

BODYPUMP

110

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARMUP

02. SQUATS

Workout for Water:

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

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



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

- 1 foot back with rear heel lifted
- 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

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



BENCH-TOP CHEST PUSHUP

Position Setup

- **Hands outside shoulders**
- **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

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



DEADLIFT

Position Setup

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

Execution Setup

- **Tip forward from the hips, keeping the chest lifted**
- **Bar to knees**
- **Chin tucked in – eyes forward, 6½ feet (2 meters) in front**

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor





GLOSSARY

DEADROW

Position Setup

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

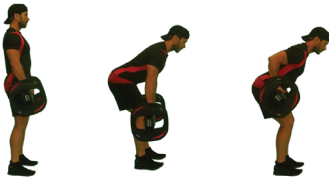
Execution Setup

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

Layer 2

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

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



HIGH PULL

Position Setup

- **SET Position**
- **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





GLOSSARY

CLEAN & PRESS

Position Setup

- **SET Position**
- **Chest up, abs braced**
- **Knees bent**

Execution Setup

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- **Bar close to the body, lift to lower chest**
- **Drop under the bar, bending the knees**
- Clean the bar and hold in front of the collarbones
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Fast elbows under the bar. Lift your T-shirt with the bar. Catch bar high on the chest and drive out of the legs.

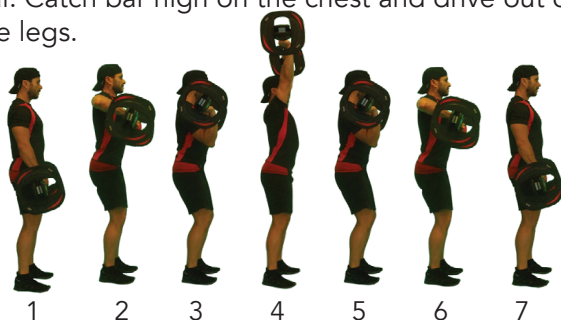


PLATE SQUAT PRESS

Position Setup

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

Execution Setup

- **Sit the butt down and back**
- **Knees track forward, in line with toes**
- Half Squat
- **Brace the abs as the plate moves over head**
- **Elbows slightly forward**



TRICEP EXTENSION

Position Setup

- Lying on bench
- **Shoulder width grip on the bar**
- **Abs braced**
- **Elbows face down the bench**

Execution Setup

- **Lower bar to forehead**
- **Keeping upper arms vertical**

Layer 2

- Lock the upper arm position to isolate the triceps



TRICEP PRESS PULLOVER

Position Setup

- Lower the bar down towards the body
- **Elbows to bench level**
- **Aim for just below the ribcage (lower ribs)**
- Elbows fix at 90 degrees and then push the bar over head towards the forehead – **stop just above the head**
- **Keep the abs braced so that the lower back does not lift off the bench**

Layer 2

- You can go further than the forehead so long as you do not arch or lift your back off the bench
- Keep it smooth and even to keep the muscles under tension





GLOSSARY

SEATED PLATE OVERHEAD TRICEP EXTENSION

Position Setup

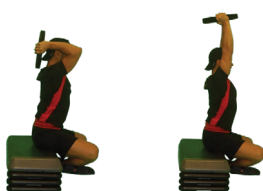
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted, abs braced**
- Chin tucked in

Execution Setup

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

Position Setup

- Keep the elbows squeezing inwards – to isolate the triceps



SEATED TRICEP DIP

Position Setup

- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

- **Drop butt close to bench top** – butt towards the floor
- Elbows bend towards the back of the roof

Follow-up

- Full extension to the top



No plate



With plate



On bench

BICEP CURL

Position Setup

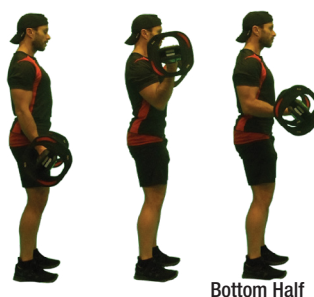
- **Knees soft – Split Stance or SET Position**
- **Chest up**
- **Abs in and braced**

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 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





GLOSSARY

BICEP PLATE ROW

Position Setup

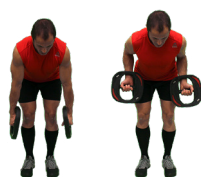
- As Bicep Plate Curl

Execution Setup

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

Layer 2

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



BARBELL LUNGE

Position Setup

- Feet hip-width and take a long step back
- 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

Follow-up

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



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

Position Setup

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

Execution Setup

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

Layer 2

- Plate to collarbones
- Stay low to isolate the legs





GLOSSARY

PLATE FRONT SQUAT – MID STANCE

Position Setup

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

Execution Setup

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

Layer 2

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



STANDING UPRIGHT ROW

Position Setup

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

Execution Setup

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

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

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



HANG CLEAN

Position Setup

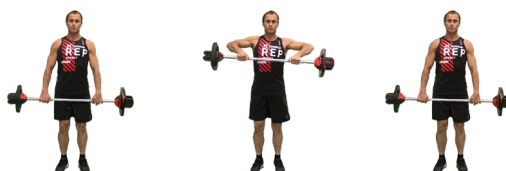
- **SET Position**
- **Chest up – abs braced**
- Slight pinch between the shoulder blades

Execution Setup

- **Lift bar up to lower chest**
- **Elbows above the bar**
- **Keep bar close to body**
- **Flick elbows under bar**
- **Small bend at knees**
- **Straighten knees as you flick elbows over the top**
- **Lower bar close to body**

Layer 2

- Fast elbows



STANDING SHOULDER OVERHEAD PRESS

Position Setup

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

Execution Setup

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

Layer 2

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





GLOSSARY

STANDING PUSH PRESS

Position Setup

- **Set Stance**
- **Chest up, abs braced**
- **Bar to collar bones**

Execution Setup

- Straighten knees drive bar upward
- **Keep the elbows soft at the top and elbows slightly forward**
- **Brace the abs as the bar moves above your head**
- **Bend knees to catch the bar**

Layer 2

- Drive out of the legs integrated upper and lower body



KNEELING SIDE RAISE

Position Setup

- Kneel 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



KNEELING SIDE ROTATOR RAISE

Position Setup

- Kneeling position
- **Chest up, abs braced**
- **Elbows at 90 degrees** – plates facing inward

Execution Setup

- **Elbows lift to the side, stopping just under shoulder height**
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

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

KNEELING REAR DELTOID RAISE

Position Setup

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

Execution Setup

- Lift the elbows to shoulder level
- **Squeeze between the shoulder blades**
- Elbows slightly bent

Layer 2

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





GLOSSARY

PUSHUP

Position Setup

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

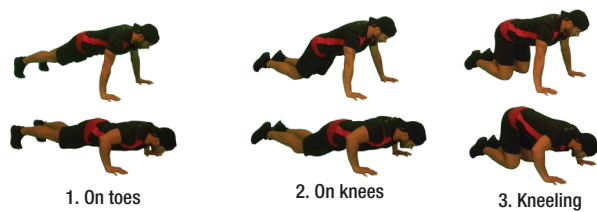
Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the floor away

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



C CRUNCH

Position Setup

- Lie down on floor
- Feet close to butt
- Plate to forehead
- Abs braced
- Lower back pressing down towards the floor

Execution Setup

- Tuck the chin in so we look after the neck
- Knees over hips and shins parallel

Layer 2

- Every time you crunch, feel the ribs crushing down to the hips
- Every time the feet touch down, make that connection from the lower back towards the floor



PULSE C CRUNCH

Position Setup

- Lie down on floor
- Feet close to butt
- Plate to forehead
- Abs braced
- Lower back pressing down towards the floor

Execution Setup

- Lift shoulders and crunch
- Knees over hips and shins parallel
- Stay pulsing in top range of crunch

Layer 2

- Every time you crunch, feel the ribs crushing down to the hips
- Every time the feet touch down, make that connection from the lower back towards the floor

SINGLE-LEG HIP BRIDGE

Position Setup

- Lie on back
- Knees bent

Execution Setup

- Lift one knee up
- Squeeze butt to lift hips
- Hips square

Layer 2

- Drive out of the hips
- Push through the heel





GLOSSARY

HOVER TAP

Position Setup

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

Execution Setup

- Tap foot out and in
- Brace abs to keep the hips still

Layer 2

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



HOVER LIFT

Position Setup

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

Execution Setup

- Lift leg to hip height
- 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 PUSHUP

Position Setup

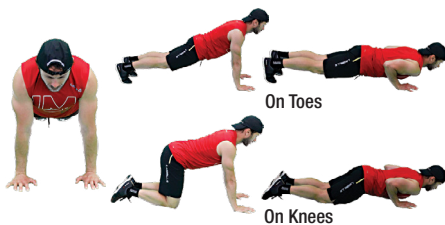
- Hands under shoulders
- Abs braced
- Back long and straight

Execution Setup

- Drop chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor/bench away



WALKING TRICEP PUSHUP

Position Setup

- Hands under shoulders
- Abs braced
- On knees or toes

Execution Setup

- Chest drops to elbow height
- Abs braced; back long and straight

Layer 2

- Body moves as one unit





GLOSSARY

MOUNTAIN CLIMBER

Position Setup

- Hands under shoulders
- Back long and straight
- Abs braced to support the mid section

Execution Setup

- Drive knees toward chest
- Hips down
- Abs braced to keep hips square
- Knees close to floor

Layer 2

- Drive out of the abs to activate the core

KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

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

Execution Setup

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



LOW PLATE SQUAT

Position Setup

- Hold plates next to thighs
- 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

BACKWARD-STEPPING LUNGE WITH PLATE SHOULDER PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



GLOSSARY

BACKWARD-STEPPING LUNGE WITH SIDE RAISE

Position Setup

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

Execution Setup

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

Layer 2

- Maintain full range in the Lunge – integrated training



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
- Plate pulls up close to body
- Drive plate 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

I Need (3:05)
Wilkinson feat. Hayla
Courtesy of the Universal Music Group.
Written by: Bullimore, Nascimento, Jaco
- 02

I Need (2:08)
Wilkinson feat. Hayla
Courtesy of the Universal Music Group.
Written by: Bullimore, Nascimento, Jaco
- 02

Wild Wild Son (Club Mix) (5:41)
Armin Van Buuren feat. Sam Martin
© 2019 Armin Audio B.V. under exclusive license to Armada Music B.V.
Written by: Buuren, Goeij, Martin,
- 03

Heads Up (4:54)
JAIN
© 2015 Spookland
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice
- 04

First Time (6:23)
Seven Lions, SLANDER & Dabin feat. Dylan Matthew
© 2018 Ophelia.
Written by: Montalvo, Land, Anderson, Lee, Scheidt
- 05

Woman Like Me (3:51)
Little Mix feat. Nicki Minaj
© 2018 Simco Limited under exclusive licence to Sony Music Entertainment UK Limited
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Maraj, Mac, Sheeran, Glynne
- 05

Woman Like Me (1:44)
Little Mix feat. Nicki Minaj
© 2018 Simco Limited under exclusive licence to Sony Music Entertainment UK Limited
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Maraj, Mac, Sheeran, Glynne
- 06

Machine (3:06)
Imagine Dragons
Courtesy of the Universal Music Group.
Written by: Grant, Reynolds, Sermon, McKee, Platzman
- 06

Machine (2:06)
Imagine Dragons
Courtesy of the Universal Music Group.
Written by: Grant, Reynolds, Sermon, McKee, Platzman
- 07

Buscando (6:00)
GTA & Jenn Morel
© 2018 Mad Decent.
Written by: Mejia, Morel, Toth
- 08

Losing It (4:05)
FISHER
Courtesy of the Universal Music Group.
Written by: Lake, B. Fisher, P. Fisher, Lake

Workout
for Water:

- 09

Losing It (1:37)
FISHER
Courtesy of the Universal Music Group.
Written by: Lake, B. Fisher, P. Fisher, Lake
- 09

Taki Taki (3:42)
DJ Snake feat. Selena Gomez, Ozuna & Cardi B
Courtesy of the Universal Music Group.
Written by: Ozuna, Saavedra, Almanzar, Brignol, Gomez, Grigahcine, Rivera, Thorpe
- 10

Want To (3:42)
Dua Lipa
© 2018 Dua Lipa Limited under exclusive license to Warner Music UK Limited.
Written by: Lipa, Jackson, Patel

45-MIN FORMAT

- 05

Free Yourself (5:14)
The Chemical Brothers
Courtesy of the Universal Music Group.
Written by: Rowlands, Simons
- 06

Loyal (5:40)
ODESZA
© 2018 NInja Tune.
Written by: Mills, Knight
- ALT 09

1, 2, 3 (3:20)
Liberty Woes
© 2019 Les Mills Music Licensing Ltd.
Written by: Leone, Castillo, Desrouleaux, Guerrero, Masis, Montaner, Reyes, Zignago



L-R: Kylie Gates, Diana Archer Mills, Ben Main & Marlon Woods

BodyPump 110 will go down as a favorite – epic music and a full functional workout providing the REP EFFECT as promised. Plus we filmed this release in the most magnificent surroundings in New Zealand, we hope you love it!

I Need kicks us off and is such an uplifting song to set the scene connecting your participants into the workout ahead.

Look out for the massive Squat track *Wild Wild Son* which provides a challenge for even the hardcore participants through great tension training.

Heads up is our Chest and Workout For Water track. It is such a great song and a fantastic cause. Jump on board and fundraise with us! A Unique sound as we mix Chest Press barbell work and functional Walking Pushups!

The back track re-visits the High Pull for strength gains, plate work for heart rate kicks and fast transitions. This is all set to the euphoric sound of *First Time*... You will not be disappointed.

We work the arms (front & back) with great tunes of *Woman Like Me* and *Machine* – contrasting genres to appeal to all your participants.

Buscando provides the feel good song even though you are doing Lunges – it almost takes your mind out of the work! Finally the shoulder track *Losing It* will not disappoint providing 3 dimensional shoulder training and gains!

The key to teaching the release well and enhancing the experience for your class participants is The music! The music sets the emotion and feel for each track making it stand out from the rest. Take the time to learn it super well, so you connect and have fun teaching, helping your tribe fight obesity and fall in love with fitness.

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

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

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

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

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

Marlon Woods (Australia) is a BODYPUMP and BODYCOMBAT Trainer and a LES MILLS TONE Presenter. He lives in Sydney, where he studied psychology and works in a research lab at The University of Sydney.



EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 06 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	40:29

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

30-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:53

45-MINUTE FORMAT

Track 01	Warmup
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:17

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

BE LOUD AND HEARD

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

KEY

Alt	Alternating	R	Right
Instr	Instrumental	O/H	Over head
Intro	Introduction	Outro	Last few bars of music
Bup	Build up	PC	Pre-Chorus
Br	Bridge (non-chorus)	QC	Quiet Chorus
Rep	Reprise (part of the chorus repeated)	Ref	Refrain (recurring phrase or number of song lines)
Cts	Musical Counts	C	Chorus
F or B	Forward or back	ROM	Range of motion
L	Left	V	Verse
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** – Name of Exercise, Timing and Targets – throughout the track so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:06	V1 / Under the waves	2x8	SET Position and SHOULDER ROLL	
	0:13	Lost in the sky	2x8	4/4 DEADLIFT SET Stance	1x
	0:21	PC / Your sunlight	4x8	2/2	4x
	0:36	Rep / _ I need your	4x8	1/1 DEADROW	4x
	0:50	_ Your love	4x8	TRIPLE DEADROW (16cts)	2x
2	1:05	V2 / The mountains	4x8	2/2 DEADLIFT SET Stance	4x
	1:20	PC / I need your sunlight	4x8	1/1/2 UPRIGHT ROW	4x
	1:35	Rep / _ I need your	4x8	1/1 HIGH PULL (4cts)	8x
	1:50	_ Your love	4x8	1/1 CLEAN & PRESS (8cts) Step R leg B, ready for LUNGE L , on last 4cts	4x
	2:05	Rep / I , I am lost	4x8	2/2 LUNGE L	4x
	2:19	_ I need your	4x8	1/1 Step into SQUAT MID Stance on last 4cts	8x
	2:34	Instr / (Drop)	8x8	1/1 SQUAT MID Stance (First 8 reps, easy SQUAT)	16x
3	3:04	Br	1½x8	TRANSITION: Back to SET Stance	
	3:06	V3 / The mountains	4x8	2/2 DEADLIFT SET Stance	4x
	3:20	PC / Your sunlight	4x8	1/1/2 UPRIGHT ROW	4x
	3:35	Rep / _ I need your	4x8	1/1 HIGH PULL (4cts)	8x
	3:50	_ Your love	4x8	1/1 CLEAN & PRESS (8cts) Transition bar onto back, step L leg B, ready for LUNGE R , on last 4cts	4x
	4:04	Rep / I , I am lost	4x8	2/2 LUNGE R	4x
	4:19	_ I need your	4x8	1/1 Step into SQUAT WIDE Stance on last 4cts	8x
	4:34	Instr / (Drop)	8x8	1/1 SQUAT WIDE Stance	16x
				RECOVERY: Shake out arms and legs. Torso Twist	



01. I NEED 5:13mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position, setting them up into a strong lifting position.

- **Heels under hips, turn the toes out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- **Shoulders up, back and down towards the spine**
- **Gently draw in and brace the core**

BLOCK 1

LAYER 1

For each exercise, coach **NETT** – Name of Exercise, Tempo and Target zones. This makes your coaching clear and easy to follow.

- **Deadlift** – hinge forward from the hips, slide the bar to the top of the kneecaps
- **Deadrow** – knees, belly, knees and lift
- **Triple Deadrow** – squeeze shoulder blades together

BLOCK 2

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts, then moves to Upright Rows and High Pulls with a focus on learning the technique for Track 4. The High Pull is the perfect progression to the Clean & Press, teaching technique for the Back Track. The block finishes with Squats and Lunges. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns to help the class achieve good lifting Technique and confidence in the new move.

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

BLOCK 3

LAYER 2 / LAYER 3

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. Also use this time to connect with your participants and what their goals for the workout 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
- **High Pull** – keep driving the hips forward and up to power the bar
- **Clean & Press** – let's practice fast elbows under the bar and pushing the hips back as you catch
- **Wide-Stance Squat** – feet outside hips, hips go back and down, knees press out, hips 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 through the 3 different stances with the focus on precision of Timing to drive intensity and results.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Beat)	2x8	Set up SQUAT MID Stance	
	0:12	Instr / (Beat + rhythm)	4x8	2/2 SQUAT MID Stance	4x
	0:26	V1 / Hello son	4x8	2/2/2/2 PAUSE SQUAT (16cts) 4cts down, 4cts HOLD , 4cts up, 4cts HOLD	2x
	0:40	_ Before you notice	6x8	2/2 SQUAT	6x
	1:01	Instr / (Low)	8x8	2/2/2/2 PAUSE SQUAT (16cts)	4x
	1:29	Rep / My wild , wild	8x8	3/1 SQUAT	8x
2	1:58	Br / Ooohhhh	2x8	TRANSITION: to SQUAT WIDE Stance	
	2:05	Instr / (Heavy synth)	8x8	1/1 SQUAT WIDE Stance First 4 reps EASY	16x
	2:33	(Synth windup)	4x8	4/4	2x
	2:47	(Heavy synth rhythm)	16x8	COMBINATION (16cts) 2x 1/1 SQUAT (8cts) 1x 1/1/2 SQUAT (8cts)	8x
	3:44	Br / Ooohhhh	2x8	TRANSITION: to SQUAT WIDER Stance	
3	3:51	Instr / (Heavy synth)	8x8	1/1 SQUAT WIDER Stance	16x
	4:19	(Synth windup)	4x8	4/4	2x
	4:33	(Heavy synth rhythm)	16x8	COMBINATION (16cts)	8x
	5:29	Outro	1x8	4/4 (Down only, HOLD at the bottom)	1/2x
	RECOVERY: Shake out the legs. Quadricep Stretches				



02. WILD WILD SON 5:41mins

TECHNIQUE AND COACHING

1 MID-STANCE SQUAT

LAYER 1

Coach Position and Execution setup of the Mid Stance to get the class moving well. Use **NETT** to coach good Squat technique – referring to timing, target zones and leg alignment – and use this set to coach timing and rhythm of the Pause Squat so everyone gets familiar with it.

- **Feet outside hips, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- Find the rhythm, as timing is what this track is all about
- **Butt to 90 degrees**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line** – that's your range
- Pull the bar into the upper back to stabilize the upper body

2 WIDE-STANCE SQUAT

LAYER 1 / LAYER 2

We move our focus from the quads to the glutes with the Wide Squat. You have a big set of single Squats to ease participants into the Layer 1 execution of the new position with focus on alignment, timing and range. Space your coaching cues out so the music and your voice drive the timing. Layer 2 cues are designed to help participants achieve more from the workout; we do this through Improving Execution and Manipulating the Intensity and also Educating them on what they are doing and how it should feel. Participants won't be expecting the long combination of work, so take time to set the timing and then hook them into a focus so they stay engaged in the work!

- **Heel-toe wider**
- **Lift the chest**
- Easy Squat
- Here we go – where's the beat at?
- Feel the Wide Stance
- **Open the knees**
- **Hips sit back and down**
- Sit back further
- **Knees find 90 degrees**
- Combination – 2 singles and drop stop
- Big control at the bottom
- Keep pressing the knees out to engage the glutes
- Stay with us – you're doing great
- Drive up through the heels and squeeze glutes
- Every part of the body is starting to fire

3 WIDER-STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

Heel-toe wider for Wider Stance. Coach Layer 1 Execution cues to get everyone moving in the Wider Stance. Bring focus to glute activation; through sitting hips back, pressing the knees out and spreading the floor apart with the feet. Participants need Layer 2 cues to help them refine and connect into their movement and bodies. The key is to give the coaching focus and then allow space for them to feel and experience this focus. When the combination hits it's the last opportunity to chase results and build stronger glutes. What is your unique motivational style? What will you say and do to make everyone in your class feel success?

- **One heel-toe wider – Wide Squat**
- **Lift chest**
- Team's in – bring the music in
- This set, we work all parts of the legs
- The Wider Stance ignites the fibers in the legs
- Big four – here we go!
- Super slow
- **Hips sit further back and knees keep pressing out**
- Tune in, stay with us
- This time we are spreading the floor
- Driving the heels down
- Pushing the feet out
- Let's take that feeling into our final combo
- 2 quick – drop, hold
- Try and spread the floor from the base
- We've got the hamstrings, quads and glutes driving us right through the bar
- How good is it going to feel when we hit it hard to the end?

INTENSITY

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

PUMP FACT

Creating a pause at the bottom of the Squat increases intensity through 2 mechanisms

- 1) We remove the quick stretch we normally get at the bottom range which helps drive us to the top.
- 2) We pause at the point of maximum tension, helping us recruit more muscle fibers.



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

Coach great execution of the Chest Press to maintain tension and encourage your class to try some Walking Pushups on their toes for a full functional workout.

MUSCLE FOCUS

Pectorals, triceps and deltoids

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia.

Join us here: <https://www.workoutforwater.org/>

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	3x8	Set up CHEST PRESS
	0:15	C / Heads up for the	4x8	3/1 CHEST PRESS 4x
	0:30	Heads up for the	4x8	2/2 4x
	0:44	V1 / Heads up all the	4x8	4/4 CHEST PRESS 2x
	0:59	Time for me to see	4x8	3/1 4x
	1:14	C / Heads up for the	8x8	COMBINATION (16cts) 4x 1x 1/1/2 CHEST PRESS (8cts) 2x 1/1 CHEST PRESS (8cts)
2	1:43	V2 / Heads up on a row	4x8	4/4 CHEST PRESS 2x
	1:57	Time for me to take	4x8	3/1 4x
	2:12	C / Heads up for the	8x8	COMBINATION (16cts) 4x
3	2:41	Ref / Let's see for	2x8	TRANSITION: to floor, ready for BENCH PUSHUP
	2:48	Let's see for everybody	2x8	4/4 BENCH PUSHUP 1x Options: Toes, knees or kneeling
	2:56	QC / Heads up for the	4x8	2/2 4x
	3:10	C / Heads up for the	8x8	1/1 WALKING BENCH PUSHUP M, L, M, R (32cts) 2x Pushup M 4cts, walk L 4cts, Pushup L 4cts, Walk M 4cts, Pushup M 4cts, Walk R 4cts, Pushup R 4cts, Walk M 4cts
4	3:39	Ref / Let's see for	2x8	RECOVERY: Sit up, shake arms and roll shoulders
	3:46	Let's see for everybody	2x8	4/4 BENCH PUSHUP 1x Options: Toes, knees or kneeling
	3:54	QC / Heads up for the	4x8	2/2 4x
	4:08	C / Heads up for the	8x8	1/1 WALKING BENCH PUSHUP M, L, M, R (32cts) 2x
	4:37	Outro	2½x8	1/1 BENCH PUSHUP 5x Last rep, down and HOLD
				RECOVERY: CHILDS POSE, shake out arms and legs and open arms wide for Chest Stretch



03. HEADS UP 4:54mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1 / LAYER 2

Coach Position and Execution setup cues for the Chest Press. Use **NETT** to coach targets and timing so participants are moving well. Once you have everyone moving well, help your class to get more out of this movement by coaching the feeling of the tempo changes for precision.

CHEST PRESS

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- Elbows out wide
- **Elbows top of the bench for range**
- Shoulders away from the ears so elbows stay under the bar
- Constant movement means constant tension
- Let's focus on precision and alignment
- Elbows drop directly under the wrists
- Feel the tempo changes

2 CHEST PRESS

LAYER 2 / LAYER 3

Second and Final set with the barbell so you will want to motivate participants to challenge themselves to finish well. Layer 2 focuses on educating them on how to achieve more from the exercise – giving them the WHY. It's a blend of education and motivation – look out and see what your class participants need.

- Let's get it done
- Focus on targeting the chest
- As you lower the bar, pull the elbows apart
- Push your upper back into the bench to maximize the tension
- This round, focus on locking the bar into the bottom of the Press
- Feel the lock at the base

3 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 and know their options to feel success.

- *Back of the bench for Pushups*
- **Hands wide**
- *On knees or toes*
- **Chest to elbow-height (hand that is on the bench)**
- **Back long and straight**
- **Abs braced**
- Combo – Walking Pushup
- Remember range – chest to elbow level of top elbow
- Push through heel of hand

4 WALKING BENCH PUSHUP

LAYER 2 / LAYER 3

One more set of the Walking Pushups to challenge everybody. Do you need to educate, connect and motivate them? Or praise and coach for more? Whatever you say, think about how you will say it... Stay inside this very cool piece of music for an intense finish!

- *As you start to fatigue take options on knees*
- *Quality reps*
- *Brace abs and squeeze glutes*
- *Activate the whole body*
- *If you want to, go for it on your toes*
- *Added benefit – every time you lift the hand the core has to activate*
- *That stops the hips from rocking*
- *Trains the front and the back*
- *Finish with the kicker in the middle – 5 singles*

INTENSITY

The Walking Pushups recruit the entire body in order to stabilize the movement. By alternating these two exercises, participants can keep their intensity higher for longer.

PUMP FACT

The first phase of this track has an open kinetic chain focus. Meaning the hands move with the body being still. There we transition to closed chain – with the body moving on the hands. Open chain creates isolation while closed chain has a more integrated effect.



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

Focus on the muscles of the upper back to maintain great posture in every movement with the barbell and focus on driving the heart rate in the Plate Squat Press.

MUSCLE FOCUS

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

Deadrow: Lats

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Whirl)	3x8	Set up SET Stance
	0:16	Instr / (Piano)	6x8	4/4 DEADLIFT SET Stance 3x
	0:35	V1 / In the darkness	8x8	2/2 8x
	1:00	PC / So don't stop	8x8	1/1 DEADROW 8x
	1:27	C / _ Oh, feels like I'm	8x8	TRIPLE DEADROW (16cts) 4x
	1:52	Instr / (Heavy synth)	8x8	COMBINATION 1 (8cts) 8x 1x 1/1 HIGH PULL (4cts) 1x 1/1 DEADLIFT (4cts)
	2:17	(Drop)	8x8	COMBINATION 2 (16cts) 4x 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)
	2:43	(Synth)	8x8	1/1 PLATE SQUAT PRESS MID Stance (4cts) 14x Use the first 8cts to transition to plate to collarbone for PLATE SQUAT PRESS MID Stance
2	3:09	V2 / I, I knew that you	4x8	TRANSITION: Plate down, shake arms and SHOULDER ROLL. Pick up bar, SET Stance
	3:21	I, I knew that you	5x8	2/2 DEADLIFT SET Stance 5x
	3:37	PC / So don't stop	8x8	1/1 DEADROW 8x
	4:03	C / _ Oh, feels like I'm	8x8	TRIPLE DEADROW (16cts) 4x
	4:29	Instr / (Heavy synth)	8x8	COMBINATION 1 (8cts) 8x
	4:54	(Drop)	8x8	COMBINATION 2 (16cts) 4x
	5:20	(Synth)	8x8	1/1 PLATE SQUAT PRESS MID Stance (4cts) 14x Use the first 8cts to transition to plate for PLATE SQUAT PRESS MID Stance
	5:45	Outro / _ Falling from the	8x8	Plate down, shake, roll, torso twists, lower back stretch



04. FIRST TIME 6:23mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / HIGH PULL / CLEAN & PRESS / PLATE SQUAT PRESS

LAYER 1 / LAYER 2

Coach how to execute all the moves in this block using Position and Execution setup cues for clarity. This brings focus on developing great lifting technique to start. As the set progresses, you have opportunities to bring in Layer 2 focuses; like maintaining great posture, (squeezing the shoulder blades together creates scapula engagement for intensity in the upper back). This helps improve execution and adds intensity to their workout. It is always more challenging to maintain perfect posture as you execute technique and this is where the results lie. Postural training has a carryover effect into everyday life, so educate and motivate your participants for success.

DEADLIFT

- Feet under hips, SET Position
- **Abs braced and chest lifted**
- Set the shoulders back and down
- Deadlift 4/4
- **Bar to top of the knees**
- **Tip forward from the hips**
- **Feel the squeeze between shoulder blades**
- Press the bar into the thighs
- All the way down and all the way up

DEADROW

- **Bar to the knees, belly, knees and SET**
- **Shoot the elbows to the rear**
- **Feel your back**
- **Squeeze your shoulder blades**
- Let's stay down for 3
- Do you feel that music?
- Music's building

HIGH PULL

- 1 High Pull, 1 Deadrow
- Up and down
- **Lift the heels**
- **Squeeze glutes**
- **Drive the hips forward and up**
- **Elbows in line with shoulders together**
- **Bar stays close to the body**
- **High chest** to keep the work in the back body

CLEAN & PRESS

- 1 Clean & Press, 1 Deadrow
- Pull, catch, press and down
- **Brace abs** when you catch
- **Bar close to the body**
- **Pull your body under the bar**
- Hips go back and down
- Use the legs to drive the bar over head

PLATE SQUAT PRESS

- Bar down, big plate goes up
- Mid Stance
- Plate to collarbones
- Squat and Press
- **Hips back and down**
- Full Squat today
- **Butt just above knee line**
- **Chest up, abs braced**
- We are forcing the back muscles to work hard to keep the chest high

2. DEADLIFT / DEADROW / HIGH PULL / CLEAN & PRESS / PLATE SQUAT PRESS

LAYER 2 / LAYER 3

It's a game of halves and the second half is where we can really take that step into training. Participants know the movements now and can improve their technique, adding more intensity, to their workout. There are so many ways we can add intensity both visually and verbally. Try coaching to a Layer 2 focus and then allow space for participants to explore their own mastery, especially with the High Pull, which will be a new move for many. Empower participants by giving them the benefits of the movements – the WHY! Show your love of the workout through genuine physical role-modeling of working out to music. Lastly, find the balance so you are actually team-teaching with the music – this allows the music to have a voice, as we know the music drives the workout's motivation and enjoyment.

DEADLIFT

- Now we're training
- Press the bar back into the thighs
- Elbows to the rear



04. FIRST TIME 6:23mins

DEADROW

- *Deadrow*
- *How can you stabilize more?*
- *Through the legs?*
- *Bracing the core?*
- *Feel it*
- *We always want a little more*
- *Here comes the trifecta*
- *3 stay down*
- *Let's hold onto this*
- *Hold onto that feeling in your back*
- *It's going to start to build and you gotta be ready for it*
- *Last one*

HIGH PULL

- *Back to the High Pull Deadlift combo*
- *Drive and down*
- *It's the hip drive and back body squeeze that takes this work out of the shoulders*
- *It's a powerful athletic developer*
- *Drive and squeeze*

CLEAN & PRESS

- *One more, Clean & Press*
- *Under the bar*
- *Deadrow down*
- *Your body under the bar fast*
- *How fast team?*
- *Fast elbows*
- *Your with us and we're with you*

PLATE SQUAT PRESS

- *If you want an extra cardio kick, grab an extra plate*
- *Squat and Press*
- *Now press your chest up into the plate*
- *Finish strongly*

INTENSITY

2 identical sets allows participants to use muscle memory to drive intensity in the second block.

PUMP FACT

High Pulls focus on hip drive. Driving the hips forward and up gives the glutes training power production. This is the same movement pattern we use when jumping and sprinting.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: Barbell – Warmup weight or more

1x medium to large plate

NEW PEOPLE: Barbell – Warmup weight

1x small to medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the Tricep exercises, bringing focus to range of motion to create intensity. Connect your participants to the music and challenge them with the Dips.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Presses: Triceps and deltoids

Seated Overhead Tricep Extensions and Dips: Triceps

Tricep Press Pullover: Triceps and Lats

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06	Intro / I always say	2x8	Set up TRICEP EXTENSION
	0:12	I don't even	2x8	4/4 TRICEP EXTENSION 1x
	0:18	V1 / I like me coffee	4x8	3/1 4x
	0:31	PC / Few mistakes	8x8	2/2 TRICEP PRESS PULLOVER (16cts) 4x
	0:57	C / Women like me	4x8	1/1 TRICEP PRESS 8x
2	1:09	V2 / Just be mine for	4x8	4/4 TRICEP EXTENSION 2x
	1:23	Them blue jeans	4x8	3/1 4x
	1:35	PC / Few mistakes	8x8	2/2 TRICEP PRESS PULLOVER (16cts) 4x
	2:01	C / Women like me	4x8	1/1 TRICEP PRESS 8x
3	2:14	V3 / Yo, woman like me	2x8	TRANSITION: Bar down, pick up plate ready for SEATED PLATE O/H TRICEP EXTENSION
	2:20	You know all	6x8	2/2 SEATED PLATE O/H TRICEP EXTENSION 6x
	2:39	Uh, a million	4x8	1/1/2 4x
	2:52	Apple cut the	4x8	2x BOTTOM HALF SEATED PLATE O/H TRICEP EXTENSION (8cts) 4x
	3:05	Rep / Women like me	2x8	TRANSITION: to TRICEP DIP
	3:11	PC / Few mistakes	4x8	1/1 TRICEP DIP 8x Option: Butt on bench or plate on lap
	3:24	We touch , boy you	4x8	2x BOTTOM HALF TRICEP DIP (8cts) 4x
	3:37	Rep / Women like	4x8	PULSE TRICEP DIP (2cts) 16x
4	3:50	V4 / Young money	2¼x8	RECOVERY: Shake arms out, pick up plate ready for SEATED PLATE TRICEP EXTENSION
	3:57	You know all	6x8	2/2 SEATED PLATE O/H TRICEP EXTENSION 6x
	4:17	Uh, a million	4x8	1/1/2 4x
	4:29	Apple cut the	4x8	2x BOTTOM HALF SEATED PLATE O/H TRICEP EXTENSION (8cts) 4x
	4:42	Rep / Women like me	2x8	TRANSITION: to TRICEP DIP
	4:49	PC / Few mistakes	4x8	1/1 TRICEP DIP 8x Option: Butt on bench or plate on lap
	5:01	We touch , boy you	4x8	2x BOTTOM HALF TRICEP DIP (8cts) 4x
	5:14	Rep / Women like	4x8	PULSE TRICEP DIP (2cts) 16x RECOVERY: Shake out the arms. Tricep Stretches



05. WOMAN LIKE ME 5:35mins

TECHNIQUE AND COACHING

1 TRICEP EXTENSION / TRICEP PRESS PULLOVER / TRICEP PRESS

LAYER 1

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

TRICEP EXTENSION

- **Hands shoulder-width apart on the bar**
- **Abs braced and lower back towards the bench**
- *Set your shoulders back and down*
- **Bar to forehead**
- **Elbows directly above your shoulders**

TRICEP PRESS PULLOVER

- **Bar to ribs, crown of the head, back to the ribs and push up**
- *Every time the bar goes over head focus on bracing the abs*
- *That's how we isolate*

TRICEP PRESS

- **Target lower ribs**
- **Elbows to top of the bench**
- *Slow this down so we load the back of the arms*

2 TRICEP EXTENSION / TRICEP PULLOVER / TRICEP PRESS

LAYER 2

The first block is short so reinforce targets and then start to challenge participants by using Layer 2 cues that help improve their technique. This will drive intensity into the arms to help shape them fast. Try coaching for more range on the Pullover whilst holding stability in the core and shoulders to isolate the triceps.

TRICEP EXTENSION

- *Super slow*
- *How do we shape it?*
- *We keep the elbows tucked in tight and the upper arm still*
- *Feel the isolation when you press away*

TRICEP PRESS PULLOVER

- *Press Pullover coming back*
- *Down, over and if it feels good, take it further*
- *Right to the crown of the head*
- *Keep the elbows in tight and push out*
- *Keep the shoulders out of the work*
- *Keep it all in the triceps*

TRICEP PRESS

- *Squeeze elbows in and push up*
- *Elbows in*
- *Top of the bench with the elbows*
- *2 more; bar down and plate up*

3 SEATED PLATE OVERHEAD TRICEP EXTENSION / TRICEP DIPS

LAYER 1 / LAYER 2

Coach Position and Execution setup for the Seated Extensions and Dips using **NETT**. Be clear on Timing cues so the class can follow easily and experience the feel of the music. Layer 2 cues help improve execution and manipulate intensity. The key is to have one focus for each block for clarity. Focus on maintaining stability of the trunk and core when seated on the bench and keeping the chest high on the Dips will create isolation into the Triceps.

SEATED PLATE OVERHEAD TRICEP EXTENSION

- *Cross legs, plate up*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Lift chest and brace abs**
- **Squeeze elbows in**
- *Super-glue butt to bench as we are going fast*
- *Now we start to really squeeze to isolate*
- *Don't cheat this one – go right back down again*



05. WOMAN LIKE ME 5:35mins

TRICEP DIP

- *Dips – plate or no plate*
- *Hands are shoulder-width apart on the bench*
- ***Slide your butt off bench***
- ***Lift your chest***
- ***Abs braced***
- *Singles now*
- *If you lose your high chest, sit your butt on the bench and work from there – still bending the arms*
- *Keep the elbows in*
- *Push the heel of your hand*
- *Is it just your arms moving?*
- *Not the butt – just the arms*

PUMP FACT

Neck position is key when lying on the bench doing Tricep Extensions and Pullover. The key is to keep the chin in and not overextend. If participants have a large space under their neck – placing a small folded towel under their head can help rectify this.

4 SEATED PLATE OVERHEAD TRICEP EXTENSION / TRICEP DIPS

LAYER 2 / LAYER 3

Another block of Extensions and Dips with such a cool vibe... but be careful, as fatigue will kick in fast. Encourage your class to work for quality reps with good range and execution, no matter what their level is... Right now, they need your help to motivate them to the finish line – what will you do and say to help participants cross that line?

- *2nd round – Extensions*
- *Did you feel that kicking in?*
- *Use the music now*
- *Keep a high chest and see how open our knees are – that helps to keep our spine long*
- *You can groove out to this one.... it's so good*
- *Are you going all the way down?*
- *I'm with you – we've got this*
- *Question is – plate or no plate?*
- *Dips and choices*
- *Shoulders back, chest high, butt close to the bench*
- *I love Dips – this is what shapes your arms like nothing else*
- *Pushing your own body weight*
- *Down halfway and then push out*
- *Stay in load*
- *The results for your arms are so worth it*

PERFORMANCE

The song is sassy and cool – focus on matching your face and voice to the track's highs and lows to bring contrast. Show your love of training with music!



06. BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or less
2x medium to Large plates

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

TRACK FOCUS

Clearly coach the timing of the Combination. Cue the execution of the Bicep Curl with precision to achieve isolation. Sell the benefits and feel of the music.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8 Set up SET POSITION	
	0:11	Instr / (Rhythm)	2x8 4/4 BICEP CURL SET Stance	1x
	0:16	V1 / All my life	4x8 3/1 SPLIT Stance	4x
	0:28	All my life	4x8 1/1/2	4x
	0:41	C / Cause I've been	8x8 COMBINATION 1 (8cts) SET Stance 1x 1/1 BICEP CURL (4cts) 1x 1/1 MID-RANGE BICEP CURL (4cts)	8x
2	1:04	V2 / I'm not scared	4x8 3/1 BICEP CURL SPLIT Stance	4x
	1:16	I'm not scared	4x8 1/1/2	4x
	1:28	C / Cause I've been	8x8 COMBINATION 1 SET Stance	8x
	1:52	Instr / (Guitar)	4x8 2/2 BICEP ROW (16cts) SET Stance	2x
	2:03	(Rhythm)	4x8 1/1 (8cts)	4x
	2:15	C / Cause I've been	16x8 COMBINATION 1	16x
3	3:02	Br / The machine	1x8 TRANSITION: Pick up plates, ready for BICEP PLATE CURL Option: Stay with the bar	
	3:05	V3 / I'm not scared	4x8 3/1 BICEP PLATE CURL SPLIT Stance	4x
	3:17	I'm not scared	4x8 1/1/2	4x
	3:29	C / Cause I've been	8x8 COMBINATION 2 (16cts) SET Stance 1x 1/1 ALT SINGLE-ARM PLATE CURL L, R (8cts) 2x 1/1 BICEP PLATE CURL (8cts) If using bar 1x 1/3 BICEP CURL (8cts) 2x 1/1 BICEP CURL (8cts)	4x
4	3:53	Instr / (Guitar)	4x8 2/2 BICEP PLATE ROW (16cts) SET Stance	2x
	4:05	(Rhythm)	4x8 1/1 (8cts)	4x
	4:17	C / Cause I've been	16x8 COMBINATION 2 (16cts) Last Rep up and HOLD RECOVERY: Bar down, shake out arms, Bicep Stretches	8x



06. MACHINE 5:12mins

TECHNIQUE AND COACHING

1 BICEP CURL

LAYER 1

Use Layer 1 Position and Execution cues to get your participants moving with the right timing and range for the Combination.

- *Underhand grip*
- **Feet under hips**
- **Brace abs, stand strong**
- **Lift your chest** and lock the shoulders down into the back ribs
- **Bring the bar towards the shoulders**
- **Lower to your thighs**
- 1 full range, 1 mid range
- Get a feel for the combination

2 BICEP CURL / BICEP ROW

LAYER 1 / LAYER 2

Block 1 is short so continue to coach Layer 1 Execution cues to set participants up with the basics. Use Layer 2 cues that will help your class to move with improved alignment, creating precision of movement. When we focus on the position of the elbow this keeps load in the target muscles and creates the strong platform in the posture to enable us to load effectively. The song is catchy – feel it and be in the song physically and show your enjoyment of training the Biceps!

BICEP CURL

- *Let's focus on alignment and precision*
- **Elbows stay under shoulders**
- *Open the arms fully at the bottom*
- *Drop the shoulders down and bend the knees*
- *Let's feel the strong posture, shoulders back and down*
- *As you start to feel it – keep the range*

BICEP PLATE ROW

- *Take a pit stop; Bicep Row*
- **Bar to knees**
- **Bar to ribcage**

3/4 BICEP PLATE ROW / BICEP PLATE CURL

LAYER 1 / LAYER 2 / LAYER 3

Because we switch to the plates use simple Layer 1 Position and Execution cues to get the participants moving with the right timing and range and new timing of the combination. Fatigue is starting to kick in fast now so bring in your Layer 2/3 coaching focus to enhance participants experience. As you prepare your coaching focuses, think: WHAT to say, and think about HOW to say it. What is your style of delivery? Are you a high connector or driven by the music and lyrics, or a bit of both? The way we deliver information to participants is crucial for it to land and make changes on the floor.

BICEP PLATE ROW

- *Another pit stop*
- *Row with the plates*
- *Same targets – knees and ribs*
- *Focus on supination of the wrists*
- *Twist as you pull*

BICEP PLATE CURL

- *Split Stance*
- **Brace abs, stand strong**
- *Bicep Curl 3/1*
- **Bring the plates all the way up towards the shoulders**
- **Lower the bar down to your thighs**
- **Elbows stay under shoulders**
- *New combo – right, left and 2 singles*
- *If you're using the bar – fast, slow and singles*

INTENSITY

The intensity of this track comes from the accumulating fatigue in the Biceps interspersed with light recoveries in the Rows.

PUMP FACT

Participants will feel contrast between the bar and plate curls. The bar locks the forearm position while the plate allows active supination changing the recruitment pattern.



07. LUNGES

WEIGHT SELECTION

Barbell with Warmup weight or more
1x Small to Large plate
OPTION: Body weight

MUSCLE FOCUS

Squat and Lunge: Glutes and quads

TRACK FOCUS

The focus for this track is to maintain engagement of the posterior chain for the entire track. Educate participants that it's always more challenging to maintain perfect posture as you execute technique, and this is where the results lie.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	3x8	Set up BARBELL LUNGE L R foot steps B
	0:16	Instr / GTA	2x8	4/4 BARBELL LUNGE L 1x
	0:24	V1 / Pa 'los gansters	4x8	3/14x
	0:40	C / _ Buscando	4x8	1/18x
	0:55	V2 / Buscando	4x8	2/24x
	1:11	Dale cosa	4x8	1/1/24x
	1:26	_ Scream ayo	4x8	1/18x
	1:42	Pa 'los gansters	4x8	3x PULSE BARBELL LUNGE L (8cts)4x
2	1:57	Rep / Buscando	2x8	RECOVERY: Shake out legs, L foot steps B for BARBELL LUNGE R
	2:05	Br / Lo que es	2x8	4/4 BARBELL LUNGE R 1x
	2:13	V3 / Pa 'los gansters	4x8	3/14x
	2:28	C / _ Buscando	4x8	1/18x
	2:44	V4 / Buscando	4x8	2/24x
	2:59	Dale cosa	4x8	1/1/24x
	3:15	_ Scream ayo	4x8	1/18x
	3:30	Pa 'los gangsters	4x8	3x PULSE BARBELL LUNGE (8cts)4x



07. LUNGES

	MUSIC		SEQUENCE/EXERCISE		REPS
	3:46	Instr / (Trumpets)	4x8	TRANSITION: Bar down, plate at collarbones or bodyweight	
	4:02	V5 / Pa'los gansters	8x8	COMBINATION 1 (16cts) 1x 1/1 BACKWARD-STEPPING LUNGE L (4cts) Plate at collarbones 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE R (4cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts)	4x
	4:33	V6 / Boys getting hotter	8x8	COMBINATION 2 (16cts) 2x PULSE BACKWARD-STEPPING LUNGE L (4cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) 2x PULSE BACKWARD-STEPPING LUNGE R (4cts) 1x 1/1 PLATE FRONT SQUAT MID Stance (4cts) Option: Stay with COMBINATION 1	4x
	5:04	Scream ayo	12x8	COMBINATION 3 (16cts) 2x PULSE BACKWARD-STEPPING LUNGE L (4cts) 2x PULSE PLATE FRONT SQUAT MID Stance (4cts) 2x PULSE BACKWARD-STEPPING LUNGE R (4cts) 2x PULSE PLATE FRONT SQUAT MID Stance (4cts) Option: Stay with COMBINATION 1 or COMBINATION 2 RECOVERY: Shake out legs, Quadricep Stretches	6x

3



07. BUSCANDO 6:00mins

TECHNIQUE AND COACHING

1 BARBELL LUNGE

LAYER 1

The Barbell Lunge is back, and the set is a long one so use simple cues to coach Position and Execution of the Lunge. The music is busy and to really make the cues land, think one cue at a time so you keep everyone with you; this allows participants to explore their own technique to maintain great posture!

- *Bars up, on the meaty part of the upper back*
- **Long step back**
- **Brace abs and chest up**
- **Hips and shoulders square**
- **Pressing out of front heel**
- *Keep the movement consistent*
- *Knee soft at the top*
- *Front knee over ankle*
- **Front thigh parallel**
- *Drop and stop*
- *As you lower, engage the upper back*
- *Hold the bar and keep the work in the back of the body*
- *Rather than bounce we press out using the muscles*

2 BARBELL LUNGE

LAYER 2 / LAYER 3

Offering Layer 2 coaching helps participants to stay in the workout, especially when the exercises are challenging like Lunges. Catch their attention and deliver your message, educating them in your own authentic way. As you educate you motivate and, most importantly, this connects participants with their bodies. Check for their learning by asking questions so your connection with them deepens and you involve them in the experience.

- *Long step back with the other leg*
- *Are you still holding the bar?*
- *It will force posterior engagement so hold the bar*
- *Squeeze your hips and glutes together*
- *Feel the glute drive the movement*
- *The core, hips and glutes are squeezing; like you are wanting your hip bones to pull together*
- *This will create perfect alignment and help us when we get low*

3 BACKWARD-STEPPING LUNGE / PLATE FRONT SQUAT

LAYER 1 / LAYER 2 / LAYER 3

We start this block with the Lunge and Mid-Stance Squat combination. The key to a perfect Lunge is a long step back, maintaining good upright posture. Coach your class with clear Timing cues to get everyone moving well with the feel of the Lunge and Squat; next coach staying as low as possible in the bottom range of the Squat and Lunge when the Pulses kick in. Offer to decrease intensity by dropping the plate! The key is to motivate everyone to stay in the game. Educate your class on the benefits of this training – creating the burn in the muscles to shape and tone our legs – and make sure you have fun. Help your class to commit to the end with lots of Layer 3 Motivational cues in your own way!

- *We have a sequence*
- *Rack the plate high on the collarbones*
- *Lift the chest high towards the plate*
- *Feet hip-width apart*
- *Long step back*
- *Mid-Stance Squat*
- **Hips sit back and down**
- *Squeeze the shoulder blades together*
- **Brace the core**
- *Allow the glutes to take the brunt of the work*
- **Butt just above the knee line**
- *Drop plate if you drop the chest*
- **Front thigh parallel on the Lunge**
- *2 pulses at the bottom then Squat*
- *Use the plate as a reminder to keep collarbones drawn in and chest up*
- *Stand all the way up when you squat*
- *1 more option: Pulse Lunge and Pulse Squat*
- *Keep knees bent*
- *Keep the load on the legs*

INTENSITY

Moving into a set of dynamic Lunges at the end of the track (following the static lunges) will provide a kicker as we engage more stabilizers.

PUMP FACT

The challenge when combining Squats and Lunges is the change in stance. The best Squat mechanics occur when the feet are outside hip-width; while hip-width is the best position for lunging



08. SHOULDERS

WEIGHT SELECTION

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

TRACK FOCUS

Clearly coach the Position and Execution setup of the exercises for good technique and be super clear because the transitions are fast. Educate your participants on the benefits of this training so they stay connected with the workout.

MUSCLE FOCUS

- Bar work:** Deltoids, trapezius
- Plate work:** Muscles of the upper back, rear deltoids, rotator cuff
- Pushups:** Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / (Synth clap)	4x8	Set up STANDING UPRIGHT ROW SET Stance SHOULDER ROLL	4x
	0:20	I'm losing it	4x8	2/2 STANDING UPRIGHT ROW SET Stance	4x
	0:35	(High synth pulse)	4x8	1/1	8x
	0:50	I'm losing it	4x8	2/2	4x
2	1:04	(Windup)	4x8	4/4 HANG CLEAN (16cts) SET Stance 6cts up, 2cts Clean and reverse, 8cts down Transition to STANDING SHOULDER O/H PRESS on last 2cts	2x
	1:20	I'm losing it	4x8	1/1 STANDING SHOULDER O/H PRESS SPLIT Stance	8x
	1:34	(High synth pulse)	4x8	1/1 STANDING PUSH PRESS SET Stance Transition to HANG CLEAN on last 2cts	8x
3	1:49	(Windup)	4x8	4/4 HANG CLEAN (16cts) Transition to STANDING SHOULDER O/H PRESS on last 2cts	2x
	2:04	I'm losing it	4x8	1/1 STANDING SHOULDER O/H PRESS SPLIT Stance	8x
	2:19	(High synth pulse)	4x8	1/1 STANDING PUSH PRESS SET Stance	8x
4	2:34	I'm losing it	2x8	TRANSITION: to the floor, pick up plates, ready for KNEELING SIDE RAISE , L leg F	
	2:41	(Low pulse B up)	2x8	2/2 KNEELING SIDE RAISE L leg F	2x
	2:50	(Windup)	8x8	2/2 KNEELING SIDE ROTATOR RAISE (16cts) Lean F, ready for KNEELING REAR DELTOID RAISE on last 2cts	4x
	3:19	I'm losing it	4x8	1/1 KNEELING REAR DELTOID RAISE	8x
	3:34	(High synth pulse)	4x8	3x KNEELING PULSE REAR DELTOID RAISE (8cts) Use the last 4cts to transition to floor for PUSHUP	4x
	3:47	(High synth pulse)	4¼x8	1/1 PUSHUP Option: Kneeling, knees or toes Last rep down and HOLD .	9x



08. SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
	4:03	I'm losing it	2½x8	TRANSITION: pick up plates, ready for KNEELING SIDE RAISE , R leg F
	4:13	(Low pulse B up)	2x8	2/2 KNEELING SIDE RAISE R leg F 2x
	4:20	(Windup)	8x8	4/4 KNEELING SIDE ROTATOR RAISE (16cts) 4x Lean F, ready for KNEELING REAR DELTOID RAISE on last 2cts
5	4:50	I'm losing it	4x8	2/2 KNEELING REAR DELTOID RAISE 8x
	5:05	(High synth pulse)	4x8	3x KNEELING PULSE REAR DELTOID RAISE (8cts) 4x Use the last 4cts to transition to floor for PUSHUP
	5:19	(High synth pulse)	4¼x8	1/1 PUSHUP 9x Option: Kneeling, knees or toes Last rep down and HOLD RECOVERY: Shake out arms, roll shoulders, Shoulder Stretches



08. LOSING IT 5:42mins

TECHNIQUE AND COACHING

1 STANDING UPRIGHT ROW

LAYER 1

Focus on timing, targets and range for the Upright Row so your class is moving with great execution. The key in the Upright Row is to create a high chest and maintain great posture.

- **SET Position**
- *Hands shoulder-width apart, Upright Row*
- *Set the shoulders down into the back ribs*
- **Bar close to the body**
- **Target – lower chest**
- **Lead with the elbows**
- *Squeeze the shoulder blades together at the top*
- **Lift the chest**
- *Hold that high chest*
- *Feel the tempo*
- *Loading the deltoid*

2 HANG CLEAN / STANDING SHOULDER OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 1

Changing the exercises will help participants stay in the workout for longer. Coach the basics of Layer 1 timing, targets and range to get your class moving well in this round. Counting the timing and sitting the hips back are key for Hang Clean execution.

HANG CLEAN

- *Slow Clean*
- *1, 2, 3, 4, 5, 6, catch and slow down*
- *Slow up with a fast Clean*
- **Bar stays close**
- **Elbows lead**
- **Small knee bend**

STANDING SHOULDER OVERHEAD PRESS

- *Fast Clean and Overhead Press*
- **From the chin, straight up to the roof**
- *Keep the elbows in tightly*
- *Lock down through the base*
- **Brace the abs hard**
- **Elbows slightly forward**

STANDING PUSH PRESS

- *Step in*
- *Push Press*
- **Collarbones to ceiling**
- *Absorb on the way down*
- **Use the legs to drive**
- **Brace abs hard in the Press**

3 HANG CLEAN / STANDING SHOULDER OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 2

Block 3 is a repeat of the 2nd block so focus on mastering execution, allowing participants to explore the moves, and sell the benefits of integration and isolation. How will you connect with and motivate your participants to the end of this block?

HANG CLEAN

- *Bar is coming all the way down*
- *Back to the slow Clean*
- *1, 2, 3, 4, 5, 6, hips back*
- *Use the legs*
- *Fast elbows*

STANDING SHOULDER OVERHEAD PRESS

- *Press is coming*
- *Fast Clean*
- *Stabilize the lower body to isolate the shoulders*
- *Drive and work the bar*

STANDING PUSH PRESS

- *Push Press – you know it*
- *Integrate*
- *Big drive out of the legs*
- *Punch that barbell*



08. LOSING IT 5:42mins

4 / 5 KNEELING SIDE RAISE / KNEELING SIDE ROTATOR RAISE / KNEELING REAR DELTOID RAISE / PUSHUPS

LAYER 1 / LAYER 2 / LAYER 3

Coach the basics of Layer 1 coaching – timing, targets and range – to get everyone moving well in this block. The transitions are quick so keep it simple. Once you have participants moving well in the 4th block, Block 5 is a repeat, so coach Layer 2 cues that help improve their execution and increase the intensity. Focus on creating quality execution of each exercise to maximize the benefits. There are only 8 Pushups to finish the block so encourage their best efforts. The final block is where you want a mix of connection, motivation and education to keep everyone in the workout. Look out at your participants and coach to their needs to enhance the experience for them.

KNEELING SIDE RAISE

- Bars down, plates up
- Let's work into the side of the shoulders
- **Chest up**
- **Elbows lead**
- **Elbows stop just under the shoulder line**
- Take the arms wider if you want more intensity

KNEELING SIDE ROTATOR RAISE

- Up, open, back down
- Elbows just under the shoulder line
- **Squeeze shoulder blades together**
- **Keep the elbows high**
- **Chest high**
- Staple the shoulder blades together
- This set is all about feel – feel the muscles
- Such a good exercise – this is all about stabilization
- Feel the music pulling us into the intensity
- Here comes the sting

KNEELING REAR DELTOID RAISE

- Rear Deltoid, singles
- **Tip from the hip**
- **Brace core, chest up**
- **Shoulders back and down**
- Lead with the elbows
- **Elbows just under shoulder height**
- **Squeeze shoulder blades together**
- **Chin tucked, eyes forward**
- Keep the torso forward on 45 degrees to isolate the rear delts
- We're not losing it; we're gaining it
- All about the gains in the back of the body and everyone wants a great set of shoulders
- If you want a little more challenge, try taking the plates wider and fight to keep the pulse in the top range

PUSHUPS

- Plates down, Pushups
- Hands outside shoulders
- Knees or toes – there is only 8
- Shoulders away from the ears
- **Brace Abs**
- **Chest to elbow height**
- Push through the floor
- Whole body sting

INTENSITY

The kick in intensity in this track comes from the big compound movements. Combining Cleans, Push Presses etc with the move isolated Side Raises and Rotator Raises, allows us to keep the intensity high for the entire track.

PUMP FACT

The most important components of the Hang Clean are keeping the bar close to the body and cleaning the bar with a quick elbow movement when the elbows get just below the shoulders.



09. CORE

WEIGHT SELECTION

1x small to medium plate

DEMONSTRATE

Plate Crunch Combination

TRACK FOCUS

Focus on simple coaching of the execution of all the exercises. Think one cue at a time, allowing participants to hear it and apply it. Once they have the exercises, help them to understand how to increase or decrease intensity.

MUSCLE FOCUS

Hip Bridge: Glutes

Hover: Rectus abdominis, Obliques

Crunches: Rectus abdominis, Obliques

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8	Set up C-CRUNCH	
	0:15	V1 / Báilame como	2x8	2/2 C-CRUNCH	2x
	0:25	Rum ba	2x8	1/1	4x
2	0:35	V2 / Báilame como	2x8	2/2 C-CRUNCH	2x
	0:45	Taki taki, quieres	6x8	1/1	12x
	1:15	Báilame como	2x8	PULSE C-CRUNCH (2cts) Straighten legs on last 2cts	8x
	1:25	Rum ba	2x8	PULSE PLATE LIFT WITH STRAIGHT LEGS (2cts) Plate above shoulder for last 4cts	8x
3	1:35	V3 / You say you	4x8	1/1 SINGLE-LEG HIP BRIDGE L, R (8cts)	4x
	1:55	Got no class	8x8	3x PULSE SINGLE-LEG HIP BRIDGE L, R (16cts)	4x
4	2:35	Be careful	2x8	TRANSITION: to HOVER	
	2:45	Ohhhhh	2x8	SLOW HOVER TAP L, R (8cts) Tap L foot out and in (4cts, Tap R Foot out and in (4cts) Option: toes or knees	2x
	2:55	Party, fiesta	2x8	FAST HOVER TAP L, R (4cts) Option: Stay with the SLOW HOVER TAP	4x
	3:05	Rum ba	6x8	HOVER LIFT L, R (4cts) Option: Stay with the SLOW OR FAST HOVER TAP	12x



09. TAKI TAKI 3:42mins

TECHNIQUE AND COACHING

1 C-CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution setup of the C-Crunch with clear timing cues.

- Lie down
- Feet close to butt
- Plate to forehead
- **Slide ribs to hips**
- **Brace your abs**
- **Lower back pressing down towards the floor as you lower**
- **Tuck the chin in** so we look after the neck
- **Knees over hips and shins parallel**

2 C-CRUNCH / PULSE CRUNCH

LAYER 1 / LAYER 2

The first block is short so continue to coach the execution and timing of the C-Crunch. We add to the C-Crunch with Pulses and long levers to challenge the Upper and Lower Abdominals. Connect participants to the muscles working and sell the benefits of this training.

C-CRUNCH

- Back to the slow 2/2
- Every time you crunch, feel the ribs crushing down to the hips
- That's your six-pack
- Feel your lower back
- Every time the feet touch down, make that connection keeping the lower back towards the floor

PULSE CRUNCH

- Stay up in your C-Crunch and pulse
- Ribs to hips connection
- If you want more, straighten the legs
- Plate over shoulders to load the upper abs

3 SINGLE HIP BRIDGE

LAYER 1 / LAYER 2 / LAYER 3

This is such a great conditioning exercise to switch the focus from the front to the back. Coach the basics first then drive the intensity and sell the benefits for the posterior chain.

SINGLE-LEG HIP BRIDGE

- New move: Single Hip bridge
- Plate to chest
- Front leg lifts up and down
- Change legs
- **Squeeze butt to lift the hips**
- Press out of the heels to feel the glutes
- As high as you can
- Knee goes straight up
- **Hips square**
- This is tough but this is all the posterior chain muscles working together
- We want to do this so in our next BodyPump class we are stronger
- Great single-sided conditioning as we always have one side that is stronger than the other
- Keep driving your hips

4 HOVER TAP / HOVER LIFT

LAYER 1 / LAYER 2 / LAYER 3

We change the exercise to Hover Tap to challenge the core. Coach with precision, position and execution of all levels (knee, toes, slow, fast – foot on or off the floor) so you don't leave anyone behind. Motivate them to finish with this cool song.

HOVER / HOVER LIFT

- Plate down
- Let's come into Hover
- **Elbows under shoulders**
- On knees or toes
- **Brace abs to support midsection**
- Front leg out and in
- **Brace hard to keep everything square and stable**
- Little faster if you want because it's a fiesta
- One more level for the hardcore members
- Lift the foot off the floor
- Squeeze the butt to keep hips level
- Push down through your forearms to strengthen the shoulders



ALT

09. CORE

WEIGHT SELECTION

1x small to medium plate

DEMONSTRATE

Plate Crunch Combination

TRACK FOCUS

Focus on simple coaching of the execution of all the exercises. Think one cue at a time, allowing participants to hear it and apply it. Once they have the exercises, help them to understand how to increase or decrease intensity.

MUSCLE FOCUS

Hip Bridge: Glutes

Crunches: Rectus abdominis, Obliques

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _ Sophia	2x8	Set C CRUNCH	
	0:15	V1 / Oh, Baby I'm thinkin'	4x8	2/2 C CRUNCH	4x
	0:35	Hola , comment	2x8	3/1	2x
	0:45	C / If you want to on	4x8	1/1	8x
	1:05	Instr / _ La la la	2x8	PULSE C CRUNCH (2cts)	8x
2	1:16	V2 / Baby , just hush	4x8	2/2 C CRUNCH	4x
	1:36	C / If you want to on	4x8	1/1	8x
	1:56	Instr / _ La la la	2x8	PULSE C CRUNCH (2cts) Plate on chest in last 4cts	8x
3	2:06	(Rap)	4x8	Transition to SINGLE LEG HIP BRIDGE on first 8cts 1/1 SINGLE LEG HIP BRIDGE L R (8cts)	3x
	2:26	Ref / Oh la	2x8	1/1 SINGLE LEG HIP BRIDGE L R (8cts)	2x
	2:36	C / If you want to on	8x8	3x PULSE SINGLE LEG HIP BRIDGE L R (16cts)	4x



ALT

09. 1, 2, 3 3:20mins

TECHNIQUE AND COACHING

1 C-CRUNCH / PULSE CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution setup of the C-Crunch with clear timing cues.

- Lie down
- Feet close to butt
- Plate to forehead
- **Slide ribs to hips**
- **Brace your abs**
- **Lower back pressing down towards the floor as you lower**
- **Tuck the chin in** so we look after the neck
- **Knees over hips and shins parallel**

2 C-CRUNCH / PULSE CRUNCH

LAYER 1 / LAYER 2

The first block is short so continue to coach the execution and timing of the C-Crunch. We add to the C-Crunch with Pulses to challenge the Upper and Lower Abdominals. Connect participants to the muscles working and sell the benefits of this training.

C-CRUNCH

- Back to the slow 2/2
- Every time you crunch, feel the ribs crushing down to the hips
- That's your six-pack
- Feel your lower back
- Every time the feet touch down, make that connection keeping the lower back towards the floor

PULSE CRUNCH

- Stay up in your C-Crunch and pulse
- Ribs to hips connection
- Plate over shoulders to load the upper abs

3 SINGLE HIP BRIDGE

LAYER 1 / LAYER 2 / LAYER 3

This is such a great conditioning exercise to switch the focus from the front to the back. Coach the basics first then drive the intensity and sell the benefits for the posterior chain.

SINGLE-LEG HIP BRIDGE

- New move: Single Hip bridge
- Plate to chest
- Front leg lifts up and down
- Change legs
- **Squeeze butt to lift the hips**
- Press out of the heels to feel the glutes
- As high as you can
- Knee goes straight up
- **Hips square**
- This is tough but this is all the posterior chain muscles working together
- We want to do this so in our next BodyPump class we are stronger
- Great single-sided conditioning as we always have one side that is stronger than the other
- Keep driving your hips



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	2x8	Set up CHILDS POSE
	0:16	V1 / _ I'm young for	4x8	CHILDS POSE
	0:36	PC / I won't stop	4x8	SEATED HURDLER STRETCH R
	0:57	Br	½x8	Transition to KNEELING HIP FLEXOR STRETCH L
	0:59	C / _ Hella, hella	2x8	KNEELING HIP FLEXOR STRETCH L R leg F, hands on hips
	1:10	(Distorted vocals)	2x8	KNEELING HAMSTRING STRETCH R
2	1:21	V2 / _ Some people	4x8	KNEELING UPPER BACK STRETCH Arms reach F and cross in front
	1:41	PC / I won't stop	4x8	SEATED HURDLER STRETCH L
	2:02	Br	½x8	Transition to KNEELING HIP FLEXOR STRETCH R
	2:05	C / _ Hella, hella	2x8	KNEELING HIP FLEXOR STRETCH R L leg F, hands on hips
	2:16	(Distorted vocals)	2x8	KNEELING HAMSTRING STRETCH L
3	2:26	V3 / _ Gimme release	2x8	STANDING QUADRICEP STRETCH R
	2:36	_ Give it to me	2½x8	STANDING QUADRICEP STRETCH L
	2:49	C / Oooooohhh	4x8	STANDING ITB STRETCH L, R
	3:10	(Distorted vocals)	2x8	STANDING CHEST STRETCH Arms open out wide
	3:20	(Distorted vocals)	2x8	STANDING FRONT DELTOID STRETCH Clasp arms behind, lift chest



10. WANT TO 3:42mins

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: 1x medium to large plates
Biceps: Barbell with Warmup weight or more

TRACK FOCUS

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

MUSCLE FOCUS

Kneeling Plate Overhead Extensions: Triceps
Walking Tricep Pushups: Triceps and deltoids
Bicep Curls: Biceps

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8	Set up for TRICEP PUSHUP	
	0:20	Rep / Free yourself	16x8	1/1 WALKING TRICEP PUSHUP M, L, M, R (32cts) Option: Kneeling, knees or toes On toes in last 8x8 cts	4x
	1:22	Instr / (Sirens)	4x8	COMBINATION (8cts) 2x MOUNTAIN CLIMBER L, R (4cts) 1x 1/1 TRICEP PUSHUP (4cts)	4x
2	1:37	Rep / Free yourself	4x8	1/1 WALKING TRICEP PUSHUP M, L, M, R (32cts)	1x
	1:52	Instr / (Sirens)	4x8	COMBINATION (8cts)	4x
3	2:08	(Rhythm)	2x8	TRANSITION: pick up plate ready for KNEELING PLATE O/H TRICEP EXTENSION	
	2:15	(Distorted synth)	6x8	2/2 KNEELING PLATE O/H TRICEP EXTENSION (8cts)	6x
	2:39	Ref / (Low rhythm/ beat)	8x8	1/1	16x
4	3:09	Rep / Free yourself	2x8	TRANSITION: Pick up bar, ready for a BICEP CURL SET Stance	
	3:17	Rep / Free yourself	6x8	2/2 BICEP CURL SET Stance	6x
	3:40	Instr / (Sirens)	8x8	8x MID-RANGE PULSE BICEP CURL (16cts)	4x
	4:11	(Low)	4x8	4/4 BICEP CURL	2x
	4:26	Rep / Free yourself	8x8	1/1 BICEP CURL	16x
				RECOVERY: Tricep and Bicep stretches	



45-MIN FORMAT

05. FREE YOURSELF 5:14mins

TECHNIQUE AND COACHING

1 WALKING TRICEP PUSHUP / MOUNTAIN CLIMBERS

LAYER 1

Coach the basics of timing, targets and range for this first block. Transitions are quick, so clear direct cues will provide clarity of direction.

WALKING TRICEP PUSHUP

- *Options: You can start with the knees under the hips, fold at the elbows and walk across or come with us and start with the knees back*
- 1 Pushup, walk across
- **Elbows stay in tight**
- **Chest to elbow height**
- **Brace abs as we move**
- Challenge on toes
- *Every time we finish the walk, hands stop under shoulders*

MOUNTAIN CLIMBERS

- 4 Climbers and 1 Pushup
- **Long straight back**
- **Brace abs**
- Knees close to floor

2 WALKING TRICEP PUSHUP / MOUNTAIN CLIMBERS

LAYER 2 / LAYER 3

Participants know what's coming in this block so help them understand how to dial the intensity up or down and help them improve their technique for results.

- Round 2
- 1 pushup in the middle and walk
- Toes if you can – short set
- Core braced to stop the hips from moving
- Let's go for a run
- Keep the hips low and squeeze the glutes

3 KNEELING PLATE OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

This block has one big set of Tricep Extensions with the plate. Coach the Position and Execution well so the intensity hits fast and show your enjoyment of this training.

- *Come to the knees*
- *Grab your large plate*
- *Knees apart, feet together*
- **Base of the neck is the target**
- **Elbows in**
- **Chest up**
- **Brace abs**
- *Glutes engaged to keep the chest high*
- *Pull the shoulders down and in towards your spine and feel the isolation through the back of the arms – deep into the triceps*

4 BICEP CURL

LAYER 1 / LAYER 2 / LAYER 3

The final block of Bicep Curls will bring this track to the finish line! Be ready to lead from the front – with strong technique, and challenge everyone to give their best. What Motivational cues can you give to keep the participants from checking out? And remember, the music is a huge source of motivation! It's super cool...

- *Plates down, transition*
- *Underhand grip on the bar*
- **Pull the elbows under the shoulders**
- **From the thighs – just under the shoulders**
- **Chest up and abs braced**
- *Elbows come to 90*
- *1 inch above and below the elbow position*
- *You will want to use the shoulders; try and keep them back and down*
- *Don't swing it – only 4 left*

PUMP FACT

Changing the focus between the Triceps and Biceps allows us to keep the intensity high in this track. Most participants will be able to use more weight than they do normally in the Biceps or Triceps tracks.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

Clear setup of each exercise, together with early pre-cues, is essential to enable your class to follow you easily. The Coaching focus is on range of motion to integrate the lower and upper body. Drive intensity in the Drop Squat to maximize the results.

MUSCLE FOCUS

Squats: Glutes, core, back and shoulders

Lunges: Glutes, quadriceps, core and shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8 Set up for SQUAT MID Stance	
	0:12	Instr / (Drum roll)	4x8 2/2 LOW PLATE SQUAT MID Stance 1 plate in each hand beside thighs	4x
	0:26	(B up)	8x8 COMBINATION 1 (32cts) 1x 2/2 BACKWARD-STEPPING LUNGE R (8cts) 1x 2/2 LOW PLATE SQUAT MID Stance (8cts) 1x 2/2 BACKWARD-STEPPING LUNGE L (8cts) 1x 2/2 LOW PLATE SQUAT MID Stance (8cts)	2x
	0:53	(Drop)	8x8 COMBINATION 2 (16cts) 1x 1/1 BACKWARD-STEPPING LUNGE R with 1x 1/1 O/H PLATE PRESS (4cts) Plates held above shoulders 1x 1/1 PLATE SHOULDER SQUAT MID Stance (4cts) 1x 1/1 BACKWARD-STEPPING LUNGE L with 1x 1/1 O/H PLATE PRESS (4cts) 1x 1/1 PLATE SHOULDER SQUAT MID Stance (4cts) Transition to PLATE LUNGE R Step L leg B on last 4cts	4x
	1:21	Instr / (Low)	8x8 4/4 PLATE LUNGE R with 4/4 SINGLE-ARM O/H PLATE PRESS (16cts)	4x
2	1:48	(Dramatic rhythm build)	8x8 1/1 PLATE LUNGE R with 1/1 SINGLE-ARM O/H PLATE PRESS (4cts)	16x
	2:15	(Drop)	8x8 1/1/1/1 BACKWARD-STEPPING LUNGE R with 1/1 SIDE RAISE (8cts)	8x
	2:43	Ref / Tonight	8x8 1/1 DROP SQUAT PRESS WITH PLATE (4cts) WIDE Stance Transition to WIDE Stance ready for DROP PLATE SQUAT PLATE PRESS , stacking the plates together on first 4cts	15x
3	3:10	Instr / (Low)	4x8 TRANSITION: Shake out legs, set up ready for PLATE LUNGE L step R leg B	
	3:24	(Dramatic)	8x8 4/4 PLATE LUNGE L with 4/4 SINGLE-ARM O/H PLATE PRESS (16cts)	4x
	3:52	(Dramatic rhythm build)	8x8 1/1 PLATE LUNGE L with 1/1 SINGLE-ARM O/H PLATE PRESS (4cts)	16x
	4:19	(Drop)	8x8 1/1/1/1 BACKWARD-STEPPING LUNGE L with 1/1 SIDE RAISE (8cts)	8x
	4:46	Ref / Tonight	12x8 1/1 DROP SQUAT PRESS WITH PLATE (4cts) WIDE Stance Transition to WIDE Stance ready for DROP PLATE SQUAT PLATE PRESS , stacking the plates together on first 4cts	24x
RECOVERY: Plates down, shake out legs and arms. Quadricep and Shoulder Stretches				



45-MIN FORMAT

06. LOYAL 5:40mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE – LOW PLATE SQUAT COMBINATION / BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS – PLATE SQUAT COMBINATION

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup, focusing on timing, range and precision of movement. Reinforce position and range cues so participants feel the integration from the legs to the shoulders, bringing overload to the muscles to maximize their results.

BACKWARD-STEPPING LUNGE / LOW PLATE SQUAT COMBINATION

- *Mid Stance*
- **Feet outside your hips**
- **Brace abs and shoulders back**
- **Hips sit back and down**
- *Knees come forward*
- *Combo – right leg long Lunge and 1 Squat*
- *Other side*
- **Feet hip-width apart when you lunge**
- *When you squat feet outside the hips*
- *Back knee down, front knee out*
- **Hips to 90 degrees**
- **Front thigh parallel when you lunge**

BACKWARD-STEPPING LUNGE WITH O/H PLATE PRESS – PLATE SHOULDER SQUAT COMBINATION

- *Same pattern; this time we speed it up and add Shoulder Press*
- *As we drop into the Lunge, press the plates*
- **Stop the elbows just forward of the body**
- **Abs braced**
- **Hips Square**
- *Taste of integration*

2 PLATE LUNGE WITH SINGLE-ARM O/H PLATE PRESS / BACKWARD-STEPPING LUNGE WITH SIDE RAISE / DROP SQUAT PRESS WITH PLATE

LAYER 1 / LAYER 2

New exercises in this block so coach quickly Layer 1 Execution with a range focus. Once your participants are moving well, give them a Layer 2 focus and then allow them to explore it in their bodies. The music is super ‘chilled’ and will set the scene and build – so use it! The Drop Squat is an incredible exercise, so physically role-model and show your love of this training and take your class with you.

- *Right leg, static Lunge with Shoulder Press*
- **Long stride**
- *If you lose your posture at anytime during this workout, put the plates down – you will get stronger each time you do it*
- **Back knee down, front knee out – that way, we start to fire into the glute**
- **Keep the elbows slightly forward**
- *Drive out of the front heel – start to feel the glute*
- *This is the start of the integration – legs, core and shoulders*

BACKWARD-STEPPING LUNGE WITH SIDE RAISE

- *Let's put it all together*
- *Dynamic Lunge with Side Raise*
- **Long step back**
- *Same leg again*
- **Keep the hips and shoulders square**
- **Elbows just under shoulders**

DROP SQUAT PRESS WITH PLATE

- *Step in, **step wide***
- *Stack the plates*
- *Drop Squat and Press*
- **90 degrees in the Squat**
- **Lift the chest**
- **Brace the abs**
- *Curl the plate and press it just forward of the body*
- *Love this move*
- *How good does it feel?*
- **Push the knees out**



45-MIN FORMAT

06. LOYAL 5:40mins

3. PLATE LUNGE WITH SINGLE-ARM O/H PLATE PRESS / BACKWARD-STEPPING LUNGE WITH SIDE RAISE / DROP SQUAT PRESS WITH PLATE

LAYER 2 / LAYER 3

Now we repeat everything on the other leg...

Allow the cues to land – one cue at a time. The kicker comes in the Drop Squat with extra reps at the end of the block – sell the benefits. It will challenge fitness as well as burn calories fast, integrating the muscle groups.

- *Let's do it all on the other side*
- *Long step back*
- *Square the hips*
- *Elbows up high*
- *Brace abs and lift chest*
- *Front thigh parallel*
- *Feel the music now*
- *Feel your muscles working together*
- *This is you getting stronger*
- *Wind it up*
- *Start to wind like a ball of momentum – that's you*
- *Can you feel it?*
- *We're with you*
- *Focus on the supporting leg – keep it bent and loaded*
- *The burn we are feeling is what creates the change in the muscles*
- *Booty gains*
- *Work the heart rate by dropping quickly and driving out of the floor*
- *Surprise finisher – 8 more*
- *Chest high*
- *You've got this*

PUMP FACT

Maintaining a long stride in the Lunges prevents pushing the knee forward of the ankle. This allows us to keep the load in the Quads and Glutes – minimizing stress on the knee joint.



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.

