

# BODYPUMP

# 109

**GLOSSARY**

**MUSIC**

**EXPRESS FORMATS**

**01. WARMUP**

**02. SQUATS**

**03. CHEST**

**04. BACK**

**05. TRICEPS**

**06. BICEPS**

**07. LUNGES**

**08. SHOULDERS**

**09. CORE**

**10. COOLDOWN**

**45-MIN FORMAT**

**05. TRICEPS/BICEPS**

**45-MIN FORMAT**

**06. LUNGES/SHOULDERS**

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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

### Execution Setup

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



WIDE Stance

### 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

## WALKING BENCH PUSHUP

### Position Setup

- Hands outside shoulder-width
- Abs braced
- On knees or toes

### Execution Setup

- Chest drops to elbow height (hand on the bench)
- Abs braced; back long and straight

### Layer 2

- Body moves as one unit
- Push off the step as you move



## CHEST PRESS

### Position Setup

- Hands wide on the bar
- Bar above shoulders
- Brace abs – lower back towards the bench
- Feet hip-width apart and close to the bench

### Execution Setup

- Bar to middle of the chest
- Elbows stop at bench level

### Layer 2

- Squeeze shoulder blades together on the way down, to open the chest
- Drive upper back into the bench, to stabilize the upper body



## WIDE DEADLIFT

### Position Setup

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

### Execution Setup

- Bar to the knees and bottom of the ribs.

### Layer 2

- Pull bar into thighs



## 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.





# GLOSSARY

## WIDE HIGH PULL

### Position Setup

- **SET Position**
- **Hands wide**
- **Chest up, abs braced**

### Execution Setup

- Pull the bar up the body
- **Bar close to the body**
- **Bar to lower chest**
- **Elbows above the bar**
- **Drop and drive out of the hips**
- **Lift the heels to help initiate the movement**
- **Abs braced, chest up**

### Layer 2

- Drive the hips up to power the bar



## PLATE SQUAT CURL PRESS

### Position Setup

- Feet slightly wider than hips with toes turned out
- **Chest up, abs braced**

### Execution Setup

- Pull the plate up, drop under
- **Sit the butt down and back**
- **Knees track forward, in line with toes**
- **Butt to 90 degrees**
- **Elbows under plate**
- **Brace the abs as the plate moves over head**
- **Elbows slightly forward**



## PLATE SQUAT CURL POWER PRESS

### Position Setup

- **Feet slightly wider than hips with toes turned out**
- **Chest up, abs braced**

### Execution Setup

- Pull the plate up, drop under
- **Sit the butt down and back**
- **Knees track forward, in line with toes**
- **Butt to 90 degrees**
- Elbows under plate
- **Brace the abs as the plate moves over head**
- **Elbows slightly forward**
- Return plate to collarbones
- Power the plate up 2 more times

### Layer 2

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





# GLOSSARY

## TRICEP DIP

### Position Setup

- **Butt close to bench**
- **Chest lifted**
- **Weight in the heels of the hands**

### Execution Setup

- Lower butt towards the floor
- **Butt stays close to bench**
- **Chest lifted**
- Elbows to the rear

### Layer 2

- Squeeze shoulder blades together to lift the chest and stabilize the upper body



No plate



With plate



On bench

## SEATED OVERHEAD TRICEP PLATE EXTENSION

### Position Setup

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

### Execution Setup

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

### Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



## TRICEP BENCH PUSHUP

### Position Setup

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

### Execution Setup

- **Drop chest to elbow level**
- Elbows tuck into ribs

### Layer 2

- Drive the floor/bench away



1. On toes



2. On knees

## KNEELING OVERHEAD TRICEP PLATE 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, elbows in**





# 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



## BICEP ROW

### Position Setup

- As Bicep Curl

### Execution Setup

- Tip forward from the hips
- Bar to kneecaps
- Pull the bar to ribcage, just under chest
- Elbows pull high to the back

### Layer 2

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



## BENCH PLATE FRONT SQUAT

### Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel to 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



## BENCH BACKWARD-STEPPING PLATE LUNGE

### Position Setup

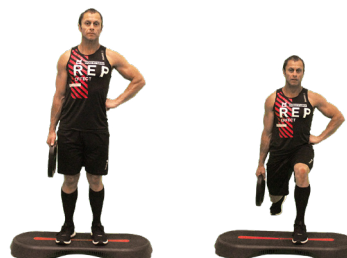
- Feet hip-width apart and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

### 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

## BENCH BACKWARD-STEPPING LUNGE WITH KNEE LIFT

### 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
- Abs braced, chest up

### Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor
- Lift knee to hip height
- Abs braced – chest up

### Layer 2

- Push through the heel on the bench to work the glutes



## 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



## STANDING 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



## KNEELING FORWARD RAISE

### Position Setup

- Kneeling on one knee
- Chest up – abs braced

### Execution Setup

- Elbows in line with shoulders
- Chest stays lifted
- Abs tight





# GLOSSARY

## KNEELING SIDE RAISE

### Position Setup

- Kneeling on one knee
- Elbows slightly bent
- Chest up – abs braced

### Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin tucked in

### Layer 2

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



## PUSHUP

### Position Setup

- Hands wide
- Abs braced
- Back long and straight

### Execution Setup

- Lower chest to elbow level

### Layer 2

- Drive the floor/bench away



1. On toes



2. On knees



3. Kneeling

## SINGLE-ARM PLATE LIFT

### Position Setup

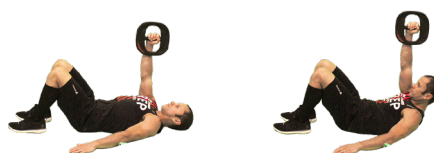
- Plate above shoulders
- Feet close to butt
- Chin tucked in

### Execution Setup

- Lift plate towards ceiling
- Slide ribs to hips

### Layer 2

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



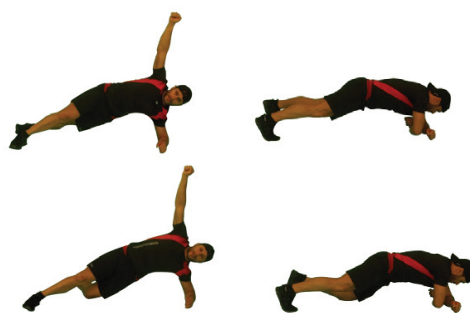
## ROTATING PLATE SIDE HOVER

### 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



# GLOSSARY

## HOVER

### Position Setup

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

### Layer 2

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



## 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



## WALKING PLANK/HOVER

### Position Setup

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

### Execution Setup

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

### Layer 2

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



## TRICEP PLYO PUSHUP

### Position Setup

- **Hands under shoulders**
- On knees or toes
- **Abs braced**
- Elbows tucked in
- **Back straight**

### Execution Setup

- **Chest to elbow height**
- **Abs braced – back straight**
- Jump the hands forward
- **Soft elbows to absorb the landing**
- Walk hands back

### Layer 2

- Explode out of the bottom of the Pushup





# GLOSSARY

## BICEP PLATE CURL

### Position Setup

- Arms by sides, palms face in, Bicep 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



## BACKWARD-STEPPING LUNGE WITH PLATE CURL AND OVERHEAD SHOULDER PLATE PRESS

### Position Setup

- **Feet under your hips**
- **Chest up brace core**

### Execution Setup

- **Big step back**
- **Brace the abs to square the hips and shoulders**
- Curl plate to collarbones
- Press plate over head
- **Abs braced**
- **Elbows slightly forward at the top of the press**
- **Front knee out**
- **Front thigh parallel to the floor**

### Layer 2

- Compound training – all the major muscles working



## DROP SQUAT PRESS WITH PLATE

### Position Setup

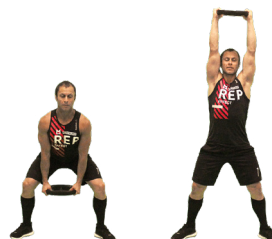
- **Feet wide**
- **Chest up**
- **Abs braced**
- **Knees out**

### Execution Setup

- **Drop butt to knee line**
- **Chest up, abs braced**
- Lower plate towards the floor
- Curl plate and drive over head
- **Elbows slightly forward**
- **Abs braced as plate moves over head**

### Layer 2

- Explode from the bottom to the top – drive the plate up





# MUSIC

01

**Jackie Chan** (3:34)  
Tiësto & Dzeko feat. Preme & Post Malone  
Courtesy of the Universal Music Group.  
Written by: Dzeko, Raposo, Verwest, Bell, Humphrey, Post

02

**Jackie Chan** (2:04)  
Tiësto & Dzeko feat. Preme & Post Malone  
Courtesy of the Universal Music Group.  
Written by: Dzeko, Raposo, Verwest, Bell, Humphrey, Post

03

**Natural** (3:12)  
Imagine Dragons  
Courtesy of the Universal Music Group.  
Written by: Reynolds, Sermon, Mckee, Platzman, Fredriksson, Larsson, Tranter

**Natural** (3:13)  
Imagine Dragons  
Courtesy of the Universal Music Group.  
Written by: Reynolds, Sermon, Mckee, Platzman, Fredriksson, Larsson, Tranter

**Satisfied** (2:41)  
Galantis feat. Max  
© 2018 Atlantic Recording Corporation.  
Written by: Eklöw, Coleman, Karlsson, Spargur, Warren, Jonback, Friedman, Schneider, Koitzsch

**Satisfied** (2:41)  
Galantis feat. Max  
© 2018 Atlantic Recording Corporation.  
Written by: Eklöw, Coleman, Karlsson, Spargur, Warren, Jonback, Friedman, Schneider, Koitzsch

04

**The Island Pt. 1 (Dawn) [Skrillex Remix]** (5:48)  
Pendulum  
© 2010 Warner Music UK Limited.  
Written by: Swire

05

**I Like It** (5:08)  
Up & Aside  
© 2019 Les Mills Music Licensing Ltd.  
Written by: Raphael, Almanzar, Martinez, Osorio, Pabon, Rodriguez

06

**Shadowboxer** (4:59)  
Good Charlotte  
© 2018 Good Charlotte under exclusive license to BMG Rights Management (US) LLC.  
Written by: B. Madden, J. Madden, Cervini

07

**The In Between** (5:40)  
Elephante feat. Anjolie  
© 2018 Elephante.  
Written by: Persaud, Barretto

08

**Blah Blah Blah** (5:29)  
Armin van Buuren  
© 2018 Armin Audio B.V. under exclusive license to Armada Music B.V.  
Written by: Armin van Buuren

09

**Complicated** (3:44)  
Mura Masa & NAO  
Courtesy of the Universal Music Group.  
Written by: Moore, Crossan, Joshua

10

**Deep End** (3:59)  
Daughtry  
© 2018 19 Recordings Ltd. under exclusive license to RCA Records, a division of Sony Music Entertainment.  
Written by: Daughtry, Frost, Ryberg, Liljegren

## 45-MIN FORMAT

05

**The Middle (Curbi Remix)** (4:05)  
Grey, Zedd, Marren Morris  
Courtesy of the Universal Music Group.  
Written by: Aarons, J. Johnson, S. Johnson, Lomax, Zaslavski, K. Trewartha, M. Trewartha

**The Middle (Curbi Remix)** (1:37)  
Grey, Zedd, Marren Morris  
Courtesy of the Universal Music Group.  
Written by: Aarons, J. Johnson, S. Johnson, Lomax, Zaslavski, K. Trewartha, M. Trewartha

06

**Gold (Stupid Love)** (4:52)  
Excision & Illenium feat. Shallows  
© 2018 Excision Music, Caption Records.  
Written by: Abel, Miller, Gallagher, Poppitt, Tunstall, Warren



L-R: Reagan Kang, Triesca Areisandy Winardi, Windy Gao, Lunar Lu, Glen Ostergaard, Diana Archer Mills, Hiroshi Asakawa, Honey Wu, Robin Yu

BODYPUMP 109 is where full functional training that is activating and integrating the core with full body exercises collides with THE REP EFFECT™ – the best training for your body, where we can reap the rewards of this amazing class!

*Jackie Chan* gets us off to a ripper of a start with fun, funky and uplifting beats.

The Squats track is a *Natural* hit for the legs. The slow holding rhythm will create more muscle tension, forcing your legs and glutes to have to work harder. Try it at home – sit on a chair, pause for a few seconds then stand up. You have to activate more muscles to get moving! Massive muscle activation and results to follow.

The Walking Bench Pushup is very challenging and functional in the Chest track. It will fire up the core and the upper body before we consolidate the training with a heavy barbell. Great for tone and shape and most satisfying.

The Back track introduces the High Pull – use a heavy barbell as there are no barbell Clean & Presses so we can afford more weight on the bar. This loads our upper and lower back for great strength gains.

Backward-Stepping Lunges off the bench feels amazing with the beat in *The In Between* and the Reverse Fly with a twist seals the deal in the Shoulders track for strength and stabilization... *Blah Blah Blah*.

Functional is here for this release – Pushups every which way and a host of integrated exercises. Enjoy this unique release.

# CREDITS

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

# PRESENTERS

**Glen Ostergaard** (New Zealand) is Program Director for BODYPUMP, RPM and LES MILLS SPRINT. He began his group fitness career with BODYATTACK and is based in Auckland.

**Diana Archer Mills** (New Zealand) is Creative Director for BODYPUMP, BODYCOMBAT, BODYJAM and RPM, co-Program Director for BODYBALANCE/BODYFLOW, and choreographer for LES MILLS TONE, LES MILLS BARRE and CXWORX. She is based in Auckland.

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

**Hiroshi Asakawa** (Japan) is a BODYPUMP Trainer/Presenter. He is from Kanagawa.

**Triesca Areisandy Winardi** (Indonesia) is a BODYPUMP and BODYCOMBAT Trainer/Presenter and a BODYBALANCE/BODYFLOW and RPM Instructor. She is from Jakarta.

**Lunar Lu** (China) is a BODYPUMP and BODYCOMBAT Trainer/Presenter, a CXWORX Trainer, and a BODYBALANCE/BODYFLOW Instructor. She is from Shanghai.

## SHADOWS

- Windy Gao (China)
- Honey Wu (China)
- Robin Yu (China)



# EXPRESS FORMATS

## NEW 45-MINUTE FORMAT

|            |                  |
|------------|------------------|
| Track 01   | Warmup           |
| Track 02   | Squats           |
| Track 03   | Chest            |
| Track 04   | Back             |
| Track 05   | Triceps/Biceps   |
| Track 06   | Lunges/Shoulders |
| Track 09   | Core             |
| Track 10   | Cooldown         |
| Total Time | 35:42            |

**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 | 26:57  |

## 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 | 42:05     |

# 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](http://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                                              |
| M      | Middle                                |       |                                                    |

# 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 **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 / _ She say        | 3x8               | <b>SET Position</b>                                                   |      |
|   | 0:15                                                  | _ I just ordered         | 2x8               | <b>SHOULDER ROLL</b>                                                  | 1x   |
|   | 0:23                                                  | V1 / _ Drop top, how     | 4x8               | 2/2 <b>DEADLIFT SET Stance</b>                                        | 4x   |
|   | 0:37                                                  | _ She just wanna do      | 4x8               | 3/1                                                                   | 4x   |
|   | 0:52                                                  | C / _ She say she too    | 4x8               | 2/2 <b>DEADROW</b> (16cts)                                            | 2x   |
|   | 1:06                                                  | _ She say she too        | 4x8               | 1/1                                                                   | 4x   |
|   | 1:21                                                  | Instr / (Synth)          | 4x8               | <b>TRIPLE DEADROW</b> (16cts)                                         | 2x   |
| 2 | 1:36                                                  | V2 / _ I think you got   | 4x8               | 2/2 <b>DEADLIFT SET Stance</b>                                        | 4x   |
|   | 1:50                                                  | _ Finger to the world    | 4x8               | 3/1 <b>UPRIGHT ROW</b>                                                | 4x   |
|   | 2:05                                                  | C / _ She say she too    | 4x8               | 2/2 <b>CLEAN &amp; PRESS</b> (16cts)                                  | 2x   |
|   | 2:19                                                  | _ She say she too        | 4x8               | 1/1 (8cts)<br>Use last 4cts to transition to <b>SQUAT MID Stance</b>  | 4x   |
|   | 2:34                                                  | Instr / (Synth)          | 4x8               | 1/1 <b>SQUAT MID Stance</b>                                           | 8x   |
|   | 2:48                                                  | Ref / I can't wait       | 4x8               | 4/4<br>Use last 4cts to transition R foot B for <b>LUNGE L</b>        | 2x   |
|   | 3:03                                                  | <b>Club</b> got me right | 4x8               | 2/2 <b>LUNGE L</b>                                                    | 4x   |
| 3 | 3:17                                                  | C / _ She say she too    | 4x8               | 1/1                                                                   | 8x   |
|   | 3:32                                                  | Br                       | 1/2x8             | <b>TRANSITION</b> back to SET Stance                                  |      |
|   | 3:35                                                  | V3 / _ I think you got   | 4x8               | 2/2 <b>DEADLIFT SET Stance</b>                                        | 4x   |
|   | 3:48                                                  | _ Finger to the world    | 4x8               | 3/1 <b>UPRIGHT ROW</b>                                                | 4x   |
|   | 4:03                                                  | C / _ She say she too    | 4x8               | 2/2 <b>CLEAN &amp; PRESS</b> (16cts)                                  | 2x   |
|   | 4:17                                                  | _ She say she too        | 4x8               | 1/1 (8cts)<br>Use last 4cts to transition to <b>SQUAT WIDE Stance</b> | 4x   |
|   | 4:32                                                  | Instr / (Synth)          | 4x8               | 1/1 <b>SQUAT WIDE Stance</b>                                          | 8x   |
|   | 4:47                                                  | Ref / I can't wait       | 4x8               | 4/4<br>Use last 4cts to transition L foot B for <b>LUNGE R</b>        | 2x   |
|   | 5:01                                                  | <b>Club</b> got me right | 4x8               | 2/2 <b>LUNGE R</b>                                                    | 4x   |
|   | 5:16                                                  | C / _ She say she too    | 4x8               | 1/1                                                                   | 8x   |
|   | <b>RECOVERY:</b> Shake out arms and legs. Torso Twist |                          |                   |                                                                       |      |



# 01. JACKIE CHAN 5:38mins

## 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 the upper body with Upright Rows which connects to the slow Clean & Press with barbell. We build into faster Clean & Presses, preparing the class for the Back track ahead. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns to help the class achieve good lifting Technique.

- **Deadlift – Press bar into thighs and turn the elbows to the rear to engage the back muscles**
- **Upright Row – bar close to body, elbows to shoulder height, bar to lower chest**
- **Clean & Press – pull and catch, bend knees, brace abs, chest up, bar close to body**
- **Mid-Stance Squat – feet outside hip-width, hips go back and down, knees press forward in line with toes, hips to 90 degrees**
- **Lunges – front knee out, back knee down, front thigh parallel to floor, chest lifted, abs braced**

### 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: 3 to 4 times your Warmup weight

NEW PEOPLE: Double Warmup weight

## TRACK FOCUS

Coach your class to FEEL the pause at the bottom range of the Squat and at the top. This is the key concept that drives the intensity of the track.

## MUSCLE FOCUS

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes

|   | MUSIC |                                    | SEQUENCE/EXERCISE | REPS                                                                                                           |    |
|---|-------|------------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------|----|
| 1 | 0:05  | Intro / Hmmmm                      | 2x8               | Set up <b>SQUAT</b> WIDE Stance                                                                                |    |
|   | 0:14  | V1 / Will <b>you</b> hold the line | 4x8               | 4/4 <b>PAUSE SQUAT</b> WIDE Stance (16cts)<br>4cts DOWN, 4cts HOLD, 4cts UP, 4cts <b>HOLD</b>                  | 2x |
|   | 0:33  | Price you <b>pay</b>               | 4x8               | 2/2 <b>PAUSE SQUAT</b> (8cts)<br>2cts DOWN, 2cts HOLD, 2cts UP, 2cts <b>HOLD</b>                               | 4x |
|   | 0:52  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
| 2 | 1:12  | V2 / _ Will somebody               | 4x8               | 2/2 <b>PAUSE SQUAT</b> WIDE Stance                                                                             | 4x |
|   | 1:31  | Price you <b>pay</b>               | 4x8               | 3/1 <b>SQUAT</b>                                                                                               | 4x |
|   | 1:50  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
|   | 2:09  | Ref / _ Deep inside me             | 4x8               | 4/4 <b>SQUAT</b>                                                                                               | 2x |
|   | 2:28  | Br / Make <b>iiiiitttttt</b>       | ½x8               | <b>HOLD</b>                                                                                                    |    |
|   | 2:31  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
|   | 2:50  | Instr / (Melody)                   | 4½x8              | 1/1 <b>SQUAT</b><br>Last rep, down and <b>HOLD</b>                                                             | 9x |
| 3 | 3:11  | _ Hmmmm                            | 2x8               | <b>TRANSITION: SQUAT</b> WIDER Stance                                                                          |    |
|   | 3:21  | V3 / Will <b>you</b> hold the      | 4x8               | 4/4 <b>PAUSE SQUAT</b> WIDER Stance (16cts)                                                                    | 2x |
|   | 3:40  | Price you <b>pay</b>               | 4x8               | 2/2 <b>PAUSE SQUAT</b> (8cts)                                                                                  | 4x |
|   | 3:59  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
| 4 | 4:18  | V4 / _ Will somebody               | 4x8               | 2/2 <b>PAUSE SQUAT</b> WIDER Stance                                                                            | 4x |
|   | 4:37  | Price you <b>pay</b>               | 4x8               | 3/1 <b>SQUAT</b>                                                                                               | 4x |
|   | 4:56  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
|   | 5:15  | Ref / _ Deep inside me             | 4x8               | 4/4 <b>SQUAT</b>                                                                                               | 2x |
|   | 5:34  | Br / Make <b>iiiiitttttt</b>       | ½x8               | <b>HOLD</b>                                                                                                    |    |
|   | 5:37  | C / <b>Natural</b>                 | 4x8               | 4x <b>PULSE BOTTOM HALF SQUAT</b> (8cts)                                                                       | 4x |
|   | 5:56  | Instr / (Melody)                   | 4½x8              | 1/1 <b>SQUAT</b><br>Last rep, down and <b>HOLD</b><br><b>RECOVERY:</b> Shake out the legs. Quadricep Stretches | 9x |



## 02. NATURAL 6:25mins

### TECHNIQUE AND COACHING

#### 1 WIDE-STANCE SQUAT

##### LAYER 1

Coach Position and Execution setup of the WIDE Stance to get the class moving well. Focus first on Timing. Emphasize the pause at the bottom and top of the Squat. When the class is moving with good timing, coach the Targets and range to establish good Squat technique.

- **Feet wide, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- *Bring your elbows forward under the bar and create strength through the upper back*
- **Hips sit back and down**
- **Butt to 90 degrees**
- **Push your knees wide**
- **Butt stops just above knee line**, that's your range

#### 2 WIDE-STANCE SQUAT

##### LAYER 1 / LAYER 2

Coach the class into the feeling of the pause in the Timing in this round. Draw their attention to upper body position and core activation. Let them feel the drive out of the heels and hips. There are still new timings to coach in this block so return to Timing and Targets when necessary to keep the class moving together and with the music.

- *Timing in pump gives us the results*
- *3, 2, 1, drive it up*
- *Smooth – stop, lift – stop*
- *You wanna feel the stop – everything braces in the core*
- *Now we're starting to burn*

#### 3 WIDER-STANCE SQUAT

##### LAYER 1 / LAYER 2

Wider Stance – set the heel-toe wider. This is roughly halfway through the track. The class will need you to reset their Technique and give them a clear focus towards the finish. What will you say to engage your class?

- *Heel-toe wider, slowly*
- *It's important to stay upright to keep tension in the muscles*
- **Hips sit further back and knees keep pressing out**
- **Abs braced**
- *Let's engage the side glutes*
- **Chest is lifted**
- **Knees find 90 degrees and stop**

#### 4 WIDER STANCE SQUAT

##### LAYER 2 / LAYER 3

The final block; muscle fatigue will be creeping in. Try drawing your participants' attention to the "why" / "the benefits" – that it means they are starting to recruit more muscles and as a result they will get fitter, faster and stronger! It also means your class will need you to lead from the front and guide their Technique to remain strong to the finish. Which of the 4 key motivators will you use to do this?

- *Notice that you are working even harder now to hit the bottom range*
- *It means we are recruiting more muscles to get stronger and leaner*
- *Explode from the bottom*
- *Pulse 4*
- *Are we feeling it?*
- *Keep the chest lifted*
- *Drive your feet apart as we stand up*
- *It gets in*
- *My muscles are burning*
- *Results are coming*
- *All the way to the bottom*

#### INTENSITY

The intensity in this track is driven by the pauses in Timing – these force more muscular recruitment in each repetition and ultimately create faster results.

#### PERFORMANCE

The song is big and strong. Focus on matching your face and voice to the track and its contrast. This will reinforce the impact of the contrast and feel of the song.

#### PUMP FACT

Wide and Wider Stance Squats allow us to maintain a more upright trunk position. This reduces tension in the lower back enabling us to drive more intensity into the glutes and quads.



# 03. CHEST

**WEIGHT SELECTION**

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

NEW PEOPLE: Barbell with Warmup weight

**DEMONSTRATE**

Walking Bench Pushup

**TRACK FOCUS**

This track features a Walking Bench Pushup! Give a quick, clear demonstration of this before the track starts. Continue to focus on this exercise in the second half of the track with Layer 2 cues that Improve Execution and Drive Intensity.

**MUSCLE FOCUS**

Pectorals, triceps and deltoids

|   | MUSIC |                            | SEQUENCE/EXERCISE | REPS                                                                                                                                                                                                                                                                                                                                                                     |
|---|-------|----------------------------|-------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 0:05  | Intro                      | 1½x8              | Set up <b>WALKING BENCH PUSHUP</b>                                                                                                                                                                                                                                                                                                                                       |
|   | 0:07  | V1 / _ One hand on my      | 8x8               | 2/2 <b>WALKING BENCH PUSHUP</b> M, L, M, R (32cts) 2x<br>Start middle of the bench, Pushup 8cts. On last 2cts, walk R hand to floor, L hand to R side of bench. Pushup 8cts.<br>On last 2cts, back to middle. Pushup 8cts. On last 2cts, walk L hand to floor, R hand to L side of bench. Pushup 8cts. On last 2cts, back to middle.<br>Options: Toes, knees or kneeling |
|   | 0:39  | C / <b>I</b> need somebody | 4x8               | 1/1/2 M, L, M, R (32cts) 1x<br>Walk on the last 2cts of each Pushup                                                                                                                                                                                                                                                                                                      |
|   | 0:55  | Instr / Satisf <b>ied</b>  | 4x8               | 1/1 M, L, M, R (16cts) 2x<br>Walk quickly on last ct of each Pushup                                                                                                                                                                                                                                                                                                      |
| 2 | 1:11  | V2 / _ Started on the way  | 2x8               | <b>TRANSITION:</b> Pick up bar, move to bench for <b>CHEST PRESS</b>                                                                                                                                                                                                                                                                                                     |
|   | 1:19  | _ You'll know when         | 6x8               | 2/2 <b>CHEST PRESS</b> WIDE Grip 6x                                                                                                                                                                                                                                                                                                                                      |
|   | 1:43  | C / <b>I</b> need somebody | 6x8               | 1/1/2 6x                                                                                                                                                                                                                                                                                                                                                                 |
|   | 2:07  | Instr / Satisf <b>ied</b>  | 8x8               | <b>CHEST PRESS COMBO</b> (16cts) 4x<br>2 x 1/1 <b>CHEST PRESS</b> (8cts)<br>3x <b>PULSE CHEST PRESS</b> (8cts)                                                                                                                                                                                                                                                           |
| 3 | 2:39  | Br                         | 1x8               | <b>TRANSITION</b> to <b>WALKING BENCH PUSHUP</b>                                                                                                                                                                                                                                                                                                                         |
|   | 2:43  | V3 / _ One hand on my      | 8x8               | 2/2 <b>WALKING BENCH PUSHUP</b> M, L, M, R (32cts) 2x                                                                                                                                                                                                                                                                                                                    |
|   | 3:15  | C / <b>I</b> need somebody | 4x8               | 1/1/2 M, L, M, R (32cts) 1x<br>Walk on the last 2cts of each Pushup                                                                                                                                                                                                                                                                                                      |
|   | 3:31  | Instr / Satisf <b>ied</b>  | 4x8               | 1/1 M, L, M, R (16cts) 2x<br>Walk quickly on last ct of each Pushup                                                                                                                                                                                                                                                                                                      |
| 4 | 3:47  | V4 / _ Started on the way  | 2x8               | <b>TRANSITION:</b> pick up bar, move to bench for <b>CHEST PRESS</b>                                                                                                                                                                                                                                                                                                     |
|   | 3:55  | _ You'll know when         | 6x8               | 2/2 <b>CHEST PRESS</b> WIDE Grip 6x                                                                                                                                                                                                                                                                                                                                      |
|   | 4:19  | C / <b>I</b> need somebody | 6x8               | 1/1/2 6x                                                                                                                                                                                                                                                                                                                                                                 |
|   | 4:43  | Instr / Satisf <b>ied</b>  | 8x8               | <b>CHEST PRESS COMBO</b> (16cts) 4x<br>After last rep, down and <b>HOLD</b><br><b>RECOVERY:</b> CHILDS POSE, shake out arms and legs and open arms wide for Chest Stretch                                                                                                                                                                                                |



## 03. SATISFIED 5:22mins

### TECHNIQUE AND COACHING

#### 1 WALKING BENCH PUSHUP

##### LAYER 1

Coach Position and Execution setup cues for the Walking Bench Pushup. Use **NETT** to coach Targets and Timing so participants are moving well.

- **Hands wide on the bench**
- **Stop your chest at elbow height (hand that is on the bench)**
- **Long neck and spine**
- **Abs braced**
- *Push, walk, push, walk*

#### 2 WIDE-GRIP CHEST PRESS

##### LAYER 1 / LAYER 2

Reset for the new exercise. The transition is quick so let your class know it's coming up well in advance. Coach Position and Execution setup cues for the Wide-Grip Chest Press using **NETT** to coach Targets and Timing.

- **Hands are wide, aim for mid-chest**
- **Elbows stop at bench height**
- *Elbows soft at top*
- *Elbows under the bar*
- **Brace the core**
- *Can you wrap your shoulder blades back and around?*

#### 3 WALKING BENCH PUSHUP

##### LAYER 2 / LAYER 3

Another fast transition so cue early and encourage your class to move quickly behind the bench. Use the slow reps at the start of this block to help your participants get the most out of their Pushups by using Layer 2 cues focusing on Execution and Intensity. A great focus is to engage the core and shoulder muscles to help their body move as a unit. As they tire, give your class options to stay in the workout so everyone is successful.

- *Just like on the bench, we want our body to move as a unit*
- *Core is on and feel the shoulder blades wrapping around your back*
- *Recruit your entire upper body in this movement*
- *Singles are coming – let's get them!*
- *Remember, pretty Pushups on your knees are so much cooler than ugly Pushups on your toes!*

#### 4 WIDE-GRIP CHEST PRESS

##### LAYER 2 / LAYER 3

Final block, so ensure participants are still moving well before driving them to the finish line. Think about how you will motivate your participants to hang on until the end.

- *We are going to start fatiguing, so let's recruit our entire upper body in this workout*
- *Get low!*
- *Wrap those shoulders; bring your back and your core to this workout!*

##### INTENSITY

The Walking Pushups recruit the entire body in stabilizing the movement, which in turn pre-fatigues the muscles before the Chest Press. By alternating these two exercises, participants can keep their intensity higher for longer.

##### PUMP FACT

Engaging the scapula muscles when we do Chest Presses not only brings more muscles into play, but it also keeps the shoulders safe as these muscles provide dynamic stability.



# 04. BACK

## WEIGHT SELECTION

REGULARS: Barbell with heavier than Chest weight – heavier than normal

1x medium to large plate

NEW PEOPLE: Barbell with Chest weight

1x small to medium plate

DEMONSTRATE: Wide High Pull

## TRACK FOCUS

Concentrate on coaching the new move, the Wide High Pull, for success. Because the bar will be staying below shoulder height, encourage participants to use a heavier-than-normal weight on the bar.

## MUSCLE FOCUS

**Wide Deadlift:** Posterior chain – glutes, hamstrings, lower and upper back

**Wide Deadrow:** Lats and rhomboids

**Plate Squat Curl Press:** Glutes, hamstrings, quads, upper back, shoulders and arms

**Wide High Pull:** Posterior chain – glutes, lower and upper back, trapezius, shoulders

|                                                               | MUSIC |                                  |     | SEQUENCE/EXERCISE                                                                        | REPS |
|---------------------------------------------------------------|-------|----------------------------------|-----|------------------------------------------------------------------------------------------|------|
| 1                                                             | 0:05  | Intro                            | 4x8 | Set up for <b>WIDE DEADLIFT</b> , <b>SHOULDER ROLL</b> SET Stance                        | 1x   |
|                                                               | 0:18  | V1 / _ Special request           | 4x8 | 2/2 <b>WIDE DEADLIFT</b> SET Stance                                                      | 4x   |
|                                                               | 0:31  | Waiting for                      | 8x8 | 1/1 <b>WIDE DEADROW</b>                                                                  | 8x   |
|                                                               | 0:56  | Instr / (Electronic)             | 8x8 | <b>COMBO</b> (16cts)<br>2x <b>WIDE HIGH PULL</b> (8cts)<br>1x <b>WIDE DEADROW</b> (8cts) | 4x   |
| 2                                                             | 1:21  | V2 / <b>For</b> , just surrender | 8x8 | 2/2 <b>WIDE DEADLIFT</b>                                                                 | 8x   |
|                                                               | 1:47  | Instr / (Trumpets)               | 8x8 | 1/1 <b>WIDE DEADROW</b>                                                                  | 8x   |
|                                                               | 2:13  | (Electronic)                     | 8x8 | <b>COMBO</b> (16cts)                                                                     | 4x   |
| 3                                                             | 2:38  | Waiting for                      | 2x8 | <b>TRANSITION:</b> Bar down. Pick up plate                                               |      |
|                                                               | 2:45  | (Low)                            | 6x8 | 1/1 <b>PLATE SQUAT CURL PRESS</b> (8cts)                                                 | 6x   |
|                                                               | 3:04  | Instr / (Electronic)             | 8x8 | <b>PLATE SQUAT CURL POWER PRESS</b> (16cts)                                              | 4x   |
| 4                                                             | 3:29  | V3 / <b>For</b> , just surrender | 2x8 | <b>TRANSITION:</b> Plate down. Pick up bar                                               |      |
|                                                               | 3:36  | <b>For</b> , as we               | 6x8 | 2/2 <b>WIDE DEADLIFT</b>                                                                 | 6x   |
|                                                               | 3:55  | Instr / (Trumpets)               | 8x8 | 1/1 <b>WIDE DEADROW</b>                                                                  | 8x   |
|                                                               | 4:21  | (Electronic)                     | 8x8 | <b>COMBO</b> (16cts)                                                                     | 4x   |
| 5                                                             | 4:46  | Waiting for                      | 2x8 | <b>TRANSITION:</b> Bar down. Pick up plate                                               |      |
|                                                               | 4:53  | (Low)                            | 6x8 | 1/1 <b>PLATE SQUAT CURL PRESS</b> (8cts)                                                 | 6x   |
|                                                               | 5:12  | Instr / (Electronic)             | 8x8 | <b>PLATE SQUAT CURL POWER PRESS</b> (16cts)                                              | 4x   |
| <b>RECOVERY:</b> Torso Twists, upper and lower back stretches |       |                                  |     |                                                                                          |      |



## 04. THE ISLAND PT.1 (DAWN) 5:48mins

### TECHNIQUE AND COACHING

#### 1 WIDE DEADLIFT / WIDE DEADROW / WIDE HIGH PULL

##### LAYER 1

Establish SET Position. Coach your participants how to execute the moves using Position and Execution setup and **NETT** cues. Focus on developing great lifting technique. The most important thing to coach in this block is the execution of the Wide High Pull. Ensure you have practised the exercise and know the coaching of the new move so participants can experience the feel of this move first time.

##### WIDE DEADLIFT

- **Abs braced and chest lifted**
- **Bar to top of the knees**
- **Hinge from the hip**

##### WIDE DEADROW

- *Elbows high and wide*
- **Squeeze between shoulder blades**
- **Bar to ribcage**
- **Tip from hips**

##### WIDE HIGH PULL

- **Lift heels**
- **Drop, pull**
- **Elbows in line with shoulders**
- *Drive the bar right under the chest*
- *Knee bend*
- **Keep the bar close to the body**

#### 2 WIDE DEADLIFT / WIDE DEADROW / WIDE HIGH PULL

##### LAYER 2

Extend your participants as this block repeats Block 1. Encourage them to feel each exercise more by guiding them into better Technique through verbal cues and visual coaching. Remember, we role-model strength and power as most participants follow visually.

##### WIDE DEADLIFT

- *Pull your elbows back so you can engage your lats*
- *Push your butt back against an imaginary wall – this will load your posterior chain*

##### WIDE DEADROW

- *Drop – pull – drop – stand*
- *Elbows high*

##### WIDE HIGH PULL

- *This is POWER*

#### 3 PLATE SQUAT CURL PRESS / PLATE SQUAT CURL POWER PRESS

##### LAYER 1

A quick transition from the bar to plates so keep your coaching simple and direct. Use short, sharp cues to set up the Plate Squat Curl Press. This will help participants connect to the feel of the exercise. Towards the end of the block bring some intensity as the combo will challenge the heart rate.

##### PLATE SQUAT CURL PRESS

- **Chest up**
- **Brace abs**
- **Butt to 90 degrees**
- *Quick elbows – so you can pull the plate to the top of your collarbones*
- *Drop – press – drop – stand*

##### PLATE SQUAT CURL POWER PRESS

- *Let's see how quickly you can move your elbows*
- *Show me you got this!*

#### 4 WIDE DEADLIFT / WIDE DEADROW / WIDE HIGH PULL

##### LAYER 2 / LAYER 3

This is the last block with the bar. Participants should be out of breath coming from the Plate Squat Curl Press so allow them time to recover early in the set. Let them know that feeling slightly breathless is good; it means that the exercises are working! Build your voice, face and energy with the music to the peak of the block.

- *Take your time here*
- *If you feel slightly breathless, that's good; it means metabolic conditioning is kicking in*
- *Magic of BODYPUMP – music and movement*
- *Let's bring this home – combo*
- *2 High Pulls*
- *Hip drive*
- *Bar close to body*



## 04. THE ISLAND PT.1 (DAWN) 5:48mins

### 5 PLATE CURL SQUAT PRESS / PLATE CURL POWER PRESS

#### LAYER 3

Time to motivate them to the finish! Bring the emotion and energy of the music into your voice and body to finish this track. We lead from the front so you should be as breathless as your class by the end of it!

- *Last cardio peak*
- *MID Stance*
- *You've got the flow – now get the rhythm*
- *Let's spike the heart rate for this last time*
- *Abs braced*
- *How quickly can you get under the plate?*

#### PERFORMANCE

This track has strong contrasts with a highly motivating beat. Ensure you know the music very well prior to teaching so you can match your voice, face and body to this epic song! In particular, look for the trumpet in the Wide Deadrow build-ups and the low beat in the Plate Squat Curl Press. These moments allow you to build anticipation of what is to come!

#### INTENSITY

As we are not pushing the bar overhead, we have the opportunity to add more weight. This will allow us to recruit more muscle fibers and drive the heart rate in the combinations.

#### PUMP FACT

Practising a heavy and explosive High Pull will help improve our ability to do the Clean & Press. Initiating this movement with a fast and forceful contraction of the glutes, trunk muscles and trapezius is key to being able to clean a heavy load.

## **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

This track is challenging! Focus on inclusive coaching that allows EVERYONE in your class to work to their ability and finish the track successfully.

## MUSCLE FOCUS

**Seated Overhead Tricep Extensions and Dips:** Triceps  
**Tricep Pushups:** Triceps, deltoids, pecs

|   | MUSIC |                             | SEQUENCE/EXERCISE                                                                                                                       | REPS |
|---|-------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 | 0:05  | QC / _ I said I like        | 4x8 Set up on bench for <b>TRICEP DIP</b>                                                                                               |      |
|   | 0:18  | V1 / I like <b>dollars</b>  | 4x8 2/2 <b>TRICEP DIP</b><br>Option: Plate on lap<br>Option: Butt on bench                                                              | 4x   |
|   | 0:30  | I like <b>texts</b>         | 4x8 3/1                                                                                                                                 | 4x   |
|   | 0:43  | <b>Hop</b> out the stu      | 4x8 1/1/2<br>Use the last 8cts to transition to <b>SEATED O/H TRICEP PLATE EXTENSION</b>                                                | 3x   |
|   | 0:56  | Instr / (Melody)            | 8x8 3x <b>PULSE SEATED O/H TRICEP PLATE EXTENSION</b> (8cts)<br>Use the last 4cts to transition to <b>TRICEP DIP</b>                    | 8x   |
| 2 | 1:22  | V2 / _ Oh, I need the       | 4x8 2/2 <b>TRICEP DIP</b><br>Option: Plate on lap<br>Option: Butt on bench                                                              | 4x   |
|   | 1:34  | Cham <b>bean</b> , chambean | 4x8 3/1                                                                                                                                 | 4x   |
|   | 1:47  | Instr / (Windup)            | 4x8 1/1/2<br>Use the last 8cts to transition to <b>SEATED O/H TRICEP PLATE EXTENSION</b>                                                | 3x   |
|   | 2:00  | Instr / (Pulse)             | 8x8 3x <b>PULSE SEATED O/H TRICEP PLATE EXTENSION</b> (8cts)                                                                            | 8x   |
| 3 | 2:26  | V3 / <b>Como</b> Celia Cruz | 4x8 <b>TRANSITION:</b> Plate down, shake out arms, side of bench for <b>TRICEP BENCH PUSHUP</b>                                         |      |
|   | 2:38  | Mis <b>tenis</b> Balenciaga | 4x8 2/2 <b>TRICEP BENCH PUSHUP</b><br>Options: Kneeling, on knees or toes                                                               | 4x   |
|   | 2:51  | C / _ I said I like it      | 4x8 1/1/2                                                                                                                               | 4x   |
|   | 3:04  | Instr / (Melody)            | 8x8 3x <b>PULSE TRICEP BENCH PUSHUP</b> (8cts)<br>Use the last 8cts to grab plate, ready for <b>KNEELING O/H TRICEP PLATE EXTENSION</b> | 7x   |
|   | 3:30  | (Rhythm)                    | 4x8 1/1 <b>KNEELING O/H TRICEP PLATE EXTENSION</b>                                                                                      | 8x   |
| 4 | 3:43  | V4 / <b>Como</b> Celia Cruz | 4x8 <b>TRANSITION:</b> Plate down, shake out arms, side of bench for <b>TRICEP BENCH PUSHUP</b>                                         |      |
|   | 3:56  | Mis <b>tenis</b> Balenciaga | 4x8 2/2 <b>TRICEP BENCH PUSHUP</b><br>Options: Kneeling, on knees or toes                                                               | 4x   |
|   | 4:10  | C / _ I said I like it      | 4x8 1/1/2                                                                                                                               | 4x   |
|   | 4:23  | Instr / (Melody)            | 8x8 3x <b>PULSE TRICEP BENCH PUSHUP</b> (8cts)<br>Use the last 8cts to grab plate ready for <b>KNEELING O/H TRICEP PLATE EXTENSION</b>  | 7x   |
|   | 4:48  | (Rhythm)                    | 4x8 1/1 <b>KNEELING O/H TRICEP PLATE EXTENSION</b><br><b>RECOVERY:</b> Shake out the arms. Tricep Stretches                             | 8x   |



# 05. I LIKE IT 5:08mins

## TECHNIQUE AND COACHING

### 1 TRICEP DIP / SEATED OVERHEAD TRICEP PLATE EXTENSION

#### LAYER 1

Coach Layer 1 Position and Execution setup for both exercises using **NETT**. Think one cue at a time focusing on simple, clear coaching. The block is short so only say what you really need to.

#### TRICEP DIP

- Hands on bench beside hips
- Butt off bench – **keep it close**
- **Chest up**
- Elbows to the back of the room
- **Brace abs**
- Sit on the bench and bend elbows for option

#### SEATED OVERHEAD TRICEP PLATE EXTENSION

- **Brace abs**
- **Lift chest**
- **Plate to base of neck**
- Full extension to the top
- **Squeeze elbows in**
- Shoulders are back and down
- Knees out

### 2 TRICEP DIP / SEATED OVERHEAD TRICEP PLATE EXTENSION

#### LAYER 2

Draw participants' attention to their shoulder stability. By improving this, they can increase their control and isolation of the tricep muscles.

The same two exercises allow time to focus on Improving Execution.

#### TRICEP DIP

- Keep lifting your chest – it helps isolate your arms and shoulders
- Drop and hold – use more effort as you push up

#### SEATED OVERHEAD TRICEP PLATE EXTENSION

- Triple Pulses
- Great isolation work
- Squeeze triceps

### 3 TRICEP BENCH PUSHUPS / KNEELING OVERHEAD TRICEP PLATE EXTENSION

#### LAYER 1 / LAYER 2

Use **NETT** to set up the Tricep Pushups and then allow space for the music to speak. The Kneeling Overhead Extensions are going to challenge participants so offer coaching that keeps them in the workout.

#### TRICEP PUSHUP

- Hands under shoulders
- **Lift your chest, back long and straight**
- **Brace your core**
- **Chest to elbow height**
- Push it away
- Bring knees in if you're losing range
- This will fatigue arms fast

#### KNEELING OVERHEAD TRICEP PLATE EXTENSION

- Full range – all the way up, all the way down

### 4 TRICEP PUSHUP / KNEELING OVERHEAD TRICEP PLATE EXTENSION

#### LAYER 3

This is the final block! Because participants will start to tire here, so reinforce good Technique before encouraging them to finish the track the best they can.

- One more round?
- Let's reset for Pushups
- Remember: lock your shoulders down, hold the position to isolate
- Great functional work to take you to the next level
- Grab plate – Extensions all the way
- Do you like it?

#### PERFORMANCE

This song is FUN! Let the lyrics and mood of the track into your coaching. There are lots of opportunities to sing along and when the going gets tough, you might need to!

#### PERFORMANCE

Pushups on the bench are slightly easier than on the floor. Therefore, some participants may find this a great option to try a few on their toes.



# 06. BICEPS

## WEIGHT SELECTION

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

## TRACK FOCUS

Focus on coaching the eccentric loading in the combination to increase muscle loading.

## MUSCLE FOCUS

**Bicep Curl:** Biceps  
**Bicep Row:** Upper back and biceps

|                                                            | MUSIC |                                  | SEQUENCE/EXERCISE                                                                                                  | REPS |
|------------------------------------------------------------|-------|----------------------------------|--------------------------------------------------------------------------------------------------------------------|------|
| 1                                                          | 0:05  | Intro                            | 4x8 Set up <b>SET Position, SHOULDER ROLL</b>                                                                      | 1x   |
|                                                            | 0:19  | V1 / I remember <b>suffering</b> | 10x8 3/1 <b>BICEP CURL</b> <b>SPLIT Stance</b>                                                                     | 10x  |
|                                                            | 0:46  | C / This <b>hate</b> will burn   | 8x8 <b>COMBO</b> (16cts) <b>SET Stance</b><br>2x 1/1 <b>BICEP CURL</b> (8cts)<br>1x 1/1/2 <b>BICEP CURL</b> (8cts) | 4x   |
|                                                            | 1:08  | Do you even <b>see</b>           | 4x8 <b>SLOW MID-RANGE PULSE BICEP CURL</b> (4cts)                                                                  | 8x   |
| 2                                                          | 1:20  | V2 / Your little <b>shameful</b> | 8x8 3/1 <b>BICEP CURL</b> <b>SPLIT Stance</b>                                                                      | 8x   |
|                                                            | 1:42  | C / This <b>hate</b> will burn   | 8x8 <b>COMBO</b> (16cts) <b>SET Stance</b>                                                                         | 4x   |
|                                                            | 2:04  | Br / Do you even <b>see</b>      | 2x8 <b>SHOULDER ROLL</b>                                                                                           | 1x   |
|                                                            | 2:09  | Ref / <b>Alone</b> inside        | 8x8 2/2 <b>BICEP ROW</b> (16cts) <b>SET Stance</b>                                                                 | 4x   |
|                                                            | 2:32  | QC / This <b>hate</b> will burn  | 8x8 <b>COMBO</b> (16cts)                                                                                           | 4x   |
|                                                            | 2:54  | Ref / Do you even <b>see</b>     | 4x8 <b>SLOW MID-RANGE PULSE BICEP CURL</b> (4cts)                                                                  | 8x   |
| 3                                                          | 3:05  | V3 / Your little <b>shameful</b> | 8x8 3/1 <b>BICEP CURL</b> <b>SPLIT Stance</b>                                                                      | 8x   |
|                                                            | 3:27  | C / This <b>hate</b> will burn   | 8x8 <b>COMBO</b> (16cts) <b>SET Stance</b>                                                                         | 4x   |
|                                                            | 3:49  | Br / Do you even <b>see</b>      | 2x8 <b>SHOULDER ROLL</b>                                                                                           | 1x   |
|                                                            | 3:55  | Ref / <b>Alone</b> inside        | 8x8 2/2 <b>BICEP ROW</b> (16cts) <b>SET Stance</b>                                                                 | 4x   |
|                                                            | 4:17  | QC / This <b>hate</b> will burn  | 8x8 <b>COMBO</b> (16cts)                                                                                           | 4x   |
|                                                            | 4:39  | Ref / Do you even <b>see</b>     | 4x8 <b>SLOW MID-RANGE PULSE BICEP CURL</b> (4cts)                                                                  | 8x   |
| <b>RECOVERY:</b> Bar down, shake out arms, Bicep Stretches |       |                                  |                                                                                                                    |      |



# 06. SHADOWBOXER 4:59mins

## TECHNIQUE AND COACHING

### 1 BICEP CURL

#### LAYER 1

Use simple language to coach Position and Execution via **NETT**. The combination is fast, so pre-cue it early on and then use short, clear Timing cues to get the class executing well from the first rep.

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

### 2 BICEP CURL / BICEP ROW

#### LAYER 1 / LAYER 2

Block 1 is short and Block 2 is long so begin with more Layer 1 Execution cues to fully set participants up with the basics. Move on to Layer 2 cues that will help them to move with improved Technique to isolate the biceps. The timing in the combo is your priority in this blocks so avoid giving too much information to ensure everyone is successfully following the timing first, before adding any Layer 2 coaching.

The middle of the block is active recovery. Coach the Timing and Targets and give the class an opportunity to mentally and physically recover in the Bicep Rows. Shift your voice and energy with the music; avoid saying too much or even be silent in the first rep of the combo. Then go BIG with the music. The Rock feel of the track is strong; let the music speak!

### BICEP CURL

- *Split Stance 3/1*
- *Lift up your chest, keep strong set*
- *Elbows under shoulders for maximum load in the biceps*
- *Combo 1, 2 – hold!*
- *Squeeze your biceps and hold!*

### BARBELL BICEP ROW

- **Knees, ribs, knees, stand**
- *This is your active recovery*
- **Chest up**

### 3 BICEP CURL

#### LAYER 2 / LAYER 3

The final block is a repeat of the previous long block. It begins with a chance to reset position and refocus the class on what is to come. Use the first half of the block to use Layer 2 cues that help participants feel the exercise for success. Pull the energy back in the active recovery and use the opportunity to connect. The final push to the finish will challenge everyone in the room. Bring your class together and look to see what they need to get there!

- *Last round*
- *Hold position to create muscle tension*
- *It's the tension that creates change*
- *Can you feel the tension?*
- *Elbows high on the rise to engage biceps*
- *Combo – lets go*
- *We train the biceps to be stronger*

### INTENSITY

The intensity in this track is driven from the eccentric loading in the combo.

### PUMP FACT

High-rep training requires sustained postural control. Training these mechanisms helps stabilizing and improves our postural control for day-to-day activities.



# 07. LUNGES

### WEIGHT SELECTION

1x small to large plate  
SMARTSTEP with no risers  
OPTION: Body weight

### TRACK FOCUS

We coach from the music and focus on stability and range for maximum functionality from each exercise.  
Space out your coaching so everyone gets to the finish strongly, whatever level they are at.

### MUSCLE FOCUS

**Squat and Lunge:** Glutes and quads

|   | MUSIC |                             | SEQUENCE/EXERCISE | REPS                                                                                                                                                                                                                   |
|---|-------|-----------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 0:05  | Intro                       | 4x8               | Set up <b>BENCH PLATE FRONT SQUAT</b><br>MID Stance, plate at collarbones                                                                                                                                              |
|   | 0:20  | V1 / _ I've been a million  | 8x8               | 2/2 <b>BENCH PLATE FRONT SQUAT</b> MID Stance                                                                                                                                                                          |
|   | 0:44  | C / I don't <b>need</b> ya  | 8x8               | 1/1/2                                                                                                                                                                                                                  |
|   | 1:08  | Instr / (Drop)              | 8x8               | 2x <b>SLOW BOTTOM HALF BENCH PLATE FRONT SQUAT</b> (8cts)<br>Transition plate to R hand, ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> L on last 2cts                                                                 |
| 2 | 1:32  | V2 / _ We got complacent    | 8x8               | 1/1/1/1 <b>BENCH BACKWARD-STEPPING LUNGE</b> L (8cts)<br>R leg steps B off bench, plate in R hand. L hand on hip<br>Transition plate to collarbones, ready for <b>BENCH PLATE FRONT SQUAT</b> MID Stance on last 2cts  |
|   | 1:56  | C / I don't <b>need</b> ya  | 4x8               | 2/2 <b>BENCH PLATE FRONT SQUAT</b> MID Stance                                                                                                                                                                          |
|   | 2:08  | Getting <b>darker</b>       | 4x8               | 1/1/2<br>Transition plate to R hand ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> L on last 2cts                                                                                                                      |
|   | 2:20  | Instr / (Drop)              | 8x8               | 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> L (8cts)<br>R leg steps B off bench, plate in R hand. L hand on hip<br>Transition plate to collarbones, ready for <b>BENCH PLATE FRONT SQUAT</b> MID Stance on last 2cts |
|   | 2:44  | QC / I don't <b>need</b> ya | 4x8               | 2/2 <b>BENCH PLATE FRONT SQUAT</b> MID Stance                                                                                                                                                                          |
|   | 2:56  | Getting <b>darker</b>       | 4x8               | 1/1/2<br>Transition plate to R hand, ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> L on last 2cts                                                                                                                     |
|   | 3:08  | Instr / (Drop)              | 4x8               | 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> L (8cts)<br>R leg steps B off bench, plate in R hand. L hand on hip                                                                                                      |
|   | 3:20  | Getting <b>darker</b>       | 4x8               | 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> L with <b>KNEE LIFT</b> R (8cts)<br>Option: No Knee Lift<br>Swap plate to L hand, step to SET Stance, ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> R on last 2cts      |
|   |       |                             |                   |                                                                                                                                                                                                                        |
|   |       |                             |                   |                                                                                                                                                                                                                        |



# 07. LUNGES

|   | MUSIC |                             | SEQUENCE/EXERCISE                                                                                                                                                                                                         | REPS |
|---|-------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 3 | 3:32  | V3 / Got complacent         | 8x8 1/1/1/1 <b>BENCH BACKWARD-STEPPING LUNGE</b> R (8cts)<br>L leg steps B off bench, plate in L hand. R hand on hip<br>Transition plate to collarbones, ready for <b>BENCH PLATE FRONT SQUAT</b> MID Stance on last 2cts | 8x   |
|   | 3:56  | C / I don't <b>need</b> ya  | 4x8 2/2 <b>BENCH PLATE FRONT SQUAT</b> MID Stance                                                                                                                                                                         | 4x   |
|   | 4:08  | Getting <b>darker</b>       | 4x8 1/1/2<br>Transition plate to L hand, ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> R on last 2cts                                                                                                                    | 4x   |
|   | 4:20  | Instr / (Drop)              | 8x8 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> R (8cts)<br>Transition plate to collarbone ready for <b>BENCH PLATE FRONT SQUAT</b> MID Stance on last 2cts                                                             | 8x   |
|   | 4:44  | QC / I don't <b>need</b> ya | 4x8 2/2 <b>BENCH PLATE FRONT SQUAT</b> MID Stance                                                                                                                                                                         | 4x   |
|   | 4:56  | Getting <b>darker</b>       | 4x8 1/1/2<br>Transition plate to L hand ready for <b>BENCH BACKWARD-STEPPING LUNGE</b> R on last 2cts                                                                                                                     | 4x   |
|   | 5:08  | Instr / (Drop)              | 4x8 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> R (8cts)<br>L leg steps B off bench, plate in L hand. R hand on hip                                                                                                     | 4x   |
|   | 5:20  | Getting <b>darker</b>       | 4x8 3x <b>BENCH BACKWARD-STEPPING PULSE LUNGE</b> R with <b>KNEE LIFT</b> L (8cts)<br>Option: No Knee Lift<br><b>RECOVERY:</b> Shake out legs, Quadricep Stretches                                                        | 4x   |
|   |       |                             |                                                                                                                                                                                                                           |      |
|   |       |                             |                                                                                                                                                                                                                           |      |



# 07. THE IN BETWEEN 5:40mins

## TECHNIQUE AND COACHING

### 1 BENCH PLATE FRONT SQUAT

#### LAYER 1

The track begins with feet on the SMARTSTEP; ensure participants know this before they begin. Use simple cues to coach Position and Execution via **NETT**. Try an inclusive feel by using words like 'we' and 'let's' rather than 'you' or 'do'.

#### BENCH PLATE FRONT SQUAT

- **Feet outside hip-width**
- **Plate high on chest**
- **Lift chest and brace abs**
- **Hips down and back**
- **Knees in line with toes**
- **Sit back to 90-degrees**
- *Let's stop at the bottom and then lift*
- *We build intensity with 2 slow Bottom Half*
- *Stay low and push your knees forward in line with the toes*
- *Can we feel the heat in our legs?*
- *We are waking up our legs again!*

### 2 BENCH BACKWARD-STEPPING LUNGE / BENCH PLATE FRONT SQUAT / BENCH BACKWARD-STEPPING PULSE LUNGE WITH KNEE LIFT

#### LAYER 1 / LAYER 2

This block is long! Take the time to set up good Layer 1 Position and Execution cues for the Bench Backward-Stepping Lunge. Give clear cues for timing and direction of each change from Squat to Lunge – these happen quickly so use short and direct cues. As the block progresses, offer Layer 2 coaching to help participants stay in the workout. The exercises are challenging; make sure to be inclusive of those who wish to go harder and those who do not. There is a great new feel to lift the knee to add more intensity to their workout if participants want it.

#### BENCH BACKWARD-STEPPING LUNGE

- *Feet hip-width*
- *Step down up and touch*
- **Long step back**
- **Front knee out**
- **90 degrees at the front knee**
- **Hips and shoulders square**
- **Chest lifted**

### BENCH BACKWARD-STEPPING PULSE LUNGE

- *3 lunging pulses*
- *3, 2, 1 up*
- *Build intensity by staying low*
- *Feel it in the front leg*
- *As you step keep your front knee bent – this trains stability*
- *Keep the movement and try this*
- *Come with us, lift your knee*
- **Brace the abs**

### 3 BENCH BACKWARD-STEPPING LUNGE / BENCH PLATE FRONT SQUAT / BENCH BACKWARD-STEPPING PULSE LUNGE

#### LAYER 2 / LAYER 3

This block is a repeat of Block 2 on the other leg. Focus participants on the feeling of each exercise and the Connection this has to the music. This may be as much about what you don't say as what you do. Coach from 'inside' the music, not overpowering it with your voice. Seek opportunities to match your contrast with that of the music. The Bench Plate Front Squat is a great opportunity for this.

- *Plate in other hand*
- *Let's just stabilize and reset our body*
- *Squats – feel the music in your body*
- *Now the music is calling us and I know you know where to go – pulses*
- *Let's shape and tone the legs*
- *Can you go lower?*
- *Breathe and I need you to be here with us together*
- *Last set – pulse it*
- *Feel strong and feel power in the lift*

#### PUMP FACT

Lunging off the SMARTSTEP will allow most people to find more depth in their Lunges. This is due to the front knee achieving more flexion without as much hip flexor tension in the rear leg.



# 08. SHOULDERS

## WEIGHT SELECTION

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  | Rep / <b>All</b> we ever   | 4x8 Set up for <b>STANDING REAR DELTOID FLY SET Stance</b>                                                                                                                                            |      |
|   | 0:19  | <b>All</b> we ever         | 4x8 2/2 <b>STANDING REAR DELTOID FLY SET Stance</b>                                                                                                                                                   | 4x   |
|   | 0:33  | Rep / <b>All</b> we ever   | 4x8 1/1/2                                                                                                                                                                                             | 4x   |
|   | 0:48  | C / _ All we ever          | 16x8 1/1 <b>STANDING REAR DELTOID FLY WITH ROTATION</b> (8cts)                                                                                                                                        | 16x  |
| 2 | 1:44  | Br / (Low)                 | 3x8 <b>TRANSITION:</b> Kneeling position, L leg F, ready for <b>KNEELING COMBO 1</b>                                                                                                                  |      |
|   | 1:54  | Rep / <b>All</b> we ever   | 8x8 <b>KNEELING COMBO 1</b> (16cts) L leg F <b>Body Upright</b><br>1x 2/2 <b>KNEELING FORWARD RAISE</b> (8cts)<br>1x 2/2 <b>KNEELING SIDE RAISE</b> (8cts)                                            | 4x   |
|   | 2:22  | Instr / (Beat)             | 4x8 <b>KNEELING COMBO 2</b> (16cts) <b>Body Upright</b><br>1x 1/1/2 <b>KNEELING FORWARD RAISE</b> (8cts)<br>1x 1/1/2 <b>KNEELING SIDE RAISE</b> (8cts)<br><b>Lean F on the last 2cts</b>              | 2x   |
|   | 2:36  | (Beat with rhythm)         | 8x8 <b>KNEELING COMBO 3</b> (8cts) <b>Lean F</b><br>1x 1/1 <b>KNEELING FORWARD RAISE</b> (4cts)<br>1x 1/1 <b>KNEELING SIDE RAISE</b> (4cts)<br><b>Use last 2cts to transition to floor for PUSHUP</b> | 8x   |
|   | 3:04  | (Beat with rhythm)         | 4x8 1/1 <b>PUSHUP</b><br>Options: Kneeling, on knees or toes                                                                                                                                          | 8x   |
|   | 3:18  | Rep / <b>All</b> we ever   | 4x8 3x <b>PULSE PUSHUP</b> (8cts)                                                                                                                                                                     | 4x   |
| 3 | 3:32  | Br / (Low)                 | 3x8 <b>TRANSITION:</b> Kneeling position, R leg F, ready for <b>KNEELING COMBO 1</b>                                                                                                                  |      |
|   | 3:42  | Rep / <b>All</b> we ever   | 8x8 <b>KNEELING COMBO 1</b> (16cts) R leg F <b>Body Upright</b>                                                                                                                                       | 4x   |
|   | 4:10  | Instr / (Beat)             | 4x8 <b>KNEELING COMBO 2</b> (16cts) <b>Body Upright</b><br><b>Lean F on the last 2cts</b>                                                                                                             | 2x   |
|   | 4:24  | (Beat with rhythm)         | 8x8 <b>KNEELING COMBO 3</b> (8cts) <b>Lean F</b><br><b>Use last 2cts to transition to floor for PUSHUP</b>                                                                                            | 8x   |
|   | 4:52  | Instr / (Beat with rhythm) | 4x8 1/1 <b>PUSHUP</b><br>Options: Kneeling, on knees or toes                                                                                                                                          | 8x   |
|   | 5:06  | Rep / <b>All</b> we ever   | 4x8 3x <b>PULSE PUSHUP</b> (8cts)<br><br><b>RECOVERY:</b> Shake out arms, roll shoulders, Shoulder Stretches                                                                                          | 4x   |



## 08. BLAH BLAH BLAH 5:29mins

### 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 understand the new Fly with Rotation. The key in the rear deltoid work is the tipping of the torso, a strong core to isolate and maintaining this posture for the plate rotation.

##### STANDING REAR DELTOID FLY

- *Pick up your plates*
- *SET Position*
- ***Hinge from the hip***
- *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 45-degrees to isolate the rear delts*
- *Plates facing downward at all times*

##### STANDING REAR DELTOID FLY WITH ROTATION

- *Fly with rotation*
- *Up and twist*
- *Twist the arm*
- ***Biceps up, elbows down***
- ***Keep the chest lifted and abs braced***
- *Squeeze your shoulder blades down and in.*
- *Maintain hip hinge so work stays in rear shoulder*
- *Starting to feel the burn in the rear part of your shoulder?*

#### 2 KNEELING FORWARD RAISE AND SIDE RAISE COMBO / FORWARD RAISE AND SIDE RAISE COMBO WITH FORWARD LEAN / PUSHUP / 3-PULSE PUSHUP

##### LAYER 1 / LAYER 2

Transition class to floor quickly. Reset Position and Execution for this new exercise. Using **NETT** language this block is long as we repeat the shoulder combo 3 times! Use the first round to set up the exercise and in the second round use Layer 2 coaching to develop the Intensity. Ensure you cue the class to tip forward early and then focus on maintaining good position here.

##### KNEELING FORWARD RAISE & SIDE RAISE COMBO (BODY UPRIGHT)

- *Come on down to your knees*
- *Front Raise slow*
- *Side Raise slow*
- *Plates under shoulders*
- ***Elbows in line with shoulder***
- ***Chest stays lifted***
- ***Abs braced***
- *Resist!*
- *Catch the beat*
- *Up and hold*

##### KNEELING FORWARD RAISE & SIDE RAISE COMBO WITH FORWARD LEAN

- *Body leans forward*
- *Try to keep the plate in line with the shoulder*
- *Ribs are close to thighs*
- *Big squeeze – shoulder blades together*
- *Keep hinging forward*

##### PUSHUP

- *Hands outside shoulders*
- *On knees or toes*
- *Shoulders away from the ears*
- ***Abs braced***
- ***Chest to elbow height***
- ***Back long and straight***

##### 3-PULSE PUSHUP

- *Focus on staying low in the range*
- *Lets overload the shoulders for great looking arms*



## 08. BLAH BLAH BLAH 5:29mins

### 3 KNEELING FORWARD RAISE AND SIDE RAISE / FORWARD RAISE AND SIDE RAISE COMBO / PUSHUP / 3-PULSE PUSHUP

#### LAYER 2 / LAYER 3

The final block is all about driving and challenging Intensity. The exercises are the same as in Block 2. Focus the class on where to feel the exercise and how to work as hard as they can. Let them know the benefits of working around the entire shoulder joint. How will you motivate your participants to the finish?

- *Reset the posture*
- *Quick and slow – how fast can you lift that plate?*
- *Extend as far as you can*
- *Reach the plate to the front of the room and the side of the room*
- *Try even one Pushup on your toes!*
- *This is the finisher*
- *Challenge yourself today!*

#### INTENSITY

The Intensity in this track is driven by working around the entire shoulder with little to no recovery. Focus on creating quality Execution of each exercise to maximize the benefits.

#### PUMP FACT

Changing the trunk position in the Kneeling Forward and Side Raise dramatically alters muscle recruitment. When upright, the load is absorbed by the upper traps and deltoids. Leaning forward fires the mid and lower traps, rhomboids and deltoids.



# 09. CORE

**WEIGHT SELECTION**

1x small to medium plate

**DEMONSTRATE**

Plate Crunch Combination

**TRACK FOCUS**

Coach the simple choreography that allows you to focus on the muscles worked and benefits of each exercise.

**MUSCLE FOCUS**

**Plate Crunch:** Rectus abdominis

**Plate Crunch Fly:** Rectus abdominis, obliques

|   | MUSIC |                                   | SEQUENCE/EXERCISE | REPS                                                                                                                                         |     |
|---|-------|-----------------------------------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1 | 0:05  | V1 / It's always about            | 2x8               | Set up <b>SINGLE-ARM PLATE LIFT R</b>                                                                                                        |     |
|   | 0:15  | Forget <b>get</b> all             | 2x8               | 2/2 <b>SINGLE-ARM PLATE LIFT R</b><br>Plate above shoulders in R hand, arm straight up,<br>L arm out to side<br>Option: No plate             | 2x  |
|   | 0:25  | PC / If <b>I</b> should           | 4x8               | 3/1                                                                                                                                          | 4x  |
|   | 0:44  | C / Hey baby I <b>really</b>      | 4x8               | 1/1<br>Use last 4cts to transition to <b>SIDE PLATE HOVER L</b>                                                                              | 7x  |
|   | 1:03  | Rep / Complicated <b>d</b>        | 4x8               | 2/2 <b>ROTATING PLATE SIDE HOVER L</b><br>Plate in R hand, up in air in line with shoulders<br>Option: On knees                              | 4x  |
|   | 1:22  | Instr / (Synth voice)             | 4x8               | <b>PULSING PLATE SIDE HOVER L</b> (2cts)<br>Use the first 2cts to rotate to <b>SIDE HOVER L</b>                                              | 15x |
| 2 | 1:41  | V2 / It's always the <b>wrong</b> | 2x8               | Set up <b>SINGLE-ARM PLATE LIFT L</b>                                                                                                        |     |
|   | 1:51  | Accept <b>each</b> other          | 2x8               | 2/2 <b>SINGLE-ARM PLATE LIFT L</b><br>Plate above shoulders in L hand, arm straight up,<br>R arm out to side                                 | 2x  |
|   | 2:01  | PC / If <b>I</b> should           | 4x8               | 3/1                                                                                                                                          | 4x  |
|   | 2:20  | C / Hey baby I <b>really</b>      | 4x8               | 1/1<br>Use last 4cts to transition to <b>PLATE SIDE HOVER R</b>                                                                              | 7x  |
|   | 2:39  | Rep / Complicated <b>d</b>        | 4x8               | 2/2 <b>ROTATING PLATE SIDE HOVER R</b><br>Plate in L hand, up in air in line with shoulders<br>Option: On knees                              | 4x  |
|   | 2:58  | Instr / (Synth voice)             | 4x8               | <b>PULSING PLATE SIDE HOVER R</b> (2cts)<br>Use the first 2cts to rotate to <b>SIDE HOVER R</b> .<br>Transition to <b>HOVER</b> on last 2cts | 15x |
|   | 3:17  | Outro / Complicated <b>d</b>      | 4x8               | <b>HOVER</b><br>Options: On knees or toes                                                                                                    |     |



## 09. COMPLICATED 3:44mins

### TECHNIQUE AND COACHING

#### 1 SINGLE-ARM PLATE LIFT / ROTATING PLATE SIDE HOVER / PULSING PLATE SIDE HOVER

##### LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear Timing cues.

##### SINGLE-ARM PLATE LIFT

- **Chin tucked in to protect neck**
- **Ribs to hips** to target your upper abs
- **Plate above shoulder**
- *Opposite arm to side with palm up*

##### ROTATING PLATE SIDE HOVER

- **Lift the bottom hip to target obliques**
- *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**

##### PULSING PLATE SIDE HOVER

- *Elbow under shoulder*
- **Lift bottom hip**
- *Plate over shoulder*
- *Drive out of bottom elbow*
- *Shoulders down*
- **Hips square**
- *Feet split*

#### 2 SINGLE-ARM PLATE LIFT / ROTATING PLATE SIDE HOVER / PULSING PLATE SIDE HOVER / HOVER

##### LAYER 2 / LAYER 3

Draw participants' attention to how each exercise can be worked for better effect and the benefits each one will give when executed correctly. Motivation in this track comes from the benefits derived from this simple, effective training.

- *Try to lift both shoulders off the floor at the same time*
- *The key focus is on moving the body as one functional unit*
- *Drive elbows away from floor*
- *Brace hard through the belly*
- *Keep the chest up to the very end!*



# 10. COOLDOWN

## TRACK FOCUS

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

|   | MUSIC |                                   | SEQUENCE/EXERCISE | REPS                                                                                   |
|---|-------|-----------------------------------|-------------------|----------------------------------------------------------------------------------------|
| 1 | 0:05  | Intro                             | 4x8               | Set up <b>CHILDS POSE</b>                                                              |
|   | 0:24  | V1 / _ I'm under water            | 4x8               | <b>CHILDS POSE</b>                                                                     |
|   | 0:44  | PC / _ We're all swimming         | 4x8               | <b>SEATED HURDLER STRETCH L</b>                                                        |
|   | 1:05  | C / Diving <b>into</b> the deep   | 4x8               | <b>KNEELING HIP FLEXOR R</b><br>L leg F, R arm extends up<br>Lean across after 2x8 cts |
| 2 | 1:26  | V2 / _ I am an island             | 4x8               | <b>KNEELING UPPER BACK STRETCH L, R</b><br>Switch sides after 2x8 cts                  |
|   | 1:47  | PC / _ We're all swimming         | 4x8               | <b>SEATED HURDLER STRETCH R</b>                                                        |
|   | 2:08  | C / Diving <b>into</b> the deep   | 4x8               | <b>KNEELING HIP FLEXOR L</b><br>R leg F, L arm extends up<br>Lean across after 2x8 cts |
|   | 2:29  | Rep / _ I'd follow you            | 4x8               | <b>STANDING QUADRICEP STRETCH L, R</b><br>Switch sides after 2x8 cts                   |
| 3 | 2:49  | Ref / <b>You.</b> I'm under water | 2½x8              | <b>STANDING CHEST STRETCH</b><br>Arms reach out wide                                   |
|   | 3:02  | C / Diving <b>into</b> the deep   | 2x8               | <b>STANDING ITB STRETCH L</b>                                                          |
|   | 3:13  | <b>Way</b> over my head           | 2x8               | <b>STANDING SHOULDER STRETCH L</b>                                                     |
|   | 3:23  | Rep / _ I'd follow you            | 2x8               | <b>STANDING ITB STRETCH R</b>                                                          |
|   | 3:33  | _ I'd follow you                  | 2x8               | <b>STANDING SHOULDER STRETCH R</b>                                                     |



# 10. DEEP END 3:59mins

## TECHNIQUE AND COACHING

### COACHING TIPS

- Be descriptive about 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: 1 or 2x medium to large plates

Biceps: 2x medium to large plates

TRACK FOCUS

Focus on coaching good shoulder stability and core control across all exercises. In the Pushup combos emphasize that the hands step Forward and coach the Timing clearly to encourage success. Once you reach Bicep Curls make sure you know the choreography and music well, especially the number of repetitions. Towards the end of the block, the Single-Arm Bicep Curls accelerate with the timing of the music – let participants know this is happening and encourage them to go with you.

MUSCLE FOCUS

**Standing Overhead Tricep Extensions:** Triceps

**Tricep Pushups:** Triceps

**Bicep Plate Curls:** Biceps

|   | MUSIC |                                 | SEQUENCE/EXERCISE | REPS                                                                                                                                                                                                                                                                                                                                      |
|---|-------|---------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 0:05  | Intro / (Beat)                  | 2x8               | Set up for <b>STANDING O/H TRICEP PLATE EXTENSION</b> <b>SPLIT Stance</b><br>Stack plates together                                                                                                                                                                                                                                        |
|   | 0:13  | Instr / (Clap)                  | 6x8               | 1/1 <b>STANDING O/H TRICEP PLATE EXTENSION</b> <b>SPLIT Stance</b> 12x                                                                                                                                                                                                                                                                    |
|   | 0:34  | Br / (Low)                      | 1x8               | <b>TRANSITION</b> to floor for <b>TRICEP PUSHUP</b>                                                                                                                                                                                                                                                                                       |
|   | 0:38  | V1 / Take a <b>seat</b>         | 6x8               | <b>TRICEP PUSHUP COMBO</b> (16cts)3x<br>1x 2/2 <b>TRICEP PUSHUP</b> (8cts)<br>1x <b>WALKING PLANK</b> L, R (8cts)<br>Hands walk F and B<br>Options: On toes or knees                                                                                                                                                                      |
|   | 0:59  | C / <b>Baby</b> , why don't you | 10x8              | <b>TRICEP PLYO PUSHUP COMBO</b> (8cts)10x<br>1x 1/1 <b>TRICEP PLYO PUSHUP</b> (4cts)<br>2cts down, <b>PLYO PUSHUP</b> to the top, hands jump out wide on the last 2cts<br>1x <b>WALKING PLANK BACK IN</b> L, R (4cts)<br>Hands come back into shoulder-width apart<br>Options: On toes or knees<br>Option: 1/1 <b>TRICEP PUSHUP COMBO</b> |
|   | 1:35  | Br                              | 1x8               | <b>TRANSITION</b> to <b>KNEELING O/H TRICEP PLATE EXTENSION</b> , 2x plates stacked together                                                                                                                                                                                                                                              |
|   | 1:39  | Instr / (Drop)                  | 4x8               | <b>KNEELING PULSE O/H TRICEP PLATE EXTENSION</b> (2cts)14x<br>Transition plates in each hand for <b>KNEELING BICEP PLATE CURL</b> on last 4cts                                                                                                                                                                                            |
|   | 1:54  | (Drop + Rift)                   | 4x8               | <b>KNEELING MID-RANGE PULSE BICEP PLATE CURL</b> (2cts)16x                                                                                                                                                                                                                                                                                |
|   | 2:09  | (Low)                           | 6x8               | 1/1 <b>KNEELING BICEP PLATE CURL</b> (4cts)12x                                                                                                                                                                                                                                                                                            |



45-MIN FORMAT

# 05. TRICEPS/BICEPS

|                                      | MUSIC |                             | SEQUENCE/EXERCISE |                                                                                                                               | REPS |
|--------------------------------------|-------|-----------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------|------|
| 2                                    | 2:29  | Br                          | 1½x8              | TRANSITION to floor for TRICEP PLYO PUSHUP COMBO                                                                              |      |
|                                      | 2:34  | C / <b>Baby</b> , why don't | 10x8              | TRICEP PLYO PUSHUP COMBO (8cts)<br>Options: On toes or knees<br>Option: 1/1 TRICEP PUSHUP COMBO                               | 10x  |
|                                      | 3:10  | Br                          | 1x8               | TRANSITION to KNEELING O/H TRICEP PLATE EXTENSION, 2x plates stacked together                                                 |      |
|                                      | 3:14  | Instr / (Drop)              | 4x8               | KNEELING PULSE O/H TRICEP PLATE EXTENSION (2cts)<br>Transition plates in each hand for KNEELING BICEP PLATE CURL on last 4cts | 14x  |
|                                      | 3:29  | (Drop + Rift)               | 4x8               | KNEELING MID-RANGE PULSE BICEP PLATE CURL (2cts)                                                                              | 16x  |
|                                      | 3:43  | Take a <b>seat</b>          | 4x8               | 1/1 KNEELING BICEP PLATE CURL (4cts)                                                                                          | 8x   |
| 3                                    | 3:57  | Br / <b>Closer</b>          | 2x8               | TRANSITION to floor for TRICEP PLYO PUSHUP COMBO                                                                              |      |
|                                      | 4:05  | C / <b>Baby</b> , why don't | 10x8              | TRICEP PLYO PUSHUP COMBO (8cts)<br>Options: On toes or knees<br>Option: 1/1 TRICEP PUSHUP COMBO                               | 10x  |
|                                      | 4:41  | Br                          | 1x8               | TRANSITION to KNEELING O/H TRICEP PLATE EXTENSION, 2x plates stacked together                                                 |      |
|                                      | 4:45  | Instr / (Drop)              | 4x8               | PULSE KNEELING TRICEP O/H PLATE EXTENSION (2cts)<br>Transition plates in each hand for KNEELING BICEP PLATE CURL on last 4cts | 14x  |
|                                      | 5:00  | (Drop + Rift)               | 4x8               | KNEELING MID-RANGE PULSE BICEP PLATE CURL (2cts)                                                                              | 16x  |
|                                      | 5:15  | Take a <b>seat</b>          | 4x8               | 1/1 KNEELING BICEP PLATE CURL (4cts)                                                                                          | 8x   |
|                                      | 5:29  | Outro / _ Pull me closer    | 1x8               | Plates down, shake out arms                                                                                                   |      |
| RECOVERY: Tricep and Bicep stretches |       |                             |                   |                                                                                                                               |      |



45-MIN FORMAT

## 05. THE MIDDLE 5:42mins

### TECHNIQUE AND COACHING

#### 1 STANDING AND KNEELING OVERHEAD TRICEP EXTENSION / TRICEP PUSHUP COMBOS / KNEELING BICEP PLATE CURL

##### LAYER 1

This track begins quickly. Use **NETT** to coach the basics of the Extension work. In the Pushups emphasize that the hands walk forward in the Walking Plank. Preview the plyo option and reinforce the rhythm until the class is moving together. Transitions are also quick, so clear, direct cues are needed. This block ends with an accelerating Bicep Curl; let your class know it's coming and encourage them to go with you!

##### OVERHEAD TRICEP EXTENSION

- *Plate above head*
- *Split Stance*
- **Chest lifted**
- **Chin tucked in**
- *Elbows narrow*
- **Core braced**
- **Plate to base of neck**
- **Full extension to the top**

##### TRICEP PUSHUP COMBO 1

- **Shoulders down and back**
- **Abs braced**
- *Elbows tucked in*
- **Chest to elbow height**
- *Options on the knees or toes*
- *Hands under shoulders on floor*
- *Walk hands in front*

##### TRICEP PLYO PUSHUP COMBO

- *1, 2, in, in*
- *Plyometric Pushup*
- *Push and pop away*
- *Down, explode, in, in*
- *Full functional training*
- **Soft elbows on landing**

##### KNEELING PULSE OVERHEAD TRICEP PLATE EXTENSION

- *Back to the Extensions*
- *Elbows in to isolate*
- *Stay in the bottom range of the Extension*
- *Small range to feel tension in triceps*

##### KNEELING BICEP PLATE CURL

- *Knees apart*
- **Brace abs**
- **Elbows directly under shoulders**
- **Lift your chest**

#### 2. TRICEP PLYO PUSHUP COMBO / KNEELING OVERHEAD TRICEP EXTENSION / KNEELING BICEP PLATE CURL

##### LAYER 2

Transition quickly back to the floor and then encourage participants to feel the target muscles in each exercise. There isn't much time in this track so keep your coaching short and to the point. Avoid trying to fit in more coaching than the track naturally allows for. Because these exercises are challenging, don't forget to include everyone in your coaching, offering choices to keep the entire class engaged.

- *Drive off the floor as fast as you can*
- *Feel the power off the floor*
- *Take the options, jumping or walking – it all works*
- *Feel the pump*
- *Keep elbows in and squeeze the biceps*

#### 3 TRICEP PLYO PUSHUP COMBO / KNEELING OVERHEAD TRICEP EXTENSION / BICEP PLATE CURL

##### LAYER 3

The final block will challenge everyone! Be ready with great Technique, leading from the front and bringing everyone with you to the finish. How will you get your participants across the line?

##### PUMP FACT

Supersetting between biceps and triceps allows us to increase intensity as each muscle group gets an active recovery while the other is working.



45-MIN FORMAT

# 06. LUNGES/SHOULDERS

WEIGHTS

1x medium to heavy plate

DEMONSTRATE

Drop Squat Press With Plate

TRACK FOCUS

Integrating lower and upper body moves to peak the power in the workout. Focus on clear coaching of how to execute each move correctly for success and allow space for the music to create energy and contrast.

MUSCLE FOCUS

**Drop Squat Press With Plate:** Glutes, core, back and shoulders

**Backward-Stepping Lunge With Plate Curl and Overhead Shoulder Plate Press:** Glutes, quads, core and shoulders

|   | MUSIC |                                | SEQUENCE/EXERCISE                                                                                                                                                                                                                                                                                                                                                                                                                                 | REPS |
|---|-------|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
|   | 0:05  | _ Two choices on               | 4x8 Set up for <b>LUNGE L</b>                                                                                                                                                                                                                                                                                                                                                                                                                     |      |
|   | 0:18  | _ Go around it                 | 4x8 <b>COMBO 1</b> (32cts)<br>2/2/2/2 <b>BACKWARD-STEPPING LUNGE R</b> with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (16cts)<br>2/2/2/2 <b>BACKWARD-STEPPING LUNGE L</b> with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (16cts)                                                                                                                                                                                                        | 1x   |
|   | 0:30  | QC / <b>Stupid</b> that I love | 8x8 <b>COMBO 2</b> (16cts)<br>1/1/1/1 <b>BACKWARD STEPPING LUNGE R</b> with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (8cts)<br>1/1/1/1 <b>BACKWARD STEPPING LUNGE L</b> with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (8cts)                                                                                                                                                                                                          | 4x   |
| 1 | 0:55  | PC / <b>Gold</b>               | 8x8 <b>COMBO 3</b> (32cts)<br>1/1 <b>BACKWARD STEP</b> with 3x <b>LUNGES R</b> with <b>PLATE CURL</b> and 3x <b>O/H SHOULDER PLATE PRESS</b> (16cts)<br>1/1 <b>BACKWARD STEP</b> with 3x <b>LUNGES L</b> with <b>PLATE CURL</b> and 3x <b>O/H SHOULDER PLATE PRESS</b> (16cts)                                                                                                                                                                    | 2x   |
|   | 1:21  | C / <b>Stupid</b> that I love  | 20x8 <b>COMBO 4</b> (64cts)<br>1x 1/1 <b>BACKWARD-STEPPING LUNGE R</b> with 8x <b>PULSE LUNGES, HOLD PLATE ABOVE SHOULDERS</b> (16cts)<br>4x <b>DROP SQUAT PRESS WITH PLATE</b> (16cts) <b>WIDE Stance</b><br>1x 1/1 <b>BACKWARD-STEPPING LUNGE L</b> with 8x <b>PULSE LUNGES, HOLD PLATE ABOVE SHOULDERS</b> (16cts)<br>4x <b>DROP SQUAT PRESS WITH PLATE</b> (16cts) <b>WIDE Stance</b><br>Option: Heels lift off the floor after the first set | 2½x  |



45-MIN FORMAT

# 06. LUNGES/SHOULDERS

2

|  | MUSIC |                        | SEQUENCE/EXERCISE | REPS                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |    |
|--|-------|------------------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
|  | 2:24  | V2 / _ Staring hard at | 4x8               | Shake out legs ready for other side R                                                                                                                                                                                                                                                                                                                                                                                                                                              |    |
|  | 2:38  | _ I'm driving          | 4x8               | <b>COMBO 1</b> (32cts)<br>2/2/2/2 <b>BACKWARD-STEPPING LUNGE</b> L with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (16cts)<br>2/2/2/2 <b>BACKWARD-STEPPING LUNGE</b> R with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (16cts)                                                                                                                                                                                                                                             | 1x |
|  | 2:51  | Do I <b>walk</b>       | 8x8               | <b>COMBO 2</b> (16cts)<br>1/1/1/1 <b>BACKWARD-STEPPING LUNGE</b> L with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (8cts)<br>1/1/1/1 <b>BACKWARD-STEPPING LUNGE</b> R with <b>PLATE CURL AND O/H SHOULDER PLATE PRESS</b> (8cts)                                                                                                                                                                                                                                               | 4x |
|  | 3:16  | PC / <b>Gold</b>       | 8x8               | <b>COMBO 3</b> (32cts)<br>1/1 <b>BACKWARD STEP</b> with 3x <b>LUNGES</b> L with <b>PLATE CURL</b> and 3x <b>O/H SHOULDER PLATE PRESS</b> (16cts)<br>1/1 <b>BACKWARD STEP</b> with 3x <b>LUNGES</b> R with <b>PLATE CURL</b> and 3x <b>O/H SHOULDER PLATE PRESS</b> (16cts)                                                                                                                                                                                                         | 2x |
|  | 3:42  | Instr / (Drop)         | 16x8              | <b>COMBO 4</b> (64cts)<br>1x 1/1 <b>BACKWARD-STEPPING LUNGE</b> L with 8x <b>PULSE LUNGES, HOLD PLATE ABOVE SHOULDERS</b> (16cts)<br>4x <b>DROP SQUAT PRESS WITH PLATE</b> (16cts) <b>WIDE Stance</b><br>1x 1/1 <b>BACKWARD-STEPPING LUNGE</b> R with 8x <b>PULSE LUNGES, HOLD PLATE ABOVE SHOULDERS</b> (16cts)<br>4x <b>DROP SQUAT PRESS WITH PLATE</b> (16cts) <b>WIDE Stance</b><br><b>RECOVERY:</b> Plates down, shake out legs and arms.<br>Quadricep and Shoulder Stretches | 2x |



45-MIN FORMAT

## 06. GOLD (STUPID LOVE) 4:52mins

### TECHNIQUE AND COACHING

#### 1 BACKWARD-STEPPING LUNGE WITH PLATE CURL & OVERHEAD SHOULDER PLATE PRESS / DROP SQUAT PRESS WITH PLATE

##### LAYER 1 / LAYER 2

Begin the track calmly, coach from inside the music rather than overpowering it. Use short, clear cues for Position and Execution and leave space between them for the information to land. As the track increases in Intensity, match this with your voice and language. We have new exercise combos in this track so be sure to prepare your Technique and coaching language well so that participants can achieve success quickly.

#### BACKWARD-STEPPING LUNGE WITH PLATE CURL & OVERHEAD SHOULDER PLATE PRESS

- *Grab your plate*
- **Feet under your hips**
- **Chest up, brace core**
- *Step, drop, up, switch*
- *Big step back*
- *You're curling the plate then pressing it up*
- **Brace the abs** to square the hips and shoulders
- **Long step back**
- **Back knee down**, front knee out
- **Front thigh parallel to the floor**
- *Keep your body square to the front*
- *Loading your arms and legs means your core will work hard*

#### DROP SQUAT PRESS WITH PLATE

- *Drop and press*
- *Lift heels up*
- **Chest lifted**
- **Hips down**
- **Knees out**
- **Core braced**
- *Lift heels and drive plate up*
- *Feel the heart rate*

#### 2 BACKWARD-STEPPING LUNGE WITH PLATE CURL & OVERHEAD SHOULDER PLATE PRESS / DROP SQUAT PRESS WITH PLATE

##### LAYER 3

Bring the participants' energy back down from the peak of the last block. Slow down your voice and coach the class to regain their control. Use the steady timing of the slow Lunge combo to connect with your class and establish good Layer 3 coaching that will give them the reasons they need to push hard to the finish. Avoid shouting at this point; use the power of your language to create impact. Once the big combo drops, lift your voice and energy, and work hard with your team to the end!

- *Feel your heartbeat*
- *Reset the posture*
- *Speed up the tempo and regain control*
- *You know what's going to happen*
- *You know it's going to get hard – the question is: do you want it?*
- *If you want it – you need to work for it*
- *Drop and press*
- *Stay low and power through the heels*
- *Punch the plate*
- *This is the fight*
- *Load and proud finish*

##### PUMP FACT

One of the specific benefits of THE REP EFFECT™ is that we load our muscles while our heart rate is elevated; this potentially doubles the effect.



# WE ARE THE LES MILLS TRIBE

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

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

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

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

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

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

We are the Les Mills Tribe.

## OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere.

