigh parallel**

SQUAT-LUNGE COMBINATION

- *Slow combination*
- *Feet outside hips*
- *Slow Squat, slow Lunge*
- *Butt to top of knee-line*
- *We are trying to get the front thigh parallel in the Lunge*
- *Ready for a bit of speed?*
- *Get a feel for it*
- *This is your combination*
- *Full range now*
- *Long step back*
- *Option at any point is body weight*

2 PLATE LUNGE / SQUAT-LUNGE COMBINATION

LAYER 2 / LAYER 3

We start this block with the static Lunges and then back to the Squat-Lunge Combination, staying on the same leg to maximize the burn. Cover the basics first (Timing, Targets and range) to get everyone moving well with the feel of the music. The key to a perfect Lunge is a long step back maintaining good upright posture. In the 2nd round, focus on Layer 2 and 3 cues, increasing the intensity by hitting the full range and nailing the timing and motivating everyone to stay in the game. Educate your class on the benefits of this training: creating the burn in the muscles to shape and tone our legs and if you have to drop the plate – this is success!

PLATE LUNGE

- *Left leg back, plate in left hand*
- *Hold, tempo 3/1*
- *2 rounds on this leg*
- *Square hips and shoulders*
- *Brace abs and lift chest*
- *Strong posture to load the legs now*
- *I think we are ready for some more*
- *Singles, ground your body, lock it in*

SQUAT-LUNGE COMBINATION

- *1 Squat and 1 Lunge coming*
- *Plates up*
- *1 Squat, 1 Lunge*
- *Same leg*
- *We are building strong, lean legs*
- *We know this one*
- *Find the beat and drop your butt*
- *Legs are firing up*



07. READY FOR IT 5:04mins

3 PLATE LUNGE / SQUAT-LUNGE COMBINATION

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2. Help your class to commit to the end with lots of Layer 2 Intensity and Layer 3 Motivational cues. Try using some Intrinsic motivators, referring to how good training makes us feel, and bring them with you to the finish line!

- *Plate in right hand*
- *Fatigue is setting in*
- *Remember your option to drop the plate*
- *Combination: 1 Squat, 1 Lunge*
- *Same side*
- *Chest up*
- *Plates up if you've got them*
- *Last round team*
- *No time for over-thinking*
- *1 more shot*
- *Big muscles work calories*
- *Big calorie burn*
- *Singles – wind it up*
- *Stomp your heel and leave your footprint on this workout*
- *Are you ready for it?*
- *Training under fatigue will get us results*
- *Stay low in the legs*
- *Stronger, leaner*
- *I think we're ready for it!*

INTENSITY

The Intensity in the Squat Lunge Combo arises as a result of accumulating tension in the stationary leg. To maximize this, we keep that leg slightly bent as we come back to the Squat position and ensure the center of the knee remains over the middle of the foot.

PUMP FACT

The optimal foot position for Lunging is hip width; for Squats it is slightly wider. Coaching the difference between the two will allow participants to optimize range and control in the combo.



08. SHOULDERS

WEIGHT SELECTION

REGULARS: Barbell with Warmup weight
2x small to medium plates

TRACK FOCUS

Clearly coach the Position and Execution setup of the Rear Deltoid Fly with rotation for good technique and be super clear as transitions are fast. Educate your participants on the benefits of this training.

MUSCLE FOCUS

Bar work: Deltoids, trapezius and rotator cuffs
Plate work: Muscles of the upper back, rear deltoids
Pushup: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Clap)	4x8 Set up STANDING REAR DELTOID FLY SET Stance	
	0:19	Instr / (Beat)	4x8 2/2 STANDING REAR DELTOID FLY SET Stance	4x
	0:35	V1 / _ Yeah we a big	4x8 4/4	2x
	0:50	PC / Big song	4x8 2/2	4x
	1:05	Rep / Explode	4x8 1/1/2	4x
	1:20	Instr / (Heavy)	8x8 1/1 STANDING REAR DELTOID FLY WITH ROTATION (8cts)	8x
2	1:50	Instr / (Low)	2x8 TRANSITION: Plates down, kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW	
	1:57	(Bup)	2x8 2/2 KNEELING WIDE-GRIP UPRIGHT ROW	2x
	2:05	V2 / _ No we no little	4x8 4/4	2x
	2:20	PC / Big song	4x8 2/2	4x
	2:35	Rep / Explode	4x8 1/1/2	3x
			Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION L leg F	
3	2:50	Instr / (Heavy)	8x8 1/1 KNEELING REAR DELTOID FLY WITH ROTATION (8cts)	8x
	3:20	Rep / Explode	4x8 1/1 PUSHUP	7x
			Use first 4cts to transition to PUSHUP Options: Toes, knees or kneeling	
	3:35	Instr / (Low)	2x8 TRANSITION: Plates down kneeling position, pick up bar, WIDE Grip, ready for KNEELING UPRIGHT ROW	
	3:42	(Bup)	2x8 2/2 KNEELING WIDE-GRIP UPRIGHT ROW	2x
	3:50	V3 / _ No we no little	4x8 4/4	2x
	4:05	PC / Big song	4x8 2/2	4x
	4:20	Rep / Explode	4x8 1/1/2	3x
			Use last 8cts to transition from bar to plates for KNEELING REAR DELTOID FLY WITH ROTATION R leg F	
	4:35	Instr / (Heavy)	8x8 1/1 KNEELING REAR DELTOID FLY WITH ROTATION	8x
	5:05	Rep / Explode	4x8 1/1 PUSHUP	7x
			Use first 4cts to transition to PUSHUP	
	5:20	Outro	4x8 TRIPLE PULSE PUSHUP	4x
			RECOVERY: Shake arms, roll shoulders, shoulder stretches	



08. BOOMSHAKALAK 5:40mins

TECHNIQUE AND COACHING

1 STANDING REAR DELTOID FLY / STANDING REAR DELTOID FLY WITH ROTATION

LAYER 1 / LAYER 2

Focus on Timing, Targets and range so your class is moving with great execution and understands the new Fly with Rotation. The key in the rear deltoid work is the tipping forward of the torso and a strong core to isolate and staying small and tight in the Pulses.

STANDING REAR DELTOID FLY

- *Pick up your plates*
- *SET Position*
- **Tip from the hips**
- **Plates face in**
- **Brace core, chest up**
- **Shoulders back and down**
- *Lead with the elbows*
- **Elbows just under shoulder height**
- **Squeeze shoulder blades together**
- **Chin tucked in, eyes forward**
- *Keep the torso forward on a 45-degree angle to isolate the rear delts*

STANDING REAR DELTOID FLY WITH ROTATION

- *Fly with rotation*
- *Up and twist*
- *Twist the arm*
- **Biceps up, elbows down**
- *Try and turn the plates all the way around so they face the front*
- **Keep the chest lifted and abs braced**
- *Working deep into the shoulder stabilizers*

2 KNEELING WIDE-GRIP UPRIGHT ROW / KNEELING REAR DELTOID FLY WITH ROTATION / PUSHUP

LAYER 1 / LAYER 2

Changing the exercises will help participants stay in the workout for longer. Kneeling barbell work will challenge even your die-hard participants. Coach the basics of Timing, Targets and range to get everyone moving well in the Upright Rows. The Fly with Rotation comes back again, so be precise with cues to nail the transition. Once you have participants moving again, coach Layer 2 cues that help improve their execution of this new move and coach the benefits to motivate them to stay in the work. There are only 7 Pushups to finish the block so encourage their best efforts.

KNEELING WIDE-GRIP UPRIGHT ROW

- *Grab your barbell*
- *Hands wide, Upright Row*
- **Bar close to the body**
- **Target – lower chest**
- *Let's stabilize the shoulders*
- **Brace abs and lift chest**
- *Shoulders back and down and squeeze butt*
- **Elbows high and wide**
- *When you stabilize you start to feel the isolation in the shoulders*
- *I can see it in your shoulders – you look good*
- *Explode up*
- *Quick transition, barbell down*

KNEELING REAR DELTOID FLY WITH ROTATION

- *Bar comes down*
- *Plates up*
- *One leg forward*
- *Tip forward from the hip*
- *Rotate and fly*
- *Chest up, nose over toes*
- *Stabilize your body and squeeze shoulder blades together*
- *Squeeze between the shoulder blades to rotate the plates*
- *That shoulder stability keeps us strong and safe*

PUSHUP

- *Hands wide, Pushups*
- *On knees or toes – there is only 7*
- *Shoulders away from the ears*
- **Brace abs**
- **Chest to elbow-height**
- *Push through the floor*



08. BOOMSHAKALAK 5:40mins

3 KNEELING WIDE-GRIP UPRIGHT ROW / KNEELING REAR DELTOID FLY WITH ROTATION / PUSHUP

LAYER 2 / LAYER 3

The final block is a repeat of Block 2 with some Triple Pushups at the end. Coach Layer 2 internal and external coaching cues that will help your class execute improved technique. The intensity is high and participants will need motivational language that will bring them to perform well and towards fatigue; that's the goal! Sell the benefits of this training to educate and motivate for this last big track!

- *Wide-grip Upright Row*
- *Control on the way down*
- *Time under tension training*
- *There it is – on and on*
- *Ground yourself*
- *Bar close*
- *Power – quick on the way up*
- *Can you feel the strength in your shoulders?*
- *Bar down, grab the plates*
- *Elbows lead the way*
- *Get the rotation*
- *Remember: biceps up, elbows down*
- *Pushups to finish*
- *Triples with a strong push*
- *Last time to explode*
- *How do we finish it team?*

INTENSITY

The intensity of this track comes from the focus on the intrinsic shoulder muscles and the scapula stabilizers. The combination of the Upright Rows and the Rear Deltoid Fly with Rotation will push these muscles to a point of fatigue. Training these muscles will help improve our strength and control during compound push-and-pull exercises.

PUMP FACT

Training the lateral rotators of the shoulder, as we do in the Rear Deltoid Fly with Rotation, trains infraspinatus and teres minor in the rotator cuff.

These muscles are responsible for keeping the head of the humerus centered during exercises such as Lateral Raises and Overhead presses. Controlling the head of humerus is a vital component of avoiding impingement issues when training the upper body.



09. CORE

WEIGHT SELECTION

1x small to medium plate

DEMONSTRATE

Plate Crunch Combination

TRACK FOCUS

Focus on clear coaching of the execution in the new Crunch Combo and how to manipulate the intensity and sell the benefits in all the core exercises.

MUSCLE FOCUS

Hip Bridge: Glutes

Hover and Side Hover: Rectus abdominis, obliques

Plate Crunch Combination: Rectus abdominis, obliques

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up for HIP BRIDGE , plates on lap	
	0:14	V1 / Love me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
	0:41	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO (8cts) Crunch up, plates extend O/H (2cts) Lower body down, plates open wide (2cts) Crunch up, plates press up over shoulders (2cts) Lower body down, plates go back O/H (2cts)	6x
2	1:09	V2 / Trust me	6x8	2/2 HIP BRIDGE Use last 4cts to transition plates to extended O/H	6x
	1:36	C / _ I don't wanna	6x8	PLATE CRUNCH COMBO	6x
3	2:03	Ref / Love me	4x8	HOVER Option: On knees Use first 8cts to transition to HOVER	
	2:22	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER R Option: On knees	4x
	2:40	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER R L arm extends up Use first 2cts to transition to SIDE HOVER	1x
4	2:59	Ref / Love me	4x8	HOVER Use first 8cts to transition to HOVER	
	3:18	C / _ I don't wanna	4x8	2/2 ROTATING SIDE HOVER L	4x
	3:36	Rep / _ I don't wanna	4x8	15x PULSE SIDE HOVER L R arm extends up Use first 2cts to transition to SIDE HOVER	1x



09. LET YOU BE RIGHT 3:57mins

TECHNIQUE AND COACHING

1. HIP BRIDGE / PLATE CRUNCH COMBINATION

LAYER 1

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

HIP BRIDGE

- *Bring plates to hip*
- *Hold the plates on front of hips*
- ***Squeeze butt to lift the hips***
- *Press out of the heels to feel the glutes*

PLATE CRUNCH COMBINATION

- *Plates over head for combination*
- *Plates come up, open, up and overhead*
- ***Ribs to hips as you crunch***
- ***Chin tucked in, eyes to knees***
- *Plates over shoulders*



2 HIP BRIDGE / PLATE CRUNCH COMBINATION

LAYER 2

We repeat the moves again in the 2nd block. Once participants have mastered the basics, use Layer 2 cues that will both improve their technique and help them to feel the work in the target muscles creating more intensity. For the new Plate Crunch Combination we want to focus on challenging the upper abs as you crunch and as you fly open, we bring in the focus to the obliques.

- *Plates on front of hips*
- *Back to Hip Bridge*
- *Try squeezing the butt even more and drive through the heels*
- *This will shape and tone for a good-looking butt*
- *Peel your shoulder blades off the floor*
- *Shaping and toning for a strong core*

3 HOVER / ROTATING SIDE HOVER

LAYER 1 / LAYER 2

We change the exercises to Hover and Rotating Side Hover to challenge the core. Coach with precision, position and execution of both moves so you don't leave anyone behind. Role model the option on knees to decrease intensity.

HOVER

- *Lose your plates*
- *Roll over to Hover*
- *Stack forearms*
- *Elbows under shoulders*
- *On Knees or toes*
- ***Brace abs***
- ***Back long and straight***

ROTATING SIDE HOVER

- *Rotate to the front for Side Hover*
- *Same side*
- *Option on the knees*
- ***Bottom hip lifts away from the floor***
- ***Body moves as one***
- ***Square hips and shoulders***
- *Up quickly and pulse*
- *Stay in top range*

4 HOVER / ROTATING SIDE HOVER

LAYER 2 / LAYER 3

The final block is a repeat of Block 3; remember, participants will be fatigued so focus on keeping the abdominal brace strong and body moving as one. Sell the great benefits of this training to educate and motivate participants through to the end of the track.

- *Other side*
- *Stack the forearms*
- *Smooth movement – whole body rotating as one*
- *Make the move seamless*
- *Up quickly and pulse*
- *The higher we can lift our hips, the better our waistline will look*



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	1x8	Set up CHILDS POSE . Get your participants to transition to kneeling position
	0:08	V1 / Never fades away	4x8	CHILDS POSE
	0:28	C / Hit so hard	4x8	UPPER BACK STRETCH L, R <i>Switch side at halfway point</i>
	0:49	Rep / _ Scars	2x8	CAT STRETCH
2	0:58	C / Your burn	2x8	KNEELING HIP FLEXOR STRETCH R (L leg F, R hand extends up)
	1:07	Your mark	2x8	KNEELING HIP FLEXOR STRETCH R with TWIST (R hand to L knee)
	1:17	Your burn	2x8	KNEELING HIP FLEXOR STRETCH L (R leg F, L hand extends up)
	1:27	Your mark	2x8	KNEELING HIP FLEXOR STRETCH L with TWIST (L hand to R knee)
3	1:37	V2 / _ There's no room	8x8	SEATED HURDLER STRETCH L, R <i>Switch side at halfway point</i>
	2:18	C / Your burn	4x8	STANDING QUADRICEP STRETCH L, R <i>Switch side at halfway point</i>
	2:38	_ Remember I told	4x8	STANDING O/H STRETCH (Both arms reach above head, hands together)
	2:59	C / Hit so hard	4x8	SHOULDER STRETCH L, R <i>Switch side at halfway point</i>
	3:19	Outro / Your mark	4x8	Roll and shake out. Congratulate the class for their efforts



10. REMIND ME TO FORGET 3:42mins

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: 1x medium to large plate

Biceps: 2x medium to large plates

TRACK FOCUS

Coach transitions well so the class can follow easily through the different exercises. Coach how to execute each exercise clearly with Layer 1 cues on the first set of both exercises. The 2nd sets are your time to bring intensity, benefits and motivation to this training.

MUSCLE FOCUS

Bicep Plate Curl: Biceps

Kneeling Overhead Extensions: Triceps

Tricep Pushup: Triceps, pecs and deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / Soy mala	2x8 Set up SET Position, SHOULDER ROLL	1x
	0:16	Dominicana	2x8 1/1 ALT BICEP PLATE CURL L,R SET Stance (8cts)	2x
	0:25	Basta	4x8 2/2 BICEP PLATE CURL (8cts)	4x
	0:44	Instr / (Rhythmic synth)	8x8 BICEP COMBO (32cts) 1x 8 MID-RANGE PULSE (16cts) 4x 1/1 FAST ALT BICEP PLATE CURL L, R (16cts)	2x
	1:21	V2 / Soy mala	1x8 TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
2	1:26	Pa' la playa	3x8 1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
	1:39	Basta	4x8 2/2 (8cts)	4x
	1:57	Instr / (Rhythmic synth)	8x8 TRICEP COMBO (32cts) 1x 7 KNEELING PULSE BOTTOM HALF TRICEP O/H PLATE EXTENSION (16cts) Use last 4cts to transition to TRICEP PUSHUP 1x 7 PULSE BOTTOM HALF TRICEP PUSHUP (16cts) Option: Toes, knees or kneeling	2x
	2:33	(Low drum)	4x8 1/1 TRICEP PUSHUP	8x
	2:50	V3 / Soy mala	1x8 TRANSITION: Pick up 2 plates, stand, SET Stance for ALT BICEP PLATE CURL L, R	
3	2:56	Pa' la playa	3x8 1/1 ALT BICEP PLATE CURL L, R SET Stance	3x
	3:10	Basta	4x8 2/2 BICEP PLATE CURL (8cts)	4x
	3:28	Instr / (Rhythmic synth)	8x8 BICEP COMBO (32cts)	2x
	4:05	V4 / Soy mala	1x8 TRANSITION: One plate only, to the floor into kneeling position for KNEELING TRICEP O/H PLATE EXTENSION	
	4:09	Pa' la playa	3x8 1/1 KNEELING TRICEP O/H PLATE EXTENSION (4cts)	6x
4	4:23	Basta	4x8 2/2	4x
	4:41	Instr / (Rhythmic synth)	8x8 TRICEP COMBO (32cts)	2x
	5:18	(Low drum)	4x8 1/1 TRICEP PUSHUP	8x
			RECOVERY: Shake arms, tricep and bicep stretches	



45-MIN FORMAT

05. BABABA 5:40mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

LAYER 1

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

- *SET Position*
- *Alternating Curl, right side first*
- **Brace abs**
- *Super slow*
- **Plates to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**
- *8 Pulses*
- *1 inch above and 1 inch below the elbow position for mid range*

2 KNEELING TRICEP OVERHEAD PLATE EXTENSIONS / TRICEP PUSHUP

Layer 1

Coach Layer 1 Position and Execution setup for the Kneeling Tricep Overhead Extension using NETT. The Pushups come in quickly so pre-cue early to ensure everyone stays in the work. Option early as overload builds quickly and this is tough.

KNEELING TRICEP OVERHEAD PLATE EXTENSION

- *Make your way to the floor*
- *Lose 1 plate*
- *Knees under hips*
- *Overhead Extension*
- **Chest up, abs braced**
- **Down to the base of neck**
- **Full extension to the top**
- **Squeeze elbows in** to engage triceps
- *7 Pulses*
- *Bottom range for the Pulse*
- *Quick transition for Pushups*

TRICEP PUSHUPS

LAYER 1

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

- **Hands under shoulders**
- *On Knees or toes*
- *Pulse bottom range*
- **Chest to elbow level**
- **Brace core**
- *Option: On knees, toes or kneeling*
- *Full range*

3 & 4 BICEP PLATE CURL / KNEELING TRICEP OVERHEAD EXTENSION / TRICEP PUSHUPS

Layer 2 / Layer 3

Intensity builds fast and the second half of the track is all about overload. Encourage participants to challenge the weights as the blocks are short. Layer 2 internal and external coaching cues help to build intensity fast and feel the isolation, especially in the Pulses. Give options to help everyone feel success. Layer 3 motivational cues that praise your participants will help drive them to finish strongly.

- *Fast transition to the feet*
- *Grab the plates for biceps*
- *Alternating Curl*
- *If the weight is not heavy enough then dial up – we want to feel the effects from the short sets*
- *Are we feeling it?*
- *Full twist on the plate for supination*
- *Finish it strongly guys*
- *Fast transition to the floor*
- *Overhead Extension*
- *Lock in the core*
- *Feel the music to get us through the last round*
- *Squeeze your glutes for stability*
- *Squeeze elbows in to isolate*
- *Drop quickly*
- *Drive out of the floor with a strong core brace*
- *It's OK if you miss a few – as many as you can catch*
- *Short set – can you get on your toes? Keep pushing*

PUMP FACT

Alternating between opposing muscle groups (agonist and antagonist) allows us to keep the training intensity high. This may also allow participants to select a slightly heavier weight than they would in a full Biceps or triceps track.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

Clear setup of each exercise, along with early pre-cues is essential for the class to follow easily and execute well. Coaching focus is on range of movement to lift the heart rate and integrate lower and upper body and achieving the reps, even if you need to drop the plates.

MUSCLE FOCUS

Lunge: Glutes and quads

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

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro / (Guitar strum)	4x8	Set up for LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R , take R foot B, R arm plate to shoulder height, ready to press O/H, L arm plate hangs at side	
	0:16	V1 / On your skin	8x8	2/2 LUNGE L with SINGLE-ARM O/H SHOULDER PRESS R (8cts)	8x
	0:40	PC / On a miracle	4x8	3/1 Use last 2cts to raise L arm plate to shoulder height, ready for LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS	4x
	0:52	QC / I wanna know	8x8	1/3 LUNGE L with DOUBLE-ARM O/H SHOULDER PRESS (8cts) TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	1:15	C / I wanna know	16x8	COMBO L (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with SIDE RAISE (4cts) Option: No plates	16x
2	2:01	QC / I wanna know	1x8	TRANSITION: Set up opposite side for LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L	
	2:04	V2 / Never a no	8x8	2/2 LUNGE R with SINGLE-ARM O/H SHOULDER PRESS L (8cts)	8x
	2:27	PC / On a miracle	4x8	3/1 Use last 2cts to raise R arm plate to shoulder height, ready for LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS	4x
	3:39	QC / I wanna know	8x8	1/3 LUNGE R with DOUBLE-ARM O/H SHOULDER PRESS TRANSITION: Use last 8cts to set up the combination. Preview the moves	7x
	3:02	C / I wanna know	16x8	COMBO R (8cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with FRONT RAISE (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with SIDE RAISE (8cts) Option: No plates	16x
	3:49	Outro /		RECOVERY: Plates down, shake out legs and arms. quadricep and shoulder stretches	



45-MIN FORMAT

06. I WANNA KNOW 4:15mins

TECHNIQUE AND COACHING

1 LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS / LUNGE WITH DOUBLE ARM OVERHEAD PLATE SHOULDER PRESS / BACKWARD STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE

LAYER 1

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

LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS

- *Plate in your left hand*
- **Feet under your hips**
- *Slide your left leg back, plate comes up*
- **Elbow just under shoulder-line**
- **Chest up**
- **Brace the abs** to square the hips and shoulders
- *Drop into Lunge and press plate up*
- **Back knee down, front knee over ankle and out slightly**
- **Front thigh parallel to the floor**
- **Keep the elbow in front of face**
- *Let the plate and body float up and down*

LUNGE WITH DOUBLE-ARM OVERHEAD PLATE SHOULDER PRESS

- *Bring the other plate up*
- *Drop quickly and up slowly*
- *Shoulders away from the ears*
- *Check the elbow – keep it just under the shoulder-line to load the front deltoid*

BACKWARD-STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE COMBINATION

- *Quick transition*
- *Step the back leg in and watch*
- *Front Raise and Side Raise*
- *Come with us*
- *Same leg*
- **Plates stop just under shoulders in Front Raise**
- **Side Raise, plates stop under shoulder-line**
- **Elbows lead**
- *Find your **long lunge stride***
- *Any time you need to drop the plates, do it but stay in the work*

- *Big step back, big drop*
- *Should be starting to feel this in the front leg*
- *That's all the muscles working together to stabilize your front knee*
- *Hold onto it*
- *Squeeze your butt and drive out of the front heel*

2. LUNGE WITH SINGLE-ARM OVERHEAD PLATE SHOULDER PRESS / LUNGE WITH DOUBLE-ARM OVERHEAD PLATE SHOULDER PRESS / BACKWARD-STEPPING LUNGE WITH FRONT RAISE / SIDE RAISE

LAYER 2 / LAYER 3

Now we repeat everything on the other leg... Allow the cues to land – one cue at a time. The kicker comes in the combination at the end of the block. It will challenge coordination and fitness as well as burn calories fast, integrating the muscle groups. Challenge participants to take a long step back and hit full range every rep. Show that you love this training by role-modeling perfect technique as this will motivate participants and bring them with you to the finish line.

- *Right leg back*
- *Let's do the other side*
- *Front thigh parallel*
- *Integrating lower and upper body*
- *Core strong*
- *Great timing everyone*
- *We find the tension and we expedite our results*
- *Fire back knee down and lift plates up*
- *As soon as we start moving quickly, that's the integration*
- *Step in and watch, combination; front and side*
- *Let's go with the other leg*
- *Each time you step back, take the shoulders over the hips and drive through the front heel to squeeze the glutes*
- *I wanna know – how do your glutes feel? How do your quads feel?*

PUMP FACT

Simultaneously training the muscles of the upper and lower body requires a lot of core activation. This is how we use our core on a daily basis. This type of training is therefore great for developing functional strength.



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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.

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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.

