

BODYPUMP 118

GLOSSARY

MUSIC

EXPRESS FORMATS

RELEASE FOCUS

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

BONUS 45-MIN FORMAT

06. FUNCTIONAL STRENGTH

DECLARATION OF INTENT

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GLOSSARY

SET POSITION

Position Set-up

- Heels under hips
- Toes turned out slightly
- Knees soft
- Hands thumb-distance from thighs
- Gently draw the belly in and brace the abs
- Lift the chest
- Lift the shoulders up, roll them back and draw the blades down towards the spine
- Chin tucked in



Overhand Grip

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

SQUAT WITH CALF RAISE

Position Set-up

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

Execution Set-up

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

Layer 2

- Triple extension through the ankles, knees and hips



BARBELL FRONT SQUAT

Position Set-up

- Mid stance, feet outside hips
- Bar at collarbones
- Bar in heel of the hand
- Elbows forward, chest high
- Squeezing shoulder blades
- Brace abs

Execution Set-up

- Sit the hips back and down
- Knees track forward in line with toes
- Butt stop just above knee level – knees at 90-degrees

Layer 2

- Keep lifting the elbows to maintain a high chest position to engage the posterior chain
Drive upper back into the bench, to stabilize the upper body



GLOSSARY

CHEST PRESS

Position Set-up

- **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 Set-up

- **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



BENCH 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

DEADLIFT

Position Set-up

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

Execution 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 into the floor





GLOSSARY

DEADROW

Position Set-up

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

Execution 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

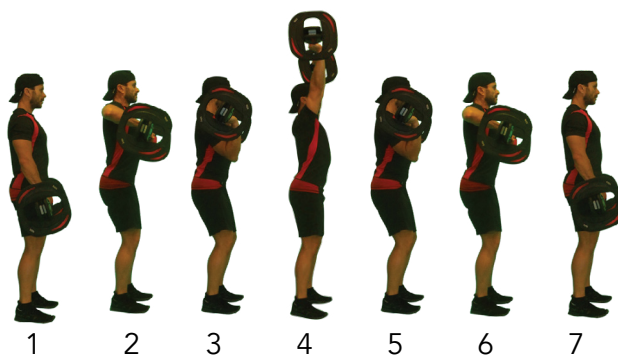
Position Set-up

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

Execution Set-up

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

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



TRIPLE SPLIT PLATE ROW

Position Set-up

- **SET Position**
- Plates at hip
- **Chest up**
- **Abs braced**

Execution Set-up

- **Hinge forward from the hip**
- Extend leg back
- **Chest Up**
- **Row plate to lower ribs**
- **Shoulder blade toward spine**
- **Eye gaze 2 meters in front**

Layer 2

- Drive out of the front heel to engage the glutes



GLOSSARY

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



WIDE DEADROW

Position Set-up

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

Execution 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



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 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



BENCH TRICEP DIP

Position Set-up

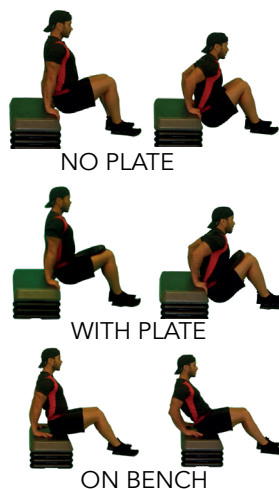
- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Set-up

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

Follow-up

- Full extension to the top



SEATED PLATE O/H TRICEP EXTENSION

Position Set-up

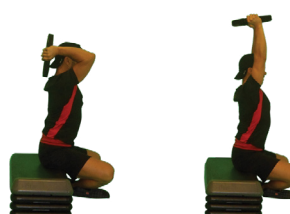
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted, abs braced**
- Chin tucked in

Execution Set-up

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

Follow-up

- Keep the elbows squeezing inwards – to isolate the triceps





GLOSSARY

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



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



BICEP CURL

Position Set-up

- **Knees soft – Split Stance or SET Position**
- **Chest up**
- **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

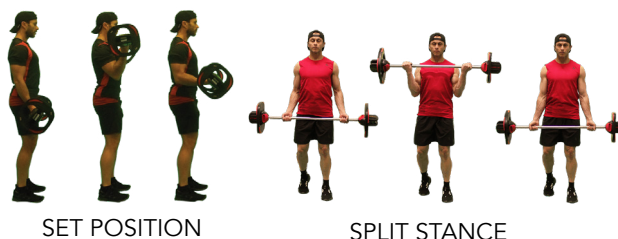


PLATE FRONT SQUAT – MID STANCE

Position Set-up

- **Heel-toe 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



GLOSSARY

PLATE BACKWARD-STEPPING LUNGE

Position Set-up

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

Execution Set-up

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

Layer 2

- Plate to collarbones
- Stay low to isolate the legs



SPLIT SIDE RAISE

Position Set-up

- SET position
- Plates at side – elbows 90-degrees
- Chest up
- Abs braced
- Extend one leg back

Execution Set-up

- Hinge forward from the hips
- Chest up
- Lift plates to the side
- Plates stop just under shoulder line
- Chin tucked

Layer 2

- Squeeze the shoulder blades together as you lift to the side

STANDING SIDE ROTATOR RAISE

Position Set-up

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

Execution Set-up

- 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

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





GLOSSARY

STANDING SHOULDER O/H PRESS

Position Set-up

- **Split Stance**
- Weight even in front and back foot, knees soft
- **Chest up, abs braced**
- **Bar to chin**, elbows under wrists

Execution Set-up

- Press the bar upward
- **Keep the elbows soft at the top and elbows slightly forward**
- **Brace the abs as the bar moves above your head**

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders



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**
- **Abs braced as legs lower**

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



CROSS CRAWL WITH PLATE

Position Set-up

- **Plate to chest**
- **Knees above hips**
- **Abs braced**

Execution Set-up

- **Opposite shoulder to knee**
- Extend opposite leg
- **Twist from the center of chest**

Layer 2

- Twist further across by lifting shoulder up and over

HOVER

Position Set-up

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

Execution Set-up

- **Brace abs to keep the hips still**

Layer 2

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





GLOSSARY

ROTATING HOVER WITH PLATE

Position Set-up

- Set your plate beneath your chest
- Cross your forearms
- Knees or toes
- **Brace abs**
- **Back long and straight**
- Take the plate in your front arm

Execution Set-up

- **Brace abs so body rolls as one block**
- Rotate to the side
- Lift plate to the side directly above shoulder
- Turn feet
- Plate passes under body

Layer 2

- Body moves as a block
- Press down through bottom elbow
- **Option:** Rear leg down on the floor

TRICEP PUSHUP

Position Set-up

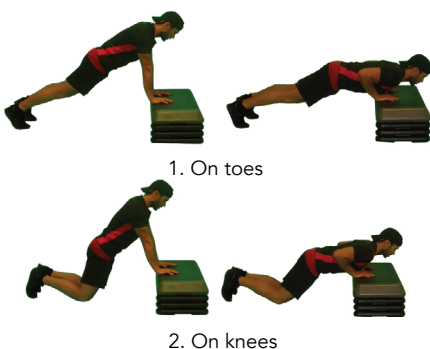
- **Hands under shoulders**
- **Abs braced**
- **Back long and straight**

Execution Set-up

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

Layer 2

- Drive the floor/bench away



STANDING REAR DELTOID RAISE

Position Set-up

- SET Position
- **Chest up, tip forward from the hip**
- Trunk leans on a 45-degree angle
- **Chest lifted**
- **Keep the chin tucked in and the back of the neck long, eyes look about 6 feet (2 meters) in front**

Execution Set-up

- **Lift the elbows to shoulder level**
- **Squeeze between the shoulder blades**
- Elbows slightly bent

Layer 2

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





GLOSSARY

FRONT RACK LUNGE WITH O/H PRESS

Position Set-up

- Feet hip-width
- Chest lifted
- Bar racked in front of collar bones
- Elbows forward chest up

Execution Set-up

- Long step back
- Bend rear knee
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted, abs braced
- Press bar up as you step forward
- Elbows slightly forward at the top of the press
- Abs braced as bar moves above head

Layer 2

- Drive out of the bottom of your lunge to engage your glutes

HIP BRIDGE

Position Set-up

- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart

Execution Set-up

- Drive through your heels, and lift hips up
- Squeeze through your glutes
- Slowly lower



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
- Keeping upper arms vertical

Layer 2

- Lock the upper arm position to isolate the triceps



SINGLE LEG DEADLIFT WITH SIDE RAISE

Position Set-up

- SET Position
- Feet hip-width
- Plate in one hand – slight bend in elbow

Execution Set-up

- Hinge forward from the hip
- Chest up, abs braced
- Extend one leg back
- Raise plate to shoulder level
- Chin tucked

Layer 2

- Push through front heel to engage the glutes



MUSIC

01 **Bad At Being Alone (Jay Hardaway Remix)** (4:33)
Codeko
© 2020 Musical Freedom Label Ltd.
Written by: Clark

02 **Tell Me You Love Me (Matrix & Futurebound Remix)** (3:27)
Demi Lovato
© Courtesy of the Universal Music Group.
Written by: Bhattacharyya, Hill, Lauryen

Tell Me You Love Me (Matrix & Futurebound Remix) (1:35)
Demi Lovato
© Courtesy of the Universal Music Group.
Written by: Bhattacharyya, Hill, Lauryen

03 **This Is My World** (6:01)
Esterly feat. Austin Jenckes
© 2016 Esterly Music.
Written by: Esterly, Roberts, Jenckes

04 **Mula** (5:59)
Eliminate
© 2020 Sable Valley Records.
Written by: Merrill

05 **Feeling Alive** (3:15)
Earl St. Clair
© Courtesy of the Universal Music Group.
Written by: Chila, Johnson, Eckerd

Feeling Alive (2:05)
Earl St. Clair
© Courtesy of the Universal Music Group.
Written by: Chila, Johnson, Eckerd

06 **Drip** (2:14)
Boombox Cartel & Dillon Francis feat. Designer
© 2019 Mad Decent.
Written by: Francis, Garcia, Medina, Selby III, Rushent

Drip (2:14)
Boombox Cartel & Dillon Francis feat. Designer
© 2019 Mad Decent.
Written by: Francis, Garcia, Medina, Selby III, Rushent

07 **Dura** (3:15)
Daddy Yankee
© Courtesy of the Universal Music Group.
Written by: Romero, Mota, Ayala

Dura (2:33)
Daddy Yankee
© Courtesy of the Universal Music Group.
Written by: Romero, Mota, Ayala

08 **Winter Is Coming** (5:33)
CloZee
© 2020 Odyzey Music.
Written by: Herry

09 **Rotate** (3:24)
Becky G & Burna Boy
© 2021 Kemosabe Records.
Written by: Ogulu, Rose, Bennett, Campany, Melki, Judrin, Gomez, McGregor

10 **Beautiful Mistakes** (3:52)
Maroon 5 feat. Megan Thee Stallion
© Courtesy of the Universal Music Group.
Written by: Goldstein, Hindlin, Kirkland, Levine, Musto, Pete

45-MIN FORMAT

05 **24/7** (3:01)
NOISY
© Courtesy of the Universal Music Group.
Written by: Cheetham, Tobias-Williams, Thomas-Matthews

24/7 (1:59)
NOISY
© Courtesy of the Universal Music Group.
Written by: Cheetham, Tobias-Williams, Thomas-Matthews

06 **Long Way Home** (5:58)
Tritonal, HALIENE, SCHALA & Jorza
© 2020 Enhanced Music.
Written by: Forrer, Decker, Cisneros, Reed, Sweet, Steeper

BONUS 45-MIN FORMAT

06 **We Have Spoken** (6:30)
NOAM DEE
© Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley



BODYPUMP 118

BODYPUMP 118 hits the stage with a truly global feel. This release is a reconnecting of the Les Mills community, the first live event since the world went into lockdown.

The workout is fresh, modern and the music lifts us into the BODYPUMP stratosphere!

Gluteal activation for athletic development is the key focus that holds this workout together. In our Squats, Back and Lunges tracks, we focus on the muscles that optimize vertical drive; this improves our jumping ability. The Glute Hip Raises activate our horizontal drive, helping us to run faster.

The Squats track introduces to the BODYPUMP world, for the first time ever, the Barbell Front Squat. This is a fantastic exercise that increases our core and torso engagement helping us align the spine and strengthen the fronts of our legs. This is a true innovation to this class.

Plate Rows and Super Slow Lunges build deep fatigue and ultimately strength and tone for the legs. The introduction of a bonus BODYPUMP 45-minute track named “Functional Strength” adds a real athletic glute focus to the workout. You can use this track in place of the 45-minute Lunges/Shoulders track.

So, whether you want to run faster, jump higher, get stronger and more toned, this class is definitely for you. Enjoy your workout.

Glen and The BODYPUMP Team

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings, Andrew Newmarch and Rob Lee

Production Coordinator – Ariel Lu



Back row L-R: Ruby Ranstead, Donald Cruz, Amy Lu, Kaylah-Blayr Fitzsimons-Nu’u, Juri Pedeni, Ben Main, Gordon Lung, Khiran Huston, Sharmaine Singer, Diana Archer Mills, Kris Madsen, Melissa Siegel, Bree McElroy
Front row L-R: Vili Fifita, Glen Ostergaard, Marlon Woods, Kayla Atkins-Gordine, Des Helu

PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for BODYPUMP, RPM™ and LES MILLS SPRINT™ and lives in Auckland. He is father to three children and is an avid runner, cyclist and lifter.

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

Kayla Atkins-Gordine (New Zealand) is a BODYPUMP and LES MILLS GRIT Presenter and Instructor and a BODYBALANCE/BODYFLOW and LES MILLS SPRINT Instructor. She is based in Auckland and is also a Yin Yoga teacher, a singer/ songwriter and the Founder of Āwhina Wellness as a holistic health coach.

Vili Fifita (New Zealand) is a BODYPUMP, LES MILLS TONE, BODYCOMBAT, LES MILLS CEREMONY, LES MILLS CONQUER and a LES MILLS SPRINT Instructor and a LES MILLS GRIT Trainer/Presenter. He lives in Auckland.

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand) is a BODYPUMP, BODYSTEP™, LES MILLS GRIT Series, LES MILLS TONE, LES MILLS CEREMONY and LES MILLS CONQUER Instructor. She lives in Auckland.

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

Thanks to:

- Donald Cruz
- Amy Lu
- Gordon Lung
- Kris Madsen
- Bree McElroy
- Juri Pedeni
- Ruby Ranstead
- Melissa Siegel
- Sharmaine Singer



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

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	24:59

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	40:12

NEW 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 06 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	39:49

BONUS 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 06 (Bonus 45)	Functional Strength
Track 09	Core
Track 10	Cooldown
Total Time	40:21

Please note: These 45-minute formats 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.



RELEASE FOCUS GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first came in.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like climbing, lifting or digging.

Common horizontal activities are when we are moving across the ground include **walking, running, pushing something forwards or throwing**

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension - this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



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 connecting everyone into the workout - so the class can transition smoothly through all the changes.

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	V1 / Shield me	2x8	SET Position WIDE Grip	
	0:14	Can't you	2x8	4/4 WIDE DEADLIFT SET Stance	1x
	0:21	Miles away	4x8	2/2 WIDE DEADLIFT	4x
	0:36	Instr / (B up)	4x8	2/2 WIDE UPRIGHT ROW	4x
	0:50	(Drop)	8x8	COMBINATION 1 (8cts) 1x 1/1 WIDE DEADLIFT (4cts) 1x 1/1 WIDE UPRIGHT ROW (4cts) Option: Add the WIDE HIGH PULL on last 4 reps	8x
2	1:19	Br / (Low)	2x8	TRANSITION to Normal Grip, SET Stance	
	1:27	V2 / Shield me	4x8	1/1 DEADROW SET Stance	4x
	1:41	Miles away	4x8	TRIPLE DEADROW	2x
	1:58	Instr / (B up)	4x8	1/1 CLEAN & PRESS (8cts)	4x
	2:10	(Low)	4x8	TRANSITION: Bar to FRONT SQUAT MID Stance, bar on collarbones, elbows forward	
3	2:25	(Drop)	8x8	1/1 FRONT SQUAT MID Stance	16x
	2:54	Br / (Low)	2x8	TRANSITION: Bar down, pick up plate, SET Stance	
	3:01	V3 / Shield me	4x8	1/1 PLATE DEADROW SET Stance	4x
	3:16	Miles away	4x8	TRIPLE PLATE DEADROW	2x
	3:30	Instr / (B up)	4x8	1/1 PLATE CLEAN & PRESS (8cts) Use the last 4cts to transition plate to PLATE FRONT SQUAT MID Stance, bar on collarbones	4x
	3:45	(Low)	4x8	2/2 PLATE FRONT SQUAT Use the last 2cts to prepare for ALT BACKWARD-STEPPING LUNGE L R	4x
	4:00	(Drop)	8x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts) Option: Add PLATE O/H SHOULDER PRESS on last 2 reps	4x



01. BAD AT BEING ALONE 4:33mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position. This sets them up into a strong lifting posture.

- **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**

1 WIDE DEADLIFT / WIDE UPRIGHT ROW

LAYER 1

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

This makes your coaching clear and easy to follow.

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

2 DEADROW / CLEAN & PRESS / FRONT SQUAT

LAYER 1 / LAYER 2

We are connecting the lower body to the upper body and warming the posterior chain with Deadrows. This prepares the body for the precision required in the Clean & Presses. We finish the set with a new innovation to the class: Front Squats. Focus on coaching clear Layer 1 Position and Execution cues to help the class achieve good lifting Technique and confidence for the Front Squat in Track 2.

- **Deadrow – SET Position, bar to knees, belly, knees and return to SET Position**
- **Clean & Press – pull and catch, bend knees, brace abs, lift chest, bar close to body**
- **Front Squat – Mid Stance, bar at collarbones, bar in the heel of the hand, squeeze shoulder blades together, lift chest, elbows forward, hips go back and down, knees press forward of hips and knees to 90-degrees**

3 DEADROW / CLEAN & PRESS / FRONT SQUAT / ALT BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2 / LAYER 3

We now repeat all the exercises that were in Block 2, this time with a plate; this will make 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, as well as using this time to connect with your participants and what their goals for the workout might be – think of how you can communicate this to them.

- **Plate Deadrow – tip forward from hips, row to lower chest, elbows in, squeeze shoulder blades together**
- **Plate Clean & Press – reverse-curl 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, hips and knees to 90-degrees**
- **Alt Backward-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 at the top of the press**

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, slightly lighter for Front Squat

NEW: Double Warm-up weight on barbell

TRACK FOCUS

Coach your class through the Wide Squat. The focus is on training vertical drive throughout the Track to create great Technique and strong athletic development. We have an option for participants to try the Front Squat; focus on strong posture for great Execution.

MUSCLE FOCUS

Front Squat: Quads and posterior chain

WIDE Stance: Gluteus maximus, quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Horns)	4x8 Set up SQUAT WIDE Stance	
	0:16	V1 / Oh no	12x8 2/2 PAUSE SQUAT (16cts) WIDE Stance	6x
	0:49	Love me	8x8 4x PULSE SQUAT (16cts)	4x
	1:12	Rep / Ohhhhh	8x8 2x PULSE SQUAT (8cts)	8x
	1:34	Everything	8x8 2x PULSE SQUAT with CALF RAISE (8cts)	8x
2	1:56	V2 / Love me	8x8 2/2 PAUSE SQUAT (16cts) WIDE Stance	4x
	2:19	Instr / (Horns B up)	8x8 4x PULSE SQUAT (16cts)	4x
	2:41	Rep / Ohhhhh	8x8 2x PULSE SQUAT with CALF RAISE (8cts) Option: Transition the bar to BAR FRONT SQUAT on last 8cts, leaving out last rep	8x
	3:03	Ohhhhh	8x8 2/2 BAR FRONT SQUAT or 2/2 SQUAT	8x
3	3:26	Br /	1x8 HOLD or TRANSITION: Bar to back for SQUAT WIDE Stance	
	3:28	V3 / Love me	8x8 2/2 PAUSE SQUAT (16cts) WIDE Stance	4x
	3:51	Instr / (Horns B up)	8x8 4x PULSE SQUAT (16cts)	4x
	4:13	Rep / Ohhhhh	8x8 2x PULSE SQUAT with CALF RAISE (8cts) Option: Transition the bar to BAR FRONT SQUAT on last 8cts, leaving out last rep	8x
	4:35	Ohhhhh	8x8 2/2 BAR FRONT SQUAT or 2/2 SQUAT RECOVERY: Shake out legs. Stretch quads	8x



02. TELL ME YOU LOVE ME 5:02mins

TECHNIQUE AND COACHING

1 PAUSE SQUAT

LAYER 1

Coach Position and Execution setup 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 to activate the quads. Early pre-cues will enable participants to follow easily with good timing and range cues, especially in the Pulses.

Feet outside hip-width for Wide Squat, toes turned out slightly

- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Pause Squat**
- **Hips sit back and down**
- **Knees push out to engage glutes**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line** – that's your range
- Pulse down low for 4 counts – bottom range
- Break it down to 2
- Add the Heel Lift
- Squeeze glutes and drive hips forward and up
- Creating triple extension of ankle, knee and hip

2. PAUSE SQUAT / BARBELL FRONT SQUAT

LAYER 1 / LAYER 2

The focus for this block is on timing and range to create muscular endurance for the Wide Squat. Layer 2 cues are designed to help participants achieve more from the workout; we do this by improving Execution and Manipulating the Intensity. We also Educate them on the benefits that come from the effort they put in. We also offer the option of the Front Squat for participants to try. Most participants learn visually so physically execute the Front Squat so they can follow easily.

PAUSE SQUAT

- Keep pressing your knees out to fire up the glutes
- Range is 90-degrees team
- Let's bring back the Pulses – the intensity
- It's all about control; keep control of the timing and feel the muscular burn
- Focus on the hip drive as we power up from the bottom of the range
- Vertical drive to create athletic power

BARBELL FRONT SQUAT

- Front squatters – bar comes up and over
- **Bar at collarbones**
- **Mid Stance**
- **Bar in heel of the hand**
- **Elbows forward and chest lifted**
- **Squeeze shoulder blades together**
- Get comfortable to reap the rewards of the Front Squat
- Keep the chest lifted as your hips sit back and down
- Knees track forward for quad focus

3 PAUSE SQUAT / FRONT SQUAT

LAYER 2 / LAYER 3

One more short block of work in the Wide Stance and again the Front Squat option. The key is to give a focus and then allow space for participants to feel and experience this. Keep everyone in the workout, holding them accountable for their range as it's super tough to lift the heels in the Wide Stance while fatigued. Lastly, show your love of this training; show you're with them feeling every rep. This really is THE REP EFFECT™ in effect!

- Quick transition
- Bar comes on the back
- Pause Squat
- No recovery for us – you're a pumper
- Feel the intensity building now
- We want to feel the legs, lungs and the spirit light up
- Focus on the vertical drive
- Straight up now
- Fatigue is kicking in and it feels really good
- Front Squat – bar up and over
- Commit to the end

PUMP FACT

The Front Squat brings the load forward of our center of gravity. This means our posterior chain muscles have to work harder in the Squat. The key is keeping the chest lifted so that the thoracic extensors maintain a strong foundation for the lift.



03. CHEST

WEIGHT SELECTION

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

MUSCLE FOCUS

Pectorals, triceps and deltoids

TRACK FOCUS

Coach great Timing and Targets with the barbell for precise Execution for tension and strength gains. Focus on coaching clarity of Execution including options, so the Mid and Wide Pushups are achievable for everyone.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	1x8	Set up CHEST PRESS
	0:10	V1 / Heavy hangs	4x8	2/2 CHEST PRESS 4x
	0:31	_ Woah	2x8	1/1/1/1 STAGGERED CHEST PRESS (8cts) 2x
	0:42	C / This is my world	4x8	4x PULSE CHEST PRESS (8cts) 4x
	1:03	This is my world	4x8	1/1 CHEST PRESS 8x
2	1:24	Br / This is my world	1x8	TRANSITION to back of bench for a BENCH PUSHUP
	1:30	V2 / Can you	4x8	2/2 BENCH PUSHUP 4x Option: Kneeling or on knees or toes
	1:51	_ Woah	2x8	1/1/1/1 STAGGERED BENCH PUSHUP (8cts) 2x
	2:02	C / This is my world	4x8	4x PULSE BENCH PUSHUP (8cts) 4x
	2:23	Br / This is my world	½x8	HOLD
	2:26	Instr / (Synth)	4x8	COMBINATION (8cts) 4x 1x 1/1 BENCH PUSHUP (4cts) 1x ALT STRAIGHT LEG LIFT L, R (4cts)
	2:47	Rep / This is my world	2x8	TRANSITION to bench for a CHEST PRESS
	2:57	C / This is my world	4x8	4x PULSE CHEST PRESS (8 cts) 4x
	3:19	This is my world	4x8	1/1 CHEST PRESS 8x



03. CHEST

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:40 C / This is my world	1x8	TRANSITION to back of bench, ready for a BENCH PUSHUP	
	3:45 Br / Can you	4x8	2/2 BENCH PUSHUP	4x
	4:07 _ Woah	2x8	1/1/1/1 STAGGERED PUSHUP (8cts)	2x
	4:17 C / This is my world	4x8	4x PULSE BENCH PUSHUP (8cts)	4x
3	4:39 Br / This is my world	½x8	HOLD	
	4:42 Instr / (Synth)	4x8	COMBINATION (8cts)	4x
	5:02 Rep / This is my world	2x8	TRANSITION to bench for a CHEST PRESS	
	5:13 C / This is my world	4x8	4x PULSE CHEST PRESS (8cts)	4x
	5:34 This is my world	4x8	1/1 CHEST PRESS	8x
			RECOVERY: Shake out the arms and roll the shoulders. Chest Stretch	



03. THIS IS MY WORLD 6:01mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position setup to lift well. Use **NETT** to coach **T**argets and **T**iming so participants are moving well with Execution and they can follow the timing successfully.

- **Hands wide on the bar**
- Bar over shoulders
- Feet hip-width apart, close to bench
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- Super slow – move the bar with precision and control
- Elbows directly under the wrists
- **Elbows top of the bench for range**
- Here we go – into the chest work
- Brace the abs tightly
- Slow singles, shoulders away from ears to open chest

2 BENCH PUSHUP / CHEST PRESS

LAYER 1 / LAYER 2

Coach Position and Execution setup cues for the Bench Pushup using **NETT** to coach **T**argets and **T**iming so participants are moving well with great Execution and posture. Helping them to understand their options is crucial for success. Short set back on the bench for the Chest Press will build intensity fast. Focus on stability to create isolation in the chest and pectoralis.

BENCH PUSHUP

- Hands wide on the bench
- **Brace abs**
- On knees or toes
- Shoulders away from the ears
- Bring the chest down in between the arms
- **Chest to elbows height**
- **Back long and straight**
- Set the shoulder blades to lock the back position
- If you start to fatigue, drop to knees
- Nailing the time under tension
- Integrating 1 Pushup and Leg Lifts
- Squeeze glute to lift the leg

CHEST PRESS

- Transition back to the barbell
- Set the posture, brace the abs
- Shoulders away from the ears
- Open up for some singles
- As you start to fatigue, the shoulders start to lift
- Pull them down into the back ribs

3 BENCH PUSHUP / CHEST PRESS

LAYER 2 / LAYER 3

Final set on the Bench Pushups and Chest Press; the body is becoming fatigued fast. Encourage your class to work for quality reps with good Execution no matter what their level is... right now they need your help. Remember, people come to train for different reasons. We want to give a mix of Connection, Education and Motivation in this final block of effort. What will you do to keep them in the workout till the end of the track?

- Last set of Pushups
- Anytime you need to take it to the knees, take it
- The challenge is on!
- Bottom range on the Pushups
- Maximum muscle tension for the upper body
- Great exercise to activate the glutes
- Improves our horizontal drive and helps improve our pressing strength
- Back to the bar
- Strength training
- The Pushups pre-fatigue our muscles faster
- More results – faster

PUMP FACT

Switching from open chain, where the hands move freely in relation to the body in the Chest Press; to closed chain where the hands are anchored, switches the muscle recruitment. This allows us to keep the intensity high throughout the track.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more and 2 medium to heavy plates

NEW: Barbell with Chest weight

TRACK FOCUS

Focus is on engaging the posterior athletic chain in the back body for strength, power and athletic results. Give the options of staying with bar for the Triple Rows or using plates.

MUSCLE FOCUS

Deadlift / Clean & Press: posterior chain – glutes, hamstrings, lower and upper back

Deadrow / Triple Split Plate Row: lats and rhomboid

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low)	4x8 SET Position	
	0:21	Rep / _ Mula	4x8 4/4 DEADLIFT SET Stance	2x
	0:33	Instr / (B up)	4x8 1/1 DEADROW (8cts)	4x
	0:46	(Windup)	4x8 TRIPLE DEADROW (16cts)	2x
	0:59	(Drop)	10x8 COMBINATION 1 (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	5x
	1:25	(B up)	2x8 TRANSITION: Bar down, pick up big plate, ready for a TRIPLE SPLIT PLATE ROW R	
	1:38	(Drop flutter)	12x8 TRIPLE SPLIT PLATE ROW R (16cts)	6x
2	2:16	Rep / _ Mula	4x8 RECOVERY: Plate down, release torso, Shoulder Roll	
	2:29	Instr / (B up)	4x8 1/1 DEADROW (8cts) SET Stance	4x
	2:41	(Windup)	4x8 TRIPLE DEADROW (16cts)	2x
	2:54	(Drop)	10x8 COMBINATION (16cts)	5x
	3:20	(B up)	2x8 TRANSITION: Bar down, pick up big plate, ready for a TRIPLE SPLIT PLATE ROW L	
	3:33	(Drop flutter)	12x8 TRIPLE SPLIT PLATE ROW L (16cts)	6x
3	4:11	Instr / (Low)	4x8 RECOVERY: Plate down, release torso, Shoulder Roll. Pick up bar and set WIDE DEADLIFT	
	4:24	Rep / _ Mula	4x8 2/2 WIDE DEADLIFT SET Stance	4x
	4:37	(B up)	4x8 1/1 WIDE DEADROW	4x
	4:50	(Drop)	16x8 COMBINATION 2 (32cts) 1x 1/1 WIDE TRIPLE DEADROW (16cts) 4x 1/1 WIDE HIGH PULL (16cts)	4x
	5:41	Outro / (Low)	4x8 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. MULA 5:59mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS / TRIPLE SPLIT PLATE ROW

LAYER 1

Coach how to execute all the moves in this block using Position and Execution setup cues for clarity. This brings focus to developing great lifting Technique to start the track strongly. The Split Plate Row / Unilateral Strength Training enables you to focus on one side of the body, helping to promote equal strength across the body. Depending on the equipment available in your club, offer the options to your participants; we suggest using two heavy plates to challenge these big muscles or they can stay with the barbell. Either way, give choices to allow everyone to have control over their workout.

DEADLIFT

- **SET Position** to find our strong posture
- *Slow Deadlift*
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**
- **Eye gaze 2 meters ahead at the bottom of the movement**

DEADROW, TRIPLE DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- *Long straight back*
- **Lift chest and brace abs**
- **Squeeze shoulder blades together**
- *Dig the heels in, squeeze the glutes, feel the posterior chain*

CLEAN & PRESS, DEADROW COMBINATION

- *1 Clean, 1 Row*
- *Pull and catch*
- **Brace abs** when you catch and push over head
- **Bar close to the body**
- **Hips go back as you catch**
- *Feel the glute engagement as you push the bar up*

TRIPLE SPLIT PLATE ROW

- *Stay with the bar or grab two plates*
- *Plates in the left hand*
- *Left leg back*
- *Soft knee bend*
- *Single Triple Row*
- **Brace the core** as you row
- **Hinge forward from the hips**
- *Back to SET Position then drop again*
- **Back long and straight**
- **Hips and shoulders square** to front to avoid rotation
- **Squeeze shoulder blades into the spine**
- *As we stand, squeeze into the glutes; this sets the strong vertical position*
- *Weight transfers to the front heel to fire up the glutes*
- *Use the strong foundation to isolate into the mid back*

2 DEADROW / CLEAN & PRESS / TRIPLE SPLIT PLATE ROW

LAYER 1 / LAYER 2 / LAYER 3

Participants know the movements now and can improve their Technique, adding more Intensity to their workout. There are so many ways we can add intensity, both visually and verbally. Try coaching with a Layer 2 focus and then allow space for participants to explore their own mastery. Empower them by explaining the benefits of the movements – the WHY! Show your love of the workout through genuine physical role modeling of working out to music.

DEADROW, TRIPLE DEADROW

- *Plates down, back to the bar*
- *Reset the posture*
- *Single Deadrow*
- *Let's re-engage the hip extension*
- *Squeeze the glutes and pull the hips up and towards the bar as you stand*
- *Stay down for 3 counts and pull the bar up*
- *Maintain the glute focus; these muscles drive every athletic endeavor you want to succeed at*

CLEAN & PRESS, DEADROW COMBINATION

- *Clean & Press*
- *Feel strong under the bar*
- *Ankles, knee, hips and shoulders – everything stacked for vertical drive*
- *Locked and loaded and powered by the glute contraction*



04. MULA 5:59mins

TRIPLE SPLIT PLATE ROW

- *Bar down*
- *Back to the heavy plates*
- *Plate in the right hand*
- *Long step back*
- *Brace abs tightly*
- *Bring the weight forward into the front heel*
- *Feel that activate the glute and transfer to the opposite shoulder*
- *Feed into that connection*
- *That's what's driving the mechanics of the movement*
- *The cross slings, the stabilizers, combine to create strength in our movements*

3 WIDE DEADLIFT / WIDE DEADROW / HIGH PULL

LAYER 1 / LAYER 2 / LAYER 3

Final block with the barbell and we don't go overhead with the barbell, so encourage participants to add extra weight to the bar. We focus on the big pulls – Rows and High Pulls – for strength gains and athletic development. Everyone will be feeling the accumulated fatigue; Educate and Motivate your participants to hold onto this feeling of tension and overload and to keep working hard to the end.

- *Back to the barbell*
- *Take a Wide Grip*
- *Deadlift and this last set is all about mindset*
- *Own the bar*
- *Hit the Rows*
- ***Knees and ribs***
- ***Elbows high and wide***
- *We are in the end game now – own it*
- *Triple Deadrow and High Pull*
- *Squeeze glutes*
- ***Drive hips forward and up***
- *Control through the pulls*

PUMP FACT

The connective tissue that anchors the bottom end of our lats intermeshes with fibers that are attached to the opposite glutes. This connection provides power and stability during activities like walking and running. Exercise like the Triple Split Plate Row train this mechanism as they fire lateral and opposite glute simultaneously.



05. TRICEPS

WEIGHT SELECTION

1 small to large plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the tricep exercises, along with options for all fitness levels, so everyone feels successful. Connect your participants to the music and challenge them to work as hard as they can in each exercise to maximize results.

MUSCLE FOCUS

Tricep Extensions and Dips: Triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _ Feel cool	5x8	Set up STANDING O/H TRICEP EXTENSION SET Stance
	0:18	V1 / _ My friend	8x8	3/1 STANDING O/H TRICEP EXTENSION SET Stance
	0:39	PC / I’m afraid	4x8	2/2
	0:50	C / I’m feeling alive	8x8	COMBINATION 1 (16cts) 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts) 1x 1/1/2 STANDING O/H TRICEP EXTENSION (8cts)
2	1:12	Ref / I’m afraid	2x8	TRANSITION to the bench ready for a TRICEP DIP
	1:17	V2 / _ I learned	8x8	3/1 TRICEP DIP Option: Sitting on the bench or plate on lap
	1:38	PC / I’m afraid	4x8	4/4
	1:49	C / I’m feeling alive	8x8	COMBINATION 2 (16cts) 2x 1/1 TRICEP DIP 8cts) 1x 1/1/2 TRICEP DIP (8cts)
	2:10	Rep / Whoah whoah	6x8	2/2 TRICEP DIP
	2:26	Whoah whoah	2x8	TRANSITION: Grab big plate, ready for a SEATED O/H TRICEP EXTENSION
	2:31	C / I’m feeling alive	8x8	COMBINATION 3 (16cts) 2x 1/1 SEATED O/H TRICEP EXTENSION (8cts) 1x 1/1/2 SEATED O/H TRICEP EXTENSION (8cts)
	2:53	Rep / Whoah whoah	8x8	2/2 SEATED O/H TRICEP EXTENSION



05. TRICEPS

	MUSIC		SEQUENCE/EXERCISE		REPS
3	3:14	Ref / _ I'm afraid	2½x8	TRANSITION to the bench, ready for a TRICEP DIP	
	3:21	V3 / _ I learned	8x8	3/1 TRICEP DIP Option: Sitting on the bench	8x
	3:42	PC / I'm afraid	4x8	2/2	4x
	3:53	C / I'm feeling alive	8x8	COMBINATION 2 (16cts)	4x
	4:14	Rep / Whoah whoah	6x8	2/2 TRICEP DIP	6x
	4:30	Whoah whoah	2x8	TRANSITION: Grab big plate ready for a STANDING O/H TRICEP EXTENSION	8x
	4:35	C / I'm feeling alive	8x8	COMBINATION 1 (16cts)	4x
	4:57	Whoah whoah	8x8	2/2 STANDING O/H TRICEP EXTENSION	8x
				RECOVERY: Shake out arms, Tricep Stretches	



05. FEELING ALIVE 5:20mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSION LAYER 1

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

- Split Stance
- **Bend the knees**
- **Brace core**
- **Elbows are forward of the face**
- Overhead Extension
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Shoulders are back and down to retract the scapula and stabilize the shoulders*
- *Keep the elbows forward and the core switched on*
- *Imagine your plate gets stuck in mud and you have to pull it out*

2 TRICEP DIP / SEATED OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

Set up the Tricep Dip with Layer 1 Position and Execution, helping participants to achieve the movement, and clearly give options to decrease Intensity when the challenge kicks in. Then we focus on creating fatigue in the Seated Overhead Extension – finding that ‘bite’ in the back of the arms to create the isolation!

TRICEP DIP

- Plate or no plate
- Butt on the bench
- Fingers forward
- Butt off bench
- **Lift chest**
- Bend elbows to the rear
- **Brace abs**
- **Your butt stays close to the bench**
- **Option:** Sit on bench and work from here
- We’re going back to the Overhead Extension

SEATED OVERHEAD TRICEP EXTENSION

- **Cross legs, knees open**
- Overhead Extension, Pulse
- **Lift chest and brace abs**
- **Squeeze elbows in**
- *Shoulders back and down*
- *Triceps are feeling alive now*
- *You are 3 rounds deep of 5 – small recovery coming*

3 TRICEP DIP / STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

We repeat the Dips and finish by standing with Overhead Extensions. As participants get fatigued they will be likely to cheat in their timing and their range.

Encourage them to finish the track as best they can. It’s a burner and the results will kick – what will you say and do to keep your participants with you till the finish line?

- *Keep the chest lifted as we begin to fatigue*
- *Squeeze shoulder blades together to help maintain chest position*
- *Do we feel it?*
- *High reps, light weight for unstoppable finish*
- *Quickly stand up*
- *45 seconds to the end*
- *What would you do if I told you there’s only 25 seconds left?*
- *You wouldn’t give up*
- *You look strong*
- *One united team – we finish together*

PUMP FACT

Maintaining engagement in the muscles between the shoulder blades protect the shoulders and establishes a strong foundation for activating the triceps.



06. BICEPS

WEIGHT SELECTION

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

TRACK FOCUS

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

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up BICEP PLATE CURL	
	0:11	Rep / _ Eyes	2x8	4/4 BICEP PLATE CURL SET Stance	1x
	0:17	Instr / (B up)	4x8	2/2	4x
	0:29	(Drop)	8x8	COMBINATION 1 (16cts) 1x ALT SINGLE ARM BICEP PLATE CURL L, R (8cts) 1x 2/2 BICEP PLATE CURL (8cts)	4x
	0:52	(Low)	8x8	COMBINATION 2 (16cts) 1x ALT SINGLE ARM BICEP PLATE CURL L, R (8cts) 1x 1/1 BICEP ROW (8cts)	4x
2	1:15	Instr / (Low)	1x8	TRANSITION: Pick up bar, ready for a BARBELL BICEP CURL	
	1:18	(B up)	3x8	2/2 BARBELL BICEP CURL SET Stance	3x
	1:27	(Drop)	8x8	COMBINATION 3 (16cts) 2x 1/1 BARBELL BICEP CURL (8cts) 1x 2/2 BARBELL BICEP CURL (8cts)	4x
	1:51	(Low)	8x8	COMBINATION 4 (16cts) 2x 1/1 BARBELL BICEP CURL (8cts) 1x TRIPLE MID-RANGE PULSE (8cts)	4x
3	2:14	Br /	2½x8	RECOVERY: Bar down, release torso, Shoulder Roll, pick up plates	
	2:21	Rep / _ Eyes	2x8	4/4 BICEP PLATE CURL SET Stance	1x
	2:27	Instr / (B up)	4x8	2/2	4x
	2:39	(Drop)	8x8	COMBINATION 1 (16cts)	4x
	3:02	(Low)	8x8	COMBINATION 2 (16cts)	4x
4	3:26	Instr / (Low)	1x8	TRANSITION: Pick up bar ready for a BARBELL BICEP CURL	
	3:21	(B up)	3x8	2/2 BARBELL BICEP CURL SET Stance	3x
	3:37	(Drop)	8x8	COMBINATION 3 (16cts)	4x
	4:00	(Low)	8x8	COMBINATION 4 (16cts)	4x
				RECOVERY: Shake out arms, Bicep Stretches	



06. DRIP 4:28mins

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, with the plates hooking them into the feel and strength of the song.

BICEP PLATE CURL

- *SET Position*
- *Core is on*
- **Plate stops at the shoulders and down to thighs**
- **Chest is lifted**
- *Posture is set, ready to roll*
- **Elbows under shoulders**
- *Shoulder blades down into the back ribs*

BICEP PLATE ROW

- Bicep Row
- Tip forward from the hips
- **Knees, ribs, knees and set**
- **Lift chest and brace abs**
- Rotate and twist the plates as you row to ribcage

2 BARBELL BICEP CURL

LAYER 1 / LAYER 2

We alternate to the barbell for a different feel – so, do a quick check of targets and posture. This track has lots of timing/tempo changes; focus on nailing the pre-cues along with the position of the elbow – directly under the shoulders. This keeps load in the targeted muscles and creates the strong platform in the posture to load effectively.

- **SET Position everyone**
- **Brace the abs tightly**
- *Back to the combo*
- **Check the elbows – directly under the shoulders** so we maintain tension in the arms
- *Mid-Range Pulse – 1 inch above and below to load the arms*

3 BICEP PLATE CURL / BICEP PLATE ROW LAYER 2

We are back to the plates. Focus on supination of the plates for full muscular tension and feel. Remember: 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.

- *Roll and reset*
- *Stabilize to isolate*
- *Twist the plates fully at the top of the movement to feel the isolation*
- *Stay with the full range*
- *Building a strong lean upper body*

4 BARBELL BICEP CURL

LAYER 3

The song is smooth, cool and building – feel it and be in the song show your enjoyment of training the biceps, bringing everyone to the finish line.

- *Isolation to maximize your results*
- *Arms feel so good*
- *We need the posture to be strong*
- *I see the light*

PUMP FACT

The bicep track provides the perfect opportunity to re-establish connection. We know that relatedness (the feeling of being supported in your exercise journey) can make or break establishing habits. Making eye contact, using names and simply focusing on the people in front of you is one of the most powerful Motivation tools at our disposal.



07. LUNGES

WEIGHT SELECTION

1x medium to heavy plate

Option: Body weight

TRACK FOCUS

Coach your class to execute the Lunges focusing on great Execution, creating tension for muscular intensity and endurance. Know your music well so you can bring participants into all the timing changes and feels.

MUSCLE FOCUS

Squat and Lunge: Glutes and quadriceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up PLATE FRONT SQUAT MID Stance
	0:17	V1 / Yo la vi	2x8	4/4 PLATE FRONT SQUAT MID Stance Plate at collarbones
	0:27	C / Tas dura	4x8	COMBINATION 1 (8cts) 1x 1/1 PLATE FRONT SQUAT (4cts) 2x PULSE PLATE FRONT SQUAT (4cts)
2	0:46	V1 /	4x8	1/1 LUNGE L Plate in R hand, R leg steps B
	1:06		2x8	1/3
	1:16	C / Tas dura	4x8	COMBINATION 2 (8cts) 1x 1/1 LUNGE L (4cts) 2x PULSE LUNGE L (4cts)
	1:35	(Rap)	4x8	PULSE LUNGE L (2cts)
	1:55	V2 /	4x8	1/1 LUNGE L
	2:15		2x8	1/3
	2:25	C / Tas dura	4x8	COMBINATION 2 (8cts) Plate to collarbones on last 2cts
	2:44	(Rhythm)	6x8	1/1 LUNGE L Plate at collarbones
3	3:14	Br /	1/2x8	TRANSITION: Other leg steps back, ready for LUNGE R
	3:16	V3 /	4x8	1/1 LUNGE R
	3:36		2x8	1/3
	3:46	C / Tas dura	4x8	COMBINATION 2 (8cts)
	4:05	(Rap)	4x8	PULSE LUNGE R (2cts)
	4:25	V4 /	4x8	1/1 LUNGE R
	4:44		2x8	1/3
	4:54	C / Tas dura	4x8	COMBINATION 2 (8cts) Plate to collarbones on last 2cts
	5:14	(Rhythm)	6x8	1/1 LUNGE R Plate at collarbones RECOVERY: Shake out arms; Quadricep Stretches



07. DURA 5:48mins

TECHNIQUE AND COACHING

1 PLATE FRONT SQUAT

LAYER 1

This block starts with the Plate Front Squat – set the Position and Execution of this move so participants are moving well.

- **Mid Stance** – feet outside hip-width
- Plate at collarbones
- **Chest up, abs braced**
- **Hips sit back and down**
- **Hips and knees bend to 90-degrees**
- Upper back engaged – squeeze shoulder blades together to open chest

2 LUNGE

LAYER 1 / LAYER 2

Use simple cues to coach Position and Execution of the Lunges. 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 into the left hand
- The key to time under tension is alignment
- **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**
- **Keep the chest lifted and abs braced**
- Plate to collarbones
- Bottom range on the Pulses
- Upper back engaged to stay strong

3 LUNGE

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2, all on the other leg. Offering Layer 2 coaching focuses helps participants to stay in the workout, especially when fatigue is kicking in. Grab their attention and deliver your message educating in your own authentic way. As you Educate you Motivate and, most importantly, this connects them with their bodies. Check for their learning by asking questions so your connection with the participants deepens and you involve them in the experience.

- Keep pressing the front knee out to fire up the glutes
- Focus on the posture now
- This is timing and tension
- Drop just as low on this side
- Same effort on this side
- Sometimes you have to hold yourself accountable
- Whatever your goal is we have to go get it

PUMP FACT

Lunges are an excellent way to engage the glutes and improve our vertical drive. The key is to drive out from the bottom of the range and maintain pressure in the front heel. Vertical drive helps us with lifting and any movement pattern where we are driving up against gravity.



08. SHOULDERS

WEIGHT SELECTION

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

TRACK FOCUS

Clearly coach the Position and Execution setup of the exercises for good Technique so participants can create precision and tension in the muscles for the entire track. Educate them about the exercises to challenge, Motivate and Inspire your class to chase fatigue.

MUSCLE FOCUS

Plate work: Deltoid, trapezius, muscles of the upper back

Bar work: Deltoid and trapezius

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up SPLIT SIDE RAISE R foot B	
	0:18	Instr / (Xylophone)	12x8 2/2/2/2 SPLIT SIDE RAISE R foot B (16cts)	6x
	0:57	(Vocals)	8x8 1/1/2 (8cts)	8x
	1:23	(Drop)	16x8 COMBINATION 1 (16cts) SET Stance 1x 1/1/1/1 ROTATOR RAISE (8cts) 2x 1/1 SIDE RAISE (8cts) Option: Go wider on the SIDE RAISE on the last 4 reps Pick up the barbell on the last 8cts, missing last 2x Side Raise	8x
	2:15	(Vocals)	8x8 COMBINATION 2 (16cts) SET Stance 1x 2/2 STANDING SHOULDER PRESS (8cts) 2x 1/1 STANDING SHOULDER PRESS (8cts)	4x
2	2:41	Instr / (Low)	48x8 REPEAT SET 1 L foot B	
	5:17	Outro / (Vocals)	4x8 RECOVERY: Bar down, shake out arms, Shoulder Stretches	



08. WINTER IS COMING 5:33mins

TECHNIQUE AND COACHING

1 SPLIT SIDE RAISE / ROTATOR RAISE – SIDE RAISE COMBINATION / SHOULDER PRESS

LAYER 1

This track is a game of two halves – focus on Timing, Targets and range for all the exercises so your class is moving with great Position and Execution to set the track up well. Practise the new Split Side Raise so you are role-modeling great execution of the movement. The key is to tip the torso forward to isolate the rear deltoids, controlling the range of the plates to stop just below the shoulders.

SPLIT SIDE RAISE

- **Take a long step back**
- *Bend into the front leg to stabilize*
- *Plates under shoulders*
- **Tip forward from the hip, Side Raise**
- *Come back to SET Position*
- **Brace abs and keep chest lifted**
- *Slight bend in the elbow*
- **Plates stop just under the shoulder line**
- *Let's create the tension – out and hold*

STANDING ROTATOR RAISE / SIDE RAISE COMBINATION

- *Step in for SET Position*
- *1 Rotator Raise and 2 Side Raises*
- **Elbows forward** of the shoulders slightly as you lift and open
- **Elbows stop just under the shoulder line**
- **Squeeze shoulder blades together**
- *Dig your shoulder blades down into the back ribs*
- *Lead with elbows on the Side Raise*
- *Go for more range now*

STANDING OVERHEAD SHOULDER PRESS

- *From the chin to the ceiling*
- **Elbows slightly forward at the top**
- **Chest lifted, abs braced**
- *Lock your base*

2 SPLIT SIDE RAISE / ROTATOR RAISE - SIDE RAISE COMBINATION / SHOULDER PRESS

LAYER 2

Block 2 is a repeat of the first: focus on mastering Execution, allowing participants to explore the moves selling the benefits of this tension and isolation – creating global shoulder burn. It's a long set of Rotator Raises and Side Raises; these are driven by the upper back. Anchor the shoulder blades into the back ribs. Motivate and Encourage participants to finish strongly! What will you say and do to bring them to the finish line?

- *Let's reset and do it all again*
- *Brace the core and lift the chest*
- *Starting to feel the postural muscles now – setting you up for life training*
- *Feel the resistance*
- *This is what BODYPUMP is all about*
- *Strength comes from control under fatigue*
- *Muscular feel is coming in*
- *We are committed – finish what you started*
- *When everything in your body wants to escape, stand strong because we are unstoppable*

PUMP FACT

Training the small muscles surrounding a joint allows us to train the bigger muscles safely and effectively. In this case, the Rotator Raise focuses on the rotator cuff which help stabilize the shoulder when we train our pecs, lats and deltoid.



09. CORE

TRACK FOCUS

Focus on simple coaching of the Execution of all the exercises. Think one cue at a time, allowing participants to hear it and apply it. Once they have nailed the exercises, help them understand how to increase or decrease the Intensity so everyone is successful.

MUSCLE FOCUS

C-Crunch and Cross Crawl: Rectus abdominis, obliques
Hover: Rectus abdominis, obliques, back muscles, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up C-CRUNCH , plate to forehead	
	0:13	V1 / Vamono	6x8	1/1 C-CRUNCH (4cts) Plate to chest on last 2cts	12x
	0:40	C / Rotate	4x8	ALT CROSS CRAWL L, R (4cts) Plate back to forehead on last 2cts Option: Tap	8x
2	0:58	V2 / _ This is the	6x8	1/1 C-CRUNCH (4cts) Plate back to chest on last 2cts	12x
	1:24	C / Rotate	4x8	ALT CROSS CRAWL L, R (4cts)	8x
3	1:42	V3 / De lejos	6x8	HOVER Plate under your chest, arms parallel Option: On knees or toes	
	2:08	C / Rotate	4x8	2/2 SIDE HOVER WITH ROTATION R, plate in R hand Option: On knees	4x
	2:25	Ref / _ Everybody	4x8	HOVER Plate under your chest Option: On knees or toes	
	2:43	C / Rotate	4x8	2/2 SIDE HOVER WITH ROTATION L, plate in L hand Option: On knees	4x
	3:01	Outro /	4x8	HOVER Option: On knees or toes	



09. ROTATE 3:24mins

TECHNIQUE AND COACHING

1 C-CRUNCH / CROSS CRAWL

LAYER 1

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

C-CRUNCH

- *Come down to the floor, side-on*
- *Plate to forehead*
- *C-Crunch*
- ***Knees over hips, shins parallel***
- *Reach your hands to your feet*
- ***Chin tucked in***
- ***Lower back pressing down towards the floor as you lower the feet***
- ***Ribs to hips as you crunch***

CROSS CRAWL

- *Plate to chest*
- *Cross Crawl*
- ***Opposite shoulder to knee***
- *Keep elbows wide*
- *Bend knees for more control*
- ***Brace abs to stabilize hips and pelvis***

2 C-CRUNCH / CROSS CRAWL

LAYER 2

We repeat Block 1 – use Layer 2 Intensity cues to maximize the result and Educate participants on what muscles they are working and why.

- *Back to the C-Crunches*
- *Start to feel the heat in the lower and upper abs*
- *Lift your tail bone at the top of the Crunch*
- *Going back into the Cross Crawl*
- *This is what we call cross sling patterning – from the shoulder through the chest to the abs, obliques and hips. This drives movement patterns like running, walking throwing*

3 ROTATING HOVER WITH PLATE

LAYER 1 / LAYER 2 / LAYER 3

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

- *Roll over for the Hover*
- *Set your plate under your chest*
- *Cross your forearms*
- *On knees or toes*
- ***Brace abs***
- ***Back long and straight***
- *Take the plate in your front arm*
- *Rolling Hover*
- ***Body rolls as one***
- *Turn feet*
- *Stability is the link for control*
- *Rotate the other way*
- *Complete stacking*
- *Squeeze glutes and shoulder blades*



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
	0:15	V1 / It's beautiful	4x8	CHILDS POSE
	0:34	PC / Now I'm not	2x8	CAT POSE / COW POSE
	0:44	C / Mistakes	4x8	HIP FLEXOR STRETCH R R arm up
	1:03	Rep / Mistakes	2x8	HIP FLEXOR STRETCH R with Arm Reach to floor L, R arm up
2	1:13	V2 / It's pitiful	4x8	CHILDS POSE
	1:32	PC / Now I'm not	2x8	CAT POSE / COW POSE
	1:42	C / Mistakes	4x8	HIP FLEXOR STRETCH L L arm up
	2:01	Rep / Mistakes	2x8	HIP FLEXOR STRETCH L with Arm Reach to floor R, L arm up
3	2:11	V3 / You did me	4x8	KNEELING HAMSTRING STRETCH L
	2:30	Baby , why	2x8	KNEELING CHEST STRETCH
	2:40	Yeah , bet	4x8	KNEELING HAMSTRING STRETCH R
	2:59	C / Mistakes	4x8	STANDING QUADRICEP STRETCH L
	3:19	Mistakes	4x8	STANDING QUADRICEP STRETCH R
	3:38	Outro /	2x8	SHOULDER ROLL



10. BEAUTIFUL MISTAKES 3:52mins

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; 2x small to large plates

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 in the first half of the track. The second half of the track is your time to bring Intensity, benefits and Motivation to this training.

MUSCLE FOCUS

Tricep Extension: Triceps

Tricep Pushup: Triceps and deltoids

Bicep Curls: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	1x8	Set up TRICEP PUSHUP	
	0:08	V1 / _ I'm on the floor	12x8	2/2 TRICEP PUSHUP Option: Kneeling or on knees or toes	12x
	0:49	C / Who I am	4x8	1/1 TRICEP PUSHUP	8x
2	1:03	Instr / (Low)	2x8	TRANSITION: Pick up bar ready for a BICEP CURL	
	1:10	V2 / _ I'm in the	8x8	2/2 BICEP CURL SET Stance	8x
	1:38	C / Who I am	4x8	BOTTOM HALF BICEP CURL (4cts)	8x
	1:51	Who I am	4x8	1/1 BICEP CURL	8x
	2:05	Instr / (Synth)	4x8	4/4 Transition to plate on last 4cts	2x
	2:19	V3 / _ I'm on the floor	4x8	4/4 STANDING O/H TRICEP EXTENSION SET Stance	2x
	2:32	C / Who I am	4x8	BOTTOM HALF STANDING O/H TRICEP EXTENSION (2cts)	8x
	2:46	Instr / (Synth)	4x8	1/1 STANDING OH TRICEP EXTENSION	8x
3	3:00	Br /	1½x8	HOLD	
	3:02	Instr / (Low)	34x8	REPEAT SET 2 RECOVERY: Shake out arms, Bicep and Tricep Stretches	



45-MIN FORMAT

05. 24/7 5:00mins

TECHNIQUE AND COACHING

1 TRICEP PUSHUP

LAYER 1

Coach Layer 1 Position and Execution setup of the Tricep Pushup to get everyone moving well on the Timing. Give options early so everyone feels successful.

- **Hands under shoulders**
- *On knees or toes*
- *Lower chest in between your arms*
- **Chest to elbow height**
- **Abs braced**
- **Elbows close to ribs**
- *Drop to the knees anytime*
- *Stabilize through your body*
- *I love these!*

2 BICEP CURL / STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution setup of the Bicep Curl and Tricep Extension.

BICEP CURL

- *Stand up*
- *Pick up your barbell*
- *SET Position*
- *From the back to the front*
- *Supersetting to get great results*
- **Brace abs and lift chest**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- *Starting to feel the tension in the arms and it feels good*
- *The pre-load – the bottom range – the pre-party*
- *Halfway and down*
- *Now the full range*
- *Contract and control*

STANDING OVERHEAD TRICEP EXTENSION

- *Grab your big plate*
- **SET Position**
- **Plate to the base of the neck**
- **Full extension to the top**
- **Brace abs, lift chest**
- **Elbows tucked in**
- *Stay with the timing as that's where the results live*

3 BICEP CURL / STANDING OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

Final block and we repeat Block 2. Quick transition back to the barbell for the Bicep Curls. Intensity is starting to kick in now so coach how to Execute the Curls as fatigue creeps in. Hold your class accountable till the last reps for great results.

- *Barbell up, final round*
- *SET Position*
- *Focus on keeping the elbows in to isolate*
- *Brace the abs and lift the chest to stabilize*
- *That's the BODYPUMP feeling we love*
- *Time under tension*
- *Is it burning?*
- *Pick up the plate for the extension work*
- *Keep the upper arm still to isolate*



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plate or barbell with Warm-up weight

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body to optimize functional strength. Clear setup of each exercise along with early pre-cues is essential for the class to follow easily.

MUSCLE FOCUS

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

Lunges with Front Rack: Glutes, quadriceps, core muscles, shoulder muscles and posterior chain

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	5x8	Set up REAR DELTOID FLY SET Stance	
	0:22	V1 / Spinning in	8x8	2/2 REAR DELTOID FLY SET Stance	8x
	0:53	QC / _ Got a long	12x8	2/2/2/2 SIDE RAISE EXTENSION (16cts)	6x
	1:37	Instr / (Drop)	8x8	1/1/1/1 SIDE RAISE EXTENSION (8cts)	8x
2	2:06	Br / You	2x8	TRANSITION: Plates down, bar up to collarbone ready for a FRONT RACK LUNGE L	
	2:14	V2 / Somewhere up	8x8	2/2 FRONT RACK LUNGE L	8x
	2:43	QC / _ Got a long	4x8	1/3 FRONT RACK BACKWARD STEPPING LUNGE with O/H SHOULDER PRESS (8cts)	4x
	2:58	Instr / (Drop)	8x8	1/1 (4cts) Option: Bar onto meaty part of your upper back	16x
	3:27	Rep / You	8x8	TRIPLE PULSE FRONT RACK BACKWARD STEPPING LUNGE with O/H SHOULDER PRESS (8cts)	8x
3	3:57	Br / You	30x8	REPEAT SET 2 on R side RECOVERY: Shake out arms, Quadricep Stretches	



45-MIN FORMAT

06. LONG WAY HOME 5:58mins

TECHNIQUE AND COACHING

1 STANDING REAR DELTOID FLY / SIDE RAISE EXTENSION

LAYER 1

Coach Layer 1 Position and Execution setup on the shoulder exercises, focusing on Timing, range and precision of movement. Reinforce timing and range cues so participants feel successful and chase the burn.

STANDING REAR DELTOID FLY

- *Grab your plates*
- *Rear Fly*
- **Tip forward from hips**
- **Plates stop under shoulders on the Fly**
- **Squeeze shoulder blades** together as the arms go wide
- **Brace abs and lift chest**
- *Control through the trunk and core*

SIDE RAISE EXTENSION

- *Side Raise with Extension; shoulders back, in and down*
- **Lift elbows, extend out, straight arms**
- *Elbows slightly forward of shoulder line*
- **Elbows lead the movement**
- **Elbows just below shoulder level**
- *Stabilize your body*
- **Brace abs and lift chest**
- *Chase the burn as the plates move further away*
- *Feed into that feeling*

2 FRONT RACK LUNGE WITH OVERHEAD PRESS

LAYER 1

NEW EXERCISES; coach Layer 1 Position and Execution setup for the Front Rack Lunge. Take time to set your participants up well with clear pre-cues so they understand the precision of the movement. Give options to switch to a plate or body weight anytime.

- *Plates down*
- *Grab your barbell*
- **Rack your bar high on the collarbones**
- **Long step back for Lunge**
- **Back knee drops**
- **Front knee presses out over toes**
- *Front Rack position, bar in heel of the hand*
- **Elbows forward and chest lifted**
- *Scapula back and down into the spine*
- *Maintain this great posture*
- *Drop, catch and step in*
- *Feet under hips as you press*
- **Elbows forward in the Press**
- **Brace the core and keep chest lifted**
- *Catch the bar on the collarbones*
- *Use the legs to catch and control*
- *Anytime, place the bar on the collarbones or switch up to a plate*
- *Bottom range on the Pulses*
- *Feed into the muscles and turn up the power*

3 FRONT RACK LUNGE

LAYER 2 / LAYER 3

Repeat the Front Rack Lunges on the other side. You want participants to stay with the mind-body connection of work into the legs as well as the upper body. The music is a super cool song and will set the scene and build – so use it! Motivation is the key!

- *Quick reset*
- *Rack the bar, other leg*
- *Reset the shoulder position and press your chest up into the bar*
- *We want to train symmetry into our bodies so let's give this side just as much effort as the first*
- *How good does the energy feel?*
- *Legs, shoulders, barbell*
- *The weight and movement drive up the heart rate up – bringing it all together to challenge us*



BONUS 45-MIN FORMAT

06. FUNCTIONAL STRENGTH

This bonus 45-minute Format Track 6 is to be used in place of the 45-minute Lunges/Shoulders track

WEIGHTS

- 1x small to medium plate
- 1x medium to heavy plate

TRACK FOCUS

We focus on developing the posterior chain muscles in the back of the body through Hip Bridges, which specifically train our horizontal drive helping us to become more athletic. Sell and Educate participants on the benefits of this sort of training.

MUSCLE FOCUS

- Hip Bridge:** Posterior chain
- Deadlift with Side Raise:** Posterior chain, shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05	Intro /	1x8 Set up GLUTE HIP BRIDGE Plate resting on thighs	
	0:08	Instr / (Chant)	4x8 4/4 GLUTE HIP BRIDGE	2x
	0:23	(Wailing)	8x8 2/2 Plate to chest on last 2cts	8x
1	0:52	(Drop & wailing)	8x8 1/2/1 GLUTE HIP BRIDGE with 1/1/1/1 TRICEP PRESS / EXTENSION (8cts)	8x
	1:20	(Low)	1x8 HIP BRIDGE up and HOLD Plate up and HOLD above shoulders	
	1:24	(Beat)	7x8 HIP BRIDGE PULSE (4cts) HOLD plate above shoulders	14x
	1:49	Br / (Low)	1x8 TRANSITION to standing, pick up plate ready for SINGLE-LEG DEADLIFT L	
	1:53	Instr / (Chant)	12x8 1/2/1 SINGLE-LEG DEADLIFT L with 1/1 SIDE RAISE R (8cts)	12x
	2:36	(Drop & wailing)	8x8 1/2/1 SINGLE-LEG DEADLIFT L with TRIPLE SIDE RAISE (16cts) TRANSITION to floor, ready for HIP BRIDGE on the last 4cts	4x
2	3:05	(Drop & wailing)	8x8 1/2/1 GLUTE HIP BRIDGE with 1/1/1/1 TRICEP PRESS / EXTENSION (8cts)	8x
	3:34	(Low)	1x8 HIP BRIDGE up and HOLD Plate up and HOLD above shoulders	
	3:37	(Beat)	7x8 HIP BRIDGE up and HOLD / ALT WALK L, R, F, B (8cts) HOLD plate above shoulders	7x
3	3:43	Br / (Low)	37x8 REPEAT SET 2 on other side	
			RECOVERY: Shake out arms and legs, Shoulder Rolls	



BONUS 45-MIN FORMAT

06. WE HAVE SPOKEN 6:30mins

TECHNIQUE AND COACHING

1 GLUTE HIP BRIDGE WITH TRICEP EXTENSION

LAYER 1 / LAYER 2

We set up the Hip Bridge slowly, allowing time and space for participants to really nail the Execution before we add the Plate Press and Extension work to fire up the upper body. Keep your language simple to ensure success of the movement.

- Lie down side-on
- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart
- Drive through your heels and lift hips up
- **Squeeze through your glutes**
- Grab your plate
- Press, extend the plate to the forehead
- **Keep elbows in as you press**, to isolate your arms
- Try and keep your hips level with the Plate Press
- Drive through the shoulders and upper back
- Focus on the horizontal drive from the bottom for athletic results

2 SINGLE-LEG DEADLIFT WITH SIDE RAISE / GLUTE HIP BRIDGE

LAYER 1 / LAYER 2

NEW EXERCISES; coach Layer 1 Position and Execution setup, focusing on Timing and range to understand the Deadlift with Side Raise. Focus on coaching to maintain the hip hinge, keeping hips and shoulders square to the front as the body will want to twist. We add Intensity into the Hip Bridge with a walk; the key is to focus on leveling the hips to load evenly.

SINGLE-LEG DEADLIFT WITH SIDE RAISE

- Transition to your feet, small plate
- Single-Leg Deadlift with Side Raise
- **Tip forward from the hips**
- **Brace your core, lift chest**
- Slight bend in the arm
- **Elbow leads the movement**
- **Plate stops under shoulder line**
- Shift the weight into the front heel and feel the glutes
- Stabilize your body to keep everything square to the front and stable
- Stability and control for results

GLUTE HIP BRIDGE

- Come to the floor
- Grab your plate
- Hip Bridge with the Extension
- Keep the elbows in to isolate
- Drive out of the glutes to fire up the back body
- Walk your feet away from the body
- Small steps to keep the hips level

3 SINGLE LEG DEADLIFT WITH SIDE RAISE / GLUTE HIP BRIDGE

LAYER 2 / LAYER 3

Use this block to get the most out of each exercise. The rapid transitions and accumulation of load will have the class fatigued by now, so be sure to give them plenty of Motivation to finish strongly. What will you say to keep everyone in the workout?

- Grab your small plate
- Deadlift and Side Raise again
- Unilateral exercise to give us so many benefits
- Time under tension developing a strong core
- Great for high performance in any training you do
- Back to the Hip Bridge
- Squeeze the glutes to protect the lower back
- Strengthening in the glutes, upgrading your speed



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.

