

BODYPUMP 120

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 TRAINING

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

MID-STANCE SQUAT

Position Set-up

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

Execution Set-up

- Sit the butt back and down
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90-degree angle

Layer 2

- Finish with hips under shoulders
- Feel the pressure in your quads
- Brace the abs tighter in the Bottom Halves



MID Stance



Bottom Range

WIDE STANCE SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

- Push through your heels as you rise to activate the glutes
- Push floor apart with your feet
- Squeeze the butt on the way up



WIDE Stance

WIDER STANCE SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance



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 wide**
- **Abs braced**
- **Back long and straight**

Execution Set-up

- **Lower chest to elbow level**

Layer 2

- Drive the bench away

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 into the floor



DEADROW WIDE STANCE

Position Set-up

- **SET Position**
- **Take the feet outside shoulder-width**
- **Abs braced, chest up**
- Pinch between the shoulder blades

Execution Set-up

- **Hinge forward from the hips**
- **Knees are bent**
- **Bar to knees, belly, knees and rise**
- **Chin tucked in**
- **Elbows in and back**
- **Squeeze shoulder blades**

Layer 2

- Drive out of heels as you rise to recruit glutes and hamstrings
- Keep the chest lifted to work the back
- Shoulders away from ears as you Row



GLOSSARY

HIGH PULL

Position Set-up

- SET Position
- Chest lifted, abs braced

Execution Set-up

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

Layer 2

- Drive the hips up to power the bar



CLEAN & PRESS

Position Set-up

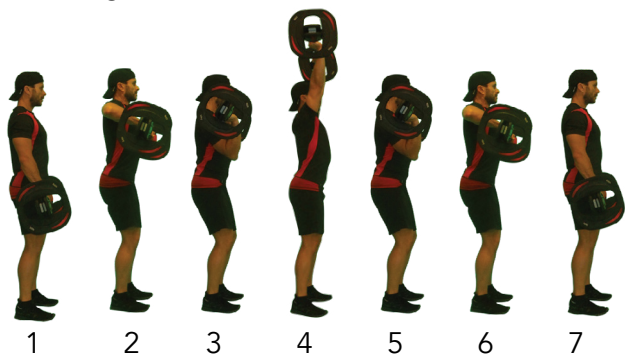
- SET Position
- Chest up, abs braced
- Knees bent

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

Layer 2

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





GLOSSARY

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



TRICEP BENCH KICKBACK

Position Set-up

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

Execution Set-up

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

Layer 2

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



TRICEP 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

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



SET POSITION

SPLIT STANCE



GLOSSARY

BICEP ROW

Position Set-up

- As Bicep Curl

Execution Set-up

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

Layer 2

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



LUNGE

Position Set-up

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

Execution Set-up

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

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes

STEPPING LUNGE

Position Set-up

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

Execution Set-up

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor
- Step up to the front heel level
- Feet stay hip-width apart when you step back

Layer 2

- It's a long step every time
- Stay low as we tap in

TIPPING REAR DELTOID FLY WITH TWIST

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
- As you open up twist the plates at the top
- 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



GLOSSARY

STANDING SIDE RAISE WITH EXTENSION

Position Set-up

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

Execution Set-up

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

Layer 2

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

STANDING 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



ALT SINGLE-LEG EXTENSION

Position Set-up

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

Execution Set-up

- **Knees over hips and shins parallel**
- Extend one leg to 45 degrees
- **Anchor the shoulders down and press lower back down towards the floor (as the leg extends)**
- **Brace abs to stabilize hips and pelvis**

Layer 2

- Every time you extend your leg, feel the load in the lower abs as you get stronger

DOUBLE-LEG EXTENSION

Position Set-up

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

Execution Set-up

- **Knees over hips and shins parallel**
- Extend both legs to 45 degrees
- **Anchor the shoulders down and press lower back down towards the floor (as the legs extend)**
- **Brace abs to stabilize hips and pelvis**

Layer 2

- Every time you extend your legs, feel the load in the lower abs as you get stronger



GLOSSARY

BICYCLE CRUNCH WITH PULSE C-CRUNCH

Position Set-up

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

Execution Set-up

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

Layer 2

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

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**

ALT SINGLE-LEG 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

- Drive through your heels, and lift hips 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

ALT SINGLE-LEG HIP BRIDGE WITH KNEE LIFT AND PIKE LEG EXTENSION

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
- Lift one leg and extend vertically up
- **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

ALT WALKING PLANK/HOVER

Position Set-up

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

Execution Set-up

- Transfer weight to place forearms on the floor
- Either on the floor or bench
- **Brace your abs to keep hips still and square**



GLOSSARY

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



BICEP PLATE CURL

Position Set-up

- Knees soft, 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



PLATE O/H TRICEP EXTENSION

Position Set-up

- SPLIT Stance
- Shoulders down
- Belly in, abs braced
- Chest lifted
- Hold the plate over head, arms slightly forward, so you can just see your elbows

Execution Set-up

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

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down, to keep the work in the triceps

KNEELING ISOLATED SINGLE ARM PLATE CURL

Position Set-up

- Come to the kneeling position, one leg forward
- Tip from the hip
- Elbow into the thigh to stabilize
- Chest up, brace abs

Execution Set-up

- Curl upward, rotating plate for full range
- Plates in front of shoulders in full range Curl
- Extend down fully

Layer 2

- Keep pressing elbow into thigh to maximize stability

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



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



SINGLE-ARM HIGH PULL, CLEAN & PRESS COMBINATION

Position Set-up

- Brace abs, chest up

Execution Set-up

- Pull the plate up the body
- Plate stays close to the body
- Plate to lower chest
- Slight pinch between shoulder blades
- Drop and drive out of the hips
- Lift the heels to initiate the movement
- Abs braced, chest lifted
- Clean the plate to the collarbones
- Hips go back as you squat on the way up and down

SINGLE-ARM PLATE CLEAN LUNGE WITH O/H PRESS

Position Set-up

- SET Position
- Brace abs, chest up

Execution Set-up

- Clean the plate to the collarbones
- Hips go back as you Squat and catch
- Plate close to body
- Step back into a long stride for the Lunge
- Brace the abs, keep chest lifted
- Keep the elbow forward on the Press

HIP BRIDGE WITH PLATE PRESS

Position Set-up

- Lay down side on
- Feet hip-width apart
- Plate on chest

Execution Set-up

- Hip Bridge and push the plate straight up
- Drive through your heels and lift hips up
- Squeeze through your glutes

Layer 2

- Square the hips and keep them level

ALT SINGLE-LEG EXTENSION WITH PLATE PRESS

Position Set-up

- Set knees over hips and shins parallel
- Brace abs
- Lower back towards the floor

Execution Set-up

- Extend one leg out and arms overhead
- Brace the abs hard
- Lower back stays close towards the floor as you extend the leg and arm away

Layer 2

- Keep the knees over the hips to load the core effectively



GLOSSARY

DOUBLE-LEG EXTENSION WITH PLATE PRESS

Position Set-up

- **Set knees over hips and shins parallel**
- **Brace abs**
- **Lower back towards the floor**

Execution Set-up

- Extend both legs out and arms overhead
- **Brace the abs hard**
- **Lower back stays close towards the floor** as you extend the leg and arm away

Layer 2

- Keep the knees over the hips to load the core effectively

BACK EXTENSION WITH SHOULDER RETRACTION

Position Set-up

- Roll over on to your belly
- Feet together
- **Squeeze the glutes**
- Arm forward and wide

Execution Set-up

- Lift the arms and upper body
- Lift with the thumbs up to activate the upper back postural muscles
- **Big glute squeeze**
- For Shoulder Retraction – pull in elbows in towards the ribs
- Extend to 45° and lower

Layer 2

- Feel the postural muscles getting strong

SIDE HOVER WITH 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



MUSIC

- 01

Remember (2:37)

Divvy Nation

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Written by: Poole, Sones, Thompson, Hill
- 02

Remember (2:19)

Divvy Nation

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Written by: Poole, Sones, Thompson, Hill
- 03

Alive (6:04)

Dimension feat. Poppy Baskcomb

© 2021 Dimension.
Written by: Baskcomb, Etheridge
- 04

Go Hard or Go Home (3:56)

Wiz Khalifa & Iggy Azalea

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Written by: Thomaz, Isaac, M. Featherstone, C. Featherstone, J. Featherstone, W. Featherstone, Rodriguez, Woods, Azalea
- 05

Go Hard or Go Home (1:02)

Wiz Khalifa & Iggy Azalea

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Written by: Thomaz, Isaac, M. Featherstone, C. Featherstone, J. Featherstone, W. Featherstone, Rodriguez, Woods, Azalea
- 06

Peace (Kaivon Remix) (3:25)

Alison Wonderland

Courtesy of the Universal Music Group.
Written by: Khajadourian, Schwartz, Torrey, Emery, Heij, Pollack, Sholler
- 07

Peace (Kaivon Remix) (1:41)

Alison Wonderland

Courtesy of the Universal Music Group.
Written by: Khajadourian, Schwartz, Torrey, Emery, Heij, Pollack, Sholler
- 08

By Your Side (3:07)

Calvin Harris feat. Tom Grennan

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Written by: Hutchcraft, Harris, Needle, Grennan, Scott, Newman
- 09

By Your Side (1:48)

Calvin Harris feat. Tom Grennan

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Written by: Hutchcraft, Harris, Needle, Grennan, Scott, Newman
- 10

Jungle (3:06)

X Ambassadors & Jamie N Commons

Courtesy of the Universal Music Group.
Written by: Commons, Gonzalez, Grant, Harris
- 11

Jungle (1:52)

X Ambassadors & Jamie N Commons

Courtesy of the Universal Music Group.
Written by: Commons, Gonzalez, Grant, Harris

- 12

Your Body (4:59)

Valentino Khan x Nitti Gritti

© 2021 SpinninRecords.com.
Written by: Kahn, Mears IV
- 13

Come & Go (3:19)

Juice WRLD & Marshmello

Courtesy of the Universal Music Group.
Written by: Marshmello, Unknown
- 14

Come & Go (1:33)

Juice WRLD & Marshmello

Courtesy of the Universal Music Group.
Written by: Marshmello, Unknown
- 15

Gold (KYND Remix) (4:53)

Sebastien feat. Bright Sparks

© 2017 Armada Music B.V.
Written by: Schilde, Hicklin
- 16

y r u far away (3:17)

Jon Lemmon feat. MARIENBAD

Courtesy of the Universal Music Group.
Written by: Lemmon, Alice

45-MIN FORMAT

- 17

Just Feels Tight (4:45)

FISHER

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Written by: Fisher
- 18

Make You Cry (6:12)

Au5 & RUNN

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Written by: Collins, Savage, Mase, Snyder
- 19

INDUSTRY BABY (3:37)

Lil Nas X & Jack Harlow

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Written by: Lee, Baptiste, Biral, Harlow, Hill, West
- 20

INDUSTRY BABY (2:35)

Lil Nas X & Jack Harlow

© 2021 Columbia Records, a Division of Sony Music Entertainment.
Written by: Lee, Baptiste, Biral, Harlow, Hill, West



BODYPUMP 120

Beautiful, grounded and emotive, that's our start for BODYPUMP 120. All our standard lifts, functional Pushups and Stepping Lunges will raise our core temperature; the foundation is now laid.

The Squats track is huge – big beat and amplified muscle tension will build strength and burn fat. Let's go hard in the Chest track – heavy barbell and superset with Pushups to maximize strength gains. We find peace in the Back track; our Wide Deadrow is a pure lifter's paradise, before we unleash the High Pull Clean & Press explosive combination.

Arms – the Triceps track is fun and melodic with our basic lifts: Barbell Extensions, Presses and Kickbacks, before we are slow and grounded in the Biceps track. Next we have Lunges and we maximize our time under tension to go for the burn with slow and steady muscle endurance. Very similar for the deltoids with a focus on the rear shoulders and posterior chain.

The Core track is gold – a fully comprehensive abdominal workout. The highlight of this release is the Functional Training track – an example of targeting the 'powerhouse': abdominals, glutes and back muscles. Once you improve the strength of the powerhouse the whole body just operates better!

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



Ben Main



Glen Ostergaard



Kylie Gates

PRESENTERS

Glen Ostergaard (New Zealand) is the 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.

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.

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 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	25:57	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	39:05

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	40:11

FUNCTIONAL 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 Training
Track 10	Cooldown
Total Time	41:30

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 COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it's simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



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 they can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / I'm doing just	4x8	SET Position	
	0:21 PC / If I could go	4x8	2/2 DEADLIFT SET Stance	4x
	0:36 C / When I'm lying in bed	8x8	1/1 DEADROW	8x
	1:06 V2 / Friends tell me I	4x8	2/2 UPRIGHT ROW	4x
	1:21 PC / If I could go	4x8	2/2 CLEAN & PRESS (16cts)	2x
	1:36 C / When I'm lying in bed	4x8	1/1 Use the last 4cts to transition bar to back for SQUAT	4x
2	1:51 Walk past your house	4x8	2/2 SQUAT MID Stance	4x
	2:06 Br / I'm missing you	4x8	1/1	8x
	2:21 C / When I'm lying in bed	4x8	4/4	2x
	2:36 (Low)	2½x8	TRANSITION: Bar down, move to floor for PUSHUP	
	2:46 QC / I distract myself	2x8	4/4 PUSHUP Options: Kneeling or on knees or toes	1x
	2:53 C / When I'm lying in bed	4x8	2/2	4x
3	3:08 Walk past your house	4x8	1/1	8x
	3:23 V3 / Friends tell me	2x8	TRANSITION: Pick up bar, SET Stance for DEADLIFT	
	3:31 So I try to delete	2x8	2/2 DEADLIFT	2x
	3:38 PC / If I could go	4x8	2/2 DEADROW	2x
	3:53 C / When I'm lying in bed	4x8	2/2 UPRIGHT ROW Use the last 4cts to transition bar to back for ALT BACKWARD-STEPPING LUNGE	4x
	4:08 Walk past your house	8x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R Use last 2cts to step wide for SQUAT WIDE Stance	4x
	4:38 When I'm lying in bed	4x8	4/4 SQUAT WIDE Stance RECOVERY: Twist through torso. Shake out legs.	2x



01. REMEMBER 4:56mins

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 / DEADROW / UPRIGHT ROW / CLEAN & PRESS

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**
- **Deadrow – bar to the knees, belly and set position**
- **Upright Row – bar stops at lower chest, elbows wide**
- **Clean & Press – pull and catch, bend knees, brace abs, chest lifted, bar close to body**

2 MID-STANCE SQUAT / PUSHUP

LAYER 1 / LAYER 2

The second block is focused on Squats and Pushups. Coach clear Position and Execution to get everyone moving well in the Squats and working well with the Timing. Pushups are going to warm the entire upper body, ready for the workout ahead, bringing a functional feel to this Warm-up. Offer choices early so everyone is included.

- **Mid-Stance Squat – feet outside hip-width, hips go back and down, knees press forward, hips to 90 degrees**
- **Pushups – hands outside shoulder-width, brace abs, on knees or toes, chest to elbow level, back long and straight**

3 DEADLIFT / DEADROW / UPRIGHT ROW / ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2 / LAYER 3

We go back to the barbell for the last block of work. 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 class might be – think of how you can communicate this to them.

- **Deadlift** – *press the bar into the thighs and feel the connection to the back body*
- **Deadrow** – *shoot the elbows to the rear to engage the upper back*
- **Upright row** – *plate close to the body, getting ready for all the pulling exercises ahead*
- **Alternating Backward-Stepping Lunge – long step back, back knee down, front thigh parallel to the floor, brace abs to square hips and shoulders to front, switch legs**

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
NEW: Double Warm-up weight on barbell

TRACK FOCUS

Coach your class through the three stances: MID, WIDE, WIDER Stance Squat. The focus is on precise Execution of the Squat to fatigue the legs fast, taking our athletic strength and results to new levels.

MUSCLE FOCUS

MID Squat: Quads
WIDE Stance: Gluteus maximus, quads
WIDER Stance: Gluteus maximus, side glutes, posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Whirl)	4x8	Set up SQUAT MID Stance	
	0:16 V1 / _ When you're holding	8x8	4/4 SQUAT MID Stance	4x
	0:38 Br / If I loose	8x8	2/2/2/2 STAGGERED SQUAT	4x
	1:00 B up / _ When you're holding	8x8	3/1 SQUAT	8x
	1:22 Instr / (Synth drop)	8x8	COMBINATION (16cts) 2x BOTTOM HALF SQUAT (8cts) 1x 1/3 SQUAT (8cts)	4x
	1:44 Rep / _ When you're	8x8	8x BOTTOM HALF SQUAT (32cts)	2x
	2:06 Instr / (Synth melody)	4x8	2/2 SQUAT	4x
2	2:17 Instr / (Low)	4x8	TRANSITION: Heel-toe wider for SQUAT WIDE Stance	
	2:28 QC / More _ I don't find	4x8	4/4 SQUAT WIDE Stance	2x
	2:39 PC / More , when you're	8x8	2/2	8x
	3:01 Instr / (Synth)	8x8	3/1	8x
	3:23 Rep / Little bit more	8x8	COMBINATION (16cts)	4x
	3:45 C / Taking me down	8x8	8x BOTTOM HALF SQUAT (32cts)	2x
3	4:07 Instr / (Low)	4x8	TRANSITION: Heel-toe wider for SQUAT WIDER Stance	
	4:19 QC / More _ I don't find	36x8	REPEAT SET 2 with SQUAT WIDER Stance RECOVERY: Shake out legs. Quadriceps Stretch.	



02. ALIVE 6:04mins

TECHNIQUE AND COACHING

1 MID SQUAT

LAYER 1

Coach Position and Execution set-up of the MID-Stance Squat to get the class moving well. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment. To activate the quads. Early pre-cues will allow participants to follow easily with good timing and range cues.

- **Feet outside hip-width, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- **Knees push forward to load the quads**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line** – that's your range
- Feel the timing and feel the legs
- The core is strong
- Are you getting the range?
- Locking and loading at the bottom range
- Keep the chest lifted
- It's burning already

2 WIDE SQUAT

LAYER 1 / LAYER 2

The focus is on glute and vertical drive. Quickly give all the basic alignment Layer 1 cues so everyone is with you. Layer 2 cues are designed to help participants achieve more from the workout. We do this through improving Execution and manipulating the intensity and educating them on what they are doing and how it should feel.

- **Heel-toe wider** for Wide Squat
- **Hips sit back and down**
- **Knees push out to engage glutes**
- **Butt stops just above knee line** – that's your range
- **Knees are tracking over second and third toes**
- Hold the bar strong into your upper back
- We want to feel the glutes now
- It is all about the hip drive
- Drive your hips forwards and up
- Can you feel it?
- When the hips finish directly under your shoulders, we create the perfect Squat
- Use the core to catch that Squat
- Stay down – right in the thick of it
- This is what shapes our legs
- Keep pushing the knees out; keep the chest lifted



02. ALIVE 6:04mins

TECHNIQUE AND COACHING

3 WIDER SQUAT

LAYER 1 / LAYER 2 / LAYER 3

Quickly coach Layer 1 Execution cues for the Wider Squat position with focus on alignment, timing and range. Fatigue is kicking in, so what will you do to create a great feeling in the room to drive motivation, creating big results for the legs? Be in the moment with your class; look into people's eyes when you teach so you bring your authentic self into the room; show your love of this training; show you're with them feeling every rep. This really is THE REP EFFECT™ in action!

- Shake out legs, reset **heel-toe wider**
- We have the Wider Squat
- Your perfect Squat – this is about you; we are here to support you
- Focus on **pushing through the outside edge of your feet** as you go down and come up
- Have you got that?
- Targeting the glute med
- **Drive out of the heels**
- It doesn't get better than this – this is it!
- Big sound, big energy, big muscles
- This is the easy bit – you've come this far
- You know what to do – you are at the finish line; you are with us
- Now overtake us
- Load it – all the muscles working together
- Stay in it, right till the very end

PUMP FACT

Training different stance widths in the Squats track allows us to vary the demands on our stabilizer muscles. Changing this activation throughout the track allows us to maintain a higher level of intensity and keep the pressure on our vertical drive muscles.



03. CHEST

WEIGHT SELECTION

NEW and 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 strength gains. Focus on coaching clarity of Execution including options, so the Bench Pushups are achievable for everyone.

MUSCLE FOCUS

Chest Press: Pectorals, triceps and deltoids
Pushup: Pectorals, deltoid, triceps, muscles of the core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Br / _ I feel like the sky	2x8	Set up ready for CHEST PRESS
	0:11	C / Play around	2x8	4/4 CHEST PRESS 1x
	0:17	_ One way up	5x8	2/2 5x
	0:32	V1 / _ Five, four, three, two	8x8	3/1 8x
	0:55	_ I said it once again	2x8	4/4 1x
	1:00	Me and my team	2x8	TRANSITION to back of bench for BENCH PUSHUP
	1:06	C / _ I feel like the sky	12x8	PUSHUP COMBINATION (16cts) 6x 2x 1/1 PUSHUP (8cts) 1x 2/2 PUSHUP (8cts) Options: Kneeling, on knees or toes
	1:40	Rep / Family family	2x8	TRANSITION to bench for CHEST PRESS
2	1:45	V2 / Hard for, swinging on	7x8	3/1 CHEST PRESS 7x
	2:05	Call me Mrs Money	2x8	4/4 1x
	2:11	Glory , hallelujah	2x8	TRANSITION to back of bench for BENCH PUSHUP
	2:17	C / _ I feel like the sky	12x8	PUSHUP COMBINATION (16cts) 6x
	2:51	Rep / Family family	1x8	TRANSITION to bench for CHEST PRESS
	2:54	Instr / (Heavy synth)	7x8	2/2 CHEST PRESS 7x
	3:17	C / _ I feel like the sky	12x8	CHEST PRESS COMBINATION (16cts) 6x 2x 1/1 CHEST PRESS (8cts) 1x 2/2 CHEST PRESS (8cts) Plate Option: 2x 1/1 A-PRESS 1x 2/2 A-PRESS
3	3:51	Rep / Family family	1½x8	TRANSITION to back of bench for BENCH PUSHUP
	3:56	Instr / (Heavy synth)	7x8	2/2 BENCH PUSHUP 7x
	4:18	C / _ I feel like the sky	12x8	PUSHUP COMBINATION (16cts) 6x RECOVERY: Shake the arms and roll the shoulders. Chest Stretch.



03. GO HARD OR GO HOME 4:58mins

TECHNIQUE AND COACHING

1 CHEST PRESS / BENCH PUSHUP

LAYER 1

Coach your class into the Position set-up for Chest Press 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. Clearly coach timing of the combination for the Pushups as well as options early to ensure success.

CHEST PRESS

- **Hands wide on the bar**
- Feet hip-width apart, close to bench
- **Bar over shoulders**
- Shoulders away from the ears
- **Target – middle of the chest**
- **Brace abs, lower back towards the bench**
- Draw the ribs down to create a great lifting position under the bar
- Elbows directly under the wrists – then your hands are wide enough
- **Elbows top of the bench for range**
- Transition coming – bars down
- Back of the bench for Pushups

BENCH PUSHUP

- **Hands wide**
- On knees or toes
- **Chest to elbow level for range**
- Two fast and one controlled
- **Core stays engaged**
- **Back long and strong**
- Great form will amplify our results

2 CHEST PRESS / BENCH PUSHUP

LAYER 2

The second block is a mix of Chest Press, Pushups then back to Chest Press. Continue to coach Execution for the Bench Press, helping participants create a strong foundation under the barbell for intensity. Once you have everyone moving well, help them to get more out of the Chest Press by using Layer 2 cues that explain how to improve Execution to build more tension and intensity.

CHEST PRESS

- Transition back to the barbell
- Hands wide
- Now imagine the bar is your opponent and it's trying to crush you every rep
- Stay smooth and controlled on the way down
- Explosive on the way up
- Back to the bench
- Imagine you're trying to leave a handprint on the barbell
- Squeeze the bar tightly; recruit more muscles into the workout
- The workout doesn't start until we feel like stopping
- If it feels like you want to drop the bar – congratulations, you've just shown up to the workout!

BENCH PUSHUP

- On knees or toes – we're going in
- This time your bench is your opponent
- We explode out of the bottom of the Press
- Enhancing our performance and results

3 BENCH PUSHUP

LAYER 2 / LAYER 3

Final set for Bench Pushups; the body is gaining fatigue 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?

- No matter what level – the results are coming
- Best results happen in the final set
- Everything we are feeling – strength, power, stability – we are taking it out of this move

PUMP FACT

Generating muscular change comes from achieving a state of fatigue. This will require different effort for each participant. The key is to use the correct options and range so everyone gets to the end of the track feeling like they couldn't do another block.



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.

MUSCLE FOCUS

Deadrow / High Pull: Lats, muscles of the upper back

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Instr / (Low vocals)	2x8	Set up DEADROW WIDE Stance
	0:10	V1 / Nights are numb	14x8	2/2 DEADROW WIDE Stance 7x
	0:53	_ That someday I'll find	2x8	TRANSITION: Heels back under hips to SET Stance, Shoulder Roll
	0:58	Instr / (Electronic drop)	16x8	COMBINATION (16cts) 2x 1/1 HIGH PULL (8cts) 1x 1/1 CLEAN & PRESS (8cts) 8x
	1:47	V2 / What's it like	4x8	TRANSITION: Bar down, stretch, then pick bar up; set up DEADROW WIDE Stance
2	1:58	PC / Wish I, I could find	10x8	TRIPLE DEADROW WIDE Stance (16cts) 5x
	2:28	QC / Off of my knees	2x8	TRANSITION: Heels back under hips to SET Stance, Shoulder Roll
	2:35	Instr / (Heavy synth)	8x8	COMBINATION (16cts) Use last 2cts to transition hands for WIDE DEADLIFT 4x
	2:59	Rep / _ Some day	8x8	4/4 WIDE DEADLIFT 4x
	3:23	Instr / (Low)	4x8	TRANSITION: Bar down, stretch, then pick bar up; set up DEADROW WIDE Stance
3	3:37	PC / Wish I, I could find	28x8	REPEAT SET 2
				RECOVERY: Plate down, shake out arms and legs, Torso Twists.

SMARTSTART

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



04. PEACE (KAIVON REMIX) 5:06mins

TECHNIQUE AND COACHING

1 DEADROW WIDE STANCE / HIGH PULL, CLEAN & PRESS COMBINATION

LAYER 1

We have a new feel – Deadrow with the WIDE Stance, creating a more stable foundation to engage the hamstrings and glutes and the whole posterior chain. Coach the Position and Execution simply; only say what you need to so that the messages and key components are heard. This brings focus to developing great lifting Technique to start the track strongly.

DEADROW WIDE STANCE

- **Take the feet outside shoulder-width**
- **Hinge forward from the hips**
- **Knees are bent**
- **Bar to knees, belly, knees and rise**
- **Drive out of heels as you rise** to recruit glutes and hamstrings
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eyes look out about 6 feet (2 meters)**
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**
- This block, we are setting up the movement pattern

HIGH PULL, CLEAN & PRESS COMBINATION

- Step your feet into SET Position, roll shoulders and set
- 2 High Pulls and 1 Clean & Press
- Pull drop and power
- **Bar to lower chest** on the High Pulls
- Lift heels to power the upper back
- **Keep the bar close to the body**
- Catch the bar high on the chest
- **Brace abs** when you catch
- **Hips go back as you catch**
- **Brace abs as you push the bar over head**
- **Elbows slightly forward at the top**

2 DEADROW WIDE STANCE / HIGH PULL, CLEAN & PRESS COMBINATION / WIDE DEADLIFT

LAYER 1 / LAYER 2

This block is about creating some mastery with coaching Layer 2 focus and then allowing space for participants to explore their own skill level. Empower participants by giving them the benefits of the movements – the WHY!

DEADROW WIDE STANCE

- Triple Rows this time
- Knees bent with chest lifted
- Drive into the heels to stand
- Do this to engage the powerhouse – posterior chain

HIGH PULL, CLEAN & PRESS COMBINATION

- Step in and roll
- Make the most of this time
- Jump under the bar quickly for efficiency

WIDE DEADLIFT

- Slow Deadlift, **hands wide**
- **Chest is lifted**
- **Brace the abs tightly**
- **Bar to knees**
- Feel the load into the lower back, glutes and hamstrings

3 DEADROW WIDE STANCE / HIGH PULL, CLEAN & PRESS COMBINATION / WIDE DEADLIFT

LAYER 2 / LAYER 3

Final block is the time to Connect with 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.

- Icing on the cake – let's put it all together
- Wide Stance feels so strong
- Building a stronger more functional body
- That's what BODYPUMP does for you
- Step in and roll
- Pull and drop under quickly
- Sit into the legs to power up
- Reset the posture to finish strongly
- Driving out of the hips and heels

PUMP FACT

The posterior sling refers to the connection between our lats and glutes. When we create a firm foundation through our hips as we row the bar, we enhance this connection – generating more stability and strength for day-to-day activities.



05. TRICEPS

WEIGHT SELECTION

NEW and REGULARS: Barbell with Warm-up weight or more and 1x light weight plate

TRACK FOCUS

Clearly coach Position and Execution set-up with focus on Targets and Timing for the bar work and Kickbacks. Pre-cues are essential for participant success and enjoyment. Show your love of music and movement.

MUSCLE FOCUS

Tricep Extension and Kickback: Triceps
Tricep Press: Triceps and deltoids

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / When you wake up	2x8	Set up TRICEP EXTENSION on bench
	0:12	When you wake up	2x8	4/4 TRICEP EXTENSION 1x
	0:20	_ When get a little	4x8	2/2 4x
	0:34	Rep / By your Side	4x8	1/1/2 4x
	0:50	Instr / (Melody)	8x8	TRICEP PRESS COMBINATION (16cts) 4x 2x 1/1 TRICEP PRESS (8cts) 1x TRIPLE PULSE TRICEP PRESS (8cts)
2	1:20	V2 / When you wake up	4x8	2/2 TRICEP EXTENSION 4x
	1:35	PC / Be there	4x8	1/1/2 4x
	1:50	Drop / I'll be there	4x8	TRICEP PRESS COMBINATION (16cts) 2x
	2:05	Instr / (Low guitar strum)	2x8	4/4 TRICEP EXTENSION 1x
	2:12	Ohhh	2x8	TRANSITION: Bar down, pick up light plate and set up TRICEP BENCH KICKBACK L
	2:20	Br / So lift your hand	4x8	3/1 TRICEP BENCH KICKBACK L 4x
	2:35	Drop / I'll be there	8x8	TRICEP BENCH KICKBACK COMBINATION L (16cts) 4x 2x 1/1 TRICEP BENCH KICKBACK L (8cts) 1x TRIPLE TRICEP BENCH KICKBACK L (8cts)
3	3:05	Instr / (Low)	2x8	TRANSITION: Plate down, pick up bar and set up TRICEP EXTENSION on bench
	3:15	V3 / When you wake up	26x8	REPEAT SET 2 RECOVERY: Shake out arms, Tricep Stretches.



05. BY YOUR SIDE 4:55mins

TECHNIQUE AND COACHING

1 TRICEP EXTENSION / TRICEP PRESS

LAYER 1

Coach Layer 1 Position and Execution set-up 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 moves.

TRICEP EXTENSION

- Lie down on the floor, feet in close to bench
- **Hands shoulder-width on the bar**
- **Abs braced**
- Shoulders back and down
- **Bar to forehead**
- Elbows point towards ceiling
- **Elbows stay directly above shoulders**
- Squeeze elbows in to load the triceps

TRICEP PRESS

- **Target bottom of the ribs, elbows tucked in**
- **Elbows stop at bench height**

2 TRICEP EXTENSION / TRICEP PRESS / TRICEP KICKBACK

LAYER 1 / LAYER 2

Continue to coach Execution with the barbell as the first block is short. Reinforce Targets and then start to challenge participants by using Layer 2 cues that help improve their Technique.

TRICEP EXTENSION

- Success in the Triceps track is all about what is not moving
- Check upper arm is still
- Keep squeezing the elbows in to isolate
- Slow extension to get the tension we love

TRICEP PRESS

- Back into the combination
- Integrating the muscles

TRICEP KICKBACK

- Grab your weight plate
- Back of the bench
- One hand on the bench
- Plate at hip level
- Extend the plate and arm to the back of the room
- **Square the body to the bench**
- **Brace the abs**
- **Chest lifted**
- This is how we tone and shape the arms
- Try and stay in the top range of the Kickback

3 TRICEP EXTENSION / TRICEP PRESS / TRICEP KICKBACK

LAYER 2 / LAYER 3

The final block of barbell work is back with Tricep Extensions and Presses. The overload is kicking in now; 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!

- Final block – back to the barbell
- Don't forget – what is not moving?
- Lock everything down
- Keep the shoulders down out of the work
- Setting up for success
- Tuck chin in and look forwards as we are going to the finish line
- Passing the baton to your team-mate
- We are supporting you, right to the finish
- Squeeze out the juice in the back of the arm

PUMP FACT

Creating a sense of enjoyment doesn't just feel good – it can be what shifts people from exercising because they need to, to exercising because they want to. Focusing on the enjoyment factor in a track like this helps increase the likelihood your participants will keep returning to class.



06. BICEPS

WEIGHT SELECTION

Barbell with Warm-up weight or slightly more

TRACK FOCUS

Clearly coach Timing to hook participants into the feel of the musical flavor. Focus on Execution of the Bicep Curl to find the burn, harness it and own it!

MUSCLE FOCUS

Bicep Curl: Biceps

Bicep Row: Biceps, mid and upper back

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Electric guitar)	2x8	Set up BICEP CURL SET Stance	
	0:11	Instr / (Symbols)	4x8	4/4 BICEP CURL SET Stance	2x
	0:23	V1 / Well it's too long living	10x8	2/2 SPLIT Stance	10x
	0:53	C / In the jungle	8x8	BICEP CURL COMBINATION (16cts) SET Stance 2x 1/1 BICEP CURL (8cts) 2x PULSE MID-RANGE CURL (8cts)	4x
2	1:16	V2 / Lost my mind	10x8	2/2 BICEP CURL SPLIT Stance	10x
	1:46	C / Into the jungle	8x8	BICEP CURL COMBINATION (16cts) SET Stance	4x
	2:10	Rep / Into the jungle	10x8	2/2 BICEP ROW (16cts)	5x
	2:40	C / Into the jungle	8x8	BICEP CURL COMBINATION (16cts) Last rep, slow on the way down	4x
	3:04	Rep / Into the jungle	4x8	RECOVERY: Bar down, shake out arms then pick up bar for BICEP CURL	
3	3:16	Neon lights _	7x8	2/2 BICEP CURL SPLIT Stance	7x
	3:37	C / Into the jungle	8x8	BICEP CURL COMBINATION (16cts) SET Stance	4x
	4:00	Rep / Into the jungle	10x8	2/2 BICEP ROW (16cts)	5x
	4:30	C / Into the jungle	8x8	BICEP CURL COMBINATION (16cts) Last rep, slow on the way down RECOVERY: Shake out arms, Bicep Stretches	4x



06. JUNGLE 4:58mins

TECHNIQUE AND COACHING

1 BICEP 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*
- **Bar stops just below the shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Full range on the Curl*
- *Just above and below the mid-line on the Pulse*

2 BICEP CURL / BICEP ROW

LAYER 1 / 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 foundation of the body position and position of the elbows this keeps load in the targeted muscles and creates the strong platform in our posture to load effectively.

BICEP CURL

- *Let's set the foundation*
- *Knees soft, anchor the feet*
- *Alignment is the gateway to isolation*
- *Lock the elbows in to isolate*
- *The burn is on the way*
- *Charge back into the combination*
- *Isolation is dialed all the way up*

BICEP ROW

- *Slow Bicep Row*
- **Bar to knees, ribs, knees and SET Position**
- **Lift chest and brace abs**
- *We need this recovery*
- *Try squeezing the glutes as we come back to SET Position*

3 BICEP CURL / BICEP ROW

LAYER 2 / 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 finish line?

- *Take a quick recovery*
- *Final round – it's all about harnessing the burn*
- *Let's live in the burn for the next 90 seconds*
- *If you're feeling the burn, you are getting stronger*
- *Hang on, as this is where the benefits happen*
- *The workout isn't over until the bar is on the floor*
- *That means the benefits keep on coming*

PUMP FACT

'Alignment is the gateway to isolation' is a great rule of thumb for the Biceps track. This alignment includes keeping the chest lifted, shoulder blades stable and upper arm vertical.

Fatigue will increase the tendency to shift out of this position and try and use other muscles instead.



07. LUNGES

WEIGHT SELECTION

1x barbell with Warm-up weight
Options: Plate or body weight

TRACK FOCUS

Focus on coaching alignment of the Lunge to help participants set great Technique to achieve intensity and results from the start of the track. Educate your participants on the glute stability and strength gains as we work dynamically.

MUSCLE FOCUS

Lunge: Glutes and quadriceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Work it	4x8	Set up LUNGE L
	0:21	Instr / (Distorted guitar strum)	4x8	4/4 LUNGE L R leg steps B for LUNGE L
	0:35	(Low drop)	8x8	STEPPING LUNGE COMBINATION L (16cts) 3x 1/1 LUNGE L (12cts) R foot steps F (2cts) R foot steps B (2cts)
	1:05	Rep / _ Move your body	4x8	PULSE STEPPING LUNGE COMBINATION L (8cts) 1x TRIPLE PULSE LUNGE L (6cts) R foot steps F (1ct) R foot steps B (1ct) Last rep, hold at the top for LUNGE L
	1:19	PC / Work it, everybody	4x8	2/2 LUNGE L
	1:34	Rep / Work it work it	4x8	1/1/2 After last rep, hold at the top for 4cts
	1:50	Instr / (Heavy beat)	8x8	STEPPING LUNGE COMBINATION L (16cts)
	2:20	Rep / _ Move your body	4x8	PULSE STEPPING LUNGE COMBINATION L (8cts)
	2:34	Work it, move	2x8	TRANSITION: Shake out legs, set up LUNGE R
	2:42	Instr / (Distorted guitar strum)	36x8	REPEAT SET 1 on R side RECOVERY: Shake out arms, Quadricep Stretches.



07. YOUR BODY 4:59mins

TECHNIQUE AND COACHING

1 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. This avoids too much compression in 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.

- **Long step back**
- *Ribs down to engage the core*
- **Brace the abs and lift the chest**
- **Hips and shoulders square to the front** to set alignment
- **Back knee towards the floor**
- **Front knee out over toes**
- **Front thigh parallel to the floor**
- *3 Singles with a step in and out*
- *Step up to the front heel level*
- **Feet stay hip-width apart**
- *It's a long step every time*
- *Stay low as we tap the floor*
- *We want to activate the glutes at the bottom of the Lunge*
- *Try contracting and squeezing the glutes as you push out from the bottom*
- *The work lives in the bottom range – 90 degrees*
- *Welcome the burn – can you feel it kicking in?*

2 LUNGE

LAYER 2 / LAYER 3

Block 2 is a repeat of Block 1 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 with their bodies. Check for their learning by asking questions so your connection with them deepens and you involve them in the experience.

- *Let's reset other side*
- *Chest is lifted for posture*
- *Ribs down to engage the core*
- *The long step back will even out the load between both legs*
- *We are going to double the results*
- *Time to re-ignite the legs*
- *If we can squeeze both glutes at the bottom of the Lunge, we focus on vertical and horizontal drive*
- *We are working on our athletic performance*
- *Harness the burn and feed it*
- *It's getting tough in the workout – we are getting stronger*
- *Dominate the reps*

PUMP FACT

As Ben states during this track, the glutes are active in the front and back legs when lunging. Most participants will naturally feel glute engagement in the front leg as they drive out of the bottom Lunge.

Feeling the engagement in the back leg can be a little tricky. This hip is in extension and some will find that their glutes have forgotten how to work in this position. Bringing awareness to this and actively stabilizing the leg will help re-ignite gluteal control in this part of the range.



08. SHOULDERS

WEIGHT SELECTION

2x light to medium weight plates
1x barbell with Warm-up weight or slightly more

TRACK FOCUS

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

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Woah, uh	4x8	Set up TIPPING REAR DELTOID FLY WITH TWIST
	0:17	V1 / I try to be	8x8	4/4 TIPPING REAR DELTOID FLY WITH TWIST SET Stance At top of move, knuckles pull back and plates open
	0:43	I'm always _	4x8	2/2
	0:56	C / I don't wanna	8x8	1/1/2
	1:22	Instr / (Electric guitar)	8x8	1/1/1/1 STANDING SIDE RAISE WITH EXTENSION (8cts)
				4x
2	1:48	V2 / We take, then you	8x8	2/2 TIPPING REAR DELTOID FLY WITH TWIST
	2:14	C / I don't wanna	8x8	1/1/1/1 STANDING SIDE RAISE WITH EXTENSION (8cts)
	2:38	Instr / (Guitar)	2x8	TRANSITION: Plates down, pick up barbell for STANDING O/H SHOULDER PRESS
	2:45	(Drums)	2x8	4/4 STANDING O/H SHOULDER PRESS SPLIT Stance
	2:52	(Electric guitar)	8x8	SHOULDER PRESS COMBINATION (16cts) 2x 1/1 STANDING O/H SHOULDER PRESS (8cts) 1x 2/2 STANDING O/H SHOULDER PRESS (8cts)
	3:17	(Low)	2½x8	TRANSITION: Bar down, pick up plates for TIPPING REAR DELTOID FLY WITH TWIST
3	3:25	V3 / Sometimes I feel	6x8	2/2 TIPPING REAR DELTOID FLY WITH TWIST
	3:45	C / I don't wanna	8x8	1/1/1/1 STANDING SIDE RAISE WITH EXTENSION (8cts)
	4:10	Instr / (Guitar)	2x8	TRANSITION: Plates down, pick up barbell for STANDING O/H SHOULDER PRESS
	4:17	(Drums)	2x8	4/4 STANDING O/H SHOULDER PRESS SPLIT Stance
	4:23	(Electric guitar)	8x8	SHOULDER PRESS COMBINATION (16cts)
				RECOVERY: Shake out arms, Shoulder Stretches.



08. COME & GO 4:52mins

TECHNIQUE AND COACHING

1 TIPPING REAR DELTOID FLY WITH TWIST / STANDING PLATE SIDE RAISE WITH SIDE EXTENSION

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. Encourage a small twist at the top of the Fly to engage the posterior shoulder, aiming for a squeeze of the shoulder blades for great activation.

TIPPING REAR DELTOID FLY WITH TWIST

- Strong SET Position
- **Tip forward from hip** and fly
- As you open up twist the plates at the top
- **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 the back of the shoulder
- Bend your knees and drive out of the heels as you stand

STANDING SIDE RAISE WITH EXTENSION

- Side Raise with Extension
- Elbows out wide
- **Brace abs**
- **Chest lifted**
- **Elbows stop under the shoulder line**
- Keeps us in tension for longer

2 TIPPING REAR DELTOID FLY WITH TWIST / STANDING SIDE RAISE WITH EXTENSION / STANDING OVERHEAD SHOULDER PRESS

LAYER 2

Block 2 is a repeat of the first then builds into the overhead bar work. Focus on mastering Execution, allowing participants to explore the moves and selling the benefits of this training. Encourage them finish the block strongly!

TIPPING REAR DELTOID FLY WITH TWIST

- Push the plates out and pull back in
- The twist at the top is starting to kick in already
- Keep the chest lifted and focus on the hip hinge to activate more muscles
- The knuckles turn to the rear

STANDING SIDE RAISE WITH EXTENSION

- This works deep into the middle of the deltoids, bringing tension to the shoulders
- Stay with the timing
- Try and extend as far as you can
- Keep the body strong and stable
- Good news – we are about to put the plates down and pick up the barbell

STANDING OVERHEAD SHOULDER PRESS

- Clean the bar to the collarbones
- SPLIT Stance
- From the **chin to the ceiling**
- **Elbows forward as you press**
- **Chest lifted, abs braced**
- Lock your base and drive out of the heels and balance in the offset position

3 TIPPING REAR DELTOID FLY WITH TWIST / STANDING SIDE RAISE WITH EXTENSION / STANDING OVERHEAD SHOULDER PRESS LAYER 3

We repeat Block 3 again and the challenge is to get your participants to make the most out of each exercise, building shoulder fatigue with the outcome of total shoulder fatigue. Encourage them to stay in for results!

- Bars out – last set for the Flys
- Shaping our shoulders
- We have a burn on
- Last set with the barbell
- Everything under the barbell is strong
- Challenge is on the 2/2 timing
- Control and stability

PUMP FACT

The shoulder is the most mobile joint in the body because there is minimal bone contact between the humerus and the scapula. This means our stabilizing muscles are really important for shoulder integrity.

We refer to these stabilizers as intrinsic muscles as they are deep and located very close to the joint. These muscles are responsible for keeping our joint surfaces aligned during dynamic activities such as the Overhead Press.



09. CORE

TRACK 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 learned the exercises, help them understand how to increase or decrease the intensity so everyone is successful.

MUSCLE FOCUS

Bicycle Crunch and C-Crunch: Rectus abdominis, obliques
Hip Bridge: Posterior chain
Hover: Rectus abdominis, obliques, back muscles, shoulders and hip muscles
Mountain Climber: Muscles of the core, shoulder stabilizers, hip flexors

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Guitar strum)	4x8	Set up ALT SINGLE-LEG EXTENSION	
	0:19	V1 / _ Where did it	8x8	2/2 ALT SINGLE-LEG EXTENSION F, B Options: Extend leg out straight or toe-tap with knee bent	4x
	0:45	Let you go	8x8	2/2 DOUBLE-LEG EXTENSION Options: Extend leg out straight or toe-tap with knees bent	8x
	1:12	Instr / (Synth melody)	8x8	COMBINATION 1 (16cts) 1x BICYCLE CRUNCH F, B (8cts) 1x TRIPLE PULSE C-CRUNCH (8cts) Options: Extend legs out straight or toe-tap with knees bent	4x
2	1:39	V2 / _ No need to	8x8	2/2 HIP BRIDGE	8x
	2:06	Let you go	8x8	1/1/1/1 ALT SINGLE-LEG HIP BRIDGE WITH LEG EXTENSION F, B (16cts) Keep hips lifted when alternating legs	4x
	2:33	Instr / (Synth melody)	12x8	1/1/1/1 ALT SINGLE-LEG HIP BRIDGE WITH PIKE LEG EXTENSION F, B (16cts) Knee Lifts (2cts), leg extends up (2cts), leg lowers to 45° (2cts), knee bends and foot down (2cts). Repeat on other side (8cts)	6x
	3:14	_ Slowly	4x8	TRANSITION to PLANK	
3	3:28	_ I don't wanna	4x8	2/2 ALT WALKING PLANK/HOVER (8cts) Alternate leading arm Options: On knees or toes	4x
	3:41	Let you go	20x8	COMBINATION 2 (16cts) 1x 2/2 ALT WALKING PLANK/HOVER (8cts) 1x MOUNTAIN CLIMBER F, B (8cts) Last rep, hold PLANK to finish	10x



09. GOLD (KYND REMIX) 4:53mins

TECHNIQUE AND COACHING

1 ALTERNATING SINGLE-LEG EXTENSION / BICYCLE CRUNCH, C-CRUNCH COMBINATION

LAYER 1 / LAYER 2

Coach the Layer 1 Position and Execution set-up of all of the moves with clear Timing and Target coaching.

ALTERNATING SINGLE-LEG EXTENSION

- Come down to the floor, side-on
- Arms are wide
- **Brace abs, lower back down**
- **Knees over hips, shins parallel**
- Extend one leg at a time
- **Lower back pressing down towards the floor as your legs extend**
- Warming up the lower abs to start
- Try a Double-Leg Extension
- You can extend the legs long or toe-tap down

BICYCLE CRUNCH, C-CRUNCH COMBINATION

- Combination – Bicycle Twists to the front and back
- Fingertips to the temples
- C-Crunch Triple Pulse
- **Opposite shoulder to knee on the twist**
- **Twisting from the center of the chest**
- Keep elbows wide
- **Ribs to hips on the Crunch**
- Bent legs or straight legs
- **Brace abs to stabilize hips and pelvis**
- Upper abs are firing now

2 HIP BRIDGE

LAYER 1 / LAYER 2

New exercises – Hip Bridge with levels. Cover the basics and give options so the class can follow easily and everyone is successful. Focus is to keep hips high and level to develop horizontal power from the glutes. Motivate, Educate and Connect with the moves and music.

- Feet in close to butt
- Start easy 2/2 Hip Bridge
- **Squeezing the glutes to lift the hips**
- Driving out of the heels
- Brace abs to stabilize lower back position
- Big focus on the glutes to get us super strong for the track
- Try a Single-Leg Hip Bridge
- Knee Lift and extend leg out to 45 degrees
- **Try and keep the hips high and level**
- Full activation of the glutes
- Shall we add a little more?
- As you extend the leg up, push out of the bottom heel to give you the extra intensity
- Come right up onto the shoulders
- Working the powerhouse

3 ALTERNATING WALKING PLANK/HOVER, MOUNTAIN CLIMBER COMBINATION

LAYER 1 / LAYER 2 / LAYER 3

We change the exercises to a Walking Hover and Mountain Climber combination 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.

- Set up for a Plank
- **Hands shoulder-width apart**
- On knees or toes
- Walking down to a Hover
- Alternate the arms
- **Core strong**
- **Back long and straight**
- **Squeeze glutes to stabilize hips and pelvis**
- Add on 2 Climbers
- If you're on your knees you will still get a great workout
- Try and replace your hand where your elbow is for precision
- **Hips are low – abs are braced**
- We love to train like this – whole-body training
- We are preparing our bodies to climb mountains
- If you're rocking in the hips, take your feet wider



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05 Instr / (Distorted vocals)	2x8	Set up LYING HAMSTRING STRETCH
	0:13 V1 / Well, I've been lost	4x8	LYING HAMSTRING STRETCH F Hold behind calf or hamstring of front leg, B leg bent
	0:32 But now I'm drifting	4x8	LYING GLUTE STRETCH F Hook front ankle over B knee and pull knee into chest
	0:50 C / Saying why are you	4x8	LYING HAMSTRING STRETCH B
	1:08 Rep / You far away	4x8	LYING GLUTE STRETCH B
	1:26 V2 / I know you tried	1x8	TRANSITION to CHILDS POSE
2	1:31 There was nothing	3x8	CHILDS POSE
	1:44 Held on tightly	4x8	2x CAT POSE (8cts) / COW POSE (8cts)
	2:02 Saying why are you	4x8	KNEELING HIP FLEXOR STRETCH WITH ARM REACH R
	2:20 PC / Why is there so	4x8	KNEELING HIP FLEXOR STRETCH WITH ARM REACH L
	2:38 C / Why are you far away	4x8	STANDING QUADRICEP STRETCH L
	2:57 Rep / You far away	3x8	STANDING QUADRICEP STRETCH R
	3:15 Outro /	1x8	ROLL SHOULDERS and SHOULDER STRETCH L, R



10. Y R U FAR AWAY 3:17mins

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

2x light to heavy weight 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. 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

Bicep Curl: Biceps

Tricep Extension: Triceps

Tricep Pushup: Triceps and deltoids

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Whirl)	4x8	Set up BICEP PLATE CURL SET Stance	
	0:20	Rep / Feels tight _	4x8	2/2 BICEP PLATE CURL SET Stance	4x
	0:34	Instr / (Clap + low synth)	4x8	1/3	4x
	0:49	(Low B up)	4x8	1/1 Use last 4cts to stack plates together and transition to STANDING O/H TRICEP EXTENSION SPLIT Stance	7x
	1:04	Rep / Feels tight _	8x8	1/1 STANDING O/H TRICEP EXTENSION SPLIT Stance	16x
	1:33	Instr / (Low whirl)	4x8	TRANSITION to kneeling, L knee F, 1x plate in L hand, ready for KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL L	
2	1:48	Instr / (Staggered horn)	4x8	2/2 KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL L	4x
	2:03	(B up)	4x8	1/3	4x
	2:17	(Wind-up)	4x8	1/1 Use last 4cts, plate down and transition to floor, ready for TRICEP PUSHUP	7x
	2:32	Feels tight _	8x8	1/1 TRICEP PUSHUP Options: Kneeling or on knees or toes	16x
	3:01	(Low whirl)	4x8	TRANSITION to kneeling, R knee F, 1x plate in R hand, ready for KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL R	
	3:16	Instr / (Staggered horn)	4x8	2/2 KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL R	4x
3	3:31	(B up)	4x8	1/3	4x
	3:45	(Wind-up)	4x8	1/1 Use last 4cts, plate down and transition to floor, ready for TRICEP PUSHUP	7x
	4:00	Rep / Feels tight _	8x8	1/1 TRICEP PUSHUP Options: Kneeling or on knees or toes RECOVERY: Shake out arms, Tricep and Bicep Stretches.	16x



45-MIN FORMAT

05. JUST FEELS TIGHT 4:45mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL / STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

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

BICEP PLATE CURL

- *Pick up your plates*
- *SET Position*
- **Brace abs and lift chest**
- *Squeeze the shoulder blades together and set the scapula*
- **Plates to shoulders**
- **Lower all the way down**
- **Elbows directly under shoulders** – that's going to start the isolation

STANDING OVERHEAD EXTENSION

- *Stack your plates or just use one plate*
- *Tricep Extensions*
- *Split Stance*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Brace abs, chest lifted**
- **Elbows tuck in**
- *The isolation is starting*
- *Short sets mixing up biceps and triceps so let's work as hard as we can*

2 KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL / TRICEP PUSHUP

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up of the Single-Arm Plate Bicep Curl and Tricep Pushup to get everyone moving well on the Timing. Give options early so everyone feels successful. Take the time to set people 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.

KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL

- *One plate down*
- *Come to a kneeling position, one leg forward*
- **Tip torward from the hip**
- **Elbow into the thigh**
- **Chest lifted, brace abs**
- **Target – shoulder and extend fully**
- *Body super still*
- *Stability creates isolation*

TRICEP PUSHUP

- **Hands under shoulders**
- *On knees or toes*
- **Chest to elbow height**
- *You can bring your knees in anytime*
- **Brace abs**
- **Elbows close to ribs**
- *Push the floor away*
- *Engage the glutes to provide a strong base to work from*
- *Body moves as one – one superhero unit!*

3 KNEELING ISOLATED SINGLE-ARM BICEP PLATE CURL / TRICEP PUSHUP

LAYER 2 / LAYER 3

Final block of work. Fatigue is accumulating fast – remind participants of posture for control and strength gains. What will you say and do to Motivate your class to the end?

- *Shake out the arms*
- *Other arm to do*
- *Tip forward from the hips, chest lifted*
- *We love to do this sort of training – we are balancing out our bodies*
- *Press the elbow into the leg for stability*
- *Full range of motion*
- *Get that slow control – that means results*
- *As soon as you can do 16 Pushups on your knees you can work for toes*

PUMP FACT

Supersetting allows us to maintain a high intensity for the whole track.

Rotating between the isolated bicep work and integrated triceps also keeps the energy burn up.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

1x barbell with Warm-up weight and 1x medium to heavy weight plate

TRACK FOCUS

The coaching focus is on integrating the connection from the lower to upper body to optimize functional strength and train the imbalances in our bodies. Clear set-up of each exercise, along with early pre-cues, is essential for your participants to be able to follow easily.

MUSCLE FOCUS

Upright Row / High Pull / Clean & Press: Deltoids and posterior chain: Glutes, hamstrings, lower and upper back

Lunge with Plate Work: Deltoids, trapezius, muscles of the upper back, glutes, quads, core and posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / I wish	4x8	SET Position. Shoulder Roll	
	0:18 Pull back	4x8	4/4 BARBELL UPRIGHT ROW SET Stance	2x
	0:31 QC / Make you cry	8x8	2/2	8x
	0:57 Rep / Make you cry	8x8	1/1/2	8x
	1:22 Instr / (Heavy synth)	8x8	BARBELL COMBINATION (16cts) 2x 1/1 HIGH PULL (8cts) 1x 1/1 CLEAN & PRESS (8cts)	4x
	1:47 (Low whirl)	4x8	TRANSITION: Bar down, plate in R hand, R foot B for PLATE LUNGE L	
2	2:01 V2 / Yeah I know	4x8	2/2 PLATE LUNGE L	4x
	2:14 Rep / Make you cry	8x8	1/1/2 Use last 4cts of last rep to step foot B into SET Stance for PLATE COMBINATION	8x
	2:40 Make you cryyyy	8x8	PLATE COMBINATION 1 R (16cts) SET Stance 2x 1/1 SINGLE-ARM PLATE HIGH PULL R (8cts) 1x 1/1 SINGLE-ARM PLATE CLEAN & PRESS R (8cts)	4x
	3:05 Instr / (Drop)	8x8	PLATE COMBINATION 2 R (16cts) 2x 1/1 SINGLE-ARM PLATE HIGH PULL R (8cts) 1x 1/1 SINGLE-ARM PLATE CLEAN, BACKWARD-STEPPING LUNGE L WITH O/H SHOULDER PRESS R (8cts) Clean plate (2cts), step foot B into full Lunge and press plate O/H (2cts), step foot B in and pull plate back to shoulder (2cts), plate back down to set (2cts)	4x
	3:31 (Distorted synth)	8x8	PLATE COMBINATION 3 R (16cts) SET Stance 2x 1/1 SINGLE-ARM PLATE HIGH PULL R (8cts) 1x 1/1 SINGLE-ARM PLATE CLEAN, DROP LUNGE L WITH O/H SHOULDER PRESS R (8cts) Clean plate (2cts), jump foot B into full Lunge and press plate O/H (2cts), jump foot B in and pull plate back to shoulder (2cts), plate back down to set (2cts)	4x
3	3:57 V3 / I wish I didn't	4x8	TRANSITION: Plate in L hand, L foot B for PLATE LUNGE R	
	4:09 Yeah I know	36x8	REPEAT SET 2 on other side RECOVERY: Shake out arms, Shoulder and Quadricep Stretches.	



45-MIN FORMAT

07. MAKE YOU CRY 6:12mins

TECHNIQUE AND COACHING

1 UPRIGHT ROW / HIGH PULL, CLEAN & PRESS COMBINATION

LAYER 1

Coach Layer 1 Position and Execution set-up for the shoulder exercises with the barbell, focusing on Timing, range and precision of movement. Reinforce Timing and range cues so participants feel successful and chase the burn.

UPRIGHT ROW

- SET Position
- Upright Row
- **Bar stops at lower chest**
- **Keep the bar close to the body**
- **Elbows lead the movement**
- **Squeeze in between the shoulder blades** at the top of the move to set clean technique for the pulling phase
- *Feel all the muscles working together now*

HIGH PULL, CLEAN & PRESS COMBINATION

- 2 High Pulls and 1 Clean & Press
- Lift heel on the High Pulls
- **Catch the bar high on the chest**
- **Hips go back as you squat on the way up and down**
- **Brace the abs and lift the chest**

2 PLATE LUNGE / SINGLE-ARM PLATE HIGH PULL / SINGLE-ARM PLATE CLEAN & PRESS / SINGLE-ARM PLATE CLEAN, BACKWARD-STEPPING LUNGE WITH OVERHEAD SHOULDER PRESS

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up for new exercises, focusing on Timing, range and precision of movement. Be super clear with pre-cues when the combination hits. Reinforce Timing and range cues so participants feel successful and chase the burn.

PLATE LUNGE

- Put barbell down
- Grab a medium to heavy weight plate
- **Take a long stride back to Lunge**
- **Square the hips to front and brace the abs**
- **Front knee out over toes and back knee down**
- **Front thigh parallel for range**
- Push away from the floor
- Squeeze the glutes at the bottom of the move

SINGLE-ARM PLATE HIGH PULL / SINGLE-ARM PLATE CLEAN & PRESS / SINGLE-ARM PLATE CLEAN, BACKWARD-STEPPING LUNGE WITH OVERHEAD SHOULDER PRESS

- 2 High Pull and 1 Clean & Press
- Clean the plate
- **Brace abs tightly in the Press**
- **Plate stays close to the body**
- Drive out of the legs
- New combo coming
- 2 High Pulls, 1 Clean, Lunge and Press
- Get a feel for this move
- **Brace the abs, keep chest lifted**
- If we are feeling good, drop into the Lunge
- **Keep hitting the long stride in the Lunge**
- **Keep the elbow forward on the Press**
- Strong and controlled under the weight

3 PLATE LUNGE / SINGLE-ARM PLATE HIGH PULL / SINGLE-ARM PLATE CLEAN & PRESS / SINGLE-ARM PLATE CLEAN, BACKWARD-STEPPING LUNGE WITH OVERHEAD SHOULDER PRESS

LAYER 2 / LAYER 3

Once your participants are moving well on the other side, give them a Layer 2 focus and then allow them to explore it in their bodies. You want participants to stay with the mind-body connection of work to focus on working through the body's imbalances. The song is super cool and will set the scene and build – so use it! Motivation is the key!

- *We have an opportunity to really focus and work on the imbalances in our bodies*
- *One side might be awesome; one side might need more work*
- Long step back for Static Lunge
- Square hips and shoulders to front again to get even weight in both legs
- Brace the abs and lift chest
- Squeeze both glutes at the bottom of the Lunge – the front leg focuses on the vertical drive; the back leg focuses on the horizontal drive, creating great leg training
- Step in – 2 Pulls and 1 Clean
- This offset position challenges our stability and control
- Work as hard as you can
- Drive the front heel into the floor as you lunge
- The last reps are always the hardest, but they create the biggest change



45-MIN FORMAT

09. FUNCTIONAL TRAINING

WEIGHT SELECTION

1x light to medium weight plate

TRACK FOCUS

We focus on developing the muscles of the core 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
- Leg Extension:** Lower abdominals
- Back Extension:** Erector spinae and glute max
- Side Hover with Crunch:** Obliques, QL, glute med

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Trumpets)	2x8	Set up HIP BRIDGE with plate on chest	
	0:11	V1 / _ Baby back ayy	8x8	2/2 HIP BRIDGE WITH PLATE PRESS As hips push up, arms extend up to press plate straight up	8x
	0:35	C / Told you long ago	8x8	3x PULSE HIP BRIDGE WITH PLATE PRESS Arms stay extended in the Pulses Use last 8cts to set up for ALT SINGLE-LEG EXTENSION WITH O/H PLATE EXTENSION	7x
2	1:01	V2 / Uh need to _	8x8	2/2 ALT SINGLE-LEG EXTENSION WITH O/H PLATE EXTENSION F, B (16cts)	4x
	1:27	PC / One is for the champions	4x8	2/2 DOUBLE-LEG EXTENSION WITH O/H PLATE EXTENSION	4x
	1:40	C / Told you long ago	7x8	3x PULSE HIP BRIDGE WITH PLATE PRESS	7x
	2:03	Tell 'em that the break	3x8	TRANSITION: Plate down. Roll over onto stomach, extend both arms to 45°, thumbs up, chin tucked in	
	2:13	V3 / The world gas	6x8	2/2 BACK EXTENSION	6x
	2:32	I made it so	8x8	1/1/1/1 BACK EXTENSION WITH SHOULDER RETRACTION (8cts) Lift chest (2cts) Pull elbows back (2cts) Extend arms out (2cts) Lower body to floor (2cts)	8x
	2:56	C / Told you long ago	2x8	TRANSITION to a SIDE HOVER L	
	3:03	Run from nothing	6x8	2/2 SIDE HOVER WITH OBLIQUE CRUNCH L	6x
	3:22	Instr / (Trumpets)	4x8	1/1	8x
	3:36	(Low)	2½x8	TRANSITION onto back with plate, ready for ALT SINGLE-LEG EXTENSION WITH O/H PLATE EXTENSION	



45-MIN FORMAT

09. FUNCTIONAL TRAINING

	MUSIC		SEQUENCE/EXERCISE		REPS
3	3:44	V4 / Tell a I don't see	6x8	2/2 ALT SINGLE-LEG EXTENSION WITH O/H PLATE EXTENSION F, B (16cts)	3x
	4:03	PC / One is for the champions	4x8	2/2 DOUBLE-LEG EXTENSION WITH O/H PLATE EXTENSION	4x
	4:15	C / Told you long ago	7x8	3x PULSE HIP BRIDGE WITH PLATE PRESS	7x
	4:38	Tell 'em that the break	3x8	TRANSITION: Plate down. Roll over onto stomach, extend both arms to 45°, thumbs up, chin tucked in	
	4:48	V5 / The world gas	6x8	2/2 BACK EXTENSION	6x
	5:07	I made it so	8x8	1/1/1/1 BACK EXTENSION WITH SHOULDER RETRACTION (8cts)	8x
	5:32	C / Told you long ago	2x8	TRANSITION to a SIDE HOVER R	
	5:38	Run from nothing	6x8	2/2 SIDE HOVER WITH OBLIQUE CRUNCH R	6x
	5:58	(Trumpets)	4x8	1/1	8x



45-MIN FORMAT

09. INDUSTRY BABY 6:12mins

TECHNIQUE AND COACHING

1 HIP BRIDGE

LAYER 1

Coach Layer 1 Position and Execution for the Hip Bridge, one cue at a time for clarity.

- Lie down on the floor, side-on
- **Feet hip-width apart**
- Plate on chest
- Hip Bridge and push the plate straight up
- Drive through your heels, and lift hips up
- **Squeeze through your glutes**
- **Square the hips to the floor and keep them level**
- 3 Pulses and come all the way down
- Brace the core to keep the work in the lower back muscles

2 ALTERNATING SINGLE-LEG EXTENSION WITH OVERHEAD PLATE EXTENSION / HIP BRIDGE / BACK EXTENSION / SIDE HOVER WITH OBLIQUE CRUNCH

LAYER 1 / LAYER 2

NEW EXERCISE: coach Layer 1 Position and Execution set-up, focusing on Timing and range to understand the exercises.

ALTERNATING SINGLE-LEG EXTENSION WITH OVERHEAD PLATE EXTENSION

- Set tabletop position
- Extend one leg out and arms overhead
- **Brace the abs tightly**
- **Lower back stays close to the floor** as you extend the leg and arm away
- Keep the knees over the hips to load the core effectively
- Try a double extension move
- Activating the core

HIP BRIDGE

- Back to the Hip Bridge Pulse
- Keep driving out of the glutes
- Go as high as you can

BACK EXTENSION

- Roll over onto your belly
- Feet together
- **Squeeze the glutes as you lift the chest**
- Arms forward and wide
- Lift the arms and upper body
- Lift with the thumbs up to activate the upper back postural muscles
- Add a pull
- Elbows close to ribs

SIDE HOVER WITH OBLIQUE CRUNCH

- Let's set up for the Side Hover with Crunch
- Elbow under shoulder
- Bend the bottom knee
- Top leg extends
- **Lift the bottom hip up**
- **Hips square to the front**
- Knee and elbow come together
- Working the obliques

3 ALTERNATING SINGLE-LEG EXTENSION WITH OVERHEAD PLATE EXTENSION / HIP BRIDGE / BACK EXTENSION / SIDE HOVER WITH OBLIQUE CRUNCH

LAYER 2 / LAYER 3

We repeat the exercises 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 to the workout till the end?

- Reset the tabletop position – knees over hips
- Single-Leg Extension
- Focusing on pressing lower back towards the floor
- Big band exercise on the Double Extension
- Get as high as you can on the Hip Bridge
- Working the posterior chain to get more athletic and stronger bodies
- Turn over for Back Extensions
- Keep the chin tucked in
- Strengthening the postural muscles
- This sort of training helps everything else you do to move and function better
- Let's finish it with the Side Hover – stay lifted to get the results



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.

