

BODYPUMP

113

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 track over toes
- 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 track over toes
- 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 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



PLATE FRONT SQUAT WITH CALF RAISE AND OVERHEAD PLATE PRESS

Position Setup

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

Execution Setup

- **Hips sit back and down**
- **Knees find 90 degrees**
- **Squeeze glutes, drive hips forward**
- **Drive through balls of the feet**
- **Hips finish under shoulders**
- Drive plate over head
- **Elbows forward of face**
- **Abs braced** as plate moves over head

Layer 2

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



PLATE FRONT SQUAT AND OVERHEAD PLATE PRESS

Position Setup

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

Execution Setup

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





GLOSSARY

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**
- **Bar over shoulders (top position)**

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



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



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**
- Squeeze glutes
- **Lift the heels to initiate the movement**
- **Abs braced, chest up**

Layer 2

- Drive the hips up to power the bar





GLOSSARY

CLEAN & PRESS

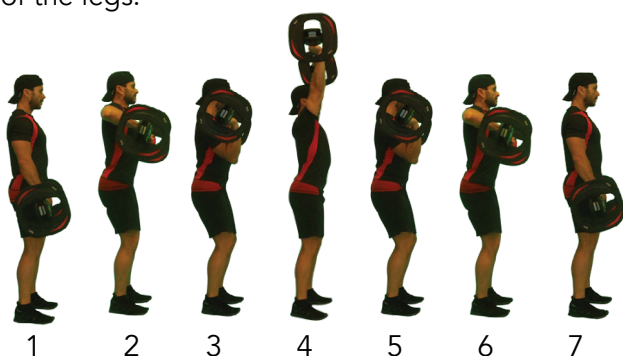
Position Setup

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

Execution Setup

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

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



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

WIDE DEADROW

Position Setup

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

Execution Setup

- From knees to lower ribs
- Squeeze between the shoulder blades

Layer 2

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



BENCH TRICEP PUSHUP

Position Setup

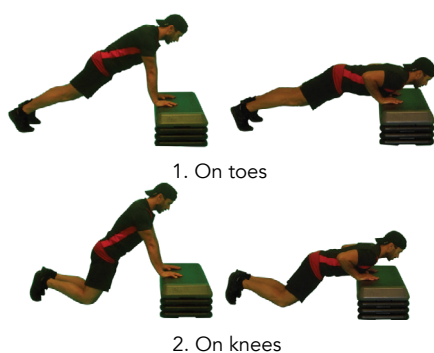
- Hands under shoulders
- Abs braced
- Back long and straight

Execution Setup

- Lower chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor/bench away



1. On toes

2. On knees

BENCH MOUNTAIN CLIMBER

Position Setup

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

Execution Setup

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



KNEELING PLATE OVERHEAD TRICEP EXTENSION

Position Setup

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

Execution Setup

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





GLOSSARY

BENCH TRICEP DIP

Position Setup

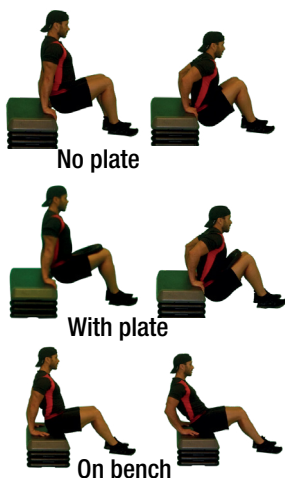
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Setup

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

Follow-up

- Full extension to the top



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

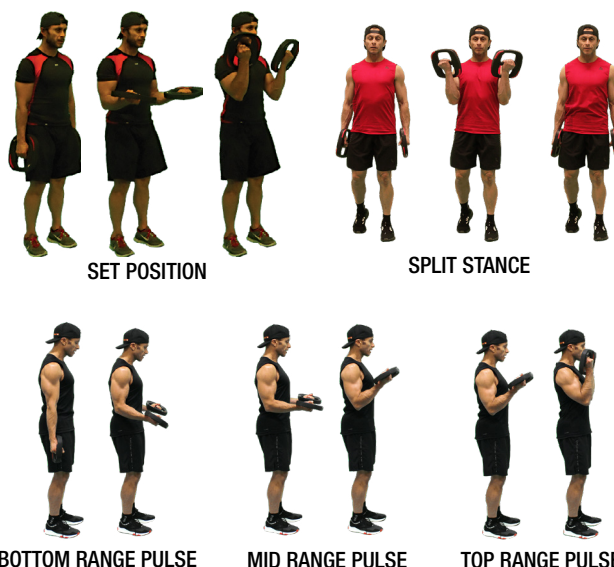
- **Knees soft, Split Stance or SET Position**
- Arms by sides, palms face in, Bicep Plate Curl
- **Chest up**
- **Abs in and braced**

Execution Setup

- Curl upward, rotating plates at 90 degree elbow bend
- **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 forward from the hips**
- **Bar to kneecaps**
- **Pull the bar to ribcage, just under chest**
- Elbows pull high to the back

Layer 2

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





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



BENCH PLATE BACKWARD-STEPPING LUNGE

Position Setup

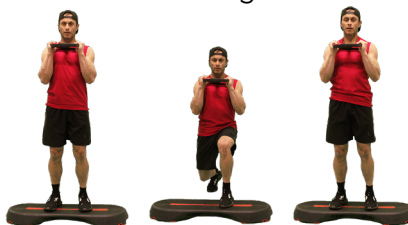
- **Long step back**
- **Feet stay hip-width apart**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Belly in, abs braced and chest up**

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 TAP WITH SINGLE-ARM PLATE ROW

Position Setup

- Come to the right side of your bench
- Hold 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 to front**
- **Slight tip from hip**
- **Brace abs**
- **Keep the chest up**
- Row the plates up to the ribs
- **Squeeze shoulder blades into the spine**

Layer 2

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





GLOSSARY

BENCH PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

Position Setup

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

Layer 2

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



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 tucked 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



STANDING 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



GLOSSARY

STANDING REAR DELTOID FLY

Position Setup

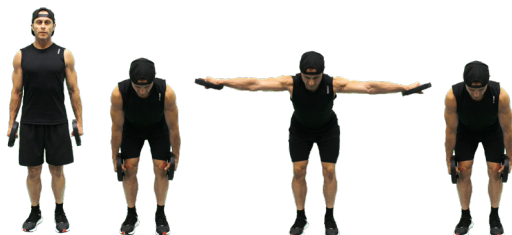
- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, abs braced**
- **Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front**

Execution Setup

- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze between the shoulder blades**
- Aiming for stability

Layer 2

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



STANDING SIDE ROTATOR RAISE

Position Setup

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

Execution Setup

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

Layer 2

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

PUSHUP

Position Setup

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

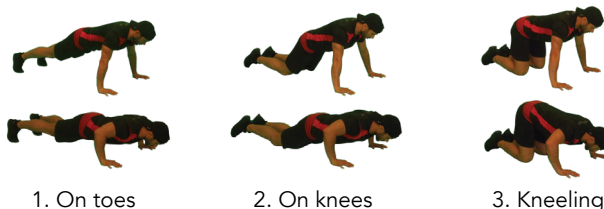
Execution Setup

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

Layer 2

- Push the floor away

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



MOUNTAIN CLIMBER

Position Setup

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

Execution Setup

- **Drive knees towards chest**
- **Hips down**, in line with shoulders
- **Abs braced to keep hips square to floor**
- **Knees close to floor**





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 Crunch position)

Execution Setup

- **Legs extend to the 45 degree**
- **Arms extend over head** (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



HOVER TAP

Position Setup

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

Execution Setup

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

Layer 2

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



SPIDER PUSHUP

Position Setup

- Come into Hover
- Form a diamond shape with fingers
- Knees or toes
- **Brace abs**
- **Back long and straight**

Execution Setup

- Press up through your arms to plank
- Lower down with control
- **Bracing abdominals to stabilize hips**
- To add intensity – add a double press
- Option to come back to singles anytime



SINGLE ARM



DOUBLE ARM



GLOSSARY – 45-MIN FORMAT

TRICEP BENCH WALKING PLANK

Position setup

- Corkscrew hands to the bench
- Knees or toes
- **Abs braced**
- **Elbows tuck in**

Execution setup

- Triple pulse and walk hands down
- **Chest to elbow level**
- **Brace core**



TRICEP BENCH PLYO PUSHUP

Position setup

- Corkscrew hands to the bench
- Knees or toes
- **Abs braced**
- **Elbows tuck in**

Execution setup

- Hands walk down and pop up
- Bend arms to push off the floor
- **Chest to elbow level**
- **Brace core**

Layer 2

- Can you stabilize by pushing through the bench and take the rock out of the body
- More muscle fibres recruited to fitter faster



BENCH LOW PLATE SQUAT

Position Setup

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

Execution Setup

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



BENCH PLATE SQUAT CURL WITH OVERHEAD PLATE PRESS

Position Setup

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

Execution Setup

- **Hips sit back and down**
- **Drop butt to knee line**
- **Chest up, abs braced**
- Squat, curl to press plate over head
- **Elbows forward of face**





GLOSSARY – 45-MIN FORMAT

BENCH PLATE SQUAT CURL

Position Setup

- **SET Position**
- **Abs braced**
- **Feet outside shoulder-width**
- **Chest up**
- **Toes turned out slightly**

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**



BENCH SIDE FRONT SQUAT

Position Setup

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

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 FRONT SQUAT WITH OVERHEAD PLATE SHOULDER PRESS

Position Setup

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

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 over head**
- **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 press out to engage the glutes**





MUSIC

01

When In Rome (5:31)
Gattuso & Damon Sharpe
© 2019 Armada Music B.V.
Written by: Annema, Frankel, Illuz, Kramer, Reina

02

It's Gonna Be Alright (Netsky & t1r Remix) (5:25)
Jon Lemmon
Courtesy of the Universal Music Group.
Written by: Lemmon, Daenen, Edmonds

03

Hope For The Underrated Youth (5:08)
YUNGBLUD
Courtesy of the Universal Music Group.
Written by: Unknown

04

Don't Kill My High (Squalzz Remix) (5:45)
Lost Kings feat. Wiz Khalifa & Social House
© 2019 Disruptor Records/RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Shanholtz, Abisi, Ryan, Cunningham, Franzino, Haas, Bernstein, Juber, Newman, Izquierdo, Lomax , Thomaz, Foster, Anderson

05

Post Malone (5:40)
Sam Feldt feat. RANI
© 2019 SpinninRecords.com
Written by: Hilversum, Kröper, Fetelle, Renders, Lyttle

06

Better As One (4:48)
Toll Taken
© 2020 Les Mills Music Licensing Ltd.
Written by: Swaby, Ellul, Taylor, Page, Hunter

07

When The Lights Go Down (5:55)
DJ Snake
Courtesy of the Universal Music Group.
Written by: Grigahcine

08

It Goes Like (5:44)
Afrojack
© 2019 Wall Recordings.
Written by: van de Wall

09

Mad Love (EXPLICIT) (2:54)
Mabel
Courtesy of the Universal Music Group.
Written by: Purcell, McVey, Mac

10

The Greatest (2:56)
SIX60
© 2019 Massive Entertainment.
Written by: Bogart, Board, Gerbes, Ho, Walters

45-MIN FORMAT

05

UNSTATUS QUO (5:35)
DUCKWRTH
Courtesy of the Universal Music Group.
Written by: Voccia, Brown, Mims, Wesley, Lee

06

Somebody Else (6:04)
Flux Pavilion & GLNNA
© 2019 Circus Records.
Written by: Steele, Gasparian

ALT
09

Take Me Home (2:54)
Tamagotchii
© Black Lotus 2019.
Written by: Langeveld, Faherty



L–R: Marlon Woods, Suzie Szolosi (shadow), Emma Vandenberg, Glen Ostergaard, Lula Slaughter, Victoria Bellino (shadow), Reagan Kang, Jako Misis.

BODYPUMP 113 is athletic, high repetition, light weight resistance training.

In this release, we have dialed up the functional feel of key tracks, which makes the class feel more cardiovascular and muscularly challenging. You will definitely get your heart rate up – so, burning calories, muscle tone and shape are our instant results!

Our Squat track *It's Gonna Be Alright* is cool and uplifting and we use the Squat with Calf Raise to increase the functional and cardiovascular quota. Triple extension of the ankle, knee and hip is pure athletic training!

Slow bar work and isolated Chest Flys cannot be underrated for training tension in the chest muscles, a single Deadlift High Pull prepares the body to Clean and Press smoothly and efficiently in the back work, Mountain Climbers in the Triceps... Mountain Climbers in the Triceps! This pre-fatigues the shoulders and core making our normal tricep exercises feel more difficult than normal!

The Bicep track is pure fun and the message is that life is much better when we come together as one. Dynamic training in the Lunge track with functional rows will stabilize our posterior chain and constant shoulder tension will target the whole shoulder joint with a sprint finish!

This is a modern athletic functional workout that will set the 'future bar' for this amazing program.

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 – Ashlee Young

PRESENTERS

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

Reagan Kang (Malaysia) is a BODYPUMP and LES MILLS GRIT™ Trainer and a BODYCOMBAT™, CXWORX™ and RPM Instructor. He is also a Les Mills Ambassador for BODYCOMBAT, BODYPUMP and LES MILLS GRIT. He is based in Singapore.

Marlon Woods (Australia) is a BODYPUMP and BODYCOMBAT Trainer and a LES MILLS TONE™ Presenter. He is a Les Mills Ambassador for BODYPUMP and BODYCOMBAT. He lives in Sydney and works in a research lab at The University of Sydney.

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

Jako Misis (Australia) is a BODYPUMP, CXWORX, LES MILLS GRIT and RPM Trainer/Presenter. He is based in Sydney.

Emma Vandenberg (Australia) is a BODYPUMP and CXWORX Trainer/Presenter and a BODYBALANCE™/BODYFLOW™ Instructor. She is based in Adelaide.

Special thanks to Suzie Szolosi and Victoria Bellino.



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	39:18

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	24:43

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	39:18

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
B up	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** – Name of Exercise, Timing and Targets throughout the track so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	SET Position	
	0:12	V1 / Lost in the city	4x8	2/2 DEADLIFT SET Stance	4x
	0:28	_ Throw caution	2x8	3/1	2x
	0:36	QC / When in Rome	4x8	2/2 DEADROW (16cts)	2x
	0:51	Rep / When in Rome	4x8	1/1	4x
	1:06	Instr / (Upbeat)	4x8	TRIPLE DEADROW (16cts)	2x
2	1:22	V2 / Start a fire	4x8	2/2 DEADLIFT SET Stance	4x
	1:37	QC / When in Rome	4x8	1/1/2	4x
	1:52	When in Rome	4x8	1/1/2 UPRIGHT ROW	4x
	2:08	Instr / (Upbeat)	4x8	COMBINATION (8cts) 1 x 1/1 DEADLIFT (4cts) 1 x 1/1 HIGH PULL (4cts)	4x
	2:23	QC / When in Rome	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:39	Rep / When in Rome	4x8	1/1 Use the last 4cts to transition bar to SQUAT MID Stance	4x
	2:54	Instr / (Upbeat)	4x8	1/1 SQUAT MID Stance Transition to WIDE Stance on the last 2cts	8x
	3:09	When in Rome	4x8	1/1 SQUAT WIDE Stance Use the last 4cts to transition to SET Position	7x
	3:25	V3 / Start a fire	4x8	2/2 DEADLIFT SET Stance	4x
	3:40	QC / When in Rome	4x8	1/1/2	4x
3	3:55	When in Rome	4x8	1/1/2 UPRIGHT ROW	4x
	4:11	Instr / (Upbeat)	4x8	COMBINATION (8cts) 1 x 1/1 DEADLIFT (4cts) 1 x 1/1 HIGH PULL (4cts)	4x
	4:26	QC / When in Rome	4x8	2/2 CLEAN & PRESS (16cts)	2x
	4:42	Rep / When in Rome	4x8	1/1 Transition bar, ready for LUNGE L on last 4cts, stepping R foot B	4x
	4:57	Instr / (Upbeat)	4x8	1/1 LUNGE L Switch legs, ready LUNGE R on last 4cts, stepping L foot B	8x
	5:12	When in Rome	4x8	1/1 LUNGE R	8x



01. WHEN IN ROME 5:31mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

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

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

BLOCK 1

LAYER 1

For each exercise, coach **NETT** – NAME OF EXERCISE, **TEMPO** and **TARGET ZONES**.

This makes your coaching clear and easy to follow. Eg:

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

BLOCK 2

LAYER 1 / LAYER 2

Block 2 starts with Deadlifts and Upright Rows building into the High Pull combination. Physically we are connecting the lower body to the upper body and mentally preparing this combination for the Back track. This creates a dynamic movement pattern 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, bar close to body*
- **Mid-Stance Squat** – *feet outside hip-width, hips go back and down, chest up, knees press forward, hips to 90 degrees*
- **Wide-Stance Squat** – *feet outside hips, 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. So, it's the perfect opportunity to coach your class on technique reminders to get their bodies ready for the workout ahead. Use 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, front knee over mid-foot*

CONNECTION

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



02. SQUATS

WEIGHT SELECTION

REGULARS: 2 – 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 3 different stances Mid, Wide and Wider, 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

Calf Raise: Gastrocnemius

Overhead Plate Press: Deltoids

	MUSIC		SEQUENCE/EXERCISE		REPS
1	SET UP	0:05 Intro	2x8	Set up SQUAT MID Stance	
		0:12 V1 / _ Let it go	8x8	2/2 SQUAT MID Stance	8x
		0:38 Instr / (Staggered synth)	4x8	COMBINATION 1 (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 SQUAT with CALF RAISE (4cts)	4x
		0:52 (Synth + melody)	4x8	1/1 SQUAT with CALF RAISE (4cts)	8x
2		1:05 Br / (Low)	1x8	TRANSITION to WIDE Stance	
		1:08 V2 / _ Let it go	8x8	2/2 SQUAT WIDE Stance	8x
		1:35 Back , we're comin'	4x8	3/1	4x
		1:48 Back , we're comin'	4x8	1/3	4x
		2:01 Instr / (Staggered synth)	4x8	COMBINATION 1 (8cts)	4x
		2:15 (Synth + melody)	4x8	1/1 SQUAT with CALF RAISE (4cts)	8x
		2:28 (Low synth melody)	4x8	1/1 SQUAT	8x
3		2:41 Br / (Low)	1x8	TRANSITION to WIDER Stance	
		2:45 V3 / _ Let it go	16x8	REPEAT BLOCK 1 WIDER Stance	
4		3:38 V4 / _ Let it go	3x8	TRANSITION: Bar down, pick up heavy plate, ready for PLATE FRONT SQUAT MID Stance. Option to stay with the bar.	
		3:48 _ Feel the warmth	6x8	2/2 PLATE FRONT SQUAT MID Stance	6x
		4:08 Back , we're comin'	4x8	3/1	4x
		4:21 Back , we're comin'	4x8	1/3	4x
		4:34 Instr / (Staggered synth)	4x8	COMBINATION 2 (8cts) 1x 1/1 PLATE FRONT SQUAT (4cts) 1x 1/1 PLATE FRONT SQUAT with CALF RAISE and O/H PLATE PRESS (4cts) If using bar, continue with COMBINATION 1 instead.	4x
		4:48 (Synth + melody)	4x8	1/1 PLATE FRONT SQUAT with CALF RAISE and O/H PLATE PRESS (4cts)	8x
		5:01 (Low synth melody)	4x8	1/1 PLATE FRONT SQUAT and O/H PLATE PRESS	8x
		5:14 Outro	2x8	RECOVERY: Plate down, shake out legs and stretch quadriceps	



02. IT'S GONNA BE ALRIGHT 5:25mins

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 for the participants to follow 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 tension through the upper back
- **Hips sit back and down**
- **Push your knees through the center of the feet** to load the muscles
- **Butt stops just above knee line**; that's your range
- 1 Squat and 1 Heel Lift
- Pull the bar into the upper back to stabilize the upper body
- Squeeze your butt and drive your hips forward and up

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**
- **Knees find 90 degrees**
- The range gives us the intensity – especially in the singles
- Split the floor apart with your feet
- Drive up through the heels and **squeeze glutes**
- Take this into your combo
- All about a vertical drive
- Straight down, straight up
- Let's try and get straight down then straight up
- Full range – butt to 90 degrees
- Triple extension – ankle, knee and hip all working together



02. IT'S GONNA BE ALRIGHT 5:25mins

3 WIDER-STANCE SQUAT

LAYER 1 / LAYER 2

Heel-toe wider for the last round with the barbell. Once everyone is moving well, with great alignment and posture, 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. Keep everyone in the workout, holding them accountable for their range as it's super tough to lift heels in the Wider Stance while fatigued.

- *Heel-toe for Wider Stance*
- **Brace abs and lift chest**
- **Push the hips back further**
- Keep **pressing the knees out** for glute engagement
- **Butt to 90 degrees**
- *Finding the range to stay with the training effect*
- *Feel your core – support your back*
- *Drive out of the floor*
- *Hit the full range*

4 FRONT SQUAT AND OVERHEAD PLATE PRESS

LAYER 1 / LAYER 2 / LAYER 3

We change to the big plate for Front Squat focus to drive our heart rate and athletic power. Remember the option is to stay with the bar; everyone is in Mid Stance, 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 effect! When the combination hits, we add the Overhead Plate Press for more intensity in the core and upper body to enhance athletic power.

- *If you're staying with the bar – everyone in Mid Stance*
- *Bars out – heavy plate for Front Squat*
- **Plate at collarbones**
- *Shoulders are down and pull the plate into chest for high posture*
- **Abs braced**
- **Butt back and down**
- **Hips to 90 degrees**
- **Knees tracking forward** to hit the quads again
- *Dynamic chain working together*
- *Triple extension*
- *Plate Lift and Heel Lift*
- *Thrust the plate through the ceiling*
- *Athletic chain and triple extension*
- *Big cardio hit*
- **Elbows forward of the face**

PUMP FACT

Vertical drive is an important part of athletic conditioning. This track combines a Squat with a Heel Lift to fire up our anti-gravity muscles and improve our vertical propulsion.

When we add the plate lift we are transferring this vertical force from the floor through the core into the upper body. Maximum muscle recruitment for maximum gains.



03. CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or slightly more and 2 medium to heavy plates
NEW: Barbell with Warm-Up weight and 2 light to medium weight plates

TRACK FOCUS

Focus on coaching clarity of execution to achieve precision and intensity in all movements. Be super clear with transitions so you bring participants to fatigue.

MUSCLE FOCUS

Pectorals, triceps and deltoids

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up BENCH CHEST PRESS	
	0:11	V1 / If I left today	8x8	4/4 BENCH CHEST PRESS	4x
	0:35	PC / And just take	8x8	3/1	8x
	0:59	C / Cause there's hope for	8x8	1/1	16x
2	1:25	V2 / _ Every day is an	8x8	2/2 BENCH CHEST PRESS	8x
	1:49	PC / And just take	8x8	3/1	8x
	2:13	C / Cause there's hope for	8x8	1/1	16x
3	2:39	Ref / If I die would you	4x8	TRANSITION: Bar down, pick up plates, ready for a CHEST FLY	
	2:51	If I die would you	5x8	2/2 CHEST FLY	5x
	3:06	QC / Cause there's hope for	4x8	4/4	2x
	3:19	C / Cause there's hope for	8x8	4x SLOW PULSE CHEST FLY (16cts)	4x
4	3:44	Br	1½x8	HOLD	
	3:46	Ref / If I die would you	9x8	2/2 CHEST FLY	9x
	4:13	QC / Cause there's hope for	4x8	4/4	2x
	4:25	C / Cause there's hope for	12x8	4x SLOW PULSE CHEST FLY (16cts) Last one, rise slowly RECOVERY: Plates down, shake the arms and roll the shoulders. Chest Stretch.	6x



03. HOPE FOR THE UNDERRATED YOUTH 5:08mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the position setup to lift well. Use **NETT** to coach Targets and Timing so participants are moving well and they can follow the Timing successfully.

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- Super slow
- Elbows out wide, in line with chest
- **Elbows top of the bench for range**
- Let's open it up
- Stretch and squeeze

2 CHEST PRESS

LAYER 1 / LAYER 2

First block is short so continue to coach execution to make sure participants are moving well, understanding the feel of the music and tension is starting to build. Once you have everyone moving well, help your class to get more out of this movement by using Layer 2 cues that explain how to improve execution to build more intensity and to pre-fatigue the muscles fast.

- *The elbow is in line with the chest*
- *As you fatigue, you will begin to shrug – so focus on keeping the shoulders down away from your ears. This will keep the bar over the chest and protect the shoulders*

3 CHEST FLY

LAYER 1

New exercise – coach Position and Execution set up cues for the Chest Fly with plates. Focus on coaching Targets and Timing, especially the Slow Pulse Chest Fly so participants are moving well and help them understand the movement.

- *Quick transition – bar down, grab your plates*
- **Plates face inwards**
- **Elbows go wide and down** so you feel the chest open
- **Slight bend in the elbows**
- **Keep your elbows just above the bench at the bottom**
- *Squeezing chest to pull plates together at the top, we start to isolate now*
- Pulse 4 times
- Stay in the bottom range
- Pulling the plates down

4 CHEST FLY

LAYER 2 / LAYER 3

Final set on the bench to create isolation. Encourage your class to work for quality reps with good execution no matter what the level is. Layer 3 motivation is unique to you and your class participants – who are they? What do they need today? This comes from knowing your people, their goals and customizing your motivational language to bring them to success!

- *Focus on the elbows moving together to isolate the chest*
- Pulse in the bottom
- Open and close
- Keep the plates in line with the chest

PUMP FACT

Combining the Chest Press with the Chest Fly ensures that we train all 3 heads of the pectoralis major. The fibers arising from the sternum and ribs are major players in the Presses, while those that arise from the collarbones come into play strongly in the Flies.



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 on the Clean & Press.

MUSCLE FOCUS

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

Deadrow: Lats and mid back

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8	Set up SET Position	
				SHOULDER ROLL	1x
	0:18	V1 / _ Who you think	4x8	2/2 DEADLIFT SET Stance	4x
	0:31	C / Don't kill my high	8x8	COMBINATION 1 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	8x
2	0:57	Instr / (Drop)	8x8	1/1 CLEAN & PRESS (8cts) Option: 4x COMBINATION 2 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	8x
	1:22	V2 / No tellin' all the	8x8	2/2 DEADROW (16cts) SET Stance	4x
	1:48	C / Don't kill my high	4x8	COMBINATION 1 (8cts)	4x
	2:01	Instr / (Drop)	4x8	1/1 CLEAN & PRESS	4x
3	2:14	V3 / _ Why you want	8x8	2/2 DOUBLE DEADROW (16cts) 4cts down DEADLIFT (4cts) 2x 1/1 ROW (8cts) 4cts up DEADLIFT (4cts)	4x
	2:40	C / Don't kill my high	4x8	COMBINATION 1 (8cts)	4x
	2:53	Instr / (Drop)	8x8	1/1 CLEAN & PRESS	8x
4	3:19	V4 / _ No tellin' all the	4½x8	RECOVERY: Bar down, shake out arms and legs, torso twists	
	3:34	Now I can	4x8	2/2 DEADROW (16cts) SET Stance	2x
	3:47	C / Don't kill my high	4x8	COMBINATION 1 (8cts)	4x
	4:00	Instr / (Drop)	4x8	1/1 CLEAN & PRESS	4x
5	4:12	V5 / _ Why you want	8x8	2/2 DOUBLE DEADROW (16cts)	4x
	4:38	C / Don't kill my high	4x8	COMBINATION 1 (8cts)	4x
	4:51	Instr / (Drop)	8x8	1/1 CLEAN & PRESS Transition hands wide on the bar, ready for WIDE DEADROW on the last 2cts	8x
	5:17	Outro / (Low)	8x8	7x WIDE DEADROW (32cts) Last one, rise slowly	2x
				RECOVERY: Bar down, shake out arms and legs, torso twists	



04. DON'T KILL MY HIGH 5:45mins

TECHNIQUE AND COACHING

1 DEADLIFT, HIGH PULL, CLEAN & PRESS

LAYER 1

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. Only say what you need to say so your coaching lands.

DEADLIFT

- **SET position** to find your lifting structure
- 2/2 Deadlift
- **Hinge forward from the hips**
- **Abs braced and chest lifted**, shoulder blades towards spine
- **Bar to top of knees**

DEADLIFT, HIGH PULL COMBINATION

- 1 Deadlift, 1 High Pull
- Bar to knee
- Bar to lower chest
- Lead with the elbows
- **Lift the heels**
- **Squeeze glutes**
- **Drive the hips forward and up**
- **Bar stays close to the body**

CLEAN & PRESS

- 8 Clean & Presses
- Pull, catch, drive, catch, reset
- **Brace abs** when you catch
- Option: 1 Clean & Press, 1 Deadrow
- **Bar close to the body**
- Hips go back as you catch

2 DEADROW / DEADLIFT, HIGH PULL COMBINATION / CLEAN & PRESS

LAYER 1 / LAYER 2

We start this block with Rows to isolate and set the posture building into the combination. 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 in 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**
- Breathe, we have 5 rounds in this Back track
- **Tip forward from the hip** – long straight spine
- **Use your core brace** to control the timing
- **Squeeze the shoulder blades** as you pull

DEADLIFT, HIGH PULL COMBINATION

- Back to the combination
- Knees and chest
- Start to feel the power you are generating out of your hips, it powers the Clean & Press

CLEAN & PRESS

- You've got 4 in a row
- Hips go back and then you drive them up and forward
- The hips propel the bar

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

LAYER 2

This third round is super tough. You will need to encourage and motivate participants to hang on before the recovery. Use this block to improve their execution and therefore improve and enhance their intensity.

DOUBLE DEADROW

- Deadlift, 2 Pulls
- Welcome to your strength phase
- Elbows narrow to the ribcage and to the rear
- This will help shape and tone the mid and upper back

DEADLIFT, HIGH PULL COMBINATION

- Power phase
- Single Deadlift and High Pull
- Feel the bar float
- Use your legs and hips to drive the bar up
- Load and explode

CLEAN & PRESS

- Use the hips to drive power
- Fast elbows to get under your bar fast
- Use the legs



04. DON'T KILL MY HIGH 5:45mins

4 / 5 DOUBLE DEADROW / DEADLIFT, HIGH PULL COMBINATION / CLEAN & PRESS / WIDE DEADROW

LAYER 2 / LAYER 3

Quick shake out and then back 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. Empower participants by giving them the benefits of the movements – the WHY! Show your love of the workout through genuine physical role-modeling of working out to music. Lastly, find the balance so you are actually team-teaching with the music. This allows the music to have a voice, as we know the music drives the workout's motivation and enjoyment.

- *Bar down, shake it off, 2 minutes and 2 rounds to maximize your training*
- *Squeeze in the back*
- *Reset posture and reset the mind*
- *That triple extension accelerates our power and speed*
- *Shall we test it out?*
- *Speed and power, move quickly*
- *Stable in the base to isolate*
- *Here's our last training block*
- *We are ramping*
- *Are we ready?*
- *8 Clean & Presses*
- *Drop under your bar*
- *Fast elbows, squat faster*
- *Drop, power, catch, SET*
- *Wide Row – 7 reps*

PERFORMANCE

This track has great contrast with many builds. By only coaching what you need to it 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

The rhomboids and mid trapezius muscles are located between our shoulder blades and are an important component when performing Rows. They squeeze (retract) the shoulder blades as the bar moves towards the body. These muscles are important stabilizers of the shoulder girdle and allow us to create a strong platform when training the upper body.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: 1 medium to large plate

NEW: 1 small to medium plate

TRACK FOCUS

Clearly coach position and execution setup for all the tricep exercises, along with options for all fitness levels so everyone feels successful. Connect your participants with the music and challenge them to stay in the Pushups for athletic results.

MUSCLE FOCUS

Tricep Pushup: Triceps, anterior deltoid, pectoralis major

Mountain Climber: Triceps, deltoids, rectus abdominis and hip flexors

Kneeling Plate Overhead Tricep Extensions and Bench Tricep Dips: Triceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	1x8	Set up BENCH TRICEP PUSHUP	
	0:10	V1 / One more drink	6x8	SLOW BENCH TRICEP PUSHUP COMBO (16cts) 1x 2/2 BENCH TRICEP PUSHUP (8cts) 1x SLOW MOUNTAIN CLIMBER L, R (8cts)	3x
	0:36	C / Tonight we go all night	4x8	FAST BENCH TRICEP PUSHUP COMBO (8cts) 1x 1/1 BENCH TRICEP PUSHUP (4cts) 1x FAST MOUNTAIN CLIMBER L, R (4cts)	4x
	0:53	Instr / (Synth)	4x8	RUNNING MOUNTAIN CLIMBER L, R (2cts)	16x
2	1:10	Br	1/2x8	TRANSITION to a KNEELING PLATE O/H TRICEP EXTENSION	
	1:13	V2 / See the ocean	6x8	PLATE COMBINATION (16cts) 1x 2/2 KNEELING PLATE O/H TRICEP EXTENSION (8cts) 2x 1/1 KNEELING PLATE O/H TRICEP EXTENSION (8cts)	3x
	1:39	C / Tonight we go all night	4x8	1/1 KNEELING PLATE O/H TRICEP EXTENSION	8x
	1:56	Instr / (Synth)	4x8	2x PULSE KNEELING PLATE O/H TRICEP EXTENSION (4cts)	8x
	2:13	Br	1/2x8	TRANSITION to BENCH TRICEP DIP . Take time to set up and use first 1 or 2 reps to transition	
	2:15	QC / Tonight we go all night	4x8	1/1 BENCH TRICEP DIP Option: Sit on bench	8x
3	2:32	Instr / (Synth)	4x8	2x PULSE BENCH TRICEP DIP (4cts) Option: 8x 1/1 BENCH TRICEP DIP	8x
	2:50	Br	1/2x8	TRANSITION to BENCH TRICEP PUSHUP	
4	2:52	V3 / _ One more	15x8	REPEAT BLOCK 1	
	3:56	V4 / _ See the ocean	23x8	REPEAT BLOCK 2 RECOVERY: Shake out arms, Tricep Stretches	



05. POST MALONE 5:40mins

TECHNIQUE AND COACHING

1 BENCH TRICEP PUSHUP AND MOUNTAIN CLIMBER

LAYER 1

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

BENCH TRICEP PUSHUP AND MOUNTAIN CLIMBER

- Hands shoulder-width apart
- On knees or toes
- **Brace abs**
- **Chest to elbow level**
- 2 Mountain Climbers – slowly
- **Elbows in and back**
- Options – knees on the floor or bring the knees closer
- Now, little faster
- 1 Press and 2 Climbers
- Knees close to the floor on the Climbers to keep the hips low and core engaged
- Stay with the Climbers
- Hello cardio!
- Brace the abs tightly and drive the knees to the bench

2 KNEELING PLATE OVERHEAD TRICEP EXTENSION / BENCH TRICEP DIPS

LAYER 1

New exercises so set up the overhead Tricep work and Dips with Layer 1 Position and Execution using **NETT**. Be clear on timing cues so the class can follow easily and experience the feel of the music.

KNEELING PLATE OVERHEAD TRICEP EXTENSION

- Grab big plate, on your knees, overhead extension
- All the way **down to the base of the neck and full extension to the top**
- Squeeze your butt for stability
- **Brace the core**
- Drop the shoulders down – that way, we get all the isolation into the arms
- Party in the Tricep, 2 pulses
- **Elbows in and forward**
- Can you bring your arms in close to your ears?

BENCH TRICEP DIPS

- Dips – plate or no plate
- Come to the front of your bench
- **Hands shoulder-width apart**
- Palms on bench, fingers forward
- Butt off bench – keep it close
- Set the shoulders down and back
- **Lift chest**
- **Brace abs**
- Anytime, put your butt on the bench to take away some intensity
- Bend elbows to the rear

3 / 4 BENCH TRICEP PUSHUP AND MOUNTAIN CLIMBER / KNEELING PLATE OVERHEAD TRICEP EXTENSION / BENCH TRICEP DIPS

LAYER 2 / LAYER 3

This track is a game of halves – we repeat Blocks 1 and 2 again with a focus on improving execution, motivation and connection to add intensity. Participants know what's coming and it's your job to sell and educate them on the benefits of this training. 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 do and say to help participants across that line?

- Great work everyone, round no. 2
- Back of the bench
- Pushup and Climbers
- This is different and creates greater change
- Brace abs tightly and keep body strong and still
- Keep elbows in to isolate the back of the arms
- Can you see what you're doing?
- Can you feel what you're doing?
- Corkscrew the hands into the bench to activate the lats and core
- If you're breathing heavy that's a good thing
- Back of the neck range for change
- Keep the elbows in tight, no matter how tough it gets
- We finish as a team
- Use your plate for the Dips if you can
- Drive through the heel of the hand



05. POST MALONE 5:40mins

PUMP FACT

BODYPUMP is a unique program for many reasons. One of these is that we often find ourselves lifting weights under a high cardiovascular demand. Combining Mountain Climbers with our Tricep conditioning takes this to a new level.

This is a great way to generate muscle fatigue with lighter loads – helping us to shape and tone.



06. BICEPS

WEIGHT SELECTION

Barbell with Warm-Up weight or less OR 2 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	2x8	Set up SET Position	
	0:13	Instr	6x8	2/2 BICEP CURL SPLIT Stance	6x
	0:35	C / I know we can	4x8	1/1 SET Stance	8x
	0:51	Instr	2x8	1/1 BICEP ROW (8cts)	2x
2	0:58	V2 / Make a difference	10x8	COMBINATION (16cts) 1x 2/2 BICEP CURL (8cts) SPLIT Stance 1x 1/1 BICEP ROW (8cts) SET Stance	5x
	1:36	C / I know we can	4x8	1/1 BICEP CURL SET Stance	8x
	1:51	Instr / (Saxophone)	2x8	7x MID-RANGE PULSE	1x
3	1:58	V3 / Make a difference	6x8	COMBINATION (16cts)	3x
	2:21	Instr	6x8	1/1 BICEP CURL SET Stance	12x
	2:43	Rep / Let's make it better	2x8	8x MID-RANGE PULSE	1x
4	2:51	Br	½x8	HOLD	
	2:53	V4 / Make a difference	16x8	REPEAT BLOCK 2	
5	4:21	V5 / Make a difference	14x8	REPEAT BLOCK 3	
				RECOVERY: Shake out arms, Bicep Stretches	



06. BETTER AS ONE 4:48mins

TECHNIQUE AND COACHING

1 BICEP CURL / BICEP ROW

LAYER 1

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

BICEP CURL

- *Set posture*
- *Let's have some fun*
- *Split Stance 2/2*
- **Bar to shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Shoulder blades down into the back ribs*
- *Building intensity*
- **Chest lifted**
- **Abs braced**

BICEP ROW

- **Bar to knees**
- **Bar to ribcage**
- *Squeeze shoulder blades*

2 BICEP CURL & BICEP ROW COMBINATION / BICEP CURL

LAYER 2

Time to teach this funky combination of Curl and Row with the change in stance to help take the load and match the feel of the music. Once they have this, 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 and shoulder blades, we keep the load in the targeted muscles and creates a 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!

- *Split the stance*
- *1 Curl and 1 Row*
- *That's your combo – you work and you rest*
- *Lengthen the arms out on the 2/2*
- *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*
- *Mid-range – 1 inch up and down*

3 BICEP CURL & BICEP ROW COMBINATION / BICEP CURL

LAYER 2 / LAYER 3

Fatigue is kicking in fast so bring in your Layer 2 coaching focus to enhance participants' experience. As you prepare your coaching focuses, think: WHAT to say and think about HOW to say 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.

- *Fatigue is kicking in*
- *Keep even weight in both feet – staying grounded*
- *Stretch the arms all the way down*
- *It's getting tough, hang in now*

4 / 5 BICEP CURL & BICEP ROW COMBINATION / BICEP CURL

LAYER 3

Layer 3 cues motivate everybody to the finish. Show that working hard can be fun – this delivers intrinsic motivation, helping participants succeed by getting them to love the feel of working hard. How will you bring your class to the finish line?

- *Now we are in it*
- *Feel the load – now stay strong and stable*
- *Squeeze the butt to lock into position*
- *Stay in the music to the end*
- *Having fun while we train*

PUMP FACT

As Marlon explains in this track – arcing the bar away from the body drives the intensity and increases the demand on the Biceps. The key is to lock the shoulder blade position, lift the chest and brace the abs to create a strong platform to execute the Curl.



07. LUNGES

WEIGHT SELECTION

1 small/medium plate
Option: Body weight

TRACK FOCUS

Clearly coach the timing and execution of the Squat and Backward-Stepping Lunge so everyone understands the technique; success is pressure and fatigue!

MUSCLE FOCUS

Squat and Lunge: Glutes and quadriceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up BENCH PLATE FRONT SQUAT MID Stance	
	0:17	V1 / (Distorted vocals)	8x8	COMBINATION 1 (32cts) 1x 2/2 BENCH PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE R (8cts), L leg steps B 1x 2/2 BENCH PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L (8cts), R leg steps B	2x
	0:41	Instr / (Upbeat clap)	8x8	COMBINATION 2 (32cts) 2x 1/1 BENCH PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE R (8cts), L leg steps B 2x 1/1 BENCH PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L (8cts), R leg steps B	2x
	1:05	(Synth drop)	8x8	3x PULSE ALT BENCH PLATE BACKWARD-STEPPING LUNGE R, L (16cts), L leg steps B first	4x
2	1:29	Instr / (Low)	4x8	Set up BENCH BACKWARD-STEPPING TAP with SINGLE-ARM PLATE ROW L Plate in L hand, R arm out to the side or hand on hip.	
	1:41	V2 / (Distorted vocals)	8x8	BENCH BACKWARD-STEPPING TAP L with 1x 1/1 SINGLE-ARM PLATE ROW L (8cts) Step L leg B (2cts) 1x 1/1 SINGLE-ARM PLATE ROW L (4cts) Step L leg F to SET Stance on bench (2cts)	8x
	2:05	Instr / (Upbeat clap)	8x8	BENCH BACKWARD-STEPPING TAP L with 1x TRIPLE SINGLE-ARM PLATE ROW L (16cts) Step L leg B (2cts) 1x TRIPLE SINGLE-ARM PLATE ROW L (12cts) Step L leg F to SET Stance on bench (2cts) Plate in both hands on last 2cts	4x
	2:30	(Synth Drop)	8x8	3x PULSE BENCH PLATE BACKWARD-STEPPING LUNGE with O/H PLATE PRESS R (8cts), L leg steps B	8x
	2:53	(Low chant)	4x8	1/1/2 BENCH PLATE BACKWARD-STEPPING LUNGE with O/H PLATE PRESS R (8cts)	4x
	3:05	(Distorted vocals)	8x8	1/1 BENCH PLATE BACKWARD-STEPPING LUNGE with O/H PLATE PRESS R (4cts)	16x
3	3:28	Br	1½x8	HOLD	
	3:30	Instr / (Low)	40x8	REPEAT BLOCK 2 on other side	
	5:31	Outro	8x8	Plate down, shake out legs RECOVERY: Shake out arms, Quadricep Stretches	



07. WHEN THE LIGHTS GO DOWN 5:55mins

TECHNIQUE AND COACHING

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

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 is successful. 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 & BACKWARD-STEPPING LUNGE COMBINATION

- *Start on the bench*
- *Front Squat – feet outside hip-width*
- *Plate on the collarbones*
- ***Elbows in, abs braced and chest up***
- *We start 2/2 Squat*
- *Then lunge, long step back*
- ***Hips back and down*** as you Squat
- *Back knee down, front knee out over mid-foot as you Lunge*
- ***Brace abs to square hips and shoulders*** to the front
- ***Butt to 90 degrees*** on the squat
- ***Front thigh parallel to the floor*** as you lunge
- *Now we start to feel the quads and glutes*

2 BENCH BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW / BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

LAYER 1 / LAYER 2

New exercise: PLATE ROW, with a focus on stability and loading. Use Layer 1 Position and Execution cues focusing on Timing, Targets and Range so your class is moving well and understand where the focus is. When the Lunges hit again there is an option to add load with the Overhead Plate Press putting more load and demand on the lower and upper body. Of course, coach to what you see in the room; offering to drop the plate when losing technique. When the Single Lunges kick in, this is big burn and time to max out. Challenge the class to stay in the work with or without the plate!

BENCH BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW

- *Plate in your right hand*
- *Step, row, down and in*
- ***Hinge forward from hips***
- ***Nose over toes***
- ***Pull the plate into the ribs***
- *Opposite arm out to side or on hip*
- *Long straight spine*
- ***Chest up and abs braced***
- ***Elbow in and back***
- ***Squeeze shoulder blade into spine***
- *Weight is light to focus on stability and front-leg loading*

BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

- *Triple Pulse Lunge with Overhead Press, right leg only*
- *Long step back*
- *Back knee down, front knee out*
- *Front thigh parallel for range*
- *Elbows forward of the face as you press and **brace the core***
- *Back and hold, use your glutes as a brake*
- *It's going to get tough – put your plate down anytime*
- *16 Singles – long and low*
- *When you step in – stay low*
- *Feel the load in the front leg*



07. WHEN THE LIGHTS GO DOWN 5:55mins

3 BENCH BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW / BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

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 good training makes us feel and bring them with you to the finish line!

- *Let's go together*
- *Can you bend your front leg more and tip forward more?*
- *Feel the isometric loading in the front leg*
- *Working legs, hip, core and back*
- *Square the shoulders to the front as much as you can*
- *Training stability, strength and a big burn*
- *1 push of the plate and 1 push of the heel*
- *Powerful and with purpose – that's BODYPUMP!*
- *30 seconds to get the heart rate max*
- *Push and pull*
- *Use the step to get low*
- *You will see and feel the difference from this training*

PUMP FACT

Combining a Backward-Stepping Tap with a Single-Arm Plate Row fires up our posterior sling muscles.

This movement requires a hip hinge, which fires up the gluteals of the leg on the bench; the Row on the opposite arm fires the lats. Anatomically, the lats and glutes are interlinked; therefore, this integrated action strengthens this whole unit, which is great for improving trunk stability and athletic power.



08. SHOULDERS

WEIGHT SELECTION

2 small to medium plates

TRACK FOCUS

Clearly coach the Position and Execution setup 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

Plate work: Muscles of the upper back, front, middle and rear deltoids

Pushups and Mountain Climbers: Pectoralis, triceps, deltoids and core

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Clap)	4x8	Set up SET Position	
	0:19	Instr / (Windup + beat)	4x8	2/2 STANDING SIDE RAISE SET Stance	4x
	0:34	(Windup + beat)	4x8	2/2 STANDING FORWARD RAISE SPLIT Stance	4x
	0:48	(Rhythm)	8x8	COMBINATION 1 (16cts) 2x 1/1 STANDING SIDE RAISE (8cts) SET Stance 2x 1/1 STANDING FORWARD RAISE (8cts) SPLIT Stance	4x
2	1:18	Instr / (Low)	8x8	1/1 STANDING REAR DELTOID FLY (8cts) SET Stance	8x
	1:47	(Windup + beat)	4x8	3x TRIPLE STANDING REAR DELTOID FLY (16cts) Stand up tall on last 2cts	2x
	2:01	(Low windup)	4x8	4/4 STANDING SIDE RAISE	2x
	2:16	(Rhythm)	16x8	COMBINATION 2 (32cts) 2x 1/1/1/1 STANDING SIDE ROTATOR RAISE (16cts) SET Stance 4x 1/1 STANDING FORWARD RAISE (16cts) SPLIT Stance	4x
3	3:14	Instr / (Low)	32x8	REPEAT BLOCK 2 Transition to PUSHUP on last 2cts	
4	5:10	Instr / (Low beat)	4x8	1/1 PUSHUP Options: Kneeling or on knees or toes Bring hands in to shoulder-width apart on last 2cts	8x
	5:25	(Low beat)	4x8	1/1 RUNNING MOUNTAIN CLIMBER L, R (2cts) Option: To go faster RECOVERY: Shake out arms, Shoulder Stretches	16x



08. IT GOES LIKE 5:44mins

TECHNIQUE AND COACHING

1 STANDING SIDE RAISE / STANDING FORWARD RAISE

STANDING SIDE RAISE

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

STANDING FORWARD RAISE

- *Plates up*
- *Split Stance*
- *Front Raise 2/2*
- **Chest up, elbows straight**
- **Abs braced**
- **Plates to shoulder height**
- *Feeling some heat in the front of the shoulders*

2 STANDING REAR DELTOID FLY / STANDING SIDE RAISE / STANDING SIDE ROTATOR RAISE / STANDING FORWARD RAISE

LAYER 1 / LAYER 2

Block 1 is short and Block 2 brings new exercises – so continue to focus on Timing, Targets and Range for all exercises to make sure your class is moving with great execution. The key to isolation 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 FLY

- **Tip forward from the hip**
- **Chest up**
- **Abs braced**
- *Elbows high and wide*
- **Squeeze shoulder blades together**
- *Pull the elbows out super wide*
- *Stay down for 3*
- *Starting to feel heat in the back of the shoulders and mid-back*
- *Control the weights on the way down*

STANDING SIDE RAISE

- *Side Raise – slowly*
- *Keep the target – just under shoulder*
- *Lead with elbows*

STANDING SIDE ROTATOR RAISE

- **Elbows bent at 90 degrees – plates face inward**
- **Shoulder height target**
- *Rotate shoulders to open the arms*
- *Working into the shoulder stabilizers*

STANDING FORWARD RAISE

- *Just under the shoulders*
- *Stabilize and lock in*
- *Feel the burn*

3 STANDING REAR DELTOID FLY / STANDING SIDE RAISE / STANDING ROTATOR RAISE / STANDING FORWARD RAISE

LAYER 2 / LAYER 3

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

- *Together we train*
- *Feel that bass*
- *Let it get inside your body*
- *Lock and load*
- *On the triple – stay*
- *Isolation*
- *Repetition*
- *Relentless*

PUMP FACT

Balanced shoulder training requires focus on the anterior, lateral and posterior muscles, along with the rotator cuff.

This track requires input from each of those units. Forward Raises fire up the anterior deltoid, Side Raises target the lateral component, while the Rear Deltoid Flys focus on the posterior muscles. Adding a rotation component is a great way to bring in the rotator cuff.

Precise movement patterns keeps the focus in the right areas, in particular hitting the Target Zones and keeping the trunk and shoulder blades stable.



09. CORE

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Take Me Home* with the same choreography.

WEIGHT SELECTION

Option to use 1 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

C-Crunch: Rectus abdominis

Shoot Out: Lower and upper abdominals, gluteals

Hover: Abdominals globally, triceps, chest/shoulder musculature

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Strum)	2x8	Set up C-CRUNCH Plate to forehead
	0:14	V1 / _ Boy, you	4x8	2/2 C-CRUNCH 4x
	0:34	PC / Make me say	2x8	1/1/2 Hold at the top on the last rep, ready for a SHOOT OUT 2x
	0:44	C / All night give me	4x8	1/1 SHOOT OUT (4cts)8x
2	1:03	V2 / _ You come over	4x8	2/2 C-CRUNCH 4x
	1:22	PC / Make me say	2x8	1/1/2 Hold at the top on the last rep, ready for a SHOOT OUT 2x
	1:32	C / All night give me	4x8	1/1 SHOOT OUT 8x
3	1:51	Rep / If I back up	2x8	TRANSITION to HOVER , make a diamond shape with your hands
	2:01	If I back up	2x8	HOVER TAP L, R (4cts)4x
	2:11	C / All night give me	8x8	COMBINATION (8cts) 1x HOVER TAP L, R (4cts) 1x SINGLE-ARM SPIDER PUSHUP L, R (4cts) Option: To do a DOUBLE-ARM SPIDER PUSHUP (4cts) after 4 reps8x



ALT

09. CORE

TAKE ME HOME 2:54mins

Please use this song in place of *Mad Love* when teaching Track 09.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Strum)	2x8 Set up C-CRUNCH Plate to forehead	
	0:14	V1 / _ Press one	4x8 2/2 C-CRUNCH	4x
	0:34	PC / Take me home	2x8 1/1/2 Hold at the top on the last rep, ready for a SHOOT OUT	2x
	0:44	C / Take me home	4x8 1/1 SHOOT OUT (4cts)	8x
2	1:03	V2 / _ Play it up	4x8 2/2 C-CRUNCH	4x
	1:22	PC / Take me home	2x8 1/1/2 Hold at the top on the last rep, ready for a SHOOT OUT	2x
	1:32	C / Take me home	4x8 1/1 SHOOT OUT	8x
3	1:51	Rep / I press one	2x8 TRANSITION to HOVER , make a diamond shape with your hands	
	2:01	I want more from	2x8 HOVER TAP L, R (4cts)	4x
	2:11	C / Take me home	8x8 COMBINATION (8cts) 1x HOVER TAP L, R (4cts) 1x SINGLE-ARM SPIDER PUSHUP L, R (4cts) Option: To do a DOUBLE-ARM SPIDER PUSHUP (4cts) after 4 reps	8x



09. MAD LOVE 2:54mins

TECHNIQUE AND COACHING

1 C-CRUNCH / SHOOT OUT

LAYER 1

Coach the Layer 1 Position and Execution setup of the C-Crunch and Shoot Out with clear Timing and Target coaching.

C-CRUNCH

- Come down to the floor
- Plate to forehead
- C-Crunch 2/2
- **Knees over hips, shins parallel**
- **Feel your lower back pressing down towards the floor**
- Slide ribs to hips

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**
- Option – tap the floor

2 C-CRUNCH / SHOOT OUT

LAYER 2

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

- Exhale at the top of the move to give you the extra crunch
- Quick explode to the top
- Think long
- Try and get your shoulder blades off the floor
- Can you keep your lower back towards the floor

3 HOVER TAP / SPIDER PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

We change the exercises to Hover Taps and add in the Spider Pushup to challenge and finish off 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.

- Come into a Hover position
- Form a diamond shape with your fingers
- On knees or toes
- **Brace abs**
- **Back long and straight**
- Hips in line with shoulders
- Tap the foot out and in
- Combination – Tap and Spider Pushup
- To increase intensity, add a double Press
- Both hands push up and lower
- Option to come back to Singles anytime



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05 Intro	1x8	Transition to KNEELING HIP FLEXOR STRETCH R
	0:08 V1 / I know the	4x8	KNEELING HIP FLEXOR STRETCH R L leg F, R arm lifted up, lean across after 16cts
	0:28 You can knock me down	2x8	KNEELING HAMSTRING STRETCH L
	0:38 C / _ Can't stop	4x8	STANDING QUADRICEP STRETCH R
2	0:59 V2 / _ Just a little	4x8	KNEELING HIP FLEXOR STRETCH L R leg F, L arm lifted up, lean across after 16cts
	1:20 You can knock me down	2x8	KNEELING HAMSTRING STRETCH R
	1:31 C / _ Can't stop	4x8	STANDING QUADRICEP STRETCH L
3	1:51 Ref / _ Till the lights	2x8	STANDING CHEST STRETCH Open arms out wide
	2:02 Some days it feels	2x8	STANDING UPPER BACK STRETCH Arms reach up above your head, clasp hands together
	2:12 C / _ Can't stop	4x8	STANDING SIDE STRETCH L, R Arms reach up above your head, clasp hands together, lean over to the side
	2:32 Outro	4x8	SHAKE OUT AND SHOULDER ROLL



10. THE GREATEST 2:56mins

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

2 small to medium plates OR Barbell with Warm-Up weight or more

TRACK FOCUS

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

MUSCLE FOCUS

Bicep Curls: Biceps

Tricep Pushups: Triceps, deltoids and pectorals

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8 Set up for BICEP PLATE CURL SET Stance	
	0:13	V1 / _ What you here	2x8 4/4 BICEP PLATE CURL SPLIT Stance	1x
	0:21	What's up	6x8 2/2	6x
	0:45	It must be the	4x8 1/1 SET Stance	8x
	1:01	Milk and honey	4x8 ALT SINGLE-ARM MID-RANGE PLATE CURL L, R (4cts) If using bar, continue with Mid-Range Curl, 1/1 timing (4cts)	8x
2	1:18	C / I don't know	8x8 COMBINATION 1 (32cts) 3x MID-RANGE PULSE (8cts) Hold the 3rd rep at halfway, ready for TOP-HALF PULSE 3x TOP-HALF PULSE (8cts) Hold the 3rd rep at the top, ready MID-RANGE PULSE 3x MID-RANGE PULSE (8cts) Hold the 3rd rep at halfway, ready for BOTTOM-HALF PULSE 3x BOTTOM-HALF PULSE (8cts) Hold the 3rd rep at the bottom, ready for MID-RANGE PULSE Use the last 2cts to transition to the floor, ready for TRICEP BENCH PUSHUP	2x
	1:50	V2 / Just wait	4x8 1/1 BENCH TRICEP PUSHUP Options: On toes, knees or kneeling	8x
	2:06	What's up	10x8 COMBINATION 2 (16cts) 3x PULSE TRICEP BENCH PUSHUP (8cts) 2x TRICEP BENCH WALKING PLANK (8cts) Hands walk off bench L, R Hands walk on bench L, R Option: TRICEP BENCH PLYO PUSHUP on the last 3 reps – hands walk off bench L, R and PLYO PUSHUP back onto bench	5x
	2:47	Br	½x8 HOLD	
	2:49	Instr / (Low)	26x8 REPEAT BLOCK 1	
4	4:34	V4 / Just wait	14x8 REPEAT BLOCK 2 RECOVERY: Shake out arms, Tricep and Bicep Stretches	



45-MIN FORMAT

05. UNSTATUS QUO 5:35mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

Coach clear cues for Position and Execution setup focusing on Target Zones, Tempos and Range, especially for the combination so it's clear.

- *Split Stance*
- *Super slow*
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**, small pinch in the shoulder blades
- *Alternating Curls – halfway*
- *Plates face the ceiling and you supinate*
- *Triple pulse in the middle, to the top, middle and bottom*

2 BENCH TRICEP PUSHUP

LAYER 1

Coach Layer 1 Position and Execution setup of the Tricep Bench Pushups. When the intensity increases with the small Plyometric Pushup, give options so everyone is included.

- *Plates down, Pushups*
- *Corkscrew hands to the bench*
- *On knees or toes*
- **Chest to elbow level, elbows narrow**
- **Brace core**
- *Triple Pulse and walk hands up*
- *If you want a plyo kick – pop the hands*
- *Bend arms to push off the floor*
- *Option: Knees close to the bench, elbows towards the floor*

3 BICEP CURL

LAYER 2 / LAYER 3

Use this set to coach Layer 2 cues to improve execution of the Bicep Curl. When we create precision it manipulates the intensity resulting in muscular tension for fast results. We do this by focusing on the position of the elbow: directly under the shoulder for isolation. Challenge and motivate participants to stand still and feel the pressure along with this cool song.

- *Back to the Biceps*
- *Stand up*
- *Twisting to work the full range*
- *As you rise, feel the work in the front of the arms*
- *Both phases, we strengthen*
- *As you lengthen your arms you build the strength that takes you to tomorrow*
- *Check elbows are locked under shoulders – keep them there*
- *Feel the pump in the arms*
- *Halfway is the maximum point of the Curl*

4 BENCH TRICEP PUSHUP

LAYER 2 / LAYER 3

Layer 2 internal and external coaching cues help to build intensity fast and feel the isolation, especially in the Plyometric Pushup. Give options to help everyone feel success. Layer 3 motivational cues that praise your participants will help drive them to finish strongly.

- *So good for shaping and toning the back of the arms*
- *Can you stabilize by pushing through the bench and take the rock out of the body?*
- *More muscle fibers recruited to get fitter, faster*

PUMP FACT

The Target Zone for the Tricep Pushup is to lower the chest until it is level with the elbows. In a narrow (tricep) position, the elbows will tuck into the ribs.

Halting the movement here will reduce forward translation of the shoulders, which can occur when the elbows move past the rear of the body. This translation increases the stress on the rotator cuff and can result in instability of the shoulder joint.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

1 small to large plate

TRACK FOCUS

Clear setup of each exercise along with early pre-cues is essential to enable the class to follow you 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 is tough and is a great opportunity to maximize the results of fatigue.

MUSCLE FOCUS

Squats: Glutes, core, back and shoulders

Lunges: Glutes, quadriceps, core and shoulders

1

	MUSIC		SEQUENCE/EXERCISE	REPS	
	0:05	Intro	2x8	Set up BENCH LOW PLATE SQUAT MID Stance	
	0:11	Instr / (Synth)	8x8	4/4/4/4 BENCH PAUSE LOW PLATE SQUAT (32cts) MID Stance 8cts down, 8cts HOLD , 8cts up, 8cts HOLD	2x
	0:39	V1 / _ Say you	8x8	1/1 BENCH PLATE SQUAT CURL with 2x 1/1 O/H PLATE PRESS (16cts) Stop plate above head and slow down on last press, then slow curl back to start position	4x
	1:07	PC / _ If you	8x8	COMBINATION 1 (32cts) 1x 1/1 BENCH PLATE SQUAT CURL with 2x 1/1 O/H PLATE PRESS (8cts) Hold plate above head on last Press 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L (8cts), R leg steps B Plate comes down to SET as you step back in 1x 1/1 BENCH PLATE SQUAT CURL with 2x 1/1 O/H PLATE PRESS (8cts) Hold plate above head on last Press 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE R (8cts), L leg steps B Plate comes down to SET as you step back in	2x
	1:34	Instr / (Heavy synth)	12x8	COMBINATION 2 (32cts) 2x 1/1 BENCH PLATE SQUAT CURL (8cts) 1x 1/1 BENCH PLATE SQUAT CURL with 2x 1/1 O/H PLATE PRESS (8cts) Hold plate above head on last Press 1x 1/1/1/1 ALT BENCH BACKWARD-STEPPING LUNGE L, R (16cts) Hold plate O/H, R leg steps B first Plate comes down to SET as you step back in	3x



45-MIN FORMAT

06. LUNGES/SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
	2:15	V2 / _ Say you	4x8 1/1/2 BENCH SIDE FRONT SQUAT R (8cts) R leg steps off the bench, plate at collarbone	4x
	2:29	Give it everything	4x8 1/1/2 BENCH SIDE FRONT SQUAT R with 1/1/2 O/H PLATE PRESS (8cts)	4x
	2:43	PC / _ If you	8x8 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L with 1/1 O/H PLATE PRESS (8cts) R leg steps B	8x
2	3:10	Instr / (Heavy synth)	16x8 COMBINATION 3 (32cts) 3x 1/1 BENCH PLATE SQUAT CURL with 2x 1/1 O/H PLATE PRESS (16cts) Hold plate above head on last Press 7x PULSE BENCH PLATE BACKWARD-STEPPING LUNGE L (16cts) Hold plate O/H, R leg steps B Plate comes down to SET as you step back in Option: Jump out wide on the BENCH PLATE SQUAT CURL	4x
3	4:05	V3 / _ Say you	32x8 REPEAT BLOCK 2 on other side RECOVERY: Shake out arms and legs, Quadricep and Shoulder Stretches	



45-MIN FORMAT

06. SOMEBODY ELSE 6:04mins

TECHNIQUE AND COACHING

1 BENCH LOW PLATE SQUAT / BENCH PLATE SQUAT CURL WITH OVERHEAD PLATE PRESS AND BENCH PLATE BACKWARD-STEPPING LUNGE COMBINATION

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup 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.

BENCH LOW PLATE SQUAT

- Take a Mid Stance on the bench
- Hold the plate low, **chest up**
- Toes turned out slightly
- Let the plate hang as we squat
- Hold bottom range **90 degrees**
- **Hips sit back and down**
- **Abs braced tightly**

BENCH PLATE SQUAT CURL WITH OVERHEAD PLATE PRESS AND BENCH PLATE BACKWARD-STEPPING LUNGE COMBINATION

- Squat Curl with 2 Presses
- Elbows forward as you press
- Let's add a Backward-Stepping Lunge
- Front thigh parallel on the Lunge
- Drop Press and alternating Lunge
- Now 2 Curl Squats and Squat Press
- **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 FRONT SQUAT WITH OVERHEAD PLATE PRESS / BENCH PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS / BENCH PLATE SQUAT CURL WITH BENCH PLATE BACKWARD-STEPPING LUNGE COMBINATION

LAYER 1

BENCH SIDE FRONT SQUAT WITH OVERHEAD PLATE PRESS

- Step into a Wide Squat
- **Butt to 90 degrees using the top leg**
- **Knees push out over toes**
- Add the Plate Press
- **Elbows forward of face**
- Drop fast to fire legs and core

BENCH PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS

LAYER 1

- Long Lunge with Press
- Same leg again
- Back knee down to top of the bench
- **Front thigh parallel on the Lunge**
- **Chest lifted and abs braced**

BENCH PLATE SQUAT CURL WITH BENCH PLATE BACKWARD-STEPPING LUNGE COMBINATION

- 3 Curls, 2 Presses with a Lunge
- Pulse the Lunge
- Same leg for the Lunges
- Add a small Jump
- Functional workout



45-MIN FORMAT

06. SOMEBODY ELSE 6:04mins

**3 BENCH SIDE FRONT SQUAT WITH
OVERHEAD PLATE PRESS / BENCH
PLATE BACKWARD-STEPPING LUNGE
WITH OVERHEAD PLATE PRESS / BENCH
PLATE SQUAT CURL WITH BENCH
PLATE BACKWARD-STEPPING LUNGE
COMBINATION**

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 super cool and will set the scene and build – so use it!

- *Wide Squat other side*
- *Butt to 90 degrees*
- *Knees out over toes to stay strong*
- *Press the plate*
- *Find the range*
- *Backward-Stepping Lunge*
- *Last 60 seconds is the training*
- *Feel the music and feel the training*
- *Fast under the plate – hit the range*
- *Put some gas on it as you stomp the Drop Squat*
- *Make some noise on the bench for the last combo*

PUMP FACT

Lunging while pressing the plate over head requires extra core control to keep the spine in a neutral position. This is because the hip flexors and latissimus dorsi will both pull the lumbar spine into extension when under tension.

Dropping into the bottom of the Lunge will generate hip flexor tension in the rear leg; pushing the plate over head will increase lat tension.

The key to minimizing the effects of these forces is to brace the abs, keep the elbows slightly forward and only lunge to 90 degrees at the front knee.



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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.

