

BODYPUMP

123

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

BONUS

03. CHEST

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

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

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

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.

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

DROP SQUAT PLATE PRESS

Position Set-up

- **WIDE Stance**
- **Chest up**
- **Abs braced**
- **Knees out**

Execution Set-up

- **Drop butt to knee line**
- **Chest up, abs braced**
- Lower plate towards the floor
- Curl plate and drive over head
- **Elbows forward of face**
- **Abs braced as plate moves over head**

Layer 2

- Explode from the bottom to the top – drive the plate up



GLOSSARY

STANDING PLATE 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

TRICEP EXTENSION WITH BARBELL

Position Set-up

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

Execution Set-up

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

Layer 2

- Lock the upper arm position to isolate the triceps

KNEELING PLATE 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

TRICEP PRESS PULL-OVER

Position Set-up

- Lower the bar down towards the body
- **Elbows to bench level**
- **Aim for just below the ribcage (lower ribs)**
- Elbows fixed at 90-degrees and then push the bar over head towards the forehead – **stop just above the head**
- **Keep the abs braced so that the lower back does not lift off the bench**

Layer 2

- You can go further than the forehead, as long as you do not arch or lift your back off the bench
- Make it smooth and even to keep the muscles under tension

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



GLOSSARY

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 fibres out of the biceps
- We need to be able to lift strongly for life and with our barbell

STEPPING LUNGE

Position Set-up

- **Feet hip-width apart**
- **Hips and shoulders square to the front**
- **Chest up, abs braced**

Execution Set-up

- **Take a long step back**
- **Step in, feet hip-width**

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



GLOSSARY

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

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

BARBELL OVERHEAD SHOULDER 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



GLOSSARY

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

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**

ALTERNATING SINGLE-LEG SHOOT OUT

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

ROTATING SIDE PLANK

Position Set-up

- Wrist directly under shoulder
- Scissor stance, or bend bottom leg
- **Lift the bottom hip from the floor**

Execution Set-up

- **Drop the heels as you rotate the body as one**
- **Square the hips and shoulders to the floor by bracing the abs**
- Lifted arm thread through

TRICEP PUSHUP

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive the floor away



GLOSSARY

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

SINGLE-ARM OVERHEAD 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

POWER 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 integrated upper and lower body



MUSIC

01

Run (Galantis & Misha K VIP Mix) (2:59)
Becky Hill & Galantis
Courtesy of the Universal Music Group.
Written by: Hill, Karlsson, Emenike, Fleur, Koi, de Fluiter, Tempest

02

Run (Galantis & Misha K VIP Mix) (1:34)
Becky Hill & Galantis
Courtesy of the Universal Music Group.
Written by: Hill, Karlsson, Emenike, Fleur, Koi, de Fluiter, Tempest

03

Watercolour (5:09)
Chromium Chaos
© 2022 Les Mills Music Licensing Ltd.
Written by: Swire

Clap Snap (2:49)
Icona Pop
© 2015 Record Company TEN AB under exclusive license Atlantic Records.
Written by: K. Werner, Chase, S. Werner

04

Clap Snap (2:44)
Icona Pop
© 2015 Record Company TEN AB under exclusive license Atlantic Records.
Written by: K. Werner, Chase, S. Werner

Flatline (5:26)
Blanke feat. Calivania
© 2020 Downright Music a division of TMRW Music Pty Ltd.
Licensed courtesy of TMRW Music Australia.
Written by: Orchison, Thompson, Rappaport

05

Medicine (5:04)
e.lux
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Written by: Hermansen, Eriksen, Lopez, Kharbouch, Samuels, Akinkunmi, Krysiuk, Wade

06

Bad Girls (3:34)
M.I.A.
Courtesy of the Universal Music Group.
Written by: Hills, Araica

07

Bad Girls (1:41)
M.I.A.
Courtesy of the Universal Music Group.
Written by: Hills, Araica

The Way We Do This (5:51)
Ape Drums feat. Busy Signal & Major Lazer
© 2016 Mad Decent.
Written by: Godron, Alberto-Lopez, Kelly, Pentz

08

Take Ü There (3:18)
Jack Ü feat. Kiesza
© 2014 Atlantic Recording Corporation for the United States and WEA International for the world outside the United States. A Warner Music Group Company.
Written by: Ellestad, Pentz, Moore

09

Take Ü There (1:39)
Jack Ü feat. Kiesza
© 2014 Atlantic Recording Corporation for the United States and WEA International for the world outside the United States. A Warner Music Group Company.
Written by: Ellestad, Pentz, Moore

10

Money Money (4:02)
Molly Wolfes
© 2022 Les Mills Music Licensing Ltd.
Written by: Whyte, Carpenter, Nystrom

sunday (3:18)
Joy Oladokun
Courtesy of the Universal Music Group.
Written by: Oladokun

45-MIN FORMAT

05

Work It Out (5:24)
Party Favor & GTA
© 2019 Area 25.
Written by: Ragland, Meijia, Toth, Wilson

07

ESCAPE (6:02)
Flume feat. Kučka & QUIET BISON
© 2022 Future Classic.
Written by: Streten, Brown, Lowther

BONUS

03

Delicately Poised (5:41)
Capital Theatre
© 2022 Reslau Records.
Written by: Stevenson, Reid, Oliver

ALTERNATIVE TRACK

ALT
06

Drive Off (5:15)
Damma Beatz
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>

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will still experience the magic, excitement and training effect of the new launch tracks.

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		

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	24:43	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	38:49

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	39:27

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.

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



BODYPUMP 123

We have a beautiful, melodic, uplifting Warm-up track. Find the SET position, grab a light barbell, and let's go!

Right off the bat, we have a big, driving Squat track set up in WIDE Stance to access the range of movement for a no rest, full blast, leg training track, followed by isolating and strengthening the chest muscles – it's both funky and fun!

We build huge power and speed as we move into Back training. Sets 2 and 3 will hit you in the cardio zone. Then the first big four working tracks are done!

Take your daily dose of Triceps medicine with Presses and Pullovers – building strength and toning the muscles.

We hit the Biceps with the Preacher Curls and then focus on isolated glute movements, hip and leg training. Stay stable and strong as we build athletic glutes! We stabilize the shoulders with I, Y and T's and then unleash the power of the Shoulder Press.

Before you know it, it's Sunday, rest day.

A simple, iconic, essence-based workout with high repetitions and light weights, this is how we train our bodies - enjoy!

Glen and the BODYPUMP 123 Team

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



Back Row L-R: Kaylah-Blayr Fitzsimons-Nu'u, Ben Main, Nic Scarborough and Des Helu
Front Row L-R: Kylie Gates, Amy Lu, Khiran Huston, Glen Ostergaard, Milly Farrell,
Vili Fifita and Marlon Woods

PRESENTERS

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

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

Amy Lu (New Zealand) is a BODYPUMP Trainer/Presenter/Instructor, a LES MILLS SPRINT and RPM Trainer/Instructor and a BODYJAM™ Instructor. She lives 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 he lives in Auckland.

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

Kaylah-Blayr Fitzsimons-Nu'u (New Zealand) is a BODYPUMP, BODYSTEP™, LES MILLS GRIT, LES MILLS TONE™, SH'BAM, BORN TO MOVE, LES MILLS CEREMONY and LES MILLS CONQUER Instructor. She lives in Auckland.

Khiran Huston (New Zealand) is a Creative/Trainer/Presenter/Les Mills Ambassador for LES MILLS TONE, a Trainer/Presenter/Les Mills Ambassador for BODYPUMP, LES MILLS SPRINT, LES MILLS THE TRIP™, LES MILLS GRIT and RPM and a Les Mills Ambassador for BODYBALANCE. She works as Group Fitness Project Manager at Les Mills International in Auckland.

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

Vili Fifita (New Zealand) is the Head Program Coach on the New Zealand TAP Team/Instructor for BODYCOMBAT, a BODYPUMP, LES MILLS TONE, LES MILLS CEREMONY, LES MILLS CONQUER and a LES MILLS SPRINT Instructor and a LES MILLS GRIT Trainer/Presenter. He lives in Auckland.

Thanks to

Milly Farrell

Nic Scarborough



01. WARM-UP

WEIGHT SELECTION

Light barbell and 1x light to medium weight plate

Option: 2x light to medium weight plates

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** throughout the entire track, connecting everyone into the workout – **N**ame of **E**xercise, **T**iming and **T**arget so the class can transition smoothly through all the changes.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Strum)	2x8	SET Position	
	0:12 V1 / The story's the	4x8	4/4 DEADLIFT SET Stance	2x
	0:27 We get insecure	4x8	3/1	4x
	0:42 PC / So we run	4x8	2/2 DEADROW (16cts)	2x
	0:57 C / We don't wanna	4x8	1/1	4x
	1:12 Instr / (Beat drop)	4x8	TRIPLE DEADROW (16cts)	2x
2	1:27 V2 / Oh, mile after mile	4x8	2/2 UPRIGHT ROW	4x
	1:42 I can reassure	4x8	1/1/2	4x
	1:57 PC / So we run	4x8	2/2 CLEAN & PRESS (16cts)	2x
	2:12 C / We don't wanna	4x8	1/1 Use the last 4cts to transition to SQUAT WIDE Stance	4x
	2:27 Instr / (Beat drop)	8x8	1/1 SQUAT WIDE Stance	16x
3	2:58 (Low)	2½x8	TRANSITION: Bar down, set up 1x plate for PLATE FRONT SQUAT WIDE Stance	
	3:07 V3 / Is it worth	2x8	2/2 PLATE FRONT SQUAT WIDE Stance	2x
	3:15 I can reassure	4x8	1/1/2	4x
	3:30 PC / So we run	8x8	1/1/1/1 ALT STEPPING LUNGE L, R WITH 1/1 PLATE O/H SHOULDER PRESS (16cts) Option: No Press Use the last 8cts to transition to PUSHUP on floor	3½x
	4:00 Instr / (Beat drop)	8x8	1/1 PUSHUP Options: Kneeling or on knees or toes RECOVERY: Twist through torso. Shake out arms and legs.	16x



01. RUN (GALANTIS & MISHA K VIP MIX) 4:33mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position, setting them up into 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**

NETT

BLOCK 1

LAYER 1

For each exercise, coach **NETT** – NAME OF EXERCISE, **TEMPO** and **TARGET ZONES**. This makes your coaching clear and easy to follow. We start the block with Deadlifts and Deadrows to warm the posterior chain.

- **Deadlift – hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – SET Position, bar to knees, belly, knees and SET**

BLOCK 2

LAYER 1 / LAYER 2

The second block introduces; Upright Rows, Clean & Presses and Squats. Clearly coach Position and Execution to get everyone on the timing. In the extended Squat phase, get the class moving well quickly and then encourage full range of motion to get their legs ready for the workout ahead.

- **Upright Row – bar stops at lower chest, elbows wide**
- **Clean & Press – pull and catch, bend knees, brace abs, chest lifted, bar close to body**
- **Wide Squat – heel-toe wider, hips go back and down, knees press out over toes, hips to 90 degrees**

BLOCK 3

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 integrating 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 class might be – think of how you can communicate this to them.

- **Plate Front Squat – feet outside hip-width, hips go back and down, knees track forward, hips to 90 degrees**
- **Alternating Backward-Stepping Lunge with Plate Overhead Shoulder 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 shoulders-width, brace abs, knees or toes, chest to elbow level, back long and straight**

CONNECTION

Using light weights means that you can focus on establishing good technique and creating an authentic connection with your participants. Connect with the entire room by being engaging and encouraging, use your love of resistance training and music to do this.



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

TRACK FOCUS

Coach your class through the Wide Squat; The focus is on precise execution of the Squat; nailing Timing & Range to create the pressure to take our athletic strength to new levels.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low)	4x8	Set up SQUAT WIDE Stance
	0:16	Instr / (Low synth)	8x8	2/2 SQUAT (8cts) WIDE Stance
	1:00	V1 / _ When I'm falling	8x8	1/1/2 (8cts) (2cts down, 2cts pause, 4cts rise)
	1:22	B up / _ Will you take	4x8	1/1 TOP HALF SQUAT (4cts)
	1:33	/ See your face	4x8	1/1 SQUAT (4cts)
	1:44	Instr / (Synth beat drop)	8x8	2x BOTTOM HALF SQUAT (8cts)
	2:06	V2 / All I believe	8x8	1/3 SQUAT (8cts)
	2:28	Ref / Out of here	8x8	2x BOTTOM HALF SQUAT (8cts)
2	2:50	C / Feed the fire	8x8	1/3 SQUAT (8cts)
	3:12	Instr / (Low synth)	4x8	2/2 (8cts) WIDE Stance
	3:34	V3 / _ Just stay	4x8	1/1/2 (8cts)
	3:56	B up / Nothing to hide	4x8	1/1 TOP HALF SQUAT (4cts)
	4:07	QC / Feed the fire	4x8	1/1 SQUAT (4cts)
	4:18	C / Feed the fire	8x8	2x BOTTOM HALF SQUAT (8cts)
	4:41	Instr / (High synth)	8x8	1/3 SQUAT (8cts)
	RECOVERY: Shake out legs. Quadricep Stretch.			



02. WATERCOLOUR 5:09mins

TECHNIQUE AND COACHING

1 SQUAT

LAYER 1 / LAYER 2

Coach Layer 1 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 along with precise pre-cues to help participants follow easily. Once your class is moving well, coach to Layer 2 focuses; they 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 more results.

- **Feet outside hip-width, heel-toe wider for Wide Squat Stance, 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
- As we sit the hips back, we enter the pressure zone
- The pressure lives at the base of the Squat
- Let's build and control it
- Feel the pause at the bottom of the Squat
- Control the pause from the core
- Easy top half-singles
- Feel your hips slide back to initiate the movement
- Full range now – 90 degrees
- Bottom-half two
- The pressure zone is the intensity
- We are starting to suffocate the legs with the burn
- Every time we Squat, we want to embrace the burn
- This feeling is good
- This feeling is the muscles burning oxygen, building lactate to keep us in the load for longer
- If you came to get strong today, you're in the right place
- The longer we stay in this feeling, the faster we will get results
- Stay in the muscle tension

2 WIDE STANCE

LAYER 2 / LAYER 3

Fatigue is kicking in. What will you do to create a great feeling in the room, drive big results and motivation to keep your class in the workout zone? 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!

- *Let's pull it back - 2/2*
- *Slow it down*
- *Breathe and prepare to enter the pressure chamber*
- *One rule – embrace it and fight it to the end*
- *Take confidence in the last set*
- *This set is shorter, and you are exactly where you need to be*
- *Keep the core brace on and at full range*
- *Massive determination*
- *Welcome to the chamber*
- *Feel the burn suffocating the muscles*
- *We need this – it's driving us to the end*
- *We came into the chamber strong and we are heading out stronger*

PUMP FACT

Squatting effectively requires simultaneous motion at the hips, knees and ankles. Strength and conditioning coaches consider that moving the hips down and back first is the best way to coordinate this action. This is known as a 'hip break'.

Wide Stance Squats present a great opportunity to focus on a hip break as the hips are often a little more mobile than when in a Mid Stance Squat position.



03. CHEST

WEIGHT SELECTION

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

Option: Floor Press

MUSCLE FOCUS

Chest Fly and Chest Press: Pectorals, triceps and deltoids

TRACK FOCUS

Coach clear Execution of both exercises: Chest Fly to build and feel the isolation and Chest Press to build tension for strength gains.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Low strum)	2x8	Set up CHEST FLY	
	0:12 V1 / Three , six, nine	4x8	2/2 CHEST FLY	4x
	0:27 / Clap, clap	4x8	1/1/2	4x
	0:42 Instr / (Synth horn)	4x8	3x PULSE CHEST FLY (8cts)	4x
	0:56 V2 / Three , six, nine	4x8	2/2 CHEST FLY	4x
	1:11 / Clap, clap	4x8	1/1/2	4x
	1:26 Instr / (Synth horn)	4x8	3x PULSE CHEST FLY (8cts)	4x
	1:41 / Mama told me	4x8	1/1 CHEST FLY	8x
	1:56 Instr / (Low strum)	2x8	TRANSITION: Plates down, pick up bar CHEST PRESS	
	2:03 V3 / Three , six, nine	4x8	2/2 CHEST PRESS	4x
	2:18 / Clap, clap	4x8	1/1/2	4x
	2:32 Instr / (Synth horn)	4x8	3x PULSE CHEST PRESS (8cts)	4x
2	2:47 (Low)	2½x8	TRANSITION: Bar down, set up CHEST FLY	
	2:49 V4 / Three , six, nine	42x8	REPEAT SET 1 RECOVERY: Shake out arms and roll shoulders. Chest Stretch.	



03. CLAP SNAP 5:33mins

TECHNIQUE AND COACHING

1 CHEST FLY / CHEST PRESS

LAYER 1 / LAYER 2

Coach your class into the Position set-up for Chest Fly and Chest Press. Use **NETT** to coach **T**argets and **T**iming so participants are moving well with **E**xecution, and they can follow the timing successfully with the music.

CHEST FLY

- **Plates facing each other**
- **Shoulder-width apart**
- **Drive your upper back down into the bench**
- **Abs in and braced – lower back towards the bench**
- Open the plates
- **Elbows stop in line with the bench**
- **Maintain slight bend in the elbows**
- We are going to focus on the bicep lock
- Tense the bicep, stabilize the front of the shoulder
- Then we isolate the chest muscles
- Starting to feel the outer chest muscles
- Moving faster with control, focus on the bicep lock

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 – then your hands are wide enough
- **Elbows top of the bench for range**
- Drive through the heel of the hand

2 CHEST FLY / CHEST PRESS

LAYER 2 / LAYER 3

We repeat the exercises, Chest Fly and Chest Press in the second block which 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 the level; right now they need your help. Changing the exercises helps us train for longer and recruit different muscles of the pecs. 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.

- Bars out, plates up, back to the Fly
- Heading back into isolation work
- Plates above shoulders
- Reset your stability on the bench
- Feet flat on the floor, core braced to keep lower back close towards the bench
- The Chest Fly is are not only isolation, we also work into the anterior chain
- We are focusing on the bicep lock; this activates and stabilizes the shoulder
- When we lock the bicep we can go full range – elbows top of the bench
- One last set with the heavy barbell to finish off the strength training
- From isolation to strength
- Absorb the load and press away

PUMP FACT

One of the key differences between the Chest Fly and the Chest Press is what's happening at the elbow. With a Chest Fly, we have a locked elbow position and the tension is in the biceps. With a Chest Press, the elbow is dynamic and the emphasis is on the triceps.

This is a great example of how prime movers, like the pecs, coordinate with different muscle groups depending on the movement pattern. It also allows us to maintain tension in the pecs for a longer period of time, as we change the stimulus of the smaller muscle groups.



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, Drop Squat Plate Press: Posterior chain – glutes, hamstrings, lower & upper back
Deadrow: Lats, muscles of the upper back

TRACK FOCUS

Focus is maintaining strong Technique to engage the athletic chain in the back body for strength, power and athletic results. Team-teach with the music to create a musical experience.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	V1 / _ I can't wait	4½x8 Set up DEADLIFT SET Stance	
	0:21	/ _ And I know	4x8 4/4 DEADLIFT (16cts) SET Stance	2x
	0:34	PC / I'm getting over	8x8 3/1	8x
	0:59	C / _ You say that	4x8 1/1 DEADROW (8cts)	4x
	1:12	Instr / (Heavy synth)	4x8 TRIPLE DEADROW (16cts)	2x
	1:38	Instr / (Heavy synth + beat)	8x8 1/1 CLEAN & PRESS (8cts) Option: 1x 1/1 CLEAN & PRESS (8cts), 1x 1/1 DEADROW (8cts)	8x
2	2:03	Instr / (Piano)	2x8 RECOVERY: Bar down, quick shake off then pick up bar for DEADROW SET Stance	
	2:10	V2 / Bleed forever for	8x8 1/1 DEADROW (8cts) SET Stance	8x
	2:35	Ref / _ Flatline	4x8 TRIPLE DEADROW (16cts)	2x
	2:48	Instr / (Heavy synth + beat)	8x8 1/1 CLEAN & PRESS (8cts)	8x
	3:10	(Heavy synth + beat)	1x8 TRANSITION: Set up 1x plate for DROP SQUAT PLATE PRESS WIDE Stance	
	3:14	Ref / _ Flatline	7x8 1/1 DROP SQUAT PLATE PRESS WIDE Stance Option: Add Heel Lift	14x
3	3:39	Instr / (Piano)	2x8 TRANSITION: Plate down, quick shake off then pick up bar for DEADROW SET Stance	
	3:46	V3 / Bleed forever for	28x8 REPEAT SET 2 RECOVERY: Shake out arms and legs. Torso Twists. Upper and Lower Back Stretches.	

SMARTSTART

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



04. FLATLINE 5:26mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 1

Coach how to execute all the moves in this block using Position and Execution set-up cues for clarity. This brings focus to developing great lifting Technique to start the track strong. 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
- Slow Deadlift
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **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**
- Knees bent
- **Bar to knees, belly, knees and rise**
- Drive out of heels as you rise to recruit glutes and hamstrings
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eyes look out 2 meters**
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**
- Strong alignment in the hinge position
- Stay down for Triple Deadrow

CLEAN & PRESS

- 8x Clean & Press
- **Catch bar to collarbones**
- **Brace the core in the Squat and the Press**
- **Bar stays close to the body**
- **At the top of the Press elbows forward of the face**
- **Hips back and down to catch on the way up and down**
- Option: 1x Clean and 1x Row

2 DEADROW / CLEAN & PRESS / DROP SQUAT PLATE PRESS

LAYER 1 / LAYER 2 / LAYER 3

This block is about improving Execution and manipulating the Intensity. Coach to a Layer 2 focus and then allow space for participants to explore their own execution. Empower participants by giving them the benefits of the movements – the WHY!

DEADROW

- Now we are warm let's create more intensity
- Squeeze tight through the back
- Strengthen the upper and lower back

CLEAN & PRESS

- Build up the energy now
- Fast elbows under the bar to be more explosive
- Make every experience count

DROP SQUAT PLATE PRESS

- Bars down, plate up
- **Feet wide**
- Squat and press the plate
- **Brace abs, chest lifted**
- **Drive the knees out over toes**
- **Elbows forward as you press**
- Focus on vertical drive
- Integrating whole body
- Add the Heel Lift for more engagement
- Triple extension – ankles, knees and hips
- Drive the hips up to finish under shoulders



04. FLATLINE 5:26mins

TECHNIQUE AND COACHING

**3 DEADROW / CLEAN & PRESS / DEADROW
COMBINATION / DROP SQUAT PLATE PRESS**

LAYER 2 / LAYER 3

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

- *We are heading towards home*
- *How are we going to make the most out of this*
- *We just do it*
- *No holding back now*
- *We are 'going big' one more time*
- *Challenge yourself to go heavier with the plate*
- *We are with you all the way*
- *It's about being together as one in this experience*

PUMP FACT

Our scapula retractors and lateral rotators of the shoulder are key stabilizers of the upper limbs. These muscles can become inactive when we adopt postures with rounded shoulders and the elbows pointed laterally. Squeezing the shoulder blades together and pulling the elbows to the rear during a Deadlift is a great way to train this mechanism and improve postural control.



05. TRICEPS

WEIGHT SELECTION

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

MUSCLE FOCUS

Standing Plate Overhead Tricep Extension and Kickback Row: Triceps

Tricep Press Pullover: Triceps, deltoids and lats

TRACK FOCUS

Isolation and Integration is what this track is all about. Pre-cues are essential for participant success and enjoyment. Show your love of music and movement.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Siren)	1x8	Set up STANDING PLATE O/H TRICEP EXTENSION SET Stance	
	0:10 V1 / _ Ooh, don't get	4x8	2/2 STANDING PLATE O/H TRICEP EXTENSION SET Stance	4x
	0:28 C / _ Think you need	4x8	1/1/2	4x
	0:46 Instr / (Trumpet)	8x8	4x PULSE STANDING PLATE O/H TRICEP EXTENSION (8cts)	8x
2	1:23 V2 / _ Ooh, don't get	2x8	TRANSITION: Set up 1x plate behind bench for KNEELING TRICEP KICKBACK ROW L	
	1:32 / Ayy	2x8	1/1/1/1 KNEELING PLATE TRICEP KICKBACK ROW L	2x
	1:41 PC / _ Don't go thinkin'	8x8	TRIPLE KNEELING PLATE TRICEP KICKBACK ROW L (16cts)	4x
	2:17 Instr / (Trumpet)	1x8	TRANSITION: Set up bar on bench for TRICEP PRESS PULLOVER	
	2:22 (Trumpet)	3x8	1/1/1/1 TRICEP PRESS PULLOVER (8cts)	3x
	2:36 Instr / (Trumpet upbeat)	8x8	COMBINATION (16cts) 1x 1/1/1/1 TRICEP PRESS PULL-OVER (8cts) 4x PULSE TRICEP EXTENSION (8cts)	4x
3	3:12 V3 / _ Ooh, don't get	24x8	REPEAT SET 2 on R side	
RECOVERY: Shake out arms. Tricep Stretches.				



05. MEDICINE 5:04mins

TECHNIQUE AND COACHING

1 STANDING PLATE 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, **chest lifted, 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 KNEELING PLATE TRICEP KICKBACK ROW / BARBELL TRICEP PRESS PULL-OVER /TRICEP EXTENSION COMBINATION

LAYER 1

Set up the Kickbacks and bar work with clear Layer 1 Position and Execution cues, helping participants achieve the movement alignment and timing. Once the class is moving well, start to challenge them by using Layer 2 cues that help improve their Technique and Motivate them to the end of the block.

TRICEP KICKBACK ROW

- 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**
- Single Kickback
- **Row the plate to hip height**
- **Extend fully to the back**
- **Keep upper arm still and loaded**

BARBELL TRICEP PRESS PULL-OVER / EXTENSION COMBINATION

- Grab the bar, **hands shoulder-width apart**
- **Brace abs to keep the lower back towards the bench**
- Stabilize the body on the bench
- Down, over, pull back and up
- **Target – bottom of the ribs as you press**
- **Crown of the head as you pull over**
- Add on the extension pulses
- Keep the elbows in on the extensions to isolate

3 KNEELING PLATE TRICEP KICKBACK ROW / BARBELL TRICEP PRESS PULL-OVER / TRICEP EXTENSION COMBINATION

LAYER 2 / LAYER 3

We repeat Block 2 – as participants get fatigued they will be likely to cheat in their timing and their range. Encourage them to finish the track as best they can. It's a burner and the results will kick – what will you say and do to keep your participants with you till the finish line?

- Tricep Kickback
- Focus on the arm on the bench
- Draw the elbow to the rear to engage the scapula
- Stay solid through the supporting arm
- Keep the elbow high as you kick back
- Transition to the bench and bar
- Focus on the mid-section
- As we fatigue we lose the core connection
- Focus on the core brace to stabilize and isolate
- Elbows in as we isolate

PUMP FACT

Participants who have difficulty keeping their elbows in during Overhead Extensions may have short or stiff lats. In these cases, having the elbows flared outward slightly is acceptable. Over time, if they focus on bringing their elbows closer to the midline, they may gradually increase the length in these muscles which will allow them to maintain better alignment.



06. BICEPS

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

WEIGHT SELECTION

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

MUSCLE FOCUS

Bicep Curl and Preacher Curl: Biceps

TRACK FOCUS

Clearly coach timing to hook participants into the feel and musical flava. Focus on coaching stability to find the tension and isolation in the Bicep Curl and Preacher Curl.

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up STANDING BICEP CURL SET Stance	
	0:12	Ref / Live fast	4x8	2/2 STANDING BICEP CURL SET Stance	4x
	0:25	C / My chain hits	6x8	1/1/2	6x
	0:45	V1 / Suki suki	8x8	TRIPLE PREACHER CURL (16cts) Hip hinge with arms extended (2cts) 3x 1/1 PREACHER CURL (12cts) Return to standing (2cts)	4x
	1:12	C / My chain hits	2x8	4/4 STANDING BICEP CURL	1x
2	1:19	V2 / Back it, back it	4x8	2/2	4x
	1:32	Ref / Live fast	4x8	TRIPLE PREACHER CURL (16cts)	2x
	1:46	C / My chain hits	4x8	2/2 STANDING BICEP CURL	4x
	1:59	Br / Get back , get down	4x8	TRIPLE PREACHER CURL (16cts)	2x
3	2:12	V3 / Goin' nought	4x8	2/2 STANDING BICEP CURL	4x
	2:26	/ Shift gear	4x8	1/1/2	4x
	2:39	Br / Get back , get down	16x8	COMBINATION (32cts) 1x TRIPLE PREACHER CURL (16cts) 4x 1/1 STANDING BICEP CURL (16cts)	4x
	3:32	(Low)	1½x8	HOLD	
	3:34	V4 / Goin' nought	4x8	2/2 STANDING BICEP CURL Option: Bar or plates down and recover	4x
4	3:47	/ Shift gear	4x8	1/1/2	4x
	4:01	Br / Get back , get down	16x8	COMBINATION (32cts)	4x
	4:55	Instr / (Flute melody)	4x8	4/4 STANDING BICEP CURL	2x
				RECOVERY: Shake out arms. Bicep Stretches.	



06. BAD GIRLS 5:15mins

TECHNIQUE AND COACHING

1 BICEP CURL / PREACHER CURL

LAYER 1

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

BICEP CURL

- *SET Position*
- **Brace abs, chest lifted, shoulders back**
- *Shoulder blades down into the back ribs*
- **Bar stops just below the shoulders and down to thighs**
- **Elbow under shoulder** to start the isolation
- *Full range on the Curl*

PREACHER CURL

- *Tip forward, Triple Preacher Curl*
- **Hinging forward from the hip**
- **Upper part of the arm stays still**
- **Push the bar away from you**
- **Chest is lifted and abdominals on**

2 BICEP CURL / PREACHER CURL

LAYER 2

First block is short, so reinforce the basics, then once everyone is moving well 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 placement of the elbow this keeps load in the targeted muscles and creates the strong platform in the posture to load effectively.

BICEP CURL

- *Set for round 2*
- *Reset the posture*
- *Lift chest and squeeze scapula*
- *We want to be strong and stable for maximum gains*
- *Elbow directly under shoulder*
- *Pop up the chest*

PREACHER CURL

- *Keep the bar moving away from you*
- *We love this sort of training*
- *Changing up the angles*
- *That is going to recruit more muscle fibers in the biceps*

3 & 4 BICEP CURL / PREACHER CURL

LAYER 2 / LAYER 3

Final blocks 3 and 4: Muscular overload and tension is building, and your participants will need you to Motivate them to the finish, especially during the combination. How will you bring your class to the end?

- *We have a big combo coming up*
- *Stay strong*
- *Resistance on the way down*
- *Full range for the singles*
- *Focus on keeping the upper arm still to isolate*
- *Finding more stability to increase our pulling strength*
- *If you need to take a recovery, take it now - shake out arms and legs*
- *Feel the control – eccentric load as we release the Curl*
- *Stay with us – think strong in BODYPUMP*

PUMP FACT

The key to creating an optimal platform for the Preacher Curl is a hip hinge. This means we lock the upper body position by activating the spinal extensors – then tip forward through the hip joints. Maintaining neutral spinal in this position (with a slight inward curve in the lower back) helps to train a key element of postural stability.



07. LUNGES

WEIGHT SELECTION

Barbell with Warm-up weight or more

Options: Body weight or 1x light to medium weight plate

MUSCLE FOCUS

Lunge/Squat: Glutes and quads

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, timing and control to build Intensity and results fast.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Drumbeat)	4x8	Set up SQUAT WIDE Stance	
	0:22 Intro / _ Back it up	4x8	2/2 SQUAT WIDE Stance	4x
	0:40 C / _ This is the way	4x8	3/1	4x
	0:57 / _ This is the way	4x8	1/3	4x
	1:14 Instr / (Synth melody)	8x8	7x PULSE SQUAT (16cts)	4x
2	1:49 V1 / Wining , girl	2x8	TRANSITION: Set up LUNGE L, R foot B	
	1:57 / When you're wining	2x8	2/2 LUNGE L	2x
	2:06 C / _ This is the way	4x8	3/1	4x
	2:23 / _ This is the way	4x8	1/3	4x
	2:40 Instr / (Synth melody)	8x8	7x PULSE LUNGE L (16cts)	4x
	3:15 V2 / _ Gimme di wine	4x8	1/1 STEPPING LUNGE L (4cts) L foot steps F (2cts) L foot steps B (2cts)	8x
3	3:32 / _ Bubble fast and slow	4x8	16x PULSE LUNGE L (32cts)	1x
	3:49 V2 / Wining , girl	28x8	REPEAT SET 2 on R side	
RECOVERY: Shake out legs. Quadricep Stretches.				



07. THE WAY WE DO THIS 5:51mins

TECHNIQUE AND COACHING

1 WIDE SQUAT

LAYER 1

Use simple cues to coach Position and Execution of the Wide Squat bringing focus to the pause. Coach early pre-cues so everyone is successful.

WIDE SQUAT

- Wide Squat, **feet outside hips-width, toes turned out slightly**
- Lock the core super strong, lift up the chest, bring the elbows under the barbell
- **Hips sit back and down**
- **Knees wide and out**
- **Easy into the range – 90-degrees knee flexion**
- **Chest lifted and abs braced**
- This track is about timing, range and stability
- Timing is key
- Flip it – 1/3
- Don't hang at the bottom
- Push out of the heels to start feeling the glutes
- 7 Pulses, 1 pause and stand
- Stay low in the bottom range
- Literally you are stopping and standing

2 LUNGE

LAYER 1 / LAYER 2

LUNGE

We start this block with Static Lunges bringing focus to body alignment for stability. Coach to stride length to load the weight evenly between both legs avoiding too much compression to the front knee. Once everyone is moving well, Layer 2 coaching focuses help participants stay connected in the workout. The Intensity builds fast with the slower timing and pauses, so use the Stepping Lunge to give participants slight recovery coaching to a long stride length every time.

- Left step, **long step back**
- **Back knee towards the floor**
- **Front knee out**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor**
- **Keep the chest lifted and abs braced**
- Perfect alignment to create the stable base
- Pay attention to how the stability feels
- Notice how the core and upper back feel
- Pulses are coming back
- Stay in the bottom range of your Lunge
- It's all about the pause

- Focus on achieving the range for results
- Where do you feel the pause?
- New move – active recovery
- Left leg steps in and **long step back**
- Staying loaded in the front glute and quad
- Finding the stability again

3 LUNGE

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 that Educate them on the benefits of this sort of training and Connect them into their bodies and range of movement to burn! Catch their attention then deliver your message educating in your own authentic way. As you educate you motivate and most importantly this connects participants into their bodies. Check for their learning by asking questions so your connection with your participants deepens and you involve them in the experience.

- Other leg - long stride
- Square everything up again
- Let's talk Lunge benefits
- Double the impact because we train the front and back leg at the same time
- It's all about the feel
- Push out of the front heel
- The smaller the pulse, the more pressure
- The more pressure the greater the muscle change
- Keep the front leg loaded as you step in and back
- Calm finish – 16 pulses
- Get the full range – 90-degrees
- Starting good is great but how we finish is the best, right?
- You are going to make it – yes you are!

PUMP FACT

Many participants feel more tension in their back leg when lunging. This is due to the degree of hip extension which places the hip flexors and rectus femoris in the quadriceps in a stretched position. Maintaining pressure in this position can be felt as stretch tension.

To reduce this tension in the early stages, reducing the depth of the Lunge will help. It's not advised to reduce the stride length as this alters the mechanics of the movement. In addition, increasing the flexibility of the hip flexors and quads with stretches may help.



08. SHOULDERS

WEIGHT SELECTION

Medium bar and 2x light weight plates
Option: Light bar and 2x medium weight plates

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 create precision and tension in the muscles for the entire track.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Chords)	4x8	Set up I RAISE SET Stance
	0:17	V1 / You show me	4x8	4/4 I RAISE SET Stance
	0:29	C / _ You got more	8x8	2/2
	0 :53	Instr / (Heavy synth)	8x8	2/2 Y RAISE
	1:17	C / _ You got more	2x8	4/4
	1:23	_ You got more	2x8	4/4 T RAISE
	1:29	Instr / (Heavy synth)	8x8	1/1/2
2	1:53	Instr / (Chords)	4x8	TRANSITION: Plates down, pick up bar for STANDING UPRIGHT ROW SET Stance
	2:05	V2 / You show me	4x8	2/2 STANDING UPRIGHT ROW SET Stance
	2:17	C / _ You got more	8x8	1/1/2
	2:41	Instr / (Heavy synth)	8x8	Use last 4cts to transition to STANDING O/H SHOULDER PRESS COMBINATION (32cts) 4x 1/1 STANDING O/H SHOULDER PRESS (16cts) 2x 2/2 STANDING O/H SHOULDER PRESS (16cts)
	3:05	Instr / (Low beat)	4x8	1/1 PUSH PRESS
3	3:17	(Low)	4½x8	RECOVERY: Bar down, shake out, pick up bar for STANDING UPRIGHT ROW SET Stance
	3:30	V3 / You show me	24x8	REPEAT SET 2 After last rep, up and hold RECOVERY: Shake out arms. Shoulder Stretches.



08. TAKE Ü THERE 4:57mins

TECHNIQUE AND COACHING

1 I RAISE, Y RAISE, T RAISE

LAYER 1

Coach Timing, Targets and range for the “I” Raise where we focus on the anterior deltoid and the lower fibers of the trapezius. Capital “Y” targets the anterior deltoid and the lower and mid trapezius. Capital “T” targets the posterior deltoids, rhomboids and mid trapezius.

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 forward**
- *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 ribs*

Y RAISE

- *From the I’s to the Y’s*
- *Same target zone*
- *Keep the **hip hinge***
- *Keep the **abs on and chest lifted***
- *Working wide because it’s a Y*
- *Working deep into the stabilizing muscles of the shoulders*
- **Shoulder blades down and in**
- *Core is active as we are controlling the movement*

T RAISE

- **Plates stop just under the shoulder line**
- **Plates are just in front of shoulder line**
- *Keep the hip hinge*
- **Chest lifted and abs braced tightly**
- **Shoulder blades slide into your spine**
- *We are activating stabilizers, ready for the bar work to come*

2 STANDING UPRIGHT ROW / STANDING OVERHEAD SHOULDER PRESS / PUSH PRESS

LAYER 1 / LAYER 2

STANDING 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 lifted**
- *Try this; as you pull the bar up think about pulling yourself down into the floor*

STANDING OVERHEAD SHOULDER PRESS

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

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**
- **Elbows forward at the top**
- *Big power*
- *SET Position*



08. TAKE Ü THERE 4:57mins

TECHNIQUE AND COACHING

**3 STANDING UPRIGHT ROW / STANDING
OVERHEAD SHOULDER PRESS / PUSH PRESS**

LAYER 2 / LAYER 3

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

- *We have set the shoulder stabilizers*
- *We have set the gateway to strength*
- *Charge up the shoulders one more time*
- *Keep the abs braced as you push*
- *The music and the people are going to take us there*

PUMP FACT

Whenever we lift the arms, the movement is accompanied by rotation of the shoulder blades. Occasionally people suffer from what is known as “scapula amnesia” where the movement is dominated by the shoulder joint with reduced scapula mobility. This type of dysfunction is a common contributor to shoulder impingement.

The I-Y-T sequence is a great way to activate the shoulder blade muscles and train active mobility. This provides stability when we lift and helps prevent impingement.



09. CORE

WEIGHT SELECTION

Option: 1x light weight plate

TRACK FOCUS

Simple coaching of the Position & Execution:
Think one cue at a time, allowing participants to hear it and apply it. Once they have the exercises help them understand how to increase or decrease intensity so everyone is successful.

MUSCLE FOCUS

Hip Bridge: Posterior chain
Shoot Out: Rectus abdominis and lower abdominals
Cross Crawl: Rectus abdominis, obliques
Rotating Side Plank: Rectus abdominis, obliques, back extensors, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _ Money, money	½x8 Set up HIP BRIDGE	
	0:09	V1 / _ Mansions, fashion	4x8 4/4 HIP BRIDGE Options: Hold plate on thighs or no plate	2x
	0:26	C / They say love	4x8 3/1	4x
	0:44	Instr / (Beat drop)	4x8 3x PULSE HIP BRIDGE (8cts) Use last 2cts to transition to SINGLE-LEG SHOOT OUT	4x
2	1:02	V2 / _ Love hurts	4x8 2/2 SINGLE-LEG SHOOT OUT F, B Options: Extend leg to 45° or toe tap with knee bent	2x
	1:19	C / They say love	4x8 1/1/2 SHOOT OUT	4x
	1:37	Instr / (Beat drop)	4x8 FAST CROSS CRAWL F, B (4cts) Options: Extend leg to 45° or toe tap with knee bent	8x
	1:55	Br / I'm only	2x8 TRANSITION: Set up SIDE PLANK R	
	2:03	/ _ Broken heart	2x8 SIDE PLANK R L hand extends up	2x
	2:12	C / They say love	4x8 2/2 ROTATING SIDE PLANK R L hand reaches under body	4x
	2:30	(Low)	½x8 HOLD	
3	2:32	V3 / _ Love hurts	2x8 TRANSITION: Set up SINGLE-LEG SHOOT OUT	
	2:40	/ Love me like	18x8 REPEAT SET 2 on L side RECOVERY: Roll shoulders.	



09. MONEY MONEY 4:02mins

TECHNIQUE AND COACHING

1 HIP BRIDGE

LAYER 1 / LAYER 2

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

HIP BRIDGE

Come down to the floor

- *Light plate across the hips*
- *On your back, palms up*
- *Slow Hip Bridge*
- *Heels close to butt*
- **Brace abs before you move**
- **Squeeze butt**
- *Drive shoulders into the floor*
- *Stay in the top range – as high as you can*

2 SHOOT OUT / CROSS CRAWL / ROTATING SIDE PLANK

LAYER 1 / LAYER 2

New moves: Shoot Outs, Cross Crawls and Rotating Side Planks. Use Layer 1 cues so the class can follow easily, then coach how to Execute more effectively. Motivate, Educate and Connect to the moves and music.

ALTERNATING LEG EXTENSION

- *Fast transition, starting with the C-Crunch*
- *Knees over hips, plate to forehead*
- *Single leg extension, arms over head*
- **Abs braced, lower back down**
- **Knees over hips, shins parallel**
- **Lower back pressing down towards the floor as your legs extend**
- *Both legs out fast – in slowly*
- *Feel the ribs to hips as you crunch*

CROSS CRAWL

- *Lock the plate to the chest*
- *Plate upright*
- *Cross Crawl front and back*
- **Rotate from the center of the chest**
- **Elbows wide**
- **Brace abs to stabilize**

ROTATING SIDE PLANK

- *Plate down*
- *Set up Side Plank*
- *Wrist directly under shoulder*
- *Plate or no plate*
- *Scissor stance, or bend bottom leg*
- **Lift the bottom hip from the floor**
- *Watch me first – we rotate down*
- **Whole body moves as one**
- *Drop the heels as you rotate*
- *Square the hips and shoulders to the floor **by bracing the abs***

3 SHOOT OUT / CROSS CRAWL / ROTATING SIDE PLANK

LAYER 2 / LAYER 3

We repeat the second block on the other side. Challenge your participants to stay in the workout right to the end as we strengthen the core.

- *Let's do it all again*
- *Start in the C-Crunch position*
- *Lift shoulders off the floor*
- *2 or 1-leg Shoot Out*
- *Feel the abdominal lock*
- *Lower back close towards the floor*
- *Work as hard as you can*
- *You're only as strong as your core*
- *Try the Scissor stance*
- *Lift the bottom hip off the floor*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE
1	0:05	Intro / (Hum)	1x8 Set up CHILDS POSE
	0:12	(Hum + piano)	2x8 CHILDS POSE
	0:24	V1 / _ Mama says	4x8 SEATED GLUTE STRETCH R
	0:49	C / _ Sunday	4x8 SEATED GLUTE STRETCH L
	1:15	Instr / (Hum)	4x8 KNEELING HIP FLEXOR STRETCH WITH ARM REACH L R leg F and L Arm Reach up, Side Bend and R Arm Reach towards floor after 16cts
	1:40	V2 / Like the rest	5x8 KNEELING HIP FLEXOR STRETCH WITH ARM REACH R L leg F and R Arm Reach up, Side Bend and L Arm Reach towards floor after 16cts Use last 4cts to transition to standing
2	2:12	V3 / _ Sunday come	3x8 STANDING QUADRICEP STRETCH L
	2:30	/ A helping hand	2x8 STANDING QUADRICEP STRETCH R
	2:43	C / Wash me clean	½x8 SHOULDER ROLL
	2:46	/ Still struggling	2x8 STANDING SHOULDER STRETCH R
	2:59	/ I’m struggling	1½x8 STANDING SHOULDER STRETCH L
	3:08	Instr / (Hum)	1x8 STANDING CHEST STRETCH Arms reach wide Shake out arms and legs and celebrate the workout.



10. SUNDAY 3:18mins

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 Pushup: Triceps and deltoids
Tricep Extension: Triceps

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 moves.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Work it work it	2x8 Set up TRICEP PUSHUP	
	0:12	(Low vocals)	6x8 2/2 TRICEP PUSHUP	6x
	0:29	(High pitched vocals)	4x8 1/1/2	4x
	0:41	(Bass drop + vocals)	8x8 COMBINATION 1 (32cts) 2x 2/2 TRICEP PUSHUP (16cts) 4x 1/1 TRICEP PUSHUP (16cts)	2x
2	1:04	(Low synth)	2x8 TRANSITION: Set up bar for STANDING BICEP CURL SET Stance	
	1:10	(Low synth)	2x8 2/2 STANDING BICEP CURL SET Stance	2x
	1:16	(Low synth + low vocals)	4x8 1/1/2	4x
	1:28	(Heavy beat + distorted vocals)	8x8 COMBINATION 2 (32cts) 1x TRIPLE PREACHER CURL (16cts) Hip hinge with arms extended (2cts) 3x 1/1 PREACHER CURL (12cts) Return to standing (2cts) 4x 1/1 STANDING BICEP CURL (16cts)	2x
	1:51	(Low synth)	4x8 2/2 STANDING BICEP CURL	4x
	2:03	(Low synth + low vocals)	4x8 1/1/2	4x
	2:15	(Heavy beat + distorted vocals)	8x8 COMBINATION 2 (32cts)	2x



45-MIN FORMAT

05. TRICEPS/BICEPS

	MUSIC		SEQUENCE/EXERCISE	REPS
3	2:38 (Bells)	2x8	TRANSITION: Set up 1x plate for STANDING PLATE O/H TRICEP EXTENSION SET Stance	
	2:44 (Bells + synth)	2x8	4/4 STANDING PLATE O/H TRICEP EXTENSION SET Stance	1x
	2:50 (Low vocals)	4x8	2/2	4x
	3:01 (Bass drop + vocals)	4x8	1/1/2	4x
	3:13 (High pitched vocals)	4x8	1/1	8x
	3:25 (Low)	2x8	TRANSITION: Plate down, pick up bar for TRIPLE PREACHER CURL SET Stance	
	3:31 (Heavy beat + distorted vocals)	8x8	COMBINATION 2 (32cts) SET Stance	2x
4	3:54 (Bells)	4x8	TRANSITION: Set up 1x plate for STANDING PLATE O/H TRICEP EXTENSION SET Stance	
	4:06 (Low vocals)	4x8	2/2 STANDING PLATE O/H TRICEP EXTENSION SET Stance	4x
	4:18 (Bass drop + vocals)	4x8	1/1/2	4x
	4:29 (High-pitched vocals)	4x8	1/1	8x
	4:41 (Low)	2x8	TRANSITION: Plate down, pick up bar for TRIPLE PREACHER CURL SET Stance	
	4:47 (Heavy beat + distorted vocals)	8x8	COMBINATION 2 (32cts) SET Stance	2x
	5:10 (Low synth melody)	4x8	4/4 STANDING BICEP CURL RECOVERY: Shake out arms. Tricep and Bicep Stretches.	2x



45-MIN FORMAT

05. WORK IT OUT 5:24mins

TECHNIQUE AND COACHING

1 TRICEP PUSHUP

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up of the Tricep Pushup first to get everyone moving with good timing. It's a big set so coach the options to make sure everyone feels successful.

TRICEP PUSHUP

- *On knees, toes or bring knees in close to hands*
- **Hands under shoulders**
- **Chest to elbow height**
- **Brace abs to square hips and shoulders to the floor**
- **Elbows close to ribs**
- *Squeeze core and glutes to stabilize*
- *2 slow and 4 quick Pushups*

2 STANDING BICEP CURL / PREACHER CURL COMBINATION

New moves: Coach Layer 1 Position and Execution set-up of Bicep Curls and Preacher Curls to get everyone moving well. 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 CURL

Pick up your barbell

Bicep time

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

PREACHER CURL COMBINATION

- *Tip forward, Triple Preacher Curl*
- **Hinging forward from the hips**
- **Upper part of the arm stays still**
- **Push the bar away from you**
- **Chest is lifted and abdominals on**

3 STANDING PLATE OVERHEAD TRICEP EXTENSION / PREACHER CURL COMBINATION

LAYER1 / LAYER 2 / LAYER 3

NEW MOVE: Tricep Extension with a heavy plate. Remind participants of posture for control and strength gains. We also have another round of Preacher Curls, what will you say and do to motivate your class to the end of this set?

TRICEP EXTENSION

- *Barbell down, heavy plate up*
- *Overhead Extension slow*
- **Plate to base of neck**
- **Full extension to the top**
- **Brace core, lift chest**
- **Elbows stay in close to the body**
- *Transition to barbell*

PREACHER CURL

- *Tip forward and curl*
- *Chest lifted*
- *Keep the elbow under the shoulder to create more intensity*
- *Posture strong on the singles*
- *Elbows under the shoulders*

4 STANDING PLATE OVERHEAD TRICEP EXTENSION / PREACHER CURL COMBINATION

Final block of work – fatigue is accumulating fast. Challenge your participants to maximize their results. You go heavier to role-model – sets are short and it's the final set and it's fun!

- *Work hard because the sets are short*
- *Drop and stop*
- *Do the work*
- *Pump it up now*
- *Back to the barbell*
- *Squeeze every inch out of it*

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 them to break through training plateaus.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

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

Option: 1x medium to heavy weight plate

MUSCLE FOCUS

Lunge, Lunge with Side Raise and Overhead Press, Power Press: Deltoids, trapezius, muscles of the upper back, glutes, quads, core and posterior chain

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body to optimize functional strength and train any imbalances in our bodies. Clear set-up of each exercise along with early pre-cues is essential for the class to follow easily.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Chimes)	2x8	Set up SQUAT WIDE Stance
	0:11	V1 / _ Ex-thoughts to translate	8x8	4/4 SQUAT WIDE Stance Use last 4cts to set up LUNGE L, R foot B 4x
	0:34	C / Find another way	8x8	2/2 LUNGE L Use last 4cts to set up LUNGE R, L foot B 8x
	0:57	Instr / (Distorted vocals)	8x8	2/2 LUNGE R Use last 4cts to set up PULSE LUNGE R, L foot B 8x
	1:21	Instr / (Heavy beat drop)	8x8	3x PULSE LUNGE L (8cts) Use last 4cts to set up PULSE LUNGE R, L foot B 8x
	1:44	Instr / (Distorted synth)	8x8	3x PULSE LUNGE R (8cts)8x
2	2:07	V2 / _ Old roads	4x8	TRANSITION: Set up 1x plate in R hand for SINGLE-ARM SIDE RAISE and R foot B for PLATE LUNGE L
	2:19	/ _ Take hold	8x8	2/2 PLATE LUNGE L WITH 2/2 SINGLE-ARM SIDE RAISE R 8x
	2:42	C / Find another way	4x8	1/1/2 Use last 4cts to set up SINGLE-ARM O/H SHOULDER PRESS R , keeping R foot B for PLATE LUNGE L 4x
	2:54	Instr / (Distorted vocals)	8x8	2/2 PLATE LUNGE L WITH 2/2 SINGLE-ARM O/H SHOULDER PRESS R 8x
	3:17	Instr / (Heavy beat drop)	7x8	3x PULSE PLATE LUNGE L WITH 1/2/1 SINGLE-ARM O/H SHOULDER PRESS R (8cts) Use last 4cts to transition to POWER PRESS 7x
	3:37	Instr / (Heavy beat)	1x8	TRANSITION: Set up bar for POWER PRESS
	3:40	Instr / (High synth melody)	8x8	POWER PRESS (16cts) Option: 3x SQUAT PRESS MID Stance 4x



45-MIN FORMAT

07. LUNGES/SHOULDERS

	MUSIC		SEQUENCE/EXERCISE	REPS
	4:03 V3 / _ Old roads	4x8	TRANSITION: Set up 1x plate in L hand for SINGLE-ARM SIDE RAISE and L foot B for PLATE LUNGE R	
	4:15 / _ Take hold	8x8	2/2 PLATE LUNGE R WITH 2/2 SINGLE-ARM SIDE RAISE L	8x
	4:38 C / Find another way	4x8	1/1/2 Use last 4cts to set up SINGLE-ARM O/H SHOULDER PRESS L , keeping L foot B for PLATE LUNGE R	4x
3	4:50 Instr / (Distorted vocals)	8x8	2/2 PLATE LUNGE R WITH 2/2 SINGLE-ARM O/H SHOULDER PRESS L	8x
	5:13 Instr / (Heavy beat drop)	8x8	3x PULSE PLATE LUNGE R WITH 1/2/1 SINGLE-ARM O/H SHOULDER PRESS L (8cts) Use last 4cts to transition to POWER PRESS SET Stance	8x
	5:33 Instr / (Heavy beat)	2x8	TRANSITION: Set up bar for POWER PRESS	
	5:42 Instr / (High synth melody)	6x8	POWER PRESS (16cts) SET Stance Option: 3x SQUAT PRESS MID Stance RECOVERY: Shake out arms. Shoulder and Quadricep Stretches.	3x



45-MIN FORMAT

07. ESCAPE 6:02mins

TECHNIQUE AND COACHING

1 WIDE SQUAT / LUNGE

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up on the Wide Squat and Lunge technique with the barbell focusing on timing, range and precision of movement. Reinforce timing and range cues so participants feel successful and chase the burn.

WIDE SQUAT

- **Feet outside hips, heel-toe wider for Wide Squat Stance, toes turned out slightly**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- **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**

LUNGE

- Left leg, **long Lunge back**
- Find your stability
- **Brace abs to keep hips and shoulders square to front**
- **Back knee tracks straight down**
- **Front knee out**
- Stay low step in and change legs
- Pulsing Lunge to feel heart-rate spike
- **Work into the range 90 degrees**
- Feel the glute load
- Stay in the bottom range of your Lunge

2 PLATE LUNGE WITH SINGLE ARM SIDE RAISE / SINGLE ARM OVERHEAD PRESS / POWER PRESS

Coach Layer 1 Position and Execution set-up for the 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.

LAYER 1

PLATE LUNGE WITH SINGLE-ARM SIDE RAISE / OVERHEAD PRESS

- Barbell down, single plate up
- **Long stride back**
- Lunge and Side Raise
- Find your alignment
- **Back knee down, front knee out**

- **Elbow stops under the shoulder line**
- **Brace the core to square the body to the front**
- **Chest is lifted**
- Plate comes to the shoulder
- Add the Shoulder Press
- **Elbow forward of the body**
- Stay in bottom range of Lunge for intensity

POWER PRESS

- Let's pick up the barbell
- Power Press
- Squat under the bar
- Catch the bar high on the collarbones
- Use the legs and squat under the bar
- Brace the core to power out of the legs

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

LAYER 2 / LAYER 3

Once your participants are moving well on the other side – give them a Layer 2 focus and then allow them to explore it in their bodies. You want them to stay with the mind-body connection of work 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 the Lunge
- Square hips and shoulders to the 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
- Stay in the work to feel the integration
- Brace the abs to keep alignment
- Power Presses to finish
- Get under the bar

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 finish the workout with.



BONUS

03. CHEST

DELICATELY POISED 5:41mins

WEIGHT SELECTION

Barbell with one-third off of Squats weight and 2x medium to heavy weight plates

Option: Floor Press

MUSCLE FOCUS

Chest Fly and Chest Press: Pectorals, triceps and deltoids

TRACK FOCUS

Coach clear execution of both exercises: Chest Fly to build and feel the isolation and Chest Press to build tension for strength gains.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Heavy drumbeat)	1x8	Set up CHEST PRESS
	0:10	Instr / (Electric guitar)	2x8	4/4 CHEST PRESS 1x
	0:20	V1 / I told a thousand	4x8	2/2 4x
	0:41	PC / Things won't matter	1x8	1/1/1/1 STAGGERED CHEST PRESS (8cts) 1x
	0:46	/ Bring out your best	½x8	HOLD
	0:49	C / It's delicately poised	4x8	3x PULSE CHEST PRESS (8cts) 4x
	1:10	Instr / (Drumbeat)	2x8	4/4 CHEST PRESS 1x
2	1:20	V2 / She begged me	4x8	2/2 CHEST PRESS 4x
	1:41	PC / Things won't matter	1x8	1/1/1/1 STAGGERED CHEST PRESS (8cts) 1x
	1:46	/ Bring out your best	½x8	HOLD
	1:49	C / It's delicately poised	4x8	3x PULSE CHEST PRESS (8cts) 4x
	2:10	Instr / (Electric guitar riff)	4½x8	1/1 CHEST PRESS 9x
3	2:33	Ref / Step onto the tightrope	2x8	2/2 CHEST PRESS 2x
	2:43	/ Moment in time _	½x8	HOLD
	2:46	C / It's delicately poised	4x8	3x PULSE CHEST PRESS (8cts) 4x
	3:07	Instr / (Electric guitar riff)	4x8	4/4 CHEST PRESS 2x
4	3:28	V3 / She begged me	2x8	TRANSITION: Set up 2x plates for CHEST FLY on bench
	3:38	/ System working anomalies	2x8	2/2 CHEST FLY 2x
	3:48	PC / Things won't matter	1x8	1/1/1/1 STAGGERED CHEST FLY (8cts) 1x
	3:53	/ Bring out your best	½x8	HOLD
	3:56	C / It's delicately poised	4x8	3x PULSE CHEST FLY (8cts) 4x
	4:17	Instr / (Electric guitar riff)	4½x8	1/1 CHEST FLY 9x



BONUS

03. CHEST

DELICATELY POISED 5:41mins

	MUSIC		SEQUENCE/EXERCISE	REPS
	4:40	Ref / Step onto the tightrope	2x8 2/2 CHEST FLY	2x
	4:51	/ Moment in time _	1½x8 HOLD	
5	4:53	C / It's delicately poised	4x8 3x PULSE CHEST FLY (8cts)	4x
	5:14	Instr / (Electric guitar riff)	4x8 4/4 CHEST FLY	2x
			RECOVERY: Shake out arms and roll shoulders. Chest Stretch.	



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.

