

BODYPUMP

115

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

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

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**

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance

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



1. On toes



2. On knees



3. Kneeling

NARROW TO WIDE PLATE PRESS

Position Setup

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

Execution Setup

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

Layer 2

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





GLOSSARY

CHEST FLY

Position Setup

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

Execution Setup

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

Layer 2

- Open the chest on the way down



CHEST PRESS

Position Setup

- Hands wide on the bar
- Bar above shoulders, 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



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

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





GLOSSARY

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.



CLEAN & PRESS

Position Set-up

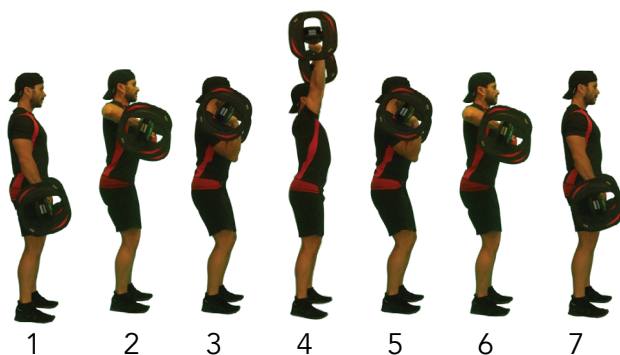
- **SET Position**
- **Chest lifted, abs braced**
- **Knees bent**

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

Layer 2

- 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 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



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**





GLOSSARY

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

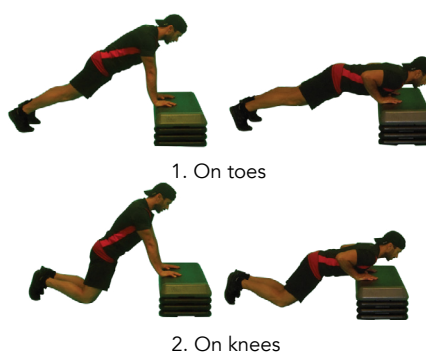
- **Hands under shoulders**
- **Abs braced**
- **Back long and straight**

Execution Set-up

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

Layer 2

- Drive the floor/bench away



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 hips and shoulders move as one**

Layer 2

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





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



BARBELL LUNGE

Position Set-up

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

Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor
- Follow-up
- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



STANDING UPRIGHT ROW

Position Setup

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

Execution Setup

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

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

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





GLOSSARY

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



MOUNTAIN CLIMBER

Position Set-up

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

Execution Setup

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



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





GLOSSARY

STANDING REAR DELTOID FLY

Position Set-up

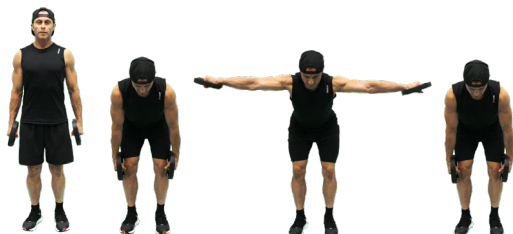
- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, abs braced**
- **Keep the chin tucked in and back of the neck long, eyes forward, 6½ feet (2 meters) in front**

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



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



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

JUMP FEET OUT/ IN PLANK

Position Setup

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

Execution Setup

- Feet jump put and in
- Feet shoulder-width
- Brace abs on landing

Layer 2

- Push the back down to stabilize the upper body



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



KNEELING BICEP CURL

Position Set-up

- Start on knees
- SET Position
- 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



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



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-BACKWARD STEPPING LUNGE WITH OVERHEAD PLATE SHOULDER PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



STANDING SIDE ROTATOR RAISE

Position Setup

- Standing 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



MUSIC

- 01

Hold Me Close (5:25)
Sam Feldt feat. Ella Henderson
© 2020 Heartfeldt Records / SpinninRecords.com.
Written by: Henderson, Renders, Lyttle, Tweed-Simmons, Hammar, Hördegård, Roovers
- 02

Green Light (5:03)
Lady Bri
© 2018 Palladium Records / Position Music.
Written by: Bryant, Lake
- 03

Work (5:58)
Apashe & Vo Williams
© 2020 Kannibalen Records.
Written by: Begin, De Buck, Williams
- 04

Another Way (5:57)
Seven Lions feat. April Bender
© 2020 Ophelia.
Written by: Montalvo, Leon, Bender
- 05

Break My Heart (5:52)
Dua Lipa
© 2020 Dua Lipa Limited under exclusive license to Warner Records UK. a division of Warner Music UK Limited.
Written by: Lipa, Tamposi, J. Johnson, S. Johnson, Wotman, Hutchence, Farriss
- 06

Skip Jump Stomp (4:50)
Atomic Drum Assembly
© 2018 Island Life Recordings.
Written by: Serrell
- 07

Faith (4:50)
Nurko & Dia Frampton
© 2020 Les Mills Music Licensing Ltd.
Written by: Frampton, Leech, Savage
- 08

I Can Flex (5:16)
Brevis & Drama B
© 2018 Tribal Trap.
Written by: Dimitrov
- 09

Wildflower (3:46)
5 Seconds of Summer
Courtesy of the Universal Music Group.
Written by: Hood, Clifford, Irwin, Warburton, Yacoub, Gorres
- 10

I Love You's (3:41)
Hailee Steinfeld
Courtesy of the Universal Music Group.
Written by: Agombar, Stewart, Griffiths, Freeman, Hughes

45-MIN FORMAT

- 05

Young Gods (5:07)
Total Ape
© 2016 Warner Records Inc.
Written by: Andersson, Gunthardt, Vinberg, Almkvist
- 06

Free Your Mind (6:06)
Big Gigantic feat. Jennifer Hartswick
© 2020 Big Gigantic x Counter Records.
Written by: Lalli, Jones, Lomax, Guetta, Reznikov, Richard



L-R: Vili Fifita, Glen Ostergaard, Khiran Huston

The perfect BODYPUMP workout, great music, high reps and light weights that will tone and shape all the muscles of your body!

A smooth, connecting start with *Hold Me Close* before we hit the *Greenlight* and get some Squats the Triple Pulses and Down holds will create fatigue, tone muscles and burn calories.

Work really happens in the chest track - a great combo of Walking Pushups and Chest Fly's with Presses that will test the muscles before we finish with a big barbell set – the perfect training track.

A beautiful and powerful uplifting the back track is simple and innovative this track peaks the workout both emotionally and physically before we drop into triceps and a quirky bicep track that will definitely challenge the muscle tension point.

Hold the *Faith* people, Static Lunges before we flex our muscles in shoulders working the anterior and posterior chain coupled with a conditioning phase to peak our workout.

Wildflower is stunning to train the core and a classic retro hit to stretch to BODYPUMP 115 is truly the perfect workout – enjoy!

The BODYPUMP Team



CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Hannah Lofroth

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.

Vili Fifita (New Zealand) is a BODYPUMP, LES MILLS TONE™, BODYCOMBAT™, LES MILLS CEREMONY™, LES MILLS CONQUER™, LES MILLS SPRINT and LES MILLS THE TRIP™ Instructor and a LES MILLS GRIT™ Trainer/Presenter. He also works in the engineering industry in Auckland.

Khiran Huston (New Zealand) is a BODYPUMP Instructor/Presenter, a LES MILLS TONE, LES MILLS SPRINT and LES MILLS THE TRIP Trainer/Presenter, an RPM Trainer and a LES MILLS GRIT Coach/Presenter. She is based in Auckland and has been a Les Mills Instructor for seven years.

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		



SHADOWS

- André Zimmerli (Switzerland)
- Atsushi Yamane (Japan)
- Autumn Jackson (United States)
- Bronté Terell (United Kingdom)
- Bruno Castro (Portugal)
- Caroline Kassab (United Arab Emirates)
- Cheikh Mané (Senegal)
- Christian Parra Salvador (Spain)
- Daniele Berdusco (Brazil)
- Eds Tan (China Hong Kong)
- Filip Vujadinović (Montenegro)
- Gerasimos Kolios (Greece)
- Ibaa Al Masri (Saudi Arabia)
- Janne Van Hove (Belgium)
- Javier Aníbal Labella (Argentina)
- Jean-Marc Estefan Rahme (Lebanon)
- Jorge Scott Neyra (Norway)
- Josy Charles Alfred (Guadeloupe)
- Juan José Altamirano (Bolivia)
- Judson Silva (Brazil)
- Katherine Franco (Panamá)
- Laura Becerra (Colombia)
- Mansour Al Fahl (Lebanon)
- Maria Luz Lezcano (Paraguay)
- Mostafa El-Sawy (Egypt)
- Nataly Soboleva (Israel)
- Niko Viskari (Finland)
- Olivia Lundkvist (Sweden)
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- Rok Hribar (Slovenia)
- Sebastián Pérez Aguilera (Chile)
- Sokvann Thaut (Kuwait)
- Stelian Constantin (Romania)
- Tevita Siulangapo (Australia)
- Thanos Karayiannis (Cyprus)
- Ton Krisakorn Maneenual (Thailand)
- Tony Appiah (South Africa)
- Veronika Benesova (Czech Republic)
- Vitalii Borodulin (Russia)
- Yin Jiali (China Mainland)

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

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	41:03

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	26:09

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	39:56



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.

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	Intro / Voices in my	2x8 Set up SET POSITION	
	0:13	Hold me	2x8 4/4 DEADLIFT SET Stance	1x
	0:20	PC / _And I think	4x8 2/2 DEADLIFT	4x
	0:36	C / Hold me	4x8 2/2 DEADROW (16cts)	2x
	0:52	Instr /	4x8 1/1 DEADROW (8cts)	4x
2	1:07	V2 / Doorbell in	4x8 3/1 DEADLIFT SET Stance	4x
	1:23	PC / _And I think	4x8 2/2 UPRIGHT ROW	4x
	1:38	C / Hold me	4x8 COMBINATION 1 (16cts) 1x 2/2 DEADLIFT (8cts) 1x 2/2 UPRIGHT ROW (8cts)	2x
	1:54	Instr /	4x8 COMBINATION 2 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 UPRIGHT ROW (4cts)	4x
	2:09	Ref / Wanna stay	4x8 2/2 CLEAN & PRESS (16cts)	2x
	2:25	C / Hold me	4x8 1/1 (8cts) Use the last 4cts to transition bar to SQUAT MID Stance	4x
	2:40	Instr /	4x8 1/1 SQUAT MID Stance Transition to LUNGE L , stepping R foot B on last 2cts	8x
	2:56		4x8 1/1 LUNGE L	8x
	3:11	V2 / Doorbell in	2x8 TRANSITION: Bar back to SET POSITION	
	3:19	_And I'm	2x8 3/1 DEADLIFT SET Stance	2x
3	3:27	PC / _And I think	4x8 2/2 UPRIGHT ROW	4x
	3:42	C / Hold me	4x8 COMBINATION 1 (16cts) 1x 2/2 DEADLIFT (8cts) 1x 2/2 UPRIGHT ROW (8cts)	2x
	3:58	Instr /	4x8 COMBINATION 3 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGHPULL (4cts)	4x
	4:13	Ref / Wanna stay	4x8 2/2 CLEAN & PRESS (16cts)	2x
	4:29	C / Hold me	4x8 1/1 (8cts) Use the last 4cts to transition bar to SQUAT WIDE Stance	4x
	4:44	Instr /	4x8 1/1 SQUAT WIDE Stance Transition to LUNGE R , stepping L foot B on last 2cts	8x
	5:00		4x8 1/1 LUNGE R	8x
	5:15	Outro /	2x8 Bar down, shake out and roll shoulders	



01. HOLD ME CLOSE 5:25mins

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 from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – bar to knees, belly, knee and set**

BLOCK 2

LAYER 1 / LAYER 2

Physically we are connecting the lower body to the upper body and warming the posterior chain with Deadlifts and Upright Rows. This prepares the body for the precision of the Slow Clean and Presses. We finish the set with Squats and Lunges to warm the body. Focus on coaching clear Layer 1 Position & Execution cues to help the class achieve good lifting Technique and confidence and connecting participants to their bodies.

- **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*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid Stance Squat** – *feet outside hips, hips go back and down, knee press forward, hips and knees to 90*
- **Lunge** - *long step back, back knee down, front thigh parallel to the floor*

BLOCK 3

LAYER 1 / LAYER 2 / LAYER 3

We repeat all the exercises again that were in Block 2; so it's the perfect opportunity to coach your class on Technique reminders to get their bodies ready for the workout ahead as well as using this time to connect to 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** – *feel the connection into the back body*
- **High Pull** – *lift heels and squeeze glutes*
- **Clean & Press** – *use your legs to power under the bar and pushing the hips back as you catch*
- **Wide Stance Squat** - *Feet outside hips, hips go back and down, knees press out, hips to 90*
- **Lunge** – *focus on squaring the hips and shoulders, feel the legs warming*

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

NEW: Double Warm-up weight on barbell

TRACK FOCUS

Coach your class through the 2 different stances
- Wide and Wider. The focus is on great lifting posture for the track.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Let's go_	4x8 Set up SQUAT WIDE Stance	
	0:19	V1 / Whatcha waitin'	4x8 2/2 SQUAT WIDE Stance	4x
	0:31	PC / Red light	2x8 4/4	1x
	0:37	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	0:49	Rep / Red light	4x8 1/1/2	4x
2	1:01	V2 / Your mind	4x8 2/2 SQUAT WIDE Stance	4x
	1:13	PC / Red light	2x8 4/4	1x
	1:19	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	1:31	Rep / Red light	4x8 1/1/2	4x
	1:43	Ref / _Woah	4x8 2/2	4x
	1:55	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	2:07	Rep / Red light	4x8 1/1/2	4x
	2:19	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
3	2:31	Br / _Let's go	5x8 TRANSITION: Set up SQUAT WIDER Stance	
	2:46	V3 / Whatcha waitin'	4x8 2/2 SQUAT WIDER Stance	4x
	2:58	PC / Red light	2x8 4/4	1x
	3:04	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	3:16	Red light	4x8 1/1/2	4x
4	3:28	V4 / Your mind	4x8 2/2 SQUAT WIDER Stance	4x
	3:40	PC / Red light	2x8 4/4	1x
	3:46	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	3:58	Rep / Red light	4x8 1/1/2	4x
	4:10	Ref / _Woah	4x8 2/2	4x
	4:22	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
	4:34	Rep / Red light	4x8 1/1/2	4x
	4:46	C / Go go go	4x8 TRIPLE PULSE SQUAT (8cts)	4x
RECOVERY: Shake out legs, stretch Quadriceps				



02. GREEN LIGHT 5:03mins

TECHNIQUE AND COACHING

1 WIDE STANCE

LAYER 1

Coach Position and Execution set-up of the Wide 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 hips, heel-toe wider for wide squat**
- **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 push out**
- *3 pulses and rise*
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line, that's your range**
- *Brace core in the bottom range*

2 WIDE STANCE

LAYER 2

The focus is on Vertical movement pattern holding the upper body foundation strong and full range in the Pulses. Layer 2 cues are designed to help participants achieve more from the workout; we do this through improving execution and manipulating the intensity and also educating them on what they are doing and how it should feel, helping them to achieve.

- *We love the Wide Squat*
- *Focus on the catch in the bottom range of the Squat*
- *90 degree range team*
- *Small movement in the bottom range*
- *Feel the muscles working here*
- *Big energy in the Pulses*
- *Sit deeper to maximize results*

3 WIDER STANCE

LAYER 1

Coach Layer 1 Execution cues for the Wider Squat position with focus on alignment, timing and range. Once everyone is moving well bring focus to Posterior chain engagement to increase intensity. The load is starting to build through the Pulses creating muscular change fast.

- **Heel-toe for Wider Stance**
- *Reset the great lifting posture*
- *Pull the shoulders back and down and high chest*
- *Hit the range every rep*
- **Brace abs and lift chest**
- *Keep **pressing the knees out** for glute engagement*
- *Squeeze the back body to keep the trunk lifted and maximize muscle recruitment*

4 WIDER STANCE

LAYER 2 / LAYER 3

Fatigue is kicking in so 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!

- *Celebration of movement*
- *Heart rate lifting*
- *Lots of tension in the muscles*
- *Drive and squeeze the glutes*
- *Are we still staying deep in the range*
- *How's your posture, are you still lifted*
- *Pulses to finish – lets Go!*

PUMP FACT

The narrower the Squat – the more stress we generate on the back extensors. This is because in a narrow Stance the angle of the upper legs force the hips back which results in the trunk angling forward. When we take the feet wider the upper legs are angled out, enabling us to remain more upright in the trunk. Reducing back muscle tension with a Wider Stance is therefore a great way to allow participants to maintain depth in bottom halves and pulses.



03. CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or slightly more
2x medium to large plates

TRACK FOCUS

Focus on coaching clarity of Mid and Wide Pushup execution (including options) so they are achievable for everyone and precise execution for plate work. Motivate for strength gains with barbell work. Alternating the exercises creates full body conditioning and fast fatigue.

MUSCLE FOCUS

Chest Press and Pushup: Pectorals, triceps & deltoids

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro / They say	4x8	Set up BENCH PUSHUP	
	0:16	V1 / Put the city	16x8	COMBINATION 1 (32cts) 1x 2/2 BENCH MID PUSHUP (8cts) Step R hand wide (2cts) 1x 1/1 BENCH WIDE PUSHUP (4cts) Step R hand back in (2cts) 1x 2/2 BENCH MID PUSHUP (8cts) Step L hand wide (2cts) 1x 1/1 BENCH WIDE PUSHUP (4cts) Step L hand back in (2cts) Option: Toes, knees or kneeling	4x
	1:01	Instr / (Low)	4x8	4/4 BENCH MID PUSHUP	2x
2	1:11	Instr / (Orchestra)	4x8	TRANSITION: Pick up plates, lay down on bench ready for PLATE PRESS	
	1:23	(Heavy)	16x8	COMBINATION 2 (16cts) 3x PULSE NARROW PLATE PRESS (8cts) 1x 2/2 PLATE CHEST FLY (8cts)	8x
3	2:08	Instr / (Orchestra)	4x8	TRANSITION: Back to bench top for PUSHUP COMBINATION	
	2:19	V2 / Put the city	20x8	REPEAT SET 1	
4	3:14	Instr / (Orchestra)	20x8	REPEAT SET 2	
5	4:10	Instr /	4x8	TRANSITION: Pick up bar, lay down on bench ready for CHEST PRESS	
	4:22	B up /	12x8	4/4 CHEST PRESS	6x
	4:55	(Heavy)	16x8	COMBINATION 3 (16cts) 3x PULSE CHEST PRESS (8cts) 1x 2/2 CHEST PRESS (8cts)	8x
	5:40	Outro /	4x8	4/4 CHEST PRESS RECOVERY: Shake the arms and roll the shoulders, chest stretch	2x



03. WORK 5:58mins

TECHNIQUE AND COACHING

1 BENCH MID / WIDE PUSHUP

LAYER 1

Coach Position and Execution set-up cues for the Mid and Wide Bench Pushup. Use NETT to coach Targets and Timing so participants are moving well and help them understand their options to feel success.

- **Hands slightly outside shoulders in the mid grip**
- **Brace abs**
- On knees or toes
- Shoulders away from the ears
- Combination – 2/2 Mid Press and walk the hand out wide
- Back to mid grip, do it again
- **Chest to elbow height**
- **Back long and straight**
- Walk the hand back to the centre
- If you want to try on your toes give it a try
- Working the body weight first to pre-fatigue to ultimately make the bench work harder
- Active the upper back as you pull the bench down towards you
- Screw the palms into the bench

2 NARROW PLATE PRESS / PLATE CHEST FLY

LAYER 1

Coach your class into the Position set-up to lift well. Use NETT to coach Targets and Timing so participants are moving well with Execution and they can follow the timing successfully.

- Grab your plates
- **Plates face inwards**
- Shoulders down, **brace core**
- Triple pulse press and wide fly
- **Elbows to ribs on the press**
- **Elbows go wide and open the chest as you fly**
- **Target is top of the bench for both moves**
- Keep the elbows in on the press and wide on the fly
- Pulses working strength of chest and shoulders
- Working tone and isolation in the flys

3 BENCH MID & WIDE PUSHUPS

LAYER 2 / LAYER 3

Once you have everyone moving well, help your class to get more out of the Pushups by using Layer 2 cues that explain how to improve execution to build more tension and intensity.

- *Let's get strong in this position*
- *Bring the chest in between the hands*
- *Check the range – chest to elbow level*
- *Drop to knees when you fatigue*
- *Drive the bench away*
- *Pull the bench in*
- *Super slow – tension on*

4 NARROW PLATE PRESS & PLATE CHEST FLY

LAYER 2

Continue to help participants move with good Timing and Range with the plates. Then help participants to get more out of these moves by using Layer 2 cues that explain how to Execute the Narrow Press to Wide Fly building more Intensity.

- *Back to the plates*
- *Make these moves tight*
- *Strength and isolation moves*
- *Top of the bench for targets and precision*
- *Feel your chest open wide*
- *Brace abs so lower back is close to bench*

5 CHEST PRESS

LAYER 1 / LAYER 2 / LAYER 3

Last block is with the barbell. Everyone will be feeling the accumulated fatigue; educate and motivate your participants to hold on to this feeling of tension and overload and to keep working hard to the end.

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- Elbows directly under the wrists – then your hands are wide enough
- **Elbows top of the bench for range**
- *Here's the tension*
- *Focus on staying the bottom range for the pulses*
- *Good results coming*



03. WORK 5:58mins

TECHNIQUE AND COACHING

PUMP FACT

The secret to maintaining intensity throughout a track is constantly changing muscle recruitment. In this track we rotate between closed chain exercises (pushups), open chain exercises on the bench and Narrow and Wide Presses and Flys. Flipping the focus like this allows us to continue targeting the chest muscles, while the variations in recruitment allow us to stay in the game right until the end.



04. BACK

WEIGHT SELECTION

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

TRACK FOCUS

Coach how to Execute the Clean & Press focusing on speed under the bar to improve Athletic Performance. Focus on range and depth in the Squat Presses for metabolic drive.

MUSCLE FOCUS

Deadlift / Clean & Press, Plate Squat Press: Posterior chain, glutes, hamstrings, lower & upper back
Deadrow: lats
Plate Squat Press / Power Press: Glutes, quads, shoulders

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / Hand in	4x8	Set up SET Position	1x
				SHOULDER ROLL	
	0:19	_So close	4x8	4/4 DEADLIFT SET Stance	2x
	0:32	Instr / (Windup)	8x8	1/1 DEADROW	8x
2	0:57	V2 / Time isn't	8x8	TRIPLE DEADROW (16cts)	4x
	1:23	Instr / (B up)	4x8	2/2 DEADLIFT SET Stance	4x
	1:36	(Heavy)	16x8	COMBINATION 1 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	8x
3	2:27	B up /	4x8	2/2 DEADLIFT SET Stance	4x
	2:40	(Heavy)	16x8	COMBINATION 1 (16cts)	8x
4	3:31	V3 / We got all	4x8	TRANSITION: Bar down, pick up large plate	
	3:44	_So close	4x8	1/1 PLATE ROW SET Stance	4x
	3:57	Time isn't	12x8	COMBINATION 2 (16cts) 1x 1/1 PLATE CLEAN & PRESS (8cts) 1x 1/1 PLATE ROW (8cts)	6x
	4:35	Instr / (Heavy)	8x8	PLATE POWER PRESS (16cts)	4x
	5:00	(Low synth)	8x8	PLATE SQUAT PRESS	16x
	5:26	Outro /	8x8	RECOVERY: Plate down, shake out arms and legs, torso twists	

SMARTSTART

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



04. ANOTHER WAY 5:57mins

TECHNIQUE AND COACHING

1 DEADLIFT, DEADROW

LAYER 1

Coach how to Execute 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 strong. Only say what you need to say so messages are heard, making you easy to follow.

DEADLIFT

- **SET Position** to find our lifting structure
- *2/2 Deadlift*
- **Hinge from the hip**
- **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 in, eyes look out 2 metres**
- **Lift chest and brace abs**
- *Triple time, 3, 2, 1*
- **Squeeze between the shoulder blades**

2 DEADLIFT, DEADROW, CLEAN & PRESS

LAYER 1 / LAYER 2 / LAYER 3

Set-up the Clean and Press clearly focusing on keeping the bar close to the body. Participants know the other 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 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!

DEADLIFT

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

CLEAN & PRESS & DEADROW COMBINATION

- *1 Clean, 1 Row*
- **Brace abs** when you catch
- **Bar close to the body**
- **Hips go back as you catch**
- **Catch bar on collarbones**
- **Elbows forward on the press**
- *Squeeze shoulder blades on the row*
- *Focus on keeping the barbell close to get the drop*

3 DEADLIFT, DEADROW, CLEAN & PRESS

LAYER 2 / LAYER 3

The 2nd block is short so continue to help participants achieve overload through this block maximizing their Athletic Performance of the Clean & Press. Focus on speed under the bar. Motivate people to keep working hard by showing your love of the workout; genuine physical role modelling, using praise and encouragement, whilst challenging cues demand that they step up and give just a little bit more. How will you keep everyone in the zone until the finish?

- *This is where it counts*
- *Slide the bar to the knees*
- *Keep the bar close*
- *Lock the position to stabilize*
- *This means when we hit the Clean & Presses we move efficiently*
- *Use the Squat – make the biggest difference to your power training*
- *Commit to speed for these last 4 reps*
- *Jump under the barbell fast*



04. ANOTHER WAY 5:57mins

TECHNIQUE AND COACHING

4 PLATE ROW / PLATE CLEAN & PRESS / PLATE POWER PRESS / SQUAT PRESS

LAYER 1 / LAYER 2 / LAYER 3

We move to the Plate work for metabolic drive to increase Athletic Results. Be clear on execution of all the exercises with a focus on Range and Targets for safety. Once everyone is moving well, connect and motivate your participants to drive their results to the finish line.

PLATE ROW

- **Feet outside hips**
- *Plate low*
- **Chest lifted, abs braced**
- *Plate row*
- **Tip from the hip**
- *Row into the lower chest*
- **Elbows in as your row**
- **Squeeze shoulder blades**

PLATE CLEAN & PRESS / PLATE ROW

- *1 Plate Clean and Press*
- *1 Row*
- *Strong through the back*
- *Catch the plate high on the collarbones*
- **Chest up, abs braced**
- **Elbows under when you clean the plate**
- **Elbows forward of the face when you press**
- **Knees and Butt to 90**

PLATE POWER PRESS

- *2nd combo coming*
- *Power Press- triple press*
- *Drive out of the legs*
- *Pushing the intensity high*
- *Fire up through the glutes*

PLATE SQUAT PRESS

- *Final kicker*
- *Think strong, push strong*
- *Keep hitting the full range -90 degrees to max heart rate*
- *Using all the muscles of the posterior chain to send the plate high*

PUMP FACT

The Clean action changes depending on whether we are using a plate or a bar. With the bar, the elbows lift high to bring the bar to the lower chest – then we jump under to catch the bar in front of the collarbones. With the plate, the elbows stay lower as we curl the plate up and Squat under to catch in front of the collarbones.

With both actions its important to keep the weight close to the body to minimize stress on the stabilizer muscles and optimize our vertical drive.



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 bodyweight Pushups and Planks.

MUSCLE FOCUS

- Tricep Extensions:** Triceps
- Tricep Pullover:** Triceps and lats
- Tricep Pushup:** Triceps, anterior deltoid, pectoralis
- Side Plank Rotation:** Rectus abdominals, obliques

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	Set up TRICEP EXTENSION on the bench		
	0:13	V1 / _I've always	4x8	2/2 TRICEP EXTENSION	4x
	0:30	_You say my	4x8	3/1	4x
	0:47	PC / Centre of	4x8	2/2 TRICEP PRESS PULL-OVER (16cts)	2x
	1:04	C / Stayed at	8x8	1/1 (8cts)	8x
2	1:38	Br / (Low)	1x8	TRANSITION to the bench ready for a TRICEP PUSHUP	
	1:42	V2 / _I wonder	4x8	2/2 TRICEP BENCH PUSHUP	4x
				Option: Toes, Knees or Kneeling	
	1:59	PC / Centre of	4x8	3/1	4x
	2:16	C / Stayed at	8x8	COMBINATION (16cts)	4x
				2x 1/1 TRICEP BENCH PUSHUP (8cts)	
				1x 2/2 PLATE SIDE PLANK ROTATION L (8cts)	
				Option: Toes, Knees or Kneeling	
3	2:50	Rep / _Break my heart	2x8	2/2 PLATE SIDE PLANK ROTATION L	2x
	2:59	_Falling in	2x8	TRANSITION to the bench with bar ready for a TRICEP PRESS PULL-OVER	
	3:07	Br /	1½x8	HOLD	
	3:09	C / Stayed at	8x8	1/1 TRICEP PRESS PULL-OVER (8cts)	8x
	3:44	Br / (Low)	29 ½x8	REPEAT SET 2 with SIDE ROTATION on R	



05. BREAK MY HEART 5:52mins

TECHNIQUE AND COACHING

1 TRICEP BARBELL EXTENSION / TRICEP PRESS PULLOVER

LAYER 1

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

TRICEP BARBELL EXTENSION

- Lay down, feet in close to bench
- **Hands shoulder width 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

TRICEP PULLOVER

- **Bar to ribs, forehead, ribs and push up**
- **Brace abs** when the bar goes overhead
- Keep the elbows tucked in close to the body
- That's how we isolate
- Squeezing the triceps as you push away

2 TRICEP BENCH PUSHUPS / SIDE PLANK ROTATION / TRICEP PULLOVER

LAYER 1 / LAYER 2

Coach Position and Execution set-up for the Tricep Pushup and Side Plank Rotation. Be clear on timing cues so the class can follow easily. Space out your cues so participants can feel and experience the movement in their bodies.

TRICEP BENCH PUSHUP / SIDE PLANK ROTATION

- Back of the bench for Pushups
- Barbell down
- **Hands shoulder width**
- 2/2 Pushup
- **Brace hard**
- **Chest to elbow level in the Pushup**
- 2 singles Pushups and side rotation
- Lift bottom hip as you rotate
- Option - to stay on knees for Pushup
- Option - 1 knee as you rotate
- Turn your feet as you rotate on your heels
- **Lift your chest, back long and straight**
- Integrated movement

TRICEP PULLOVER

- Back to the barbell
- Press pullover combo
- Keep the elbows in tight
- Mixing up the training



05. BREAK MY HEART 5:52mins

TECHNIQUE AND COACHING

3 TRICEP BENCH PUSHUPS / SIDE PLANK ROTATION / TRICEP PULLOVER

LAYER 2 / LAYER 3

We repeat the Pushups, Side Planks and Pullovers; Fatigue is kicking in fast 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 opportunity to try some on their toes.

- *Back of the bench for Pushups*
- *Hands shoulder width*
- *Take the option on the knee if you need to*
- *Here comes the fatigue*
- *Brace the core hard to stay strong*
- *Elbows tucked in on the Pushup*
- *Push through the hand as you rotate*
- *Push into the bench top*
- *Fully integrated through the whole body*
- *Final set with the barbell*
- *Finish off strong with the pullover combo*

PUMP FACT

As we know, BODYPUMP achieves results via The Rep Effect – high repetitions with lighter weights. As we mentioned in the chest track, changing muscle stimulus is what allows us to keep the intensity up and complete high numbers of reps.

In this tricep track, once again, we combine open and closed chain exercises and also bring in isometric versus dynamic patterns. The Pushups, Presses and Extensions are all dynamic, while the Pullovers and Rotating Planks require us to isometrically load the triceps to lock the elbow position.



06. BICEPS

WEIGHT SELECTION

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 Curl and Bicep row: Biceps

Bicep Curl: Biceps, bicep row, biceps and upper back muscles

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	3x8	Set up for shoulder roll a BICEP CURL SET Stance	1x
	0:19	V1 / (Chant)	4x8	2/2 BICEP CURL SET Stance	4x
	0:33	Instr / (Rhythm)	8x8	COMBINATION 1 (16cts) SET Stance 2x BOTTOM HALF (8cts) 1x 2/2 BICEP CURL (8cts)	4x
	1:01	(Low strum)	4x8	1/1 BICEP ROW (8cts) SET Stance	4x
2	1:15	V2 / (Chant)	6x8	2/2 BICEP CURL SET Stance	6x
	1:36	Instr / (Drums)	4x8	1/3	4x
	1:50	(Low rhythm)	8x8	COMBINATION 1	4x
	2:18	(Rhythm)	8x8	COMBINATION 2 (16cts) 1x TRIPLE MID-RANGE PULSE (8cts) 2x 1/1 BICEP CURL (8cts)	4x
3	2:46	Br /	1/2x8	HOLD SHOULDER ROLL	1x
	2:48	V3 / (Chant)	26x8	REPEAT SET 2 SET Stance	
	4:19	Outro /	8x8	COMBINATION 3 (16cts) 1x 1/1 BICEP ROW (8cts) 2x 1/1 BICEP CURL (8cts)	4x
	RECOVERY: Shake out arms, Bicep stretches				



06. SKIP JUMP STOMP 4:50mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL / BICEP 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 CURL

- *SET position*
- *Core is on*
- **Bar to shoulders and down to thighs**
- *Get a feel for the music*
- **Elbow under shoulder** to start the isolation
- *Shoulder blades down into the back ribs*
- **Chest high**
- **Abs braced on**

BICEP ROW

- *Bicep Row*
- *Tip from the hips*
- **Knees, ribs, knees and set**
- **Lift chest and brace abs**

2 BICEP CURL / BICEP ROW

LAYER 2

Short first block of work so continue with Execution cues to help participants understand the isolation. Once they are moving well, 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.

BICEP CURL

- *Feel the shoulder blades down into the back ribs to stabilize your body*
- *Check in with the elbows directly under the shoulders to shape and tone fast*
- *Strong Position to isolate the arms*
- *Ground the heels and lock in the core*
- *Combo time – pulse 3, 2 singles*
- *Mid range pulses – 1 inch above 1 inch below is the range*
- *As this gets tough, stabilize the body more*
- *Constant tension and burn gets us the results*

3 BICEP CURL / BICEP ROW

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 end?

- *Stay grounded for this long set*
- *Lock the legs and brace hard through the core*
- *Hit hold and resist*
- *Now we're in the thick of it*
- *Simple training*
- *New combo – 1 row*
- *Elbows high*
- *2 curls*
- *Let's finish strong*
- *Elbows down chest up to finish*

PUMP FACT

Stabilizing our shoulder blades and upper back is a challenge during Bicep Curls. In this track we have the opportunity to reset this Position with Shoulder Rolls and Bicep Rows.

If participants fatigue and lose their upper back / shoulder blade position – remind them to stop – roll the shoulders up back and down and then continue once they have reset.



07. LUNGES

WEIGHT SELECTION

Barbell with Warm-up weight or less
OPTION: Body weight or plates

TRACK FOCUS

Coach your class to Execute the static Lunge with great ROM and Timing to maximize muscular tension for accelerated results. Be precise with leg alignment for the Lunge-Squat combination.

MUSCLE FOCUS

Lunges: Glutes & quadriceps
Wide Squat: Gluteus maximus

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8	Set up LUNGE L, Step R foot B
	0:22	V1 / _I know I'm the	4x8	2/2 LUNGE L4x
	0:37	_I see what	4x8	3/14x
	0:51	PC / Do you have faith	4x8	4/42x
	1:05	_You say it's	4x8	3/14x
	1:19	Me. Do you still	4x8	2/24x
	1:33	Instr / (Heavy synth)	16x8	COMBINATION (32cts)4x 1/1 LUNGE L (16cts)4x 1/1 SQUAT WIDE Stance (16cts)4x
2	2:30	Br / (Low)	1x8	TRANSITION: to LUNGE R, Step L foot B
	2:34	V2 / _I know I'm the	4x8	2/2 LUNGE R4x
	2:48	_I see what	4x8	3/14x
	3:02	PC / Do you have faith	4x8	4/42x
	3:17	_You say it's	4x8	3/14x
	3:31	Me. Do you still	4x8	2/24x
	3:45	Instr / (Heavy synth)	16x8	COMBINATION (32cts)4x 1/1 LUNGE R (16cts)4x 1/1 SQUAT WIDE Stance (16cts)4x
				RECOVERY: Shake out arms, Quadricep stretches



07. FAITH 4:50mins

TECHNIQUE AND COACHING

1 LUNGE / WIDE SQUAT COMBINATION

LAYER 1 / LAYER 2

Use simple cues to coach Position & Execution of the 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 and nail the Timing! When the Lunge-Squat combination hits be super clear on leg alignment – feet hip-width for the Lunge and outside hips in Squat.

LUNGE / WIDE SQUAT COMBINATION

- **Long step back**
- *Down-and-up smooth*
- **Back knee towards the floor**
- **Hips and shoulders square to the front**
- *Big push through the front heel*
- **Front thigh parallel to the floor**
- *Pushing from the heel means the glutes are ready to fire*
- *Feel the tension building*
- **Keep the chest lifted and abs locked**
- *Challenge is to stay in the range*
- *Combination 4 Lunges*
- *Left leg steps out, 4 Squats*
- **Hips sit back and down in Squat**
- **Knees and Hips to 90 degrees**
- *Feet hip-width in the Lunge and outside hips in the Squat*

2 LUNGE / WIDE SQUAT COMBINATION

LAYER 2 / LAYER 3

Block 2 is a repeat of block 1 all on the other leg. 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!

- *Find the alignment on the other leg now*
- *Keep the chest lifted*
- *Keep the bar moving straight up and down*
- *Focus on the back knee*
- *Find the range if you can – 90 degrees*
- *Starting to burn now*
- *Stability through your core*
- *Keep the load on*
- *Stay strong, stay connected*
- *Pushing through the front heel as you stand up*
- *Pulses to finish*
- *Lunges and Squats again*
- *I'm there with you to the end*

PUMP FACT

Stepping back with the feet parallel and hip width apart is one of the easiest ways to achieve great alignment in a Lunge. This will increase the likelihood that the knees track in line with the middle of the feet and the hips will remain square to the front.

It's worth reminding participants that when they transition between Squats and Lunges that their feet need to be narrower in the Lunge.



08. SHOULDERS

WEIGHT SELECTION

2x small to large plates

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 your participants on the benefits of plate and body-weight training motivating 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	Intro /	4x8 Set up for a STANDING PLATE UPRIGHT ROW SET STANCE	
	0:20	V1 / I ain't signing	14x8 COMBINATION 1 (16cts) SET Stance 1x 2/2 STANDING PLATE UPRIGHT ROW (8cts) 1x 2/2 STANDING PLATE SIDE RAISE (8cts)	7x
	1:03	(B up)	2x8 TRANSITION: to floor ready for a PUSHUP	
	1:10	Instr / (Heavy)	12x8 COMBINATION 2 (16cts) 1x 1/1 MID GRIP PUSHUP (4cts) 1x SLOW MOUNTAIN CLIMBER L (4cts) 1x 1/1 MID GRIP PUSHUP (4cts) 1x SLOW MOUNTAIN CLIMBER R (4cts) Option: Toes, Knees or Kneeling	6x
2	1:47	Instr / (Low)	4x8 TRANSITION: to standing ready for a STANDING HIGH PULL	
	2:00	V2 / I hear my name	14x8 COMBINATION 3 (16cts) SET Stance 2x 1/1 HIGH PULL (8cts) 1x 1/1 STANDING REAR DELTOID FLY (8cts)	7x
	2:43	(B up)	2x8 TRANSITION: to floor ready for a PUSHUP	
	2:49	Instr / (Heavy)	4x8 COMBINATION 2 (16cts)	2x
	3:02	(Heavy downbeat)	4x8 COMBINATION 4 (8cts) 1x 1/1 MID GRIP PUSHUP / FAST MOUNTAIN CLIMBER L (4cts) 1x 1/1 MID GRIP PUSHUP / FAST MOUNTAIN CLIMBER R (4cts) Option: to stay with 2x COMBINATION 2	4x
	3:14	(Heavy downbeat)	4x8 SPRINTER L R (2cts)	16x
3	3:27	Instr / (Low)	32x8 REPEAT SET 2	
	5:06	Outro	2x8 Shake out arms RECOVERY: Shake out arms, Shoulder stretches	



08. I CAN FLEX 5:16mins

TECHNIQUE AND COACHING

1 STANDING PLATE UPRIGHT ROW & STANDING PLATE SIDE RAISE / MID GRIP PUSHUP & MOUNTAIN CLIMBER

LAYER 1

Focus on Timing, Targets and range so your class is moving with great Execution and understand Pushup execution. Option levels so everyone is successful.

STANDING PLATE UPRIGHT ROW & SIDE RAISE COMBINATION

STANDING PLATE UPRIGHT ROW

- *SET position*
- *Upright row*
- *Side raise*
- *Elbows out wide*
- **Keep the plates close to the body**
- **Brace abs**
- **Chest up**
- **Plates to lower chest**
- **Elbows under the shoulders on the side raise**

MID GRIP PUSHUP / MOUNTAIN CLIMBER COMBINATION

- *To the floor, plates down*
- **Hands just outside the shoulders for mid grip**
- *1 Pushup, 1 slow Climber*
- **Chest to elbow level for Pushup range**
- *Knee to chest on the Climber*
- *Keep the knee close to the floor*
- **Brace the abs hard**
- **Back long and straight**
- *As we progress through the track this is home base, come back here if you need to drop intensity*

2 HIGHPULL/ STANDING REAR DELTOID FLY COMBINATION / MID GRIP PUSHUP/ MOUNTAIN CLIMBER COMBINATION/ SPRINTER

LAYER 1 / LAYER 2

HIGHPULL / STANDING REAR DELTOID FLY COMBINATION

- *Grab the plates, new combo*
- **SET position**
- *2 high pulls*
- *1 rear fly*
- *Lift heels and squeeze glutes*
- **Plates stop under shoulders on the fly**
- *Squeeze shoulder blades*
- *Drive hips forward and up*
- *Plates on the floor*
- **Brace abs and chest up**

MIDGRIP PUSHUP / MOUNTAIN CLIMBER COMBINATION/ SPRINTER

- *Here we go again*
- *1 Pushup 1 Climber*
- *Progression to do fast Climbers*
- *Single Pushup, single knee*
- **Brace abs hard to stabilize body**
- *Sprinter if you can*
- *Drive out of the hands*
- **Hips low and Long back**

3 HIGHPULL / STANDING REAR DELTOID FLY COMBINATION / MID GRIP PUSHUP / MOUNTAIN CLIMBER COMBINATION / SPRINTER

LAYER 2

Block 4 is a repeat of the 2nd block; focus on mastering execution, allowing participants to explore the moves and sell the benefits of this tension and isolation. Use Layer 2 and 3 cues to help improve Execution and start to manipulate the intensity as the overload builds fast along with fatigue.

- *2 High Pulls and 1 Reverse Fly*
- *Dynamic move puts more tension on the muscles*
- *You know the base level – go where you can*
- *Heart rate is up drive it now*
- *Think about the results you will get from functional training*



08. I CAN FLEX 5:16mins

TECHNIQUE AND COACHING

PUMP FACT

Usually when we perform an Upright Row movement the bar stops at the lower chest. In this track – Glen coaches the plates to the mid chest as the elbow flexion when using plates is greater which means the plates lift a little higher.

However, its still important to keep the elbows just below or at shoulder level at the top of the movement, to avoid the risk of impingement at the shoulder.



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 or decrease Intensity so everyone is successful.

MUSCLE FOCUS

C-Crunches & Bicycles: Rectus abdominis, obliques

Plank: Rectus abdominis, obliques, shoulders & triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Wild flower	2x8	Set up C-CRUNCH
	0:14	V1 / _I hear you calling	4x8	2/2 C-CRUNCH 4x
	0:31	PC / You're telling	4x8	1/1/2 4x
	0:49	C / _You're the only	8x8	1/1 CROSS CRAWL L R (8cts) 8x Option: Toe top
2	1:24	V2 / _I see the color	4x8	2/2 C-CRUNCH 4x
	1:42	PC / You're telling	4x8	1/1/2 4x
	1:59	C / _You're the only	8x8	1/1 CROSS CRAWL L R (8cts) 8x
3	2:35	Br / (Low)	1x8	TRANSITION: to floor ready for a PLANK
	2:39	(Low)	1x8	Set up PLANK Option: Knees or Toes
	2:44	Rep / Wild flower	4x8	COMBINATION 1 (8cts) 4x PLANK SHOULDER TAP L R (4cts) HOLD (4cts)
	3:01	C / _You're the only	8x8	COMBINATION 2 (16cts) 4x PLANK SHOULDER TAP L R (4cts) FEET OUT IN L R (4cts) PLANK SHOULDER TAP R L (4cts) FEET OUT IN R L (4cts)
	3:36	Outro /	1x8	Recover



09. WILD FLOWER 3:46mins

TECHNIQUE AND COACHING

1 C-CRUNCH / BICYCLE CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution Set-up of the C-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**
- **Chin tucks in**
- **Lower back pressing down towards the floor as you lower the feet**
- **Ribs to hips**

BICYCLES

- **Opposite shoulder towards opposite knee**
- Keep the elbow back
- **Rotate from the center of the chest**

2 C-CRUNCH / BICYCLE CRUNCH

LAYER 2

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

- Lift your shoulders and shoulder blades off the floor as you Crunch
- Feel the upper and lower abs work
- Challenge yourself to Crunch higher
- Focus on getting more rotation to work the obliques

3 PLANK WITH SHOULDER TAP

LAYER 1 / LAYER 2 / LAYER 3

- Grab the back of the legs, lets set the Plank
- **Hands shoulder width**
- Knees or toes
- **Brace abs**
- Shoulder tap and pause
- **Back long and straight**
- Come down to knees anytime
- Shoulder tap and tap feet tap out
- Brace abs hard to stabilize hips and pelvis



10. COOLDOWN

TRACK FOCUS

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

MUSIC				SEQUENCE/EXERCISE
INTRO	0:05	Intro / Doo -bee-doo	2x8	CHILDS POSE
1	0:14	V1 / _Where do I	4x8	KNEELING HIP FLEXOR STRETCH L L Arm extends up
	0:32	PC / _Diamonds	4x8	KNEELING HAMSTRING STRETCH R
	0:50	C / _No more I	4x8	STANDING QUADRICEP STRETCH L
	1:08	_I blamed it	4x8	STANDING SIDE STRETCH L
2	1:26	V2 / _Oh, I faced	16x8	REPEAT SET 1 on opposite sides
3	2:38	V3 / _It's not on my	2x8	STANDING UPPER BACK STRETCH Arms cross in front of body, spread shoulder blades apart
	2:47	_I feel my	2x8	STANDING CHEST STRETCH Arms go wide
	2:56	C / _No more I	2x8	STANDING SHOULDER STRETCH R
	3:05	_No more I	2x8	STANDING TRICEP STRETCH R
	3:14	_I blamed it on	2x8	STANDING SHOULDER STRETCH L
	3:23	_No more I	2x8	STANDING TRICEP STRETCH L



10. I LOVE YOU'S 3:41mins

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

Biceps; Barbell with Warm-up weight or more
Triceps; 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 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

Tricep Extension: Triceps
Tricep Pushups: Triceps and Deltoids
Bicep Curls: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up PLATE O/H TRICEP EXTENSION SPLIT Stance	
	0:14	V1 / The crown	4x8	2/2 PLATE O/H TRICEP EXTENSION SPLIT Stance	4x
	0:32	PC / Money is	4x8	1/1/2 SET Stance	4x
	0:51	Instr / (Synth)	4x8	TRIPLE PULSE PLATE O/H EXTENSION (8cts)	4x
2	1:09	Br / (Low)	½x8	TRANSITION: to kneeling with bar ready for KNEELING BICEP CURL	
	1:12	V2 / Lick my lips	4x8	2/2 KNEELING BICEP CURL	4x
	1:30	PC / Money is	4x8	1/1/2	4x
	1:49	Instr / (Synth)	4x8	KNEELING TRIPLE PULSE BICEP CURL (8cts)	4x
	2:07	Br / (Low)	1x8	TRANSITION: to the floor for a TRICEP PUSHUP	
	2:12	V3 / _Money is	5x8	2/2 TRICEP PUSHUP Option: Toes, knees or kneeling	5x
	2:35	Instr / (Synth)	7x8	TRIPLE PULSE TRICEP PUSHUP (8cts)	7x
3	3:07	Br / (Low)	25 ½x8	REPEAT SET 2 RECOVERY: Shake out arms, Tricep and Bicep stretches	



45-MIN FORMAT

05. YOUNG GODS 5:07mins

TECHNIQUE AND COACHING

1 TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution Set-up of the Tricep Extension

- *Grab your big plate*
- *Split stance*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Brace abs, chest up**
- **Elbows tuck in**
- *Triple Pulses to the back*
- *Stay strong with the elbows in and forward*

2 KNEELING BICEP CURL / TRICEP PUSHUP

LAYER 1 / LAYER 2

New exercises. Coach clear cues for Position and Execution, highlight the range and Targets so everyone jumps straight into the Intensity. When we create precision it manipulates the Intensity creating muscular tension for fast results. Challenge and motivate participants to stabilize and feel the pressure along with this cool song.

- *On your knees, grab your bar*
- *Bicep Curls*
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift your chest**
- *Mid range pulse 3 times*
- *1 inch above and below right angles*
- *Tougher on the knees so stabilize body*

TRICEP PUSHUP

- **Hands under shoulders**
- *Shoulders away from ears*
- **Straight back**
- *Knees or toes*
- **Chest to elbow height**
- **Brace abs**
- **Elbows close to ribs**
- *Drop to the knees anytime, its tough*

3 KNEELING BICEP CURL / TRICEP PUSHUP

LAYER 2 / LAYER 3

It's a repeat of Block 2. Tension will kick in fast in this final block – remind participants of where they should focus and use great Layer 3 Motivational coaching. Remember; the music is a great motivation as well!

- *Elbows under shoulders as you Curl*
- *Brace the core to stabilize the body*
- *Pulses on the 3*
- *Load it up*
- *We turned up*
- *Fastest way to tone and shape*
- *Gotta hustle to get it done*
- *Final challenge – bodyweight training*
- *Use the whole body in the Pushups to help you*

PUMP FACT

When resistance training, results come from fatigue - not load. Super setting between Biceps and Triceps allows us to keep the intensity high so that we can generate fatigue by the end of the track. This may also allow participants to try a little more load as the duration of focus on each muscle group is shorter.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

1x small to medium plate

TRACK FOCUS

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

MUSCLE FOCUS

Lunges with Side Raise, Overhead Press:

Glutes, quadriceps, core and shoulders

Front Squat: Glutes, quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Free my mind	4x8 Set up PLATE FRONT SQUAT MID Stance	
	0:24	Instr / (Sometimes)	4x8 4/4 PLATE FRONT SQUAT MID Stance	2x
	0:38	V1 / _I need to free	COMBINATION 1 (32cts) 1x 2/2 PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1 STEPPING R WIDE PLATE FRONT SQUAT (8cts) WIDE Stance 1x 2/2 PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1 STEPPING L WIDE PLATE FRONT SQUAT (8cts) WIDE Stance	2x
	1:04	Instr / (Drop)	COMBINATION 2 (32cts) 2x 1/1 PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1 STEPPING R WIDE PLATE FRONT SQUAT (8cts) WIDE Stance 1x 2/2 PLATE FRONT SQUAT (8cts) MID Stance 1x 1/1 STEPPING L WIDE PLATE FRONT SQUAT (8cts) WIDE Stance	2x
	1:30	Rep / _Sometimes	TRANSITION: set up BACKWARD-STEPPING LUNGE R with SINGLE ARM O/H SHOULDER PRESS L L leg steps B	
2	1:37	V2 / _I need to free	11x8 1/1/1/1 BACKWARD-STEPPING LUNGE R with SINGLE ARM O/H SHOULDER PRESS L (8cts)	11x
	2:13	_Wanna loose	TRANSITION: to LUNGE R with SINGLE ARM SIDE RAISE L L leg steps B	
	2:16	Instr / (Drop)	8x8 2/2 LUNGE R with 2/2 SINGLE ARM SIDE RAISE L	8x
	2:42	(Synth)	8x8 1/2/1 LUNGE R with 1/1 SINGLE ARM SIDE ROTATOR RAISE L	8x
	3:09	Rep / _Aye	COMBINATION 3 (16cts) 2x 1/1 LUNGE R with 1/1 SINGLE ARM SIDE RAISE L (8cts) 1x 1/2/1 LUNGE R with 1/1 SINGLE ARM SIDE ROTATOR RAISE L (8cts)	4x
3	3:35	Rep / _Sometimes	38x8 REPEAT SET 2 on other side	
			RECOVERY: Shake out arms and legs, Quadricep and Shoulder stretches	



45-MIN FORMAT

06. FREE YOUR MIND 6:06mins

TECHNIQUE AND COACHING

1 PLATE FRONT SQUAT / WIDE SQUAT COMBINATION

LAYER 1

Coach Layer 1 Position and Execution set-up focusing on Timing, Range and Precision of movement. Reinforce Timing and Range cues so participants understand the mid and wide stances.

PLATE FRONT SQUAT & WIDE SQUAT COMBINATION

- *Mid stance – **feet outside hips***
- **Plate on the collarbones**
- *SET position*
- **Hips sit back and down**
- *Combination 1x 2/2 Squat and 1 Wide Squat*
- **Brace abs and chest up**
- *Knees track forward in mid stance*
- **Knees out on the Wide Squat**
- **90 degrees for the range**

2 BACKWARD STEPPING LUNGE W SINGLE ARM O/H SHOULDER PRESS / LUNGE WITH SIDE RAISE / ROTATOR RAISE COMBINATION

LAYER 1

NEW EXERCISES; Coach Layer 1 Position and Execution set-up focusing on Timing, Range and Precision of movement. Reinforce Timing and Range cues so participants understand the exercises.

BACKWARD STEPPING LUNGE WITH O/H SHOULDER PRESS

- *Plate in the one hand*
- *Backward Stepping Lunge with Shoulder Press*
- **Long step back**
- **Back knee down, front knee out**
- **Hips and shoulders square by bracing abs**
- **Front thigh parallel to the floor**
- **Chest up**
- **Elbows forward of the face as you press**
- *Here comes the burn*
- *Firing up in the glute*

LUNGE WITH SIDE RAISE / ROTATOR RAISE COMBINATION

- *Static Lunge with side raise*
- **Elbow stops just under shoulder line**
- *Elbow leads the movement*
- **Chest up and brace abs**
- *Proud to be pumping today*
- *Next level – add rotator raise*
- *Sink low in the Lunge*
- *Press the knee out in the Lunge*
- **Front thigh parallel to hit the range**
- *Squeeze shoulder blades as you open and rotate*
- *Challenge to stay strong in the body*
- *Push through*

3 BACKWARD STEPPING LUNGE W SINGLE ARM O/H SHOULDER PRESS / LUNGE WITH SIDE RAISE / ROTATOR RAISE 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 music is super cool and will set the scene and build – so use it! Motivation is the key!

- *All on the other leg now*
- *Press the front knee out align 2/3rd toe*
- *Back knee towards the floor*
- *Front thigh parallel*
- *Long set of Lunges builds muscle density*
- *Long lean and mean legs*
- *Keep the chest lifted and press out of the front heel*
- *Here's the training*
- *Lock it down to the finish now*
- *Elbows in as much as you can*
- *Feel the strength in the bottom range building muscle tension and isolation*

PUMP FACT

Single loaded exercises require more core activation on the opposite side. As most lifting situations in life require us to manage uneven loads – this type of training increases Functional Strength. Combining lower limb, upper limb and core integration amplifies this effect.



WE ARE ONE GLOBAL FAMILY

WE ARE ONE GLOBAL FAMILY of leaders, passionately devoted to creating a fitter planet. We fearlessly inspire others to discover their true potential by falling in love with exercise. Exercise is our global movement. Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus. While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible. We are ludicrous enough to believe that we can change the world. We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe. We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet. At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all. We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness. We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone. Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn. Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

