

BODYPUMP

112

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

SQUAT WITH CALF RAISE

Position Setup

- **Feet outside hips-width**, toes slightly turned out
- **Abs braced**
- **Chest lifted**
- Bring your elbows forward under the bar to create strength through the upper back

Execution Setup

- **Hips sit back and down**
- **Knees track through the center of the feet**
- Push your knees through the center of the feet to load the muscles
- **Butt stops just above knee line**
- **Squeeze your Glutes and drive your hips forward and up**
- **Hips finish under the shoulders**

Layer 2

- Down, stand, down, lift heels



PLATE FRONT SQUAT WITH CALF RAISE

Position Setup

- **Mid Stance**, toes slightly turned out
- **Lift the Chest, brace abs**
- **Plate at collarbones**
- Toes slightly turned out

Execution Setup

- **Hips sit back and down**
- **Knees find 90 degrees**
- **Squeeze glutes, drive hips forward**
- **Hips finish under shoulders**

Layer 2

- All about a vertical drive
- Straight down, straight up
- Full range – butt to 90 degrees
- Triple Extension – ankle, knee and hip all
- Working together and the training effect



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





GLOSSARY

PLATE FRONT SQUAT WITH CALF RAISE WITH OVERHAED PLATE PRESS

Position Setup

- **Mid Stance**
- **Lift the Chest, brace abs**
- **Plate at collarbones**
- Toes slightly turned out

Execution Setup

- **Hips sit back and down**
- **Knees find 90 degrees**
- **Squeeze glutes, drive hips forward**
- **Hips finish under shoulders**
- Drive plate overhead
- **Elbows forward of face**
- **Brace abs** as plate moves overhead

Layer 2

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



CHEST PRESS

Position Setup

- **Hands wide on the bar**
- Bar above shoulders, bar at shoulder level; or bar over middle of chest
- **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

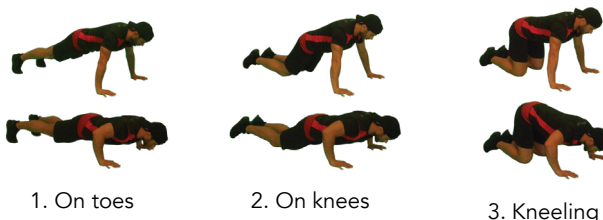
- **Hands wide**
- **Abs braced**
- Back long and straight

Execution Setup

- **Lower chest to elbow level**

Layer 2

- Drive the floor/bench away



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
- **Tip forward from the hips, keeping the chest lifted**
- **Chin tucked in**

Execution Setup

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

Layer 2

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

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





GLOSSARY

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



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



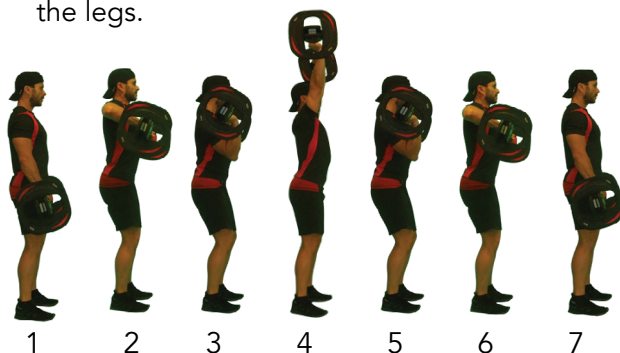
CLEAN & PRESS

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 O/H 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



KNEELING 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 triceps



TRICEP BENCH PUSHUP

Position Setup

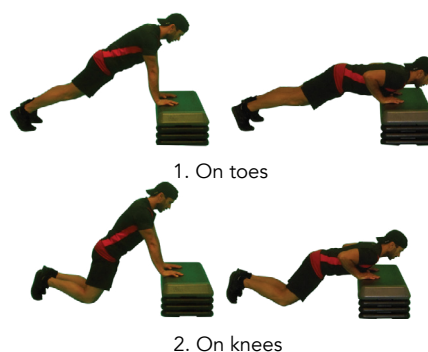
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Setup

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

Layer 2

- Drive the floor/bench away



JUMP FEET OUT/ IN PLANK

Position Setup

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

Execution Setup

- Feet jump out and in
- Feet shoulder-width
- **Brace abs on landing**

Layer 2

- Push the back down to stabilize the upper body





GLOSSARY

KNEELING O/H TRICEP EXTENSION

Position Setup

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

Execution Setup

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



BICEP CURL

Position Setup

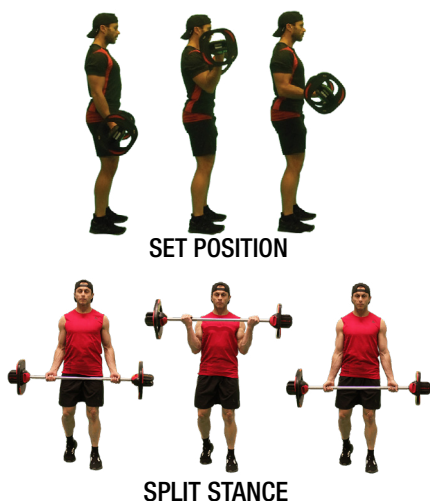
- **Knees soft – Split Stance or SET Position**
- **Chest up**
- **Abs in and braced**

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

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

Execution Setup

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

Layer 2

- Brace abs to stop trunk sway



BICEP 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



BENCH PLATE FRONT SQUAT

Position Setup

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

Execution Setup

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

Layer 2

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





GLOSSARY

BENCH SIDE SQUAT

Position Setup

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

Execution Setup

- **Step off the bench with right leg into wide squat**
- **Hips back and down**
- **Knees track over toes**
- **Chest up, abs braced**
- **Butt stops above knee line on the bench leg**



BENCH SIDE SQUAT WITH OVER HEAD PLATE SHOULDER PRESS

Position Setup

- **Bench side squat**
- Come to right side of bench
- **Feet under hips**
- Plate at collarbones
- **Abs braced, chest up**
- **Elbows in, chest lifted**

Execution Setup

- **Step off the bench with right leg into wide squat**
- **Hips back and down**
- **Knees track over toes**
- **Chest up, abs braced**
- **Press plate O/H**
- **Elbows slightly forward at the top of the press**
- **Butt stops above knee line on the bench leg**

Layer 2

- Brace the abs tighter at the bottom of the squat to support the lower back
- Knee presses 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 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



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



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



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



BICYCLE CRUNCH

Position Setup

- **Fingertips to temples**
- **Shoulders off the floor**
- **Knees over hips**

Position Setup

- **Opposite shoulder to knee**
- Legs bent or straight
- **Turn from the center of chest**

Layer 2

- Take your elbows wides to get full rotation





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**
- **Slide ribs to hips**

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



SHOOT OUT

Position Setup

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

Execution Setup

- **Legs extend to the 45 degree**
- **Arms extend O/H** (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



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**



BENCH LOW PLATE SQUAT

Position Setup

- **Feet outside shoulder-width**
- **Chest lifted**
- **Abs braced**
- **Toes slightly turned out**

Execution Setup

- **Hips sit back and down**
- **Drop butt to knee line**
- **Chest up, abs braced**
- Lower plate towards the floor



BENCH LOW SQUAT CURL

Position Setup

- **Set Position**
- **Abs braced**
- **Feet outside shoulder-width**
- **Chest lifted**
- **Toes slightly turned out**

Execution Setup

- **Hips sit back and down**
- **Drop butt to knee line**
- **Chest up, abs braced**
- Lower plate towards the floor
- Squat and Curl the plate to collarbones





GLOSSARY – 45-MIN FORMAT

BENCH LOW SQUAT PRESS

Position Setup

- Feet outside shoulder-width
- Chest lifted
- Abs braced
- Toes slightly turned out

Execution Setup

- Hips sit back and down
- Drop butt to knee line
- Chest lifted, abs braced
- Squat, Curl to press plate overhead
- Elbows forward of face



BENCH LOW PLATE SQUAT PRESS WITH CALF RAISE

Position Setup

- Feet outside shoulder-width
- Chest lifted
- Abs braced
- Toes slightly turned out

Execution Setup

- Hips sit back and down
- Drop butt to knee line
- Chest lifted, abs braced
- Squat and press plate overhead
- Elbows forward of face
- Lift heels
- Squeeze glutes
- Drive hips up



BENCH-BACKWARD STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

Position Setup

- Feet hip-width apart
- Plate at collarbones
- Chest lifted
- Abs braced
- 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
- Front knee tracking over mid-foot
- Press plates up
- Abs braced
- Chest up

Layer 2

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





MUSIC

01 **So Close** (5:11)
NOTD, Felix Jaehn & Captain Cuts feat.
Georgia Ku
Courtesy of the Universal Music Group.
Written by: Berger, Jaehn, McMahon, Rabin, Brandt,
Danielsson, Ku

02 **Starry Eyes (Steerner Remix)** (5:43)
Young Bombs
Courtesy of the Universal Music Group.
Written by: Frankel, Kasza, Kottmeier, Norton, Visger

03 **Killer Queen** (5:02)
5 Seconds of Summer
Courtesy of the Universal Music Group.
Written by: Mercury

04 **UCLA (Heimanu Remix)** (5:50)
RL Grime feat. 24hrs
© 2018 WeDidIt Records.
Written by: Steinway, Nielsen, Espersen, Korsby, Davis, Kudo,
Vojtesak, Gersh, Nigro

05 **Hustle** (5:00)
P!nk
© 2019 RCA Records, a division of Sony Music
Entertainment.
Written by: Reynolds, Odegard, Moore

06 **Dies Irae** (5:39)
Apashe & Black Prez
© 2019 Kannibalen Records.
Written by: De Buck, Madry

07 **Pica** (5:41)
Deorro, Henry Fong & Elvis Crespo
© 2019 Ultra Records, LLC.
Written by: Crespo, Vega, Fong, Orrosquieta

08 **Do it Again** (5:26)
Steve Aoki & Alok
© 2019 Liberator Music/Ultra Records.
Written by: Aoki, Petrillo

09 **No New Friends** (2:59)
LSD feat. Sia, Diplo & Labrinth
© 2019 RECORDS, LLC / Columbia.
Written by: Pentz, McKenzie, Furler, Allen, Meckseper

10 **Miracle** (3:55)
Labrinth
© 2019 Simco Limited under exclusive licence to Sony Music
Entertainment UK Limited.
Written by: McKenzie, Poole, Salmanzadeh

45-MIN FORMAT

05 **Lone Wolf** (5:45)
Egzod & Wasiu
© 2019 Lowly.
Written by: Unknown

06 **Pray (Blanke Remix)** (5:04)
Illenium feat. Kameron Alexander
Courtesy of the Universal Music Group.
Written by: Hall, Alexander, Mora, Miller



L-R: Desmond Helu, Kayla Atkins-Gordine, Glen Ostergaard, Ben Main, Kylie Gates and Lula Slaughter

BP 112 is an inspirational release, both powerful and uplifting with a deliberate training focus so grab your barbell and lets train together!

The Warm-Up *So Close* sets the scene smooth and engaging – simple compound, single movements gets the body warm fast.

Starry Eyes is the paradigm shift for this release. It's a squat track with a new combination that redefines BodyPump training. A Single Squat and then a Squat Calf Raise not only engages more leg muscles but it adds a cardiovascular component not yet experienced in BodyPump so we get stronger and fitter all at once!

Retro is cool, *Killer Queen* is pure chest isolation. Muscle tension is increased by working from the bottom up. *UCLA* our powerful Back Track uses a new combination, a single Deadlift and High Pull which precedes the Clean & Press. This simple innovation will improve your feel and efficiency in the Clean & Press.

Plank Jumps in *Hustle* adds a functional component to triceps training, *Dies Irae* is a simple, uplifting and amazing piece of music and *Do It Again* will lock your shoulders in for a burn that guarantees muscle tone and shape.

A perfect release – enjoy!

The BodyPump Team



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.

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

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Kayla Atkins-Gordine (New Zealand) is a BODYPUMP Instructor/Presenter, a LES MILLS GRIT Coach/Presenter and a BODYBALANCE/ BODYFLOW and LES MILLS SPRINT Instructor. She is based in Auckland and is also a personal trainer and singer.

Desmond Helu (New Zealand) is a BODYPUMP, BORN TO MOVE, LES MILLS BARRE, LES MILLS TONE, LES MILLS THE TRIP and SH'BAM Instructor and a LES MILLS GRIT Coach. He is based in Auckland.

Lula Slaughter (United States) is a BODYPUMP and LES MILLS TONE Instructor/Presenter and a BODYCOMBAT and BODYJAM Instructor. She also works as a school teacher in New Jersey.



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

RELEASE FEEDBACK

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>

SMARTSTART

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



01. WARM-UP

WEIGHT SELECTION

Light barbell

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** throughout the track – Name of Exercise, Timing and Targets so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	1x8	SET Position	
	0:08	V1 / About you as I’m	4x8	2/2 DEADLIFT	4x
	0:23	Wish we could	4x8	3/1	4x
	0:38	QC / We got so close	4x8	1/1 EASY DEADROW	4x
	0:53	C / We got so close	4x8	1/1 DEADROW	4x
2	1:08	V2 / I never noticed	4x8	2/2 DEADLIFT	4x
	1:23	Wish we could	4x8	1/3 UPRIGHT ROW	4x
	1:38	QC / We got so close	4x8	COMBINATION 1 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 UPRIGHT ROW (4cts)	4x
	1:53	C / We got so close	4x8	COMBINATION 2 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
	2:08	Instr / (Distorted)	4x8	1/1 CLEAN & PRESS Use the last 4cts to transition bar to SQUAT MID Stance	4x
	2:23	QC / We got so close	4x8	4/4 SQUAT (16cts) MID Stance	2x
	2:37	C / We got so close	4x8	1/1 Use the last 2cts to transition to WIDE Stance	8x
	2:52	Instr / (Distorted vocal)	4x8	1/1 SQUAT WIDE Stance	8x
	3:07	Br /	½x8	TRANSITION: SET Position	
	3:09	V3 / I never noticed	4x8	2/2 DEADLIFT	4x
3	3:24	Wish we could	4x8	1/3 UPRIGHT ROW	4x
	3:39	QC / We got so close	4x8	COMBINATION 1 (8cts)	4x
	3:54	C / We got so close	4x8	COMBINATION 2 (8cts)	4x
	4:09	Instr / (Distorted)	4x8	1/1 CLEAN & PRESS Use the last 4cts to transition bar to SQUAT MID Stance	4x
	4:24	QC / We got so close	4x8	4/4 SQUAT (16cts) MID Stance Use the last 4cts to transition to LUNGE L, stepping R foot B	2x
	4:39	C / We got so close	4x8	1/1 LUNGE L Use the last 2cts to transition to LUNGE R, stepping L foot B	8x
	4:53	Outro / (Distorted)	4x8	1/1 LUNGE R	8x
				RECOVERY: Shake out arms and legs. Torso Twists	



01. SO CLOSE 5:11mins

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**

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**

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts and Upright Rows connecting the lower body to the upper body. This builds into the faster tempo combination of Deadlift / Upright Row / High Pull creating a dynamic movement pattern in preparing for the Clean & Presses. We finish the set with Squats – Mid and Wide Stance. Focus on coaching clear Layer 1 Position and Execution cues to help the class achieve good lifting technique and confidence.

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

LAYER 1 / LAYER 2 / LAYER 3

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

- **Deadlift** – *back of the body is turned on and ready for the work ahead*
- **Upright Row** – *keep the bar close to the body, keep it smooth*
- **High Pull** – *keep the bar close to the body, hips finish under shoulders*
- **Clean & Press** – *let's practise fast elbows under the bar and pushing the hips back as you catch*
- **Mid-Stance Squat** – *full range and feel the legs getting warm*
- **Lunge – long step back, back knee down, front thigh parallel to the floor, knees track over mid-foot**

CONNECTION

Focus on welcoming your class to their workout, expressing your love of resistance training and enthusiasm for the workout ahead. How are you going to connect with everyone in the room – The beginners as well as your more experienced participants?



02. SQUATS

WEIGHT SELECTION

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

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

TRACK FOCUS

Coach your class through the 2 different stances Mid and Wide, focusing on vertical drive to enhance athletic power in the Single Squat with Calf Raise. Focus on posture and range in the Front Squats for maximum results.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8	Set up SQUAT MID Stance
	0:18	V1 / _ Our ground was	8x8	2/2 SQUAT MID Stance
	0:42	QC / Starry eyes	8x8	3/1
	1:06	Instr / (Drop)	8x8	BAR COMBINATION 1 (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 SQUAT WITH CALF RAISE (4cts)
2	1:30	Br / (Low)	1x8	TRANSITION: WIDE Stance
	1:33	V2 / _ So much I wanna	8x8	2/2 SQUAT WIDE Stance
	1:57	QC / Starry eyes	8x8	3/1
	2:21	Instr / (Drop)	8x8	BAR COMBINATION 1 (8cts)
	2:45	(Low)	5x8	RECOVERY: Bar down. Shake out legs. Pick up plate. Option to stay with the bar. Set up MID Stance
3	3:00	V3 / _ Our ground was	8x8	2/2 PLATE FRONT SQUAT MID Stance
	3:24	QC / Starry eyes	8x8	3/1
	3:48	Instr / (Drop)	4x8	PLATE COMBINATION 1 (8cts) 1x 1/1 PLATE FRONT SQUAT (4cts) 1x 1/1 PLATE FRONT SQUAT WITH CALF RAISE (4cts)
	4:00	QC / Starry eyes	4x8	PLATE COMBINATION 2 (8cts) 1x 1/1 PLATE FRONT SQUAT (4cts) 1x 1/1 PLATE FRONT SQUAT WITH CALF RAISE with O/H PLATE PRESS (4cts) If using bar, continue with COMBINATION 1 instead
	4:12	Br / (Low)	1x8	HOLD Option: If you are using a bar transition to WIDE Stance
4	4:15	V4 / _ So much I wanna	8x8	2/2 PLATE FRONT SQUAT MID Stance
	4:39	QC / Starry eyes	8x8	3/1
	5:03	Instr / (Drop)	4x8	PLATE COMBINATION 1 (8cts)
	5:15	QC / Starry eyes	4x8	PLATE COMBINATION 2 (8cts) If using bar continue with COMBINATION 1 instead
	5:27	Outro /	4x8	RECOVERY: Plates or bar, down, shake out legs. Quadricep Stretches



02. STARRY EYES 5:43mins

TECHNIQUE AND COACHING

1 MID-STANCE SQUAT

LAYER 1

Coach Position and Execution set-up of the Mid-Stance Squat to get the class moving well. Use **NETT** to coach good Squat technique – referring to Timing, Target zones and leg alignment. Pre-cue the combination to enable your participants to follow you easily; focus on coaching the alignment of the heel lift.

- **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**
- **Tracking 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*
- *Combo coming hard and fast*
- *Down, stand, down, lift heels*
- **Squeeze your butt and drive your hips forward and up**
- **Hips finish under the shoulders**

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 good amount of reps to ease participants into the Layer 1 Execution of the new Position with focus on Alignment, Timing and Range – so space out your cues. When the combination hits, the focus is on vertical movement pattern: squeezing glutes and driving hips forward and up, creating triple extension of ankle, knee and hip. 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**
- *Focus on the glutes*
- **Press the knees out over toes**
- **Hips sit back and down**
- *Sit back further*
- **Knees find 90 degrees**
- *When the feet are wide the chest stays high*
- *Think about where you're pushing from*
- *Drive up through the heels and **squeeze glutes***
- **Take this into our combo**
- *All about a vertical drive*
- *Straight down, straight up*
- *I know you're ready*
- *Full range – butt to 90 degrees*
- *Triple Extension – ankle, knee and hip all working together for the training effect*
- *Bar down, bend your knees, big plates up*



02. STARRY EYES 5:43mins

3 PLATE FRONT SQUAT WITH OVERHEAD PLATE PRESS

LAYER 1 / LAYER 2

We change to the big plate for Front Squat to focus on driving up the heart rate and athletic power. Coach Layer 1 Position and Execution cues to get everyone moving with focus back to the quads and upper body posture. Remember, the option is to stay with the bar; everyone is in Mid Stance. Once everyone is moving well, participants need Layer 2 cues to help them refine and connect into their movement and the musical feel and Timing, which creates more tension. The key is to give a focus and then allow space for participants to feel and experience this focus. When the combination hits, we add the Overhead Plate Press, adding more intensity to the core and upper body to enhance their athletic power.

- **Mid Stance – feet outside hip-width**
- **Plate to collarbones**
- **Lift chest**
- *Enjoy this – ease back in 3rd round*
- **Let the knees come forward to feel the quads**
- **Butt to 90 degrees**
- *Feel your core – support your back*
- *Shoulders are down and pull the plate into chest for high posture*
- *Slow it down and feel*
- *You know what's coming and we're adding extra as well*
- **Brace core tightly**
- *So bright, shine out*
- *Squeeze glutes, back body training*
- *Overhead Press, give it a try*
- **Elbows forward of face**

4 PLATE FRONT SQUAT WITH OVERHEAD PLATE PRESS

LAYER 3

If you have the bar for the last block – heel – toe wider. The body is fatigued, and this final block will challenge everybody, so the focus is to maximize their results. What will you do to create a great feeling in the room and drive big results and motivation 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; show your love of this training; show you're with them feeling every rep; this really is THE REP EFFECT™ in action!

- *If you've got the bar, go wider*
- *Wow – last round*
- *This is about maximum power*
- *We've all got it inside of us*
- *High chest*
- *Slow it down and feel*
- *Let's kick this one – yes?*
- *This one we do together*
- *Feel the energy, feel the legs*
- *Take hold of it – ready?*
- *Back body, vertical drive*
- *Hips forward and up*
- *Add the Press, feels so good*
- *That's our training; athletic power*
- *Right to the end*

PUMP FACT

Squatting improves our vertical drive.

This requires simultaneous activation of the muscles that extend the hip and knee to thrust the body upwards. Adding a Calf Raise to this movement increases this propulsion as we engage the calf muscles.

Improving vertical drive is a key component of athletic training and development.



03. CHEST

WEIGHT SELECTION

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

MUSCLE FOCUS

Pectorals, triceps and deltoids

TRACK FOCUS

Coach great Timing and Targets of the bar work and Pushups as we overload fast by challenging with the reverse Pushup.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	1½x8 Set up CHEST PRESS	
	0:12	Instr / (Guitar)	3x8 4/4 CHEST PRESS	1½x
	0:24	V1 / Moet et chandon	4x8 3/1 Working from the bottom	4x
	0:39	Br /	¼x8 HOLD at the bottom	
	0:41	Caviar and cigarettes	2x8 3/1 Working from the bottom	2x
	0:49	C / Gunpowder	5½x8 1/1 Working from the bottom	11x
2	1:12	V2 / Avoid complications	4x8 3/1 CHEST PRESS Working from the bottom	4x
	1:27	Br /	¼x8 HOLD at the bottom	
	1:29	Naturally from Paris	2x8 3/1 Working from the bottom	2x
	1:37	C / Gunpowder	4x8 1/1 After the last one, push the bar to the top	8x
	1:54	Br / (Low)	1½x8 TRANSITION: BENCH PUSHUP	
	2:00	Instr / (Low guitar)	4x8 4/4 BENCH PUSHUP Options: Kneeling, on knees or toes	2x
	2:14	Br /	¼x8 HOLD at the top	½x
	2:16	Br /	1x8 4/4 BENCH PUSHUP Options: Kneeling, on knees or toes	½x
	2:21	V3 / Drop of a hat as playful	4x8 2/2 Working from the bottom	4x
	2:39	C / Gunpowder	4x8 1/1 Working from the bottom, after the last one: up and hold	8x



03. CHEST

MUSIC		SEQUENCE/EXERCISE		REPS
3	2:54	1½x8	TRANSITION: Back to bench top for CHEST PRESS	
	2:59 _ In conversation	3x8	3/1 CHEST PRESS Working from the top	3x
	3:11 Br /	¼x8	HOLD at the top	
	3:13 Naturally from Paris	2x8	3/1 Working from the top	2x
	3:21 C / Gunpowder	4x8	1/1 Working from the top	8x
	3:36 Br / (Low)	1½x8	TRANSITION: BENCH PUSHUP	
	3:43 Instr / (Low guitar)	4x8	4/4 BENCH PUSHUP Options: Kneeling, on knees or toes	2x
	3:57 Br /	¼x8	HOLD at the top	
	3:59 Br /	1x8	4/4 BENCH PUSHUP Options: Kneeling, on knees or toes	½x
	4:05 V5 / Drop of a hat as playful	4x8	2/2 Working from the bottom	4x
	4:22 C / Gunpowder	8x8	1/1 Working from the bottom, after the last one: up and hold	16x
			RECOVERY: Shake out arms and open arms wide for Chest Stretch	



03. KILLER QUEEN 5:02mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position set-up to ensure they lift well. Use **NETT** to coach Targets and Timing so participants are moving well, and they can follow the timing successfully. Working from the bottom of the Press creates more intensity, right from the start of the track.

- **Hands wide on the bar**
- *Bar just below the shoulders*
- *Feet hip-width apart, close to bench*
- **Abs braced, lower back towards the bench**
- **Target – middle of the chest**
- *Super slow*
- *Elbows out wide*
- *Start from the bottom – 3, 2, 1*
- **Elbows top of the bench for range**

2 CHEST PRESS / BENCH PUSHUP

LAYER 1 / LAYER 2

First block is short so continue to coach timing, to help your participants to move well, understanding the feel of the music and tension is starting to build. Once you have everyone moving well, help them to get more out of this movement by using Layer 2 cues that explain how to Improve Execution to build more Intensity and pre-fatigue the muscles fast.

- *Resisting from the bottom*
- *Lengthening the muscles to create time under tension*
- *That's what we need to shape and tone the chest*
- *Coming back to the Singles*
- *Tension is on – we have pre-fatigued the muscles*
- *Hold at the top, sit up, bar down*

BENCH PUSHUP

LAYER 1

Coach Position and Execution set-up cues for the Bench Pushup. Use **NETT** to coach Targets and Timing so participants are moving well and help them understand their options towards achieving success. Fatigue kicks in fast as we work from the bottom again to isolate the chest.

- *Back of the bench for Pushups*
- *Start on your knees to get the feel*
- **Hands outside shoulder-width**
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- *Back to the reverse Pushup to isolate the chest*
- *If you want to try on your toes, we are coming into Singles*
- *Can you feel the tension in the chest?*

3 CHEST PRESS / BENCH PUSHUP

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 the end of this block of work.

- *Back to the bench, grab the barbell*
- *From top to bottom this time*
- *Feel the chest expand on the way down*
- *Drive the upper back into the bench for strong, stable lifting*
- *Remember your targets – elbows to bench level*
- *One more chance for Pushups*
- *Music is keeping me going*
- *Big drive through the hands*
- *This is where we go wild – on the Singles*
- *Long set – stay with it*
- *Drive out of the bench*
- *On toes if you can*

PUMP FACT

The strongest shoulder alignment for Chest Presses and Pushups resembles an arrow.

This means that the elbows are slightly below shoulder level, towards the sides of the body, at the bottom range.

This position helps maximize muscle recruitment and avoids impingement as we create more space in the shoulder joint.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more

NEW: Barbell with Chest weight

TRACK FOCUS

Coach how to execute the combination of Deadlift and High Pull using power and momentum. This will help to improve speed under the bar for the Clean & Press.

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05	Intro /	2x8	Set up SET Position
	0:11	V1 / Moved to LA	8x8	2/2 DEADROW (16cts) SET Stance 4x
	0:36	Ref / Moved to LA	8x8	2/2 DOUBLE DEADROW (16cts) 1x 4cts down DEADLIFT (4cts) 2x 1/1 ROW (8cts) 1x 4cts up DEADLIFT (4cts) 4x
1	1:01	Instr / (Drop)	8x8	COMBINATION (16cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts) 1x 1/1 CLEAN & PRESS (8cts) 4x
	1:26	V2 / Used to the weather	8x8	2/2 DEADLIFT 8x
	1:50	Instr / (Low)	4x8	RECOVERY: Bar down, shake out arms, legs and Torso Twists.
	2:03	V3 / Moved to LA	4x8	2/2 DEADROW (16cts) SET Stance 2x
	2:15	Ref / Surf board shorty	4x8	2/2 DOUBLE DEADROW (16cts) 2x
	2:28	Instr / (B up)	4x8	2/2 SIX DEADROW (32cts) 1x 4cts down DEADLIFT (4cts) 6x 1/1 DEADROW (24cts) 1x 4cts up DEADLIFT (4cts) 1x
2	2:40	(Drop)	8x8	COMBINATION (16cts) 4x
	3:05	(Drop)	8x8	1/1 CLEAN & PRESS 8x Option: 4x 1/1 CLEAN & PRESS 4x 1/1 DEADROW
	3:30	V4 / Used to the weather	8x8	2/2 DEADLIFT 8x
	3:55	Instr / (Low)	4x8	RECOVERY: Bar down, shake out arms, legs and Torso Twists.
	4:07	V5 / Moved to LA	4x8	2/2 DEADROW (16cts) SET Stance 2x
	4:19	Ref / Surf board shorty	4x8	2/2 DOUBLE DEADROW (16cts) 2x
	4:32	Instr / (B up)	4x8	2/2 SIX DEADROW (32cts) 1x
3	4:44	(Drop)	8x8	COMBINATION (16cts) 4x
	5:09	(Drop)	8x8	1/1 CLEAN & PRESS 8x
	5:34	Outro /	4x8	RECOVERY: Bar down, shake out arms and legs, Torso Twists.



04. UCLA 5:50mins

TECHNIQUE AND COACHING

1 DEADROW / DOUBLE DEADROW / DEADLIFT / HIGH PULL / CLEAN & PRESS

LAYER 1

Coach how to execute all the moves in this block using Position and Execution set-up cues for clarity. This brings focus on developing great lifting technique to start the track strongly. Only say what you need to say so messages are heard.

DEADROW

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

DOUBLE DEADROW

- *Deadrow, 2 Pulls*
- *Long back, elbows in*
- *Time to ignite the back of the body*

DEADLIFT / HIGH PULL / CLEAN & PRESS

- *1 Deadlift, 1 High Pull, 1 Clean & Press*
- *Bar to knee*
- *Bar to lower chest*
- *Catch and press*
- **Lift the heels** on the high pull
- **Squeeze glutes**
- **Brace the abs as you press the bar**
- **Drive the hips forward and up** on the high pull
- **Bar stays close to the body**
- **Hips back as you catch**

DEADLIFT

- *Slow it down*
- **Abs braced and chest lifted**
- **Bar to top of knees**
- *Press the bar into the thighs*
- *Can you feel your back muscles engage?*
- *Hold, bar down and shake out arms*

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

LAYER 2

This is a repeat of the first block with more reps. You have opportunities to bring in Layer 2 focuses; like maintaining great posture (squeezing shoulder blades together creates scapula engagement for intensity in upper back) to help improve their Execution and extra stability focuses to the Double Deadrow. The combination has added Clean & Presses in this block, so you have time to coach the focus of creating power – building momentum in the High Pull to jump under the bar fast.

DEADROW

- *Knees, belly, knees and stand*
- *Use your core brace to control the timing*
- *Squeeze the shoulder blades together*

DOUBLE DEADROW / SIX DEADROW

- *Let's add on*
- *2 down, 2 Row*
- *Start to roll your shoulders back to set fire to the posterior chain*
- *6 Rows*
- *Feel the pressure building in the upper back*
- *Combo coming everyone*

DEADLIFT / HIGH PULL / CLEAN & PRESS

- *Come with us*
- *Deadlift, high and get under the bar*
- *Lift heels and put it together*
- *Get low to get under the bar*
- *We use momentum to drop quickly*
- *Quick elbows to catch and drive the bar*
- *Looking good*

CLEAN & PRESS

- *We stay on the Clean & Press*
- *Use the hips*
- *Hip drive for power*
- *Use the legs*

DEADLIFT

- *Just when we thought it was over*
- *Hang on now, active recovery*
- *Squeeze out the last little bit of the back body*



04. UCLA 5:50mins

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

LAYER 2 / LAYER 3

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 everyone to explore their own mastery. Empower everyone 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 it to have a voice, as we know the music drives the motivation and enjoyment of the workout.

- *We are looking to get quick under the bar in the combination*
- *Let's ride this one all the way home*
- *Functional everyday muscles*
- *Pull for 6*
- *So remember, speed under the bar*
- *Hips drop*
- *Pull the hips forward and up under bar*
- *Generate the speed under the bar*
- *Clean & Press*
- *Dial in for 6 more reps*
- *Hips and legs*
- *Big finish*

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 that's music, voice (tone and pace) and actions (body and face)! Do it your way...

PUMP FACT

One of the key components of improving the Clean & Press is to develop speed. This allows us to use momentum to move the bar creating phases where the bar feels 'weightless'.

A lot of this speed comes from maximizing hip drive, where the hips drive up and forwards using the big muscles of the glutes to create momentum.

The Deadlift and High Pull create a great opportunity to focus on developing hip drive so that we get to the Clean & Press we are more efficient and explosive in our movement pattern.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: 1x large plate / 1x medium plate

NEW: 1x medium plate / 1x small plate

TRACK FOCUS

Clearly coach Position and Execution set-up for all the tricep exercises, along with options for all fitness levels so everyone feels successful. Connect your participants to the music and challenge them to stay in the Pushups for athletic results.

MUSCLE FOCUS

Standing and Kneeling Tricep O/H Extensions: Triceps

Tricep Kickback: Triceps

Tricep Pushup: Triceps, anterior deltoids, pectorals

Plank: Rectus abdominis, Obliques

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up STANDING O/H TRICEP EXTENSION	
	0:10	V1 / I gave you soft	8x8	2/2 STANDING O/H TRICEP EXTENSION SPLIT Stance	8x
	0:30	PC / I live my life	4x8	1/3	4x
	0:39	C / Hustle me	8x8	1/1 SET Stance	16x
2	0:59	V2 / A boy like you	2x8	TRANSITION: KNEELING BENCH TRICEP KICKBACK L	
	1:04	Oh no oh oh	6x8	2/2 KNEELING BENCH TRICEP KICKBACK L	6x
	1:19	PC / I live my life	4x8	1/3	4x
	1:29	C / Hustle me	8x8	1/1	14x
				Use last 8cts to transition to BENCH TRICEP PUSHUP	
	1:49	V3 / Cause it won't do no	8x8	COMBINATION 1 (16cts) 1x 2/2 BENCH TRICEP PUSHUP (8cts) 1x WALKING FOOT PLANK L, R (8cts)	4x
	2:08	_ So now you've	4x8	COMBINATION 2 (16cts) 1x 2/2 BENCH TRICEP PUSHUP (8cts) 1x SLOW JUMP FEET OUT AND IN PLANK (8cts)	2x
	2:17	Br /	1½x8	HOLD	
	2:19	C / Hustle me	4x8	COMBINATION 3 (8cts) 1x 1/1 BENCH TRICEP PUSHUP (4cts) 1x QUICK JUMP FEET OUT AND IN PLANK (4cts)	4x
	2:29	Hustle me	4x8	COMBINATION 4 (8cts) 1x 1/1 BENCH TRICEP PUSHUP (4cts) 2x FAST JUMP FEET OUT AND IN PLANK (4cts) Use the last 8cts to transition to a KNEELING O/H TRICEP EXTENSION	3x
	2:39	Rep / Hustle me	8x8	1/1 KNEELING O/H TRICEP EXTENSION	16x



05. TRICEPS

	MUSIC		SEQUENCE/EXERCISE	REPS
	2:59	V4 / A boy like you	2x8	TRANSITION: KNEELING BENCH TRICEP KICKBACK R
	3:04	Oh no oh oh	6x8	2/2 KNEELING BENCH TRICEP KICKBACK R 6x
	3:19	PC / I live my life	4x8	1/3 4x
	3:29	C / Hustle me	8x8	1/1 14x
3	3:49	V5 / Cause it won't do no	12x8	COMBINATION 2 Option: COMBINATION 1
	4:17	Br /	1½x8	HOLD
	4:19	C / Hustle me	8x8	COMBINATION 4 Option: COMBINATION 3 Use the last 8cts to transition to a STANDING O/H TRICEP EXTENSION
	4:39	Rep / Hustle me	8x8	1/1 STANDING O/H TRICEP EXTENSION 16x
				RECOVERY: Shake out the arms. Tricep Stretches



05. HUSTLE 5:00mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution set-up 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.

- Split Stance
- Bend the knees
- **Brace core**
- Elbows are forward of the face
- **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
- Let's start the isolation – all the way down, single time

2 BENCH TRICEP KICKBACK / BENCH TRICEP PUSHUP / KNEELING OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

BENCH TRICEP KICKBACK

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

BENCH TRICEP PUSHUP

- Hands shoulder-width apart
- On knees or toes
- **Brace abs**
- **Chest to elbow-level height**
- Watch my feet – walk out in out in
- **Elbows in and back** on the pushup
- Options – knees on the floor or bring the knees in closer
- Option to add a little Jump
- Small Jump out, small Jump in
- Faster
- Down up, out in
- What about a bit of speed?
- 2 Jacks
- You choose: Jump, walk or hold

KNEELING OVERHEAD TRICEP EXTENSION

- Grab big plate, on your knees, Overhead Extension
- All the way down, all the way up
- Squeeze your glutes for stability
- Brace the core
- Drop the shoulders down – that way, we get all the isolation into the arms
- How does it feel?



05. HUSTLE 5:00mins

3 BENCH TRICEP KICKBACK / BENCH TRICEP PUSHUP / STANDING OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

Another block of Kickbacks, Pushups 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 reach the finish line – what will you do and say to help participants cross that line?

- *Other arm*
- *Back to the Kickbacks, square the body to the front again*
- *Keep the elbow high*
- *The higher you keep the elbow, the more isolation*
- *6 more – stay in the work*
- *Pushups – Jump, walk, on knees or toes*
- *Ultimate challenge – to get the athletic body, be on the toes if you can*
- *Elbows to ribs*
- *Head of the shoulder pulls back*
- *Chest to elbow level*
- *Brace core tightly*
- *Hustle time!*
- *Do your best*
- *1 more Pushup then grab your big plate and come up to standing*
- *Overhead Extension*
- *Full range*
- *We are all hustling you*
- *Do your best*

PUMP FACT

Jumping the feet out and in while holding a Plank can help with triceps activation.

To stabilize the upper body while performing this exercise, we turn the elbows to face down the bench to engage the lats and the rotator cuffs. This is the same stability and alignment we need when executing the Tricep Pushups. So, focusing on this in the Plank position can help increase tricep engagement when we get to the Pushups.



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 /	4x8	Set up SET Position
	0:18	Instr / (Violin)	4x8	4/4 BICEP CURL SET Stance 2x
	0:31	V1 / Daily routine	4x8	2/2 SPLIT Stance 4x
	0:44	Okay calm down	4x8	1/3 4x
	0:58	PC / Hide n seek	8x8	1/1 BICEP ROW SET Stance 8x
	1:24	I'm a beast	4x8	4/4 BICEP CURL 2x
	1:38	_ There we go	4x8	3/1 4x
	1:51	Instr / (Heavy)	8x8	COMBINATION 1 (8cts) 8x 1x 1/1 BICEP CURL (4cts) 1x 1/1 MID-RANGE BICEP CURL (4cts)
	2:17	I'm a beast	8x8	COMBINATION 2 (16cts) 4x 3x MID-RANGE PULSE (8cts) 1x 1/1 BICEP ROW (8cts)
	2:44	Instr / (Low)	8x8	4/4 BICEP CURL SET Stance 4x OPTIONAL RECOVERY: Bar down, for 2x reps shake out arms and pick up bar for last 2 reps
2	3:10	V2 / Okay calm down	4x8	2/2 SPLIT Stance 4x
	3:23	I'm a beast	4x8	1/3 4x
	3:37	Instr / (Upbeat)	4x8	3/1 SET Stance 4x
	3:50	I'm a beast	12x8	COMBINATION 1 (8cts) 12x
	4:29	I'm a beast	12x8	COMBINATION 2 (16cts) 6x
	5:09	Outro / (Low)	8x8	4/4 BICEP CURL 4x
				RECOVERY: Bar down, shake out arms. Bicep Stretches



06. DIES IRAE 5:39mins

TECHNIQUE AND COACHING

1 BICEP CURL / PLATE CURL

LAYER 1

Use Layer 1 Position and Execution cues to get your participants moving with the great Timing and Range hooking them into the feel and strength of the song.

BICEP CURL

- **Split Stance**
- *Super slow*
- *2/2 easy*
- **Bar to shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Shoulder blades down into the back ribs*
- *1 single, 1 Mid-Range*
- *Building intensity*
- **Chest lifted**
- **Abs braced**
- *3 Mid-Range Pulse and 1 Bicep Row*

BICEP ROW

- **Bar to knees**
- **Bar to ribcage**
- *Hips back as you row*
- **Lift the chest**
- **Lock the core**

2 BICEP CURL / BICEP ROW

LAYER 2 / LAYER 3

It's a game of halves with this second block slightly longer. Fatigue is starting to kick in. 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 the strong platform in the posture to load effectively. The song is smooth, cool and building – feel it and be in the song physically and show your enjoyment of training the biceps!

- *You have the choice to put the bar down*
- *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 the tension for as long as you can creates lean, fat-burning muscles*
- *Steady and stable*

PUMP FACT

To increase tension in the bicep, the plate or bar arcs away from the body.

This increases the lever length, forcing the biceps to work harder. The key is to keep the elbows locked into mid-line and to avoid hunching the upper back and rounding the shoulder blades.



07. LUNGES

WEIGHT SELECTION

1x small / large plate
Option: Body weight

MUSCLE FOCUS

Squat and Lunge: Glutes and quadriceps

TRACK FOCUS

Clearly coach the Timing for the Side Squat and Backward-Stepping Lunge combinations, along with the focus on staying low for tension and to shape the legs fast.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Intro /	4x8	Set up BENCH PLATE FRONT SQUAT MID Stance Plate at collarbone	
	0:17 V1 / Candela _	4x8	2/2 BENCH PLATE FRONT SQUAT MID Stance	4x
	0:30 _ Si te pica	10x8	1/1/1/1 ALT BENCH BACKWARD-STEPPING LUNGE L, R (16cts) R leg steps B first	5x
	1:02 Instr / (Heavy)	8x8	3x PULSE ALT BENCH BACKWARD-STEPPING LUNGE L, R (16cts)	4x
2	1:28 Br / _ Oye bonita	3½x8	TRANSITION: R side of bench, ready for BENCH PLATE FRONT SQUAT MID Stance	
	1:38 Tu fal dita	8x8	4/4 BENCH PLATE FRONT SQUAT MID Stance	4x
	1:55 _ Si te pica	10x8	COMBINATION 1 (16cts) 1x 1/1/1/1 BENCH BACKWARD-STEPPING LUNGE L (8cts) Step R leg B 1x 1/1/1/1 BENCH SIDE SQUAT R (8cts) Step R leg off bench	5x
	2:27 Instr / (Heavy)	12x8	COMBINATION 2 (16cts) 3x PULSE BENCH BACKWARD-STEPPING LUNGE L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) Step R leg B 3x PULSE BENCH SIDE SQUAT R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) Step R leg off bench Transition plate to R hand on last 2cts	6x
	3:06 (Low)	8x8	1/1 BENCH BACKWARD-STEPPING LUNGE L Step R leg B, plate in R hand, L arm out for balance Option: R Knee Lift for last 8x reps	16x



07. LUNGES

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:31 Br / _ Oye bonita	3½x8	TRANSITION: L side of bench, ready for BENCH PLATE FRONT SQUAT MID Stance	
	3:41 Tu fal dita	8x8	4/4 BENCH PLATE FRONT SQUAT MID Stance	4x
	3:58 _ Si te pica	10x8	COMBINATION 1 (16cts) 1 x1/1/1/1 BENCH BACKWARD-STEPPING LUNGE R (8cts) Step L leg B 1x 1/1/1/1 BENCH SIDE SQUAT L (8cts) Step L leg off bench	5x
3	4:31 Instr / (Heavy)	12x8	COMBINATION 2 (16cts) 3x PULSE BENCH BACKWARD-STEPPING LUNGE R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) Step L leg B 3x PULSE BENCH SIDE SQUAT L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) Step L leg off bench Transition plate to L hand on last 2cts	6x
	5:09 (Low)	8x8	1/1 BENCH BACKWARD-STEPPING LUNGE R L leg steps B, plate in L hand, R arm out for balance Option: L Knee Lift for last 8x reps RECOVERY: Shake out the legs, Quadricep Stretches	16x



07. PICA 5:41mins

TECHNIQUE AND COACHING

1 BENCH PLATE FRONT SQUAT / BACKWARD-STEPPING LUNGE

LAYER 1

Use simple cues to coach Position and Execution of the Front Squat and Backward-Stepping Lunge. Focus on early pre-cues so everyone achieves success. To make the cues land, think one cue at a time so you keep everyone with you, and this allows participants to explore their own technique to maintain great posture!

BENCH PLATE FRONT SQUAT

- *Start on the bench*
- **Feet Mid Stance** – outside hip-width
- *Plate on the collarbones*
- **Elbows in and chest up**
- **Hips back and down**
- **Abs braced**

BACKWARD-STEPPING LUNGE

- *Left leg then switch*
- **Long step back**
- *Back knee down, front knee out*
- **Brace abs and keep chest lifted**
- **Hips and shoulders square to front**
- *We speed up for Triple Pulse Lunge*
- **Front thigh parallel to the floor**
- *Stay low in the bottom range of the Lunge*
- *Keep the chest lifted*

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

LAYER 1 / LAYER 2

Be super clear with direction changes of the exercises so everyone can follow easily. Offering Layer 2 coaching focuses helps participants to 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 your participants deepens and you involve them in the experience.

BENCH PLATE FRONT SQUAT

- *Step to the left side of the bench*
- *Back to Squat – Mid Stance*
- *Start to sink the **hips back to just above knee line***
- *Feel the posture lifted*
- *Feel the quads starting to work*

BACKWARD-STEPPING LUNGE / BENCH SIDE SQUAT

- *Step left leg into Lunge*
- *Step side into Squat*
- *Back knee down on the Lunge*
- *Front thigh parallel*
- **Butt to top of knee line on the bench for the Squat**
- *We've got the range*
- *Same pattern – this time, Triple Pulse and Plate Press*
- *Long step back*
- *Step wide*
- *Elbows forward of face if using the plate*
- *As we step in, can we stay low to intensify?*
- *Option to not push your plate to rest the shoulders if needed*

BACKWARD-STEPPING LUNGE

- *Plate in the left hand*
- *Single Lunges*
- *Arm out to balance*
- *Long Lunge and Tap*
- *Add more intensity, lift the knee*
- *Keep the chest lifted as you Lunge*
- *Drive out of the heel*
- *Use the abs to pull the knee up*



07. PICA 5:41mins

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

LAYER 2 / LAYER 3

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

- *Right side of the bench*
- *Mid-Stance Squat – slowly*
- *Staying low to stay in the tension is the focus*
- *Right leg Lunge*
- *Right leg Squat*
- *We step and we drop*
- *Hold on to the full range*
- *We train muscular endurance*
- *Pulses and Presses*
- *Sit into the legs*
- *Use the bench*
- *The bench allows us to get a deeper range of motion*
- *Shape the legs*
- *Plate in the right hand*
- *Burn in the booty*
- *Crush the bench!*

PUMP FACT

When squatting with one foot on the bench, the range of motion is determined by the hip and knee angle of the side that is on the bench.

This will create an extra challenge in the trunk stabilizers to enable the spine to remain in neutral with the different leg angles. The key is to coach a strong ab brace to keep the hips square to the front– particularly at the bottom of the range.

This teaches the core to control our trunk position with uneven loading, which ultimately will help reduce the likelihood of injury.



08. SHOULDERS

WEIGHT SELECTION

2x small to medium plates

TRACK FOCUS

Clearly coach the Position and Execution set-up of the exercises for good technique so they can keep tension on the muscles for the entire track. Educate your participants on the benefits of this training so they stay connected to 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 /	4½x8	Set up SET Position	
	0:22	Instr / _ Oh my	8x8	COMBINATION 1 (16cts) 1x 2/2 STANDING FORWARD RAISE (8cts) 1x 2/2 STANDING SIDE RAISE (8cts)	4x
	0:52	(Beat)	8x8	COMBINATION 2 (8cts) 1x 1/1 STANDING FORWARD RAISE (4cts) 1x 1/1 STANDING SIDE RAISE (4cts)	8x
2	1:22	_ Turn off my	4x8	2/2/2/2 STANDING REAR DELTOID RAISE (16cts)	2x
	1:37	_ Oh my	4x8	1/1/1/1 (8cts)	4x
	1:52	_ Do it again	4x8	3x STANDING REAR DELTOID RAISE (16cts)	2x
	2:07	(Wind-up)	4x8	7x STANDING REAR DELTOID RAISE (32cts) <i>Stand up tall on last 2cts</i>	1x
	2:22	(Beat)	4x8	1/1 STANDING MAC RAISE L, R (8cts)	4x
	2:37	(Synth melody)	4x8	1/1 STANDING SIDE RAISE	8x
	2:52	(Synth pulse)	4x8	1/1 STANDING MAC RAISE L, R (8cts)	4x
	3:07	(Synth melody)	4x8	1/1 STANDING SIDE RAISE	8x
3	3:22	_ Turn off my	4x8	2/2/2/2 STANDING REAR DELTOID RAISE (16cts)	2x
	3:37	_ Oh my	4x8	1/1/1/1 (8cts)	4x
	3:52	_ Do it again	4x8	3x STANDING REAR DELTOID RAISE (16cts)	2x
	4:07	(Wind-up)	4x8	7x STANDING REAR DELTOID RAISE (32cts) <i>Stand up tall on last 2cts</i>	1x
	4:22	(Beat)	4x8	1/1 STANDING MAC RAISE L, R (8cts)	4x
	4:37	(Synth melody)	4x8	1/1 STANDING SIDE RAISE	8x
	4:52	(Synth pulse)	4x8	1/1 STANDING MAC RAISE L, R (8cts)	4x
	5:07	(Synth melody)	4x8	1/1 STANDING SIDE RAISE	8x
				RECOVERY: Shake out arms, roll shoulders. Shoulder Stretches	



08. DO IT AGAIN 5:26mins

TECHNIQUE AND COACHING

1 STANDING FORWARD RAISE / STANDING SIDE RAISE

LAYER 1

- Plates up
- **SET Stance**
- Front Raise 2/2
- **Chest lifted**
- **Abs braced**
- **Plates to shoulder height**
- Feeling some heat in the front of the shoulders

SIDE RAISE

- Open and close
- 90 degrees
- **Lead with the elbows**
- **Elbows stop just under shoulder line**
- **Brace abs and lift chest**
- Lock down through the feet to feel stability

2 STANDING REAR DELTOID RAISE / MAC RAISE / STANDING SIDE RAISE

LAYER 1 / LAYER 2

Block 1 is short so continue to focus on Timing, Targets and range for all exercises so your class is moving with great execution. The key to isolating the muscles is to keep the shoulder blades down into the back ribs to create a high chest and maintain great posture. Use Layer 2 cues to help Improve Execution and start to Manipulate the Intensity as the overload builds fast, along with fatigue.

STANDING REAR DELTOID RAISE

- **Tip from the hip**
- **Chest up**
- **Abs braced**
- Elbows high and wide
- **Squeeze shoulder blades together**
- Pull the elbows out super wide
- Stay for 3
- Starting to feel heat in the back of the shoulders
- Stay down for 7
- Create a pathway for the combination

MAC RAISE

- Mac Raise coming
- Front, back and side
- **Rotation in the upper body**
- **Hips square to front and abs braced**
- Pull the elbows back to get the rear deltoid
- Knees soft
- Can you glide your plates into the air?
- I see some amazing shoulders out there

STANDING SIDE RAISE

- Keep the targets – just under shoulder
- Lead with elbows
- So nice we're going to do it twice
- Feeling the heat

3 STANDING REAR DELTOID RAISE / MAC RAISE / STANDING SIDE 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 this tension and isolation. How will you connect and motivate your participants to the end of this block?

- Rear Raise – slowly
- Let's do it all again
- Elbows high and chest lifted
- Squeeze into the shoulder blades
- Isolate into the rear shoulders
- Brace core hard to lock it down to isolate more
- Twist from the chest on the Mac Raise
- Pull and lift
- 60 seconds under tension
- You've got this
- Reach and lift

PUMP FACT

Stability in Forward Raises, Side Raises and Mac Raises is largely determined by our upper back position.

Keeping the sternum or chest bone high sets the shoulder blades and upper back so that when we perform these exercises we have a firm anchor from which the primary muscles can pull from. Without this we can detect 'give' in our shoulder blade position which can result in impingement at the shoulder.



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 know the exercises, help them understand how to increase or decrease intensity.

MUSCLE FOCUS

Hip Bridge: Glutes

Bicycle Crunch: Rectus abdominis, obliques

Shoot Out: Lower and rectus abdominis

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up HIP BRIDGE Option: Plate on lap	
	0:14	V1 / Oh , you're the	4x8 2/2 HIP BRIDGE Option: ALT SINGLE-LEG HIP BRIDGE	4x
	0:32	PC / I got all I need	4x8 1/1/2 Fingertips to temples on last 2cts	4x
	0:50	C / La la la la la	4x8 COMBINATION (8cts) 3x 1/1 BICYCLE CRUNCH (4cts) L, R, L HOLD 3x 1/1 BICYCLE CRUNCH (4cts) R, L, R HOLD	4x
2	1:08	V2 / Hey follow me	4x8 2/2 HIP BRIDGE	4x
	1:26	PC / I got all I need	4x8 1/1/2 Option: ALT SINGLE-LEG HIP BRIDGE	4x
	1:44	C / La la la la la	4x8 COMBINATION (8cts)	4x
3	2:02	V3 / When the sun	2x8 TRANSITION to C-CRUNCH position, knees above hips, plate to forehead, hold crunch up	
	2:12	When the sun	2x8 4/4 SHOOT OUT	1x
	2:21	PC / I got all I need	4x8 1/1/2	4x
	2:39	C / La la la la la	4x8 1/1	8x



09. NO NEW FRIENDS 2:59mins

TECHNIQUE AND COACHING

1 HIP BRIDGE / BICYCLE CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution set-up of the Bridge and Bicycle Crunch with clear Timing and Target cues.

HIP BRIDGE

- *Feet in close to glutes*
- *Anchor the shoulders down*
- *Choose Double or Single leg Hip Bridge*
- ***Squeeze glutes to lift the hips***
- *Press out of the heels to feel the glutes*
- *Knee drives straight up to the ceiling*
- ***Level hips*** *to the ceiling*

BICYCLE CRUNCH

- *Fingertips to temples*
- *Front, back, stop, back, front, stop*
- ***Turn from the center of the chest***
- ***Brace abs to stabilize hips and pelvis***

2 HIP BRIDGE / BICYCLE CRUNCH

LAYER 2

Coach the Layer 2 Intensity cues to maximize the result and Educate participants on what muscles they are working and why.

- *Focus on driving out of the heels to get the extra work in the hamstrings, glutes and back extensors*
- *Little pause at the top to get the contraction*
- *More rotation if you can*
- *Lift shoulders and shoulder blades*
- *Keep elbows as wide as you can*

3 SHOOT OUT

LAYER 1 / LAYER 2 / LAYER 3

We change the exercises to Shoot Outs to challenge and fatigue the core. Coach with precision, 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 over head*
- ***Press lower back down towards the floor***
- ***Brace abs***
- *Challenge it – there's only 8 to go!*
- *We've done the upper, lower and obliques – all in the mix*



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 / Ooh Ooh	2x8	CHILDS POSE (Facing the front)	
	0:18 V1 / _ We're all layin'	4x8	SEATED HURDLER STRETCH L	
	0:43 _ Water to	4x8	SEATED HURDLER STRETCH R	
	1:08 Ooh ooh	2x8	STANDING O/H STRETCH Arms reach up above head, clasp hands together	
	1:20 Instr / (Drop)	2x8	STANDING QUADRICEP STRETCH L	
	1:33 (Cymbals)	2x8	STANDING QUADRICEP STRETCH R	
2	1:46 V2 / _ Crying	2x8	KNEELING HIP FLEXOR STRETCH R L leg F, R arm lifted up	
	1:58 _ Shine	2x8	KNEELING HIP FLEXOR STRETCH with a TWIST R R hand on L knee, twist across	
	2:10 _ Share out your	2x8	KNEELING HIP FLEXOR STRETCH L R leg F, L arm lifted up	
	2:23 C / Some place	2x8	KNEELING HIP FLEXOR STRETCH with a TWIST L L hand on R knee, twist across	
3	2:35 Ooh ooh	2x8	STANDING CHEST STRETCH Open arms out wide	
	2:48 Instr / (Violin)	1x8	STANDING SHOULDER STRETCH L	
	2:53 _ Miracle	1x8	STANDING SHOULDER STRETCH R	
	3:00 Instr / (Drop)	2x8	STANDING SIDE STRETCH L	
	3:13 (Cymbals)	2x8	STANDING SIDE STRETCH R	
			Shake out arms and legs, SHOULDER ROLLS	



10. MIRACLE 3:55mins

TECHNIQUE AND COACHING

COACHING TIPS

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



45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHTS

Triceps: 1x medium – large plate
Biceps: Barbell with Warm-Up weight or more

MUSCLE FOCUS

Tricep Pushup: Triceps and deltoids
Barbell Bicep Curl: Biceps

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 and 3rd sets are your time to bring intensity, benefits and motivation to this training.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up for BICEP CURL SET Stance	
	0:17	V1 / _ If you scared	8x8 2/2 BICEP CURL SET Stance	8x
	0:41	_ Been down for count	4x8 1/3 Transition to the floor, ready for TRICEP PUSHUP on last 8cts	3x
	0:53	Instr / (Drop)	16x8 COMBINATION 1 (8cts) 1x 1/1 TRICEP PUSHUP (4cts) Options: On toes, knees or kneeling 1x MOUNTAIN CLIMBER L, R (4cts)	16x
2	1:41	V2 / _ No I don't need	2x8 TRANSITION: Stand up, pick up bar – ready for BICEP CURL SET Stance	
	1:47	_ Cuz when	6x8 2/2 BICEP CURL SET Stance	6x
	2:05	V3 / _ I'm just being	8x8 1/3	8x
	2:29	_ Howl at the	8x8 1/1 Transition to the floor, ready for TRICEP PUSHUP on last 4cts	15x
	2:53	Instr / (Drop + Guitar)	8x8 COMBINATION 1 (8cts)	8x
	3:17	(Heavy synth)	8x8 COMBINATION 2 (16cts) 1x TRIPLE PULSE TRICEP PUSHUP (8cts) 3x MOUNTAIN CLIMBER L, R (8cts) Option: COMBINATION 1 8x reps	4x
3	3:41	V4 / _ No I don't need	2x8 TRANSITION: Stand up, pick up bar – ready for BICEP CURL SET Stance	
	3:47	_ Cuz when	6x8 2/2 BICEP CURL SET Stance	6x
	4:05	V5 / _ I'm just being	8x8 1/3	8x
	4:29	_ Howl at the	8x8 1/1 Transition to the floor, ready for TRICEP PUSHUP on last 4cts	15x
	4:53	Outro / (Drop + Guitar)	16x8 COMBINATION 2 (16cts)	8x
			RECOVERY: Shake out arms. Tricep and bicep stretches	



45-MIN FORMAT

05. LONE WOLF 5:45mins

TECHNIQUE AND COACHING

1 BICEP CURL / TRICEP PUSHUP / MOUNTAIN CLIMBER

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 and timing. Give options so everyone knows what success looks like for the Mountain Climbers.

BICEP CURL

- **SET Position**
- **Bring the bar to shoulders and down to thighs**
- **Brace abs and lift chest**
- *3 more and then down to the floor for Pushups*
- *Bar down, body down*

TRICEP PUSHUP / MOUNTAIN CLIMBER

- *1 Pushup, Mountain Climbers R, L, R*
- **Chest to elbow height**
- **Elbows close to ribs**
- **Brace abs**
- *Knees close to floor*
- *Push into the floor and feel the back stabilize*
- *We want a strong foundation to work from*

2 BICEP CURL / TRICEP PUSHUP / MOUNTAIN CLIMBER

LAYER 2

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 successful results. This is the time to start to challenge them – short sets and high intensity.

BICEP CURL

- *Underhand Grip*
- *Set it – Curl it*
- *Pinch in between the shoulder blades*
- *Bend your knees more*
- *Lock in the core – it's a longer set*
- *Lift chest and pull the shoulders back*
- *Shall we wind it up?*
- *Take the rock out of the body*
- *3 more then back to the Pushups*

TRICEP PUSHUP / MOUNTAIN CLIMBER

- *If you start fatiguing, drop to your knees*
- *Back long and straight*
- *Core strong*
- *Triple Pulse Pushup and 6 Mountain Climbers*
- *You can slow down the Climbers and work at your own pace*

3 BICEP CURL / TRICEP PUSHUP / MOUNTAIN CLIMBER

LAYER 3

We repeat Block 2 again. Fatigue is kicking in fast now so bring in your coaching focuses to enhance participants experience. As you prepare your coaching focuses, think: WHAT to say and think about HOW to say them. 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.

- *Grab your bar – we don't want to miss the reps*
- *One more round*
- *Constant tension*
- *Getting the pump now*
- *Stay strong everyone*
- *Wind it up*
- *Hold on – just your arms move*
- *It's not 'can you' – it's 'will you!'*
- *Triple Pulse Pushup and 6 Mountain Climbers*
- *Knees, toes – as long as you are challenging yourself*

PUMP FACT

Alternating between opposing muscle groups helps to keep the intensity high. The design of this track will enable participants to try slightly heavier weights in the bicep training as they super set with the Tricep Pushups.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

Clear set-up of each exercise, along with early pre-cues, is essential for your participants to be able to follow you easily. Coaching focus is on range of motion to integrate the lower and upper body. Drive intensity in the Side Squat and Lunge combination as this is tough and a great opportunity to maximize the results of reaching fatigue.

MUSCLE FOCUS

Squat: Glutes, core, back and shoulders

Lunge: Glutes, quadriceps, core and shoulders

Shoulder Press: Core and shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _ Lay my	4x8 Set up BENCH LOW PLATE SQUAT WIDE Stance	
	0:18	V1 / Bring my soul	8x8 2/2 BENCH LOW PLATE SQUAT WIDE Stance (4cts)	8x
	0:42	Won't you _ pray	8x8 1/3	8x
	1:05	Oh , won't you	8x8 1/1 BENCH LOW PLATE SQUAT CURL (8cts)	8x
	1:29	Instr / (Drop)	8x8 1/1 BENCH LOW PLATE SQUAT PRESS (8cts)	8x
	1:52	(Heavy synth)	8x8 1/1 BENCH LOW PLATE SQUAT PRESS WITH CALF RAISE (8cts) Option: Without Calf Raise	8x
2	2:15	Rep / Oh , won't	2x8 TRANSITION: Set up on L side of the bench, plate at collarbone, ready for a BENCH SIDE SQUAT L	
	2:21	Oh , won't you	6x8 1/2/1 BENCH SIDE SQUAT L with 1/2/1 O/H PLATE SHOULDER PRESS L leg steps off bench	6x
	2:39	Instr / (Fast beat)	8x8 COMBINATION 1 R (16cts) 3x PULSE BENCH BACKWARD-STEPPING LUNGE R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) L leg steps B Step L leg B to bench on last 2cts 3x PULSE PULSE BENCH SIDE SQUAT L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) L leg steps off bench Step L leg B to bench on last 2cts	4x
	3:02	V2 / Pray she don't	8x8 COMBINATION 2 (16cts) 1x 1/2/1 BENCH BACKWARD-STEPPING LUNGE R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) L leg steps B Step L leg B to bench on last 2cts 1x 1/2/1 BENCH SIDE SQUAT L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) L leg steps off bench Step L leg B to bench on last 2cts	4x



45-MIN FORMAT

06. LUNGES/SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:26	Rep / Oh, won't	2x8 TRANSITION: Set up on R side of the bench, plate at collarbone, ready for a BENCH SIDE SQUAT R	
	3:31	Oh, won't you	6x8 1/2/1 BENCH SIDE SQUAT R with 1/2/1 O/H PLATE SHOULDER PRESS R leg steps off bench	6x
	3:49	Instr / (Fast beat)	8x8 COMBINATION 1 (16cts) 3x PULSE L BENCH BACKWARD-STEPPING LUNGE L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) R leg steps B Step R leg B to bench on last 2cts 3x PULSE BENCH SIDE SQUAT L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) R leg steps off bench Step R leg B to bench on last 2cts	4x
3	4:13	_ Pray she don't hear	8x8 COMBINATION 2 (16cts) 1x 1/2/1 BENCH BACKWARD-STEPPING LUNGE L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) R leg steps back. Step R leg B to bench on last 2cts 1x 1/2/1 BENCH SIDE SQUAT R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) R leg steps off bench Step R leg B to bench on last 2cts	4x
	4:36	Outro /	8x8 RECOVERY: Plate down, shake out legs, Quadricep Stretches	



45-MIN FORMAT

06. PRAY 5:04mins

TECHNIQUE AND COACHING

1 BENCH LOW PLATE SQUAT PRESS WITH CALF RAISE

LAYER 1 / LAYER 2

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

1 BENCH LOW PLATE SQUAT PRESS WITH CALF RAISE

- Take a Wide Stance on the bench
- Toes turned out slightly
- Let the plate hang as we squat 2/2
- **Hips sit back and down**
- **Chest stays lifted**
- **Abs braced tightly**
- **Butt to 90 degrees**
- Squat and Curl the plate to collarbones
- Squat, Curl, Squat and stand
- Squat and Press the plate up
- **Elbows forward of the face**
- Option to add a Calf Raise now
- Triple Extension
- Ankles, knees and hips

2 BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / TRIPLE PULSE BENCH BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

LAYER 1

- Move to the right side of the bench
- Rack the plate on collarbones
- 1 Side Squat with your right leg
- Wide Squat
- Add the Plate Press
- **Elbows forward of face**
- **Knees push out over toes**
- **Butt to 90 degrees using the top leg**

TRIPLE PULSE BENCH BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS / TRIPLE PULSE BENCH SIDE SQUAT WITH OVERHEAD PLATE PRESS

LAYER 1

- Combo – Triple Pulse Lunge with right leg
- Triple Pulse Squat
- 1 Lunge, 1 Squat
- **Front thigh parallel on the Lunge**
- **Glutes to 90 degrees in the Squat**
- **Keep pushing the knees out over toes in the Squat**
- From fast we pull back with control
- **Chest lifted and abs braced**
- Absorb the floor as we step

3 BENCH SIDE SQUAT WITH OVERHEAD PLATE SHOULDER PRESS / TRIPLE PULSE BENCH BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE 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 music is a super cool song and will set the scene and build – so use it!

- Shift to the other side
- Plates up
- Step out to the Squat
- Press the plate overhead
- Find the range
- Triple Pulse Lunge
- Drive the heel through the bench
- Can you feel the glutes, quads, shoulders?
- Let's slow it down
- Looking great
- That's your full-body, integrated workout

PUMP FACT

Combining upper body exercises with the Lunge and Squat patterns sparks our muscular slings into action. These are the core muscles that link our lower body to the upper body and are key contributors to functional strength. Single arm patterns, such as an Overhead Press, increase the demands on these muscles because of the uneven loading.



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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.

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OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

