

BODYPUMP

114

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM-UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

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08. SHOULDERS

09. CORE

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45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

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GLOSSARY

SET POSITION

Position Set-up

- 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
- Knees slightly bent
- Body weight even in both legs



MID-STANCE SQUAT

Position Set-up

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest lifted, light pinch between the shoulder blades
- Belly in and abs braced
- Bring your elbows forward under the bar to create strength through the upper back

Execution Set-up

- 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

SQUAT WITH CALF RAISE

Position Set-up

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

Execution Set-up

- Hips sit back and down
- Knees track through the center of the feet
- Butt stops just above knee line
- Squeeze your glutes and drive your hips forward and up
- Hips finish under the shoulders

Layer 2

- Triple extension through the ankles, knees and hips



WIDE-STANCE SQUAT

Position Set-up

- Heel-toe wider than Mid Stance
- Bring your elbows forward under the bar to create strength through the upper back

Execution Set-up

- Hips sit back and down
- Knees track over toes
- Chest lifted
- Abs braced
- Butt stops just above knee at 90 degrees

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



WIDE Stance



GLOSSARY

WIDER-STANCE SQUAT

Position Set-up

- Same as for WIDE Stance
- **Heel-toe wider than Wide Squat**

Execution Set-up

- 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

CHEST PRESS

Position Set-up

- Hands wide on the bar
- Bar over middle of chest
- **Brace abs – lower back towards the bench**
- Feet hip-width apart and close to the bench

Execution Set-up

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



ON BENCH



ON FLOOR

WALKING BENCH PUSHUP

Position Set-up

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

Execution Set-up

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

Layer 2

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



BENCH MOUNTAIN CLIMBER

Position Set-up

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

Execution Set-up

- Drive knees towards chest
- Hips down
- **Abs braced to keep hips square to floor**
- **Corkscrew hands into bench**



GLOSSARY

BENCH PUSHUP

Position Set-up

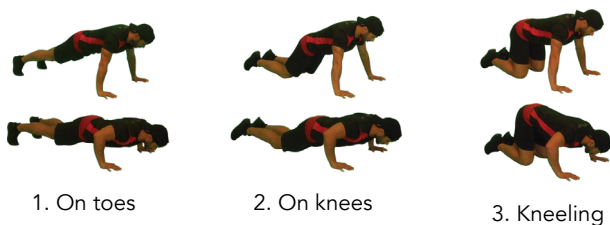
- Hands outside shoulder-width
- Abs braced
- Back long and straight

Execution Set-up

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



DEADLIFT

Position Set-up

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

Execution Set-up

- 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



DEADROW

Position Set-up

- SET Position
- Slight bend in the knees (20-degrees)
- Chest lifted, abs braced
- Elbows to rear – light pinch between the shoulder blades
- Tip forward from the hips, keeping the chest lifted
- Chin tucked in

Execution Set-up

- 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

HIGH PULL

Position Set-up

- SET Position
- Chest lifted, abs braced

Execution Set-up

- Pull the bar up the body
- Bar close to the body
- Bar to lower chest
- Elbows above the bar
- Slight pinch between shoulder blades
- Drop and drive out of the hips
- Squeeze glutes
- Lift the heels to initiate the movement
- Abs braced, chest lifted

Layer 2

- Drive the hips up to power the bar



CLEAN & PRESS

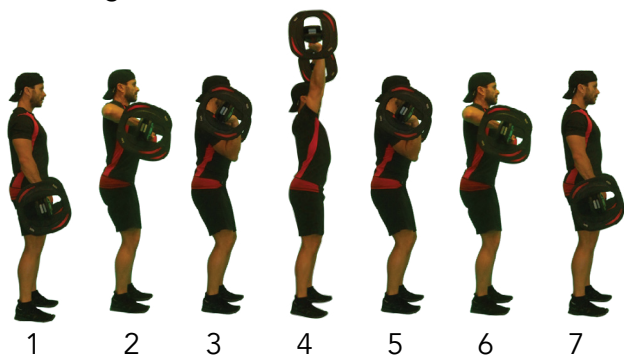
Position Set-up

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

Execution Set-up

- 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

PLATE SQUAT PRESS

Position Set-up

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

Execution Set-up

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



TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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

Layer 2

- Lock the upper arm position to isolate the triceps



TRICEP PRESS PULL-OVER

Position Set-up

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

Layer 2

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



BENCH TRICEP PUSHUP

Position Set-up

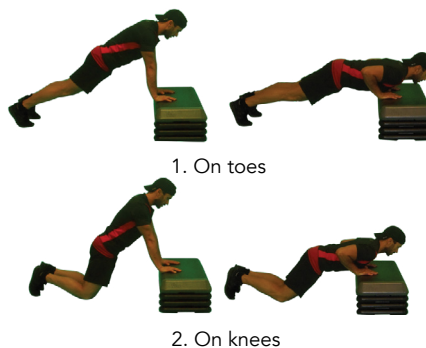
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Set-up

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

Layer 2

- Drive the floor/bench away





GLOSSARY

ROTATING SIDE PLANK

Position Set-up

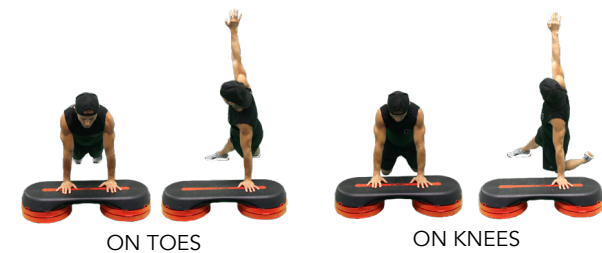
- Hands shoulder-width apart
- On knees or toes
- Abs braced
- Back long and straight

Execution Set-up

- Rotate body to the side
- Bottom hip lifted
- Hips square to side
- Drop onto the heels as you rotate
- Brace core so hip and shoulders move as one

Layer 2

- Push down into the bench to stabilize the shoulder as you rotate



BICEP PLATE CURL

Position Set-up

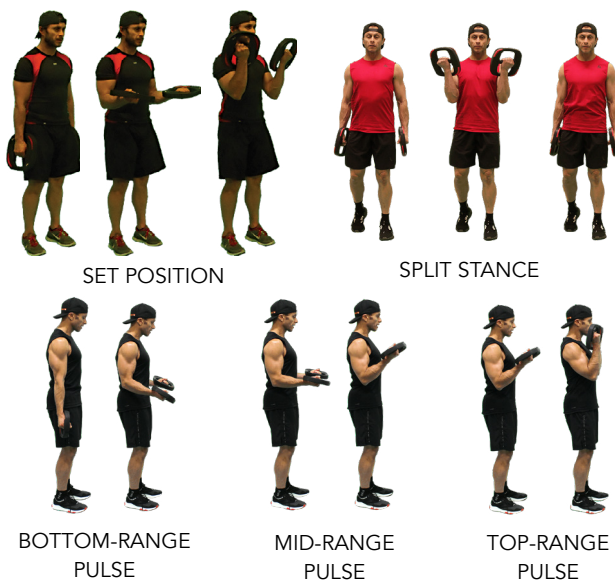
- Knees soft, Split Stance or SET Position
- Arms by sides, palms face in, Bicep Plate Curl
- Chest lifted
- Abs in and braced

Execution Set-up

- 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 PLATE ROW

Position Set-up

- As Bicep Plate Curl

Execution Set-up

- 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





GLOSSARY

BICEP CURL

Position Set-up

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

Execution Set-up

- 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



SET POSITION

SPLIT STANCE

BICEP ROW

Position Set-up

- As Bicep Curl

Execution Set-up

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

Layer 2

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



BENCH PLATE FRONT SQUAT

Position Set-up

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

Execution Set-up

- 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 Set-up

- 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 lifted

Execution Set-up

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

Layer 2

- Plate to collarbones
- Stay low to isolate the legs





GLOSSARY

BENCH PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

Position Set-up

- Feet hip-width apart
- Plate at collarbones
- Chest lifted
- Abs braced
- Plates forward

Execution Set-up

- 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 middle of foot
- Press plates up
- Abs braced
- Chest lifted
- Elbows forward of face at top of press

Layer 2

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



BENCH PLATE BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW

Position Set-up

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

Execution Set-up

- Long step back, row and tap back in
- Square shoulders and hips
- Slight tip forward from hip
- Brace abs
- Keep the chest lifted
- Row the plates up to the hip
- 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 BACKWARD-STEPPING DROP LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

Position Set-up

- Feet hip-width apart
- Plate at collarbones
- Chest lifted
- Abs braced
- Elbows at 90 degrees
- Plates forward

Execution Set-up

- Push off both feet, split the legs fast to drop
- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders level, square
- Chest lifted, abs braced
- Front knee tracking over middle of foot
- Press plate up
- Elbows forward of face at top of press

Layer 2

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



STANDING FORWARD RAISE

Position Set-up

- SET Position
- Chest lifted, abs braced

Execution Set-up

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

Layer 2

- Control the plate – maintain full range



STANDING SIDE RAISE

Position Set-up

- SET Position
- Elbows at 90-degrees
- Chest lifted, abs braced

Execution Set-up

- 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 REAR DELTOID FLY

Position Set-up

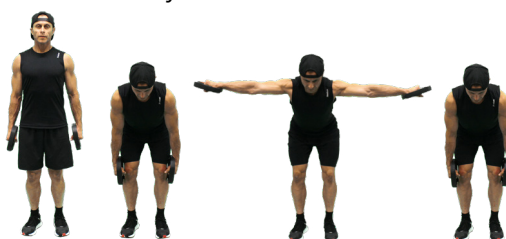
- SET Position
- Tip forward from the hips
- Body leans on a 45-degree angle
- Chest lifted, abs braced
- Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front

Execution Set-up

- Lead with the elbows
- Elbows slightly bent
- Squeeze between the shoulder blades
- Aiming for stability
- Elbows finish in line with shoulders

Layer 2

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





GLOSSARY

STANDING PLATE UPRIGHT ROW

Position Set-up

- **SET position**
- **Chest lifted, abs braced**
- **Slight pinch between the shoulder blades**

Execution Set-up

- Pull the plates up the body
- **Plates to lower chest**
- **Lead with elbows**
- **Keep plates close to body**
- **Chest lifted, abs braced**

Layer 2

- Maintain shoulder blade squeeze to keep chest lifted



PLATE HIGH PULL

Position Set-up

- **SET position**
- **Chest lifted, abs braced**
- **Slight pinch between the shoulder blades**

Execution Set-up

- Pull the plates up the body
- **Plates to lower chest**
- **Lead with elbows**
- **Keep plates close to body**
- **Chest lifted, abs braced**
- **Lift heels and drive hips forward and up**

Layer 2

- Start to feel the power you are generating out of the hips



PLATE CLEAN & PRESS

Position Set-up

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

Execution Set-up

- Start with more knee bend to use legs to initiate the movement
- Keep elbows wide through the Upright Row phase
- **Plates stop at lower chest**
- **Drop under the plates, sitting hips back**
- Clean the plates, catch at shoulder level
- Press plates to the top
- **Use legs to drive plates up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**

Layer 2

- We use plates to challenge the imbalances of the body
- Feel how much shoulder stability is required to punch the plates upwards





GLOSSARY

PUSHUP

Position Set-up

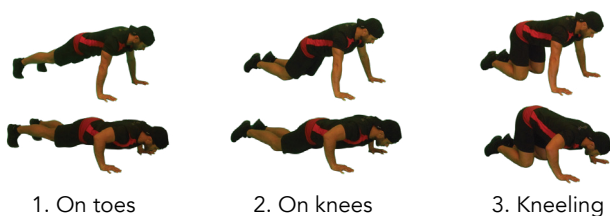
- **Hands just outside shoulder-width**
- **Back straight – abs braced to support the mid-section**
- **Chin tucked in**

Execution Set-up

- **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.



C-CRUNCH

Position Set-up

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

Execution Set-up

- **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



C-CRUNCH WITH ALTERNATING LEG EXTENSION

Position Set-up

- Lie down on floor
- Feet close to butt
- Fingertips to temples, elbows wide
- **Abs braced**
- **Lower back pressing down towards the floor**

Execution Set-up

- **Knees over hips and shins parallel on the Crunch**
- **Slide ribs to hips**
- **Tuck chin** in to look after neck
- Extend one leg to 45 degrees
- Head touches down as the leg extends
- **Press lower back down towards the floor (as the leg extends)**
- **Brace abs to stabilize hips and pelvis**

Layer 2

- Lift your shoulder blades off the floor as you crunch, to feel the upper and lower abs working together
- Every time you extend your leg feel the load in the lower abs as you get stronger



BICYCLE CRUNCH

Position Set-up

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

Execution Set-up

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





GLOSSARY

HOVER

Position Set-up

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

Execution Set-up

- **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 Set-up

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

Execution Set-up

- Press up through your arms to Plank
- Lower down with control
- **Brace abs to stabilize the hips**
- To add intensity – add a double press
- Option to come back to singles anytime



SINGLE ARM



DOUBLE ARM

STANDING PLATE OVERHEAD TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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





GLOSSARY

PLATE SQUAT CURL

Position Set-up

- **Feet outside hip-width**
- **Toes turned out slightly**
- Hold the outside edges of the plate with arms straight
- **Chest lifted, abs braced**

Execution set-up

- **Hips sit back and down** as you squat
- Squat and quickly curl the plate to collarbones
- **Brace abs on the catch, chest lifted**
- **Butt to 90 degrees**

Layer 2

- Stepping or dropping under the plate
- Snapping fast, body under plate
- Keep the chest high and keep the work in the back body

WIDE-STEPPING PLATE SQUAT CURL

Position Set-up

- **Feet outside hip-width**
- **Toes turned out slightly**
- Hold the outside edges of the plate with arms straight
- **Chest lifted, abs braced**

Execution Set-up

- Step out to a Wide Squat
- **Hips sit back and down** as you squat
- Squat and quickly curl the plate to collarbones
- **Brace abs on the catch, chest lifted**
- **Butt to 90 degrees**

Layer 2

- To be dynamic, drop under the plate by splitting your feet fast and staying low in legs

PLATE BACKWARD-STEPPING LUNGE

Position Set-up

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

Execution Set-up

- **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





MUSIC

45-MIN FORMAT

- 01

The Groove (Codeko Remix) (5:11)

Oliver Heldens & LENNO

© 2019 HELDEEP RECORDS / Spinnin’ Records.

Written by: Linjama, Heldens, Clarke, Earnest
- 02

Pin The Grenade (4:55)

blink-182

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Written by: Hoppus, Barker, Skiba, Feldmann, Schwartz, Khajadourian, Torrey
- 03

Wopbabalubop Bulapbub Boom (5:28)

Kool Hertz

© 2011 Breakbeat Paradise Recordings.

Written by: Unknown
- 04

Power (5:02)

Last Life

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Written by: Fripp, Giles, Lake, McDonald, Sinfield, West, Bernheim, Bergman, Lang
- 05

Disco Inferno (5:36)

50 Cent

© Courtesy of the Universal Music Group.

Written by: Crawford, Pitts, Jackson
- 06

Like A Girl (4:59)

Lizzo

© 2019 Nice Life Recording Company and Atlantic Recording Corporation.

Written by: Felder, Douglas, Jefferson
- 07

Lay It Down (4:58)

Carmada feat. Georgi Kay

© 2018 Audiopax.

Written by: Kingsley, Carmody, Armata
- 08

Azumba (5:17)

Head Over Heels

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Written by: Unknown
- 09

Dance Monkey (3:34)

Tones and I

© 2019 Bad Batch Records.

Written by: Watson
- 10

Catching Feelings (3:44)

Drax Project feat. Six60

© Courtesy of the Universal Music Group.

Written by: Beachen, O’Leary, Singh, Thomson, Abrams, Gerbes, Walters

- 05

Fuhrahisha (5:29)

Atomic Drum Assembly

© 2019 Island Life Recordings.

Written by: Unknown
- 06

Trying To Love (5:26)

QUIX feat. BJOERN

© Licensed Courtesy of Dim Mak Records, Inc.

Written by: Schnell, Björn, Maselli



L-R: Rene Vogel, Diana Archer Mills, Ben Main, Kylie Gates, Glen Ostergaard

In BODYPUMP 114 we find our groove early with an uplifting Warm-up that teaches us great lifting Technique targeting all our major muscles. Triple extension is a common theme throughout the class, especially in our Squat and Back tracks. Squats with Calf Raises and High Pulls into the Clean & presses instigates massive muscle engagement and promotes athletic training.

Key innovations:

The chest track has a Floor Chest Press option which will build strength (you can go heavier) as we pause in the bottom range of the movement. It is also great for caring for our shoulders. This track has an awesome Old-School musical feel too!

There's an amazing Hip Hop Triceps track that is slow and controlled. Pushups with rotations engage the core and challenge stability in the shoulder, coupled with mid-range isolation in the biceps to build tension and tone to complete the arm workout.

The Lunges track is uplifting and dynamic. It has a Backward-Stepping Tap with a Single-Arm Row, which fires the glutes and hips while promoting coordination and stability. The music is fun and powerful and the workout is modern and athletic – enjoy this release!

The BODYPUMP Team

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Corey Baird

Program Coach – Kylie Gates

Production Coordinator – Ashlee Young

PRESENTERS

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

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

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

Ben Main (New Zealand) is a BODYPUMP, BODYATTACK and LES MILLS GRIT™ Trainer/Presenter and is also a Les Mills Ambassador for all three programs. He is based in Auckland.

Rene Vogel (Germany) is a BODYPUMP, BODYBALANCE/BODYFLOW, CXWORX and LES MILLS GRIT Trainer/Presenter and a BODYATTACK Instructor. He is a Les Mills Ambassador for BODYBALANCE/BODYFLOW, BODYPUMP and CXWORX and has been a Les Mills Instructor for 12 years and is based in Lüneburg, Germany.



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	38:49

Please note: This 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.

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	24:10

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	38:09

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.

Please note the Masterclass video has been reversed to assist instructor learning.

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>



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	QC / Every time I hear	2x8	Set up SET Position	
	0:13	Must be the feeling	2x8	4/4 DEADLIFT SET Stance	1x
	0:20	QC / Every time I hear	4x8	COMBINATION 1 (16cts) 1x 2/2 DEADLIFT (8cts) 1x 2/2 UPRIGHT ROW (8cts)	2x
	0:35	Instr / (Piano)	4x8	COMBINATION 2 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 UPRIGHT ROW (4cts)	4x
	0:50	Rep / Every time , every	4x8	COMBINATION 3 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
2	1:05	C / Every time I hear	4x8	2/2 DEADLIFT SET Stance	4x
	1:20	Time to move	4x8	2/2 DEADROW (16cts)	2x
	1:35	QC / Every time I hear	4x8	1/1 (8cts)	4x
	1:50	Every time I hear	4x8	COMBINATION 3 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
	2:05	Instr / (Piano)	4x8	1/1 CLEAN & PRESS (8cts) Use the last 4cts to transition bar to SQUAT MID Stance	4x
	2:20	Rep / Every time , every time	4x8	1/1 SQUAT MID Stance Transition to WIDE Stance on the last 2cts	8x
	2:35	Every time , every time	4x8	1/1 SQUAT WIDE Stance Use the last 4cts to transition to SET Position	7x
3	2:50	C / Every time I hear	4x8	2/2 DEADLIFT SET Stance	4x
	3:05	Time to move	4x8	2/2 DEADROW (16cts)	2x
	3:20	QC / Every time I hear	4x8	1/1 (8cts)	4x
	3:35	Every time I hear	4x8	COMBINATION 3 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
	3:50	Instr / (Piano)	4x8	1/1 CLEAN & PRESS (8cts) Use the last 4cts to transition bar to LUNGE L , stepping R foot B	4x
	4:06	Rep / Every time , every time	4x8	1/1 LUNGE L Use the last 2cts to transition to LUNGE R , stepping L foot B	8x
	4:21	Every time , every time	4x8	1/1 LUNGE R Use the last 4cts to transition bar to SET Position. Hands go wide for WIDE DEADLIFT	7x
4	4:36	C / Every time I hear	4x8	2/2 WIDE DEADLIFT SET Stance	4x
	4:51	Outro / (Beat)	4x8	1/1 WIDE HIGH PULL	8x



01. THE GROOVE 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 belly 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 glutes to rise*
- **Upright Row** – *bar stops at lower chest, elbows wide, squeeze shoulder blades on the pull*
- **High Pull** – *bar stops at lower chest, lift heels, squeeze glutes, drive hips forward and up*

BLOCK 2

LAYER 1 / LAYER 2

Deadlifts, Deadrows and Upright Rows build into the High Pull combination. Physically we are connecting the lower body to the upper body and mentally preparing for the Back track. This creates a dynamic movement pattern preparing for the Clean & Presses. We finish the set with Squats – Mid and Wide. 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*
- **Deadrow** – *knees, belly, knees and lift, squeeze shoulder blades together to row*
- **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** – *heel-toe wider than Mid-Stance, hips go back and down, knees track out over toes, 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*
- **Deadrow** – *elbows to the rear to feel the back engage*
- **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*
- **Lunge** – *long step back, back knee down, front thigh parallel to the floor, front knee over mid-foot*

BLOCK 4

LAYER 1 / LAYER 2 / LAYER 3

The final block is super short with a wide grip for the Deadlift and more High Pulls to fully prepare the back of the body for the class ahead.

- **Wide Deadlift** – *hands wide on the bar, brace abs and lift chest*
- **High Pull** – *the back body should be ready for this workout*

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 the barbell or a large plate
NEW: Double Warm-up weight on the barbell or a medium plate

TRACK FOCUS

Coach your class through the 3 different stances – Mid, Wide and Wider. The focus is on load and range to create vertical drive for big results.

MUSCLE FOCUS

MID Stance: Quads
WIDE Stance: Gluteus maximus
WIDER Stance: Gluteus maximus, side glutes, posterior chain
Calf Raise: Gastrocnemius

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up SQUAT MID Stance	
	0:11	V1 / _ Back down	8x8	2/2 SQUAT MID Stance	8x
	0:35	C / Hey , wait, pin the	4x8	COMBINATION (8cts) 1x 1/1 SQUAT (4cts) 1x 1/1 SQUAT with CALF RAISE (4cts)	4x
	0:47	Just another	6x8	3x PULSE SQUAT with CALF RAISE (8cts)	6x
2	1:06	V2 / _ My	8x8	2/2 SQUAT MID Stance	8x
	1:30	C / Hey , wait, pin the	4x8	COMBINATION (8cts)	4x
	1:42	Just another	4x8	3x PULSE SQUAT with CALF RAISE (8cts)	4x
3	1:54	Instr / (Guitar)	2x8	TRANSITION: to WIDE Stance	
	2:00	Face _	2x8	4/4 SQUAT WIDE Stance	1x
	2:06	Rep / Just another	4x8	2/2	4x
	2:18	C / Hey , wait, pin the	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	2:30	Just another	4x8	COMBINATION (8cts)	4x
	2:42	Instr / (Guitar)	4x8	3x PULSE SQUAT with CALF RAISE (8cts)	4x
4	2:54	Br / (Low)	1x8	HOLD	
	2:58	V3 / _ My	8x8	2/2 SQUAT WIDE Stance	8x
	3:22	C / Hey , wait, pin the	4x8	COMBINATION (8cts)	4x
	3:34	Just another	4x8	3x PULSE SQUAT with CALF RAISE (8cts)	4x
5	3:46	Instr / (Guitar)	2x8	TRANSITION: to WIDER Stance	
	3:52	Face _	2x8	4/4 SQUAT WIDER Stance	1x
	3:58	Rep / Just another	4x8	2/2	4x
	4:10	C / Hey , wait, pin the	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	4:22	Just another	4x8	COMBINATION (8cts)	4x
	4:34	Instr / (Guitar)	4x8	3x PULSE SQUAT with CALF RAISE (8cts)	4x
	4:47	Outro	2x8	RECOVERY: Bar down on the floor, shake out legs and stretch Quadriceps	



02. PIN THE GRENADE 4:55mins

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 with good Timing and range cues.

- **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**
- **Knees tracking through the center of the feet** for great lower limb alignment
- **Butt stops just above knee line**, that's your range
- 1 Squat and 1 Heel Lift
- Triple Pulse and lift
- Stay low, get the range and load your legs

2 MID-STANCE SQUAT

LAYER 2

We stay in the Mid Stance for another block with focus on loading the Quads. Great opportunity to coach to upper body posture while using the barbell so when the combination hits everyone is ready to work hard for best results. Reinforce Timing of the combination and coach alignment of vertical drive: glute squeeze and hip drive.

- *First round done – let's settle in for more*
- *Hips sit back and track the knees forward for Quads focus*
- *Don't let go – don't let go of the barbell*
- *Hold the bar strongly into the upper back*
- *Lift the chest high from this base*
- *Abs on tight as we're going again*
- *Down up down lift*
- *Squeeze glutes hard*
- *Drive hips up and forward*
- *Pulse for 3 and push*
- *Big squeeze, big drive*

3 WIDE-STANCE SQUAT

LAYER 1 / LAYER 2

We move our focus to the Glutes with the Wide Squat. Coach Layer 1 Execution of the new Position with focus on alignment, Timing and range. When the combination hits, the focus is on vertical movement pattern – squeezing Glutes and driving hips forward and up as well as on creating triple extension of the 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**
- *Have a quick breather*
- **Lift the chest**
- *Focus on the glutes*
- **Press the knees out over toes**
- **Hips sit back and down**
- **Knees find 90 degrees**
- *Down half, down up*
- *Load the legs*
- *Hit the singles*
- *Remember the big hip drive*
- *We want to create vertical drive*
- *Straight down, straight up*
- *Stay down for 3*
- *Accelerate*
- *We are creating maximum velocity under the bar*



02. PIN THE GRENADE 4:55mins

4 WIDE-STANCE SQUAT

LAYER 2 / LAYER 3

One more block in Wide Stance. Fatigue is kicking in so take time to connect back with your participants and allow them to check back into their bodies before the chorus hits hard. The key is to give a Layer 2 focus (explosive power) 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 Wide Stance while fatigued.

- *Round 4 – you've got this*
- *Let's have a quick reset*
- *Hold the bar strongly*
- *Knees are out over toes*
- *Are you getting your butt right down?*
- *90 degrees*
- *Singles*
- *Let's get explosive*
- *It's explosive from the base of your Squat*
- *3, 2, ready – go*
- *It's tough but it's worth it*

PUMP FACT

One of the main objectives of BODYPUMP is using light weights with high reps to deliver the benefits of resistance training (improving muscle tone and strength). The key to maximizing these muscle benefits is reaching a point of fatigue within each block of work. This track uses triple extension and faster tempos to drive the heart rate. This cardio demand – combined with the intra-muscular pressure in the quads and glutes – is a great way to tone and shape the legs.

5 WIDER-STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

Heel-toe wider for the last round 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 that you're with them feeling every rep. This really is THE REP EFFECT™ in action!

- *One more round*
- **Heel-toe for Wider Stance**
- *It's going to be hard but it doesn't mean impossible – let's get it done*
- *We are running out of oxygen but that's when the training effect kicks in*
- *Let's build up again*
- **Brace abs and lift chest**
- **Push the hips back further**
- *Keep **pressing the knees** out over toes for glute engagement*
- *First, hit the range*
- *We get the load*
- *Get ready to explode*
- *Shape the legs fast*



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

Coach great Timing and Target zones with the barbell for precise Execution for strength gains. Focus on coaching clarity of Execution including options so the Walking Pushups and Mountain Climbers are achievable for everyone.

MUSCLE FOCUS

Chest Press and Pushup: Pectorals, triceps and deltoids
Mountain Climber: Triceps, deltoids, rectus abdominis

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8	Set up CHEST PRESS
	0:13	Instr / (Snare)	2x8	4/4 CHEST PRESS Option: FLOOR CHEST PRESS
	0:21	V1 / Are you ready?	4x8	2/2
	0:38	Rep / Boom boom	2x8	4/4
	0:46	C / Wop baba	4x8	1/1
2	1:02	V2 / I think it's time	8x8	CHEST PRESS COMBINATION (16cts) 1x 2/2 CHEST PRESS (8cts) 2x 1/1 (8cts)
	1:35	C / Wop baba	4x8	1/1 CHEST PRESS
	1:52	Ref / _ Yeah yeah	4x8	1/2/1
3	2:08	V3 / I think it's time	16x8	REPEAT BLOCK 2
4	3:14	Rep / Boom boom	4x8	TRANSITION: Bar down, to back of bench for WALKING BENCH PUSHUP
	3:31	C / Wop baba	16x8	WALKING BENCH PUSHUP COMBINATION (32cts) 2x 1/1 BENCH PUSHUP M (8cts) Last 2cts, step hands to L, R hand on bench, L hand on floor 2x 1/1 BENCH PUSHUP L (8cts) Last 2cts, walk both hands on bench 2x 1/1 BENCH PUSHUP M (8cts) Last 2cts, step hands to R, L hand on bench, R hand on floor 2x 1/1 BENCH PUSHUP R (8cts) Last 2cts, walk both hands on bench Options: Kneeling, on knees or toes Option: PLYO PUSHUP on last 2 reps
	4:37	Ref / _ Yeah yeah	8x8	BENCH MOUNTAIN CLIMBER COMBINATION (8cts) 1x TRIPLE BENCH MOUNTAIN CLIMBER L, R, L, HOLD (4cts) 1x TRIPLE BENCH MOUNTAIN CLIMBER R, L, R HOLD (4cts)
	5:10	Outro / Boom boom	4x8	1/1 BENCH PUSHUP Options: Kneeling, on knees or toes RECOVERY: Shake the arms and roll the shoulders, Chest Stretch



03. WOPBABALUBOP BULAPBUB BOOM 5:28mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position set-up. Use NETT to coach Timing and Targets so participants are moving well with Execution and they can follow the Timing successfully. Option is to use the Floor Chest Press to reduce shoulder stress with the challenge to increase weights.

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench/floor**
- **Target – middle of the chest**
- Elbows directly under the wrists – then your hands are wide enough
- **Elbows top of the bench for range**
- Here we go – into the chest work
- Brace the abs tightly and keep the shoulders not in the work

2 CHEST PRESS

LAYER 1 / LAYER 2

First block is short so continue to coach Execution, to make sure participants are moving well with the Timing. Once you have everyone moving well, help your class to get more out of the Chest Press by using Layer 2 cues that explain how to Improve Execution to build more tension and intensity.

- Combination – down for 2 and 2 Singles
- Drop it and push it
- As we do this, we want to maximize the chest work
- Keep it in the arms and chest – not in the shoulders
- Drive your upper back into the bench
- Pop the chest up high
- Stay on the Singles
- Check your range – top of the bench to keep the shoulders safe
- Drive out of the heel of the hand
- Really feel the chest work now

3 CHEST PRESS

LAYER 2 / LAYER 3

Last block with the barbell. Everyone will be feeling the accumulated fatigue. Educate and Motivate your participants to hold onto this feeling of tension and overload and to keep working hard to the end.

- *Let's make the chest burn*
- *Feel how slow it is – we are building the tension*
- *The tension accumulates and creates fatigue*
- *Overload is what we like*
- *Stay on it*
- *You are nearly there*
- *Last little challenge – 1, 2, 1*
- *That is time under tension*
- *Push it strongly*

4 WALKING BENCH PUSHUP / BENCH MOUNTAIN CLIMBER / BENCH PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

Coach Position and Execution set-up cues for the Walking Bench Pushup. Use NETT to coach Timing and Targets so participants are moving well and know their options to feel successful. When participants understand direction, Timing and Execution encourage them to add a small plyometric jump. Adding a small plyometric component to the Pushup increases muscle fiber recruitment, helping to generate fatigue to deliver results. Mountain Climbers give the Pushups active recovery while stabilizing shoulders and working core before the final block of Pushups. Encourage your class to work for quality reps with good Execution, no matter what the level is... ENJOY!

WALKING BENCH PUSHUP

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



03. WOPBABALUBOP BULAPBUB BOOM 5:28mins

BENCH MOUNTAIN CLIMBER

- *Mountain Climbers – 1, 2, hold*
- ***Shoulders over wrists***, corkscrew hands into bench
- ***Brace the core strongly*** to stabilize hips and pelvis
- *Drive the knees towards the top of the bench*
- ***Keep the hips low***

BENCH PUSHUP

- *1 max set of Pushups*
- *8 Pushups to finish*
- *On knees or toes*
- *Bracing hard through the core*
- *Here's the overload*

PUMP FACT

The Floor Chest Press is a great option for people who are recovering from a shoulder injury as it reduces stress on the rotator cuff.

It also provides a great opportunity to increase weight. Resting the upper arms on the floor at the bottom of each rep gives a little period of respite between the eccentric and concentric phase of the Press. As this is the toughest part of the range, most participants will be able to manage more weight on the bar. This therefore provides an option to increase weight, eventually enabling a higher weight selection when we return to the conventional Press.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more and 1 medium to heavy plate
NEW: Barbell with Chest weight and 1 medium to heavy plate

TRACK FOCUS

Coach how to Execute the combination of the Deadlift and High Pull to create power for the Clean & Press and then focus on range and depth in the Squat Press for metabolic drive.

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up SET Position SHOULDER ROLL	1x
	0:17	V1 / 21st century	4x8	2/2 DEADLIFT SET Stance	4x
	0:29	No one man	4x8	1/1 DEADROW	4x
	0:41	Instr / (Wind-up)	4x8	TRIPLE DEADROW (16cts)	2x
	0:54	(Heavy drop)	4x8	COMBINATION 1 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
	1:06	(Drop + singing)	8x8	COMBINATION 2 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
2	1:30	V2 / 21st century	4x8	2/2 DEADLIFT SET Stance	4x
	1:42	No one man	4x8	1/1 DEADROW	4x
	1:55	Instr / (Wind-up)	6x8	TRIPLE DEADROW (16cts)	3x
	2:13	(Synth + wind-up)	4x8	COMBINATION 1 (8cts)	4x
	2:25	(Drop + singing)	8x8	COMBINATION 2 (16cts)	4x
	2:50	(Singing)	8x8	PLATE SQUAT PRESS Use the first 8cts to transition: Bar down, pick up plate for PLATE SQUAT PRESS	14x
3	3:14	V3 / 21st century	34x8	REPEAT BLOCK 2 Use the first 16cts to transition: Bar down, pick up bar for DEADLIFT NOTE: Only 2x 2/2 DEADLIFT reps instead of 4x to start BLOCK 3 RECOVERY: Plate down, shake out arms and legs, Torso Twists	



04. POWER 5:02mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / 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 to developing great lifting technique to start the track strongly. Only say what you need to say so messages are heard as the track moves fast with fewer reps in each exercise block.

DEADLIFT

- **SET Position** to find our lifting structure
- *2/2 Deadlift*
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**

DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- *Long straight back*
- **Chin tucked in, eyes look out 6½ feet (2 meters)**
- **Lift chest and brace abs**
- *Triple time, 3, 2, 1*
- **Squeeze between the shoulder blades**

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

- *1 Clean, 1 Row*
- **Brace abs** when you catch
- **Bar close to the body**
- **Hips go back as you catch**
- *Hips drive up to press bar*

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

LAYER 1 / 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 them to explore their own mastery, especially with the Deadlift, High Pull combo. 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 it drives the workout's Motivation and enjoyment.

DEADLIFT

- *Round 2, Deadlift*
- *This round, try to pull the bar into the thighs*
- *Feel the lats flare out*
- *We are trying to force that muscle activation*
- *Dig the feet into the floor to stabilize the body*

DEADROW

- *Single Row*
- *Pull the elbows up and in*
- *Triple Row*
- *Dig and pull*
- *Feel the pull – starting to electrify the posterior chain*

DEADLIFT, HIGH PULL COMBINATION

- *Back to the combination*
- *Knees and chest*
- *Focus on the hip drive*
- *Drive the hips forward and up*
- *Start to feel the power you are generating out of your hips*
- *It powers the Clean & Press*

CLEAN & PRESS

- *Load up in the Pull*
- *Jump under the bar*
- *Try to be electric with the bar*
- *Transition coming – bars down, plates up*



04. POWER 5:02mins

PLATE SQUAT PRESS

- **Feet outside hip-width**
- **Plate at collarbones**
- *Squat and Press*
- **Elbows forward of the face**
- **Brace core**
- **Butt to 90 degrees**

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

LAYER 2 / LAYER 3

Layer 3 Motivational cues help maximize the results! Motivate people to keep working hard by using praise and encouragement, while challenging cues demand that they step up and give just a little bit more. There's some cool lyrics you can use to help Motivate everyone to give their best and show your love of the workout. How will you keep everyone in the zone until the finish?

- *Last round on the bar*
- *All that power – the clock is ticking*
- *Come on team – clock's on, we're on!*
- *The last set is always the toughest*
- *We are going together*
- *Drop down and pull*
- *Come on, we are driving*
- *Spark the energy*
- *We know it's tough – come with us*
- *Transition – bars down, plates up*
- *Put your whole body into it*
- *Finish strongly*

PUMP FACT

The Deadlift/High Pull combo preconditions us for the Clean & Press.

Focusing on accelerating the bar in the High Pull allows us to generate enough velocity for the bar to feel weightless on the up-phase.

Maintaining this rate of contraction when we move to the Clean & Press enables us to transition into the Clean phase effectively.

The Deadlift allows us to focus on hip drive.

SMARTSTART

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



05. TRICEPS

WEIGHT SELECTION

REGULARS: Barbell with Warm-up weight or more

NEW: Barbell with Warm-up weight

TRACK FOCUS

Clearly coach Position and Execution set-up for all the tricep exercises, bringing focus to range of motion to create intensity. Connect participants to the music and challenge them with body weight Pushups and Planks.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Press Pull-over: Triceps and deltoids (Press) / triceps and lats (Pull-over)

Tricep Pushup: Triceps, anterior deltoid, pectoralis

Rotating Side Plank: Rectus abdominals, obliques

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	½x8	Set up TRICEP EXTENSION	
	0:07	C / _ 'Little mama	4x8	2/2 TRICEP EXTENSION	4x
	0:26	V1 / Go , go, go, 50	6x8	1/1/1/1 TRICEP PRESS PULL-OVER (8cts)	6x
	0:55	C / _ 'Little mama	4x8	3x PULSE TRICEP EXTENSION (8cts)	4x
2	1:13	V2 / Let's party	8x8	1/1/1/1 TRICEP PRESS PULL-OVER (8cts)	8x
	1:51	C / _ 'Little mama	4x8	3x PULSE TRICEP EXTENSION (8cts)	4x
3	2:10	V3 / _ You see me	2x8	TRANSITION: to back of bench for BENCH TRICEP PUSHUP	
	2:19	_ You see me	4x8	COMBINATION 1 (16cts) 1x 2/2 BENCH TRICEP PUSHUP (8cts) 1x 2/2 ROTATING SIDE PLANK L (8cts), L hand on bench, R hand extends up Options: On knees or toes	2x
	2:38	C / _ 'Little mama	8x8	COMBINATION 2 (8cts) 1x 1/1 BENCH TRICEP PUSHUP (4cts) 1x 1/1 ROTATING SIDE PLANK L (4cts)	8x
4	3:16	Br / _ Let's party	1½x8	TRANSITION: to TRICEP PRESS PULL-OVER	
	3:23	Let's party	7x8	1/1/1/1 TRICEP PRESS PULL-OVER (8cts)	7x
	3:56	C / _ 'Little mama	4x8	3x PULSE TRICEP EXTENSION (8cts)	4x
5	4:14	V5 / _ You see me	14x8	REPEAT BLOCK 3 on other side R	
				RECOVERY: Shake out arms, Tricep Stretches	



05. DISCO INFERNO 5:36mins

TECHNIQUE AND COACHING

1 TRICEP EXTENSION / TRICEP PRESS PULL-OVER

LAYER 1

Coach Layer 1 Position and Execution set-up for the Tricep Extension and Press Pull-over using **NETT**. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of every movement.

TRICEP EXTENSION

- Lie down, feet in close to bench
- Hands shoulder-width apart on the bar
- **Abs braced**
- Shoulders back and down
- **Bar to forehead**
- Elbows point towards ceiling
- Elbows stay above shoulders
- Squeeze elbows in to load the triceps
- Triple pulse, bottom range of the extension

TRICEP PRESS PULL-OVER

- **Bar to ribs, forehead, ribs and push up**
- **Brace abs** when the bar goes over head
- Keep the elbows tucked in, close to the body
- That's how we isolate

2 TRICEP PRESS PULL-OVER / TRICEP EXTENSION

LAYER 2

The first block is short so reinforce Target zones and then start to challenge participants by using Layer 2 cues that help Improve their Technique and Increase Intensity to shape the arms fast.

TRICEP PRESS PULL-OVER

- If you want more challenge, take the bar further towards the crown of head
- Keep bracing hard, lower back staying close to bench
- Elbows tucking in so triceps are engaged

TRICEP EXTENSION

- Back to the Extensions
- Keep the elbows in
- Stay in bottom range

3 BENCH TRICEP PUSHUP / ROTATING SIDE PLANK

LAYER 1

Coach Position and Execution set-up for the Tricep Pushup and Rotating Side Plank. Be clear on Timing cues so your participants can follow easily. Space out your cues so they can feel and experience the movement in their bodies and enjoy the feel of this cool understated music.

- Back of the bench for Pushups
- Barbell down
- **Hands shoulder-width apart**
- 2/2 Pushup and slow Plank
- **Brace tightly**
- **Chest to elbow level in the Pushup**
- **Lift bottom hip as you rotate**
- Body turning as one unit
- Option to stay on knees for Pushup
- Option on one knee as you rotate
- Rotate on your heels
- **Lift your chest, back long and straight**
- Integrated movement

4 / 5 TRICEP PRESS PULL-OVER / TRICEP EXTENSION / BENCH TRICEP PUSHUP / ROTATING SIDE PLANK

LAYER 2 / LAYER 3

We start the block with the final set of bar work. Fatigue is kicking in now so reinforce solid Technique and encourage them to finish the track as best they can. Pushups on the bench are slightly easier to perform than on the floor. Therefore, some participants may find this a great challenge so can try some on their toes.

- Here comes the fatigue
- Brace the core hard to stay strong
- It's a great burn
- Last set of Pushups and rotations
- Elbows tucked in on the Pushup
- Push through the hand as you rotate
- Driving into the bench top
- Fully integrated through the whole body

PUMP FACT

Although we normally consider the tricep muscles as elbow extensors, the long head of the tricep also extends the shoulder. So including lat pulldowns helps recruit more muscle fibers within the tricep group.



06. BICEPS

WEIGHT SELECTION

2x small to large plates or barbell with Warm-up weight or less

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 Plate Curl and Bicep Plate Row: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up BICEP PLATE CURL SET Stance	
	0:11	V1 / Woke up feelin'	8x8	2/2 BICEP PLATE CURL SET Stance	8x
	0:38	PC / Sugar spice	4x8	1/1 BICEP PLATE ROW (8cts)	4x
	0:51	C / Find me up	8x8	3x MID-RANGE PULSE (8cts)	8x
2	1:18	V2 / Chaka Kahn	4x8	2/2 BICEP PLATE CURL SET Stance	4x
	1:31	PC / Sugar spice	4x8	1/1 BICEP PLATE ROW (8cts)	4x
	1:44	C / Find me up	8x8	3x MID-RANGE PULSE (8cts)	8x
3	2:11	V3 / So if you fight	8x8	1/1 ALT TOP HALF BICEP PLATE CURL L, R (8cts) SET Stance Use first 2cts to lift plates to MID-RANGE, then hold plates at MID-RANGE, alternate Curl to top range. Skip last R hand Curl and use last 4cts to return to SET Position. Option with bar: 15x 1/1 TOP HALF BICEP CURL	7½x
	2:38	C / Find me up	8x8	COMBINATION (16cts) 3x MID-RANGE PULSE (8cts) 1x ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts) Option with bar: 3x MID-RANGE PULSE (8cts) 2x 1/1 BICEP CURL (8cts)	4x
4	3:04	Br	1x8	HOLD	
	3:08	V4 / Chaka Kahn	16x8	REPEAT BLOCK 2	
5	4:01	V5 / So if you fight	16x8	REPEAT BLOCK 3 RECOVERY: Shake out arms, Bicep Stretches	



06. LIKE A GIRL 4:59mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 1

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

BICEP PLATE CURL

- *SET Position*
- *Core is on*
- *Split stance 2/2*
- **Plates to shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Shoulder blades down into the back ribs*
- *Twist the plates to see knuckles at the top*
- **Chest high**
- **Abs braced**
- *Triple pulse Mid-Range*
- *Glue the elbows into your sides*
- *1 inch above and below the mid-range*
- *All squeeze, no swing*

BICEP PLATE ROW

- *Tip forward from the hips*
- **Knees, ribs, knees and SET Position**
- *Twist the plates as you row*
- **Lift chest and brace abs**

2 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 2

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 cool – feel it and be in the song physically – and show your enjoyment of training the biceps!

BICEP PLATE CURL

- *Feel the shoulder blades move down into the back ribs to stabilize your body*
- *Check in with the elbows directly under the shoulders to shape and tone fast*

BICEP PLATE ROW

- *Feel the squeeze between the shoulder blades on the Rows*
- *Stay in the mid-range and work it*

3 ALTERNATING TOP HALF BICEP PLATE CURL / BICEP PLATE CURL

LAYER 1 / LAYER 2

Block 3 brings isolated work alternating the plate in the top range of motion. Clearly coach Targets and reinforce Timing so your class stays with you.

Fatigue is kicking in fast now so how can you enhance participants' experience? As you prepare your focuses, think: WHAT to say, and think about HOW to say it. What is your style of delivery? Are you a high connector or driven by the music and lyrics, or a bit of both? The way we deliver information to our participants is crucial for it to land and make change on the floor.

ALTERNATING TOP HALF BICEP PLATE CURL

- *Something new*
- *Halfway up then right to the top*
- *Then left to the top*
- *This is time under tension*
- *We never give the muscles a break*
- *Keep the twist on, to keep the muscles loaded*

BICEP PLATE CURL

- *3 Pulses and 2 Single Curls*
- *If you're on the bar, you're on straight Singles*

4 / 5 BICEP PLATE CURL / BICEP PLATE ROW / ALTERNATING TOP HALF BICEP PLATE 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 there to love the feel of working hard. How will you bring your class to the end?

- *Check your posture*
- *Feel the squeeze as you row*
- *We are heading towards fatigue fast now*
- *Imagine you're being lifted by the crown of the head, pulling your shoulders back and down*
- *Squeeze your glutes; helps to stabilize*
- *Halfway and hold*
- *This is BODYPUMP love – we finish together*
- *No swing – only squeeze*
- *Own it – work what you feel*

PUMP FACT

The main purpose of the Bicep Rows is to provide an active recovery from the isolated work, but they also help us reset the shoulder girdle. Focusing on scapula retraction helps 'set' the shoulder blades, providing the best foundation for the Curls.



07. LUNGES

WEIGHT SELECTION

1x small to large plate
OPTION: Body weight

TRACK FOCUS

Clearly coach the Execution of the Backward-Stepping Lunge to prepare your participants for the Drop Lunge with plate options to increase Intensity.

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	
	0:16	V1 / _ We were young	8x8 COMBINATION 1 (32cts) 2x 1/1 BENCH PLATE FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE R (8cts), L leg steps B 2x 1/1 BENCH PLATE FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L (8cts), R leg steps B	2x
	0:41	PC / Ooh , over my	8x8 COMBINATION 2 (32cts) 2x 1/1 BENCH PLATE FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) 2x 1/1 BENCH PLATE FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 BENCH PLATE BACKWARD-STEPPING LUNGE L with 1/2/1 O/H PLATE SHOULDER PRESS (8cts)	2x
	1:05	Instr / (Synth drop)	8x8 3x PULSE ALT BENCH PLATE BACKWARD-STEPPING LUNGE R, L with 1/2/1 O/H PLATE SHOULDER PRESS (16cts), L leg steps B first Set up BENCH BACKWARD-STEPPING TAP R with SINGLE-ARM PLATE ROW L on last 2cts: plate in L hand, R arm out to the side or hand on hip	4x



07. LUNGES

	MUSIC		SEQUENCE/EXERCISE	REPS
2	1:29	V2 / _ We're a team	8x8 BENCH BACKWARD-STEPPING TAP R 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) Plate up to collarbone in both hands or in L hand only on last 2cts	8x
	1:53	Instr / (Synth drop)	8x8 3x PULSE BENCH PLATE BACKWARD-STEPPING LUNGE R with 1x 1/2/1 O/H PLATE SHOULDER PRESS (8cts), L leg steps B Option: Hold plate in L hand only for SINGLE-ARM O/H PLATE SHOULDER PRESS , R arm out to side	8x
	2:17	Instr / (Low)	8x8 BENCH PLATE BACKWARD-STEPPING TAP R 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 up to collarbone in both hands or in L hand only on last 2cts	4x
	2:41	C / _ Never let you go	8x8 3x PULSE BENCH PLATE BACKWARD-STEPPING DROP LUNGE R with 1/2/1 O/H PLATE SHOULDER PRESS (8cts) Jump L leg B Options: No jump, hold plate in L hand only for SINGLE-ARM O/H PLATE SHOULDER PRESS , R arm out to side	8x
3	3:04	Br	1/2x8 TRANSITION: Plate in R hand, L arm out to the side or hand on hip for BENCH BACKWARD-STEPPING TAP L with SINGLE-ARM PLATE ROW R	
	3:06	V3 / _ We're a team	32x8 REPEAT BLOCK 2 on other side L	
	4:42	Outro / (Low)	4x8 RECOVERY: Shake out arms and legs, Quadricep Stretches	



07. LAY IT DOWN 4:58mins

TECHNIQUE AND COACHING

1 BENCH PLATE FRONT SQUAT / BENCH PLATE 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 is successful. To make sure 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 & BENCH PLATE 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 with 2 Front Squats*
- *Right leg Lunge*
- ***Long step back as you lunge***
- ***Hips back and down*** as you squat
- *Back knee down, front knee out 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, knee out over mid-foot***
- *Keep the range as you pulse*
- ***Elbows forward of face*** as you press
- *Stay low when you step in, to feel the burn*

2 BENCH BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW / BENCH BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER 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 understands where the focus is. When the Lunges hit again there is the option to add load with the Overhead Plate Shoulder Press, putting more load and demand on the lower and upper body, or the option of single-arm loading for more shoulder stability gains. We also have the option of a Drop Lunge for the 2nd set of Triple Pulses. The focus is on dropping your body under the plate and splitting both feet apart fast. It's a drop down rather than a jump up, to work athleticism.

BENCH BACKWARD-STEPPING TAP WITH SINGLE-ARM PLATE ROW

- *Plate in your right hand*
- *Step, row, down and in*
- ***Hinge forward from hip***
- ***Nose over toes***
- ***Pull the plate into the hip***
- *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*

BENCH BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

- *Triple Pulse Lunge with Overhead Press right leg only*
- *Long step back*
- *Hold the plate with both hands or take the challenge and hold in one*
- *This move requires more shoulder stability*
- *Shoulders and hips square to the front*
- *Front thigh parallel for range*
- *We want to get a little dynamic – is that OK?*
- *Triple Lunges are coming*
- *Use the plate and drop under the plate*
- *We push off with both feet and split the legs fast to make it dynamic*



07. LAY IT DOWN 4:58mins

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

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2 all on the other leg. We are loading our muscles while our heart rate is elevated, which is going to push the training result. Encourage participants to try the Drop Lunge to become more athletic. Help your class to commit to the end with Layer 3 Motivational cues that Educate them on the benefits of this sort of training and connect them to their bodies!

- *Step in, plate to left hand*
- *Let's row – reset the body*
- *Dig the front heel into the bench*
- *Square, brace and let's train the imbalances in our bodies*
- *Shall we do the Triple Pulse Lunge?*
- *Both hands or single – choose what's right for you*
- *What's important is we get the range – 90 degrees*
- *We are activating the posterior slings – they help us run, they help us jump and they help us get more athletic*
- *Do you want to get more athletic?*
- *Try the drop*
- *Get low*
- *Single arm creating stable shoulders*
- *Dropping under the plate and splitting your feet fast*
- *Shaping, toning and getting fitter faster*

PUMP FACT

The Bench Backward-Stepping Tap with Single-Arm Plate Row supplements the Lunges and Squats by adding a different stimulus to the glutes.

Ensuring we tip the nose forward of the toes accentuates the hip hinge, while adding the Row makes use of the anatomical connection between the opposite lat and glute.



08. SHOULDERS

WEIGHT SELECTION

2x small to large plates or barbell with Warm-up weight or more

TRACK FOCUS

Clearly coach the Position and Execution set-up of the exercises for good Technique so participants can keep tension on the muscles for the entire track. Educate them about the benefits of plate training and Motivate them to increase weight to maximize results.

MUSCLE FOCUS

Plate work: Deltoids, trapezius, muscles of the upper back, rear deltoids

Pushups: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Drums)	4x8	Set up STANDING FORWARD RAISE SET Stance	
	0:19	Instr / Azumba _	4x8	COMBINATION 1 (16cts) SET Stance 1x 2/2 STANDING FORWARD RAISE (8cts) 1x 2/2 STANDING SIDE RAISE (8cts)	2x
	0:34	(Rhythm + wind-up)	4x8	COMBINATION 2 (16cts) 1x 1/3 STANDING FORWARD RAISE (8cts) 1x 1/3 STANDING SIDE RAISE (8cts)	2x
	0:48	(Drop + drum)	16x8	COMBINATION 3 (32cts) 1x 1/1 STANDING FORWARD RAISE (4cts) 1x 1/1 STANDING SIDE RAISE (4cts) 1x 1/1 STANDING FORWARD RAISE (4cts) 1x 1/1 STANDING SIDE RAISE (4cts) 1x TRIPLE STANDING REAR DELTOID FLY (16cts)	4x
2	1:47	Instr / (Low whistle)	4x8	1/1 STANDING PLATE UPRIGHT ROW SET Stance Options: Use heavier weights or bar	8x
	2:01	(B up)	4x8	1/1 PLATE HIGH PULL	8x
	2:16	_ Azumba azumba	12x8	COMBINATION 4 (16cts) 2x 1/1 PLATE HIGH PULL (8cts) 1x 1/1 PLATE CLEAN & PRESS (8cts) Use the last 4cts to transition to floor for PUSHUP	6x
	3:00	(Drum rhythm)	4x8	1/1 PUSHUP Options: Kneeling, on knees or toes	8x
	3:15	(Rhythm + whistle)	4x8	TRIPLE PULSE PUSHUP (8cts)	4x



08. SHOULDERS

3

MUSIC			SEQUENCE/EXERCISE	REPS
3:29	Instr / (Low whistle)	2x8	TRANSITION to STANDING PLATE UPRIGHT ROW	
3:36	Instr / (Strum)	2x8	1/1 STANDING PLATE UPRIGHT ROW SET Stance Options: Use heavier weights or bar NOTE: Error on video, follow reps in notes	4x
3:43	(B up)	4x8	1/1 PLATE HIGH PULL	8x
3:58	_ Azumba azumba	12x8	COMBINATION 4 (16cts) 2x 1/1 PLATE HIGH PULL (8cts) 1x 1/1 PLATE CLEAN & PRESS (8cts) Use the last 4cts to transition to floor for PUSHUP	6x
4:41	(Drum rhythm)	4x8	1/1 PUSHUP Option: Hands in a MID-HAND POSITION Options: Kneeling, on knees or toes Hands wider on last 2cts	8x
4:56	(Rhythm + whistle)	4x8	PULSE PUSHUP (2cts) Option: Hands in a WIDE-HAND POSITION RECOVERY: Shake out arms, Shoulder Stretches	16x



08. AZUMBA 5:17mins

TECHNIQUE AND COACHING

1 STANDING FORWARD RAISE / STANDING SIDE RAISE / STANDING REAR DELTOID FLY

LAYER 1

Focus on Timing, Targets and range so your class is moving with great Execution and understands the combination. The key in the rear deltoid work is the tipping forward of the torso, a strong core to isolate, and maintaining a long straight spine with chest lifted for great postural work.

STANDING FORWARD RAISE

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

STANDING SIDE RAISE

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

STANDING REAR DELTOID FLY

- **Hinge forward from the hip**
- *Long spine*
- **Brace abs, chest lifted**
- **Plates stop under the shoulder line**
- **Squeeze shoulder blades together**
- *So good for our postural muscles*

2 STANDING PLATE UPRIGHT ROW / PLATE HIGH PULL / PLATE CLEAN & PRESS / PUSHUP

LAYER 1 / LAYER 2

Block 2 brings new moves so continue to focus on Timing, Targets and range for all exercises so your class is moving with great Execution. The key to isolate is to keep the shoulder blades down into the back ribs to create a high chest and maintain great posture in the High Pulls. Encourage participants to try more weight for the Pulls and Cleans. Use Layer 2 cues to help Improve Execution and start to Manipulate the Intensity as the overload builds fast, along with fatigue.

STANDING PLATE UPRIGHT ROW

- *Stay with your plates*
- *Upright Row*
- *Can you go heavier?*
- **Plates stop at lower chest**
- *Set the shoulderblades down into the back ribs*

PLATE HIGH PULL

- *Keep the range*
- *Lift the heels*
- **Squeeze glutes**
- **Use the hip drive – hips drive forward and up**
- *Feel the scapula retraction maintaining the high chest position*

PLATE CLEAN & PRESS

- *2 High Pulls and 1 Clean & Press*
- *Big drive, team!*
- *Drop fast and punch hard*
- **Brace abs and chest up** as you drop
- *We use plates to improve balance across the body*
- *Feel the challenge of the plates*
- *Feel how much shoulder stability is required to punch the plates*

PUSHUPS

- *Hands outside shoulder-width*
- *On knees or toes*
- *Shoulders away from the ears*
- **Abs braced**
- **Chest to elbow height**
- **Back long and straight**
- **Stay down for 3**



08. AZUMBA 5:17mins

3 STANDING PLATE UPRIGHT ROW / PLATE HIGH PULL / PLATE CLEAN & PRESS / PUSHUP

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 them to reach the end of this block?

- *Reset heavier plates if you want to*
- *Coming up onto the toes for the High Pulls*
- *Combination coming*
- *Big power through the floor*
- *Up on toes makes us more athletic – stronger, fitter, faster*
- *Hit the floor for the Pushups*
- *Option to go a fraction wider and pulse to the finish*
- *Brace core hard and ‘go for it’!*

PUMP FACT

The Target zone for our plate lifts, including forward and lateral raises, is just below or at shoulder level. This minimizes the risk of impingement at the shoulder joint.

This also applies to the Rear Deltoid Fly. The elbows and plates stop just under shoulder line. It's important here to have the shoulder blades fully retracted when we reach this point in the lift. This reduces stress on the shoulders and trains the retractor muscles to protect the shoulders when we are lifting.



09. CORE

TRACK FOCUS

Focus on simple coaching of the Execution of all the exercises so everyone gets all the reps. 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 Intensity or decrease so they are all successful.

MUSCLE FOCUS

Crunches: Rectus abdominis, obliques
Leg Extension: Lower and rectus abdominis
Hover and Spider Pushup: Rectus abdominis, obliques, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up C-CRUNCH	
	0:15	V1 / They say " oh my"	4x8	2/2 C-CRUNCH	4x
	0:34	PC / Ooh, I see you	4x8	1/1 CRUNCH with ALT LEG EXTENSION L, R (8cts) Feet off floor, crunch and extend leg out as shoulders lower down to floor Option: Bend knees with Toe Tap	4x
	0:54	C / Dance for me	4x8	COMBINATION (16cts) 5x 1/1 BICYCLE CRUNCH L, R, L, R, L, HOLD for 3cts (8cts) 5x 1/1 BICYCLE CRUNCH R, L, R, L, R, HOLD for 3cts (8cts) Options: Legs extend or bend knees with Toe Tap	2x
2	1:13	V2 / I said " oh my"	4x8	2/2 C-CRUNCH	4x
	1:33	PC / Ooh, I see you	4x8	1/1 CRUNCH with ALT LEG EXTENSION L, R (8cts)	4x
	1:52	C / Dance for me	8x8	COMBINATION (16cts)	4x
3	2:32	Ref / Ooh , ooh, ooh	4x8	HOVER Options: On knees or toes	
	2:51	C / Dance for me	8x8	2/2 DOUBLE-ARM SPIDER PUSHUP (8cts) Options: On knees or toes, to do SINGLE-ARM SPIDER PUSHUP L, R	8x



09. DANCE MONKEY 3:34mins

TECHNIQUE AND COACHING

1 C-CRUNCH / CRUNCH WITH ALTERNATING LEG EXTENSION / BICYCLE CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution set-up of the C-Crunch, Crunch with Alternating Leg Extension and the Bicycle Crunch with clear Timing and Target coaching.

C-CRUNCH

- Come down to the floor, side-on
- Fingertips to temples
- C-Crunch 2/2
- **Knees over hips, shins parallel**
- **Feel your lower back pressing down towards the floor as you lower the feet**
- **Ribs to hips**

CRUNCH WITH ALTERNATING LEG EXTENSION

- 1 Crunch, 1 Leg Extension
- Head touches down as the leg extends
- **Press lower back down towards the floor**
- **Brace abs**
- Option – tap the floor

BICYCLE CRUNCH

- Bicycle twists 5 times
- **Opposite shoulder to knee**
- Elbows wide
- Bend knees for more control
- **Brace abs to stabilize hips and pelvis**

2 C-CRUNCH / CRUNCH WITH ALTERNATING LEG EXTENSION / 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.

- Lift your shoulder blades off the floor
- Feel the upper and lower abs working
- Every time you extend your leg feel the load in the lower abs
- Challenge yourself to crunch up higher and feel the work in the obliques

3 HOVER / SPIDER PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

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

- Come into Hover
- Form a diamond shape with the fingers
- On knees or toes
- **Brace abs**
- **Back long and straight**
- Spider Pushup
- Both hands Pushup and lower
- Move your body as one
- If you feel this in your lower back more than your abs – come to knees
- Break it down using one arm then the other



10. COOLDOWN

TRACK FOCUS

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

MUSIC				SEQUENCE/EXERCISE
INTRO	0:05	Intro	4x8	CHILDS POSE
	0:27	V1 / _ Caught up in	4x8	SEATED HURDLER STRETCH L
	0:49	Moonlit night	1½x8	SEATED HURDLER STRETCH L Lean F
	0:57	C / I've been catching feelings	4x8	KNEELING HIP FLEXOR STRETCH R L leg F, hands on hips
1	1:19	Ooh-ooh-ooh	2x8	KNEELING HIP FLEXOR STRETCH with TWIST R L leg F, R hand on L knee
	1:30	V2 / _ Got me running	11½x8	REPEAT BLOCK 1 on other side
	2:32	Rep / I've been catching	2x8	STANDING CHEST STRETCH Open arms out wide
	2:43	I've been catching	2x8	STANDING UPPER BACK STRETCH Clasp hands behind the body, lift chest
3	2:54	C / I've been catching	4x8	STANDING QUADRICEP STRETCH L, R
	3:16	Outro	4x8	Shake and release



10. CATCHING FEELINGS 3:44mins

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

Barbell with Warm-up weight or more and 1x medium to large plate

TRACK FOCUS

Coach transitions well so the class can follow easily through the different exercises. Coach how to Execute each move 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

Tricep Pushup: Triceps, anterior deltoid, pectoralis major

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

Tricep Extension: Triceps

Bicep Curl: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2¼x8 Set up TRICEP PUSHUP	
	0:14	Instr / (High horn)	2x8 2/2 TRICEP PUSHUP Options: Kneeling, on knees or toes	2x
	0:23	Br / (Trumpets)	½x8 HOLD	
	0:25	V1 / Energy in my	4x8 COMBINATION 1 (8cts) 1x 1/1 TRICEP PUSHUP (4cts) 1x SLOW MOUNTAIN CLIMBER L, R (4cts)	4x
	0:41	Br	½x8 HOLD	
	0:43	Instr / (Trumpet rhythm)	4x8 COMBINATION 2 (8cts) 1x 1/1 TRICEP PUSHUP (4cts) 2x FAST MOUNTAIN CLIMBER L, R (4cts)	4x
	1:00	Br	½x8 HOLD	
	1:02	Instr / (Whistle)	2x8 2/2 TRICEP PUSHUP	2x
	1:10	Energy in my	4x8 1/1	8x
	1:27	Instr / (Low)	2x8 TRANSITION to standing, pick up plates for PLATE BICEP CURL or bar for BICEP CURL SET Stance	
2	1:35	Instr / (Beat)	2x8 4/4 BICEP PLATE CURL SET Stance	1x
	1:43	V2 / Energy in my	4x8 2/2	4x
	2:00	Instr / (Low)	4x8 1/1	8x
	2:16	Instr / (Trumpet rhythm)	8x8 3x MID-RANGE PULSE (8cts)	8x
	2:49	Br	1x8 TRANSITION: Pick up large plate for STANDING PLATE O/H TRICEP EXTENSION	
	2:53	Instr / (Beat)	6x8 1/1 STANDING PLATE O/H TRICEP EXTENSION	12x
	3:18	(Whistle)	2x8 PULSE STANDING PLATE O/H TRICEP EXTENSION (2cts)	8x
3	3:26	Br	½x8 HOLD	
	3:28	Instr / (Low)	29x8 REPEAT BLOCK 2 RECOVERY: Shake out arms, Tricep and Bicep Stretches	



45-MIN FORMAT

05. FUHRAHISHA 5:29mins

TECHNIQUE AND COACHING

1 TRICEP PUSHUP / MOUNTAIN CLIMBER

LAYER 1 / LAYER 2 / LAYER 3

Coach Layer 1 Position and Execution set-up of the Tricep Pushups and Mountain Climbers with options so everyone is included. Encourage the challenge of Pushups on toes as this is the only big set of Pushups and show your love of body weight training.

TRICEP PUSHUP / MOUNTAIN CLIMBER COMBINATION

- **Hands under shoulders**
- *Shoulders away from ears*
- *Straight back*
- *2/2 Pushup*
- *On knees or toes*
- **Chest to elbow height**
- *1 Single and 2 Climbers*
- **Elbows close to ribs**
- **Abs braced**
- *Knees close to floor*
- *Push into the floor, squeezing armpits, feeling upper-body stable*
- *We want a strong foundation to work from*
- *Take the challenge on the toes – 8 Singles to the end*
- *Full-body workout*

2 BICEP PLATE CURL / STANDING PLATE OVERHEAD TRICEP EXTENSION

New exercises. Coach clear cues for Position and Execution, and highlight the range and Targets so everyone jumps straight into the Intensity as it will bite fast.

LAYER 1

- *SET Position*
- *Super slow*
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**
- *Mid-Range Pulse 3 times*
- *1 inch above and below at right angles*
- *Let's get a little burn on*
- *Short sets to isolate*

STANDING PLATE OVERHEAD TRICEP EXTENSION

- *Grab your big plate*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Abs braced, chest lifted**
- **Elbows tucked in**
- *Pulses to the end for intensity*

3 BICEP PLATE CURL / STANDING PLATE OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

Use this set to coach Layer 2 cues to Improve Execution of the Bicep Curl. When we move with precision it Manipulates the Intensity, creating 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*
- *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 elbow locked under shoulder – keep it there*
- *Feel the pump in the arms*
- *Halfway is the maximum point of the Curl*
- *Let's hold that feeling right through till the end*
- *We want it to be feeling tough*
- *We take the benefits from the hard work*
- *Strong and steady to the end*
- *You're reaching towards the back and lifting it out*
- *Fight through the burn*

PUMP FACT

Antagonistic training is popular among many strength and conditioning coaches. It is time efficient as you are training one group while the other is recovering. It is even thought to increase strength due to the neurological effects of alternately training opposing groups. Super-setting biceps and triceps is a great example of antagonistic training.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

1x small to large plate

TRACK FOCUS

Clear set-up of each exercise, along with early pre-cues, is essential so the class can follow easily. Coaching focus is on range of motion to integrate the lower and upper body. Drive intensity in the Squat Curl and Lunge combination as this is tough and a great opportunity to maximize the results of fatigue.

MUSCLE FOCUS

Squat Curl / Shoulder Press and High Pulls:

Glutes, core, back and shoulders

Lunge with Overhead Press: Glutes, quadriceps, core and shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06	V1 / _ Want to rest	1x8 Set up PLATE HIGH PULL SET Stance Hold plate in underhand grip, plate hands long in front of body	
	0:09	Your chin	3x8 1/1 PLATE HIGH PULL SET Stance	6x
	0:19	_ It ain't your	4x8 COMBINATION 1 (16cts) 2x 1/1 PLATE HIGH PULL (8cts) 1x 1/2/1 PLATE SQUAT CURL (8cts)	2x
	0:31	If you can't	8x8 COMBINATION 2 (16cts) 2x 1/1 PLATE HIGH PULL (8cts) 1x 1/2/1 WIDE-STEPPING PLATE SQUAT CURL R (8cts) R leg steps wide, Curl plate to chest, Plate comes down to SET Position as R leg steps back in	4x
	0:57	PC / _ What you hiding	12x8 COMBINATION 3 (16cts) 2x 1/1 PLATE HIGH PULL (8cts) 1x TRIPLE PULSE WIDE-STEPPING PLATE SQUAT CURL R (8cts) Option: To jump both feet out wide on the SQUAT after the first 2 reps	6x
2	1:36	Br	1x8 TRANSITION: Plate to collarbone for PLATE BACKWARD-STEPPING LUNGE	
	1:39	V2 / _ What you doin	4x8 1/1/1/1 PLATE BACKWARD-STEPPING LUNGE R (8cts) L leg steps B	4x
	1:52	If you can't	4x8 1/1/1/1 PLATE BACKWARD-STEPPING LUNGE with 1/2/1 O/H PLATE SHOULDER PRESS R (8cts) Option: Hold plate at collarbone with no press	4x
	2:05	If you can't	4x8 3x PULSE PLATE BACKWARD-STEPPING LUNGE with 1/2/1 O/H PLATE SHOULDER PRESS R (8cts)	4x
	2:18	PC / _ What you hiding	4x8 3x PULSE PLATE BACKWARD-STEPPING DROP LUNGE with 1/2/1 O/H PLATE SHOULDER PRESS R (8cts), Jump L leg B Option: No jump	4x
	2:30	Instr / (Drop)	16x8 COMBINATION 4 (16cts) 1x 1/1 PLATE SQUAT CURL with 2x 1/1 O/H PLATE SHOULDER PRESS (8cts) Hold plate above head on last press 3x PULSE PLATE BACKWARD-STEPPING LUNGE R (8cts), Hold plate O/H, L leg steps B Plate comes down to SET Position as L leg steps back in Options: To jump both feet out wide on the SQUAT and DROP LUNGE , L leg jumps B, after the first 4 reps	8x



45-MIN FORMAT

06. LUNGES/SHOULDERS

	MUSIC		SEQUENCE/EXERCISE		REPS
3	3:22	Br	33x8	REPEAT BLOCK 2 on other side L	
	5:08	Outro / _ What you hiding	5x8	RECOVERY: Shake out arms and legs, Quadricep and Shoulder Stretches	



45-MIN FORMAT

06. TRYING TO LOVE 5:26mins

TECHNIQUE AND COACHING

1 PLATE HIGH PULL / PLATE SQUAT CURL COMBINATION

- Hold the outside edges of the plate
- **Feet outside hip-width**
- Plate High Pulls
- **Plate stops at lower chest**
- **Lift heels**
- **Squeeze glutes**
- **Drive hips forward and up**
- 2 High Pulls and Squat Clean
- Elbows wide then catch with elbows under plate
- Let's add on 2 High Pulls and step your left foot to a Wide Squat
- **Chest high, abs braced**
- **Knees out** on the Wide Squat
- **Butt to 90 degrees**
- Ready for the work
- 2 High Pulls and 3 Pulses on the Squat
- Create tension
- Option to be more dynamic
- Stepping or dropping under the plate
- Chest is high
- Keep the work in the back body
- Snapping fast, body under plate

2 PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS / PLATE SQUAT CURL WITH OVERHEAD PLATE SHOULDER PRESS COMBINATION

We stay all on the right leg for Lunges building into Pulses and Press and finally the Squat Curl / Shoulder Press and Lunge combination. Keep your coaching clear and simple, hitting the basics as your participants need to get the coordination first time round. Coach to the levels so everyone can be challenged and feel successful – plate or not; drop and split into the combination. Remember: you don't have to teach this combo all in the first class; you can progress over a few weeks for the dynamic Squat and Lunge.

- **Right leg Lunge**
- Just breathe – we are staying all on the right leg first
- **Back knee down, front knee out over toes**
- **Hips and shoulders square to front by bracing abs**
- Add the Plate Press
- **Elbows forward of face**
- Otherwise keep plate at collarbones
- **Front thigh parallel on the Lunge**

- Triple Pulse
- Stay low when you step in
- Now we are starting to integrate
- One more level if you want it
- Let's add the drop
- You can step it back or drop under, split the feet
- New move – Squat Press
- Squat then Press again, then Lunge
- **Get the range – 90 degrees**
- Add the drop on the Squat Press
- Split the feet on the Lunge
- Getting us athletic and fitter faster
- Your choice of level

3 PLATE BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS / PLATE SQUAT CURL WITH OVERHEAD PLATE SHOULDER PRESS 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 upper body. The song is super cool and will set the scene and build – so use it!

- Keep the plate at collarbones, other side
- The first round, we learn the skills; this round, let's master it
- Remember: elbows forward of face
- Strong elbows and feel the load in the upper body
- Stay low in the legs to create tension
- Create a small split – small propulsion
- Instead of jumping high, jump as quickly as you can
- Split the floor
- Going back to the combo
- Punch the plate as you step back
- Make the floor shake
- Thinking about the downward force with your body
- Creating an upward force with the plate

PUMP FACT

Transitioning between Squats and Lunges requires a change in foot position. In Squats we are just outside hip-width as a minimum, while in Lunges we are narrower, at hip width.

Transitioning between these positions is important to maintain joint alignment. Watch the presenters to see how they do this intuitively with constant slight adjustments to maintain good form.



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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.

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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.

