

BODYPUMP

119

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

07. LUNGES/SHOULDERS

45-MIN FORMAT

09. 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

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 stops 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

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

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





GLOSSARY

MID GRIP PUSHUP WITH DIAGONAL LEG LIFT

Position Set-up

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

Execution Set-up

- Lower chest to elbow level
- Squeeze glute to lift leg
- Leg to hip level

Layer 2

- Drive the floor/bench away

WIDE GRIP PUSHUP WITH DIAGONAL LEG LIFT

Position Set-up

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

Execution Set-up

- Lower chest to elbow level
- Squeeze glute to lift leg
- Leg to hip level

Layer 2

- Drive the floor/bench away

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 backwards from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



CLEAN & PRESS

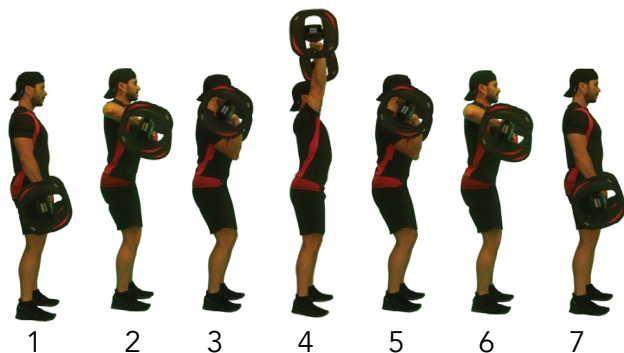
Position Set-up

- **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.





GLOSSARY

POWER PRESS

Position Set-up

- **Set Stance**
- **Chest up, abs braced**
- **Bar to collarbones**

Execution Set-up

- Straighten knees drive 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

- Drive out of the legs integrated upper and lower body



TRICEP NARROW PRESS

Position Set-up

- Laying on bench
- **Hands shoulder-width**
- **Bar above shoulders,**
- **Brace abs – lower back towards the bench**
- Feet hip-width apart and close to the bench

Execution Set-up

- **Bar to lower chest**
- **Elbows stop at bench level**
- Bar over shoulders (top position)

Layer 2

- Elbows slide into the ribs
- Elbows face down the bench

BENCH TRICEP PUSHUP

Position Set-up

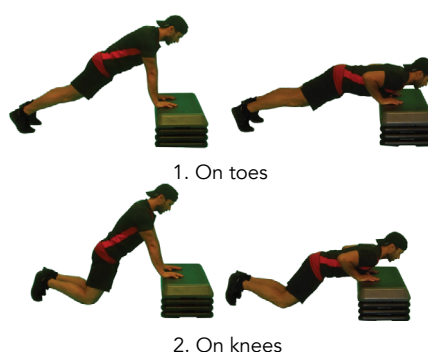
- **Hands under shoulders**
- **Abs braced**
- Back long and straight

Execution Set-up

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

Layer 2

- Drive the floor/bench away



BICEP PLATE CURL

Position Set-up

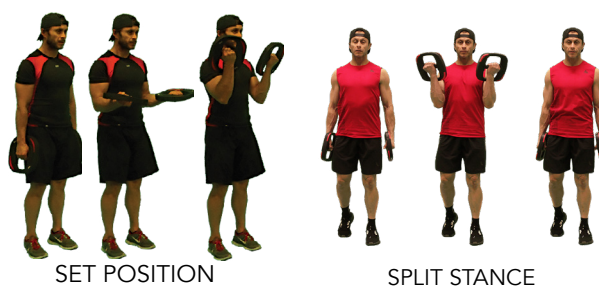
- **Knees soft, Split Stance or SET Position**
- Arms by sides, palms face in, Bicep Plate Curl
- **Chest up**
- **Abs in and braced**

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





GLOSSARY

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



PLATE FRONT SQUAT

Position Set-up

- **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 BACKWARD-STEPPING LUNGE

Position Set-up

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

Execution Set-up

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

Layer 2

- Focus on maintaining mid-line to engage glute med

STANDING ARNOLD PRESS

Position Set-up

- **SET Position**
- **Chest up, abs braced**
- **Elbows at shoulder level – plates facing inward**

Execution Set-up

- **Elbows open to just forward of the shoulders**
- Press directly up
- **Plates slightly forward**
- **Turn plates in**
- **Lower plates maintaining shoulder-width**

Layer 2

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



GLOSSARY

STANDING REAR DELTOID FLY

Position Set-up

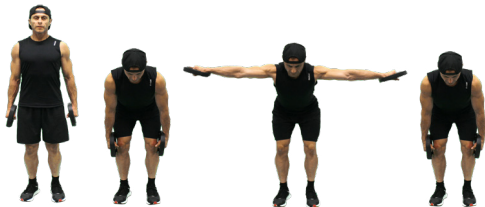
- **SET Position**
- Plates at side of the body
- **Chest lifted, abs braced**

Execution Set-up

- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Plates stop just under shoulder line**
- Elbows slightly bent
- **Squeeze between the shoulder blades**
- Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front

Layer 2

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



STANDING STEP BACK REAR DELTOID FLY

Position Set-up

- **SET Position**
- Plates at side of the body
- **Chest lifted, abs braced**

Execution Set-up

- **Step one leg back**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Plates stop just under shoulder line**
- Elbows slightly bent
- **Squeeze between the shoulder blades**
- Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front

Layer 2

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

WIDE PUSHUP

Position Set-up

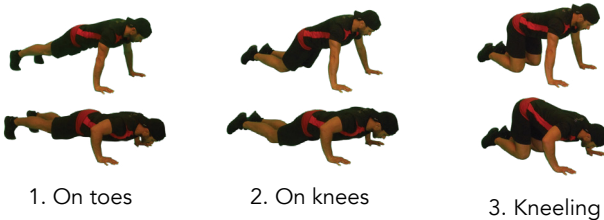
- **Hands outside shoulder-width**
- **Back straight – abs braced to support the mid-section**
- Chin tucked in

Execution Set-up

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

Layer 2

- Push the floor away
- Dropping the chest no lower than elbow height minimizes rotator cuff stress.





GLOSSARY

C-CRUNCH

Position Set-up

- Lie down on floor
- Feet close to butt
- Finger tips to temples
- **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

Position Set-up

- **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

HORSE STANCE

Position Set-up

- On all fours
- **Hands under shoulders, knees under hips**
- **Abs braced**
- Chin tucked

Execution Set-up

- Extend the arm and leg to 45 degrees
- **Brace abs to keep chest and hips square**
- **Leg to hip level**

Layer 2

- Drive the knee and hand into the floor to activate the stabilizers

MOUNTAIN CLIMBER

Position Setup

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

Execution Setup

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



HIP BRIDGE

Position Set-up

- Feet hip-width apart close to butt
- Arms wide, palms up

Execution Set-up

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

HIP BRIDGE WITH KNEE LIFT AND LEG EXTENSION

Position Set-up

- Feet hip-width apart close to butt
- Arms wide, palms up

Execution Set-up

- Lift one leg and extend leg to 45
- **Squeeze through your glutes**
- Keep the hips high as we change legs
- **Hips stay level**

Layer 2

- Try and keep the hips high and level



GLOSSARY

PULSE CRUNCH

Position Set-up

- Lie down on floor
- Knees over hips and shins parallel

Execution Set-up

- Lift shoulders and crunch
- **Slide ribs to hips**

Layer 2

- Extend legs to increase the challenge

PLATE STANDING OVERHEAD TRICEP EXTENSION

Position Set-up

- **Set 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

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 away

BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

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

FRONT RACK LUNGE

Position Set-up

- **Feet hip-width**
- **Chest lifted**
- **Bar racked in front of collarbones**
- **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**

Layer 2

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



GLOSSARY

STANDING UPRIGHT ROW

Position Set-up

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

Execution Set-up

- Lift bar up to lower chest
- Lead with elbows
- Keep bar close to body

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades



BACKWARD-STEPPING LUNGE WITH CLEAN

Position Set-up

- SET Position
- Feet hip-width apart
- Bar in front of hips

Execution Set-up

- Long step back
- Knees in line with toes
- Belly in, abs braced and chest up
- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor
- Keep the bar close to the body in the clean
- Catch the bar high on the collarbones

Layer 2

- Drive out of the front leg to engage the glutes

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



DIAMOND PRESS

Position Set-up

- Lying on belly
- Hands together
- Chin in

Execution Set-up

- Lift chest
- Squeeze glutes to protect the lower back

Layer 2

- Pull the arms back – hands off the floor for more of a challenge



GLOSSARY

ROTATING SIDE HOVER

Position Setup

- **Elbow under shoulder**
- Square your hips to the front
- Legs in scissors position, top leg forward
- **Hips and shoulders move together**

Layer 2

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



SIDE OBLIQUE CRUNCH

Position Set-up

- Lying on side
- **Elbow directly under shoulder**
- Bottom knee bent in line with hip
- Top leg extended
- Top arm vertical
- **Hips and chest square to the front**
- **Bottom hip lifted**

Execution Set-up

- Pull top knee up and elbow down
- **Crunch ribs to hip**

Layer 2

- Drive out of the bottom knee to engage our side slings

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





MUSIC

- 01

Imagine (4:53)

Punctual

© 2020 Electronic Nature.

Written by: Ama, Jerkins, Daniels, Mason
- 02

All You Ever Wanted (Sub Focus Remix) (3:53)

Rag’n’Bone Man

© 2021 Sony Music Entertainment UK Limited.

Written by: Hemby, Cooke, Elizondo, Graham
- 03

Come Alive (6:25)

Pendulum

© 2020 Earstorm Records.

Written by: Swire
- 04

1000 Faces (5:17)

Jason Ross & Dia Frampton

© 2019 Ophelia Records LLC.

Written by: Ross, Maxwell, Frampton
- 05

What’s Up Danger (3:18)

Blackway & Black Caviar

Courtesy of the Universal Music Group.

Written by: Sintim-Misa, Piccone
- 06

What’s Up Danger (2:05)

Blackway & Black Caviar

Courtesy of the Universal Music Group.

Written by: Sintim-Misa, Piccone
- 06

Boom! Shake the Room (3:35)

DJ Jazzy Jeff & The Fresh Prince

© 1993 Zomba Records LLC.

Written by: Collins, Smith, Haggard, Mayberry, Williams, Bonner, Jones, Middlebrooks, Nappier, Pierce, Noland, Webster, Morrison Jr., Jacobs, Clinton Jr., Easter, Gluckstein, Noronha, Hayden
- 06

Boom! Shake the Room (1:13)

DJ Jazzy Jeff & The Fresh Prince

© 1993 Zomba Records LLC.

Written by: Collins, Smith, Haggard, Mayberry, Williams, Bonner, Jones, Middlebrooks, Nappier, Pierce, Noland, Webster, Morrison Jr., Jacobs, Clinton Jr., Easter, Gluckstein, Noronha, Hayden
- 07

Girl With The Bat (5:54)

Idris Elba feat. Shadow Boxxer

© 2020 7Wallace.

Written by: Elba, Jarr Jr.

- 08

Singularity (5:11)

REMNANT.exe

© 2021 Sable Valley Records.

Written by: Unknown
- 09

Nobody Like You (RetroVision Flip) (5:18)

Landis

© 2019 HEXAGON.

Written by: Landis
- 10

Be Somebody (2:49)

Dillion Francis feat. Evie Irie

© 2020 IDGAFOS, under exclusive license to Casablanca Records (Republic Records).

Written by: Bhattacharyya, Benjamin, Thomas, Francis, Bulow

45-MIN FORMAT

- 05

Elevate (3:30)

DJ Khalil feat. Denzel Curry, YBN Cordae, SwaVay & Trevor Rich

© Courtesy of the Universal Music Group.

Written by: Abdul-Rahman, Curry, Jones, Dunston, Seeff, Cohen, Rich
- 05

Elevate (1:57)

DJ Khalil feat. Denzel Curry, YBN Cordae, SwaVay & Trevor Rich

© Courtesy of the Universal Music Group.

Written by: Abdul-Rahman, Curry, Jones, Dunston, Seeff, Cohen, Rich
- 07

Hold On (5:34)

Netsky feat. Becky Hill

© 2020 BD Music under exclusive licence to Hospital Records Limited.

Written by: Daenen, Hill
- 09

Majesty (6:20)

Apashe feat. Wasiu

© 2021 Kannibalen Records.

Written by: De Buck, Salami



BODYPUMP 119

BODYPUMP 119 is a simple, easy-to-follow workout with amazing, uplifting music that you will love! Among the simplicity are moments of magic and points of genius that skillfully define this class. What are they? Read on.

The Warm-up provides an uplifting start. With Pushups at the end, it gives the track a functional push. The Front Squat features again in the Squats track; this time, there is a whole set which dials up the physical intensity substantially!

The Chest track is heavy and driving. The barbell builds strength, the Pushups build body weight strength and the Leg Lifts activate the glutes and stabilize the core. Our Back track is beautiful; all the basic lifts and a Power Press kicker to increase the heart rate.

In the Triceps track, a closer grip in the Tricep Press will build strength and tone in the back of the arms. This is before we have fun and, yes, we can have fun in BODYPUMP, with our old-school classic, the Biceps track. The ‘stutter step’ in the Lunges is genius; it fits the musical feel and intensifies the front leg’s muscular loading – ouch!

The Shoulders track is huge. The Arnold Presses strengthen and stabilize the shoulder joints and the Rear Deltoid Flys feel amazing. Magic!

The Core track is insane – the hardest one to date. It is a complete workout on its own.

We truly hope you enjoy this workout. It is a ‘little piece of heaven’.

Glen and The BODYPUMP Team



CREDITS

- Program Director** – Glen Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Program Coach** – Kylie Gates
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Bryce Hastings, Andrew Newmarch and Rob Lee
- Production Coordinator** – Ariel Lu



L-R: Ben Main, Kylie Gates, Glen Ostergaard, Vili Fifita, Khiran Huston, Diana Archer Mills

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 weight 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.

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.

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

Khiran Huston (New Zealand) is a BODYPUMP, LES MILLS TONE, LES MILLS SPRINT, LES MILLS THE TRIP™, RPM and LES MILLS GRIT Trainer/Presenter. She is on the New Zealand TAP team. Khiran is based in Auckland where she works as an Agile Coach.

Ben Main (New Zealand) is a BODYPUMP, BODYATTACK and LES MILLS GRIT Trainer and is also a Les Mills Ambassador for all three programs. He is a Creative Consultant at Les Mills International and he lives in Auckland.



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		45-MINUTE FORMAT	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Squats	Track 02	Squats
Track 03	Chest	Track 03	Chest
Track 04	Back	Track 04	Back
Track 09	Core	Track 07	Lunges
Total Time	28:08	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	42:02

NEW 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 07 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	41:58

ADVANCED 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 07 (45)	Lunges/Shoulders
Track 09 (Bonus 45)	Functional Strength
Track 10	Cooldown
Total Time	42:14

Please note: These 45-minute formats include customized Tracks 5 (a combination of Triceps and Biceps) and 7 (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 LUNGES

Last round our theme was Glute Activation. We mentioned vertical drive in moves like Lunges and Squats and about horizontal drive in Thrusters and Bridges – all driven by a powerful glute contraction.

Now we're honing in on this topic and the focus is **LUNGES**.

Last round we discussed that the glute max fired maximally in the base of the move when producing vertical drive, and decreased output as we returned to the top. Whereas, for moves like Bridges and Thrusters that contribute to horizontal drive, we get most activation at the top of the movement when the hips were extended.

Let's talk Lunge length.

It's important that we coach a **"long step back"** every time we set up a Lunge. This allows us to keep the weight evenly distributed and helps avoid too much compression in the front knee... "I know team it's one of the basics we learn when we start but there's nothing like a little refresher".

Coaching **"hips square"** is important too. Alignment is the gateway to power and we all need as much power as possible to train at our best. We lose power when unaligned and put our bodies into a poor position.

Tell me about... muscle activation in the front and back leg.

Wherever you are right now... stand up and get into a Lunge position. We know from last round the **glute fires in the front leg at the bottom of the Lunge**, which helps produce vertical drive. Can you feel the front leg fire?

But... what about the back leg?

Well, lucky you asked... Recent muscle activation studies performed by Dr. Jinger Gottschall show that the **glute max fires strongly in the back leg too**.

This is while the back leg is in **hip extension** and it is thought that the glute contraction mimics the type of activation we see during **horizontal drive** in athletic movements.

Just like running. Feel the glute firing again?

And when performing a Lunge all of our leg muscles work harder in a **dynamic Lunge** when compared to a static Lunge.

Now if we put a free weight in the mix and hold it on the same side of the back leg, we increase the activation of gluteus medius in the front leg. This is huge for building stability and control.

So what does this mean for you as an instructor? To get the most out of the Lunge, we want to be coaching a long step back with hips square every rep so keep coming back to it with your participants. Bring focus to the back leg as well as the front leg in terms of glute activation.

And speak to the benefits of adding a weight plate in the offset position.



RELEASE FOCUS LUNGES

Here are some examples to get you started:

- Take a long step back to keep the load even between the front and back leg
- Feel that strong glute contraction in the back leg – we are training our glutes to fire the way we need them when running and walking
- Simultaneously strengthening for vertical drive in the front leg and horizontal power in the back leg
- Dynamic Lunges are one of the fastest ways to shape and tone our glutes
- Holding a free weight in one hand fires our glute med – this is great for stability during any weight-bearing activity.

Now let's go and light this release up!



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	0:05	Intro / _ Sometimes	2x8 SET Position	
	0:13	_ But these	2x8 4/4 DEADLIFT SET Stance	
	0:20	V1 / Feels just like	4x8 2/2 DEADLIFT	4x
	0:36	PC / Imagine if I	4x8 2/2 UPRIGHT ROW	4x
	0:51	Instr / (B up)	4x8 2/2 DEADROW (16cts)	2x
	1:06	C / True baby	8x8 1/1 DEADROW (8cts)	8x
2	1:37	V2 / _ There's a	4x8 1/3 UPRIGHT ROW SET Stance	4x
	1:52	Feels just like	4x8 1/1 CLEAN & PRESS (8cts) Use the last 4cts to transition bar to FRONT SQUAT MID Stance, bar on collarbones	4x
	2:07	Imagine if I	4x8 2/2 FRONT SQUAT MID Stance Option: Back-Rack position	4x
	2:22	True baby	4x8 1/1 R foot steps B ready for LUNGE L on last 2cts	8x
	2:38	True baby	4x8 1/1 LUNGE L Switch legs on last 2cts	8x
	2:53	True baby	4x8 1/1 LUNGE R	8x
3	3:09	Br /	2x8 TRANSITION: Bar down, pick up plate	
	3:14	V3 / _ Praying that	3x8 1/3 PLATE UPRIGHT ROW SET Stance	3x
	3:25	Feels just like	6x8 1/1 PLATE CLEAN & PRESS	6x
	3:48	PC / Imagine if I	2x8 TRANSITION: Plate down, move to the floor ready for PUSHUPS	
	3:56	C / True baby	4x8 1/1 PUSHUP Options: Kneeling, on knees or toes	8x
	4:13	True baby	8x8 COMBINATION (16cts) 2x 1/1 PUSHUP (8cts) 1x DIAGONAL LEG LIFT L R (8cts)	4x



01. IMAGINE 4:53mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find the SET Position. This will set them up for 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**

1 DEADLIFT / UPRIGHT ROW / DEADROW

LAYER 1

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

This makes your coaching clear and easy to follow.

- **Deadlift – hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Upright Row – bar stops at lower chest, elbows wide**
- **Deadrow – SET Position, bar to knees, belly, knees and set**

2 UPRIGHT ROW / CLEAN & PRESS / FRONT SQUAT / LUNGE

LAYER 1 / LAYER 2

The fast Upright Rows require strong posture with a lifted chest – they prepare the body for the precision of the Clean & Press. We finish the block with Front Squats and Front-Rack Lunges. Offer the option for participants to choose Back-Rack position for Squats and Lunges. Focus on coaching clear Layer 1 Position and Execution cues to help your participants to achieve good lifting Technique and gain confidence for the Front Squat coming up in the class.

- **Upright Row – pull and hold, keep the chest lifted to start to isolate**
- **Clean & Press – pull and catch, bend knees, brace abs, chest lifted, 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, hips to 90 degrees**
- **Front-Rack Lunge – long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front**

3 PLATE UPRIGHT ROW / PLATE CLEAN & PRESS / PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

We use a plate for the last block of work, making it more dynamic and integrated. We also get the whole upper body warm and connected using the Pushup, then building to Leg Lifts to bring the glutes further into the workout. It's the perfect opportunity to coach your participants on Technique reminders to get their bodies ready for the workout ahead, as well as using this time to connect with them and what their goals for the class might be – think of how you can communicate this to them.

- **Plate Upright Row – pull up fast, plate close to the body getting ready for all the pulling exercises ahead**
- **Plate Clean & Press – reverse curl the plate, catch high on collarbones, sit hips back, brace abs as you press up**
- **Pushups – hands outside shoulder-width, brace abs, on knees or toes, chest to elbow level, back long and straight**
- **Pushup / Leg Lift combination – 2 single Pushups and 2 Leg Lifts, squeeze butt to keep leg at hip level**

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 Warm-up weight on barbell. Reduce weight for Front Squat

NEW: Double Warm-up weight on barbell

TRACK FOCUS

Coach your class through the Wide Squat; the focus is on precise Execution of the Squat to take our athletic strength to new levels. We have an option for participants to try the Front Squat with a reduced weight.

MUSCLE FOCUS

Front Squat: Quads and posterior chain

WIDE Stance: Gluteus maximus, quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up SQUAT WIDE Stance	
	0:16	V1 / _ No painted	12x8 4/4 SQUAT WIDE Stance (16cts)	6x
	0:48	PC / Tear it down	12x8 1/1/2 (8cts)	12x
	1:13	Instr / (Beat)	8x8 2x BOTTOM HALF SQUAT (8cts)	8x
	1:44	Rep / Wanted	8x8 4x BOTTOM HALF SQUAT (16cts)	4x
2	2:06	V2 / Standing	12x8 4/4 SQUAT WIDE Stance	6x
	2:39	PC / Tear it down	12x8 1/1/2	12x
	3:14	Instr / (Beat)	8x8 2x BOTTOM HALF SQUAT (8cts)	8x
	3:34	Rep / Wanted	8x8 4x BOTTOM HALF SQUAT (16cts)	4x
3	3:56	Br / _ Standing	5x8 TRANSITION: Bar to FRONT SQUAT MID Stance	
	4:10	_ Moving	8x8 4/4 FRONT SQUAT MID Stance	4x
	4:32	PC / Tear it down	12x8 1/1/2	12x
	5:05	Instr / (Beat)	8x8 2x BOTTOM HALF FRONT SQUAT (8cts)	8x
	5:27	Wanted	8x8 4x BOTTOM HALF FRONT SQUAT (16cts)	4x
	5:49	Outro /	8x8 RECOVERY: Bar down, shake out legs; Quad Stretches	



02. ALL YOU EVER WANTED 6:15mins

TECHNIQUE AND COACHING

1 WIDE SQUAT

LAYER 1

Coach Position and Execution set-up of the WIDE-Stance Squat to get the class moving well. Use NETT to coach good Squat Technique – referring to Timing, Target zones and leg alignment to activate the quads. Early pre-cues will enable participants to follow easily with good timing and range cues, especially in the Bottom Half Squats.

- **Feet outside hip-width for Wide Squat, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- Wide Squat
- **Hips sit back and down**
- **Knees push out over toes to engage glutes**
- **Butt stops just above knee line – that's your range**
- Let's set a great upper body foundation
- Hold the bar, feel your shoulder blades slide back and down, and bring your elbows under the bar; hold that position
- Feel in control
- The power lives in the base of the move
- Now, can you feel the glutes engage?
- We are going to need this muscle firing for the entire track
- Now we are moving at speed, so alignment is key
- As you squeeze the glutes and drive out of the Squat, feel your posterior chain start to light up
- Bottom half for 4, stay low
- The glutes are fired up the whole time creating a strong link from the floor up, right through the entire body
- This is the foundation we need to dominate the next two sets

2 WIDE SQUAT

LAYER 2

The focus for this block is on precise Execution to create muscular Endurance and overload 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.

- Let's go through our checklist
- Hips are sitting back, chest is lifted, core is engaged, and knees are out for clean alignment
- When we aren't aligned, we bleed power, losing energy going into the vertical drive muscles
- When we are strong and stable, we can light up the workout
- So, we have set our optimal range
- Our lower and upper bodies are working together to drive the Squat so now bring the focus to Endurance
- Your challenge is to bring every rep as deep as the last one
- This is the key to athletic strength, power and drive
- Stay low and feed the energy into the legs
- Vertical movement, driven by the glutes enhancing strength and power
- Last block in Back Squat position, so many benefits: strength, fitness, mental clarity



02. ALL YOU EVER WANTED 6:15mins

TECHNIQUE AND COACHING

3 FRONT SQUAT

LAYER 1 / LAYER 2 / LAYER 3

One more block of work in the Front Squat (option to stay on the Back Squat). Offer the option to take some weight off so participants feel successful. Quickly coach the Position and Execution of the Front Squat to get participants moving well, then enhance their results with Layer 2 focuses that they can feel and experience. Keep everyone in the workout, holding them accountable for their range while fatigued. Lastly, show your love of this training; show that you're with them feeling every rep – this really is THE REP EFFECT™ in affect!

- *Front Squat – bar comes up and over*
- **Mid Stance**
- *Option to take some weight off your bar*
- **Bar at collarbones**
- **Bar in heel of the hand**
- **Elbows forward and chest lifted**
- **Squeezing shoulder blades together**
- **Find the range 90 degrees**
- *Lock into the core and drive the elbows forward*
- *Can you drive out of the base even more?*
- *We are working through the posterior chain and we have added all of that core activation*
- *Harness the feeling in the body*
- *Strength benefits live in the burn*

PUMP FACT

A study out of the UK in 2021 found that achieving a 90-degree depth when doing Squats in BODYPUMP generated maximum activity in the glutes and quads. The recommendation is straight forward – hitting full range will help maximize the training effect.



03. CHEST

WEIGHT SELECTION

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

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-Grip and Wide Pushups are achievable for everyone.

MUSCLE FOCUS

Chest Press: Pectorals, triceps and deltoids
Plank Leg Lift: Muscles of the core, deltoids, triceps, glutes
Pushup: Mid and wide pectorals, deltoid, triceps muscles of the core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up ready for CHEST PRESS	
	0:14	Instr / (Heavy)	4x8 1/1 CHEST PRESS	8x
	0:32	V1 / Slave to a	4x8 2/2	4x
	0:50	Instr / (Heavy)	4x8 1/1	8x
2	1:08	V2 / Head against	4x8 2/2 CHEST PRESS	4x
	1:26	C / 'Cause I come	4x8 1/1/2	4x
	1:44	Instr / Here.	2x8 4/4	
	1:53	V3 / Hail to the seek	4x8 2/2	4x
	2:11	C / 'Cause I come	4x8 1/1/2	4x
	2:30	Instr / Here.	2x8 4/4	
	2:39	(Synth)	2x8 TRANSITION to back of bench ready for BENCH MID GRIP PUSHUP COMBINATION	
	2:48	Instr / (Heavy + melody)	4x8 COMBINATION 1 (16cts) 1x MID-GRIP PUSHUP (4cts) 1x DIAGONAL LEG LIFT L (4cts) 1x MID-GRIP PUSHUP (4cts) 1x DIAGONAL LEG LIFT R (4cts)	2x
	3:06	(Heavy)	4x8 3x PULSE PUSHUP (8cts) Options: Kneeling, on knees or toes	4x
	3:24	C / 'Cause I come	4x8 COMBINATION 2 (8cts) 1x MID-GRIP PUSHUP (2cts) 1x DIAGONAL LEG LIFT L (2cts) 1x MID-GRIP PUSHUP (2cts) 1x DIAGONAL LEG LIFT R (2cts)	4x
3	3:42	Br / Here.	1x8 TRANSITION to bench for CHEST PRESS	
	3:46	V4 / Head against	34x8 Use the first 8cts to transition to bench REPEAT SET 3: Replace MID-GRIP PUSHUP with WIDE PUSHUP RECOVERY: Shake out the arms and roll the shoulders; Chest Stretch	



03. COME ALIVE 6:25mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position set-up 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**
- Get a feel of the timing – it's a slow burner
- **Elbows directly under the wrists** – then your hands are wide enough
- **Elbows top of the bench for range**

2 CHEST PRESS / BENCH MID-GRIP PUSHUP

LAYER 1 / LAYER 2

The first block is short so continue to coach Execution for the Chest Press, helping participants create a strong foundation under the barbell for intensity. Coach Position and Execution set-up cues for the Mid-Grip Pushup using **NETT** to coach **T**argets and **T**iming so participants are moving well. Helping them understand their options to feel success is crucial to empowering them.

CHEST PRESS

- We want to get really strong under the barbell
- Squeeze your shoulder blades together and drive your upper back into the bench
- Tight core, chest is lifted and we are ready to go
- Favorite timing – the little pause will start the tension
- Check back into the target – elbows top of the bench
- Try and take your elbows wider on the way down
- Feel the stretch across your chest
- Squeeze your chest as you rise up
- This is the one where we really come alive
- We want to get our pushing muscles strong for life
- Ready for Pushups, barbells out

BENCH MID-GRIP PUSHUP

- Mid grip – hands just outside shoulder-width
- **Brace abs**
- On knees or toes
- 1 Pushup, 1 Leg Lift
- Shoulders away from the ears
- Bring the chest down in between the arms
- **Chest to elbow height**
- **Back long and straight**
- Squeeze your butt so the leg stops at hip level
- Let's crank it up – bottom range
- You might be on your knees and eventually you're on your toes for whole upper body conditioning
- The Chest Press got us ready for this
- 1 Pushup, 1 Leg Lift
- Feel how strong your body is, how capable you are
- This is where we come alive

3 CHEST PRESS / BENCH WIDE PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

Final set for Chest Press and Wide Pushups; the body is fatiguing fast. Encourage your class to work for quality reps with good Execution no matter what the 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?

- Back on barbell
- Here's the training set
- Time under tension
- As you push from the bottom think about bending the bar to activate all the pushing muscles
- Smooth movements maximizing the tension and recruitment
- Final set of Pushups
- Wide Pushups – **hands outside shoulder-width**
- **Chest to elbow level**
- On knees or toes
- Stabilize through the core
- Hips and shoulders square to the floor and activate the glutes at the same time
- Option to the knees; it's still time under tension
- Stay in the workout – on knees or toes, it doesn't matter
- Put it all together; core control, stability, glute activation



03. COME ALIVE 6:25mins

PUMP FACT

Integrated core exercises such as Hovers and Planks that include a balance challenge (extending one leg) have been shown to have the highest amount of activation than any other core exercise.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more

NEW: Barbell with Chest weight

TRACK FOCUS

The focus is on maintaining strong Technique to engage the athletic chain in the back body for strength, power and athletic results. Give the option to stay with the barbell for extra Endurance challenge. Coach leg drive in the Power Press.

MUSCLE FOCUS

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

Deadrow: Lats, muscles of the upper back

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:08	Intro / _ I'm chasin'	2x8	Set up DEADLIFT SET Stance
	0:14	_ Deep through	2x8	4/4 DEADLIFT SET Stance
	0:21	V1 / _ I see a sky	4x8	3/1
	0:33	C / I found you	8x8	1/1 DEADROW (8cts)
	0:59	Instr / (Drop)	16x8	COMBINATION (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)
2	1:50	V2 / _ Turned inside	4x8	4/4 DEADLIFT SET Stance
	2:03	_ Under my	4x8	3/1
	2:16	C / I found you	8x8	1/1 DEADROW (8cts)
	2:41	Instr / (Drop)	8x8	COMBINATION (16cts)
	3:07	(Drop)	8x8	POWER PRESS (16cts)
3	3:32	V3 / _ Turned inside	32x8	REPEAT SET 2 Option: To put bar down on the 4/4 DEADLIFT RECOVERY: Shake out the arms and legs; Torso Twist

SMARTSTART

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



04. 1000 FACES 5:17mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 1

Coach how to Execute all the moves in this block using Position and Execution set-up cues for clarity. This brings focus on developing great lifting Technique to start the track strongly. Only say what you need to say so messages are heard because the track moves fast.

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**

DEADROW

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

CLEAN & PRESS, DEADROW COMBINATION

- 1 Clean, 1 Row
- *Catch the bar high on the chest*
- **Brace abs** when you catch and push over head
- **Bar close to the body**
- **Hips go back as you catch**
- *By supersetting these two exercises not only do we get stronger, we also work on our fitness*

2 DEADLIFT / DEADROW / CLEAN & PRESS / POWER PRESS

LAYER 1 / LAYER 2 / LAYER 3

This block starts the same as the first but look out as the intensity comes in fast with the Power Press at the end of the block. Coach to a Layer 2 focus and then allow space for participants to explore their own mastery. Empower them by giving the benefits of the movements – the WHY! Pre-cue for them to hold the barbell for the Endurance challenge or enjoy a quick shake-out.

DEADLIFT

- *Smooth out the Deadlift*
- *Hook back into the timing and posture*
- *Hinge forward from the hips. We drive down through the heels to activate the glutes, the powerhouse of the posterior chain*

DEADROW

- *Feel the back of the body lighting up?*
- *The glutes, the back, the posture*
- *Dig the heels in to stabilize the lower body and isolate the mid back*

CLEAN & PRESS, DEADROW COMBINATION

- *Notice the bar is close to catch to create efficient movement path*
- *We are training all the muscles of the back*

POWER PRESS

- *Test your endurance – Power Press now*
- **Catch the bar high on the collarbones**
- **Use the legs and brace the abs tightly**
- *Bend and drive*

3 DEADLIFT / DEADROW / CLEAN & PRESS / POWER PRESS

LAYER 2 / LAYER 3

Final block is the time to Connect and Motivate your participants to drive their training results. How will you keep everyone in the zone until the finish? We are training together – show your love of the workout through genuine physical role-modeling of working out to music.

- *Everyone back in*
- *Let's work for everything we need in this final set*
- *BODYPUMP builds mental strength*
- *It builds whole-body strength*
- *This is a choice – to commit to show up today*
- *To push through fatigue is a choice – what are you choosing today?*
- *Most athletic movement – Power Press*
- *Drive and absorb through the legs*
- *Feel the recoil as you come back to SET Position and power up again*
- *Use the glutes to power up*

PUMP FACT

People who sit for extended periods of time will often come to class with a reduced ability to activate the muscles that run between the shoulder blades. Emphasizing the engagement of these muscles when we perform Rows etc can help prevent ongoing postural imbalances that are so common today.



05. TRICEPS

WEIGHT SELECTION

REGULARS: Barbell with Warm-up weight or more

NEW: Barbell with Warm-up weight

TRACK FOCUS

Clearly coach Position and Execution set-up for all the Tricep Narrow Presses. When the combination hits, offer the top range to begin with. This will help participants understand the timing and feel; once they are confident, then encourage full range.

MUSCLE FOCUS

Tricep Narrow Press: Triceps and deltoids

Tricep Pushup: Triceps, anterior deltoid, pectoralis

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2½x8	Set up TRICEP NARROW PRESS	
	0:14	V1 / Two thousand	2x8	4/4 TRICEP NARROW PRESS	
	0:24	Didn't know	4x8	2/2	4x
	0:44	PC / I'm ins ane	4x8	3/1	4x
	1:03	C / What's up danger	6x8	COMBINATION 1 (8cts) 2x TOP HALF PULSE TRICEP NARROW PRESS (4cts) 1x 1/1 TRICEP NARROW PRESS (4cts) Option: Instead of TOP HALF PULSE TRICEP PRESS do a BOTTOM HALF PULSE TRICEP PRESS on last two reps	6x
2	1:33	V2 / Two hundred	2x8	TRANSITION to the back of the bench ready for a BENCH TRICEP PUSHUP	
	1:43	Traveled	4x8	2/2 BENCH TRICEP PUSHUP Option: On knees or toes	4x
	2:02	Cause I like high	8x8	1/1/2	8x
	2:42	C / Stop me now	8x8	COMBINATION 2 (8cts) 2x TOP HALF PULSE BENCH TRICEP PUSHUP (4cts) 1x 1/1 BENCH TRICEP PUSHUP (4cts) Option: Instead of TOP HALF PULSE BENCH TRICEP PUSHUP do a BOTTOM HALF BENCH TRICEP PUSHUP on last 4 reps	8x
3	3:21	V3 / _ Two hundred	2½x8	TRANSITION to the bench ready for a TRICEP NARROW PRESS	
	3:33	Traveled	4x8	2/2 TRICEP NARROW PRESS	4x
	3:53	Cause I like high	8x8	1/1/2	8x
	4:32	C / Stop me now	8x8	COMBINATION 3 (8cts) 2x BOTTOM HALF PULSE TRICEP PRESS (4cts) 1x 1/1 TRICEP NARROW PRESS (4cts) RECOVERY: Shake out the arms; Tricep Stretches	8x



05. WHAT'S UP DANGER 5:23mins

TECHNIQUE AND COACHING

1 TRICEP NARROW PRESS

LAYER 1

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

- **Hands just inside shoulder-width**
- Feet close to bench, abs braced, shoulders down from the ears
- **Target – bottom of the ribs, elbows tucked in**
- **Elbows stop at bench height**
- Let's move with a strong wrist – no flexing, no extending
- Top half for 2 and fast slow Press
- Small pulse in the top range and then full range
- Come to the bottom half when you can

2 BENCH TRICEP PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

Set up the Tricep Pushups with Layer 1 Position and Execution, helping participants to achieve the movement, and clearly give options to decrease Intensity when the challenge kicks in. We only have one big set of Pushups so focus on creating fatigue – finding that 'bite' in the back of the arms to create the isolation!

BENCH TRICEP PUSHUP

- **Hands shoulder-width apart**
- On knees or toes
- **Brace the abs**
- Squeeze the glutes to link the upper and lower body
- **Chest to elbow level**
- **Elbows tuck in**
- **Back long and straight**
- This movement mimics the same movement that we did with the barbell; now in the Plank position we recruit more muscles
- We are setting the platform to train hard
- If we are dominating the knees, the challenge is on toes
- Drive the hands down into the bench
- Whole-body strength gains

3 TRICEP NARROW PRESS

LAYER 2 / LAYER 3

The final block of work is back with the barbell for the Narrow Press. The Pushups provided massive fatigue; your participants will need your Motivation to bring them to the finish line. Use a mix of motivation: Connect, Educate, Motivational cues to cater for everyone, celebrating their success!

- Reset the upper body on the bench
- Narrow grip activates and recruits more of the chest and triceps
- Remember, elbows in to engage the triceps
- The gateway to creating a strong Press is alignment
- We push objects in life
- Upper body expression of driving with force
- Starting to get tough – the challenge is can we feed into that feeling?
- Feed into the muscles
- Full-body conditioning

PUMP FACT

Once the elbows move beyond the ribcage in both Pushups and Presses, the ball of the shoulder slides forward. This forward translation is responsible for a lot of the rotator cuff stress we see in exercises like these. Therefore, halting the movement when the elbows are at mid-line is a great way to prevent these issues.



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 musical flavor. Focus on Execution of the Bicep Curl to achieve isolation, having fun while training.

MUSCLE FOCUS

Bicep Curl: Biceps

Bicep Row: Biceps, mid and upper back

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro /	2x8	Set up BICEP PLATE CURL SPLIT Stance
	0:15	V1 / Yo back up	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	0:52	C / Boom! Shake	4x8	COMBINATION 1 (8cts) SET Stance 4x
			1x FAST ALT SINGLE-ARM BICEP PLATE CURL L, R (4cts)	
			2x BOTTOM HALF PULSE BICEP PLATE CURL (4cts)	
2	1:02	V2 / Well you are	8x8	2/2 BICEP PLATE CURL SPLIT Stance 8x
	1:48	C / Boom! Shake	4x8	COMBINATION 1 (8cts) SET Stance 4x
	2:07	Ref / _ Pump it	4x8	1/1 BICEP PLATE CURL (4cts) 8x
	2:26	C / Boom! Shake	2x8	COMBINATION 1 (8cts) 2x
3	2:35	V3 / The the f-f-f-f	8x8	COMBINATION 2 (16cts) SET Stance 4x
			1x 1/1 BICEP PLATE ROW (8cts)	
			2x 1/1 BICEP PLATE CURL (8cts)	
	3:12	C / Boom! Shake	6x8	COMBINATION 1 (8cts) 6x
4	3:40	V4 / The the f-f-f-f	14x8	REPEAT SET 3

RECOVERY: Shake out arms; Bicep Stretches



06. BOOM! SHAKE THE ROOM 4:48mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL

LAYER 1

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

- *SET Position*
- **Abs braced, chest lifted, shoulders back**
- *Shoulder blades down into the back ribs*
- *Feel the timing*
- **Plate stops just below the shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *If you've got the barbell, 1 slow Curl and 2 mid-range*

2 BICEP PLATE CURL

LAYER 2

Use Layer 2 cues that will help your class to move with improved alignment creating precision of movement. When we focus on the position of the elbow this keeps load in the targeted muscles and creates the strong platform in the posture to load effectively. We also focus on supination of the plates for full muscular tension and feel.

- *Create balance with the legs and more core recruitment in SPLIT Stance*
- *Let's get more supination*
- *As we come up twist the plates fully and focus on strong posture*
- *Shall we pump up some volume?*
- *Combination team: keep the elbows in; keep it strong*
- *Lift the weight and release the weight*
- *Strong through the glutes and core for the big singles*

3 BICEP PLATE ROW / BICEP PLATE CURL

LAYER 2

Bicep Rows will provide a slight recovery so we can last the entire track. Show that working hard can be fun – this delivers intrinsic Motivation, helping participants succeed by getting them to love the feel of working hard.

BICEP PLATE ROW, CURL COMBINATION

- *Bicep Row and Slow Curls*
- **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*

BICEP PLATE CURL

- *Full supination*
- *Squeeze the scapula for great posture*
- *Precision, elbows in and tight*
- *Fatigue is going to kick in*

4 BICEP PLATE CURL / BICEP PLATE ROW

LAYER 3

Final block: muscular overload is building, and your participants will need you to motivate them to the finish. How will you bring your class to the end?

- *Back to the Rows*
- *Brace the core as you tip forward*
- *Forearm to the upper arms*
- *Hang in there everyone*
- *Stay with us to the end*

PUMP FACT

Performing Bicep Curls with plates are a great way to mix up the training stimulus and isolate each side of the body. However, they can also allow extra momentum if the plates swing past the thigh at the bottom of the Curl. This uncontrolled swing reduces time under tension and can create added stress on the stabilizing muscles.



07. LUNGES

WEIGHT SELECTION

1x small to large plate and 1x barbell with heavy weight

Option: Body weight

TRACK FOCUS

Focus on coaching the stride length to create even weight in both legs for maximum glute recruitment. Educate your participants on the glute stability and strength gains as we work dynamically.

MUSCLE FOCUS

Squat and Lunge: Glutes and quadriceps

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up PLATE FRONT SQUAT WIDE Stance	
	0:12	V1 / In the back	7x8	2/2 PLATE FRONT SQUAT WIDE Stance Plate at collarbones	7x
2	0:38	Br /	1½x8	TRANSITION to a PLATE BACKWARD-STEPPING LUNGE L, plate in R hand, R leg steps B	
	0:40	Instr / (B up)	6x8	2/2 PLATE BACKWARD-STEPPING LUNGE L	6x
	1:02	(Funky)	8x8	2x PULSE PLATE BACKWARD-STEPPING LUNGE L (8cts)	8x
	1:32	Instr / (Low)	4x8	2/2 PLATE BACKWARD-STEPPING LUNGE L	4x
	1:47	(B up)	4x8	1/1/2	4x
	2:01	(Funky)	8x8	2x PULSE PLATE BACKWARD-STEPPING LUNGE L (8cts)	8x
3	2:31	Instr / (B up)	4x8	TRANSITION to pick up bar ready for a SQUAT WIDE Stance	
	2:46	(Funky)	4x8	1/1 SQUAT WIDE Stance	8x
	3:01		4x8	PULSE SQUAT (2cts)	16x
4	3:15	(B up)	30½x8	Use the first 16cts to transition to PLATE BACKWARD-STEPPING LUNGE R REPEAT SET 2 on R side	
5	5:06	Outro / (B up)	12x8	REPEAT SET 3	
RECOVERY: Shake out arms; Quadricep Stretches					



07. GIRL WITH THE BAT 5:54mins

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.

- **Wide Stance** – from Mid Stance, heel-toe wider
- Plate at collarbones
- **Chest lifted, abs braced**
- **Hips sit back and down**
- **Knees press out**
- **Hips and knees bend to 90 degrees**
- Upper back engaged – squeeze shoulder blades together to open chest

2 PLATE BACKWARD-STEPPING 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. As the Lunges become more dynamic, bring alignment focus to stride length to load the weight evenly between both legs to avoid too much compression to the front knee. These Layer 2 cues help improve Execution for your participants, therefore increasing the intensity of the workout for them. They will also feel empowered when you Educate them on the benefits of this Execution.

- Plate into the right hand
- Right leg Lunge
- **Long step back**
- **Back knee towards the floor**
- **Front knee out**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor**
- **Keep the chest lifted and abs braced**
- From static to dynamic
- Double pulse, step in, step back
- Focus on stability by locking the core to keep hips square to front
- Hit the long stride every rep to prime the legs
- Let's get more engagement out of the front glute by pushing through front heel
- Actively squeeze the back glute
- Maintain the strong form
- The long stride back allows even weight in both legs
- Keeping the plate close to the body increases the activation of the glute med for stability and control

3 WIDE SQUAT

LAYER 1

We break up the Lunges with the Barbell Wide Squat. Encourage participants to go heavy to build more strength and tone in the legs. Coach Position and Execution of this Squat so participants are moving well.

- Plate on the floor
- Pick up the barbell and rest it on the meaty part of the upper back
- Short set so hit the **full range of 90 degrees**
- **Hips back and down, knees out**
- Pulses, stay in the bottom range
- **Abs braced, chest lifted**

4 PLATE BACKWARD-STEPPING LUNGE

LAYER 2 / LAYER 3

Block 4 is a repeat of Block 2 but on the other leg. Offering Layer 2 coaching focuses help participants stay in the workout, especially when fatigue is kicking in. Catch their attention and deliver your message, Educating in your own authentic way. As you Educate, you motivate and, most importantly, this connects participants into their bodies. Check for their learning by asking questions so your connection with your participants deepens and you involve them in the experience.

- Fast transition
- Back to the Lunges
- Grab the plate
- Long stride to activate the back glutes as much as the front glutes
- You can feel it – stabilizers working overtime
- The plate wants to pull you off center
- Brace abs tightly to keep hips square to the front to stay in load as well as using the glutes to get strong and stable
- Draw the hips together
- We know the long stride helps load the legs evenly. When we simultaneously work the vertical drive and horizontal power, this mimics our walking and running patterns making us stronger and faster



07. GIRL WITH THE BAT 5:54mins

TECHNIQUE AND COACHING

5 WIDE SQUAT

LAYER 3

We finish the track with a final set of Wide Squats – motivate everyone to stay in the workout.

- *Let's finish off the legs*
- *Final challenge: 16 Pulses*
- *Keep the knees out; keep the work in the legs*

PUMP FACT

Recent muscle activation studies from the Les Mills Lab demonstrate the added muscle recruitment we get from a dynamic versus a static Lunge. Lunging requires simultaneous contractions of our primary muscles (quads and glutes) along with assistance from hip, knee and lower limb stabilizers. All of these muscles have to produce significantly more output when executing a dynamic Lunge.



08. SHOULDERS

WEIGHT SELECTION

2x small to large plates

TRACK FOCUS

Clearly coach the Position and Execution set-up of the exercises for good Technique and movement precision for the entire track. This will also help your participants to achieve results through time under tension. Educate them on the exercise benefits to challenge, Motivate and Inspire your class to chase fatigue.

MUSCLE FOCUS

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

Pushup: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up STANDING ARNOLD PRESS SET Stance	
	0:19	Instr / (Beat)	12x8 2/2/2/2 STANDING ARNOLD PRESS (16cts)	6x
	1:00	(Drop)	8x8 1/1/1/1 (8cts)	8x
	1:28	(Heavy warp)	4x8 2/2 STANDING REAR DELTOID FLY (8cts)	4x
	1:41	(Warp & rhythm)	4x8 1/1/2	4x
	1:55	(Heavy warp)	4x8 2/2 STANDING REAR DELTOID FLY WITH STEP B (8cts) Step R leg B	4x
	2:09	(Warp & rhythm)	4x8 1/1/2	4x
2	2:22	Instr / (Low)	40x8 REPEAT SET 1 Stepping L leg B on the STANDING REAR DELTOID FLY WITH STEP B	
3	4:40	Outro / (Wind-down)	8x8 Use the first 8cts to transition to floor for WIDE PUSHUP 1/1 WIDE PUSHUP Options: Kneeling, on knees or toes Option: Max WIDE PUSHUP for last 4x8 RECOVERY: Shake out arms; Shoulder Stretches	14x



08. SINGULARITY 5:11mins

TECHNIQUE AND COACHING

1 STANDING ARNOLD PRESS / STANDING REAR DELTOID FLY

LAYER 1

Focus on Timing, Targets and range for both exercises so your class is moving with great Position and Execution to set the track up well.

STANDING ARNOLD PRESS

- SET Position, **brace core, lift chest**
- Plates face in, **elbows in line with shoulders**
- Arnold Press, **squeeze shoulder blades together** right here
- Ease into the timing
- Draw the elbows back
- Pressing the plates up and draw back down
- **Elbows just under the shoulder line**
- Keep the plates in line with shoulders as you lower down
- Big fluid and controlled movements
- As we activate into the shoulder blades we stabilize the shoulder joints for great stability

STANDING REAR DELTOID FLY / STANDING REAR DELTOID FLY WITH STEP BACK

- Tip forward from hips and fly
- **Elbows stop just under shoulder line**
- **Chest lifted, core engaged**
- Push the hips back and **squeeze the shoulder blades together** at the same time
- Feel through the back of the shoulder
- Stay with the Fly and step left leg back
- Keep pressing the front knee out to stabilize
- Keep **squeezing the shoulder blades together**

2 STANDING ARNOLD PRESS / STANDING REAR DELTOID FLY / STANDING REAR DELTOID FLY WITH STEP BACK

LAYER 2

Block 2 is a repeat of the first: focus on mastering Execution, allowing participants to explore the moves and selling the benefits of this training. Encourage them to finish the block strongly! What will you say and do to bring them to the finish line?

- Reset for Arnold Press
- Seamless through the move
- Keeping the tension on
- Strengthening the shoulders globally
- No weak links, no imbalances
- Harness the strength and stability from this move
- Flow through the movement
- The smaller controlled movements here enhance our bigger moves done with barbell and body weight
- Let's fly and complete the chain
- We need this training
- Hit the posterior chain
- How powerful does it feel when we integrate the athletic chain?

3 WIDE PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

To finish off the shoulders – Pushups to challenge everyone to the end.

- **Hands outside shoulder-width**
- On knees or toes
- **Chest to elbow level**
- Stay on the beat or work through it

PUMP FACT

Executing the Arnold Press can help something known as scapulo-humeral rhythm. This is where the scapula follows the movement of the arm to keep the stabilizing muscles at optimal length, preventing injury. Focusing on moving the shoulder blades with each phase of the movement helps train this important mechanism.



09. CORE

TRACK FOCUS

Fatigue in each exercise is the focus. Simple coaching of the Position and Execution – think one cue at a time, allowing participants to hear it and apply it. Once they have learnt the exercises, help them understand how to increase intensity or decrease so everyone is successful.

MUSCLE FOCUS

C-Crunch and Cross Crawl: Rectus abdominis, obliques

Hover: Rectus abdominis, obliques, back muscles, shoulders and hip muscles

Hip Bridge: Posterior chain

Horse Stance: Muscles of the core, gluteus maximus, shoulder and hip stabilizers

Mountain Climber: Muscles of the core, shoulder stabilizers, hip flexors

Crunch: Rectus abdominis, obliques

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up C-CRUNCH
	0:13	_ I should try	2x8	2/2 C-CRUNCH 2x
	0:21	Rep / _ Never never	8x8	COMBINATION (16cts) 4x
			1/1 C-CRUNCH / SINGLE LEG EXTENSION L on diagonal (8cts)	
			1/1 C-CRUNCH / SINGLE LEG EXTENSION R on diagonal (8cts)	
2	0:52	Instr / (Synth)	8x8	CROSS CRAWL L, R (4cts) 16x
			Options: Extend leg out straight or Toe Tap	
	1:22	(Synth)	4x8	CROSS CRAWL COMBINATION (8cts) 4x
			Quick L, quick R, slow L (4cts)	
			Quick R, quick L, slow R (4cts)	
			Options: Extend leg out straight or Toe Tap	
	1:38	V2 / _ You're never	2x8	TRANSITION to HORSE STANCE
	1:45	_ I should try	2x8	2/2 HORSE STANCE Single Arm Lift L, R (16cts)
	1:53	Rep / _ Never never	4x8	2/2 HORSE STANCE Single Arm Lift L with Single Leg Lift R, out diagonal R (8cts) 4x
	2:08	(B up)	4x8	2/2 HORSE STANCE Single Arm Lift R with Single Leg Lift L, out diagonal L (8cts) 4x
3	2:24	Instr / (Synth)	4x8	MOUNTAIN CLIMBER L, R (8cts) 4x
			Option: On knees	
	2:39	(Synth)	4x8	MOUNTAIN CLIMBER L, R (4cts) 8x
	2:55		8x8	SPRINTER L, R (2cts) 32x
	3:25	V3 / _ You're never	2x8	TRANSITION to HIP BRIDGE
	3:33	_ I should try	10x8	1/1 HIP BRIDGE with ALT KNEE LIFT AND LEG EXTENSION L, R (16cts) 5x
				Keep hips lifted
	4:11	Instr / (Synth)	4x8	PULSE CRUNCH (2cts) 16x
				Hands beside the hips, feet on floor
	4:26	(Synth)	4x8	PULSE CRUNCH (2cts) 16x
				Hands beside the hips, feet off the floor at 90°
				Option: Feet on floor
	4:41		8x8	PULSE CRUNCH (2cts) 32x
				Hands beside the hips, legs extended out on 45°
				Option: Legs at 90° or feet on floor



09. NOBODY LIKE YOU (RETROVISION FLIP) 5:18mins

TECHNIQUE AND COACHING

1 C-CRUNCH / SINGLE LEG EXTENSION / CROSS CRAWL

LAYER 1 / LAYER 2

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

C-CRUNCH

- Come down to the floor, side-on
- Brace abs, lower back down
- Fingertips to temples
- C-Crunch
- **Knees over hips, shins parallel**
- **Chin tucked in**
- **Lower back pressing down towards the floor as you lower the feet**
- **Ribs to hips as you crunch**

CROSS CRAWL

- Cross Crawl
- **Opposite shoulder to knee**
- Keep elbows wide
- Bend knees for more control
- **Brace abs to stabilize hips and pelvis**
- Quick, quick and slow
- If you need to decrease intensity – Toe Tap

2 HORSE STANCE WITH SINGLE ARM AND LEG LIFT / MOUNTAIN CLIMBER

LAYER 1 / LAYER 2

New exercises – cover the basics and give choices so the class can follow easily and everyone is successful. Motivate, Educate and Connect to the moves and music.

HORSE STANCE WITH SINGLE ARM AND LEG LIFT

- Grab the back of the legs
- Horse Stance
- **Hands shoulder-width apart, knees hip-width apart**
- Lift the back arm and now the front
- Start with the back arm and front leg
- Extend straight out, hit the 45 degrees, center and same side
- **Brace abs tightly** so only the leg and arm are moving
- **Hips and shoulders square to the floor**
- Working our slings from the shoulder to the opposite butt
- Getting us ready for the Mountain Climbers

MOUNTAIN CLIMBERS

- **Hands under the shoulders**
- Knee in and back
- Start easy as there are three levels and we want everyone to work together
- **Back long and straight**
- Can do it on your knees
- **Brace the abs**
- Try and get your shoulders over the wrist and push down hard into the floor
- Next level if you want to go faster pace
- Minimal bouncing – in fact, no bouncing
- If you're bouncing, slow down a little
- Condition the body and work to fatigue

3 HIP BRIDGE / PULSE CRUNCH

LAYER 1 / LAYER 2 / LAYER 3

Hip Bridges and Crunches to challenge and finish off the core. Continue to coach with precision of all levels so you don't leave anyone behind. Motivate them to finish with this cool song.

- Roll over for Hip Bridge
- Single Hip Bridge
- **Squeeze the butt** to keep the hips high
- Keep the hips high as we change legs
- Drive the hips straight up, extend out on the 45 degrees
- **Your challenge is to try and keep the hips level and still as you change sides**
- Massive contraction right at the top of the Bridge
- Ribs to hips on the Crunch
- Knees over hips level 2
- Do you want the third level?
- Straighten the legs to 45 degrees
- Lower back down towards the floor
- Objective is to take the core to fatigue
- Strongest muscle in our body



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05	Intro / Prom queen	2x8 CHILDS POSE
	0:18	High school	2x8 LYING SHOULDER STRETCH L L hand comes under R shoulder, palm facing up
	0:31	PC / Me and my	2x8 CAT POSE / COW POSE
	0:44	Me and my	2x8 DOWN DOG STRETCH
	0:55	Instr / (Drop)	2x8 HIP FLEXOR STRETCH L with L ARM REACH up
2	1:07	What to do	2x8 CHILDS POSE
	1:19	Til I'm older	2x8 LYING SHOULDER STRETCH R R hand comes under L shoulder, palm facing up
	1:31	PC / Me and my	2x8 CAT POSE / COW POSE
	1:44	Me and my	2x8 DOWN DOG STRETCH
	1:56	Instr / (Drop)	2x8 HIP FLEXOR STRETCH R with R ARM REACH up
3	2:08	_ We gon' be just	2x8 STANDING QUADRICEP STRETCH L
	2:20	_ We gon' be just	2x8 STANDING QUADRICEP STRETCH R
	2:32	Outro / (Drop)	2x8 STANDING SIDE BEND STRETCH L R



10. BE SOMEBODY 2:49mins

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

WEIGHT SELECTION

Tricep: 1x medium to heavy plate
Bicep: 2x small to large plates

TRACK FOCUS

Encourage participants to challenge themselves as the sets are short. Coach transitions well so the class can follow easily through the different exercises. Explain 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

Overhead Tricep Extension: Triceps
Tricep Pushup: Triceps and deltoids
Bicep Curls: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / Stepped out	2x8	Set up STANDING O/H TRICEP EXTENSION SET Stance	
	0:12 Can't stop	2x8	2/2 STANDING O/H TRICEP EXTENSION SET Stance	2x
	0:19 C / Gotta go hard	4x8	2x BOTTOM HALF STANDING O/H TRICEP EXTENSION (8cts)	4x
	0:34 You better	4x8	1/1 STANDING O/H TRICEP EXTENSION	8x
2	0:48 V2 / _ I'm a web	2x8	TRANSITION to floor ready for a TRICEP PUSHUP	
	0:56 I'm every	2x8	2/2 TRICEP PUSHUP Options: On toes or knees	2x
	1:03 Hope we'll	4x8	1/1	8x
	1:17 They will slander	4x8	1/1/2	4x
	1:31 C / Gotta go hard	4x8	1/1	8x
3	1:46 V3 / I fight crime	2x8	TRANSITION to standing ready for a PLATE BICEP CURL SET Stance	
	1:53 My city	2x8	2/2 PLATE BICEP CURL SET Stance	2x
	2:00 Win , over and	4x8	1/1	8x
	2:15 Jump off this	4x8	1/1/2	4x
	2:30 C / Gotta go hard	6x8	1/1	12x
4	2:51 V4 / I ain't got no	2x8	TRANSITION to floor ready for a TRICEP PUSHUP	
	2:58 I'm Peter	2x8	2/2 TRICEP PUSHUP Options: On toes or knees Option: Add the FIREFLY , alt single knee to same elbow	2x
	3:05 Did it all	4x8	1/1	8x
	3:20 C / Gotta go hard	4x8	1/1/2	4x
	3:34 Br /	1/2x8	TRANSITION to standing ready for a PLATE BICEP CURL SET Stance	
5	3:36 V5 / I fight crime	18x8	REPEAT SET 3	
6	4:41 V6 / I ain't got no	12x8	REPEAT SET 4	

RECOVERY: Shake out arms; Tricep and Bicep Stretches



45-MIN FORMAT

05. ELEVATE 5:27mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Layer 1 Position and Execution set-up of the Tricep Extension to get everyone moving well on the Timing.

- *Grab your big plate*
- *SET Stance*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Abs braced, chest lifted**
- **Elbows tuck in**
- *Keep the shoulders down into the back ribs to stabilize*
- *Forcing the pre-fatigue through full range*

2 TRICEP PUSHUP

LAYER 1

Coach Layer 1 Position and Execution set-up 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**
- *Link the glutes in to give the strong base to work from*

3 PLATE BICEP CURL

LAYER 1

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

- *Stand up*
- *Pick up your plates*
- **SET Position**
- **Brace abs and lift chest**
- **Plates to shoulders**
- *Lower all the way down*
- **Elbows directly under shoulders**
- *No movement, no swing*
- *Elbows glued to the side for isolation*

4 TRICEP PUSHUP

LAYER 1 / LAYER 2

We go back to the Pushups where you can include the option of adding the Firefly for intensity and challenge. If optioning this, take the time to set your participants up well so they understand the mechanics of what's moving and what's not. Educate them on what good Technique looks and feels like. You may introduce the Firefly option after a few weeks of teaching the track. Look out at your class and see what they are ready for.

- *Come down to the floor for Pushups and Firefly*
- **Hands shoulder-width apart**
- *As you lower, knee comes to the side*
- **Brace abs**
- **Chest to elbow level is the range**
- *Your goal here is no twisting*
- **Hips and shoulders stay square to the floor**
- *If you can't maintain that, come back to just the Pushups*
- *Imagine you're pushing something super heavy*

5 PLATE BICEP CURL

LAYER 2 / LAYER 3

Back to the biceps for another short blast of work. Fatigue is accumulating fast – remind participants of posture for control and strength gains.

- *Bicep time, last round*
- *Reset the posture*
- *Strong arm position, feeding the energy into the front of the arm*
- *What can you recruit to the cause?*
- *We are going into the energy*

6 TRICEP PUSHUP

LAYER 2 / LAYER 3

Final set of Pushups – give participants the choice of adding the Firefly to recruit more of the obliques and increase the overall Intensity. What will you say and do to Motivate your class to the end?

- *Pushups – regular; Firefly – your choice*
- *Starting to bite now*
- *We are at the edge of fitness and strength*
- *That's exactly where we need to be to get stronger*



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

1x medium to heavy 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 set-up of each exercise, along with early pre-cues, is essential for your participants to be able to follow easily. You may want to encourage them to progress from plate to barbell for the Lunge with Clean.

MUSCLE FOCUS

Lunge with plate work: Glutes, quads, core muscles, deltoids, trapezius, muscles of the upper back

Lunge with Clean: Glutes, quadriceps, core muscles, shoulder muscles and posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8	Set up plate to collarbones ready for an ALT BACKWARD-STEPPING LUNGE
	0:16	V1 / _ When the	8x8	4/4 ALT BACKWARD-STEPPING LUNGE L, R (32cts) 2x
	0:38	_ We've been	8x8	4/4 ALT BACKWARD-STEPPING LUNGE with O/H PRESS L, R (32cts) 2x
	1:01	QC / Hold on	8x8	2/2 ALT BACKWARD-STEPPING LUNGE with O/H PRESS L, R (16cts) 4x
	1:23	Instr / Hold on	8x8	ALT TRIPLE PULSE BACKWARD-STEPPING LUNGE with O/H PRESS L, R (16cts) 4x
2	1:45	V2 / We've been _ low	4x8	TRANSITION: Grab plate or bar ready for a PLATE or BARBELL FRONT RACK LUNGE
	1:57	QC / Hold onto	4x8	2/2 PLATE or BARBELL FRONT RACK LUNGE L 4x
	2:07	C / Hold on	8x8	COMBINATION 1 (16cts) 4x 2x 1/1 UPRIGHT ROW (8cts) SET Stance 1x 1/2/1 BACKWARD-STEPPING LUNGE L with CLEAN (8cts)
	2:30	Feeling like	8x8	2/2 UPRIGHT ROW SET Stance 8x
	2:52	C / Hold on	16x8	COMBINATION 2 (16cts) 8x 2x 1/1 HIGH PULL (8cts) SET Stance 1x 1/2/1 DROP LUNGE L with CLEAN (8cts)
3	3:37	V3 / We've been _ low	40x8	REPEAT SET 2 on R side
				RECOVERY: Shake out arms; Shoulder and Quad Stretches



45-MIN FORMAT

07. HOLD ON 5:34mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE WITH OVERHEAD PRESS

LAYER 1 / LAYER 2 / LAYER 3

Coach Layer 1 Position and Execution set-up 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.

- **Rack your plate high on the collarbones**
- **Pull the shoulders back and brace the abs tightly**
- **Long step back for Lunge**
- *Alternate legs*
- **Chest lifted**
- **Back knee drops**
- **Front knee presses out over toes**
- **Front thigh parallel for range**
- *Add the Plate Press, elbows forward*
- **Square hips to the front**
- *We want to fire both glutes so take the long step back to load glutes evenly*
- *Triple Pulses for intensity*
- *Let's keep all the power into the glutes, big power muscles*

2 FRONT RACK LUNGE / UPRIGHT ROW WITH LUNGE AND CLEAN COMBINATION

LAYER 1 / LAYER 2

NEW EXERCISE; barbell or plate. Coach Layer 1 Position and Execution set-up focusing on Timing, range and precision of movement. Be super clear with pre-cues when the combination hits. Provide the option of the Drop Lunge to work more dynamically. Once your participants are moving well again, give them a Layer 2 focus and then allow them to explore it in their bodies.

- *Stay with the plate or grab the barbell*
- **Rack high on the collarbones**
- **Left leg long stride back**
- *Start easy*
- *This is going to move fast*
- *2 Upright Rows and Lunge with Clean*
- **Bar to chest on the Rows**
- **Hit the long step on the Lunge**
- **Front thigh parallel to floor**
- **Keep the bar close on the Cleans**
- *Now we can feel the integration*
- *Rest the posture, shoulders back*
- *Shall we try 2 High Pulls and 1 Drop Lunge*
- *Let's get athletic*
- *Squeeze the glutes and drive the hips forward and up on the High Pull*
- *Push off both feet and drop quickly by splitting the feet fast*
- *Keep the trunk high*
- *Integrated dynamic whole-body training – we love it*

3 FRONT RACK LUNGE / UPRIGHT ROW WITH LUNGE AND CLEAN COMBINATION

LAYER 2 / LAYER 3

Repeat the dynamic 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!

- *Reset the front rack*
- *Static Lunge to start*
- *Find the movement pattern*
- *Engage your core and glutes*
- *Keeping the shoulders activated*
- *Small recovery*
- *Dynamic power – add the High Pull and Drop Split*
- *Integrated – all the muscles together*
- *Split drop, add a bit of speed*
- *Hit the floor and brace core to stabilize*



45-MIN FORMAT

09. FUNCTIONAL STRENGTH

TRACK FOCUS

We focus on developing the posterior chain muscles through a series of different exercises. Know the music well so you can nail the pre-cues to allow your participants to follow you easily. Sell and Educate them on the benefits of this sort of training.

MUSCLE FOCUS

- Hip Bridge:** Posterior chain
- Hovers:** Rectus abdominis, obliques, back extensors, shoulders and hip muscles
- Diamond Press:** Gluteus maximus, erector spinae
- Horse Stance:** Muscles of the core, gluteus maximus, hip and shoulder stabilizers
- Rotating Hover:** Muscles of the core, shoulder stabilizers, hip stabilizers
- Side Oblique Crunch:** Oblique muscles, gluteus medius, spinal erectors

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up HIP BRIDGE	
	0:17	V1 / _ I'm the	12x8 2/2 HIP BRIDGE	12x
	0:53	Instr / (Low B up)	8x8 1/1/2	8x
	1:17	(Drop)	8x8 1/1/1/1 ALT SINGLE-LEG HIP BRIDGE WITH KNEE LIFT AND LEG EXTENSION L, R (16cts)	2x
	1:41	(Drop + melody)	8x8 1/1/1/1 ALT SINGLE-LEG HIP BRIDGE WITH KNEE LIFT AND LEG EXTENSION with HANDS CLASPED UP ABOVE SHOULDERS L, R (16cts) Option: Hands on floor beside hips Use the last 16cts to transition to a DIAMOND PRESS	3x
2	2:05	_ Requiem for	8x8 2/2 DIAMOND PRESS Option: On last 32cts, retract shoulder blades back	8x
	2:17	Instr / (Horns)	4x8 TRANSITION to HORSE STANCE	
3	2:41	V2 / _ Stay cool	8x8 2/2 HORSE STANCE WITH LEG R AND ARM EXTENSION L (8cts)	8x
	3:05	All the stars	8x8 1/2/1 HORSE STANCE WITH LEG AND ARM EXTENSION with DOUBLE PULSE L (8cts) Use the last 8cts to transition to a HOVER	7x
	3:29	Instr / (Drop)	8x8 2/2 ROTATING SIDE HOVER L (8cts) Option: On knees	8x
	3:53	_ Requiem for	8x8 2/2 SIDE OBLIQUE CRUNCH L Knee to elbow, bottom knee on the floor	8x
	4:17	Instr / (Low horns)	4x8 HOVER	
4	4:29	V3 / _ Stay cool	40x8 Use the first 32cts to transition and set up the HORSE STANCE WITH LEG AND ARM COMBINATION REPEAT SET 3 on R side	



45-MIN FORMAT

09. MAJESTY 6:20mins

TECHNIQUE AND COACHING

1 HIP BRIDGE

LAYER 1 / LAYER 2

We set up the Hip Bridge with both feet, allowing time and space for participants to achieve Execution well before we add the single-leg work. Once they can do this, give the extra stability challenge with the arms high, which requires more back body engagement. Keep your language simple to ensure success of the movement.

- Lie down on the floor side-on
- Feet shoulder-width apart
- Drive through your heels, and lift hips up
- **Squeeze through your glutes**
- **Square the hips to the floor and keep them level**
- Up and catch
- Top range squeeze – the peak of the move is where we get stronger
- Single Leg Extension
- **Every time we extend, try and keep hips high and level**
- Extra stability challenge – lace fingers together and extend arms
- As you bring the knee back in, use your glutes to power in
- Push through the heels to activate more glute

2 DIAMOND PRESS

LAYER 1 / LAYER 2

NEW EXERCISE: set participants up in the Diamond Press. Add Intensity with hands off floor and chest lifted.

- Roll over onto belly
- Diamond Press – hands together
- Lift chest
- **Squeeze glutes** to protect lower back
- So good for mobility
- If you want more, pull the arms back, hands off floor

3 HORSE STANCE WITH LEG AND ARM EXTENSION / ROTATING SIDE HOVER / SIDE OBLIQUE CRUNCH

LAYER 1 / LAYER 2 / LAYER 3

NEW EXERCISES; coach Layer 1 Position and Execution set-up focusing on Timing and range to understand the Horse Stance work. Focus on coaching hips and shoulders square to the front and no movement in the lower spine – great stability training. Rolling Hovers and Side Crunches to bring Intensity to the obliques. Set everyone up well, giving options for success.

HORSE STANCE WITH ARM AND LEG EXTENSION

- Come onto all fours
- **Hands shoulder-width apart, knees hip-width apart**
- Opposite arm and leg extends
- **Hips are square to floor to stabilize the core**
- Press the heel away
- Shoot out quickly and pulse
- **Squeeze glutes** to keep the leg controlled

ROTATING SIDE HOVER

- New move
- Cross arms and come into Hover
- Rolling Hover to the front
- You can drop the inside knee
- **Square hips to the floor**
- To help you stabilize, press the forearm down
- **Whole body moves as one**

SIDE OBLIQUE CRUNCH

- Bend the bottom knee and extend the leg out
- **Keep the bottom hip lifted** to stay strong
- Strong through the core

4 HORSE STANCE WITH LEG AND ARM EXTENSION / ROTATING SIDE HOVER / SIDE OBLIQUE CRUNCH

LAYER 2 / LAYER 3

We repeat the Horse Stance and Hover work on the other side. Layer 2 cues will bring Intensity load and fast fatigue. This is where your participants will need your help. What will you do to keep them connected with the workout till the end?

- Let's do it all on the other side
- Set up for the Horse Stance
- Keep the back long and flat and the core on
- How long can you make your body?
- Stabilize firmly through the heel of the hand
- Down to Hover
- Lift the bottom hip as high as you can
- Concentrate to the end
- If your body is shaking and burning, that's how we get stronger



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.

