

BODYPUMP 122

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM-UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

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

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 up, 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

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

CHEST PRESS

Position Set-up

- Hands wide on the bar
- Bar above shoulders, bar at shoulder level; or bar over middle of chest
- Brace abs – lower back towards the bench
- Feet hip-width apart and close to the bench

Execution Set-up

- Bar to middle of the chest
- Elbows stop at bench level
- Bar over shoulders (top position)

Layer 2

- Squeeze shoulder blades together on the way down to open the chest
- Drive upper back into the bench to stabilize the upper body



GLOSSARY

MID-GRIP PUSHUP

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

WIDE-GRIP PUSHUP

Position Set-up

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

Execution Set-up

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

Layer 2

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

CHEST FLY

Position Set-up

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

Execution Set-up

- Open the plates out
- **Elbows stop in line with the bench**
- **Maintain slight bend in the elbows**

Layer 2

- Open the chest on the way down

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

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.



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

PLATE SQUAT PRESS

Position Set-up

- Feet slightly wider than hips with toes turned out
- Plate parallel in front of collarbones
- **Elbows under plate**
- **Chest up, abs braced**

Execution Set-up

- **Sit the butt down and back**
- **Knees track forward, in line with toes**
- Half Squat
- **Brace the abs as the plate moves over head**
- **Elbows slightly forward**

WIDE-STANCE DEADLIFT

Position Set-up

- **Hands wide**
- **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

WIDE-STANCE DEADROW

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 together**

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

STANDING OVERHEAD TRICEP EXTENSION

Position Set-up

- **Split Stance**
- Shoulders down
- **Belly in, abs braced**
- **Chest up**
- 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

DIAMOND PRESS

Position Set-up

- Hold the plate in the middle
- **Lower back towards the bench** keeps us in neutral and lower back engaged
- **Brace the abs**
- **Plate starts over the shoulders**

Execution Set-up

- **Plate lowers to lower ribs**
- Targeting the belly button keeps the load in the triceps and out of the shoulders
- Elbows in close to body

Layer 2

- Stay low to load the back of the arms

KNEELING TRICEP KICKBACK ROW

Position Set-up

- **Hinge forward from hips, chest up, shoulders square to front**
- 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

BICEP CURL

Position Set-up

- **Knees soft, SET Position**
- Arms by sides, palms face in, Bicep 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

PREACHER CURL

Position Set-up

- **SET Position**
- Underhand grip on the barbell
- **Chest up**
- **Abs in and braced**

Execution Set-up

- **Hinge forward from the hips, chest up**
- Curl the bar up towards shoulders
- **Elbow under shoulder**
- **Upper part of the arm stays still**
- Push the bar away from you
- **Abs braced**

Layer 2

- Changing up the angles to recruit more muscle fibers out of the biceps
- We need to be able to lift strongly for life and with our barbell



GLOSSARY

BACKWARD-STEPPING LUNGE

Position Set-up

- Feet hip-width apart 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

LUNGE

Position Set-up

- Feet hip-width apart 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

I RAISE

Position Set-up

- Plates in either hand, palms in
- **SET Position**
- Roll the shoulders up, back and down
- Slide the shoulder blades down towards the ribs
- **Brace abs and lift chest**

Execution Set-up

- **Hip hinge, long spine , chest up**
- Arms come forward
- Target towards the forehead
- **Abs braced**
- **Feel the shoulder blades slide down towards the ribs**

Layer 2

- Lengthening and pushing the plates away from you
- Really switch on the core as you push the hips back to stabilize

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



GLOSSARY

BARBELL OVERHEAD PRESS

Position Set-up

- **SET Position**
- **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

BARBELL PUSH PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive out of the legs to integrate upper and lower body

Y RAISE

Position Set-up

- Plates in either hand, palms in
- **SET Position**
- Roll the shoulders up, back and down
- Slide the shoulder blades down towards the ribs
- **Brace abs and lift chest**

Execution Set-up

- **Hip hinge, long spine, chest up**
- Working wide into a 'Y' shape
- Plates heading towards forehead
- **Abs braced**
- **Shoulder blades slide down and in to a shallow 'V'**

Layer 2

- Working deep into the stabilizing muscles of the shoulders
- These movements makes the bar work so powerful because the stabilizers are switched on

T RAISE

Position Set-up

- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest up, abs braced**
- **Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front**

Execution Set-up

- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze between the shoulder blades**
- Aiming for stability

Layer 2

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



GLOSSARY

HIP BRIDGE

Position Set-up

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

Execution Set-up

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

HIP BRIDGE HOLD WITH ALTERNATING 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

ALTERNATING 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

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

SIDE HOVER

Position Set-up

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

Layer 2

- Hips down
- Press down through bottom elbow
Option: Rear leg down on the floor



GLOSSARY

BARBELL TRICEP EXTENSION

Position Set-up

- Lying on bench
- **Shoulder-width grip on the bar**
- **Abs braced**
- **Elbows face down on the bench**

Execution Set-up

- **Lower bar to forehead**
- **Keep upper arms vertical**

Layer 2

- Lock the upper arm position to isolate the triceps

BARBELL TRICEP PRESS

Position Set-up

- **Hands shoulder-width apart**
- **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 on the bench

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

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

MID-RANGE BICEP PLATE CURL KNEELING

Position Set-up

- On knees, hip-width apart
- Feet together, **squeeze glutes**
- Abs braced, chest up

Execution Set-up

- Curl to mid-range, 1 inch up and down
- **Extend down to thighs**

Layer 2

- Brace abs to stop trunk sway

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

HANG CLEAN

Position Set-up

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

Execution Set-up

- **Lift bar up to lower chest**
- **Elbows above the bar**
- **Keep bar close to body**
- **Flick elbows under bar**
- **Small bend at knees**
- **Straighten knees as you flick elbows over the top**
- **Lower bar close to body**

Layer 2

- Fast elbows

CLEAN & SQUAT

Position Set-up

- **Feet hip-width apart**
- **Brace abs, chest up**
- **Bar at thighs**

Execution Set-up

- High Pull the bar up
- **Catch the bar high on collarbones** on the Clean
- **90 degrees on the Squat**
- **Hips go back and down**
- **Bar stays close to body**
- **Brace abs, chest up**

Layer 2

- Drop quickly into the Squat for intensity and strength gains

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

POINTER

Position Set-up

- **Hands shoulder-width apart, knees hip-width**
- Plate in right hand
- **Brace abs to square hips and shoulders to the floor**

Execution Set-up

- Opposite arm and leg extend to 45 degrees
- **Brace abs tightly to keep hips and shoulders square to the floor**
- **Squeeze glute as you extend leg**

Layer 2

- Great stabilization work for our slings, from shoulder to opposite butt



GLOSSARY

SCORPION

Position Set-up

- **Hands shoulder-width apart, knees hip-width**
- Plate in right hand
- **Elbow high, to under shoulder line**
- **Bend left knee, hip level for Scorpion**
- **Brace abs to square hips and shoulders to the floor**

Execution Set-up

- Lift and lower opposite leg and arm
- **Brace core to stabilize body as you move**
- **Squeeze shoulder blade into spine on the Row**
- **Squeeze butt on Scorpion lift**

Layer 2

- Try and stay in the top range to get the burn

PLATE ROW

Position Set-up

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

Execution Set-up

- **Hinge forward from the hips**
- Extend leg back
- **Chest up**
- **Row plates to lower ribs**
- **Shoulder blades towards spine**
- **Eye gaze 6½ feet (2 meters) in front**

Layer 2

- Drive out of the front heel to engage the glutes

ALTERNATING SCISSOR LUNGE

Position Set-up

- Plate at collarbones
- **Feet hip-width apart**
- **Hips and shoulders square to the front**
- **Abs braced and chest up**

Execution Set-up

- **Long step back** and alternate
- **Front thigh parallel to the floor**
- Feet stay hip-width apart when you step back
- Back knee down, front knee out

Layer 2

- As we move faster you can step or do a small jump to change legs



MUSIC

- 01

Not Alone (4:55)

Codeko & April Bender

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Written by: Clark, Bender
- 02

BADBOY (4:58)

Fas Fash

Courtesy of Les Mills Music Licensing Ltd.

Written by: McCarthy
- 03

edamame (5:06)

bbno\$ & Rich Brian

© 2021 bbno\$, Rich Brian appears courtesy of 88Rising.

Written by: Gumuchian, Imanuel, Dold
- 04

U & Me (Bauer Remix) (5:39)

alt-J

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Written by: Unger-Hamilton, Newman, Green
- 05

Dirty Sexy Money (4:31)

Chilli Larder

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Written by: Cook, Tuinfort, Guetta, Kharbouch, Bao
- 06

HUMBLE. (Skrillex Remix) (2:35)

Kendrick Lamar

Courtesy of the Universal Music Group.

Written by: Hogan, Tiffith, Lamar, Williams II
- 07

HUMBLE. (Skrillex Remix) (1:24)

Kendrick Lamar

Courtesy of the Universal Music Group.

Written by: Hogan, Tiffith, Lamar, Williams II
- 07

Holy Water (2:56)

Galantis

© 2019 Atlantic Recording Corporation.

Written by: Dennis, Karlsson, Jonback, Koizsch
- 08

Holy Water (1:39)

Galantis

© 2019 Atlantic Recording Corporation.

Written by: Dennis, Karlsson, Jonback, Koizsch
- 08

GUD VIBRATIONS (5:25)

NGHTMRE & SLANDER

© 2016 Mad Decent.

Written by: Hartman, Andersen, Land, Marenyi
- 09

Say Nothing (5:10)

Flume feat. MAY-A

© 2022 Future Classic.

Written by: Streten, Aarons

- 10

Cool Again (3:17)

Faraway Earthside

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Written by: Shofler, Torrey, Farrar
- 45-MIN FORMAT
- 05

Pull Up (5:38)

Keys N Krates feat. Haviah Mighty

© 2021 Last Gang Records Inc.

Written by: Dawson, Tune, Francoise, Mighty
- 07

Hurricane (Arcando Remix) (5:20)

Cheat Codes, Grey & Tyson Ritter

© 2021 Cheat Codes LLC.

Written by: Shaw, K. Trewartha, M. Trewartha, Schneider, Ritter
- 09

Going to the Party (Extended Mix) (4:58)

The Allergies feat. Lyrics Born

© 2021 Jalapeno Ltd.

Written by: Volsen, Spencer, Shimura, Watkins, Matthews, Thomas

ALTERNATIVE TRACKS

- ALT 03

Topo (5:06)

El Neon

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 05

I Know How To Love You (4:31)

Rambutan

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 06

Headrush (3:59)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 07

I've Found My Way (4:35)

Hallman feat. ELWIN

Courtesy of Epidemic Sound.

Written by: Unknown

45-MIN FORMAT

- ALT 09

Things on My Mind (4:58)

The New Fools

Courtesy of Epidemic Sound.

Written by: Unknown



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	25:48	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	40:03

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	39:49

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.



Back Row L–R: Kaylah-Blayr Fitzsimons-Nu’u, Diana Archer Mills, Ben Main, Marlon Woods, Kylie Gates, Khiran Huston and Des Helu
Front Row L–R: Glen Ostergaard and Vili Fifita

PRESENTERS

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.

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BODYPUMP 122

A classical start for BODYPUMP 122, *Not Alone*, entices the emotion that let’s you know you are about to start a BODYPUMP workout!

The Squats track is a ripper – two long blocks of work, singles, your range and bottom halves that push your muscles to the limit, with the heart rate not far behind. *Edamame*, great sound, bar work to build strength, Pushups to challenge muscles and core, and Flys to isolate – the perfect Chest track. Then there’s a powerful Back track with Deadlifts, Clean & Presses and Squat Presses to follow.

Then the party starts with a fun Triceps track, where the Diamond Press makes its arrival – a great innovation to isolate the arms. *Humble* is humble, *Holy Water* pumps the fun factor and *GUD VIBRATIONS* is a classic remake. Then I’s, Y’s and T’s are smart shoulder training. An engaging Core track brings us in for landing, with Hip Bridges, Extensions and Planks. If you hang around for the 45-minute class, we finish the party by going to party!

Enjoy this fantastic workout!

Glen

CREDITS

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01. WARM-UP

WEIGHT SELECTION

Light barbell and 1x light to medium weight plate

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** (Name of Exercise, Timing and Targets) throughout the track, connecting everyone with the workout so they can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Low swirl)	2x8	SET Position	
	0:12 V1 / _ You're reaching out	4x8	4/4 DEADLIFT SET Stance	2x
	0:27 PC / So take your tears	4x8	3/1	4x
	0:42 C / No you're not alone	4x8	2/2 UPRIGHT ROW	4x
	0:57 Cause it's you and I	4x8	1/1 DEADROW (8cts)	4x
	1:12 Instr / (Beat drop)	8x8	ROW COMBINATION (16cts) 2x 1/1 UPRIGHT ROW (8cts) 1x 1/1 DEADROW (8cts) Option: After first 2 reps of the combo, progress UPRIGHT ROW to HIGH PULL	4x
2	1:42 (Low)	1x8	TRANSITION: Set up bar on back for SQUAT WIDE Stance	
	1:46 V2 / _ There were times	4x8	4/4 SQUAT WIDE Stance	2x
	2:01 PC / So take your tears	4x8	3/1 Use last 4cts to set up in SET Stance for BACKWARD-STEPPING LUNGE R leg leads	4x
	2:16 C / No you're not alone	8x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts) Use last 2cts to set up SQUAT WIDE Stance	4x
	2:45 Instr / (Beat drop)	8x8	SQUAT COMBINATION (16cts) 1x 1/3 SQUAT WIDE Stance (8cts) 2x 1/1 SQUAT WIDE Stance (8cts)	4x
3	3:16 (Low)	3x8	TRANSITION: Bar down, set up 1x plate for PLATE FRONT SQUAT MID Stance	
	3:27 V3 / _ But all those nights	2x8	4/4 PLATE FRONT SQUAT MID Stance	1x
	3:34 PC / So take your tears	4x8	3/1	4x
	3:49 C / No you're not alone	6x8	1/1/1/1 ALT BACKWARD-STEPPING LUNGE WITH 1/1 PLATE O/H SHOULDER PRESS L, R (16cts) After the last rep quick transition to floor, plate down, hands wide for PUSHUP	3x
	4:12 Let it go	2x8	TRANSITION: Set up PUSHUP on floor	
	4:19 Instr / (Beat drop)	8x8	PUSHUP COMBINATION (16cts) 1x 1/3 PUSHUP (8cts) 2x 1/1 PUSHUP (8cts) RECOVERY: Roll shoulders. Shake out arms and legs.	4x



01. NOT ALONE 4:55mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find the SET Position. This will set them up for a strong lifting position.

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

1 DEADLIFT / UPRIGHT ROW / DEADROW / 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**
- **Upright Row – bar stops at lower chest, elbows wide**
- **Deadrow – bar to the knees, belly and SET Position**
- **High Pull – pull the bar up the body, lift heels, squeeze glutes**

2 WIDE SQUAT / ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2

The second block is focused on the Wide Squats and Backward-Stepping Lunges. Coach clear Position and Execution to get everyone to focus on the correct timing from the start. Once the class is moving well, encourage full range of motion to get their legs ready for the workout ahead.

- **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**

3 PLATE FRONT SQUAT / ALTERNATING BACKWARD-STEPPING LUNGE WITH OVERHEAD PLATE PRESS / PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

We finish the last block of work with a plate, starting with Front Squat, building into the Lunges with Overhead Press to integrate the core and finishing the block with Pushups. It's the perfect opportunity to coach your class on Technique reminders to get their bodies ready for the workout ahead as well as using this time to connect with your participants and what their goals for the workout might be – think of how you can communicate this to them.

- **Plate Front Squat – feet outside hip-width, hips go back and down, knees press forward in line with toes, hips to 90 degrees**
- **Alternating Backward-Stepping Lunge with Overhead Plate Press – long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front, elbows forward of face**
- **Pushup – hands outside shoulder-width, brace abs, on knees or toes, chest to elbow level, back long and straight**

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

WIDE Stance: Gluteus maximus, quads
WIDER Stance: Gluteus maximus, side glutes, quads

TRACK FOCUS

Coach your class through the two stances: WIDE- and WIDER-Stance Squat. The focus is on nailing the Timing with the range of motion options for the first half of the track. The second half of the track is focused on encouraging your class to chase the Timing, range and burn and possibly a heavier weight option.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Low synth)	3½x8	Set up SQUAT WIDE Stance	
	0:15 (Electric guitar)	8x8	4/4 SQUAT WIDE Stance	4x
	0:37 (Electric guitar riff)	8x8	1/1/2	8x
	0:59 (Synth beat drop)	8x8	1/1 TOP HALF SQUAT	16x
	1:21 (Electric guitar strum)	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	1:32 (Heavy drums)	4x8	4x BOTTOM HALF SQUAT (16cts)	2x
	1:43 (Synth beat drop)	8x8	1/1 TOP HALF SQUAT Option: 1/1 MID-RANGE SQUAT	16x
	2:05 (Electric guitar strum)	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	2:16 (Heavy drums)	4x8	4x BOTTOM HALF SQUAT (16cts)	2x
2	2:27 (Low)	8x8	TRANSITION: Bar down and recover, option to add weight, heel-toe wider for SQUAT WIDER Stance	
	2:49 (Electric guitar riff)	8x8	1/1/2 SQUAT WIDER Stance	8x
	3:11 (Synth beat drop)	8x8	1/1 TOP HALF SQUAT Option: 1/1 MID-RANGE SQUAT	16x
	3:33 (Electric guitar strum)	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	3:44 (Heavy drums)	4x8	4x BOTTOM HALF SQUAT (16cts)	2x
	3:55 (Synth beat drop)	8x8	1/1 TOP HALF SQUAT Option: 1/1 MID-RANGE SQUAT	16x
	4:17 (Electric guitar strum)	4x8	2x BOTTOM HALF SQUAT (8cts)	4x
	4:29 (Heavy drums)	4x8	4x BOTTOM HALF SQUAT (16cts)	2x
	RECOVERY: Shake out legs. Stretch Quadriceps.			



02. BADBOY 4:58mins

TECHNIQUE AND COACHING

1 WIDE-STANCE SQUAT

LAYER 1

Coach Position and Execution set-up of the WIDE-Stance Squat to get the class moving well. Use NETT to coach good Squat Technique – referring to Timing, Target zones and leg alignment to activate the quads and core right from the start of the track. Early pre-cues will allow your participants to follow easily with good timing and range cues and feel successful.

- **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 out to load the glutes**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line** – that's your range
- *5 minutes to fire up the lower body*
- *Top half singles, 16*
- **Squeeze glutes** to drive out of the bottom of your Squat
- *Bottom for 2*
- *Next time, bottom for 4*
- *1 more minute on the clock*
- *You can stay top half or mid-range for the 16 reps*
- *Feel the load in the legs*

2 WIDER-STANCE SQUAT

LAYER 1 / LAYER 2 / LAYER 3

The focus in the second block is creating more muscular tension. We offer the option to add more weight as participants know what's coming now. The first half eases you into the workout; the second block brings you to fatigue. Quickly, give all the basic alignment Layer 1 cues for the Wider Stance. 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. Participants still have the choice to work in the top range or to challenge themselves in the mid-range. Don't forget that your Layer 3 cues are what will bring people to cross the finish line with you!

- **Option to add some weight**
- **Heel-toe wider** for Wider Squat
- **Hips sit back and down**
- **Knees push out to engage glutes** even more
- **90 degrees on the range**
- *Strongest stance we have, giving you the cardio kick*
- *Keep driving out of the heels*
- *Time under muscular tension*
- *Split the floor in half*
- *Put the pressure on*
- *Either top half or mid-range*
- *Activating glutes and core*
- *30 seconds to the end*

PUMP FACT

When we squat we have two groups of muscles doing the work: prime movers – glute max, quads and hamstrings; and synergists – glute min, glute med, adductors and hip rotators.

When we change our foot width we change the focus on the synergists, which stabilize the movement. This helps us become proficient in different types of Squat patterns.



03. CHEST

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

WEIGHT SELECTION

NEW and REGULARS: Barbell with one-third of your Squats weight and 2x medium to heavy weight plates

Option: Floor Press

MUSCLE FOCUS

Chest Press: Pectorals, triceps and deltoids
Pushup: Pectorals, deltoids, 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 Pushups are achievable for everyone to achieve whole-body conditioning.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Piano)	2x8	Set up CHEST PRESS	
	0:13 C / Woah , hanging low	4x8	1/1 CHEST PRESS	8x
	0:32 V1 / _ Just popped	4x8	2/2	4x
	0:50 _ She tip	4x8	1/2/1	4x
	1:08 C / Woah , hanging low	4x8	1/1	8x
2	1:26 V2 / I've been in the	4x8	2/2	4x
	1:44 PC / I don't really ever	4x8	1/2/1	4x
	2:02 C / Woah , hanging low	4x8	1/1	8x
3	2:20 V3 / _ Just popped	2x8	TRANSITION: Set up MID-GRIP PUSHUP on back of bench	
	2:29 Got a bad baby	2x8	2/2 MID-GRIP PUSHUP Options: Kneeling or on knees or toes	2x
	2:38 _ She tip	4x8	1/2/1	4x
	2:56 C / Woah , hanging low	4x8	1/1	8x
			Use last 2cts to set up WIDE-GRIP PUSHUP on back of bench	
4	3:15 V4 / I've been in the	4x8	2/2 WIDE-GRIP PUSHUP Option: Continue MID-GRIP PUSHUP	4x
	3:33 PC / I don't really ever	4x8	1/2/1	4x
	3:51 C / Woah , hanging low	4x8	1/1	8x
5	4:09 V5 / I've been in the	1x8	TRANSITION: Set up 2x plates for CHEST FLY on bench	
	4:13 _ The CVS is like	3x8	2/2 CHEST FLY	3x
	4:27 PC / I don't really ever	4x8	1/2/1	4x
	4:45 C / Woah , hanging low	4x8	PULSE CHEST FLY (2cts) RECOVERY: Shake out the arms and roll the shoulders. Chest Stretch.	16x



03. EDAMAME 5:06mins

TECHNIQUE AND COACHING

1 CHEST PRESS

LAYER 1

Coach your class into the Position set-up for the Chest Press to ensure they 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 with the music.

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**
- Down and hold for 4 – it's a little longer now
- Time to go big again on the singles

2 CHEST PRESS

LAYER 1 / LAYER 2

The second block of Chest Presses will build Intensity fast. Focus on stability to create isolation in the chest and pecs. Encourage your class to work for quality reps with good Execution, no matter what their level is. Right now they need your help. Educate them on why they would want to stay in the workout!

- Back into the 2/2
- The timing and tension will give us the results
- Fast down, hold and release
- The pause in the bottom range builds deep muscle tension
- The accumulation of fatigue will give us the results we come for

3 MID-GRIP PUSHUP

LAYER 1

Coach Position and Execution set-up cues for the Mid-Grip Bench Pushup using **NETT** to coach Targets and Timing so participants are moving well with great Execution. Helping participants understand their options is crucial for success.

- Transition, bar down
- Mid-Grip Pushup
- **Hands just outside shoulder-width on the bench**
- **Brace abs**
- On knees or toes
- Shoulders away from the ears
- Bring the chest down in between the arms
- **Chest to elbow height**
- **Back long and straight**
- Set the shoulder blades to lock the back position
- Building strength – game-changer

4 WIDE-GRIP PUSHUP

LAYER 2 / LAYER 3

We offer Wide Grip or stay in Mid Grip for the final set of Pushups. The body is fatiguing fast now so what will you do to help participants push through the fatigue and finish the Pushups?

- Stay Mid Grip or come wider
- Mixing up the chest recruitment now
- On knees or toes for the singles
- As you drive away from the bench, think about splitting the hands apart to feel the strength and power more

5 CHEST FLY

LAYER 1 / LAYER 2 / LAYER 3

The final set: we change the exercise to Chest Flys with plates. Changing the exercise helps us maintain a high Intensity for longer as we alter the muscle recruitment. 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.

- Fast transition, grab plates for Flys
- Lie down, set the position
- Open the plates out
- **Elbows stop at bench level**
- **Slight bend in the arm**
- Pulses till the end
- Stay in the bottom range to shape and tone



03. EDAMAME 5:06mins

PUMP FACT

When we lie on the bench, there is a tendency to relax our trunk stabilizers. Maintaining activation in these muscles sets a strong foundation for the Chest Press and makes us stronger under the bar.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more and 1x medium to heavy weight plate
NEW: Barbell with Chest weight and 1x medium to heavy weight plate
Option: 2x medium to heavy weight plates

MUSCLE FOCUS

Deadlift / Clean & Press / Plate Squat Press:
Posterior chain – glutes, hamstrings, lower and upper back
Deadrow: Lats, muscles of the upper back and deltoids

TRACK FOCUS

This track has a cardio and vertical drive focus for total-body training. Coach Intensity building from the Clean & Press and Squat Press. Two rounds with SET Position and Wide Stances to create strength and power.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Piano)	4x8	Set up DEADLIFT SET Stance	
	0:16 _ Ooh ooh	4x8	4/4 DEADLIFT SET Stance	2x
	0:28 V1 / _ Summer holiday	8x8	2/2	8x
	0:51 C / Just you and me now	8x8	1/1 DEADROW (8cts)	8x
	1:15 B up / Just you and me now	8x8	TRIPLE DEADROW (16cts)	4x
	1:38 Instr / (Synth drop)	8x8	COMBINATION (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
	2:01 (Synth drop + horns)	8x8	1/1 CLEAN & PRESS (8cts) Option: Continue COMBINATION	8x
	2:25 (Beat + low vocals)	8x8	1/1 PLATE SQUAT PRESS MID Stance Use first 4cts to set up 1x plate for PLATE SQUAT PRESS MID Stance	15x
2	2:48 Rep / Just you and me now	8½x8	TRANSITION: Bar down and recover, set up bar with Narrow Grip for DEADLIFT WIDE Stance	
	3:13 _ I could hold on	12x8	2/2 DEADLIFT WIDE Stance	12x
	3:48 Instr / (Synth + clap)	11x8	1/1 DEADROW WIDE Stance (8cts)	11x
	4:20 B up / (Synth)	1x8	TRANSITION: Set up bar with Mid Grip for CLEAN & PRESS SET Stance	
	4:23 Instr / (Synth drop)	8x8	COMBINATION (16cts) 1x 1/1 CLEAN & PRESS SET Stance (8cts) 1x 1/1 DEADROW SET Stance (8cts)	4x
	4:47 (Synth drop + horns)	8x8	1/1 CLEAN & PRESS (8cts) Option: Continue COMBINATION	8x
	5:10 (Beat + low vocals)	8x8	1/1 PLATE SQUAT PRESS MID Stance Use first 4cts to set up 1x plate for PLATE SQUAT PRESS MID Stance	15x
			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. U & ME (BAAUER REMIX) 5:39mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS, DEADROW COMBINATION / PLATE SQUAT 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 in transitions.

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 heels as you rise to recruit glutes and hamstrings*
- **Elbows in and back**
- **Chest up**
- **Chin tucked in, eyes look out 6½ feet (2 meters)**
- **Brace abs**
- **Squeeze between the shoulder blades**
- *Strong alignment in the hinge position*
- *Stay down for Triple Deadrow*

CLEAN & PRESS, DEADROW COMBINATION

- *Clean & Press and Deadrow*
- **Catch bar to collarbones**
- **Brace the core in the Press**
- **Bar stays close to the body**
- **At the top of the Press, elbows forward of the face**
- **Hips back to catch on the way up and down**
- *Drop and press for the vertical drive*
- *You can stay with the Clean and Row or 8 Cleans*

PLATE SQUAT PRESS

- *Bar down, grab your plate*
- *Mid Stance*
- *Squat Press*
- **Butt sits back and down**
- **Brace abs as the plate moves over head**
- **Elbows forward of face**

2 DEADLIFT / DEADROW / CLEAN & PRESS, DEADROW COMBINATION / PLATE SQUAT PRESS

LAYER 1 / LAYER 2 / LAYER 3

Cardio is up! This block is about creating Intensity. The difference in this block is the WIDE Stance. Set the feet wide; bend knees to pick up the barbell with a Narrow Grip. Set the basics so everyone is moving well, then coach with a Layer 2 focus. Allow space for participants to explore their own Execution. Empower them by providing benefits of the movements – the WHY! 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.

- *Cardio is up*
- *Next stance is Wide*
- *Set up the feet wide*
- *Bend your knees and pick up the bar with a Narrow Grip*
- **Brace core and set shoulders back and down**
- *Deadlift*
- **Hip hinge, bar to knees**
- **Brace the core and keep chest lifted**
- *Hook into the powerful music*
- **Squeeze the glutes as you rise**
- *We love the wide position, which creates a strong position to lift from*
- *This position activates the stabilizers and burns the back body*
- *Focus on the mid back in the Row to isolate*
- *You can feel the vertical drive*
- *We are not leaving you behind*
- *This is the training, with this music and your people*
- *Ultimate back training*
- *Heart rate is up, strong and powerful*
- *Count down with us*



04. U & ME (BAAUER REMIX) 5:39mins

TECHNIQUE AND COACHING

PUMP FACT

The ability to hip hinge is key to our back training. This requires us to stabilize the trunk and isolate the movement to the hips.

Improving our ability to hip hinge protects our spine during any lifting activities.



05. TRICEPS

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *I Know How To Love You* with the same choreography.

WEIGHT SELECTION

NEW and REGULARS: 1x light to medium weight plate and 1x medium to heavy weight plate

Options: Floor Press or barbell with light to medium weight

MUSCLE FOCUS

Standing Overhead Tricep Extension/ Kickback: Triceps
Diamond Press: Triceps and deltoids

TRACK FOCUS

Focus is on the new Diamond Press for integration of the upper body. Coach Execution to help participants understand which level is right for them. Pre-cues are essential for participant success and enjoyment. Show your love of music and movement.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Guitar strum)	4x8	Set up STANDING O/H TRICEP EXTENSION	
			SET Stance	
	0:16 V1 / _ Want you bad	8x8	2/2 STANDING O/H TRICEP EXTENSION	8x
	0:40 PC / Whoo , tell me	4x8	1/1/2	4x
2	0:52 C / Pu -pu-pu-pu-put	8x8	2x BOTTOM HALF STANDING O/H TRICEP EXTENSION (8cts)	8x
	1:17 V2 / _ Put your skin	4x8	TRANSITION: Set up 1x plate for DIAMOND PRESS on bench	
	1:28 PC / Whoo , tell me	4x8	2/2 DIAMOND PRESS	4x
			Option with bar: 2/2 TRICEP PRESS	
	1:40 C / Pu -pu-pu-pu-put	8x8	2x BOTTOM HALF DIAMOND PRESS (8cts)	8x
			Option with bar: 2x BOTTOM HALF TRICEP PRESS (8cts)	
3	2:04 V3 / _ Clap, clap, clap	4x8	TRANSITION: Put down heavier plate. Pick up lighter weight with R hand, move behind bench for TRICEP KICKBACK	
	2:16 _ Louis shoes	12x8	TRIPLE KNEELING TRICEP KICKBACK ROW R (16cts)	6x
	2:52 V4 / _ Put your skin	32x8	REPEAT SET 2 on L side	
RECOVERY: Shake out arms. Tricep Stretches.				



05. DIRTY SEXY MONEY 4:31mins

TECHNIQUE AND COACHING

1 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Position and Execution set-ups with focus on Targets and Timing for the Tricep Extension. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of the exercise.

- SET Position
- Knees soft, **brace the core**
- Plate over head
- **Plate to base of neck**
- **Full extension to the top**
- Shoulders back and down
- Let's **engage our core**
- Strong grip on the plate as we move
- **Squeeze elbows in** to load the triceps
- Time to train
- Small Pulse in the bottom range
- Energy shot into the back of the arms

2 DIAMOND PRESS / TRICEP KICKBACK

LAYER 1

NEW MOVE: Diamond Press. Clearly Coach the Position and Execution of the movement. If you don't have plates in your club for this move, option is to use a Narrow Grip Press. We also have the Kickback in this block.

DIAMOND PRESS

- Diamond Press, grab the plate
- Hold the plate in the middle
- **Lower back towards the bench** keeps us in neutral and lower back engaged
- **Brace the abs**
- **Plate starts over the shoulders**
- **Plate down to lower ribs**
- Down halfway to start to load the back of the arms
- **Elbows in close to body**

TRICEP KICKBACK

- Light to medium plate
- Come to back of the bench
- Plate in the left hand
- Stack the elbow, wrist and shoulder
- **Brace abs to square hips and shoulders to front**
- Triple Kickback
- **Row the plate to hip height**
- **Extend fully to the back**
- **Keep upper arm still and loaded**

3 DIAMOND PRESS / KNEELING TRICEP KICKBACK ROW

LAYER 2 / LAYER 3

We repeat Block 2 again. As participants fatigue they will be likely to cheat in their Timing and their range. Give them Layer 2 cues that help with the Execution of the Diamond Press and Educate why we do this. Encourage them to finish the track as best they can. It's a burner and the results will kick – what will you say and do to keep your participants with you till the finish line?

- Back to the bench, Diamond Press
- Press into the plate
- Feel the engagement in the front of the body
- Let's carry this engagement and tension, all the way through the Bottom Halves
- We are strengthening our anterior chain
- We are targeting the front of the body and triceps
- Triceps are a key link to our pushing movements
- Three-point stability set for Kickbacks
- We are moving from the anterior to the posterior chain
- Focus on squaring the body to the front by bracing the core hard

PUMP FACT

Our triceps can work in unison with both the anterior and posterior chain. Any action driving something to the front involves the anterior chain; while pushing objects behind us – like a fend as you're passing to someone in contact sports – requires posterior chain recruitment.



06. BICEPS

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

WEIGHT SELECTION

Weight plates with Warm-up weight or slightly more

Options: Barbell with Warm-up weight or more

MUSCLE FOCUS

Bicep Curl: Biceps

Preacher Curl: Biceps

TRACK FOCUS

NEW MOVE: Preacher Curl is our focus for strength gains by changing the angle. Clearly coach Timing to hook participants into the feel and musical flavor. Focus on Execution to find the tension and isolation.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / Ayy , I remember	2x8	Set up BICEP CURL SET Stance
	0:11	_ Parmesan where my	2x8	4/4 BICEP CURL SET Stance
	0:18	_ Girl, I can buy yo	4x8	2/2
	0:32	A.M. to the P.M.	4x8	1/1/2
	0:43	Ref / _ My left stroke	4x8	1/1
			Use last 4cts to set up PREACHER CURL	
	0:55	Instr / (Heavy synth)	8x8	TRIPLE PREACHER CURL (16cts) Hip hinge with arms extended (2cts), 3x 1/1 PREACHER CURL (12cts), return to standing (2cts)
2	1:21	V2 / Who that think he	4x8	2/2 BICEP CURL SET Stance
	1:34	I'm so sick	4x8	1/1/2
	1:47	PC / Ayy , this way too	4x8	1/1
	1:59	Ayy this that grey	4x8	TRIPLE MID-RANGE PULSE CURL (8cts)
	2:12	Instr / (Heavy synth)	8x8	TRIPLE PREACHER CURL (16cts)
3	2:38	Instr / (Low)	1½x8	HOLD Options: Continue with bar or set up 2x plates for BICEP PLATE CURL SET Stance
	2:40	V2 / Who that think he	24x8	REPEAT SET 2 RECOVERY: Shake out arms. Bicep Stretches.



06. HUMBLE. (SKRILLEX REMIX) 3:59mins

TECHNIQUE AND COACHING

1 BICEP CURL / TRIPLE PREACHER CURL

LAYER 1

Use Layer 1 Position and Execution cues to get the participants moving with great Timing and range, with the Bicep Curl and clear coaching of the Preacher Curl.

BICEP CURL

- *SET Position*
- **Abs braced, chest up, shoulders back**
- *Shoulder blades down into the back ribs*
- **Bar stops just in front of the shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Full range on the Curl*

TRIPLE PREACHER CURL

- *3, 2, reset the shoulders*
- *Tip forward from hips, Triple Preacher Curl*
- **Hinging forward from the hips**
- **Upper part of the arm stays still**
- **Push the bar away from you**
- **Chest is up and abs are braced**

2 BICEP CURL / TRIPLE PREACHER CURL COMBINATION

LAYER 2

Use Layer 2 cues that will help your class to move with improved alignment, creating precision of the Preacher Curl. When we focus on the foundation of the body position and position of the elbow, this keeps load in the targeted muscles and creates the strong platform in the posture to load effectively.

BICEP CURL

- *Set up for round 2*
- *Reset the posture*
- *Lift chest and squeeze shoulder blades together*
- *We want to be strong and stable for maximum gains*
- *Elbow directly under shoulder*
- *Pop up the chest*
- *Slow it down as you release*
- *Full extension*
- *We want to be still*
- *Wind up the singles*
- *Lock the core super strongly*
- *Pump it up*
- *3 Mid-Range Pulse Curls*
- *We are just getting started*
- *1 inch above and below the halfway mark*

TRIPLE PREACHER CURL

- *Keep the bar coming away from you*
- *We love this sort of training*
- *Changing up the angles*
- *That is going to recruit more muscle fibers out of the biceps*
- *We need to be able to lift strongly with our barbell and for life*

3 BICEP CURL / TRIPLE PREACHER CURL COMBINATION

LAYER 1 / LAYER 2 / LAYER 3

Final block: we can stay with the barbell or finish the block with plates. Muscular overload and tension are building and your participants will need you to Motivate them to reach the finish line. How will you bring your class to the end?

- *Everything the same just twist the palms up*
- *Stillness gives us maximum isolation*
- *Squeeze the biceps*
- *Elbows in close to body*
- *Back to the Preacher Curl*
- *Watch the change*
- *Keep the palms facing forward*
- *Push the plates away from you*
- *Squeeze everything*

PUMP FACT

Muscle development training works best when we mix up angles and recruitment patterns. The Preacher Curl changes the tension on the long head of the bicep – the part that crosses the shoulder. This produces a more complete stimulus for bicep conditioning.



07. LUNGES

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *I’ve Found My Way* with the same choreography.

WEIGHT SELECTION

1x barbell with Warm-up weight or more
Options: Body weight or 1x light weight plate

MUSCLE FOCUS

Lunge/Squat: Glutes and quadriceps

TRACK FOCUS

Focus on coaching alignment of the Lunge and Squat patterns to help participants set great Technique from the start of the track. The focus is on range of motion to build Intensity and results.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Piano)	2x8	Set up BACKWARD-STEPPING LUNGE	
	0:12 V1 / _ I can't get down	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L	8x
	0:42 PC / I wanna drown in	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE R Use last 2cts to set up PULSE SQUAT WIDE Stance	8x
	1:13 Instr / (Melody drop)	4x8	TRIPLE PULSE SQUAT WIDE Stance Use last 2cts to set up LUNGE L, R foot B	4x
2	1:28 V2 / _ I’m all shook up	4x8	2/2 LUNGE L	4x
	1:44 _ Cause I’m so deep	4x8	1/1/2	4x
	1:59 PC / I wanna drown in	4x8	4/4	2x
	2:14 QC / I wanna drown in	4x8	1/1 Use last 4cts to set up PULSE SQUAT WIDE Stance	8x
	2:29 Instr / (Melody drop)	8x8	COMBINATION (16cts) 4x PULSE SQUAT WIDE Stance (8cts) 4x PULSE LUNGE L (8cts)	4x
3	3:00 Br / (Low)	½x8	TRANSITION: LUNGE R, L foot B	
	3:02 V3 / _ I’m all shook up	24x8	REPEAT SET 2 on R side RECOVERY: Shake out legs. Quadricep Stretches.	



07. HOLY WATER 4:35mins

TECHNIQUE AND COACHING

1 BACKWARD-STEPPING LUNGE / WIDE-STANCE SQUAT

LAYER 1

Use simple cues to coach Position and Execution of the Lunges. Focus on early pre-cues so everyone is successful. Bring alignment focus to stride length to load the weight evenly between both legs, avoiding too much compression into the front knee.

BACKWARD-STEPPING LUNGE

- *Pick up your barbell or plate*
- *SET Position*
- *Start with left leg*
- **Long step back**, drop, up and in
- **Brace the abs and lift the chest**
- **Hips and shoulders square** to set alignment
- **Back knee towards the floor**
- **Front knee out**
- **Front thigh parallel to the floor**
- *Slowly building energy in the legs*

WIDE-STANCE SQUAT

- *Wide Squat, feet outside hip-width*
- *Bottom Pulse for 3 and stand*
- **Hips sit back and down**
- **Knees wide and out**
- **Chest up and abs braced**
- **Hips to 90 degrees**

2 LUNGE / WIDE-STANCE SQUAT, LUNGE COMBINATION

LAYER 1 / LAYER 2

We start this block with Static Lunges on the one side. 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 for their learning by asking questions so your connection with your participants deepens and you involve them in the experience.

LUNGE

- **Long step back** with left leg
- *Imagine your feet are stuck in mud*
- *You're trying to drag your feet together*
- *Feel how the push/pull changes the intensity of the Lunge*
- **Keep the abdominal brace on to square hips and shoulders to the front**
- *Legs are shaking – don't rush it now*

WIDE-STANCE SQUAT, LUNGE COMBINATION

- *4 pulsing Squats and 4 pulsing Lunges*
- *Step into Pulse Squat*
- *Step back and Lunge*
- *Stay in the bottom range of the movement*
- *90 degrees*
- *Chest up and elbows tucked under the barbell*
- *Squeeze your core and glutes*
- *Giving love back to your legs*

3 LUNGE / WIDE-STANCE SQUAT, LUNGE COMBINATION

LAYER 2 / LAYER 3

All on the other side. As participants are fatiguing help them to commit to the end with Layer 3 Motivational cues and Educate them on the benefits of this sort of training and Connect them to their bodies and range of motion to burn!

- *How are we going to finish this one?*
- *Switch the engine on – the core*
- *Static holds create the tension in the quads and hamstrings*
- *Dip into the ice bath slowly*
- *Pulses – we stay low and build the tension*
- *It's all about the depth*

PUMP FACT

Participants with short lats will sometimes struggle to lunge with a bar on their back. This is where a front-racked plate can be really useful. Holding the plate at the collarbones alleviates the lat tension, providing easier control of the trunk position.



08. SHOULDERS

WEIGHT SELECTION

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

MUSCLE FOCUS

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

TRACK FOCUS

We train the shoulder stabilizers so when we lift with the barbell, we are strong and powerful. Clearly coach the Position and Execution set-up of all the exercises for good Technique so participants can train with precision and generate tension in the target muscles for the entire track. Good vibes only!

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Instr / (Whirl + distorted vocals)	4x8 Set up I RAISE with 2x light weight plates Option: Light barbell	
	0:17	(Strum + distorted vocals)	4x8 4/4 I RAISE	2x
	0:30	V1 / _ Such a good vibration	8x8 2/2	8x
	0:55	Instr / (Melody)	7x8 1/1/2	7x
	1:17	(Wind up)	TRANSITION: Set up bar for UPRIGHT ROW SET Stance	
	1:20	(Synth drop)	4x8 1/1 BARBELL UPRIGHT ROW SET Stance Use last 2cts to set up BARBELL O/H PRESS SET Stance	8x
	1:33	(Synth drop + high)	4x8 1/1 BARBELL O/H PRESS	8x
	1:45	(Synth drop)	4x8 1/1 BARBELL PUSH PRESS	8x
2	1:58	(Low)	RECOVERY: Bar down. Pick up 2x plates. Set up for Y RAISE	
	2:11	V2 / _ Such a good vibration	8x8 2/2 Y RAISE SET Stance	8x
	2:36	Instr / (Melody)	7x8 1/1/2	7x
	2:58	(Wind up)	TRANSITION: Set up bar for BARBELL UPRIGHT ROW SET Stance	
	3:01	(Synth drop)	4x8 1/1 BARBELL UPRIGHT ROW SET Stance Use last 2cts to set up BARBELL O/H PRESS SET Stance	8x
	3:14	(Synth drop + high)	4x8 1/1 BARBELL O/H PRESS	8x
	3:26	(Synth drop)	4x8 1/1 BARBELL PUSH PRESS	8x



08. SHOULDERS

3

MUSIC		SEQUENCE/EXERCISE		REPS
3:39	(Low)	4x8	RECOVERY: Bar down. Pick up 2x plates. Set up for T RAISE	
3:52	V3 / _ Such a good vibration	8x8	2/2 T RAISE SET Stance	8x
4:17	Instr / (Melody)	7x8	1/1/2	7x
4:39	(Wind up)	1x8	TRANSITION: Set up bar for BARBELL UPRIGHT ROW SET Stance	
4:42	(Synth drop)	4x8	1/1 BARBELL UPRIGHT ROW SET Stance Use last 2cts to set up BARBELL O/H PRESS SET Stance	8x
4:55	(Synth drop + high)	4x8	1/1 BARBELL O/H PRESS	8x
5:07	(Synth drop)	4x8	1/1 BARBELL PUSH PRESS RECOVERY: Shake out arms. Shoulder Stretches.	8x



08. GUD VIBRATIONS 5:25mins

TECHNIQUE AND COACHING

1 I RAISE / BARBELL UPRIGHT ROW / BARBELL OVERHEAD PRESS / BARBELL PUSH PRESS

LAYER 1

Focus on Timing, Targets and range for the I Raise, where we focus on anterior deltoid and the lower fibers of the trapezius. Be clear as we transition to the Barbell Overhead Shoulder Press work so your class is moving with great Position and Execution to set the track up well.

I RAISE

- *Pick up the plates*
- *Palms in*
- *SET Position*
- *Roll the shoulders up, back and down*
- *Slide the shoulder blades down towards the ribs*
- **Brace abs and lift chest**
- *Starting with capital 'I'*
- **Hip hinge**
- *Arms come forward*
- **Aim the target towards the forehead**
- **Hips go back**
- **Spine is long**
- *Lengthening and pushing the plates away from you*
- *Really switch on the core as you push the hips back*
- **Feel the shoulder blades slide down towards your ribs**
- *As high as you can with the arms*
- *Keep pushing your hips back and chest is high*

BARBELL UPRIGHT ROW

- *Plates down, barbell up*
- *Set the shoulders*
- **Bar stops at lower chest**
- **Lead with the elbows**
- **Bar close to body**
- **Abs braced, chest up**

BARBELL OVERHEAD PRESS

- *Hold the bar up*
- *From the chin to the ceiling*
- **Elbows forward as you press**
- **Chest up, abs braced**

BARBELL PUSH PRESS

- *Let's bring in the legs, Push Press*
- **Catch the bar on the collarbones**
- *Drive out of the legs*
- *Sit the hips back*
- **Brace the core hard**
- *Big power*

2 Y RAISE / BARBELL UPRIGHT ROW / BARBELL OVERHEAD PRESS / BARBELL PUSH PRESS

LAYER 1 / LAYER 2

In this second block, we move to plate work to capital "Y" targeting the anterior deltoid, lower and mid trapezius. Clear coaching of the direction of the plates along with targets for precision. Then coach Layer 2 cues for Intensity, Execution and Education.

Y RAISE

- *Bars down, plates up*
- *From I's to Y's*
- *Same targets apply*
- **Hip hinge**
- **Plates heading towards forehead**
- **Abs braced and chest up**
- *Working wide because it's a 'Y'*
- *Working deep into the stabilizing muscles of the shoulders*
- *Here's the key: shoulder blades down and in to a shallow 'V'*
- *There is your support*
- *What I like about these movements is they make the bar work so powerful because the stabilizers are switched on*

BARBELL UPRIGHT ROW

- *Upright Row*
- *Bar close to body*
- *Elbows lead the movement*
- *Strong through the core*
- *Drive out of the heels*

BARBELL OVERHEAD PRESS

- *Catch it and Press*
- *Strict Military Press*

BARBELL PUSH PRESS

- *Drive and catch*
- *As the shoulders fatigue we use more leg power*



08. GUD VIBRATIONS 5:25mins

TECHNIQUE AND COACHING

**3 T RAISE / BARBELL UPRIGHT ROW /
BARBELL OVERHEAD PRESS / BARBELL PUSH
PRESS**

LAYER 1 / LAYER 2 / LAYER 3

Final block with capital 'T', which is our Rear Fly. Set up the basics well, then challenge participants to focus on Execution, building shoulder fatigue with the outcome of total shoulder fatigue. Encourage them to stay in the workout for results!

- *Final round – pick up the plates*
- *Capital 'T' shape our Rear Fly*
- *Who's going to catch the beat?*
- ***Plates stop just under the shoulder line***
- ***Plates are just in front of shoulder line***
- *Keep the hip hinge*
- ***Chest up and abs braced tightly***
- ***Shoulder blades slide into your spine***
- *Hold and drag it up*
- *Get ready to pick up your bar*
- *Set the Shoulder Roll*
- *Upright Row*
- *Set the core and avoid leaning back*
- *8 and you're out*

PUMP FACT

Our shoulder blades rotate upward whenever we push over head. For this to happen the 3 components of the trapezius – upper, mid and lower – all work simultaneously. Often the lower and mid portions are dominated by the upper portion. The I, Y and T lifts help address this imbalance, making us stronger and more stable when we lift.



09. CORE

TRACK FOCUS

Use 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

Hip Bridge: Posterior chain
Leg Extension: Lower abdominals
Cross Crawl: Rectus abdominis, obliques
Hover / Side Plank: Rectus abdominis, obliques, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Low swirl)	2x8	Set up HIP BRIDGE	
	0:16 V1 / _ To wearing you	6x8	4/4 HIP BRIDGE	3x
	0:37 PC / On the inside	4x8	HIP BRIDGE HOLD WITH SINGLE ALT HEEL WALK L, R (16cts) Lift hips (2cts), front foot walks out (2cts), front foot walks in (2cts), lower hips (2cts). Repeat on other side (8cts)	2x
	0:52 C / _ Say nothing	8x8	HIP BRIDGE HOLD WITH FAST ALT HEEL WALK L, R (16cts) Lift hips (2cts), feet walk out/out/in/in, front, B, front, B (4cts), lower hips (2cts). Repeat, alternating lead leg (8cts)	4x
2	1:22 Instr / (Low)	1x8	TRANSITION: Set up ALT SINGLE-LEG EXTENSION , knees at 90° over hips	
	1:25 V2 / _ You’re lying	8x8	2/2 ALT SINGLE-LEG EXTENSION front, B (16cts)	4x
	1:55 PC / On the inside	4x8	1/1 ALT SINGLE-LEG EXTENSION front, B (8cts)	4x
	2:10 C / _ Say nothing	8x8	FAST ALT SINGLE-LEG EXTENSION front, B (4cts) Option: Hold Crunch with shoulders lifted off floor, hands reaching F	16x
	2:40 V3 / _ It’s not harder	2x8	TRANSITION: Set up CROSS CRAWL , knees bent, toes on floor	
	2:47 _ I don’t wanna	2x8	2/2 CROSS CRAWL front, B (16cts) Twist to front (4cts), reset to center (4cts), twist to B (4cts), reset to center (4cts)	1x
	2:54 C / _ Say nothing	8x8	1/1 CROSS CRAWL front, B (8cts) Twist to front (2cts), reset to center (2cts), twist to B (2cts), reset to center (2cts) Options: After first 4 reps, extend leg to 45° or continue Toe Tap with knee bent	8x
	3:24 Instr / (Synth)	8x8	FAST CROSS CRAWL front, B (4cts) Twist to front (2cts), twist to B (2cts) Options: Extend leg to 45°, Toe Tap with knee bent, or continue 1/1 CROSS CRAWL	16x



09. CORE

	MUSIC		SEQUENCE/EXERCISE	REPS
	3:54 V4 / _ It's not harder	2x8	TRANSITION: Set up HOVER	
	4:01 _ I don't wanna	2x8	HOVER Options: On knees or toes	1x
	4:08 C / _ Say nothing	4x8	SIDE HOVER R Options: On toes or bottom knee on floor	1x
3	4:23 _ Say nothing	4x8	PULSING SIDE HOVER R Options: On toes or bottom knee on floor	8x
	4:38 Instr / (Synth)	1x8	TRANSITION: Switch sides so you continue to face participants for SIDE HOVER L	
	4:41 Say nothing	3x8	SIDE HOVER L	1x
	4:52 Say goodbye _	4x8	PULSING SIDE HOVER L	8x
			RECOVERY: Shake out arms and legs.	



09. SAY NOTHING 5:10mins

TECHNIQUE AND COACHING

1 HIP BRIDGE HOLD WITH SINGLE ALTERNATING HEEL WALK

LAYER 1 / LAYER 2

Coach the Layer 1 Position and Execution of the Hip Bridge with clear Timing and Target. The focus is to keep hips high and level to develop horizontal power from the glutes.

- Come down to the floor
- On your back, palms up
- Slow Hip Bridge
- Heels close to butt
- **Brace abs before you move**
- **Squeeze butt**
- Driving shoulders into the floor
- Hip Bridge up and tap the foot out and back in
- **Keep the hips level as you move**
- Lift hips and take a walk out and in
- Small steps to keep the work isolated

2 ALTERNATING SINGLE-LEG EXTENSION / CROSS CRAWL

LAYER 1 / LAYER 2

NEW EXERCISES: Leg Extensions and Cross Crawls. Cover the basics so the class can follow easily. Motivate, Educate and Connect with the moves and music.

ALTERNATING SINGLE-LEG EXTENSION

- Hips down, new move
- Knees over hips
- Single-Leg Extension
- **Brace abs, lower back towards the floor**
- **Knees over hips, shins parallel**
- **Lower back pressing down towards the floor as your legs extend**
- You can toe-tap down
- Speed it up
- Stay here or lift the shoulders off the floor and move legs faster
- Shoulder blades off the floor if you want more challenge

CROSS CRAWL

- Feet down
- Cross Crawl front and back
- **Rotate from the center of the chest**
- **Elbows wide**
- Single time to engage the obliques
- Extend the legs long
- Double time now
- Make the legs long at 45 degrees
- Opposite shoulder off the floor
- **Brace to stabilize**

3 HOVER / SIDE HOVER

LAYER 1 / LAYER 2 / LAYER 3

We change the exercise to a Hover to challenge and finish off the core. Coach with precision: Position and Execution of all levels so you don't leave anyone behind. Motivate them to finish with this cool song.

- Set up Hover
- Cross the forearms
- On knees or toes
- **Abs are braced**
- **Back long and straight**
- **Squeeze glutes**
- Roll towards the front for Side Hover
- **Lift the bottom hip off the floor**
- Elbow under shoulder
- Engage the lower obliques as you pulse



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05 Instr / (Low strum)	2x8	Set up for LYING HAMSTRING STRETCH
	0:15 V1 / _ I feel like	4x8	LYING HAMSTRING STRETCH F Hold behind calf or hamstring of front leg, B leg bent
	0:37 C / It might take a little	2x8	LYING GLUTE STRETCH F Hook front ankle over B knee, push front knee away
	0:48 _ I know I said	2x8	PIRIFORMIS STRETCH F Hold LYING GLUTE STRETCH and pull front knee to chest
	0:58 Ooohhhh	2x8	SUPINE TWIST F Knees drop to front
2	1:09 V2 / _ Had my heart	4x8	LYING HAMSTRING STRETCH B
	1:30 C / It might take a little	2x8	LYING GLUTE STRETCH B
	1:41 I know I said	2x8	PIRIFORMIS STRETCH B
	1:51 Ooohhhh	2x8	SUPINE TWIST B
	2:02 Br / We had sketched out	4x8	CHILDS POSE Use the first 16cts to transition to CHILDS POSE
	2:24 Instr / (Low guitar)	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST R L leg F, lift arms O/H and drop across L knee
	2:45 _ I know I said	4x8	KNEELING HIP FLEXOR STRETCH WITH TWIST L R leg F, arms drop across R knee
	3:06 Oooo, Cool again	2x8	STANDING SHOULDER STRETCH L, R Shake out arms and legs, and celebrate workout.



10. COOL AGAIN 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

Barbell with Warm-up weight

Option: 2x light to medium weight plates

MUSCLE FOCUS

Tricep Extension / Tricep Press: Triceps and deltoids

Bicep Curl: Biceps

Tricep Pushup: Triceps and deltoids

TRACK FOCUS

Encourage your 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 / (Drums)	2½x8 Set up BARBELL TRICEP EXTENSION on bench	
	0:14	V1 / Dance floor stop	2x8 4/4 BARBELL TRICEP EXTENSION	1x
	0:21	_ I gotta buss my strut	4x8 2/2	4x
	0:36	_ You're so far away	8x8 1/1/2	8x
	1:06	C / Pull up _	COMBINATION 1 (16cts) 2x 1/1 BARBELL TRICEP PRESS (8cts) 2x 1/1 BARBELL TRICEP EXTENSION (8cts)	4x
2	1:36	V2 / _ It's young love	2x8 TRANSITION: Set up 2x plates for STANDING BICEP PLATE CURL SET Stance	
	1:43	_ I love to connect	2x8 2/2 STANDING BICEP PLATE CURL SET Stance	2x
	1:50	_ Still a queen	4x8 1/1	8x
	2:05	_ You're so far away	4x8 2/2	4x
	2:20	_ I'm hoping that you	4x8 1/1/2	4x
	2:35	C / Pull up _	TRANSITION: Set up TRICEP PUSHUP on back of bench	
	2:42	Rep / Pull up _	COMBINATION 2 (16cts) 6x PULSE TRICEP PUSHUP (12cts) Set up 2x plates (4cts) 6x PULSE MID-RANGE BICEP PLATE CURL KNEELING (12cts) Set up on back of bench (4cts) Options: Pushups on floor, kneeling or on knees or toes	4x
3	3:35	V3 / _ It's young love	34x8 REPEAT SET 2	
			RECOVERY: Shake out arms. Tricep and Bicep Stretches.	



45-MIN FORMAT

05. PULL UP 5:38mins

TECHNIQUE AND COACHING

1 BARBELL TRICEP EXTENSION / BARBELL TRICEP PRESS, BARBELL TRICEP EXTENSION COMBINATION

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up of the Tricep Extension first to get everyone moving with good Timing. Then we combine the Press with the Extension to integrate and isolate.

- Lie down on your bench
- **Hands shoulder-width apart on the barbell**
- **Brace abs, lower back close to the bench**
- **Bar to the forehead**
- Elbows directly over shoulders
- **Elbows in**
- **Upper arm still**
- Combination: Presses and Extensions
- **Press to bottom of the ribs**
- Elbows stay in close to bench

2 STANDING BICEP PLATE CURL / TRICEP PUSHUP, BICEP PLATE CURL COMBINATION

LAYER 1 / LAYER 2

NEW EXERCISES: Coach Layer 1 Position and Execution set-up of the Plate Curls and the pulsing Pushups and Curls to get everyone moving well on the Timing. Give options early so everyone feels successful. When we take the time to set people up well, they understand the mechanics of what's moving and what's not moving. Educate them on what good Technique looks and feels like.

STANDING BICEP PLATE CURL

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

TRICEP PUSHUP, BICEP PLATE CURL COMBINATION

- We've got 6 pulsing Pushups and pulsing Curls
- On knees or toes
- **Hands shoulder-width apart**
- **Chest to elbow level in the Pushup**
- Grab the plates, 6 Pulses mid-range
- An inch above and below the halfway mark on the Curl
- Stay in the bottom range for the Pushup
- **Brace abs tightly**
- Count the reps

3 STANDING BICEP PLATE CURL / TRICEP PUSHUP, BICEP PLATE CURL COMBINATION

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?

- Set posture for the final round
- Full range on the Curls
- Squeeze glutes and shoulder blades
- Make the back of the body rigid
- Combo round, come to knees
- On toes for challenge
- Glutes squeeze for stability
- This round for your Pushups
- Let's engage the front of the body – rigid for the back of the body

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

Option: 2x light to medium 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 correcting 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, quads 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 Instr / (Whirl)	4x8	Set up BARBELL UPRIGHT ROW SET Stance	
	0:19 V1 / _ Some people	4x8	2/2 BARBELL UPRIGHT ROW SET Stance	4x
	0:31 Didn't have	12x8	COMBINATION 1 (16cts) 2x 1/1 HIGH PULL (8cts) 1x 1/1/2 HANG CLEAN (8cts) Clean bar to collarbones (2cts), hold (2cts), lower back to SET Position (4cts)	6x
	1:10 Instr / (Synth drop)	8x8	COMBINATION 2 (16cts) 2x 1/1 HIGH PULL (8cts) 1x 1/1/2 CLEAN & SQUAT (8cts) Clean bar to collarbones and drop into Squat (2cts), hold (2cts), rise and lower bar to SET Position (4cts)	4x
	1:36 (Low)	4x8	TRANSITION: Set up bar on back for BACKWARD-STEPPING LUNGE L	
2	1:48 V2 / _ We don't wanna	8x8	1/1/1/1 BACKWARD-STEPPING LUNGE L	8x
	2:14 C / _ Three cheers	7x8	3x PULSE BACKWARD-STEPPING LUNGE L	7x
	2:36 _ Maybe they'll name	1x8	TRANSITION: Set up bar for CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE SET Stance	
	2:39 Instr / (Synth drop)	12x8	1/1/1/1 CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE L (8cts) Clean bar to collarbones, R foot steps B (2cts), drop into Lunge and press bar O/H (2cts), rise and bring bar back to collarbones (2cts), step R foot into SET Position (2cts)	12x
3	3:18 Instr / (Low)	5x8	TRANSITION: Set up bar on back for BACKWARD-STEPPING LUNGE R	
	3:34 V3 / _ We don't wanna	28x8	REPEAT SET 2 R RECOVERY: Shake out arms. Shoulder and Quadricep Stretches.	



45-MIN FORMAT

07. HURRICANE (ARCANDO REMIX) 5:20mins

TECHNIQUE AND COACHING

1 BARBELL UPRIGHT ROW / HIGH PULL, HANG CLEAN COMBINATION / CLEAN & SQUAT

LAYER 1 / LAYER 2

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.

- 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**
- 2 High Pulls and 1 Clean
- **Lift heels and squeeze glutes** on High Pull
- **Drive hips forward and up**
- **Catch the bar on collarbones** on the Clean
- 2 High Pulls and drop into Squat
- **Hips back on the Squat**
- **90 degrees**
- Lift heels for vertical drive
- Drop under fast for core and glute focus
- **Brace abs tight and keep chest high**

2 BACKWARD-STEPPING LUNGE / CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

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.

BACKWARD-STEPPING LUNGE

- Barbell on the meaty part of the upper back
- New focus: Lunges
- **Take a long stride back** to Lunge
- Same leg, tapping in halfway
- **Square the hips to front and brace the abs**
- Ribs are down to engage the core
- **Front knee out and back knee down**
- **Front thigh parallel for range**
- Push away from the floor
- Squeeze the glutes at the bottom of the move
- Stay in the bottom range for tension

CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

- Quick transition
- Bar comes up and over
- Clean, Lunge and Press
- **Brace abs tightly in the Press**
- **Bar stays close to the body**
- 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 connection in the mid-section

3 BACKWARD-STEPPING LUNGE / CLEAN & PRESS WITH BACKWARD-STEPPING LUNGE

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 to focus on working into the load and Intensity. The music is a super cool song and will set the scene and build – so use it! Motivation is the key!

- We have an opportunity to really focus on the other leg now
- Long step back for every 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
- 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

PUMP FACT

Integrating our Lunge, Squat and shoulder patterns is a great way to lift our metabolism, fire up our core muscles and hit a strong training zone to enable us to finish the workout.



45-MIN FORMAT

09. FUNCTIONAL TRAINING

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

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. The focus is on working the stabilizing muscles, so we are strong when we lift and for life! Know the music well so you can nail the pre-cues to ensure your participants can follow easily. Sell and Educate them on the benefits of this sort of training and have some fun with the Lunges.

MUSCLE FOCUS

Hip Bridge: Posterior chain – glutes, hamstrings and muscles of the upper and lower back
Pointer / Scorpion: Glutes, shoulder stabilizers, back extensors, obliques
Lunge: Quads and glutes

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Instr / (Guitar)	2x8	Set up HIP BRIDGE HOLD	
	0:14	Intro / Ayye Campbell	2x8	4/4 HIP BRIDGE HOLD To top of HIP BRIDGE (4cts), hold top range ready for HIP BRIDGE HOLD WITH ALT HEEL WALK (4cts) Option: 1x plate, place on hips	1x
	0:22	C / Going to the party	4x8	HIP BRIDGE HOLD WITH ALT HEEL WALK (8cts) Keep hips lifted, feet walk out/out/in/in alternating lead leg, front, B, front, B (4cts), B, front, B, front (4cts)	4x
	0:40	V1 / I'm a hitman	8x8	1/1 TOP HALF HIP BRIDGE	16x
	1:14	C / Going to the party	4x8	HIP BRIDGE HOLD WITH ALT HEEL WALK (8cts)	4x
2	1:32	V2 / Can't hate	2x8	TRANSITION: Set up 1x plate in L hand for POINTER L , knees under hips, R hand under shoulder	
	1:40	She want to make	6x8	1/1/1/1 POINTER L (8cts) Extend L arm F and R leg B (2cts), open both to 45° (2cts), arm and leg back to center (2cts), retract elbow under shoulder and knee under hip (2cts) Option: No plate Use last 2cts to set up SCORPION R and PLATE ROW L , extend L elbow to side, bend R knee with heel up	6x
	2:07	C / Going to the party	4x8	TRIPLE PULSE SCORPION R WITH TRIPLE PULSE PLATE ROW L (8cts) R heel and L elbow pulse up and down (6cts), lower halfway down (2cts) Option: No plate	4x
	2:24	Instr / (Trumpets)	2x8	TRANSITION: Set up 1x plate in R hand for POINTER R , knees under hips, L hand under shoulder	
	2:32	V3 / Can't hate	8x8	1/1/1/1 POINTER R (8cts) Use last 2cts to set up SCORPION L and PLATE ROW R , extend R elbow to side, bend L knee with heel up	8x
	3:08	C / Going to the party	4x8	TRIPLE PULSE SCORPION L WITH TRIPLE PULSE PLATE ROW R (8cts)	4x
	3:25	Instr / (Trumpets)	2x8	TRANSITION: Set up 1x plate to collarbones for ALT BACKWARD-STEPPING LUNGE	



45-MIN FORMAT

09. FUNCTIONAL TRAINING

	MUSIC		SEQUENCE/EXERCISE		REPS
3	3:34	V4 / Pull up randomly	8x8	1/1 ALT BACKWARD-STEPPING LUNGE L, R (8cts)	8x
	4:09	C / Going to the party	4x8	FAST ALT BACKWARD-STEPPING LUNGE L, R (4cts)	8x
	4:26	Outro / You know what it is _	4x8	FAST ALT SCISSOR LUNGE L, R (4cts) Jump into LUNGE L (1ct), jump feet together (1ct), jump into LUNGE R (1ct), jump feet together (1ct) Option: Continue FAST ALT BACKWARD-STEPPING LUNGE RECOVERY: Shake out arms and legs.	8x



45-MIN FORMAT

09. GOING TO THE PARTY (EXTENDED MIX) 4:58mins

TECHNIQUE AND COACHING

1 PLATE HIP BRIDGE

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 thighs
- Hip Bridge up and hold
- Drive through your heels and lift hips up
- **Squeeze through your glutes**
- Walk out feet
- **Square the hips to floor and keep them level**
- **Brace the core** to keep the work in the lower back muscles
- Let's go for a walk again
- The focus is to stay high in the top range

2 POINTER / SCORPION WITH PLATE ROW

LAYER 1 / LAYER 2

NEW EXERCISES: Coach Layer 1 Position and Execution set-up, focusing on Timing and range to understand the exercises. Layer 1 cues for first side to get everyone moving well, then coach to Layer 2 focuses of Intensity, Execution and Education.

- Butt down, plate down
- Set up for the Pointer
- Small plate in the right hand
- We use opposite leg
- Extend out, 45 degrees, back in and down
- Same side, let's focus on one side first
- **Focus on a strong core brace to level our hips and shoulders to the floor**
- Challenging because we are working our slings
- Only the arm and leg moving
- Scorpion and Row
- 3 Pulses and halfway down
- **Squeeze shoulder blades into spine**
- **Butt squeeze on the Scorpion**
- **Elbow high and wide**
- Challenge the range if you can
- This sort of training gets us strong for training and life
- You want to stay in the load only halfway down
- Stay in the tension
- We love it!

3 ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2 / LAYER 3

One final exercise: Backward-Stepping Lunges getting faster and adding a little Scissor Skip and jump! Why not? What will you do to keep your participants connected with the workout till the end?

- Come up to standing
- Plate or not
- **Feet hip-width apart**
- Backward-Stepping Lunge
- **Long step back**, start easy
- **Back knee down, front knee out**
- Keep the knees bent to keep the quads turned on
- **Faster now**
- **If you're ready for range, 90 degrees**
- Add a small jump and split for the cardio kicks



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.

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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.

