

BODYPUMP 121

GLOSSARY

MUSIC

EXPRESS FORMATS

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05. TRICEPS

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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 up, 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 up, 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 up, light pinch between the shoulder blades
- Belly in and abs braced

Execution Set-up

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



WALKING BENCH PUSHUP

Position Set-up

- **Hands outside shoulder-width**
- **Abs braced**
- On knees or toes

Execution Set-up

- **Chest to elbow height (hand on the bench)**
- **Abs braced; back long and straight**

Layer 2

- Body moves as one unit
- Push off the step as you move



BENCH PUSHUP

Position Set-up

- **Hands just 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 bench away
- Dropping the chest no lower than elbow height minimizes rotator cuff stress

DEADLIFT

Position Set-up

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

Execution Set-up

- **Tip forward from the hips, keeping the chest lifted**
- **Bar to knees**
- **Chin tucked in – eyes forward, 6½ feet (2 meters) in front**

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded into the floor





GLOSSARY

DEADROW

Position Set-up

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

Execution Set-up

- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

Layer 2

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

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants merely to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



HIGH PULL

Position Set-up

- **SET Position**
- **Chest up, 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 up**

Layer 2

- Drive the hips up to power the bar





GLOSSARY

CLEAN & PRESS

Position Set-up

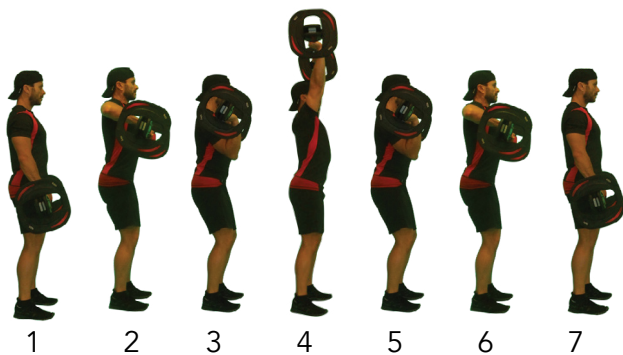
- **SET Position**
- **Chest up, abs braced**
- **Knees bent**

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



POWER PRESS

Position Set-up

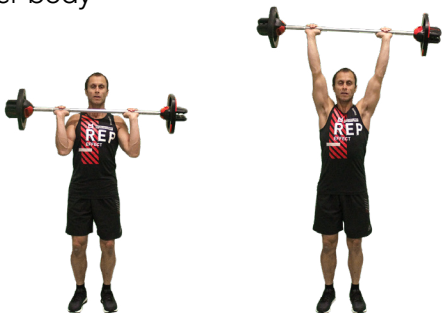
- **Set Stance**
- **Chest up, abs braced**
- **Bar to collarbones**

Execution Set-up

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

Layer 2

- Drive out of the legs, integrated upper and lower body



KNEELING OVERHEAD TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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





GLOSSARY

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

ROTATING PLANK

Position Setup

- **Hands under shoulders**
- 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 hand
- Option:** Rear leg down on the floor

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



STANDING BICEP PLATE CURL

Position Set-up

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

Execution Set-up

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

Layer 2

- Brace abs to stop trunk sway

BICEP PLATE ROW

Position Set-up

- As Bicep Plate Curl

Execution Set-up

- **Tip forward from the hips**
- **Plate to kneecaps**
- **Pull the plate to ribcage, just under chest, rotate plates as you row**
- Elbows pull high to the back

Layer 2

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





GLOSSARY

PLATE 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 midline to engage glute med

BACKWARD-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

BARBELL 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



OVERHEAD SHOULDER 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





GLOSSARY

STANDING SIDE RAISE

Position Set-up

- **SET Position**
- **Elbows at 90-degrees**
- **Chest up, 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

PLATE COBRA PULSE

Position Set-up

- **SET position**
- **Brace abs, lift chest**
- Knuckles face rear

Execution Set-up

- **Tip from the hip**
- **Arms lift to 45-degree angle**
- **Keep the chest lifted and squeeze shoulder blades**
- **Abdominals on tight**

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

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

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**



GLOSSARY

HIP BRIDGE HOLD WITH SLOW ALT HEEL WALK

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
- **Brace abs to stabilize lower back position**
- Walking feet out and back in

MOUNTAIN CLIMBER

Position Set-up

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

Execution Set-up

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



PLANK JACK

Position Set-up

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

Execution Set-up

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

Layer 2

- Push the back down to stabilize the upper body



STANDING PLATE CURL WITH OVERHEAD PRESS

Position Set-up

- **SET Position**
- **Brace abs, chest up**
- Plates hang low

Execution Set-up

- Curl and Press
- **Elbows forward as you press**
- Add on Extensions at the top of the Press
- **Target the back of the neck**
- **Elbows tuck in**
- **Chest up, abs braced**

Layer 2

- Stabilize the body to isolate the arms

TRICEP PUSHUP WITH ALT FIREFLY

Position Set-up

- Hands under shoulders
- Abs braced
- Back long and straight
- Knees or toes

Execution Set-up

- **Chest to elbow height**
- Firefly knee comes out to the side
- **Brace abs to square hips and shoulders**
- **Elbows close to ribs**

Layer 2

- Upper body conditioning



GLOSSARY

CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

Position Set-up

- **SET Position**
- **Feet hip-width apart**
- **Bar in front of collarbones**

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**
- **Keep the bar close to the body in the clean**
- **Front thigh parallel to the floor**
- **Press the bar up**

Layer 2

- **Drive out of the front leg to engage the glutes**

PLATE LUNGE WITH SINGLE-ARM SIDE RAISE

Position Set-up

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

Execution Set-up

- **Long step back**
- **Bend rear knee towards floor**
- **Front thigh parallel**
- **Hips and shoulders square to the front**
- **Chest up, abs braced**
- **Elbows lift to side – just under shoulder level**
- **Elbow slightly forward**

Layer 2

- **Maintain full range in the Lunge – integrated training**

PLATE LUNGE WITH SINGLE-ARM PLATE SHOULDER PRESS

Position Set-up

- **Feet hip-width apart**
- **Hips and shoulders even and square to the front**
- **Plate in hand**
- **Abs braced, chest up**

Execution Set-up

- **Big step back**
- **Back knee moves towards the floor**
- **Brace abs to square hips and shoulders**
- **Press plate over head**
- **Elbows slightly forward at the top of the press**
- **Front thigh parallel to the floor**

Layer 2

- **Compound training – all the major muscles working**

PLATE PUSH CRUNCH

Position Set-up

- **Lie down on floor**
- **Feet close to butt**
- **Plate over shoulders**

Execution Set-up

- **Crunch up**
- **Ribs to hips**
- **Tuck the chin in**

Layer 2

- **Lift shoulder blades to activate the upper abs**



GLOSSARY

PLANK

Position Set-up

- **Hands 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

PLANK WITH SINGLE-LEG LIFT

Position Set-up

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

Execution Set-up

- Squeeze butt to stop leg at hip level
- Brace abs to keep the hips still

Layer 2

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

TIPPING REAR DELTOID FLY WITH SINGLE-LEG LIFT

Position Set-up

- Long step back into Lunge
- **Brace abs, chest up**
- **Square hips and shoulders to the front**

Execution Set-up

- Tip forward from the hip, lifting back leg
- Plate stops under shoulder on the Side Raise
- **Brace abs to keep hips and shoulders square**
- Squeeze glutes as you lift the back leg

Layer 2

- Stabilizers are getting strong to carry over for the bigger movements



MUSIC

01 **Tokyo** (5:14)
3LAU feat. XIRA
© 2019 Anjunabeats.
Written by: Blau, Stanton, Schneider, Giersch

02 **Downtown** (5:42)
Nice Enough feat. Ash
Courtesy of Les Mills Music Licensing Ltd.
Written by: Blackwood

03 **Anita** (5:26)
Armin van Buuren & Timmy Trumpet
Courtesy of Armada Music B.V. under exclusive license from Armin Audio B.V.
Written by: van Buuren, de Goeij, Bullimore, Record, Smith, Bunawan, Rothwell, Bonanno

04 **Aarena** (5:45)
ISOxo
© 2021 Sable Valley Records.
Written by: Isorena

05 **MONTERO (Call Me By Your Name)** (2:22)
Lil Nas X
© 2021 Columbia Records, a Division of Sony Music Entertainment.
Written by: Fedi, Baptiste, Biral, Lenzo IV, Hill

05 **MONTERO (Call Me By Your Name)** (2:17)
Lil Nas X
© 2021 Columbia Records, a Division of Sony Music Entertainment.
Written by: Fedi, Baptiste, Biral, Lenzo IV, Hill

06 **damn Right Pt. 2** (3:10)
AUDREY NUNA & DJ Snake
© 2020 Arista Records, a division of Sony Music Entertainment.
Written by: Sawyer, Chu, Grigahcine, Donmoyer

06 **damn Right Pt. 2** (1:49)
AUDREY NUNA & DJ Snake
© 2020 Arista Records, a division of Sony Music Entertainment.
Written by: Sawyer, Chu, Grigahcine, Donmoyer

07 **Follow Me** (5:22)
Wiwek
© 2021 Axtone Records.
Written by: Mahabali

08 **Shake The Ground** (5:43)
NOAM DEE
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley

09 **Don't Go Yet** (4:38)
Trilobite Trilogy
© 2022 Les Mills Music Licensing Ltd.
Written by: Pentz, Unknown

10 **Moth To A Flame** (3:59)
Swedish House Mafia & The Weeknd
Courtesy of the Universal Music Group.
Written by: Hedfors, Ingrosso, Nordstrom, Angello, Tesfaye

45-MIN FORMAT

05 **Run It** (4:20)
Philomena
© 2022 Les Mills Music Licensing Ltd.
Written by: Soewarno, Dold, Grigahcine, Ross, Taylor

07 **Hold On** (5:10)
Duke & Jones x Sam Day
© 2021 Duke & Jones.
Written by: Conibear, McKelvey, Day

09 **Love (Sweet Love)** (3:42)
Little Mix
© 2021 Sony Music Entertainment UK Limited.
Written by: Emenike, Aquilina, Edwards, P. Godfrey, R. Godfrey, Pinnock, Quinn, Thirlwall

09 **Love (Sweet Love)** (2:26)
Little Mix
© 2021 Sony Music Entertainment UK Limited.
Written by: Emenike, Aquilina, Edwards, P. Godfrey, R. Godfrey, Pinnock, Quinn, Thirlwall

ALT 05 **Weigh Me Down** (4:39)
Blaeker feat. G Curtis
Courtesy of Epidemic Sound.
Written by: Unknown

ALT 06 **Gimme That** (4:59)
NOAM DEE feat. Mahteen
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fairley



BODYPUMP 121

Heels under hips, knees soft, chest up, core braced, SET Position – let’s go!

BODYPUMP 121 is a foundation workout with high reps and light weights to gain strength and to tone all the muscles. Our smooth Warm-up connects the muscles to the bar before we hit the Squats track. Long sets of single reps will dial up the strength and intensity. Similarly, the Chest track has functional Walking Pushups and long sets of heavy bar work to tone the upper body and core. Heavy Rows and Cleans in the Back track completes the big three – Squats, Chest and Back, so the major lifting is done.

Supersetting Overhead Extensions with Tricep Pushups hit the back of the arms before flipping over and pulsing the biceps into shape. Long sets of Lunges will train the legs and glutes, then long sets of deltoid work will complete this classic BODYPUMP workout. The theme is obvious – high reps and time under tension. It definitely delivers on the BODYPUMP promise.

Have fun with the BODYPUMP 45-minute tracks. My favorite is the Functional Training track where we build a strong powerhouse – the glutes, core and back muscles – that will improve our posture and increase our lifting capability.

Enjoy
Glen

CREDITS

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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: Kaylah-Blayr Fitzsimons-Nu’u, Des Helu, Khiran Huston, Glen Ostergaard, Ben Main, Kayla Atkins-Gordine, Vili Fifita and 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.

Des Helu (New Zealand) is a BODYPUMP, LES MILLS BARRE, LES MILLS GRIT and BORN TO MOVE™ Presenter/Instructor and a LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is based in Auckland.

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

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

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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.



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.
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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	26:45	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	41:49

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	40:14

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	41:44

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.



01. WARM-UP

WEIGHT SELECTION

Light barbell and 1x light weight plate
Option: 2x light weight plates

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 Instr / (Guitar chord)	2x8	SET Position	
	0:13 V1 / I'd move to Tokyo	4x8	4/4 DEADLIFT SET Stance	2x
	0:28 Rep / I'd move to Tokyo	4x8	2/2	4x
	0:44 PC / I was just scared	4x8	2/2 DEADROW (16cts)	2x
	0:59 Instr / (Upbeat melody)	8x8	1/1 (8cts)	8x
	1:30 (Strum)	4x8	2/2 UPRIGHT ROW	4x
	1:45 PC / Still change my mind	4x8	1/1 Option: 1/1 HIGH PULL	8x
2	2:01 Instr / (Slow staggered strum)	4x8	TRANSITION: Bar down, set up 1x plate for PLATE FRONT SQUAT MID Stance	
	2:16 V2 / I'd move to Tokyo	4x8	2/2 PLATE FRONT SQUAT MID Stance	4x
	2:32 PC / I was just scared	4x8	1/1/2	4x
	2:47 Still change my mind	4x8	1/1 PLATE SQUAT PRESS Use last 4cts to transition	7x
	3:02 Rep / _ Let go, let	2x8	TRANSITION: Set up PUSHUP on floor	
	3:10 _ Let go, let	2x8	1/1 PUSHUP Option: Kneeling or on knees or toes	4x
	3:18 _ Let, let, let	4x8	2/2	4x
3	3:33 Instr / (Low staggered strum)	4x8	TRANSITION: Set up bar for SQUAT WIDE Stance	
	3:48 Rep / I'd move to Tokyo	4x8	2/2 SQUAT WIDE Stance	4x
	4:04 PC / I was just scared	4x8	1/1/2	4x
	4:19 Still change my mind	4x8	1/1	8x
	4:35 Rep / _ Let go, let	8x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts)	4x
			RECOVERY: Twist through torso. Shake out legs.	



01. TOKYO 5:14mins

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 / HIGH PULL

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**
- **High Pull – pull the bar up the body, lift heels, squeeze glutes**

2 PLATE FRONT SQUAT / PLATE SQUAT PRESS / 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.

- **Plate Front Squat – Mid Stance, plate at collarbones, hips sit back and down, chest up, abs braced, hips and knees at 90 degrees**
- **Plate Squat Press – add a Plate Press, elbows forward as you press, abs braced as you push over head**
- **Pushup – hands outside shoulder-width, brace abs, on knees or toes, chest to elbow level, back long and straight**

3 WIDE SQUAT / 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 workout might be – think of how you can communicate this to them.

- **Wide Squat – heel-toe wider, hips go back and down, knees press out, hips to 90 degrees**
- **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

Option: 1x heavy weight plate

MUSCLE FOCUS

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

TRACK FOCUS

Coach your class through the three stances: MID, WIDE, WIDER-Stance Squat. The focus is on eccentric load, which builds tension to enhance muscle conditioning and strength.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / _ Falling out of	4x8	Set up SQUAT MID Stance
	0:20	We got all the pieces	4x8	2/2 SQUAT MID Stance
	0:32	It feels like	4x8	3/1
	0:45	PC / Downtown	4x8	1/3
	0:58	Instr / (Heavy synth)	16x8	COMBINATION 1 (32cts) 2x 2/2 SQUAT (16cts) 4x 1/1 SQUAT (16cts)
2	1:49	Rep / Downtown	4x8	TRANSITION: Heel-toe wider for SQUAT WIDE Stance
	2:02	V2 / Riding on the	4x8	2/2 SQUAT WIDE Stance
	2:15	It feels like	4x8	3/1
	2:27	PC / Downtown	4x8	1/3
	2:40	Rep / Downtown	16x8	COMBINATION 2 (64cts) 1x 4/4 SQUAT (16cts) 12x 1/1 SQUAT (48cts)
3	3:32	Rep / Downtown	4x8	TRANSITION: Heel-toe wider for SQUAT WIDER Stance Option: Put bar down and recover or add weight
	3:45	V / Riding on the	4x8	2/2 SQUAT WIDER Stance
	3:58	It feels like	4x8	3/1
	4:10	PC / Downtown	4x8	1/3
	4:23	Rep / Downtown	16x8	COMBINATION 2 (64cts)
	5:13	Instr / (Low swirl)		RECOVERY: Shake out legs. Quadriceps Stretch.



02. DOWNTOWN 5:42mins

TECHNIQUE AND COACHING

1 MID-STANCE 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 eccentric load

2 WIDE-STANCE SQUAT

LAYER 1 / LAYER 2

The focus is on glute and vertical drive. Quickly give all the basic Layer 1 alignment 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, manipulating the Intensity and Educating them on what they are doing and how it should feel, helping them to achieve.

- **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**
- Keep the solid foundation of the upper body to bring focus to glutes
- Full range is what we need
- Eccentric load maximizes strength gains

3 WIDER-STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

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

- Put your barbell down and add weight
- Shake out legs, reset **heel-toe wider**
- We have the Wider-Stance Squat
- **Sit the hips back further**
- **Chest up and brace abs**
- Focus on control every rep
- The Wider Stance allows more hip mobility, which creates deeper range
- Focus on pushing through the outside edge of your feet as you go down and come up
- Mindset strong to the end

PUMP FACT

The eccentric component of a contraction has been shown to have a greater effect on hypertrophy or muscle development. This is due to a greater muscular tension under load which can activate more muscle fibers. This extra stress can also increase the amount of myotrauma (microscopic breakdown of muscle tissue) and therefore generate an enhanced repair process, which helps to build more muscle.



03. CHEST

WEIGHT SELECTION

NEW and REGULARS: Barbell with one-third of your Squats weight

Option: 2x medium weight plates

MUSCLE FOCUS

Chest Press: Pectorals, triceps and deltoids

Pushup: Pectorals, deltoid, triceps, muscles of the core

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 Walking Bench Pushups are achievable for everyone.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Guitar)	2x8	Set up CHEST PRESS	
	0:14 V1 / Met a girl, her name	4x8	3/1 CHEST PRESS	4x
	0:28 Rep / Bom bom bom	4x8	2/2	4x
	0:42 Instr / (Trumpets)	6x8	4/4	3x
	1:02 (Pulsing synth melody)	8x8	CHEST PRESS COMBINATION (32cts) 4x 1/1 CHEST PRESS (16cts) 7x PULSE CHEST PRESS (16cts)	2x
2	1:29 Instr / (Low chant)	2x8	TRANSITION: Set up WALKING BENCH PUSHUP on back of bench	
	1:36 (Low chant + beat)	12x8	WALKING BENCH PUSHUP M, L, M, R (32cts) 1x 1/1 BENCH PUSHUP M (4cts) L hand steps off bench (4cts) 1x 1/1 BENCH PUSHUP L (4cts) L hand steps on bench (4cts) 1x 1/1 BENCH PUSHUP M (4cts) R hand steps off bench (4cts) 1x 1/1 BENCH PUSHUP R (4cts) R hand steps on bench (4cts) Options: Kneeling or on knees or toes	3x
	2:18 (Trumpets)	2x8	2/2 BENCH PUSHUP	2x
	2:24 (B up)	2x8	TRANSITION: Set up for CHEST PRESS	
	2:31 Instr / (Pulsing synth melody)	16x8	CHEST PRESS COMBINATION (32cts)	4x
	3:26 Instr / (Low chant)	34x8	REPEAT SET 2 RECOVERY: Shake out the arms and roll the shoulders. Chest Stretch.	
3				



03. ANITA 5:26mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position set-up for the Chest Press to lift well. Use **NETT** to coach **T**argets and **T**iming so participants are moving well with good Execution and they can follow the timing successfully. In the early phases of the sequence, clearly coach timing of the combination for the Pushups as well as options 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**
- Elbows directly under the wrists
- **Elbows top of the bench for range**
- Super slow to get the party started
- You want to squeeze the chest as you push the bar up
- 4 Singles, 7 Pulses down low
- Feel the intensity already
- Bottom range, shoulders down, core tight

2 WALKING BENCH PUSHUP / CHEST PRESS

LAYER 1 / LAYER 2

The second block is a mix of Walking Pushups and Chest Press. Coach Layer 1 Position and Execution of the Walking Pushup so everyone knows what the options are and how to execute them so you don't leave anyone behind. When we transition back to Chest Press, help your class get more out of the exercise by using Layer 2 cues that explain how to improve Execution to build more tension and intensity.

WALKING BENCH PUSHUP

- Sit up, Walking Pushups
- Start easy
- **Hands wide**
- 1 press in the middle then walk to the right side
- You can have your knees in close
- **Chest to elbow level for range**
- Clean reps today – do what you can do well
- On knees or toes
- **Core stays engaged**
- **Back long and strong**
- Extra stability from the glutes and core if you're on your toes

CHEST PRESS

- Transition back to the barbell
- Hands wide
- We are going to feel the Pushups straight away
- Pulse down, stay as low as you can and control it
- Lock your core in
- We love the Pulses – they create maximum tension
- Shape and tone us fast
- Big push, big full range
- Push and pull the bar

3 WALKING BENCH PUSHUP / CHEST PRESS

LAYER 2 / LAYER 3

Final set for Walking 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 everyone in the workout till the end of the track?

- Second round – you know where you're going
- On knees or toes
- Look after your shoulders – chest to elbow level when we step off the bench
- Body is lowering as one strong unit
- We have the core switching on every time we take one hand off
- Total upper body training
- This is how we get strong
- Back to the barbell
- The last set is going to be tough; fatigue is kicking in
- Stay down low – this is where the results happen
- Keep your body as strong as you can
- Drive out of the heel of the hand
- The only thing we have to do is let the music drive us to the finish line
- Pushing and pulling gets the upper body strong and drives the change in the upper body



03. ANITA 5:26mins

PUMP FACT

Pulses increase mechanical tension by isolating and holding at the point of maximum resistance (which in a Bench Press is when the elbows are at bench level). This extra tension fast-tracks the fatigue-related changes we need in the target muscles to generate the training effects we are seeking. Increased strength and improved muscle development.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more
NEW: Barbell with Chest weight

Option: 2x medium to heavy weight plates

MUSCLE FOCUS

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

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

TRACK FOCUS

Focus on maintaining strong Technique to engage the athletic chain in the back body for strength, power and athletic results. Three rounds to set foundation, add Intensity and mastery.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Whirl)	4x8	Set up DEADLIFT SET Stance	
	0:22	QC / Take me away	4x8	4/4 DEADLIFT SET Stance	2x
	0:36	Instr / (Eerie strum)	4x8	2/2	4x
	0:49		4x8	1/1 DEADROW (8cts)	4x
	1:02	(Heavy)	8x8	TRIPLE DEADROW (16cts)	4x
	1:29	Rep / Take me away	4x8	1/1 HIGH PULL	8x
	1:42	Instr / (Heavy)	8x8	1/1 CLEAN & PRESS (8cts)	8x
2	2:09	Instr / (Low)	3½x8	RECOVERY	
	2:21	(Eerie strum)	4x8	2/2 DEADLIFT	4x
	2:33		4x8	1/1 DEADROW (8cts)	4x
	2:47	(Heavy)	8x8	TRIPLE DEADROW (16cts)	4x
	3:13	Rep / Take me away	4x8	1/1 HIGH PULL	8x
	3:27	Instr / (Heavy)	8x8	1/1 CLEAN & PRESS (8cts)	8x
3	3:54	Rep / Awaaay	6x8	RECOVERY	
	4:13	Instr / (Low swirl)	6x8	4/4 DEADLIFT	3x
	4:34	(B up)	4x8	1/1 DEADROW (8cts)	4x
	4:47	(Heavy)	8x8	1/1 CLEAN & PRESS (8cts)	8x
	5:14	(Melody)	8x8	POWER PRESS (16cts)	4x
				RECOVERY: 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. AARENA 5:45mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / HIGH PULL / 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 to developing great lifting Technique to start the track strongly. Only say what you need to say so messages are heard as the track moves fast.

DEADLIFT

- **SET Position** to find our strong posture
- *Elbows to the rear for shoulder blade engagement*
- *Slow Deadlift*
- **Hinge forward from the hips**
- **Abs braced and chest up**
- **Bar to top of knees**
- *Pull the bar into the legs to engage the upper back from the first set*

DEADROW

- **Hinge forward from the hips**
- **Bend the knees**
- **Bar to knees, belly, knees and rise**
- **Drive out of heel as you rise** to recruit glutes and hamstrings
- **Elbows in and back**
- **Chest up**
- **Chin tucked in, eyes look out 6½ feet (2 meters)**
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**
- *Strong alignment in the hinge position*

HIGH PULL

- **Bar stays close to body**
- **Bar stops at lower chest**
- **Lift heels, squeeze glutes**
- **Drive hips forward and up**

CLEAN & PRESS

- *Clean & Press*
- **Catch bar at collarbones**
- **Brace the core in the Press**
- **Bar stays close to the body**
- **At the top, press elbows forward of the face**
- **Hips back to catch on the way up and down**

2 DEADLIFT / DEADROW / HIGH PULL / CLEAN & PRESS

LAYER 2

This block is about creating Intensity. Focus on Layer 2 coaching, then allow space for participants to explore their own Execution. Empower them by explaining the benefits of the movements – the WHY!

DEADLIFT

- *Quick checklist, hips are going back*
- *Bar is grazing the thighs*
- *Core is engaged*
- *Shoulder blades are down and in*

DEADROW

- *Drive out of the legs and pull hard through the bar*
- *Imagine someone is trying to pull the bar down*
- *Resist it, fight it*
- *Drive with the legs and pull hard through the back*
- *We should be feeling the load produce fatigue right into the mid back*

HIGH PULL

- *Let's focus on vertical driving muscles*
- *More drive from the hips and glutes*

CLEAN & PRESS

- *We've got the mid back in the hip hinge*
- *Upper back in the High Pull*
- *Explosive movement in the Press*
- *When we put it all together, we explode every single rep*



04. AARENA 5:45mins

TECHNIQUE AND COACHING

**3 DEADLIFT / DEADROW / HIGH PULL /
CLEAN & PRESS / POWER PRESS**

LAYER 1 / LAYER 2 / LAYER 3

Final block is the time to create mastery in participants' bodies. One final kicker is the Power Press in this block. 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.

- *Reset the body*
- *Think of this final set as an opportunity – for strength and the amazing feeling in the body*
- *Together we are going all the way*
- *Harness the feeling, the Intensity, the drive*
- *Take the opportunity; grab it and be proud of it*
- *Power Press – drive out of the legs*
- **Brace the abs, lift chest**
- **Elbows slightly forward**
- *Leg power to the end*

PUMP FACT

Improving capacity in our vertical drive ability allows us to function safely day-to-day. By enhancing the ability to lift and propel objects away from the floor, our muscles are tuned in and ready to go when we do this in everyday life. That's what we call functional fitness.



05. TRICEPS

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *WEIGH ME DOWN* with the same choreography.

WEIGHT SELECTION

NEW and REGULARS: 1x light to heavy weight plate

TRACK FOCUS

Isolation and integration is what this track is all about. Focus on participants' technique to help them understand what level is right for them. Pre-cues are essential for their success and enjoyment. Show your love of the music and movement.

MUSCLE FOCUS

Tricep Extension: Triceps
Tricep Pushup: Triceps, anterior deltoids and pectorals
Rotating Plank: Rectus abdominis, obliques and erector spinae

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05 Instr / (Guitar)	2x8	Set up KNEELING O/H TRICEP EXTENSION	
	0:12 V1 / I called it back	4x8	4/4 KNEELING O/H TRICEP EXTENSION	2x
	0:23 Grown man talking	4x8	2/2	4x
	0:33 Br / _ Champagne	4x8	1/1/2	4x
	0:44 C / Call me	8x8	4x PULSE KNEELING O/H TRICEP EXTENSION (16cts)	4x
1	1:05 Ref / Aye aye _	4x8	TRANSITION: Set up TRICEP PUSHUP on floor	
	1:16 Ohhhh	8x8	COMBINATION 1 L (16cts) 1x 2/2 TRICEP PUSHUP (8cts) 1x 2/2 ROTATING PLANK L (8cts)	4x
	1:38 Br / _ Champagne	4x8	HOVER Use last 8cts to set up TRICEP PUSHUP	
	1:48 C / Call me	8x8	COMBINATION 2 L (16cts) 2x 1/1 TRICEP PUSHUP (8cts) 1x 2/2 ROTATING PLANK L (8cts)	4x
	2:10 Instr / (Guitar)	4x8	2/2 TRICEP PUSHUP	4x
2	2:20 Instr / (Low)	½x8	RECOVERY	
	2:22 Instr / (Guitar)	50x8	REPEAT SET 1 on R side RECOVERY: Shake out arms. Tricep Stretches.	



05. MONTERO (CALL ME BY YOUR NAME) 4:39mins

TECHNIQUE AND COACHING

1 KNEELING OVERHEAD TRICEP EXTENSION / TRICEP PUSHUP, ROTATING PLANK COMBINATION

LAYER 1

It's a game of two halves. First half we focus on coaching Position and Execution set-up with a focus on Targets and Timing for the Tricep Extension, Pushups and Rotating Plank. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of the exercise.

KNEELING OVERHEAD TRICEP EXTENSION

- Come to your knees, kneeling position
- Knees wide, tuck toes under
- Squeeze glutes
- Plate over head
- **Abs braced, chest up**
- Shoulders back and down
- **Plate to base of neck**
- **Full extension to the top**
- Squeeze elbows in to load the triceps

TRICEP PUSHUP, ROTATING PLANK COMBINATION

- Plate down, set up for Tricep Pushup combination
- **Hands shoulder-width apart**
- 2/2 Pushup and rotate to the right side
- On knees or toes; choose what's right for you
- **Brace core hard so body moves as one in the Rotating Plank**
- **Chest to elbow level in the Pushup**
- Come down to the Hover
- **Brace abs, back long and straight**
- 2 fast Single Pushups this time
- Elbows in close to your ribcage
- **Hands under shoulder as you rotate**
- **Lift the bottom hip away from the floor**

2 KNEELING OVERHEAD TRICEP EXTENSION / TRICEP PUSHUP, ROTATING PLANK COMBINATION

LAYER 2 / LAYER 3

We repeat all the exercises again with a focus on reinforcing Targets and options quickly. Then start to challenge participants by using Layer 2 and 3 cues that help improve their Technique and Motivate them to the end.

- *Triceps are the fun muscles*
- *As we squeeze the elbows in to isolate, we are getting stronger*
- *Are you still getting the range?*
- *Plate down, last set of Pushups*
- *Shoulder blades down and back*
- *Rotate to the left side*
- *Are you starting to feel the bite and the burn?*
- *Come down to Hover*
- *Squeezing the core and butt to stabilize*
- *Doesn't matter which level you're on, knees or toes – just make sure you're feeling it*

PUMP FACT

Focusing on moving the body as one in a Rotating Plank helps to train our core stabilizers to protect us during rotational movements. Allowing our pelvis to rotate independently of our ribcage can increase disc stress and cause injury.



06. BICEPS

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

WEIGHT SELECTION

2x light to heavy weight plates
Option: Barbell with Warm-up weight or more

MUSCLE FOCUS

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

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 tension and isolation.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Electric guitar)	4x8	Set up BICEP PLATE CURL SET Stance	
	0:17	V1 / Yeah one -two fleeka	8x8	COMBINATION 1 (16cts) SET Stance	4x
				1x 1/1 ALT SINGLE-ARM BICEP PLATE CURL L, R (8cts)	
				1x 2/2 BICEP PLATE CURL (8cts)	
				Option with bar:	
				2x 1/1 BICEP CURL (8cts)	
				1x 2/2 BICEP CURL (8cts)	
	0:41	C / What you want	6x8	1/1/2 BICEP PLATE CURL	6x
	0:58	Instr / (Heavy synth)	8x8	COMBINATION 2 (16cts)	4x
				2x 1/1 BICEP PLATE CURL (8cts)	
				1x 1/1 BICEP PLATE ROW (8cts)	
2	1:22	V2 / Yeah one -two fleeka	8x8	COMBINATION 1 (16cts) SET Stance	4x
	1:46	C / What you want	8x8	1/1/2 BICEP PLATE CURL	8x
	2:09	Instr / (Heavy synth)	8x8	COMBINATION 2 (16cts)	4x
	2:33	V3 / _ Your boy got a	8x8	4x MID-RANGE PULSE PLATE CURL (16cts)	4x
	2:57	Instr / (Electric guitar)	4x8	4/4 BICEP PLATE CURL	2x
3	3:08	Instr / (Low)	1/2x8	HOLD	
	3:10	V4 / Yeah one -two fleeka	36x8	REPEAT SET 2	
				RECOVERY: Shake out arms. Bicep Stretches.	



06. DAMN RIGHT PT. 2 4:59mins

TECHNIQUE AND COACHING

1 BICEP PLATE CURL, BICEP PLATE ROW COMBINATION

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 up, shoulders back**
- *Shoulder blades down into the back ribs*
- *Alternate the Curl – if you're with the bar, you're doing full Singles*
- **Bar stops just in front of the shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Full range on the Curl*
- *2 Singles and a Bicep Row*
- **Knees, ribs, knees and stand**

2 BICEP PLATE CURL, BICEP PLATE ROW COMBINATION

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 body position and alignment of the elbows this keeps load in the target muscles and creates a strong platform for effective conditioning.

- *Tension starting to rise now*
- *Keep the palms up as you row*
- *4 Mid-Range Curls*
- *Inch above and inch below the halfway mark*
- *Try and straighten your arms as you extend to get the full range*
- *Start to feel the intensity kicking in*

3 BICEP PLATE CURL, BICEP PLATE ROW COMBINATION

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?

- *Last round, check your posture*
- *Happy endorphins after training*
- *Squeeze your biceps harder*
- *20 seconds left*
- *You know the deal team – last one to the bottom wins*

PUMP FACT

Synergists are an important component of strength training. These are supporting or assisting muscles that allow the prime movers to do their job safely and effectively. Synergists in this track include the stabilizing muscles in the upper back and shoulders. Bicep Rows help to reactivate these synergists, enhancing our ability to perform the Curls.



07. LUNGES

WEIGHT SELECTION

1x light to medium weight plate and barbell with Warm-up weight or more

Option: Body weight

MUSCLE FOCUS

Lunge: Glutes and quadriceps

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. Encourage and challenge them to use the barbell for the final block of Squats and Lunges.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Drums)	4x8	Set up PLATE LUNGE L	
	0:20 Ref / (Chant)	4x8	2/2 PLATE LUNGE L Plate in R hand, R leg B	4x
	0:35 (Chant)	4x8	1/1/2	4x
	0:50 Instr / (Heavy drums)	12x8	STEPPING LUNGE COMBINATION 1 L (8cts) 2x PULSE PLATE LUNGE L (4cts) R foot steps F (2cts) R foot steps B (2cts)	12x
2	1:35 Instr / (Low beat)	4x8	TRANSITION: Plate to L hand, set up PLATE LUNGE R	
	1:50 Ref / (Chant)	4x8	2/2 PLATE LUNGE R Plate in L hand, L leg B	4x
	2:05 (Chant)	4x8	1/1/2	4x
	2:20 Instr / (Heavy drums)	12x8	STEPPING LUNGE COMBINATION 1 R (8cts) 2x PULSE PLATE LUNGE R (4cts) L foot steps F (2cts) L foot steps B (2cts)	12x
3	3:05 Ref / (Chant)	4x8	TRANSITION: Set up bar for SQUAT MID Stance	
	3:20 (Chant)	12x8	SQUAT/LUNGE COMBINATION (32cts) 3x PULSE SQUAT MID Stance (8cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts) 3x PULSE SQUAT MID Stance (8cts) 1x 1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts)	3x
	4:05 Instr / (Heavy drums)	16x8	STEPPING LUNGE COMBINATION 2 (64cts) 8x 1/1 BACKWARD-STEPPING LUNGE L (32cts) 8x 1/1 BACKWARD-STEPPING LUNGE R (32cts)	2x
	5:05 Instr / (Drums)	4x8	16x PULSE SQUAT WIDE Stance RECOVERY: Shake out legs. Quadricep Stretches.	1x



07. FOLLOW ME 5:22mins

TECHNIQUE AND COACHING

1 PLATE LUNGE

LAYER 1

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 focus to stride length and alignment to ensure there is even load in both legs. This will help to reduce joint stress in the front knee.

- *Pick up your plate*
- **Long step back**
- **Brace the abs and lift the chest**
- **Hips and shoulders square to front**
- **Back knee towards the floor**
- **Front knee out**
- **Front thigh parallel to the floor**
- *2 Pulses and a step in*
- *Should be feeling the muscles igniting now*

2 PLATE LUNGE

LAYER 2 / LAYER 3

Block 2 is a repeat of Block 1 but on the other leg. Offering Layer 2 coaching focuses helps 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 their learning by asking questions so your connection with them deepens and you involve them in the experience.

- *Take a long step back*
- *Square your hips to front*
- *Posture set*
- *Rebalance your weight evenly in both legs*
- *We use the free weight to stimulate the glute medius*
- *Contract both sides of your glutes*
- *Push through the floor*
- *Stabilizing through the front quad*
- *Can you feel the muscles fire in the legs?*
- *Strengthen vertical drive in the front leg and horizontal power in the back leg*
- *These are all the muscles we need for daily walking and running*

3 SQUAT / LUNGE COMBINATION

LAYER 1 / LAYER 2 / LAYER 3

Block 3 is with the barbell working Squats and Lunges. As participants are fatiguing, help your class to commit to the end with Layer 3 Motivational cues that educate them on the benefits of this sort of training and connect them with their bodies!

- *Plate down*
- *Bend knees and pick up the barbell*
- *Clean it up onto the meaty part of the upper back*
- *Set Mid Stance Squat position*
- *Triple Pulse Squat*
- **Hips back and down**
- **Chest up, abs braced**
- **Hips and knees to 90 degrees**
- *Stand tall, left leg Lunge*
- *Stabilize through the upper body*
- *Feeling the dynamic strength in the legs*
- *Hips goes back and down on the Squat*
- *Chest up and abs braced*
- *Using this as a tool to create maximum fatigue in the legs and fire up anaerobic pathways*
- *We are going to stay on one leg*
- *Dynamic Lunges*
- *Tap the foot to back heel*
- *Keep taking the long step back*
- *Even weight through both feet to build strength*
- *Chest tall*
- *When we stay low we are loading the front leg*
- *Wide-Stance Pulse Squats to finish*
- *Transform resistance into resilience*

PUMP FACT

We all know that Lunges are a great functional exercise. They deliver muscular conditioning for the activities we need day-to-day. In this track, this effect is enhanced by holding a single plate. This offsets our center of gravity, which means the opposite gluteus medius has to work harder to maintain our alignment. This type of training helps keep our knees safe when we are running, lifting and climbing stairs.



08. SHOULDERS

WEIGHT SELECTION

2x light weight plates and barbell with Warm-up weight or slightly more

Option: 2x medium weight plates

MUSCLE FOCUS

Bar work: Deltoids and trapezius

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

TRACK FOCUS

Clearly coach the Position and Execution set-up so participants execute the movements with precision and maintain tension on the target muscles for the entire track. Educate and challenge your participants on the new move – Plate Cobra Pulse – to strengthen the shoulders.

	MUSIC		SEQUENCE/EXERCISE	REPS
	0:05 Instr / (Whirl)	4x8	Set up BARBELL UPRIGHT ROW SET Stance	
	0:18 V1 / _ Did you feel	8x8	4/4 BARBELL UPRIGHT ROW SET Stance	4x
	0:44 _ And we all	8x8	2/2 Use last 4cts to transition to O/H SHOULDER PRESS	8x
1	1:09 Instr / (Clap)	4x8	2/2 O/H SHOULDER PRESS	4x
	1:22 (Eerie synth)	8x8	SHOULDER PRESS COMBINATION (16cts) 2x 1/1 O/H SHOULDER PRESS (8cts) 1x 1/1/2 O/H SHOULDER PRESS (8cts)	4x
	1:47 (Low)	4x8	TRANSITION: Set up 2x plates for SIDE RAISE	
	2:00 V2 / _ And we all	8x8	2/2 SIDE RAISE SET Stance	8x
	2:26 Instr / (Clap)	4x8	1/1/2	4x
2	2:39 (Eerie synth)	16x8	4x PLATE COBRA PULSE (32cts) Hip hinge, arms extended (8cts), hold and pulse plate x4 (16cts), return to standing (8cts)	4x
	3:30 Instr / (Low)	4x8	RECOVERY: Option to put plates down	
3	3:43 V3 / _ And we all	28x8	REPEAT SET 2 RECOVERY: Shake out arms. Shoulder Stretches.	



08. SHAKE THE GROUND 5:43mins

TECHNIQUE AND COACHING

1 BARBELL UPRIGHT ROW / OVERHEAD SHOULDER PRESS

LAYER 1

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

BARBELL UPRIGHT ROW

- *Set the posture*
- **Abs braced, chest up**
- **Bar stops at lower chest**
- **Lead with the elbows**

OVERHEAD SHOULDER PRESS

- *Clean the bar to the collarbones*
- *From the chin to the ceiling*
- **Elbows forward as you press**
- **Chest up, abs braced**
- *Lock your base*

2 SIDE RAISE / PLATE COBRA PULSE

LAYER 1

Changing the exercises will help participants stay in the workout for longer. In this second block, we move to plate work for Side Raise Extensions and the new Plate Cobra Pulse move where we target the rear deltoids. The key in the Cobra work is to create a strong hip hinge to challenge the posterior chain and isolate the rear deltoids by working on the 45-degree, arms straight. When we pulse, focus on juicing and crushing the back of the shoulders. It should really burn!

SIDE RAISE

- *Side Raise*
- **Abs braced**
- **Chest up**
- **Elbows stop under the shoulders**
- *Shoulders are down into the back ribs, creating a stable base*

PLATE COBRA PULSE

- *Incoming new move – Cobra*
- **Tip forward from the hips**
- *Arms lift to 45-degree angle*
- *Small Pulse*
- **Keep the chest lifted and shoulder blades squeezed together**
- **Abdominals braced tightly**

3 SIDE RAISE / PLATE COBRA PULSE

LAYER 3

We repeat Block 2 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 the work for results!

- *If you want to go heavier, 'go for it'!*
- *Side Raise*
- *Focus on the stability*
- *Feel the music*
- *Feel and build the muscular tension in the body*
- *Go as high as you can in the rear work*
- *Keep the trunk still to isolate*
- *It's biting now*

PUMP FACT

Our shoulders are the most mobile joints we have in the body. This means our stabilizing muscles have to operate with optimal strength and precision to help keep them healthy. Focusing on Target zones and alignment as we lift helps educate and condition these muscles to keep us safe.



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

Leg Extensions: Lower abdominals
Cross Crawls: Rectus abdominis, obliques
Hip Bridge: Posterior chain
Mountain Climber / Plank Jack: Muscles of the core, shoulder stabilizers

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Rhythm)	2x8	Set up ALT SINGLE-LEG EXTENSION	
	0:13	V1 / Oh we played	8x8	2/2 ALT SINGLE-LEG EXTENSION F, B (16cts) Options: Extend leg to 45° or straight up or toe-tap with knee bent	4x
	0:43	C / Oh yeah don't go	4x8	1/1 ALT SINGLE-LEG EXTENSION F, B (8cts)	4x
	0:59	Instr / (Drums)	4x8	1/1 CROSS CRAWL B, F (8cts) Options: Extend legs or toe-tap with knee bent	4x
2	1:14	Rep / _ Baby don't go	4x8	2/2 HIP BRIDGE	4x
	1:30	V2 / In the corner	6x8	1/1/2	6x
	1:53	C / Oh yeah don't go	4x8	2x PULSE HIP BRIDGE (8cts) Hips only lower halfway down Last rep, hold at the top for last 4cts	4x
	2:08	Ref / Come along	4x8	HIP BRIDGE HOLD WITH SLOW ALT HEEL WALK (8cts) Keep hips lifted, front foot walks out/in (4cts), B foot walks out/in (4cts)	4x
	2:23	C / Oh yeah don't go	8x8	HIP BRIDGE HOLD WITH FAST ALT HEEL WALK (8cts) Keep hips lifted, feet walk out/out/in/in alternating lead leg, F, B, F, B (4cts), B, F, B, F (4cts)	8x
3	2:54	Rep / _ Baby don't go	2½x8	TRANSITION: Set up PLANK	
	3:05	V3 / I get, I get	8x8	2/2 MOUNTAIN CLIMBER F, B (16cts) Option: On knees	4x
	3:34	Ref / Oh yeah	4x8	1/1 MOUNTAIN CLIMBER F, B (8cts)	4x
	3:50	Come along	4x8	TAP/SLOW CLIMBER COMBINATION (8cts) 2x TOE TAP F, B (4cts) 1x MOUNTAIN CLIMBER F, B (4cts)	4x
	4:05	Oh yeah	8x8	JACK/FAST CLIMBER COMBINATION (8cts) 2x PLANK JACK (4cts) 1x TRIPLE MOUNTAIN CLIMBER F, B, F (4cts) Option: Continue TAP/SLOW CLIMBER COMBINATION RECOVERY: Shake out arms and legs.	8x



09. DON'T GO YET 4:38mins

TECHNIQUE AND COACHING

1 ALTERNATING SINGLE-LEG EXTENSION / CROSS CRAWL

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
- **Abs braced, lower back towards the floor**
- **Knees over hips, shins parallel**
- Extend one leg at a time
- **Lower back pressing down towards the floor as your legs extend**

CROSS CRAWL

- Fingertips to the temples
- Twist to the front and lower down
- Repeat to the back
- **Opposite shoulder to knee on the twist**
- **Twisting from the center of the chest**
- Keep elbows wide
- **Brace abs to stabilize hips and pelvis**

2 HIP BRIDGE

LAYER 1 / LAYER 2

New exercise – Hip Bridge. Cover the basics so the class can follow easily. Focus on keeping the hips high and level to enhance horizontal drive for activities like running. 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**
- Stay up and dig heel out then change sides
- Walking feet out, out, in and switch
- **Keep the hips level**
- Any time you need a break, take it
- We are working the glutes, hamstrings and core

3 MOUNTAIN CLIMBER COMBINATION

LAYER 1 / LAYER 2 / LAYER 3

We change the exercises to a 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 finish with this cool song.

- Roll over and set up Plank
- **Hands shoulder-width**, on knees or toes
- Mountain Climber slow
- **Hips are low – abs are braced**
- **Back long and straight**
- Push the floor away
- New combination – tap side and climb
- You can do a Jack or Tap
- **Brace the abs to minimize the bounce**
- Take a rest any time
- Don't go yet



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05 Ref / _ Woah woah	4x8	Set up CHILDS POSE
	0:21 V1 / Like a moth	4x8	CHILDS POSE
	0:37 It's just one	4x8	CHILDS POSE WITH SINGLE-ARM REACH L, R
	0:53 PC / Good for you	4x8	2x CAT POSE (8cts) / COW POSE (8cts)
	1:08 C / You call me	4x8	HIP FLEXOR STRETCH WITH ARM REACH R After 16cts, L arm reaches towards floor for deeper stretch
	1:25 But does he know the reason	4x8	HIP FLEXOR STRETCH WITH ARM REACH L After 16cts, R arm reaches towards floor for deeper stretch
2	1:41 Truly lies	4x8	KNEELING HAMSTRING STRETCH L
	1:57 Good for you	4x8	KNEELING HAMSTRING STRETCH R
	2:13 PC / You call me	8x8	SEATED GLUTE STRETCH L, R Use last 4cts to transition to standing
	2:46 C / Truly lies	8x8	STANDING SHOULDER STRETCH L, R
	3:17 Rep / Truly lies	8x8	STANDING QUADRICEP STRETCH L, R
	3:50 Outro /		Roll through shoulders and shake arms to finish



10. MOTH TO A FLAME 3:59mins

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 medium to heavy weight plates

Option: Barbell with Warm-up weight or more and 1x heavy weight plate

MUSCLE FOCUS

Bicep Curl: Biceps

Standing Plate Curl, O/H Press: Biceps, deltoid, triceps

Standing O/H Tricep Extension: Triceps

Tricep Pushup: Triceps and deltoids

TRACK FOCUS

Encourage participants to challenge themselves as the sets are short. Coach Execution and transitions well so the class can follow easily through the different exercises. This will build the Intensity fast, as we superset the exercises.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Instr / (Low strum)	2x8	Set up STANDING BICEP PLATE CURL SET Stance
	0:14	V1 / Uh rolling in	4x8	2/2 STANDING BICEP PLATE CURL SET Stance 4x
	0:33	_ I got a flight	4x8	1/1/2 4x
	0:51	C / Run it _	4x8	3x MID-RANGE PULSE PLATE CURL AND HOLD (8cts) 4x
	1:10	_ Bang	2x8	TRANSITION: Stack plates together and set up STANDING PLATE CURL WITH O/H PRESS SET Stance
2	1:19	Br / Stop me	2x8	1/1/1/1 STANDING PLATE CURL WITH O/H PRESS SET Stance (8cts) 2x
	1:28	PC / _ Everybody scream	10x8	COMBINATION (16cts) 5x 1x 1/1 STANDING PLATE CURL WITH O/H PRESS (4cts) 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts) 1x 1/1 O/H PRESS WITH PLATE CURL (4cts)
	2:14	Instr / (Low)	2x8	TRANSITION: Set up TRICEP PUSHUP WITH ALT FIREFLY on floor
	2:24	(Dramatic)	5x8	1/1 TRICEP PUSHUP WITH ALT FIREFLY L, R (8cts) 4½x Last rep, down and hold L
3	2:43	_ Bang	2x8	TRANSITION: Set up STANDING PLATE CURL WITH O/H PRESS SET Stance
	2:54	Br / Stop me	19x8	REPEAT SET 2 RECOVERY: Shake out arms. Tricep and Bicep Stretches.



45-MIN FORMAT

05. RUN IT 4:20mins

TECHNIQUE AND COACHING

1 STANDING BICEP PLATE CURL

LAYER 1

Coach Layer 1 Position and Execution set-up of the Bicep Curls 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
- *Mid-range Pulse 3 times and pause*

2 STANDING PLATE CURL WITH OVERHEAD PRESS / STANDING OVERHEAD TRICEP EXTENSION / TRICEP PUSHUP WITH ALTERNATING FIREFLY

LAYER 1 / LAYER 2

Pre-cue to stack plates or grab a big plate early for overhead work. 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.

STANDING PLATE CURL WITH OVERHEAD PRESS / STANDING OVERHEAD TRICEP EXTENSION

- *Stack your plates together or grab a big plate*
- *Reverse Curl and Press*
- *Abs braced, elbows slightly forward*
- *Come up, integrated extension 2 times at the top*
- **Target is the back of the neck**
- **Elbows tuck in**
- **Chest up, abs braced**
- *Stabilize to isolate*

TRICEP PUSHUP WITH ALTERNATING FIREFLY

- **Hands under shoulders**
- *On knees or toes*
- **Chest to elbow height**
- *You can bring your knees in any time*
- **Brace abs to square hips and shoulders to floor**
- **Elbows close to ribs**
- *Shape and tone the back of the arms*

3 STANDING PLATE CURL WITH OVERHEAD PRESS / STANDING OVERHEAD TRICEP EXTENSION / TRICEP PUSHUP WITH ALTERNATING FIREFLY

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?

- *Last time to set up the big Curl*
- *Set the Extensions*
- *Lock in the glutes and core*
- *Body is still and strong*
- *Big range to maximize the muscle tension*
- *Tucking elbows in tightly under the shoulders will make the biceps work harder*
- *9 reps of the Firefly*
- *Body strong and long*
- *Brace everything again*
- *Functional body weight training*

PUMP FACT

Supersetting between our press and pull movements helps keep the Intensity high. The shorter blocks may allow participants to experiment with heavier weights, helping break through training plateaus.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

Barbell with Warm-up weight or more and 2x light weight plates

TRACK FOCUS

The coaching focus is on integrating the connection from the lower to upper body to optimize functional strength and focus on any 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 / Clean & Press with Backward-Stepping Lunge: 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 / Hold on	4x8 Set up UPRIGHT ROW SET Stance	
	0:20	Rep / Hold on	8x8 2/2 UPRIGHT ROW SET Stance	8x
	0:47	Instr / (Melody beat)	16x8 1/1/1/1 CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE L, R (16cts) Clean bar to collarbone while R foot steps B (2cts), drop into Lunge and Press bar O/H (2cts), rise and bring bar back to collarbone (2cts), step R foot into SET Position (2cts). Repeat on other side	8x
	1:42	(Low)	4x8 TRANSITION: Set up 2x plates for PLATE LUNGE L	8x
2	1:56	Rep / Hold on	8x8 2/2 PLATE LUNGE L WITH 2/2 SINGLE-ARM SIDE RAISE R Plate in R hand for SIDE RAISE , R leg B, plate in L hand hangs to side	8x
	2:23	Instr / (Melody beat)	16x8 COMBINATION (16cts) 2x 1/1 PLATE LUNGE L WITH 1/1 SINGLE-ARM O/H SHOULDER PRESS R (8cts) 1x 2/2 PLATE LUNGE L WITH 2/2 O/H SHOULDER PRESS R AND SIDE RAISE L (8cts)	8x
3	3:18	Instr / (Low)	4x8 RECOVERY: Set up 2x plates for PLATE LUNGE R	
	3:32	Rep / Hold on	24x8 REPEAT SET 2 on other side RECOVERY: Shake out arms. Shoulder and Quadricep Stretches.	



45-MIN FORMAT

07. HOLD ON 5:10mins

TECHNIQUE AND COACHING

1 UPRIGHT ROW / CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

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. Whole-body conditioning.

UPRIGHT ROW

- *SET Position*
- *Upright Row*
- **Bar stops at lower chest**
- **Keep the bar close to the body**
- **Elbows lead the movement**
- **Squeeze between the shoulder blades** at the top of the move

CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

- *New move coming up: Clean, Press, catch and reset*
- **Square the hips and shoulders to front**
- **Brace the abs and lift the chest**
- **Catch the bar high on the collarbones**
- **Hit the long Lunge as you step back**
- **Elbows forward as you press**
- *Stay in control*

2 PLATE LUNGE WITH SINGLE-ARM SIDE RAISE / PLATE LUNGE WITH OVERHEAD SHOULDER PRESS AND SIDE RAISE

LAYER 1

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 WITH SINGLE-ARM SIDE RAISE

- *Barbell down, plates up*
- *Left leg goes back*
- **Long stride**
- **Square the hips to front and brace abs**
- *Side Raise and Lunge*
- **Chest up, squeeze shoulder blades together**
- *Opposite arm hangs long*
- **Plate stops under the shoulder line**
- **Front knee out and back knee down**
- **Front thigh parallel for range**

PLATE LUNGE WITH OVERHEAD SHOULDER PRESS AND SIDE RAISE

- *New move coming: 2 Single Overhead Presses and slow Side Raise*
- *It's going to bite*
- *Squeeze glutes tightly*
- **Elbows forward as you press**
- **Brace abs to stay square to front and strong in the body**
- *Integrated strength training*
- *Big bang for your buck*

3 PLATE LUNGE WITH SINGLE-ARM SIDE RAISE / PLATE LUNGE WITH OVERHEAD SHOULDER PRESS AND SIDE RAISE

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 them 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!

- *One more final round – re-check your body positioning*
- *Squeezing the front and back glutes*
- *Legs, shoulders and core – integrated work*
- *Being solid through the mid-section means we have control*
- *Feel the muscles working extra hard*

PUMP FACT

Integrating our Lunge and shoulder patterns is a great way to lift our metabolism and hit a strong training zone to finish the workout with.



45-MIN FORMAT

09. FUNCTIONAL TRAINING

WEIGHT SELECTION

1x light weight plate and 1x medium weight plate

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
Crunch: Rectus abdominis
Plank and Rotating Side Plank: Rectus abdominis, obliques, back extensors, shoulders and triceps
Plate Lunge: Deltoids, glutes, quads, core and posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Intense pulse)	2x8	Set up PLATE HIP BRIDGE	
	0:13 V1 / _ Nobody ever seems to	3x8	2/2 PLATE HIP BRIDGE	3x
	0:25 PC / What I do	4x8	2/2 PLATE PUSH CRUNCH	4x
	0:42 C / I been spending time	8x8	CRUNCH COMBINATION (16cts) 2x 1/1 PLATE HIP BRIDGE (8cts) 2x 1/1 PLATE PUSH CRUNCH (8cts)	4x
2	1:18 Show me love ah!	2x8	TRANSITION: Set up PLANK	
	1:26 _ So me and my tips	2x8	PLANK	
	1:37 What I do	2x8	2/2 PLANK ALT SINGLE-LEG LIFT L, R (16cts)	2x
	1:54 C / I been spending time	8x8	PLANK COMBINATION (16cts) 1x 1/1 PLANK ALT SINGLE-LEG LIFT L, R (8cts) 1x 2/2 ROTATING SIDE PLANK L (8cts)	4x
	2:30 Rep / _ Gonna show me love	2x8	TRANSITION: Set up 1x plate for PLATE LUNGE L	
	2:39 Know me like I know	2x8	2/2 PLATE LUNGE L Plate in R hand, R leg B	2x
3	2:47 C / I been spending time	12x8	LUNGE COMBINATION (16cts) 2x 1/1 PLATE LUNGE L (8cts) 1x 2/2 TIPPING REAR DELTOID FLY WITH SINGLE-LEG LIFT R (8cts)	6x
	3:40 Instr / (Low)	½x8	RECOVERY	
	3:42 V2 / _ Now I think I	36x8	REPEAT SET 2 on other side RECOVERY: Shake out arms and legs.	



45-MIN FORMAT

09. LOVE (SWEET LOVE) 6:08mins

TECHNIQUE AND COACHING

1 PLATE HIP BRIDGE / PLATE PUSH CRUNCH COMBINATION

LAYER 1

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

- Lie down, side-on
- Feet shoulder-width apart
- Plate on hips
- **Squeeze through your glutes**
- **Square the hips to floor and keep them level**
- Plate over shoulders and crunch
- **Ribs to hips** to activate upper abs
- Combination – 2 Hip Bridges and 2 Crunches

2 PLANK COMBINATION, LUNGE COMBINATION

LAYER 1 / LAYER 2

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

PLANK COMBINATION

- Plate down
- Roll over to a Plank
- Hands shoulder-width apart
- On knees or toes
- Stabilize the entire body
- Leg lift front and back
- **Squeeze butt to stop leg at hip level**
- **Lock in core and glutes**
- Let's add on a Leg Lift and Rotating Plank
- Focus is to lift the hip away from the floor
- **Body moves as one unit**
- Testing stability and control

LUNGE COMBINATION

- Grab your light plate
- **Long step back into Lunge**
- Slow Lunge
- **Square the body to front by bracing abs**
- **Front thigh parallel to the floor**
- Combo – 2 Single Lunges, tip and raise slowly
- **Plate stops under shoulder on the Side Raise**
- **Brace abs to keep hips and shoulders square to front**
- Whole body is being tested now
- **Squeeze glutes as you lift the back leg**

3 PLANK COMBINATION, LUNGE COMBINATION

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 with the workout till the end?

- Plate down and back into the Plank
- Set the Plank and reset the body
- We are focused on time under tension
- Hang on for our core control
- Stabilizers are getting strong to carry over for the bigger movements
- Last reps are the best ones



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.

