

BODYPUMP

116

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

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

WIDE-STANCE SQUAT

Position Set-up

- Bar on meaty part of upper back
- Heel-toe wider than Mid Stance
- Chest lifted, light pinch between the shoulder blades
- Belly in and abs braced

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
- Bar on meaty part of upper back
- Heel-toe wider than Wide Squat
- Chest lifted, light pinch between the shoulder blades
- Belly in and abs braced

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 MID-GRIP PUSHUP

Position Set-up

- Hands just 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



GLOSSARY

PLANK FOOT TAP

Position Set-up

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

Execution Set-up

- Tap foot out and in
- Brace abs to square hips

Layer 2

- Screw the palms into the bench



CHEST FLY

Position Set-up

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

Execution Set-up

- 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



NARROW TO WIDE PLATE PRESS

Position Set-up

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

Execution Set-up

- 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



WIDE DEADLIFT

Position Set-up

- Hands wide
- 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

WIDE DEADROW

Position Set-up

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

Execution Set-up

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

Layer 2

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



PLATE CLEAN & PRESS

Position Set-up

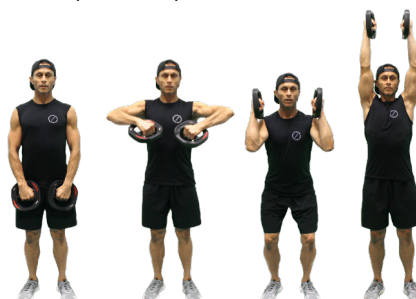
- **SET Position**
- **Chest lifted, abs braced**
- **Knees bent**

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

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**



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



BENCH TRICEP PUSHUP

Position Set-up

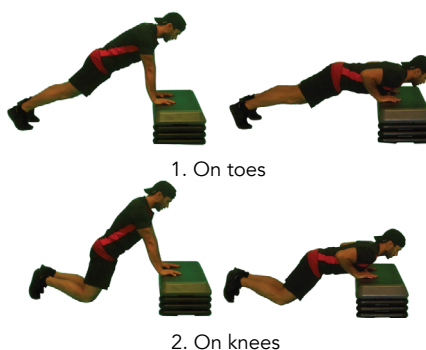
- **Hands under shoulders**
- **Abs braced**
- **Back long and straight**

Execution Set-up

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

Layer 2

- Drive the floor/bench away



TRICEP KICKBACK ROW

Position Set-up

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

Execution Set-up

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

Layer 2

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





GLOSSARY

KNEELING OVERHEAD TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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



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



BICEP PLATE CURL

Position Set-up

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

Execution Set-up

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

Layer 2

- Brace abs to stop trunk sway



SET POSITION

SPLIT STANCE

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

PLATE FRONT SQUAT – MID STANCE

Position Set-up

- 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 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



PLATE FRONT SQUAT – WIDE STANCE

Position Set-up

- Heel-toe wider than Mid Stance
- Plate parallel with the floor, in front of collarbones
- Elbows under plate
- Chest up, 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

PLATE FRONT SQUAT – WIDER STANCE

Position Set-up

- Heel-toe wider than Wide Stance
- Plate parallel with the floor, in front of collarbones
- Elbows under plate
- Chest up, 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

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

- Stay low to isolate the legs





GLOSSARY

STANDING PLATE 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 PLATE SIDE RAISE EXTENSION

Position Set-up

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

Execution Set-up

- **Lift the elbows to just below shoulder level**
- **Add the extension, straight arm**
- Elbows slightly forward of shoulder line
- **Lead the movement with the elbows**
- Chin tucked in

Layer 2

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

WALKING UP/DOWN PLANK

Position Set-up

- **Hands shoulder width**
- **Knees over toes**
- **Back long and straight**
- **Chest lifted, abs braced**

Execution Set-up

- **Walk your hands forward**
- **Either on the floor or bench**
- **Brace your abs to keep hips still and square**

STANDING REAR DELTOID FLY

Position Set-up

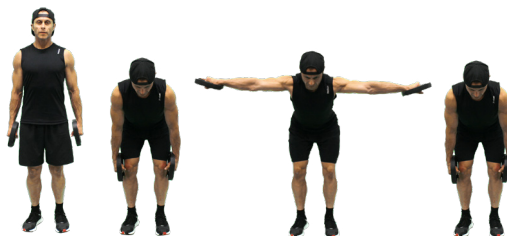
- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, abs braced**
- **Keep the chin tucked in and back of the neck long, eyes forward, 6½ feet (2 meters) in front**

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





GLOSSARY

MOUNTAIN CLIMBER

Position Set-up

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

Execution Set-up

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



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



PLANK WITH SHOULDER TAP

Position Set-up

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

Execution Set-up

- Hand to shoulder tap
- Brace abs to stabilize hips and pelvis

Layer 2

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

GLOSSARY

SIDE PLANK ROTATION

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



BENCH LOW SQUAT PRESS

Position Set-up

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

Execution Set-up

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



PLATE ROW

Position Set-up

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

Execution Set-up

- Tip from the hip
- Row to chest
- Elbows in as you row
- Squeeze shoulder blades

Layer 2

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



GLOSSARY

BACKWARD-STEPPING LUNGE WITH SINGLE SIDE RAISE

Position Set-up

- Plate in hand
- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle

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
- Elbows lift to side – just under shoulder level
- Elbows slightly forward

Layer 2

- Maintain full range in the Lunge – integrated training

BACKWARD-STEPPING LUNGE WITH SINGLE ARM PRESS

Position Set-up

- Feet hip-width apart
- Chest lifted
- Elbow in, plate at shoulder level

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
- Press plate up
- Elbow forward of face

Layer 2

- Squeeze between shoulder blade as you pull back and open

BACKWARD-STEPPING LUNGE WITH SINGLE ARM ROTATOR RAISE

Position Set-up

- Plate in hand
- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle

Execution Set-up

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest up, Abs braced
- Elbow lift to side just under shoulder level
- Rotate shoulder to open arm

Layer 2

- Squeeze between shoulder blade as you pull back and open



MUSIC

- 01

Otherside (3:12)

Jon Lemmon
Courtesy of the Universal Music Group.
Written by: Lemmon
- 02

Otherside (1:48)

Jon Lemmon
Courtesy of the Universal Music Group.
Written by: Lemmon

**The Squat Song
(The Extended Mix)** (5:12)

MOTi & BODYWORX
© 2020 ZEROCOOLREC.COM.
Written by: Romme

Whoppa (3:40)

Tinie Tempah feat. Sofia Reyes & Farina
© 2020 Disturbing London Records, under exclusive
license to Parlophone Records Ltd., a Warner Music Group
Company.
Written by: Okogwu, Raymond, Rastogi, Short, Taihuttu,
Rondhuis, Hoey, Reyes, Van der Bruggen, Franco, Moreno

Whoppa (1:32)

Tinie Tempah feat. Sofia Reyes & Farina
© 2020 Disturbing London Records, under exclusive
license to Parlophone Records Ltd., a Warner Music Group
Company.
Written by: Okogwu, Raymond, Rastogi, Short, Taihuttu,
Rondhuis, Hoey, Reyes, Van der Bruggen, Franco, Moreno
- 03

Lacrimosa (5:27)

Apashe
© 2018 Kannibalen Records.
Written by: De Buck
- 04

**Too Far Gone
(Wild Cards Remix)** (3:13)

Lost Kings feat. Anna Clendening
© 2019 Disruptor Records/RA Records.
Written by: George, Abisi, Premnath

**Too Far Gone
(Wild Cards Remix)** (2:02)

Lost Kings feat. Anna Clendening
© 2019 Disruptor Records/RA Records.
Written by: George, Abisi, Premnath
- 05

As Good As It Gets (4:45)

Posthumous Halloumi
© 2020 Les Mills Music Licensing Ltd.
Written by: Roberts, Smidt, Lee
- 06

Dhol Life (4:53)

Wiwek feat. Suraj & Suren
© 2020 Elysian Records.
Written by: Mahabali
- 07

Rari (5:39)

Swimnaked
© 2020 Les Mills Music Licensing Ltd.
Written by: Price

- 08

Kadungdung (2:50)

Kuenta I Tambu
© 2020 KUENTA.
Written by: Jones, Calister, Kock, Maidwell, Main
- 09

My Oasis (3:04)

Sam Smith feat. Burna Boy
Courtesy of the Universal Music Group.
Written by: Napier, Smith, Ogulu

45-MIN FORMAT

- 01

Can't Stop (2:56)

Earl St. Clair
© Courtesy of the Universal Music Group.
Written by: Chila, Johnson
- 02

Can't Stop (2:54)

Earl St. Clair
© Courtesy of the Universal Music Group.
Written by: Chila, Johnson
- 03

Then We Cry (5:42)

NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley
- ALT 03.

Leyendas (5:12)

Lu-Ni
© Courtesy of Epidemic Sound.
Written by: Unknown
- ALT 05.

Bright (5:37)

NOAM DEE
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley, Harding



L-R: Diana Archer Mills, Glen Ostergaard, Ben Main, Marlon Woods, Denice Burr, Lunar Lu & Fiona Tamburrini

BODYPUMP 116 hits the ground running with an upbeat fun Warm-up. The final block of exercises using the plate, dials in the functional component preparing us for the class.

The *Squat Song*, aptly named hits us with slow and controlled Squats which are perfect to ‘*work your legs and no stop*’. Time under tension or keeping the muscles under constant pressure is the key to toning and shaping our legs.

Chest training is a good mix of functional Pushups and Plate Fly's with presses. This is a great way to overload the upper body whilst isolating and strengthening.

Lacrimosa, the Back track is big bold and dramatic with a super set of heavy Rows and Pulls with Plate Clean and Presses - the optimal mix of strength and power. Triceps is slow and controlled and Biceps funky and fun.

Lunges is a game changer with pulses in the back steps and the combo of wide and wider stance Squats delivers the desired burn. Shoulders integrates plates and functional work to complete our training.

This workout is a simple mix of bar work plate work and bodyweight training you will strengthen all your muscles burn calories and feel awesome!

Enjoy.
The BODYPUMP Team



CREDITS

- Program Coach** - Kylie Gates
- 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

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

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.

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

Denice Burr (United Kingdom) is a BODYPUMP and LES MILLS CORE Trainer/Presenter/Instructor, a BODYATTACK Presenter/Instructor and a BODYBALANCE/BODYFLOW and LES MILLS GRIT Instructor. She lives in Hertfordshire.

Fiona Tamburrini (France) is a BODYPUMP, BODYBALANCE, BODYSTEP and a LES MILLS BARRE Trainer/Instructor and a BODYATTACK, LES MILLS CORE and RPM Instructor.

Lunar Lu (Mainland China) is a BODYPUMP and BODYCOMBAT Trainer/Presenter, a LES MILLS CORE Trainer and a BODYBALANCE/BODYFLOW Instructor. She is a Les Mills Ambassador for BODYPUMP and BODYCOMBAT. She is from Shanghai.

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



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>

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

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 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	42:24

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 08	Shoulders
Track 09	Core
Total Time	29:20

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	42:24



01. WARM-UP

WEIGHT SELECTION

Light Barbell and Light Plate

DEMONSTRATE

SET position

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	SET Position	
	0:12	V1 / _Times like	4x8	4/4 DEADLIFT SET Stance	2x
	0:27	_So hold on	4x8	2/2 DEADLIFT	4x
	0:42	Rep / _Yeah go on	4x8	3/1 UPRIGHT ROW	4x
	0:56	Instr / (Synth)	4x8	COMBINATION 1 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 UPRIGHT ROW (4cts)	4x
	1:11	C / _Yeah go on	4x8	COMBINATION 2 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
2	1:26	Br	1½x8	HOLD	
	1:28	V2 / _When the	4x8	2/2 DEADROW (16cts) SET Stance	2x
	1:43	_So hold on	4x8	1/1 DEADROW (8cts)	4x
	1:57	Rep / Other side	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:12	(Low Vocals)	4x8	1/1 (8cts) Use the last 4cts to transition bar to SQUAT MID Stance	4x
	2:27	Instr / (Synth)	4x8	1/1 SQUAT MID Stance Transition to LUNGE L on the last 2cts	8x
	2:42	C / _Yeah go on	4x8	1/1 LUNGE L Switch legs, ready LUNGE R on last 2cts	8x
3	2:57	_Yeah go on	4x8	1/1 LUNGE R	8x
	3:11	V3 / _When the	21/2x8	TRANSITION: pick up plates, set up PLATE DEADROW	2x
	3:21	_We'll look	2x8	2/2 PLATE DEADROW (16cts) SET Stance	1x
	3:28	_So hold on	4x8	1/1 PLATE DEADROW (8cts)	4x
	3:43	Rep / Other side	4x8	2/2 PLATE CLEAN & PRESS (16cts)	2x
	3:58	(Low vocals)	4x8	1/1 (8cts) Use the last 4cts to transition plate to PLATE FRONT SQUAT MID Stance	4x
	4:12	Instr / (Synth)	4x8	1/1 PLATE FRONT SQUAT MID Stance Transition to LUNGE L on the last 2cts	8x
	4:27	C / _Yeah go on	4x8	1/1 ALT BACK STEPPING LUNGE L R (16cts) Plate at collarbone	2x
	4:42	_Yeah go on	4x8	1/1 ALT BACK STEPPING LUNGE with 1/1 O/H SHOULDER PRESS L, R (16cts)	2x



01. OTHERSIDE 5:00mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

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

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

BLOCK 1

LAYER 1

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

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

- **Deadlift – hinge from the hips, slide the bar to the top of the kneecaps**
- **Upright Row - Bar stops at lower chest, elbows wide**
- **High Pull – pull the bar up the body to the lower chest, lift heels and squeeze glutes**

BLOCK 2

LAYER 1 / LAYER 2

Physically we are connecting the lower body to the upper body and warming the posterior chain with Deadrows. 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 with connecting participants to their bodies.

- **Deadrow – bar to knees, belly, knees and set**
- **Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body**
- **Mid Stance Squat – Feet outside hips, hips go back and down, knees press forward, hips to 90**
- **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 now with a plate; making it more dynamic and integrated. 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 to your participants and what their goals for the class might be.....think of how you can communicate this to them?

- **Plate Deadrow – Tip from hip, row to lower chest, elbows in, squeeze shoulder blades**
- **Plate Clean & Press – Drop under the plate, catch high on collarbones, sit hips back, brace abs as you press up**
- **Plate Front Squat - mid stance, plate at collarbones, hips sit back and down, chest up, abs braced, 90 degrees**
- **Alt Back Stepping Lunge with Shoulder Press - long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front, elbows forward of face**

CONNECTION

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



02. SQUATS

WEIGHT SELECTION

REGULARS: 2-4 times your Warm-up weight on barbell

NEW: Double Warm-up weight on barbell

TRACK FOCUS

Coach your class through the 3 different stances; Mid, Wide and Wider. The focus is on The Triple Extension, to engage the posterior chain to create athletic development.

MUSCLE FOCUS

MID Stance: Quads, Posterior Chain

WIDE Stance: Gluteus Maximus, Posterior Chain

Wider Stance: Gluteus Maximus, Side Glutes, Posterior Chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro	4x8 Set up SQUAT MID Stance	
	0:20	Instr / (Beat)	4x8 2/2 SQUAT MID Stance	4x
	0:34	Br	1½x8 HOLD	
	0:36	Rep / Now squat	2x8 4/4 SQUAT MID Stance	1x
	0:43	Now squat	4x8 3/1	4x
	0:58	Now squat	4x8 2/2	4x
	1:13	Ref / Work work	4x8 TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
	1:28	Work work	4x8 1/1 SQUAT MID Stance	8x
2	1:43	Rep / Now squat	2x8 TRANSITION: to WIDE Stance	
	1:50	Now squat	2x8 4/4 SQUAT WIDE Stance	1x
	1:58	Now squat	4x8 3/1	4x
	2:12	Now squat	4x8 2/2	4x
	2:27	Ref / Work work	8x8 TRIPLE PULSE SQUAT with CALF RAISE (8cts)	8x
	2:57	Work work	4x8 1/1 SQUAT	8x
4	3:11	Rep / Now squat	2x8 TRANSITION: to WIDER Stance	
	3:19	Now squat	2x8 4/4 SQUAT WIDER Stance	1x
	3:26	Now squat	4x8 3/1	4x
	3:41	Now squat	4x8 2/2	4x
	3:56	Ref / Work work	8x8 TRIPLE PULSE SQUAT with CALF RAISE (8cts)	8x
	4:25	Work work	8x8 1/1 SQUAT	16x
	4:55	Outro / (Low)	4x8 4/4	2x
			RECOVERY: Shake out legs. Stretch Quadriceps	



02. THE SQUAT SONG (EXTENDED MIX) 5:12mins

TECHNIQUE AND COACHING

1 MID STANCE

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 to activate the quads. Pre-cue the combination for the participants to follow easily with good timing and range cues.

- **Feet outside hips, toes slightly turned out**
- **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 forward to load the quads**
- 3 pulses and up on toes
- This is our combo
- **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 even in the bottom range

2 WIDE STANCE

LAYER 1, LAYER 2

The focus is on the Wide Squat; glute focus with triple extension movement pattern to create the "Jump up" in the triple pulses. The triple extension engages the posterior chain to create athletic development. 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.

- Recover and **heel-toe wider**
- **Knees open and hips sit back**
- **90 degrees range** team
- **Brace abs and keep chest lifted**
- Squat and jump focus
- Squeeze glutes and drive hips forward & up
- Big work in the triple extension
- Small movement in the bottom range
- Feel the muscles working here
- The deeper we sit we maximize results

3 WIDER STANCE

LAYER 2, LAYER 3

Coach Layer 1 execution cues for the Wider Squat position with focus on alignment, timing and range. 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!

- **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**
- Push the hips back further
- Keep **pressing the knees out** for glute engagement
- Squeeze the back body to keep the trunk lifted and maximize muscle recruitment
- Stay with us – together lets go team
- Jump higher!
- Cardio is going up – keep it strong team

PUMP FACT

Exercises that utilize triple extensions are great for increasing vertical drive and athletic development. Adding the Calf Raise to the Squat also increases the distance that we move the weight - therefore we are increasing our output and burning more calories.



03. CHEST

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use *Leyendas* with the same choreography.

WEIGHT SELECTION
REGULARS: 2x Medium – Large Plates
OPTION: Barbell 1/3 off Squat weight

MUSCLE FOCUS
Bench Mid-Grip Pushup & Chest Fly and Press:
Pectorals, Triceps & Deltoids

TRACK FOCUS
Focus on coaching clarity of Mid-Grip Pushup execution (including options) so they are achievable for everyone. Focus on clear and precise execution coaching for Plate work. Alternating the exercises creates full body conditioning and fast fatigue.

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05	Intro	2x8	Set up BENCH
	0:12	V1 / Ah, swag	4x8	2/2 BENCH MID-GRIP PUSHUP Option: Kneeling, knees or toes
	0:27	Feelin me	4x8	3/1
	0:42	PC / Shoulder	4x8	COMBINATION 1 (16cts) 1x 1/1/2 BENCH MID-GRIP PUSHUP (8cts) 1x SLOW PLANK FOOT TAP L R (8cts)
1	0:57	Instr / (Melody)	4x8	COMBINATION 2 (16cts) 2x 1/1 PUSHUP (8cts) 2x FAST PLANK FOOT TAP L R (8cts)
	1:11	V2 / A mi me	4x8	3/1 BENCH MID-GRIP PUSHUP
	1:26	A hora porque	4x8	2/2
	1:41	QC / _ Whoppa	4x8	COMBINATION 1 (16cts)
	1:56	Instr / (Melody)	4x8	COMBINATION 2 (16cts)
	2:10	V3 / _ Me dice	2x8	TRANSITION: to bench with plates ready for a PLATE CHEST FLY
	2:18	_ yo me	2x8	4/4 PLATE CHEST FLY Option: CHEST PRESS
	2:25	Delicioso_	4x8	2/2
	2:40	Ref / _ Hola	8x8	COMBINATION 3 (16cts) 1x 2/2 PLATE CHEST FLY (8cts) 1x 2/2 PULSE NARROW PLATE PRESS (8cts)
2	3:09	QC / _ Whoppa	4x8	COMBINATION 4 (16cts) 1x 1/1/2 PLATE CHEST FLY (8cts) 1x PULSE NARROW PLATE PRESS (8cts)
	3:24	Instr / (Melody)	4x8	COMBINATION 5 (16cts) 2x 1/1 PLATE CHEST FLY (8cts) 1x PULSE NARROW PLATE PRESS (8cts)



03. CHEST

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use *Leyendas* with the same choreography.

	MUSIC		SEQUENCE/EXERCISE	REPS
3	3:39	Br	½x8	HOLD
	3:41	V3 / _Me dice	4x8	4/4 PLATE CHEST FLY 2x
	3:56	Delicioso_	4x8	2/2 4x
	4:10	Ref / _Hola	8x8	COMBINATION 3 (16cts) 4x
	4:40	QC / _Whoppa	4x8	COMBINATION 4 (16cts) 2x
	4:55	Instr / (Melody)	4x8	COMBINATION 5 (16cts) 2x
				RECOVERY: Shake the arms and roll the shoulders. Chest stretch



ALT

03. CHEST LEYENDAS 5:12mins

Please use this song in place of Whoppa when teaching Track 03.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up BENCH MID-GRIP PUSHUP	
	0:12	V1	4x8	2/2 BENCH MID-GRIP PUSHUP Option: Kneeling, knees or toes	4x
	0:27		4x8	3/1	4x
	0:42	PC	4x8	COMBINATION 1 (16cts) 1x 1/1/2 BENCH MID-GRIP PUSHUP (8cts) 1x SLOW PLANK FOOT TAP L R (8cts)	2x
	0:57	Instr	4x8	COMBINATION 2 (16cts) 2x 1/1 PUSHUP (8cts) 2x FAST PLANK FOOT TAP L R (8cts)	2x
	1:11	V2	4x8	3/1 BENCH PUSHUP	4x
	1:26		4x8	2/2	4x
	1:41	QC	4x8	COMBINATION 1 (16cts)	2x
2	1:56	Instr	4x8	COMBINATION 2 (16cts)	2x
	2:10	V3	2x8	TRANSITION: to bench with plates ready for a PLATE CHEST FLY	
	2:18		2x8	4/4 PLATE CHEST FLY Option: CHEST PRESS	1x
	2:25		4x8	2/2	4x
	2:40	Ref	8x8	COMBINATION 3 (16cts) 1x 2/2 PLATE CHEST FLY (8cts) 1x 2/2 PULSE NARROW PLATE PRESS (8cts)	4x
	3:09	QC	4x8	COMBINATION 4 (16cts) 1x 1/1/2 PLATE CHEST FLY (8cts) 1x PULSE NARROW PLATE PRESS (8cts)	2x
	3:24	Instr	4x8	COMBINATION 5 (16cts) 2x 1/1 PLATE CHEST FLY (8cts) 1x PULSE NARROW PLATE PRESS (8cts)	2x
	3:39	Br	½x8	HOLD	
3	3:41	V3	4x8	4/4 PLATE CHEST FLY	2x
	3:56		4x8	2/2	4x
	4:10	Ref	8x8	COMBINATION 3 (16cts)	4x
	4:40	QC	4x8	COMBINATION 4 (16cts)	2x
	4:55	Instr	4x8	COMBINATION 5 (16cts)	2x
				RECOVERY: Shake the arms and roll the shoulders. Chest stretch	



03. WHOPPA 5:12mins

TECHNIQUE AND COACHING

1 BENCH MID-GRIP PUSHUP & PLANK FOOT TAP

LAYER 1

Coach Position and Execution set-up cues for the Mid-Grip Bench Pushup using NETT to coach targets and timing so participants are moving well, helping them understand their options to feel success.

- **Hands slightly outside shoulders in the mid position**
- **Brace abs**
- On knees or toes
- Shoulders away from the ears
- **Chest to elbow height**
- **Back long and straight**
- If you start to fatigue, drop to knees
- Combination; down fast and hold
- Toe tap 1 on each side
- **Brace abs to square hips**
- 2 single Pushups
- 4 Toe Taps
- 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
- Activate the upper back as you pull the bench down towards you
- Screw the palms into the bench

2 PLATE CHEST FLY & NARROW PLATE PRESS

LAYER 1 / LAYER 2

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.

PLATE CHEST FLY & NARROW PLATE PRESS

- Grab your plates
- **Plates face inwards**
- Shoulders down, **brace core**
- **Elbows go wide and open the chest as you fly**
- Combination; 2/2 Fly and 2/2 Press
- Elbows to ribs on the press
- **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 PLATE CHEST FLY & NARROW PLATE PRESS

LAYER 2 / LAYER 3

Continue to help participants move with good timing and range with the plates. Then help participants to get more out of these move by using Layer 2 cues that explain how to execute the Narrow Press to wide fly build more intensity for this last block of work.

- *Strength and isolation moves*
- *You want to feel the stretch across the chest and front of the shoulders*
- *The further the plates travel away the more tension in the upper body*
- *Top of the bench for targets*
- *Lets finish it off strong with precision*
- *2 times with the combo to nail it*

PUMP FACT

This track utilizes a combination of open and closed chain conditioning. Pushups are closed chain - the body moves on the fixed hands. Flys and plate presses are open chain as the hands are moving through space on the body.

This combination reverses the muscle action between the 2 techniques allowing us to keep the pec muscles under tension for longer.



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 Wide Rows & High Pull, for success. Because the bar will be staying below shoulder height, encourage participants to use a heavier-than-normal weight on the bar. Focus on range and depth in the squat presses for metabolic drive.

MUSCLE FOCUS

Deadlift / Plate Power Press, Plate Squat Press, Plate Clean and Press: Posterior chain, Glutes, Hamstrings, Lower & Upper Back

Wide Deadrow: Lats

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	SET POSITION	
	0:12	Instr / (Choir)	10x8	4/4 WIDE DEADLIFT	5x
	0:46	(Beat)	4x8	2/2	4x
	1:00	(Drop)	12x8	WIDE TRIPLE DEADROW (16cts)	6x
2	1:42	Instr / (Low)	2x8	TRANSITION: Bar down, pick up plate	
	1:49	Wrote that_	2x8	1/1 PLATE CLEAN AND PRESS (8cts)	2x
	1:55	Instr / (Synth)	10x8	PLATE TRIPLE SQUAT PRESS (16cts)	5x
	2:31	(Bup)	2x8	TRANSITION: Plate down, pick up bar	
	2:37	(Drop)	16x8	COMBINATION (32cts) 1x WIDE TRIPLE DEADROW (16cts) 4x 1/1 HIGH PULL (16cts)	4x
3	3:32	Instr / (Low)	32x8	Repeat SET 2 RECOVERY: Bar 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. LACRIMOSA 5:27mins

TECHNIQUE AND COACHING

1 WIDE DEADLIFT, WIDE 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 and the strong music come through.

WIDE 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**
- 3 things - Posture, Pace & Power
- Elbows to the rear

WIDE TRIPLE DEADROW

- **Bar to knees, ribs, knees and rise**
- **Elbows high & wide**
- **Long straight back**
- **Chin in**, eyes look out 2 meters
- **Lift chest and brace abs**
- **Squeeze between shoulder blades**
- This is where the pace comes back in, pause & pull
- Stay locked in at the bottom
- At the top, squeeze glutes, lift chest

2 PLATE CLEAN & PRESS / PLATE POWER PRESS / WIDE TRIPLE ROWS / WIDE HIGH PULLS

LAYER 1 / LAYER 2

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 training results. Then we head back to the barbell for the combination; Wide Row & High Pulls. Try coaching to a Layer 2 focus and then allow space for participants to explore their own mastery. Empower participants by giving them the benefits of the movements – the WHY!

PLATE CLEAN & PRESS / PLATE POWER PRESS

- Mid stance
- Catch the plate high on the collarbones
- **Chest up, abs braced**
- **Elbows under when you clean the plate**
- Power Press
- **Elbows forward of the face when you press**
- **Knees to 90 degrees**
- Drive out of the legs
- We recruit the back at the bottom of the squat

WIDE TRIPLE ROWS / WIDE HIGH PULLS

- Plates down, bars up
- Let's do it team, Triple Row and High Pulls
- 4 High Pulls, bar to lower chest
- **Squeeze glutes**
- **Hips drive forward and up, bar to lower chest**
- Now you've got the posture
- Now the pace – quick & control
- High pull is hip driven but the arms control it
- Quick burst
- Bar floats
- Keep the pace on – engage the posterior chain
- **Keep lifting the chest and bracing the abs**



04. LACRIMOSA 5:27mins

TECHNIQUE AND COACHING

3 PLATE CLEAN & PRESS / PLATE POWER PRESS / WIDE TRIPLE ROWS / WIDE HIGH PULLS

LAYER 2 / LAYER 3

Help participants achieve athletic performance in this final block through overload. Motivate people to keep working hard by showing your love of the workout, genuine physical role modeling, 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?

- *Bars down, plates up*
- *Lets focus on the Push and the Pull*
- *Pull the plate down and push the plate up*
- *Lets do it team – last one*
- *Hand wide*
- *I'm with you – you with us*
- *Pinch the shoulder blades*
- *I know, forearms are burning*
- *Use the upper back to slow you down*
- *Drive the hips – nearly there*

PUMP FACT

The secret to improving lifting strength is getting more out of the big muscles to take pressure off the smaller ones.

Comparing the size of the gluteals to the shoulder muscles indicates that the more we get from hip drive the stronger and more successful we will be in exercises like High Pulls.



05. TRICEPS

Please note: This track contains explicit content. The Alternative Track 5 can be used in its place.
Please use *Bright* with the new choreography.

WEIGHT SELECTION

- 1x Small – medium plate
- 1x Medium – large plate

MUSCLE FOCUS

Tricep Kickbacks & Extensions, Triceps, Tricep Pushup: Triceps, anterior deltoid, pectoralis

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 feeling the benefits of moving slowly with great technique.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	½x8	Set up BENCH TRICEP PUSHUP	
	0:07	V1 / Started	4x8	2/2/2/2 BENCH HOLD TRICEP PUSHUP (16cts) Option: Kneeling, knees or toes	2x
	0:28	C / Hard to save	6x8	2/2 BENCH TRICEP PUSHUP	6x
	0:59	Instr / (Heavy)	4x8	TRIPLE PULSE BENCH TRICEP PUSHUP (8cts)	4x
2	1:19	V2 / Grave	1x8	TRANSITION: Pick up a light plate, move into a kneeling position, R hand on bench, plate in L hand	
	1:24	Feel the	7x8	1/1 TRICEP KICKBACK ROW L (8cts)	7x
	2:01	_Put the	2x8	1/1 Hold the last rep in the kickback position	2x
	2:11	Instr / (Heavy synth)	4x8	TRIPLE PULSE TRICEP KICKBACK L (8cts)	4x
	2:32	PC / Meet me	1x8	TRANSITION: Grab heavier plate ready for KNEELING O/H TRICEP EXTENSION	
	2:37	Taste some	3x8	2/2 KNEELING O/H TRICEP EXTENSION	3x
	2:53	Instr / (Heavy synth)	4x8	TRIPLE PULSE KNEELING O/H TRICEP EXTENSION	4x
3	3:13	V3 / _Grave	11/2x8	TRANSITION: Pick up light plate, move into a kneeling position, L hand on bench, plate in R hand	
	3:21	Feel the	7x8	1/1 TRICEP KICKBACK ROW R (8cts)	7x
	3:57	_Put the	2x8	1/1 Hold the last rep in the Kickback position	2x
	4:07	Instr / (Heavy synth)	4x8	TRIPLE PULSE TRICEP KICKBACK R (8cts)	4x
	4:28	PC / Meet me	1x8	TRANSITION: Grab heavier plate ready for STANDING O/H TRICEP EXTENSION	
	4:33	Taste some	3x8	2/2 STANDING O/H TRICEP EXTENSION	3x
	4:49	Instr / (Heavy synth)	4x8	TRIPLE PULSE STANDING O/H TRICEP EXTENSION RECOVERY: Shake out arms, Triceps Stretches	4x



ALT

05. TRICEPS
BRIGHT 5:37mins

Please use this song and choreography in place of *Too Far Gone* when teaching Track 05.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	½x8	Set up BENCH TRICEP PUSHUP	
	0:07		4x8	2/2/2/2 BENCH HOLD TRICEP PUSHUP (16cts) Option: Kneeling, knees or toes	2x
	0:28	Ok_	6x8	2/2 BENCH TRICEP PUSHUP	6x
	0:59	Today_	4x8	TRIPLE PULSE TRICEP PUSHUP (8cts)	4x
2	1:19		1x8	TRANSITION: Pick up a light plate, move into a kneeling position, R leg F, plate in L hand	
	1:24	This time_	7x8	1/1 TRICEP KICKBACK ROW L (8cts)	7x
	2:01	Hey hey hey_	2x8	1/1 Hold the last rep in the Kickback position	2x
	2:11	Hey hey hey_	4x8	TRIPLE PULSE TRICEP KICKBACK L (8cts)	4x
	2:32	Things get_	1x8	TRANSITION: Grab medium plate ready for KNEELING O/H TRICEP EXTENSION	
	2:37	See	3x8	2/2 KNEELING O/H TRICEP EXTENSION	3x
	2:53	Ooooh	4x8	TRIPLE PULSE KNEELING O/H TRICEP EXTENSION	4x
3	3:13	See_	11/2x8	TRANSITION: Pick up light plate, move into a kneeling position, L leg F, plate in R hand	
	3:21	Going to take_	7x8	1/1 TRICEP KICKBACK ROW R (8cts)	7x
	3:57	Theres always_	2x8	1/1 Hold the last rep in the Kickback position	2x
	4:07		4x8	TRIPLE PULSE TRICEP KICKBACK R (8cts)	4x
	4:28	Going to take_	1x8	TRANSITION: Grab medium plate ready for STANDING O/H TRICEP EXTENSION	
	4:33		3x8	2/2 STANDING O/H TRICEP EXTENSION	3x
	4:49	Hey hey	4x8	TRIPLE PULSE STANDING O/H TRICEP EXTENSION	4x
				RECOVERY: Shake out arms, Triceps Stretches	



05. TOO FAR GONE 5:15mins

TECHNIQUE AND COACHING

1 TRICEP BENCH PUSHUP

LAYER 1

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

TRICEP BENCH PUSHUP

- *Side of the bench for Pushups*
- **Hands shoulder width**
- **Brace hard**
- *Knees or toes*
- *Starting slow to the bottom*
- *Shoulders away from ears*
- **Chest to elbow** level in the Pushup
- *Full extension at the top*
- *If you're losing your range, come to knees,*
- *Feels good to go slow*
- *Range is set, now the pressure*
- *Focus on pushing your bodyweight through the bench*
- **Elbows stay close to the ribcage to isolate**

2 TRICEP KICKBACK ROW / KNEELING O/H TRICEP EXTENSION

LAYER 1

Grab the lighter weight for this exercise. Coach Position and Execution set-up of the Tricep Kickback Row. The focus is to fully extend the elbow at the top of the movement for maximum muscle recruitment. The Intensity ramps up in the Triple Pulses so be ready to keep your participants in the workout here. Quickly transition to pick up the heavier weight plate for Overhead Extensions. Set up Position first then focus on Execution.

TRICEP KICKBACK

- *Grab your small plate*
- **Knees under hips, hand under shoulder**
- **Hinge forward from hips**
- **Elbow up, extend, hold elbow high**
- **Chest up**
- *Upper arm parallel to floor – extend the elbow*
- **Keep shoulders square**
- *Keep the plate directly under hip as you extend and come back in to isolate*
- *How long and straight is the arm*
- *We need to create the pressure to get the burn*
- *Lengthen the arm as much as you can*

KNEELING O/H TRICEP EXTENSION

- *Stay on your knees, grab your big plate*
- *Overhead Extension*
- **Brace abs**
- **Lift chest**
- **Plate to base of neck, full extension to the top**
- *Full extension to the top*
- *Squeeze elbows in*
- *Shoulders are back and down*
- *Ready for the pressure*
- *Stay low in the bottom range to stretch and lengthen the muscle*
- *Hide the plate at the back of the neck*



05. TOO FAR GONE 5:15mins

TECHNIQUE AND COACHING 3

TRICEP KICKBACK / STANDING O/H TRICEP EXTENSION

LAYER 2 / LAYER 3

We repeat the Kickbacks and finish standing with O/H Extensions. As participants get tired they will be likely to cheat in their rhythm and their range. Encourage them to finish the track as best they can. It's a slow burner and the results will kick – what will you say and do to keep your participants with you till the finish line?

- *Back to the other arm for Kickback Row*
- *Reset the body – square shoulders*
- *Keep the elbow high and arm long*
- *Does it feel like your little finger is going to touch the ceiling*
- *We combine the strength & stability and turn up the isolation*
- *Really strong and still with the top arm*
- *That pinch you feel is the burn to get strong*
- *Lets grab the big plate and stand up*
- *Create memories*
- *Drag it from the bottom to the top*
- *Creating intensity*
- *Every rep getting stronger*

PUMP FACT

Successful tricep isolation comes from focusing on what's not moving.

Chest position, upper arm fixation and strong support from the non-working arm are all vital to achieving the right alignment for tricep isolation.



06. BICEPS

WEIGHT SELECTION

2x Medium to Large Plates

TRACK FOCUS

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

MUSCLE FOCUS

Bicep Curl, Biceps and Bicep Row: Biceps and upper back

		MUSIC		SEQUENCE/EXERCISE	REPS
1	INTRO	0:05	Intro / I'm so	2x8	Set up PLATE CURL SET Stance
		0:13	Show me	2x8	2/2 PLATE CURL SET Stance
		0:21	Ref / Woahhhhh	2x8	4/4
		0:29	C / Good as	4x8	TRIPLE MID RANGE PULSE PLATE CURL (8cts)
		0:46	Gets	2x8	1/1 BICEP PLATE ROW (8cts)
2		0:54	V2 / _I got the	4x8	2/2 PLATE CURL SET Stance
		1:10	Ref Whoooah	2x8	4/4
		1:18	C / Good as it	4x8	TRIPLE MID RANGE PULSE PLATE CURL (8cts)
		1:35	Gets	2x8	1/1 BICEP PLATE ROW (8cts)
		1:43	Ref / Woahhhhh	4x8	4/4 PLATE CURL
		1:59	C / Good as	8x8	COMBINATION (16cts) 1x TRIPLE MID RANGE PULSE PLATE CURL (8cts) 1x 1/1 BICEP PLATE ROW (8cts)
		2:32	Gets	4x8	1/1 ALT PLATE CURL L, R (8cts)
3		2:48	V3 / _I got the	28x8	Repeat BLOCK 2 RECOVERY: Shake out arms, Bicep Stretches



06. AS GOOD AS IT GETS 4:45mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL / BICEP ROW

LAYER 1

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

BICEP PLATE CURL

- Set posture
- Core is on
- Plates 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 on**

BICEP PLATE ROW

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

2 BICEP PLATE CURL / BICEP PLATE 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*
- *Lets finish strong*
- *Elbows down, chest up to finish*

PUMP FACT

The maximum point of resistance of a bicep curl is when the plate is furthest from the body and the elbows are at 90 degrees.

We emphasize this part of the range in pulses to challenge our biceps. Its also the position when we need the most posture reminders as its easy to collapse forward due to the increased load.



07. LUNGES

WEIGHT SELECTION

1x Medium - Heavy Plate
OPTION: Body weight

TRACK FOCUS

Coach your class to execute the dynamic Lunge with great range and Timing to maximize muscular tension for accelerated results. Be precise with leg alignment for the WIDE – WIDER Squat combination.

MUSCLE FOCUS

Squats & Lunges: Glutes & Quadriceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up PLATE FRONT SQUAT MID Stance	
	0:17	Instr / (Low melody)	8x8	4/4 PLATE FRONT SQUAT MID Stance	4x
	0:40	(Bup)	4x8	2/2 PLATE AT COLLARBONE	4x
	0:53	(Drop)	8x8	TRIPLE PULSE BACK STEPPING LUNGE L (8cts) R arm out to the side, plate in L hand	8x
	1:17	(Melody Bup)	4x8	4/4 PLATE FRONT SQUAT MID Stance	2x
	1:29	(Drop)	8x8	TRIPLE PULSE BACK STEPPING LUNGE L (8cts) Option: Knee lift	8x
2	1:53	Instr / (Low)	2x8	RECOVERY: shake out legs, set up PLATE FRONT SQUAT	
	1:59	(Bup)	2x8	2/2 PLATE FRONT SQUAT MID Stance	2x
	2:05	(Drop)	8x8	TRIPLE PULSE BACK STEPPING LUNGE R (8cts) L arm out to side, plate in R hand	8x
	2:29	(Melody Bup)	4x8	4/4 PLATE FRONT SQUAT MID Stance	2x
	2:41	(Drop)	8x8	TRIPLE PULSE BACK STEPPING LUNGE R (8cts) Option: Knee lift	8x
3	3:05	Br / (Low)	13/4x8	TRANSITION: Set up PLATE FRONT SQUAT WIDE Stance	
	3:10	Instr / (Slow beat)	12x8	4/4 PLATE FRONT SQUAT WIDE Stance	6x
	3:50	(Drop)	16x8	COMBINATION (32cts) 1x TRIPLE PULSE PLATE WIDE FRONT SQUAT (8cts) WIDE Stance, step L out on the last 2cts 1x TRIPLE PULSE PLATE WIDER FRONT SQUAT (8cts) WIDER Stance, step L in on the last 2cts 1x TRIPLE PULSE PLATE WIDE FRONT SQUAT (8cts) WIDE Stance, step R out on the last 2cts 1x TRIPLE PULSE PLATE WIDER FRONT SQUAT (8cts) WIDER Stance, step R in on the last 2cts	4x
	4:39	Outro / (Low beat)	4x8	1/1 PLATE FRONT SQUAT WIDE Stance	8x
				RECOVERY: Shake out arms, Quadricep Stretches	



07. DHOL 4:53mins

TECHNIQUE AND COACHING

1 PLATE FRONT SQUAT / TRIPLE PULSE BACK STEPPING LUNGE

LAYER 1

Use simple cues to coach Position & Execution of the Front Squat and Triple Pulse 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!

PLATE FRONT SQUAT

- *Mid stance, feet outside the hips*
- *Front Squat*
- *Plate high on chest*
- **Feet outside hips**
- *Elbows under plate*
- **Lift chest and brace abs**
- **Hips sit back and down**
- **Knees track forward to work the quads**
- **Butt just above knee line**

TRIPLE PULSE BACK-STEPPING LUNGE

- *Lets move into Lunges*
- *Back Stepping Lunge, left leg*
- *Plate in the left hand*
- **Long step back**
- **Back knee towards the floor**
- **Hips and shoulders square to the front**
- *Big push through the front heel*
- **Front thigh parallel to the floor**
- *Same thing with a knee lift*
- *Pushing from the heel means the glutes are ready to fire*
- *Feel the tension building*
- **Keep the chest lifted and abs locked**

2 PLATE FRONT SQUAT / TRIPLE PULSE BACK-STEPPING LUNGE

LAYER 2 / LAYER 3

Repeat of Block 1 on the other leg provides the opportunity to Improve Execution and Educate about the benefits of good Technique. By Improving Execution of the Lunge, participants are able to not only be safer but also put more work into their muscles for results.

- *Find the alignment on the other leg now*
- *Keep the chest lifted*
- *Keep the body moving straight up and down*
- *Focus on the back knee vertical*
- *Find the range if you can – 90 degrees*
- *Starting to burn now*
- *Stability through your core*
- *Keep the load on*
- *Pushing through the front heel as you stand up*
- *We work on the core stability as well as your legs*

3 TRIPLE PULSE PLATE WIDE – WIDER FRONT SQUAT

LAYER 1 / LAYER 2

Adding a new combo means going back to Layer 1 cues coaching at the start of this set. Focus on the timing of the WIDE – WIDER Squat Combo so everyone feels success. By hitting 90 degrees at the knees at the bottom of the Squat the workout remains in the muscles and out of the joints. The muscles will tire through this set so be sure to keep participants moving well, and motivate them to have fun and finish strong.

- *Lets set for Wide Squat*
- *The fun starts*
- *Knees wide*
- **Hips sit back**
- **Chest up and abs braced**
- *Triple Pulse Wide and Wider Stance Squat*
- *Triple Pulse right leg steps out*
- *Triple Pulse right leg steps in*
- *Sit hip back further on the Wider Squat*
- *Feel the quads, feel the glutes*
- *Stay low to build the pressure*
- **90 degrees – hit the full range**
- *Lets get the strength gains*

PUMP FACT

Lunges allow us to maximize tension in the gluteals with less trunk load. As we sink into a 90 degree angle in the front leg our glutes are engaged heavily to support the load and stabilize the lower limb. Maintaining an upright trunk allows us to take full advantage of this position without fatiguing our trunk stabilizers.



08. SHOULDERS

WEIGHT SELECTION

2x Light - medium 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	2x8 Set up plates SET POSITION	
	0:14	V1 / _More	2x8 2/2 STANDING PLATE SIDE RAISE SET Stance	2x
	0:24	_Detailed	8x8 1/1 STANDING PLATE SIDE RAISE EXTENSION (8cts)	8x
	1:04	_More	TRANSITION: Plates down, transition to MID-GRIP PUSHUP	
	1:09	_When I	2/2 MID-GRIP PUSHUP Option: Kneeling, knees or toes	1x
	1:15	Instr / (Drop)	COMBINATION 1 (8cts) 1x 1/1 MID-GRIP PUSHUP (4cts) 1x WALKING UP / DOWN BENCH PLANK L R L R (4cts)	8x
2	1:54	V2 / _Always	TRANSITION: Pick up plates, standing up SET Stance	
	2:04	With the main_	8x8 1/1 STANDING REAR DELTOID FLY (8cts) SET Stance	8x
	2:45	_More	TRANSITION: Plates down, transition to MID-GRIP PUSHUP	
	2:50	_When I	2/2 MID-GRIP PUSHUP	1x
	2:55	Instr / (Drop)	COMBINATION 2 (8cts) 1x 1/1 MID PUSHUP (4cts) 1x SLOW MOUNTAIN CLIMBER L R (4cts)	10x
3	3:44	V3 / _Always	TRANSITION: Pick up plates to standing	
	3:54	With the main_	8x8 1/1 STANDING PLATE SIDE RAISE EXTENSION (8cts)	8x
	4:35	_More	TRANSITION: Plates down, transition to MID-GRIP PUSHUP	
	4:40	_When I	2/2 MID-GRIP PUSHUP	1x
	4:45	Instr / (Drop)	COMBINATION 1 (8cts) RECOVERY: Shake out arms, Shoulder Stretches	10x



08. RARI 5:39mins

TECHNIQUE AND COACHING

1 STANDING SIDE RAISE & STANDING SIDE RAISE EXTENSION / MID-GRIP PUSHUP & WALKING PLANK

LAYER 1

Focus on timing, targets and range so your class is moving with great execution and understand Pushup execution. Option levels with or without the bench so everyone is successful and knees or toes for Pushups.

STANDING SIDE RAISE & STANDING SIDE RAISE EXTENSION

- *Side raise*
- *Elbows out wide*
- **Brace abs**
- **Chest up**
- **Elbows under the shoulders**
- *Lets add the extension*
- *Open the arms out*
- *Keeps us in tension for longer*

MID-GRIP PUSHUP & WALKING PLANK

- *To the floor, plates down*
- *Hands just outside the shoulders for mid grip*
- *Knees or toes for pushups*
- **Chest to elbow level for Pushup range**
- *Combination– 1 Pushup and 1 Walking Plank*
- **Brace the abs hard**
- **Back long and straight**
- *Either walk up on the bench or use the floor*
- *Alternate lead arm*
- **Brace abs hard to keep hips still on the Plank**

2 STANDING REAR DELTOID FLY / MID-GRIP PUSHUP & MOUNTAIN CLIMBERS

LAYER 1 / LAYER 2

Changing the exercises will help participants stay in the workout for longer. The second set moves from Side Deltoids to the Rear Deltoids. Coach Layer 1 Execution cues to establish great quality of movement across the different exercises in this set. Coach to low hips in the Mountain Climbers for whole body conditioning

STANDING REAR DELTOID FLY

- *Grab the plates, new combo*
- *SET position*
- *Rear fly*
- *Tip from hips*
- **Plates stop under shoulders on the fly**
- **Squeeze shoulder blades**
- **Brace abs and chest up**

MID-GRIP PUSHUP & MOUNTAIN CLIMBERS

- *Lets go again – Mid-grip Pushups*
- *Combination with climbers this time*
- **Brace abs hard**
- *Weight in the heel of the hands to stabilize shoulders*
- *Drive the knees close to the floor to **engage the core***

3 STANDING SIDE RAISE & STANDING SIDE RAISE EXTENSION / MID-GRIP PUSHUP & WALKING PLANK

LAYER 2 / LAYER 3

Block 3 is a repeat of the 1st block; focus on mastering execution, allowing participants to explore the moves and sell the benefits of this tension and isolation. Challenge your class to get the most out of each exercise to build shoulder fatigue with the outcome of total shoulder fatigue for fast results

- *Here we go again*
- *Side raise with extension*
- *This is time under tension*
- *Keep your range*
- *Plates finish under shoulders*
- *Last set of Pushups and Planks*
- *1 Pushup 1 Walking Plank*
- *Love this strength work, dynamic shoulder stability and core work*
-

PUMP FACT

Extending the elbows in the side raise allows us to use 2 levels of tension in this move. The bent elbow position is easier - then, as we extend the elbows we increase load on the shoulder muscles as they cope with the longer lever.



09. CORE

TRACK FOCUS

Focus on simple coaching of the execution of all the exercises so everyone gets all the reps. Think 1 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 everyone is successful.

MUSCLE FOCUS

C-Crunches : Rectus Abdominis, Obliques

Plank: Rectus Abdominis, Obliques, Shoulders & Triceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up C CRUNCH	
	0:13	V1 / _A thing for me	4x8	2/2 C CRUNCH Fingers to temples	4x
	0:31	Never done	4x8	1/2/1 C CRUNCH HOLD with ALT LEG EXTENSION L R (16cts)	2x
	0:48	C	4x8	1/2/1 C CRUNCH HOLD with DOUBLE LEG EXTENSION (8cts)	4x
2	1:05	Like a Tsunami	4x8	2/2 C CRUNCH	4x
	1:22	Never done	4x8	1/2/1 C CRUNCH HOLD with ALT LEG EXTENSION L R (16cts)	2x
	1:39	C / Kadungdundundun	4x8	1/2/1 C CRUNCH HOLD with DOUBLE LEG EXTENSION (8cts)	4x
3	1:57	Rep / Saturday, Like a	2x8	TRANSITION: to a PLANK	
	2:05	Saturday, Like a	2x8	PLANK Option: on knees or toes	
	2:13	C	8x8	COMBINATION (16cts) 1x ALT FAST SHOULDER TAP PLANK L R (4cts) 1x 1/1 SIDE PLANK ROTATION L (4cts) 1x ALT FAST SHOULDER TAP PLANK L R (4cts) 1x 1/1 SIDE PLANK ROTATION R (4cts)	4x



09. KADUNG DUNG 2:50mins

TECHNIQUE AND COACHING

1 C-CRUNCH WITH LEG EXTENSION

LAYER 1

Coach the Layer 1 position and execution set-up of the C-Crunch with clear timing and target coaching.

C-CRUNCH WITH LEG EXTENSION

- *Come down to the floor, side on*
- *Fingertips to temples*
- *C-Crunch 2/2*
- **Knees over hips, shins parallel**
- **Chin tucks in**
- *Add the single leg extension*
- **Lower back pressing down towards the floor as you lower the feet**
- **Ribs to hips**
- *If your lower back comes off the floor take the legs higher or stay with single leg*

2 C-CRUNCH WITH LEG EXTENSION

LAYER 2

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

- *From the top*
- *See if you can crunch a little higher now to engage more of the 6-pack*
- *Challenge the lower abs by taking the legs lower*
- *Lower and upper abdominals working together now*

3 PLANK WITH SHOULDER TAP & SIDE PLANK ROTATION COMBINATION

LAYER 1 / LAYER 2 / LAYER 3

- *Grab the back of the legs, lets set the Plank*
- *Hands shoulder-width*
- *Knees or toes*
- **Brace abs**
- *2 Shoulder Taps*
- *1 Rotating Side Plank*
- **Back long and straight**
- *Come down to knees anytime*
- **Brace abs hard to stabilize hips and pelvis**
- **Body rotates as one**
- *Press out of bottom arm to stabilize shoulder*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	
1	0:05	Intro	2x8	Set up CHILDS POSE
	0:18	V1 / Thinkin'	4x8	CHILDS POSE
	0:45	C / Oh babe I	6x8	3x CAT (8cts) / COW STRETCH (8cts)
2	1:25	V2 / Wait a	2x8	SEATED HURDLER STRETCH L
	1:38	Takin' it	2x8	SEATED HURDLER STRETCH R
	1:51	C / Oh babe I	2x8	KNEELING HIP FLEXOR STRETCH R On last 8cts R lift arm up
	2:05	Play with my	2x8	KNEELING HIP FLEXOR STRETCH L On last 8cts L lift arm up
	2:18	Rep / _My oa, my	4x8	STANDING QUADRICEP STRETCH L R
	2:45	Outro / I remember	1x8	UPPER BACK STRETCH 1x8 STANDING SHOULDER STRETCH L Cross arms in front
	2:51	_Oluwa	1x8	CHEST STRETCH 1x8 STANDING SHOULDER STRETCH R Open arms out wide



10. MY OASIS 3:04mins

TECHNIQUE AND COACHING

COACHING TIPS

- Be descriptive in how to stretch and where they should 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: 2x Small – large plates
Triceps: 1x Medium – 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 half of the track. The 2nd half of the track is 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 BICEP PLATE CURL with plates	
	0:11	V1 / _I gotta	8x8	4/4 BICEP PLATE CURL (16cts) SET Stance	4x
	0:35	The world don't_	4x8	3/1 SPLIT Stance	4x
	0:46	C / When time	8x8	COMBINATION 1 (16cts) SET Stance 1x 2/2 BICEP PLATE CURL (8cts) 1x 1/3 BICEP PLATE CURL (8cts)	4x
	1:10	Ain't no	8x8	COMBINATION 2 (16cts) 1x TRIPLE MIDRANGE PULSE (8cts) 1x 1/3 BICEP PLATE CURL (8cts)	4x
2	1:34	V2 / Golly	2x8	TRANSITION: to TRICEP PUSHUP	
	1:40	I had too	6x8	4/4 TRICEP PUSHUP Option: Kneeling, knees or toes	3x
	1:57	The World_	4x8	3/1	4x
	2:09	C / When time	6x8	COMBINATION 3 (16cts) 1x 2/2 TRICEP PUSHUP (8cts) 1x 1/3 TRICEP PUSHUP (8cts)	3x
	2:27	Ain't no	2x8	TRANSITION: to KNEELING O/H TRICEP EXTENSION	
	2:33	Ain't no	8x8	COMBINATION 2 (16cts) 1x TRIPLE KNEELING O/H TRICEP EXTENSION (8cts) 1x 1/3 KNEELING O/H TRICEP EXTENSION (8cts)	4x
3	2:56	V3 / _I gotta	30x8	Repeat BLOCK 1	
4	4:25	V4 / Golly	28x8	Repeat BLOCK 2	



45-MIN FORMAT

05. CANT STOP 5:50mins

TECHNIQUE AND COACHING

1 BICEP CURL

LAYER 1

Coach Layer 1 Position and Execution set-up of the Bicep Plate Curl.

- *Pick up your plates*
- *SET Position*
- **Brace abs & lift chest**
- **Plates to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- *We are going to bring fire to the arms*
- *Slow & controlled*
- *Mid Range Pulse 3 times*
- *1 inch above and below right angles*

2 TRICEP PUSHUP / KNEELING O/H TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution set-up of the Tricep Pushup & Extension

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, it's tough*

KNEELING O/H TRICEP EXTENSION

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

3&4 BICEP PLATE CURL / TRICEP PUSHUP & TRICEP O/H EXTENSION

LAYER 2 / LAYER 3

It's a repeat of the first half. Tension will kick in fast in these 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!

- *Grab your plates for biceps*
- *Focus on supination now*
- *Full twist at the top*
- *Keep the chest high*
- *Work on the full range*
- *Create tension and catch the curl at the top*
- *Pushups lets challenge ourselves*
- *Keep strong body as you lower*
- *Can you feel the triceps now?*
- *Challenge on your toes*
- *Pulses to finish toning and shaping the arms*

PUMP FACT

Encouraging heavier weights in this track will allow participants to achieve the same results as if they were doing a full bicep and tricep track.

It may also provide the confidence to move up in weight in the standard format.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

- 1x Medium – large plate
- 1x Small – 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

- Low Plate Squat:** Quads & Glutes
- Lunges with Side Raise, Overhead Press:** Glutes, Quadriceps, Core and Shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	V1 / Took a swing	8x8 4/4 LOW PLATE SQUAT WIDE Stance	4x
	0:32	Oh do we	8x8 1/1 LOW PLATE ROW (8cts)	8x
	0:57	_I’m sick of	8x8 1/1/2 LOW PLATE SQUAT	8x
	1:22	Instr / (Drop)	8x8 1/1 REVERSE CURL PLATE CLEAN & PRESS (8cts)	8x
2	1:46	V2 / _Life kept	2x8 TRANSITION: to a small plate ready for LUNGE L	
	1:52	_All I had	6x8 2/2 LUNGE L with 2/2 SINGLE ARM SIDE RAISE R	6x
	2:11	Oh do we	8x8 4/4 LUNGE L with 4/4 SINGLE ARM SIDE RAISE R	4x
	2:36	_I’m sick of	8x8 1/2/1 LUNGE L with 1/1/1/1 SINGLE ARM SIDE ROTATOR RAISE R Use the last 8cts to transition ready for BACK STEPPING LUNGE L	7x
	3:02	Instr / (Drop)	12x8 TRIPLE PULSE BACK STEPPING LUNGE L with 1/2/1 O/H SHOULDER PRESS HOLD R (8cts) L Arm out to the side	12x
3	3:37	_Life kept	36x8 Repeat BLOCK 2 on other side	



45-MIN FORMAT

06. THEN WE CRY 5:42mins

TECHNIQUE AND COACHING

1 LOW PLATE SQUAT & ROW / PLATE CLEAN & PRESS

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 feel successful.

LOW PLATE SQUAT / ROW

- *From MID Stance -Heel-toe wider*
- *Wide Squat position*
- *Plate hangs low*
- **Pull the shoulders back & down**
- **Brace abs, chest up**
- **Hips sit back and down**
- *Knees out on the Wide Squat*
- **90 degrees for the range**
- *Keep the chest high as you Squat*
- *Single row*
- *Drop, row, drop and lift*
- *Keep elbows in*
- *Plate to belly*
- **Squeeze shoulder blades to activate the back**
- *Squat – fast and slow*
- *Catch the Squat at the bottom*
- *Drive out of heels*

PLATE CLEAN & PRESS

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 to 90**
- *Use your legs to work posterior chain*

2 BACKWARD STEPPING LUNGE W SIDERAISE / ROTATOR RAISE / O/H SHOULDER PRESS

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.

- *Small Plate in the one hand*
- *Static Lunge with side raise*
- **Long step back**
- **Elbow stops just under shoulder line**
- *Elbow leads the movement*
- **Chest up and abs braced**
- *Back knee down, front knee out*
- **Hips and shoulders square by bracing abs**
- **Front thigh parallel to the floor**
- *Hold the Lunge and rotate*
- *Turn your hand forward*
- *Squeeze shoulder blade into spine*
- *Step in, back stepping Lunge with shoulder press*
- *Integrating lower body and upper body*
- *Long step back*
- **Elbow forward of face**
- *Drop under the plate*
- *Drop and split*



45-MIN FORMAT

06. THEN WE CRY 5:42mins

TECHNIQUE AND COACHING

**3 BACKWARD STEPPING LUNGE W
SIDERAISE / ROTATOR RAISE / O/H
SHOULDER PRESS**

LAYER 2 / LAYER 3

Once your participants are moving well again, give them a Layer 2 focus and then allow them to explore it in their bodies. You want them to stay with the mind-body connection of work into the legs as well as the upper body. The music is super cool song and will set the scene and build – so use it! Motivation is the key!

- *All on the other leg now*
- *Big step back*
- *How do you feel*
- *Square hips to front*
- *We are working on legs and shoulders*
- *Front thigh parallel*
- *Keep the chest lifted and press out of the front heel*
- *Great shoulder stability training*
- *Where do you want to take yourself this time?*
- *Lets get fitter faster with a fast drop*

PUMP FACT

BODYPUMP is unique when compared to other forms of weight training due to the high aerobic demand during the workout

A lot of this aerobic conditioning comes from the rep effect combined with firing up the big muscle groups. This track combines both of these elements helping us tone and condition the entire body.



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.

