

BODYPUMP

111

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

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GLOSSARY

SET POSITION

Position Setup

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in



Overhand Grip

SPLIT STANCE

Same as SET Position

- 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

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**



CHEST FLY

Position Setup

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

Execution Setup

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

Layer 2

- Open the chest on the way down



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



NARROW TO WIDE PLATE PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



GLOSSARY

BENCH-TOP CHEST PUSHUP

Position Setup

- Hands wide
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



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



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.



LOW PULL

Position Setup

- Set position
- Chest up, abs braced

Execution Setup

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

Layer 2

- Feel the back body engagement



GLOSSARY

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



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



CLEAN & PRESS

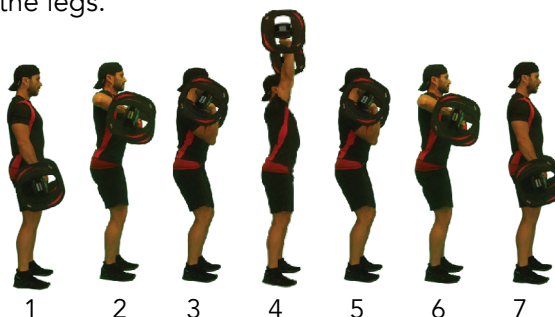
Position Setup

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

Execution Setup

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

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





GLOSSARY

STANDING OVERHEAD TRICEP PLATE EXTENSION

Position Setup

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

Execution Setup

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

Layer 2

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



SEATED TRICEP DIP

Position Setup

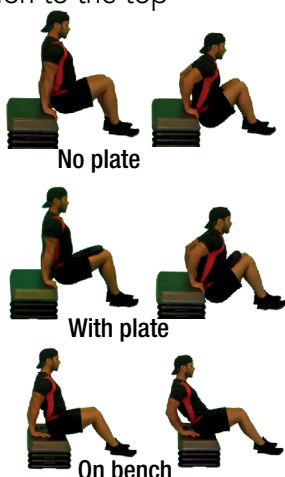
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

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

Follow-up

- Full extension to the top



TRICEP BENCH KICKBACK

Position Setup

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

Execution Setup

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

Layer 2

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



KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

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

Execution Setup

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





GLOSSARY

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 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



BENCH 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

BENCH BACKWARD-STEPPING LUNGE WITH OVER HEAD PLATE SHOULDER PRESS

Position Setup

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

Execution Setup

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

Layer 2

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





GLOSSARY

BENCH SIDE SQUAT WITH OVER HEAD PLATE SHOULDER PRESS

Position Setup

- Come to right side of bench
- **Feet under hips**
- Plate at collarbones
- **Abs braced, chest up**

Execution Setup

- Step off the bench with right leg into wide squat
- **Hips back and down**
- **Chest up, abs braced**
- Press plate overhead
- **Elbows slightly forward at the top of the press**
- **Butt stops above knee line**

Layer 2

- Brace the abs tighter at the bottom of the squat to support the lower back
- Knee press out to engage the glutes



STANDING PLATE FORWARD RAISE

Position Setup

- **SET Position**
- **Abs braced – chest lifted**

Execution Setup

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

Layer 2

- Control the Plate – maintain full range

STANDING SIDE RAISE

Position Setup

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

Execution Setup

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

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears
- Option: To increase intensity, widen the angle at the elbow





GLOSSARY

STANDING MAC RAISE

Position Setup

- **SET Position**
- **Chest up, abs braced**
- **Chin tucked in**

Execution Setup

- Left arm reaches forward (Front Raise), elbow slightly bent; at the same time, right arm lifts to side (Side Raise)
- **Plates no higher than shoulders**
- Hips and pelvis square to the front, small **twist through the upper body**
- **Keep the shoulders away from your ears**

Layer 2

- Bend the knees to stay grounded
- Reach long with the front arm
- Brace the abs to avoid swinging



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**
- **Lead with elbows**
- **Keep bar close to body**

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades



STANDING OVER HEAD SHOULDER 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**

Layer 2

- Drive out of the legs integrated upper and lower body



STANDING REAR DELTOID RAISE

Position Setup

- **SET Position**
- **Chest up, tip forward from the hip**
- Trunk leans on a 45-degree angle
- **Chest lifted**
- **Keep the chin tucked in and the back of the neck long, eyes look about 6 feet (2 meters) 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

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



HIP BRIDGE

Position Setup

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

Execution Setup

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



SHOOT OUT

Position Setup

- Lie down on floor
- Plate to forehead
- **Knees over hips**
- **Shoulders off the floor** (into crunch position)

Execution Setup

- **Legs extend to the 45 degree**
- **Arms extend overhead** (biceps close to ears)
- **Lower back pressing down towards the floor**
- Crunch in, knees over hips, shoulders off floor

Layer 2

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





GLOSSARY – 45-MIN FORMAT

SEATED TRICEP DIP

Position Setup

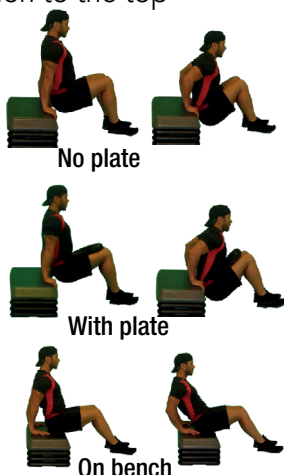
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

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

Follow-up

- Full extension to the top



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 BICEP ISOLATED PLATE CURL

Position Setup

- Sit on the edge of the bench
- Split feet wide
- **Push your Triceps into your legs**
- **Hinge from the hip so spine is long**
- Plates forward
- **Chest up, abs braces**

Execution Setup

- **Curl plates towards shoulders**
- **Full extension at the bottom**

Layer 2

- Abs braced to keep the body still



BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW

Position Setup

- Come to the right side of your bench
- Hold both plates in right hand
- **Feet hip-width apart**
- **Chest up, abs braced**

Execution Setup

- **Long step back**, row and tap back in
- **Square shoulders and hips**
- **Brace abs**
- **Keep the chest up**
- Row the plates up to the ribs
- **Squeeze shoulder blade into the spine**

Layer 2

- Keep pressing the front knee out to engage the glutes
- Feel the posterior chain firing up





GLOSSARY – 45-MIN FORMAT

BENCH SIDE SQUAT WITH OVER HEAD PLATE SHOULDER PRESS

Position Setup

- Come to right side of bench
- **Feet under hips**
- Plate at collarbones
- **Abs braced, chest up**

Execution Setup

- Step off the bench with right leg into wide squat
- **Hips back and down**
- **Chest up, abs braced**
- Press plate overhead
- **Elbows slightly forward at the top of the press**
- **Butt stops above knee line**

Layer 2

- Brace the abs tighter at the bottom of the squat to support the lower back
- Knee press out to engage the glutes



BENCH BACKWARD-STEPPING LUNGE WITH OVER HEAD PLATE SHOULDER PRESS

Position Setup

- **Feet hip-width apart**
- **Hips and shoulders even and square to the front**
- Plate at collarbones
- **Abs braced, chest up**

Execution Setup

- **Big step back**
- Back knee moves towards the floor
- **Brace abs to square hips and shoulders**
- Press plate over head
- **Elbows slightly forward at the top of the press**
- **Front thigh parallel to the floor**

Layer 2

- Compound training – all the major muscles working





MUSIC

- 01

Speechless (Nicolas Haelg Remix)
(5:14)

Robin Schulz feat. Erika Sirola

© 2018 Warner Music Group Germany Holding GmbH/ A Warner Music Group Company.

Written by: Schulz, Bierbrodt, Dohr, Kramer, Dabruck, Braide, Brunila
- 02

Chase The Sun (Extended Mix) (5:44)

Hardwell & Dannic feat. Keli- Leigh

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Written by: van de Corput, Romers, Norton, Davila
- 03

Youngblood (5:38)

5 Seconds of Summer

Courtesy of the Universal Music Group.

Written by: Tamposi, Watt, Hemmings, Hood, Irwin
- 04

Reserve (5:43)

Egzod feat. Leo The Kind

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Written by: Martins, Jackson
- 05

High Hopes (5:49)

Panic! At The Disco

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Written by: Lobban-Bean, Parx, Hollander, Jeberg, Juber, Lolo, Sinclair, Urie, Youngs
- 06

Walk Me Home (4:38)

P!nk

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Written by: Harris, Moore, Ruess
- 07

Face My Fears (6:01)

Upside Below

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Written by: Boyd, Moore, Utada
- 08

Focus (5:44)

Deorro feat. Lena Leon

© 2018 Ultra Records, LLC.

Written by: Brown, Hajigeorgiou, Leon, Orrosquieta
- 09

FOOLISH (3:24)

Meghan Trainor

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Written by: Wells, Trainor, Hindlin, Lewis
- 10

Imagine (3:37)

Ariana Grande

Courtesy of the Universal Music Group.

Written by: Roberts, Wansel, Renea, Grande, Perez

45-MIN FORMAT

- 05

This Feeling (Tom Staar Remix) (6:01)

The Chainsmokers feat. Kelsea Ballerini

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Written by: Taggart, Pall, Warren
- 06

Lost My Mind (5:38)

Dillon Francis & Alison Wonderland

© 2019 IDGAFOS.

Written by: Francis, Sholler



L-R: Marlon Woods, Diana Archer Mills, Glen Ostergaard, Lunar Lu and Reagan Kang

With fresh moves and modern music, this release has a real training feel to it. So pick up your bar, find your set and let's go!

The Warm Up gets us moving smoothly and efficiently with innovative choreography that packs in more reps. Single Deadlifts and Single High Pulls are in abundance to ignite our muscular system.

Our key innovations are:

At the end of the Squats track, we have heavy Plate Front Squats with Calf Raises as a great way to blast the legs and work the calves!

In the Chest track, we have a Plyometric Pushup option that will recruit more muscle fibers, especially the fast twitch fibers which are strength builders and fat burners.

The Back track has a new combination – a Low Pull, High Pull, Clean and Press Combo. This creates smoothness and momentum and refines our Clean and Press Technique. It will make the bar feel light and the movement explosive.

In the Lunges, we are stepping off to the side of the bench with a Side Squat that targets the glutes, the hips and more.

The Mac Raises make a welcome return to hit the shoulders – from the front, back to the sides.

The Biceps Track is a key musical highlight – make sure you learn the choreography for this one!

Enjoy

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 – Nicole Vendel

PRESENTERS

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

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

Reagan Kang (Malaysia) is BODYPUMP, LES MILLS GRIT and BODYCOMBAT LMI Ambassador.

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

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



EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warm Up
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	40:59

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	Warm Up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:43

45-MINUTE FORMAT

Track 01	Warm Up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:05

HEY INSTRUCTORS

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

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 about the **NETT** throughout the track – **N**ame of **E**xercise, **T**iming and **T**argets so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	SET Position	
	0:14	V1 / I remember	4x8	4/4 DEADLIFT SET Stance	2x
	0:29	Our little lives	4x8	3/1	4x
	0:44	PC / If you love me	8x8	2/2 DEADROW (16cts)	4x
	1:13	Instr / Love me	8x8	1/1 DEADROW	8x
2	1:43	Br / (Low)	2x8	SHOULDER ROLL SET Stance	1x
	1:50	Instr / (Piano)	2x8	4/4 DEADLIFT	1x
	1:58	V2 / I remember	8x8	COMBINATION 1 (16cts) 1x 1/3 DEADLIFT (8cts) 1x 1/3 UPRIGHT ROW (8cts)	4x
	2:27	PC / If you love me	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:42	Rep / I love you	4x8	1/1 CLEAN & PRESS Transition Bar, ready for SQUAT MID Stance on last 4cts	4x
	2:57	Instr / Love me	4x8	1/1 SQUAT MID Stance Heel – Toe wider to WIDE Stance on last 2cts	8x
	3:12	Love me	4x8	1/1 SQUAT WIDE Stance	8x
	3:26	Br / (Low)	2x8	TRANSITION: Bar to SET Position SHOULDER ROLL SET Stance	1x
3	3:34	Instr / (Piano)	2x8	4/4 DEADLIFT	1x
	3:42	V3 / I remember	8x8	COMBINATION 2 (16cts) 2x 1/1 DEADLIFT (8cts) 2x 1/1 UPRIGHT ROW (8cts)	4x
	4:11	PC / If you love me	4x8	2/2 CLEAN & PRESS (16cts)	2x
	4:26	Rep / I love me	4x8	1/1 CLEAN & PRESS Transition bar, ready for LUNGE L on last 4cts, stepping R foot B	4x
	4:40	Instr / Love me	4x8	1/1 LUNGE L Switch legs, ready LUNGE R on last 2cts, stepping L foot B	8x
	4:55	Love me	4x8	1/1 LUNGE R	8x
				RECOVERY: Shake out arms and legs. Torso Twists	



01. SPEECHLESS (NICOLAS HAE LG REMIX) 5:14mins

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 with **feet under hips, toes turned out slightly**.

- **Heels under hips 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. Eg:

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

BLOCK 2

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts and new tempos to switch the muscles on fast with a focus on feeling the Technique. Then we move to the upper body with Upright Rows, which connect to the slow Clean & Press. We build into faster Clean & Presses and finish the set with Squats – Mid and Wide. Focus on coaching clear Layer 1 Position & Execution cues to help the class achieve good lifting Technique and confidence.

- **Deadlift** – *pull the bar into the thighs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *Bar stops at lower chest, elbows wide*
- **Clean & Press** – *Pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid-Stance Squat** – *Feet outside hips, hips go back and down, knees press forward, hips to 90 degrees*
- **Wide-Stance Squat** – *Feet outside hip-width, hips go back and down, knees press out, hips to 90 degrees*

BLOCK 3

LAYER 1 / LAYER 2 / LAYER 3

We repeat all the exercises again that were in Block 2, adding Lunges at the end of the block and more new tempos. This is the perfect opportunity to coach your class on Technique reminders to get their bodies ready for the workout ahead as well as using this time to connect with your participants and what their goals for the class might be... how can you communicate this to them?

- **Deadlift** – *Back of the body is turned on and ready for the work ahead*
- **Upright row** – *Keep the bar close to the body, keep it smooth*
- **Clean & Press** – *lets practice fast elbows under the bar and pushing the hips back as you catch*
- **Lunge** – *Long step back, back knee down, front thigh parallel to the floor*

CONNECTION

Welcome your class to the workout by being engaging and showing your love for resistance training. Try to connect with everyone in the room, not just your regular participants in the front row.



02. SQUATS

WEIGHT SELECTION

REGULARS: 2 – 4 times your Warm Up weight on barbell and a medium – large plate

NEW: Double Warm Up weight on barbell and a medium plate

TRACK FOCUS

Coach your class through the 3 different stances with the focus on precision of Timing and Range to drive Intensity and results. Enjoy the feel of the Front Squats at the end of the track and drive participants to the finish.

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 / (clap)	4x8	Set up SQUAT MID Stance	
	0:19	Instr / (Beat)	4x8	2/2 SQUAT MID Stance	4x
	0:34	(Chimes &rhythm)	5x8	1/1/2	5x
2	0:52	Instr / (Low)	1x8	TRANSITION to SQUAT WIDE Stance	
	0:57	(Strum)	2x8	4/4 SQUAT WIDE Stance	1x
	1:03	Rep / Chase the sun	4x8	3/1	4x
	1:18	Instr / (Clap)	4x8	2/2	4x
	1:32	(B up)	4x8	1/1/2	4x
	1:47	(Heavy rhythm)	8x8	COMBINATION (16cts) 2x 1/1 SQUAT (8cts) 3x PULSE SQUAT (8cts)	4x
	2:16	Instr / (Low)	1x8	Down and HOLD after last rep (8cts)	
3	2:19	Instr / (Low)	1x8	TRANSITION to SQUAT WIDER Stance	
	2:23	(Strum)	2x8	4/4 SQUAT WIDER Stance	1x
	2:31	Ref / _ Hold on, I can	4x8	3/1	4x
	2:45	Rep / Chase the sun	4x8	1/1/2	4x
	3:00	Instr / (Synth)	8x8	4/4	4x
	3:29	(Windup)	4x8	1/1/2	4x
	3:43	(Heavy rhythm)	12x8	COMBINATION (16cts)	6x
4	4:27	Rep / Chase the sun	4x8	TRANSITION to PLATE FRONT SQUAT MID Stance, plate to collarbones	
	4:41	Instr / (Synth)	8x8	1/1 PLATE FRONT SQUAT MID Stance	16x
	5:11	(Heavy synth)	8x8	1/1 PLATE FRONT SQUAT with CALF RAISE Down and HOLD after last rep RECOVERY: Shake out the legs. Quadricep Stretches	16x



02. CHASE THE SUN 5:44mins

TECHNIQUE AND COACHING

1 MID-STANCE SQUAT

LAYER 1

Short first set – Coach Position and Execution setup of Mid Stance to get the class moving well. Use **NETT** to coach good Squat Technique – referring to Timing, Target Zones and leg alignment.

- **Feet outside hip width, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- *Bring your elbows forward under the bar and create strength through the upper back*
- **Hips sit back and down**
- **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 slow Squats to ease participants into the Layer 1 Execution of the new position with focus on alignment, Timing and Range. Space out your coaching cues 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 by educating them on what they are doing and how it should feel.

- **Heel – toe wider**
- **Lift the chest**
- *Super slow*
- *Down, down, down and push*
- *Great timing is going to set the tone for the workout today*
- *Feel the Wide Stance*
- **Push out the knees**
- **Hips sit back and down**
- *Sit further back*
- **Knees find 90 degrees**
- *Stay with us – you're doing great*
- *Drive up through the heels and squeeze glutes*

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 with the feet. Participants need Layer 2 cues to help them refine and connect into their movement and bodies more. The key is to give the focus and then allow space for them to feel and experience this focus. When the combination hit; it's the last opportunity under the bar 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 – Wider Squat**
- **Lift chest**
- *Focus on the hamstrings and glutes*
- *Super slow*
- **Hips sit further back and knees keep pressing out**
- *Split the floor with your feet*
- *Feel the pressure and tension building in the legs*
- *We are with you*
- *You look amazing*
- *Beautiful timing and technique*
- *Extended set – keep going*
- *I'm feeling what you're feeling*
- **Core tight and lift chest**
- *Bar down – plates up*



02. CHASE THE SUN 5:44mins

4 FRONT SQUAT

LAYER 1 / LAYER 2 / LAYER 3

We finish the track with Front Squats to push the heart rate up with big single Timing. The body is fatigued and this final challenge creates a great feeling in the room and big results for the legs. Be in the moment with your class; look into people's eyes when you teach so you bring your authentic self into the room!

- **Mid-Stance Squat – plate to collarbones**

- 32 reps
- **Butt back and down – knees forward**
- **Chest up**
- **Abs braced**
- *Full range of motion*
- **Butt to 90 degrees**
- *Elbows in – keep it tight*
- *Do you guys want more*
- *Calf Raise*
- *Propel the heels off the floor*
- *Squeeze glutes to lift off the floor*
- *Everything you've got*

PUMP FACT

A Squat with Calf Raise trains triple extension, driving propulsion out of the hips, knees and ankles. This type of training is great for athletic development.



03. CHEST

WEIGHT SELECTION

REGULARS: Medium – Large plates
Option: Barbell with 1/3 off your Squat weight or slightly more
NEW PEOPLE:
Small to medium plates
Option: Barbell with Warm Up weight

MUSCLE FOCUS

Pectorals, Triceps and Deltoids

TRACK FOCUS

Coach great execution of the Chest Fly to maintain tension and encourage your class to try some Walking Pushups on their toes and the Plyometric Jump for fast results.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06 V1 / Remember the	2x8	Set up CHEST FLY	
	0:14 Surrender	2x8	4/4 CHEST FLY	1x
	0:22 Yeah, you used to	4x8	3/1	4x
	0:38 PC / You push and you	2x8	2/2	2x
	0:46 C / Young blood	8x8	COMBINATION (16cts) 2x 1/1 NARROW PLATE PRESS (8cts) 1x 1/1 NARROW / WIDE PLATE PRESS (8cts) Option with bar: PLATE 2x 1/1 CHEST PRESS (8cts) 3x PULSE CHEST PRESS (8cts)	4x 4x
2	1:18 V2 / Lately our	4x8	3/1 CHEST FLY	4x
	1:34 So who you been	4x8	2/2	4x
	1:50 Young blood	8x8	COMBINATION (16cts) 2x 1/1 NARROW PLATE PRESS (8cts) 1x 1/1 NARROW / WIDE PLATE PRESS (8cts) Option with bar: / PLATE PRESS 2x 1/1 CHEST PRESS (8cts) 3x PULSE CHEST PRESS (8cts)	4x
3	2:22 PC / You push and you	2x8	TRANSITION: To bench ready for BENCH PUSHUP	
	2:30 Run	2x8	4/4 BENCH PUSHUP Option: Kneeling on knees or toes	1x
	2:38 C / Young blood	12x8	2 x 1/1 WALKING BENCH PUSHUP M, L ,M, R (32cts) Option: PLYO BENCH PUSHUP on the last rep	3x
	3:26 Br /	1/2x8	Down and HOLD on last PUSHUP Last PUSHUP finish in the middle, down and HOLD	



03. CHEST

	MUSIC		SEQUENCE/EXERCISE	REPS
4	3:28 V3 / L ately our conversations	2x8	TRANSITION: Pick up plates, ready for CHEST FLY	
	3:36 If one of us gets	2x8	3/1 CHEST FLY	2x
	3:44 So who you been	4x8	2/2	4x
	4:00 C / Young blood	8x8	COMBINATION (16cts)	4x
5	4:32 PC / You push and you	2x8	TRANSITION: To bench, ready for BENCH PUSHUP	
	4:40 Run	2x8	4/4 BENCH PUSHUP Option: Kneeling on knees or toes	1x
	4:48 C / Young blood	12x8	2x 1/1 WALKING BENCH PUSHUP M, L, M, R (32cts) Option: On last 2 reps, PLYO BENCH PUSHUP Down and HOLD after last PUSHUP	3x
			RECOVERY: Shake out arms and open arms wide for Chest Stretch	



03. YOUNGBLOOD 5:38mins

TECHNIQUE AND COACHING

1 CHEST FLY / NARROW / WIDE PLATE PRESS

LAYER 1 / LAYER 2

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

1 CHEST FLY / NARROW / WIDE PLATE PRESS

- *Grab your plates*
- **Plates face inwards**
- *Shoulders down and **brace the core***
- **Elbows into ribs**
- **Elbows go wide and down** so you feel the chest open
- **Slight bend in the elbow**
- **Keep your elbows just above the bench at the bottom**

NARROW / WIDE PLATE PRESS

- *Combo – 2 narrow, 1 narrow / wide*
- *Feel the big compound movements working fully into the chest*
- **Elbows top of the bench** on the Narrow Press
- **Elbows top of the bench** for Wide Press
- *Feel the big compound movements working fully into the chest*

2 CHEST FLY / NARROW WIDE PLATE PRESS

LAYER 2

First set is short so continue to help participants move with good Timing and Range with the plates. Then help them to get more out of this move by using Layer 2 cues that explain how to Execute the Narrow / Wide Plate Press to build more Intensity. Big tension builds in the combination where we stay Narrow and build to Narrow / Wide Plate Press to overload.

CHEST FLY

- *Keep the elbows at bench-height*
- *Use the plates to isolate*
- *Feel the chest open wide*
- *Time under tension gives us the fast results*

NARROW / WIDE PLATE PRESS

- *Keep the elbows tucked as you lower*
- *Push the arms out to finish in a Fly Position*
- *Get the timing to achieve the tension*
- *Tone and shape and feel fantastic*
- *Feel the big compound movements working fully into the chest*

3 WALKING / PLYO 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. When participants understands direction and Timing encourage them to add a small plyometric jump.

- *Back of the bench for Pushups*
- **Hands wide**
- *On Knees or toes*
- *2 in the middle then walk across*
- **Chest to elbow-height (hand that is on the bench)**
- **Back long and straight**
- **Abs braced**
- *Push through heel of hand and add a plyometric hop across*
- *Core strong – body moves as one*
- *Get a feel for it*

4 CHEST FLY / NARROW WIDE PLATE PRESS

LAYER 2 / LAYER 3

Final set on the bench and after the Pushups the body is gaining fatigue fast. Encourage your class to work for quality reps with good Execution no matter what the level is... right now they need your help to motivate them to reach the end of this block of work.

- *Back to the bench – plates or bar*
- *Drive the upper back into the bench for strong, stable lifting*
- *Remember your targets – elbows to bench level*
- *Stretch it wide on the combo*
- *Nail the targets to feel the isolation*



03. YOUNGBLOOD 5:38mins

5 WALKING / PLYO BENCH PUSHUP

LAYER 1 / LAYER 3

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

- *Last set of Pushups, plates down*
- *We burn more calories when we recruit more muscle fibers*
- *Adding the plyometric hop will challenge us to get fitter and leaner, faster*
- *As you start to fatigue, take options on knees*
- *Quality reps*
- *Explode across*
- *Brace abs and squeeze glutes*
- *Activate the whole body*
- *Added benefit – everytime you lift the hand the core has to activate*
- *That stops the hips from rocking*
- *Trains the front and the back*

INTENSITY

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

PUMP FACT

Adding a small plyometric component to the Pushup requires an increase in rate of force development in the target muscles. This increases muscle fiber recruitment and helps generate fatigue to deliver results.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more

NEW PEOPLE: Barbell with Chest weight

TRACK FOCUS

Coach how to execute the combination of the Low Pull, High Pull and Clean and Press movements by focusing on making the barbell feel weightless.

MUSCLE FOCUS

Deadlift /Low Pull – High Pull / Clean & Press:

Posterior chain: glutes, hamstrings, lower & upper back

Deadrow: Lats

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Guitar)	4x8 Set up SET Position	
			SHOULDER ROLL	1x
	0:17	V1 / _ How do we know	12x8 2/2 DEADROW (16cts) SET Stance	6x
2	0:53	C / When it runs out	8x8 COMBINATION (16cts) 1x 1/1 LOW PULL (4cts) 1x 1/1 HIGH PULL (4cts) 1x 1/1 CLEAN & PRESS (8cts)	4x
	1:17	V2 / _ How could you know	8x8 2/2 DOUBLE DEADROW (16cts) SET Stance 4cts down DEADLIFT (4cts) 2x 1/1 ROW (8cts) 4cts up DEADLIFT (4cts)	4x
	1:41	Instr / (Low)	8x8 4/4 DEADLIFT	4x
	2:05	PC / _ And it seems like	8x8 2/2 DOUBLE DEADROW (16cts)	4x
	2:29	C / When it runs out	16x8 COMBINATION (16cts)	8x
3	3:17	Instr / (Low)	4x8 RECOVERY: Bar down, shake out arms and legs SHOULDER ROLL: Pick up bar, SET Stance	
	3:29	V3 / _ How could you know	8x8 2/2 DOUBLE DEADROW (16cts) SET Stance	4x
	3:54	Instr / (Low)	8x8 4/4 DEADLIFT	4x
	4:17	PC / _ And it seems like	8x8 2/2 DOUBLE DEADROW (16cts)	4x
	4:41	C / I'll be there when it runs out	16x8 COMBINATION (16cts)	8x
	5:29	Outro /	4x8 RECOVERY: Bar down, Torso Twists	



04. RESERVE 5:43mins

TECHNIQUE AND COACHING

1 DEADROW / LOW PULL, HIGH PULL, CLEAN & PRESS

LAYER 1

The first block of work is short, so 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 the track strongly.

DEADROW

- *Slow Deadrow*
- **Bar to the knees, belly, knees and Set Position**
- *Shoot the elbows to the rear*
- **Hinge from the hips**, back long and straight
- **Chest up**
- **Squeeze your shoulder blades together**

LOW PULL, HIGH PULL, CLEAN & PRESS

- 1 Low Pull, 1 High Pull, 1 Clean and Press
- **Bar to belly**
- **Bar to Lower Chest**
- *Catch and Press*
- **Lift the heels**
- **Squeeze glutes**
- **Brace the abs** as you press the bar
- **Drive the hips forward and up**
- **Bar stays close to the body**
- **Hips back as you catch**

2 DOUBLE DEADROW / DEADLIFT / LOW PULL, HIGH PULL, CLEAN & PRESS

LAYER 1 / LAYER 2

Coach how to execute the moves using Position and Execution setup and **NETT** cues for clarity; Especially the new timing of the Double Deadrow. As the set progresses, you have opportunities to bring in Layer 2 focuses; like maintaining great posture, (squeezing shoulder blades creates scapula engagement for Intensity in upper back) to help Improve their Execution and add Intensity to the Double Deadrow. The Low, High Pull, Clean and Press Combo repeats 8 times in this block so you have time to coach the focus of creating a weightless bar – driving out of the legs with fast elbows.

DOUBLE DEADROW

- *Deadlift down, 2 Rows and standing tall*
- *Draw bar to belly each time*
- *Elbows in and squeeze the shoulder blades together*
- *Isolate and feel the work in the mid and upper back*
- *Push back into an imaginary wall and feel the stretch in the hamstrings*
- *It's a strong feel in the Rows*
- *Feel grounded into the floor*

DEADLIFT

- *Slow it down*
- **Abs braced and chest lifted**
- **Bar to top of knees**
- *Pull the bar into the thighs*
- *Can you feel your back engage?*

LOW PULL, HIGH PULL, CLEAN & PRESS

- *Back to the combo*
- *Come with us*
- *Low, high and get under the bar*
- *Get low to get under the bar*
- *Use the legs to drive the bar to make it weightless*
- *Quick elbows to catch and drive the bar*
- *Bar down and shake out arms and legs*



04. RESERVE 5:43mins

3 DOUBLE DEADROW / DEADLIFT / LOW PULL, HIGH PULL, CLEAN & PRESS

LAYER 2 / LAYER 3

It's a game of two halves and the second half is where we can really take that next 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 Low Pull, High Pull, Clean and Press Combo. Empower your class 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 Motivation and enjoyment.

- *2 minutes left back to the bar*
- *To the knees, two Rows and stand*
- *Take time to reset*
- *Pull the elbows back engage the scapula*
- *Looking strong – BODYPUMP strong*
- *Calm before the storm*
- *Feel it all*
- *It seems like we can focus*
- *Focus on the last 8 combos*
- *We will be successful today*
- *Low, High and Press*
- *Heels, glutes, now legs*
- *Drive the hips forward and up*
- *Let's make this bigger*

PERFORMANCE

This track has great contrast with many builds. Only coaching what you need to will allow the music to drive the workout. Hook participants into the feel and emotion of the song. Bring performance into your coaching using music, voice (tone and pace) and actions (body and face)! Do it your way...

PUMP FACT

The low, high pull combo trains the initiation phase of the clean and press. Improvability explosiveness in this move requires hip drive and a strong pull action to begin moving the bar upward. When this is executed well the bar feels weightless enabling a efficient clean and catch as the body moves under the bar.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS – 1x medium – large plate

New – 1x small – medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the Tricep exercises bringing focus to range of motion to create Intensity. Connect your participants to the music and challenge them to stay in the work when it starts to overload.

MUSCLE FOCUS

Standing & Kneeling Tricep O/H Extensions:
Triceps

Tricep Dips & Kickbacks: Triceps

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Trumpets)	4x8	Set up STANDING O/H TRICEP EXTENSION	
	0:17	C / Had to have high,	8x8	1/1 STANDING O/H TRICEP EXTENSION	16x
2	0:40	V1 / Mama said	2x8	TRANSITION: to BENCH TOP for TRICEP DIP	
	0:46	Manifest destiny	6x8	2/2 TRICEP DIP Option: Butt on bench or plate on lap	6x
	1:03	PC / Mama said	4x8	1/1/2	4x
	1:15	C / Had to have high,	8x8	COMBINATION 1 (16cts) 2x 1/1 TRICEP DIP (8cts)	4x
			3x8	1x 3 PULSE TRICEP DIP (8cts)	
3	1:38	V2 / Mama said	2x8	TRANSITION: Pick up smaller plate for BENCH TRICEP KICKBACK L	
	1:44	_ And the novelties	6x8	2/2 BENCH TRICEP KICKBACK L	6x
	2:01	PC / Mama said	8x8	1/3	8x
	2:25	QC / Had to have high,	8x8	1/1 Use the last 4cts to pick up big plate ready for KNEELING O/H TRICEP EXTENSION	15x
	2:49	C / Had to have high,	8x8	COMBINATION 2 (16cts) 2x 1/1 KNEELING O/H TRICEP EXTENSION (8cts) 3x PULSE KNEELING O/H TRICEP EXTENSION (8cts)	4x
4	3:12	V3 / _ Mama said	2½x8	TRANSITION to BENCH TOP for TRICEP DIP	
	3:19	Manifest destiny	6x8	2/2 TRICEP DIP Option: Butt on bench or weight on lap	6x
	3:37	PC / Mama said	4x8	1/1/2	4x
	3:49	C / Had to have high,	8x8	COMBINATION 1 (16cts)	4x



05. TRICEPS

	MUSIC		SEQUENCE/EXERCISE	
5	4:12	V4 / Mama said	2x8	TRANSITION: Pick up plate for BENCH TRICEP KICKBACK R
	4:17	_ And the novelties	6x8	2/2 BENCH TRICEP KICKBACK R 6x
	4:35	PC / Mama said	8x8	1/3 8x
	4:58	QC / Had to have high,	8x8	1/1 15x Use the last 4cts to transition to STANDING O/H TRICEP EXTENSION
	5:22	C / Had to have high,	8x8	COMBINATION 3 (16cts) 4x 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts) 3x PULSE STANDING O/H TRICEP EXTENSION (8cts) RECOVERY: Shake the arms. Tricep stretches



05. HIGH HOPES 5:49mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

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

STANDING OVERHEAD TRICEP EXTENSION

- *SET Stance*
- **Brace core**
- **Elbows are forward of the face**
- *Overhead Extension*
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Shoulders are back and down to retract the scapula and stabilize the shoulder*
- *Keep the elbows forward and the core switched on*

2 TRICEP DIP

LAYER 1

Set up the Dips clearly using Position and Execution cues, offering choices and options so everyone can feel successful. The Dips will drive Intensity into the arms super-fast to tone and shape, so coach from an encouraging and inclusive place.

- *Dips – plate or no plate*
- *Hands are shoulder-width*
- **Slide your butt off bench**
- **Lift your chest**
- **Braced abs**
- *Singles option on the bench*
- **Keep the elbows in**
- *Push through the heel of your hand*

3 BENCH TRICEP KICKBACK / KNEELING OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

Coach Position and Execution setup for the Kickback and Kneeling Overhead Extensions 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 kneeling on the bench and keeping the chest high on the Extensions will create isolation into the Triceps.

BENCH TRICEP KICKBACK

- *Kickbacks, grab your small plate*
- *One hand on the bench*
- **Hinge forward from hip**
- **Chest up**
- **Upper arm parallel to the floor – extend the elbow**
- **Keep shoulders square to front**
- *The key is to keep the elbow high and close to the body*
- *Squeeze shoulder blades together for more stability*

KNEELING OVERHEAD TRICEP EXTENSION

- *We are coming to Kneeling Overhead Extensions*
- *Grab your large plate*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Lift chest and brace abs**
- **Squeeze elbows in**
- *Stabilize by locking the shoulders down*
- *Now we start to really squeeze to isolate the triceps*



05. HIGH HOPES 5:49mins

4 & 5 TRICEP DIPS / TRICEP KICKBACK / STANDING OVERHEAD EXTENSIONS

LAYER 2 / LAYER 3

Another block of Dips, Kickbacks and Overhead Extension. Fatigue will kick in fast. Encourage your class to work for quality reps with good range and Execution, no matter what the level is... right now, they need your help to Motivate them to the finish line. What will you say and do to help participants cross that line?

- *Back to the Dips, options plate on the lap, or sitting on the bench*
- *Elbows will start to flare when we fatigue*
- *Drive through the heel of the hand and push through the bench*
- *Keep the shoulders square to the front to keep the work isolated into the back of the arm*
- *15 seconds – let the music carry you through*
- *Large plate on your feet for the overhead finish*
- *Keep the elbows in*
- *Lift the chest to prevent this from happening*

PUMP FACT

Combining Tricep Dips, Kickbacks and Overhead Extensions trains the tricep unit in 3 functional positions. To ensure safety, bring the arms slightly behind the body in the Dips, align to the rear in the Kickbacks and keep elbows in while doing the Overhead Extensions. This ensures we strengthen the triceps in multiple areas to provide optimal training for them.



06. BICEPS

WEIGHT SELECTION

Barbell with Warm Up weight or less OR medium to large plates

TRACK FOCUS

Clearly coach Timing to hook participants into the feel of the music and focus on Execution of the Bicep Curl to achieve isolation.

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x7	Set up SET POSITION	
	0:14	V1 / Some thing in the way	8x7	2/2 BICEP CURL WITH HOLD (7cts) SPLIT Stance 2cts up, 2cts down, 3cts HOLD Option with plates 1/1 ALT BICEP PLATE CURL L, R SET Stance	8x
	0:50	C / Walk me home	4x7	SLOW MID-RANGE PULSE (2cts) SET Stance	15x
2	1:08	Br /	½x8	SLOW DOWN TO SET POSITION	
	1:14	V2 / Some thing in the way	4x7	2/2 BICEP CURL with HOLD (7cts) SPLIT Stance Option with plates 1/1 ALT BICEP PLATE CURL L, R SET Stance	4x
	1:32	C / Walk me home	4x7	SLOW MID-RANGE PULSE SET Stance	14x
	1:51	Ref / Ooohhhh	4x7	1/1 BICEP ROW (4cts)	7x
3	2:08	QC / Walk me home	2x7	SHOULDER ROLL	1x
	2:18	Rep / Say you'll stay with	2x7	3/1 BICEP CURL	3x
	2:27	C / Walk me home	5½x7	SLOW MID-RANGE PULSE SET Stance HOLD and slow down on last rep	18x
4	2:55	V3 / Some thing in the way	4x7	2/2 BICEP CURL WITH HOLD (7cts) SPLIT Stance Option with plates 1/1 ALT BICEP PLATE CURL L, R	4x
	3:12	C / Walk me home	4x7	SLOW MID-RANGE PULSE SET Stance	14x
	3:31	Ref / Ooohhhh	4x7	1/1 BICEP ROW (4cts)	7x
5	3:49	QC / Walk me home	2x7	SHOULDER ROLL	1x
	3:58	Rep / Say you'll stay with	2x7	3/1 BICEP CURL	3x
	4:07	C / Walk me home	5½x7	SLOW MID-RANGE PULSE SET Stance HOLD and slow down on last rep RECOVERY: Bar down, shake out arms. Bicep stretches	18x



06. WALK ME HOME 4:38mins

TECHNIQUE AND COACHING

1 BICEP CURL / PLATE CURL

LAYER 1

You may choose to teach this track with a barbell or plates. We understand there is varying equipment around the world so teach to the people in front of you with what works best in your club.

Use Layer 1 Position and Execution Cues to get the participants moving with the right Timing and Range.

BICEP CURL

- *Split Stance*
- *2/2 and a hold*
- **Bar to shoulders and down to thighs**
- *Mid-Range Pulse slow*
- *1 inch above and below elbow position*

PLATE CURL

- *Plates are on the single timing*
- **Brace abs**, stand strong
- **Lift your chest** and lock the shoulders down into the back ribs
- **Plate moves from thighs to shoulders**

2 / 3 BICEP CURL / PLATE CURL / BICEP ROW

LAYER 1 / LAYER 2 / LAYER 3

Continue to coach Layer 1 Execution cues to set participants up with the basics. Then in these blocks 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 targeted muscles and creates a strong platform to load effectively. The song is catchy – feel it and be in the song. Physically show your enjoyment of training the Biceps!

BICEP CURL / PLATE CURL

- *Let's focus on alignment and precision*
- **Elbows stay under shoulders**
- *Keep the body square to the front*
- *Let's feel the strong posture; shoulders back and down*
- *Keeping the muscles under tension for as long as you can creates lean, fat-burning muscles*

BICEP ROW

- **Bar to knees**
- **Bar to ribcage**

4 / 5 BICEP PLATE ROW / BICEP PLATE CURL

LAYER 2 / LAYER 3

Everyone will now have a feel for the song and the Timing, so it's all about enhancing the experience for the participants. As you prepare, think about: WHAT to say and HOW to say it. What is your style of delivery? Are you a high connector or driven by the music and lyrics, or a bit of both? The way we deliver information to participants is crucial for it to land and make change on the floor.

- *Full extension and chest lift*
- *Loving the isolation feel here*
- *Whether you work with the bar or plates it is on your own terms*
- *Marching towards the new you*
- *Feels so good*
- *Take it home team*

PUMP FACT

Over-gripping the bar or plates can increase forearm fatigue and compromise endurance in the Bicep Curls. We should only apply enough grip strength to fixate the Bar or plates.



07. LUNGES

WEIGHT SELECTION

1x Small to large plate
OPTION: Body weight

TRACK FOCUS

Clearly coach the Timing for the Bench Side Squat and Backward-Stepping Lunge combinations along with focusing on posture for load and fatigue to shape the legs fast.

MUSCLE FOCUS

Squat and Lunge: Glutes and Quadriceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Piano)	4x8 Set up on L side of bench, ready for a BENCH FRONT SQUAT MID Stance	
	0:17	V1 / Breath, shall I	8x8 4/4/4/4 PAUSE BENCH PLATE FRONT SQUAT (32cts) MID Stance, plate at collarbones	2x
	0:40	PC / Let me face,	8x8 1/1/1/1 ALT BENCH BACKWARD-STEPPING LUNGE R, L (16cts) Plate at collarbone	4x
	1:05	Instr / (Drop)	8x8 3x PULSE ALT BENCH BACKWARD-STEPPING LUNGE R, L (16cts) Plate at collarbones	4x
2	1:29	V2 / Loose, soon	8x8 2/2 BENCH PLATE FRONT SQUAT MID Stance Plate at collarbone, Step L foot off bench in on last (2cts)	8x
	1:53	PC / Let me face	4x8 1/1/2 BENCH SIDE SQUAT R Step L foot off bench, Plate at collarbones	4x
	2:05	Won't be Long	4x8 1/1/2 BENCH SIDE SQUAT L WITH 1/2/1 O/H PLATE SHOULDER PRESS L foot B on bench, ready for BENCH BACKWARD-STEPPING LUNGE R	4x
	2:17	Ref / (Chant and B up)	4x8 3x PULSE BENCH BACKWARD-STEPPING LUNGE R (8cts)	4x
	2:29	Instr / (B up)	4x8 3x PULSE BENCH BACKWARD-STEPPING LUNGE R WITH 1/2/1 O/H PLATE SHOULDER PRESS (8cts)	4x
	2:41	(Drop)	12x8 COMBINATION (16cts) 3x PULSE BENCH SIDE SQUAT L WITH 1/2/1 O/H PLATE SHOULDER PRESS (8cts) L foot off bench; on last 2cts transition L foot B to bench, ready for BENCH LUNGE R 3x PULSE BENCH LUNGE R WITH 1/2/1 O/H PLATE SHOULDER PRESS (8cts) On last 2cts, TRANSITION L foot to bench ready for BENCH SIDE SQUAT, Option: No O/H PLATE SHOULDER PRESS Hold the plate at collarbone	6x



07. LUNGES

	MUSIC		SEQUENCE/EXERCISE	REPS
3	3:17	Ref / Let me face,	4x8 RECOVERY: Shake out legs, Set up on R side of bench ready for a BENCH FRONT SQUAT MID Stance	
	3:29	Won't be long	4x8 4/4 BENCH FRONT SQUAT MID Stance Plate at collarbones	2x
	3:40	Br / Slow piano	1x8 HOLD	
	3:44	V3 / Loose, soon	8x8 2/2 BENCH FRONT SQUAT MID Stance Plate at collarbone, Step L foot off bench in on last (2cts)	8x
	4:10	PC / Let me face,	4x8 1/1/2 BENCH SIDE SQUAT R Plate at collarbone	4x
	4:21	Won't be long	4x8 1/1/2 BENCH SIDE SQUAT R WITH 1/2/1 O/H PLATE SHOULDER PRESS R foot B on bench, ready for BENCH BACKWARD-STEPPING LUNGE L	4x
	4:32	B up/ (Chant and Bup)	4x8 3x PULSE BENCH BACKWARD-STEPPING LUNGE L (8cts)	4x
	4:44	Instr / (Bup)	4x8 3x PULSE BENCH BACKWARD-STEPPING LUNGE L WITH 1/2/1 O/H PLATE SHOULDER PRESS (8cts)	4x
	4:56	(Drop)	12x8 COMBINATION (16cts) 3x PULSE BENCH SIDE SQUAT R WITH 1/2/1 O/H PLATE SHOULDER PRESS (8cts) R foot off bench, on last 2cts transition R foot back on bench, ready for BENCH LUNGE L 3x PULSE BENCH LUNGE L WITH O/H PLATE SHOULDER PRESS HOLD (8cts) On last 2cts, TRANSITION R foot onto bench ready for BENCH SIDE SQUAT	6x
	5:33	Ref / Let me face	8x8 1/1 ALT BENCH BACKWARD-STEPPING LUNGE R L (8cts) Option: 1/1 ALT BACKWARD-STEPPING JUMP LUNGE SQUAT (8cts) RECOVERY: Shake out the legs, Quadricep stretches.	8x



07. FACE MY FEARS 6:01mins

TECHNIQUE AND COACHING

1 BENCH PLATE FRONT SQUAT / BENCH BACKWARD-STEPPING LUNGE

LAYER 1

Use simple cues to coach Position and Execution of the Bench Plate Front Squat and Backward-Stepping Lunge. Use great pre-cues so everyone is successful. To make the cues land, deliver one cue at a time so you keep everyone with you; this allows participants to explore their own Technique to maintain great posture.

BENCH PLATE FRONT SQUAT

- *Start on the right side of the bench*
- *Feet Mid Stance – outside hip-width*
- *Plate on the collarbones*
- **Elbows in and chest up**
- *We start with a Slow Squat*
- **Hips back and down to 90 degrees**
- **Abs braced**

BENCH BACKWARD-STEPPING LUNGE

- *Long step back*
- *Right leg, then switch*
- **Abs braced and chest up**
- **Hips and shoulders square to the front**
- *We speed up for Triple Pulse Lunge*
- **Front thigh parallel to the floor**
- *Keep the chest elevated*

2 BENCH PLATE FRONT SQUAT / BENCH SIDE SQUAT / BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2

Be super clear with direction changes of the exercises so everyone can follow you easily. Offering Layer 2 coaching help participants stay in the workout, especially when the exercises are challenging. 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 into their bodies. Check for their learning by asking questions so your connection with them deepens and you involve your class in the experience.

BENCH PLATE FRONT SQUAT

- *Back to Squat, Mid Stance*
- *Start to sink the hips back to just above knee line*
- *Feel the quads starting to work*

BENCH SIDE SQUAT

- *New move coming – Side Squat*
- *Step out with your right leg*
- **Knees out and hips back**
- **90 degrees – the leg on bench**
- *You can add the Plate Press over head*
- *Elbows forward of the face*
- **Chest up and abs braced**

BACKWARD-STEPPING LUNGE

- *Lunges coming back*
- *Right leg Triple Pulse*
- *Big long Lunge*
- *Push your plate up to add more intensity*
- *Put the 2 moves together – Squat and Lunge*
- *Option to not push your plate, over head to rest the shoulders if needed*

3 BENCH PLATE FRONT SQUAT / BENCH SIDE SQUAT / BENCH BACKWARD-STEPPING LUNGE

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2, plus a little flush at the end where we go back into the Alternating Backward-Stepping Lunge with an option to add a Cardio Kick with a Jump. Why not? Help your class to commit to the end with lots of Layer 2 Intensity and Layer 3 Motivational cues. Try using some intrinsic Motivators, referring to how good training makes us feel and bring them with you to the finish line!

- *Take a breather*
- *Come to the other side of the bench for Slow Squat*
- *Nothing to lose and everything to gain*
- *Press through both feet*
- *We are doing it all again on the other side*
- *What is your fear?*
- *Use the leg on the bench to increase the Intensity*
- *2 moves together*
- *45 seconds*
- *Are you ready?*
- *Side and back*
- *Use the leg on the bench to push*
- *Get into the muscle burn*
- *Let's flush the legs out with Backward-Stepping Lunge*
- *Big Lunge back*
- *If you want a little cardio kicker, you can add a Jump*



07. FACE MY FEARS 6:01mins

PUMP FACT

Maintaining a long stride in the Lunges helps to reduce knee stress.

If we short-step the Lunge, there is a tendency for the knee to push forward over the ankle which increases joint pressure behind the knee cap.



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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Baby let me focus	4x8 Set up for STANDING PLATE FORWARD RAISE, SHOULDER ROLL SET Stance	1x
	0:20	V1 / Nice to know your	2/2 STANDING PLATE FORWARD RAISE SET Stance	4x
	0:33		2/2 STANDING SIDE RAISE	4x
	0:46	(Windup)	COMBINATION (16cts) 1x 1/3 STANDING FORWARD RAISE (8cts) 1x 1/3 STANDING SIDE RAISE (8cts)	2x
	0:59	(Drop)	1/1 ALT STANDING MAC RAISE R, L (8cts) MAC RAISE L with slow down on last rep	8½x
2	1:26	Br / (Low)	TRANSITION: Plates down, pick up bar. Set up for STANDING UPRIGHT ROW SPLIT Stance	
	1:33	V2 / Know I got a	2/2 STANDING UPRIGHT ROW SPLIT Stance	4x
	1:45	People make it	1/1/2 SET Stance TRANSITION to STANDING O/H SHOULDER PRESS on last 2cts, SPLIT Stance	4x
	1:59	Baby let me focus	2/2 STANDING O/H SHOULDER PRESS SPLIT Stance	4x
	2:12	Nice to know	1/1 SET Stance	8x
	2:25	Instr / (Wind-down)	TRANSITION: Bar down, pick up plates	
	2:33	(Drum beat)	4/4 STANDING PLATE FORWARD RAISE SET Stance	1x
	2:38	(Windup)	COMBINATION (16cts)	2x
	2:52	(Drop)	1/1 ALT MAC RAISE L, R (8cts) Lean F on the last 2cts	8x
	3:18	(Synth windup)	1/1 STANDING REAR DELTOID RAISE Up and HOLD on last RAISE	9x



08. SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:32	Br / (Low)	2x8	TRANSITION: Plates down, pick up bar. Set up for STANDING UPRIGHT ROW SPLIT Stance
	3:38	V3 / Know I got a	4x8	2/2 STANDING UPRIGHT ROW SPLIT Stance 4x
	3:51	People make it	4x8	1/1/2 SET STANCE 4x
				TRANSITION to STANDING O/H SHOULDER PRESS on last 2cts, SPLIT Stance
	4:04	Baby let me focus	4x8	2/2 STANDING O/H SHOULDER PRESS SPLIT Stance 4x
	4:18	Nice to know	4x8	1/1 SET Stance 8x
3	4:31	(Wind-down)	2x8	TRANSITION: Bar down, pick up plates
	4:37	(Drum beat)	2x8	4/4 STANDING FORWARD RAISE SET Stance 1x
	4:44	(Distorted Windup)	4x8	COMBINATION (16cts) 2x
	4:57	(Drop)	8x8	1/1 ALT STANDING MAC RAISE L, R (8cts) 8x
				Lean F on the last 2cts
	5:24	(Synth windup)	4x8	1/1 STANDING REAR DELTOID RAISE 9x
				Up and HOLD , down SLOWLY on last rep
				RECOVERY: Shake out arms, roll shoulders. Shoulder Stretches



08. FOCUS 5:44mins

TECHNIQUE AND COACHING

1 STANDING FORWARD RAISE / SIDE RAISE / MAC RAISE

Use Layer 1 position and exercise cues to get your participants moving with correct Timing and Range.

STANDING FORWARD RAISE

- *Plates up*
- *Set Stance*
- *Front Raise*
- **Chest up**
- **Abs braced**
- **Plates to shoulder-height**

SIDE RAISE

- *Open and close*
- *90 degrees*
- **Lead with the elbows**
- **Elbows stop just under shoulder line**
- **Brace abs and lift chest**

MAC RAISE

- *Mac Raise coming*
- *Front, back and side*
- **Rotation in the upper body**
- **Hips square to the front and abs braced**
- *Pull the elbows back to get the rear deltoids*
- **Knees soft**
- *Plates stop just below shoulder line*

2 STANDING UPRIGHT ROW / STANDING O/H PRESS / STANDING PLATE FORWARD RAISE / SIDE RAISE / MAC RAISE / STANDING REAR DELTOID RAISE

LAYER 1 / LAYER 2

Focus on Timing, Target zones and Range for the Upright Row so your class is moving with great Execution. The key in the Upright Row is to keep the shoulder blades down into the back ribs to create a high chest and maintain great posture. Try and maintain this throughout the Overhead Press work with the barbell, then back to the plates to isolate again. Use Layer 2 cues to help Improve Execution and start to Manipulate the Intensity as the overload builds fast, along with fatigue.

STANDING UPRIGHT ROW

- *Grab your barbell*
- **Split Stance**
- *Hands shoulder-width, Upright Row*
- *Set the shoulders down into the back ribs*
- **Bar close to the body**
- **Lead with the elbows**
- **Targets lower chest**
- *Squeeze the shoulder blades at the top*
- *Feel the **chest lift up***

STANDING OVERHEAD SHOULDER PRESS

- *Clean the bar up*
- **Bar from chin to ceiling**
- **Brace your core, keep your chest up**

STANDING FORWARD RAISE & SIDE RAISE

- *Forward Raise*
- *Keep the targets – shoulder level*
- *Add the Side Raise*
- *Are you ready to put this all together?*

MAC RAISE

- *In set number 2 we are rotating and reaching longer*
- *Anchor to the floor and feel the shoulder burn*

STANDING REAR DELTOID RAISE

- **Tip forward from the hips**
- **Chest up**
- **Abs braced**
- *Elbows high and wide*
- **Squeeze shoulder blades together**
- **Elbows to shoulder level**



08. FOCUS 5:44mins

3 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PLATE FORWARD RAISE / SIDE RAISE / MAC RAISE / STANDING REAR DELTOID RAISE

LAYER 2 / LAYER 3

Block 3 is a repeat of the second Block so focus on mastering Execution, allowing participants to explore the moves and sell the benefits of integration and isolation. How will you connect and Motivate your class to the end of this block?

- *Bars up*
- *Split Stance*
- *Feel the music*
- *Split it for Overhead Press*
- *Feel the integration*
- *Feel the connection*
- *Bars down*
- *Plates up, Slow Front Raise*
- *The last block is the challenge – no touch at the bottom*
- *Feel the burn that's BODYPUMP love*
- *Here's the exclamation mark*
- *Tear the elbows apart*

PUMP FACT

Thoracic mobility is a key component of shoulder function. In particular, the ability rotate the thoracic spine when the arm moves behind the body prevents excessive stress on the shoulder joint. Mac Raises (incorporating thoracic rotation) is a great way of training this mechanism.



09. CORE

WEIGHT SELECTION

1x small to medium plate

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 understand how to increase or decrease intensity.

MUSCLE FOCUS

Hip Bridge: Glutes

Crunches: Rectus abdominis, Obliques

Shoot Out: Lower abdominals

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / I was like Hi , nice to	2x8	Set up C-CRUNCH . Plate to forehead, feet on floor	
	0:14	V1 / Saying I do	2x8	3/1 C-CRUNCH	2x
	0:23	PC / And I knew I	4x8	1/1 C-CRUNCH	8x
	0:41	C / _ They say that	4x8	PULSE C-CRUNCH PULSE (2cts) Feet stay off the ground Plate to hips on last 2cts	16x
2	0:59	V2 / This ain't no one	4x8	3/1 HIP BRIDGE	4x
	1:17	PC / And I knew I	2x8	1/1/2 HIP BRIDGE	2x
	1:25	C / _ They say that	8x8	PULSE HIP BRIDGE (2cts)	32x
3	2:01	Br / _ Ahhhhh	2x8	Set up SHOOT OUT , start in C-CRUNCH POSITION, plate to forehead, feet off floor.	
	2:11	Rep / Oh they say	4x8	3/1 SHOOT OUT	4x
	2:28	C / Hey, yeah .	8x8	1/1 SHOOT OUT (4cts)	16x
	3:04	Outro / They say	4x8	PULSE PLATE LIFT (2cts) Option: Extend legs to ceiling on last 8cts	16x



09. FOOLISH 3:24mins

TECHNIQUE AND COACHING

1 C-CRUNCH / PULSE PLATE CRUNCH

LAYER 1

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

2 C-CRUNCH / PULSE C-CRUNCH

LAYER 1 / LAYER 2

C-CRUNCH

- *Lie down on the floor*
- *Feet close to butt*
- *Plate to forehead*
- **Brace your abs**
- **Lower back pressing down towards the floor**
- **Tuck the chin in** so we look after the neck
- **Knees over hips and shins parallel**
- *Stay up in your C-Crunch and pulse*
- **Slide ribs to hip connection**

2 HIP BRIDGE

LAYER 1

Coach the Layer 1 Position and Execution setup of the Hip Bridge with clear Timing.

- *New move, Hip bridge*
- *Plate to hips*
- **Squeeze butt to lift the hips**
- *Press out of the heels to feel the glutes*
- *High as you can*
- **Level hips** to the ceiling
- *Feel the glutes and dig the heels in*
- *Fast way to shape the glutes*

3 SHOOT OUT / PULSE PLATE LIFT

LAYER 1 / LAYER 2 / LAYER 3

We change the exercises to Shoot Outs and Pulses to challenge and finish off the core. Coach with precision the Position and Execution of all levels so you don't leave anyone behind. Motivate them to finish with this cool song.

SHOOT OUT

- *Start in C-Crunch position*
- *Legs extend to 45 degrees and plate Overhead*
- **Press lower back down towards the floor**
- **Abs brace**

PULSE PLATE LIFT

- **Plate over shoulders to load the upper abs**
- *Challenge it now – legs to the ceiling*



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 / _	Step up the	3x6	Transition to KNEELING HIP FLEXOR
	0:13	V1 / Staying	up all	2x6	KNEELING HIP FLEXOR R L leg F, hands on hips
	0:19	Me	with no make	4x6	KNEELING HIP FLEXOR WITH TWIST R L leg F, R hand on L knee
	0:31	_	Click click click	4x6	KNEELING HAMSTRING STRETCH L
	0:42	PC / _	Imagine a world	4x6	STANDING QUADRICEP STRETCH R
	0:56	We	go like up till	4x6	STANDING ITB STRETCH R
	1:04	C / You.	Imagine	4x6	Leave R foot crossed behind L STANDING SHOULDER STRETCH R
2	1:17	V2 / Knew	you were perfect	4x6	TRANSITION from standing to floor on 1st 6cts KNEELING HIP FLEXOR L R leg F, hands on hips
	1:22	Tell	me your secrets	4x6	KNEELING HIP FLEXOR WITH TWIST L R leg F, L hand on R knee
	1:40	_	Click click click	4x6	KNEELING HAMSTRING STRETCH R
	1:51	PC / _	Imagine a world	4x6	STANDING QUADRICEP STRETCH L
	2:03	We	go like up till	4x6	STANDING ITB STRETCH L
	2:14	You.	Imagine a world	4x6	Leave L foot crossed behind R STANDING SHOULDER STRETCH L
	3	2:26	Rep / Can	you imagine	4x6
2:37		Can	you imagine	4x6	STANDING FRONT DELTOID STRETCH Arms clasped behind the body, lift chest
2:49		Ahhhh haaaa		4x6	STANDING CHEST STRETCH Arms open wide
3:01		Outro / Imagine		12x6	Shake out arms and legs and SHOULDER ROLLS



10. IMAGINE 3:37mins

TECHNIQUE AND COACHING

COACHING TIPS

- Be descriptive about how to stretch and where they should feel it.
- Acknowledge and feel the effort that's gone into the workout today and congratulate them on completing it!



45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHTS

Tricep – 1x medium – large plate

Bicep – 2x medium – large plate

TRACK FOCUS

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

MUSCLE FOCUS

Seated Plate Overhead Extensions and Dips:
Triceps

Seated Bicep Isolated Plate Curl: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro / I tell you a story	4x8 Set up for TRICEP DIP	
	0:22	Tell me think	4x8 1/1 TRICEP DIP Option: Butt on bench or weight plate on lap Use last 4cts to transition to SEATED O/H TRICEP EXTENSION	7x
	0:36	I say yeah	4x8 1/1 SEATED O/H TRICEP EXTENSION Use last 4cts to transition to TRICEP DIP , plate on lap	7x
	0:51	Tell me think	4x8 1/1 TRICEP DIP Option: Butt on bench, or body weight Use last 4cts to transition to SEATED O/H TRICEP EXTENSION	7x
	1:05	Ref / Tell me think	8x8 1/1 SEATED O/H TRICEP EXTENSION Use last 4cts to transition to SEATED DIP , plates on lap	15x
	1:35	Instr / (Pulse)	4x8 PULSE TRICEP DIP (2cts) Option: Butt on bench, or body weight	16x
	1:50	(Cymbal)	6x8 1/1 TRICEP DIP	12x
	2:13	Instr / (Heavy beat)	4x8 PULSE TRICEP DIP (2cts)	16x
2	2:27	V2 / I tell you a story	4x8 TRANSITION: Pick up two plates, ready for SEATED BICEP ISOLATED PLATE CURL	
	2:42	Tell me think	8x8 1/1 SEATED BICEP ISOLATED PLATE CURL	16x
	3:11	Ref / Is like	6x8 2/2 SEATED BICEP ISOLATED PLATE CURL	6x
	3:34	Instr / (Rhythm)	6x8 SEATED BICEP ISOLATED MID-RANGE PULSE PLATE CURL (2cts) Bring the two plates together on 1st 4cts, ready for SEATED O/H TRICEP EXTENSION	24x
	3:57	(Cymbal)	4x8 PULSE SEATED O/H TRICEP EXTENSION (2cts)	14x



45-MIN FORMAT

05. TRICEPS/BICEPS

	MUSIC		SEQUENCE/EXERCISE	REPS
3	4:08	V3 / I tell you a story	4¾x8	TRANSITION: Pick up two plates ready for a SEATED BICEP ISOLATED PLATE CURL
	4:28	Tell me think	8x8	1/1 SEATED BICEP ISOLATED PLATE CURL16x
	4:58	Ref / Is like	6x8	2/2 SEATED BICEP ISOLATED PLATE CURL6x
	5:20	Instr / (Rhythm)	6x8	SEATED BICEP ISOLATED MID-RANGE PULSE PLATE CURL (2cts)24x
				Bring the two plates together on 1st 4cts, ready for SEATED O/H TRICEP EXTENSION
	5:42	(Cymbal)	4x8	PULSE SEATED O/H TRICEP EXTENSION (2cts)14x
				RECOVERY: Shake out arms. Tricep and Bicep stretches



45-MIN FORMAT

05. THIS FEELING 6:01mins

TECHNIQUE AND COACHING

1 TRICEP DIP / SEATED OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

Only one big set of the Tricep Dips and Extensions with or without the plate. Coach the Position and Execution well so the Intensity hits fast and show your enjoyment of this training. Give options as the Dips are challenging, and Motivate participants to work to fatigue.

TRICEP DIP

- Dips – Plate or no plate
- Hands are shoulder-width
- **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 into the bench
- We lead with the chest and always lead with the heart
- Now we are in the pulses, keep it small; hips close and chest up
- The kicker is slow, full range

SEATED 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 the triceps

2 SEATED BICEP ISOLATED PLATE CURL / SEATED OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

New exercise, so be super clear on Position and Execution setup; highlight the range and Target zone so everyone jumps straight into the Intensity as this exercise will bite fast. Pre-cue the transitions so we stay in the rep effect

SEATED BICEP ISOLATED PLATE CURL

- Grab plates for Bicep Curls
- Sit on edge of bench
- Split feet wide
- **Push your Triceps into the legs**
- Hinge from hip so spine is long
- Plates forward
- **Chest up**
- **Abs braced**
- **Plates towards shoulders and full extension at the bottom**
- Full range for Biceps workout
- Squeeze the Biceps at the top of the curl
- Stay in the middle – 1 inch above and below

SEATED OVERHEAD TRICEP EXTENSION

- Quick transition
- Stack plates together for Tricep Pulses
- Get the range – back of the neck and stay low
- Elbows close to ears

3 SEATED ISOLATED BICEP PLATE CURL / SEATED OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

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

- Last set everyone, grab plates for Bicep Curls training
- Like a seated preacher curl so lean forward and brace abs
- Elbows on thighs to stop your arms from moving to isolate even more
- 2 sets to make sure we train strength and isolation together
- Stack plates for triceps
- Race you to the finish line!
- Stay grounded and strong



45-MIN FORMAT

05. THIS FEELING 6:01mins

PUMP FACT

Alternating between opposing muscle groups helps to keep the intensity high. This track design will enable participants to try slightly heavier weights for those exercises.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small – medium plates

TRACK FOCUS

Clear setup of each exercise along with early pre cues is essential for the class to follow easily. Coaching focus is on range of movement to integrate the lower and upper body. Drive intensity in the Side Squat and Lunge combination as this move is tough, but a great opportunity to maximize the results of fatigue.

MUSCLE FOCUS

Squats: Glutes, core, back and shoulders

Lunges: Glutes, quadriceps, core and shoulders

Hip Bridge: Glutes

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05	Intro /	8x8 Set up BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW R 2x plates in R hand	
	0:29	V1 / Goodbye	8x8 BENCH BACKWARD-STEP TAP R WITH 1x 2/2 SINGLE-ARM PLATE ROW R (16cts) L hand to L hip Step R leg B (4cts), 1x 2/2 SINGLE-ARM PLATE ROW R (8cts), step R leg F to bench top (4cts)	4x
	0:53	Can't sleep at	8x8 BENCH BACKWARD-STEP TAP R WITH 1x 1/1 SINGLE-ARM PLATE ROW R (8cts), L hand to L hip Step R leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW R (4cts), step R leg F to bench top (2cts) Drop 1x plate on last 8cts SETT ready for Bench side Squat	7x
1	1:17	Instr / (Drop)	4x8 1/1 BENCH SIDE SQUAT R WITH 1/1 O/H PLATE SHOULDER PRESS R L hand on hip. Step R leg B to bench then to a LUNGE on last 2cts	8x
	1:29	(Heavy synth)	4x8 1/1 PLATE LUNGE L WITH 1/1 O/H SHOULDER PRESS R (4cts) L Hand on hip. Step R leg B to bench then to a BENCH SIDE SQUAT on last 2cts	8x
	1:41	(Heavy synth)	4x8 1/1 BENCH SIDE SQUAT R WITH 1/1 O/H PLATE SHOULDER PRESS R L hand on hip. Step R leg B to bench then to a LUNGE on last 2cts	8x
	1:53	Instr /	4x8 1/1 PLATE LUNGE L WITH 1/1 O/H SHOULDER PRESS R (4cts) L hand on hip	8x



45-MIN FORMAT

06. LUNGES/SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
2	2:05	Br / (Low)	1x8 TRANSITION: Pick up second plate in L hand, ready for a BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW L	4x
	2:08	V2 / Goodbye	8x8 BENCH BACKWARD-STEP TAP L WITH 1x 2/2 SINGLE-ARM PLATE ROW L (16cts) R hand to R hip Step L leg B (4cts), 1x 2/2 SINGLE-ARM PLATE ROW L (8cts), step L leg F to bench top (4cts)	4x
	2:32	Can't sleep at	8x8 BENCH BACKWARD-STEP TAP L WITH 1x 1/1 SINGLE-ARM PLATE ROW L (8cts) R hand to R hip Step L leg B (2cts), 1x 1/1 SINGLE-ARM PLATE ROW L (4cts), step L leg F to bench top (2cts) Drop 1x plate on last 8cts SETT ready for Bench side Squat	7x
	2:56	Instr / (Drop)	4x8 1/1 BENCH SIDE SQUAT L WITH 1/1 O/H PLATE SHOULDER PRESS L (4cts) Step L leg B to bench then to a LUNGE on last 2cts	8x
	3:08	(Distorted synth)	4x8 1/1 PLATE LUNGE R WITH 1/1 O/H SHOULDER PRESS L (4cts) Step L leg B to bench then to a BENCH SIDE SQUAT on last 2cts	8x
	3:20	(Distorted synth)	4x8 1/1 BENCH SIDE SQUAT R WITH 1/1 O/H PLATE SHOULDER PRESS R (4cts) Step L leg B to bench then to a LUNGE on last 2cts	8x
	3:32	Instr /	4x8 1/1 PLATE LUNGE R WITH 1/1 O/H SHOULDER PRESS L (4cts)	8x
	3:44	(Low)	8x8 TRANSITION to the floor, plates in hand ready for NARROW FLOOR PRESS	
	4:08	Instr / (Synth roll)	12x8 COMBINATION 1 (16cts) 1x 2/2 NARROW FLOOR PRESS (8cts) 1x 2/2 HIP BRIDGE (8cts)	6x
	4:44	(Drop)	12x8 COMBINATION 2 (8cts) 1x 1/1 NARROW FLOOR PRESS (4cts) 1x 1/1 HIP BRIDGE (4cts)	12x
3	5:20	(Heavy synth)	4x8 1/1 FLOOR PRESS WITH HIPS LIFTED Option: Hips down RECOVERY: Shake out legs. Quadricep stretches	8x



45-MIN FORMAT

06. LOST MY MIND 5:38mins

TECHNIQUE AND COACHING

1 BENCH BACKWARD-STEP TAP / SINGLE-ARM PLATE ROW / BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / PLATE LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

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.

BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW

- Come to the right side of your bench
- Hold both plates in your left hand
- We are taking a long step back with the left leg
- **Square shoulders and hips to the floor**
- **Abs braced**
- Get ready for a challenge
- **Long step back**, row and tap back in
- Press the front knee out
- **Keep the chest up**
- Speed up now
- **Row the plates up to the ribs**
- **Squeeze shoulder blades into the spine**
- Get the posterior chain working

BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / PLATE LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

- Drop one plate and come to a Wide Squat with left leg
- Wide Squat and press at the same time
- **Hips back and down**
- **Knees press out**
- **Butt to 90 degrees**
- Step in and back to lunge
- Lunge and press
- **Back knee drops towards the floor**
- **Square body to front**
- **Core is on**
- **Elbows stay in front of the face**
- Feel the burn

2 BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW / BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / PLATE LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

LAYER 2 / LAYER 3

Once your participants are moving well again, give them a Layer 2 focus and then allow them to explore it in their bodies. You want them to stay with the mind-body connection of work into the legs as well as the Back. The song is super cool and will set the scene and build – so use it! Holding the handle of the plate forces the shoulder stabilizers to work with fast overload. Role-model good Technique, practice this one in the mirrors with your equipment.

BENCH BACKWARD-STEP TAP WITH SINGLE-ARM PLATE ROW

- Pick up your other plate for Rows
- Step slow row and in
- Tip forward from the hips
- All the weight in the front foot and start to load the legs as much as the back work
- Get the plates high up to the ribs to shape the back fast

BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / PLATE LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

- 1 plate down for Squat and Lunge
- Wide Squat
- Full range
- The reason why we are holding the handle of the plate is to challenge shoulder stability
- Shape and tone fast
- Big drop – front thigh parallel to the floor
- Push out of the front heel to engage the glutes more
- Be strict on your technique to maximize results



45-MIN FORMAT

06. LOST MY MIND 5:38mins

3 NARROW FLOOR PRESS / HIP BRIDGE

LAYER 1 / LAYER 2 / LAYER 3

There's something new and different at the end of the track! Training our bodies with a new focus. Coach simply by setting Position and Execution cues – one at a time – allowing the cues to land, with a Posterior chain focus to challenge everybody.

- *Come down to the floor*
- *Bring both your plates*
- *Lie down on the floor*
- *Narrow Floor Press*
- ***Elbows close to the body***
- *Now add the Hip Bridge*
- ***Squeeze glutes***
- *Shoulders in and back*
- *Speed up now*
- *Every rep counts here*
- *Press through the heels and squeeze glutes tightly*
- *If you want a challenge, keep the hips up and just press*

PUMP FACT

Combining upper body exercises with the Lunge and Squat patterns spark our muscular slings into action. These are the core muscles that link our lower body to the upper body and are key contributions to functional strength.



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.

