

BODYPUMP 124

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

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

- Barbell on meaty part of upper back
- Heel-toe wider than Mid Stance
- Chest lifted, light pinch between the shoulder blades

Execution Set-up

- Hips sit back and down
- Knees out
- 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
- Heel-toe wider than Wide Squat

Execution Set-up

- Hips sit back and down
- Knees out
- Chest up
- Abs braced
- Butt stops just above knee at 90-degree angle

Layer 2

- Drive your feet apart
- Knees out

MID-STANCE SQUAT

Position Set-up

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

Execution Set-up

- Sit the butt back and down
- Extend no further than 45 degrees when rising up
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90-degree angle

Layer 2

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

CHEST PRESS / WIDE CHEST PRESS

Position Set-up

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

Execution Set-up

- Barbell to middle of the chest
- Elbows stop at bench level
- Barbell 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 CHEST PRESS

Position Set-up

- **Hands 1-hand width closer than wide grip**
- Barbell above shoulders, barbell at shoulder level; or barbell over middle of chest
- **Brace abs – lower back towards the bench**
- Feet hip-width apart and close to the bench

Execution Set-up

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

Layer 2

- This elbow angle puts more pressure at the top of the pec

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**
- **Barbell 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 barbell up
- Keep elbows above the barbell during Upright Row phase
- **Barbell close to the body, lift to lower chest**
- **Drop under the barbell, bending the knees**
- Clean the barbell and hold in front of the collarbones
- Press to the top
- **Use the legs to drive the barbell 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 barbell

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

NARROW / WIDE PLATE ROW COMBINATION

Position Set-Up

- **Set position**
- **Chest up, abs braced**
- **Tip from the hip keeping chest lifted**
- **Chin tucks in**

Execution Set-Up

- **Narrow row, plates to knees,**
- **Elbows in and back**
- **Squeeze between shoulder blades**
- **Wide row, plates to knees, elbows wide, elbows to shoulder level**
- **Brace the core to support your lower back**

Layer 2

- Feel the difference from the narrow row for the lats
- Wide row targets upper back

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

KNEELING TRICEP KICKBACK W/ PLATE

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 behind you – extend the elbow**
- Upper arm still as you extend

Layer 2

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



GLOSSARY

TRICEP PUSHUP

Position Set-up

- **Hands 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.**

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 barbell up towards shoulders**
- **Elbow under shoulder**
- **Upper part of the arm stays still**
- **Push the barbell 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**

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**



GLOSSARY

BACKWARD-STEPPING LUNGE

Position Set-up

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

Execution Set-up

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

Layer 2

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

STANDING SIDE RAISE

Position Set-up

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

Execution Set-up

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

Layer 2

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

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 barbell work so powerful because the stabilizers are switched on

STANDING UPRIGHT ROW

Position Set-up

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

Execution Set-up

- **Lift barbell up to lower chest**
- **Elbows above the barbell**
- **Keep barbell close to body**

Layer 2

- Lead with the elbows
- Squeeze between the shoulder blades

Keeping the chest lifted and shoulder blades retracted places the shoulder blades in the optimal position to receive load. Lifting the barbell no higher than the lower chest reduces the potential for shoulder impingement (compression of the shoulder tissues).



GLOSSARY

STANDING OVERHEAD SHOULDER PRESS

Position Set-up

- **Split Stance**
- Weight even in front and back foot, knees soft
- **Chest up, abs braced**
- **Barbell to chin**, elbows under wrists

Execution Set-up

- Press the barbell upward
- **Keep the elbows soft and slightly forward at the top**
- **Brace the abs as the barbell moves above your head**

Layer 2

- Keep your body upright and don't lean back – keep the work in the shoulders

PUSH PRESS

Position Set-up

- **SET Stance**
- **Chest up, abs braced**
- **Barbell to collarbones**

Execution Set-up

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

Layer 2

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

T RAISE

Position Set-up

- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, 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

DOUBLE-LEG EXTENSION

Position Set-up

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

Execution Set-up

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

Layer 2

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



GLOSSARY

ALTERNATING SINGLE-LEG EXTENSION WITH HAND PRESS

Position Set-up

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

Execution Set-up

- Extend one leg out and arms press against thigh of bent leg
- **Brace the abs hard**
- **Lower back stays close towards the floor** as you extend the leg

Layer 2

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

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**

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

HOVER WITH DIAGONAL SINGLE-LEG LIFT

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

- **Squeeze butt to lift leg**
- **Leg stops at hip level**
- **Brace abs to keep hips still**

Layer 2

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



GLOSSARY

ROTATING SIDE HOVER

Position Set-up

- Cross arms for parallel position
- 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

- **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

BACKWARD-STEPPING LUNGE WITH SIDE RAISE

Position Set-up

- Feet hip-width apart
- Chest lifted
- 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 lifted, abs braced
- Elbows lift to side – just under shoulder level
- Elbows slightly forward

Layer 2

- Maintain full range in the Lunge – integrated training

BACKWARD-STEPPING LUNGE WITH FRONT RAISE

Position Set-up

- Feet hip-width apart
- Chest lifted
- Arms in front of body, parallel to floor

Execution Set-up

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted, abs braced
- Arms lift straight in front to shoulder level

Layer 2

- Maintain full range in the Lunge – integrated training



MUSIC

01 **Drive Away (RetroVision Remix)** (5:13)
Krewella
© 2022 Mixed Kids Records.
Written by: J. Yousaf, Y. Yousaf, Lassner, King, ven den Ende

02 **We’ve Got Us** (5:40)
Mecco
© 2022 Black Lotus.
Written by: Henderson, Plows, van de Geer, Langeveld

03 **Lonely Boy** (3:15)
The Black Keys
© 2011 Nonesuch Records.
Written by: Auerbach, Carney, Burton

Lonely Boy (1:38)
The Black Keys
© 2011 Nonesuch Records.
Written by: Auerbach, Carney, Burton

04 **Won’t Make A Sound** (6:27)
ARMNHMR & NURKO feat. Micah Martin
© 2022 Monstercat.
Written by: Leech, Abella, Chung, Martin

05 **2 Be Loved (Am I Ready)** (3:11)
Lizzo
© 2022 Nice Life Recording Company and Atlantic Recording Corporation.
Written by: Jefferson, Salmanzadeh, Kotecha, Martin, Svensson

2 Be Loved (Am I Ready) (2:06)
Lizzo
© 2022 Nice Life Recording Company and Atlantic Recording Corporation.
Written by: Jefferson, Salmanzadeh, Kotecha, Martin, Svensson

06 **Fancy (GTA Remix)** (4:17)
Iggy Azalea feat. Charli XCX
Courtesy of the Universal Music Group.
Written by: McKenzie, Charli XCX, Astasio, Pebworth, Shave, Turner

07 **Voodoo (Tiësto Remix)** (2:28)
Badshah & J Balvin
Courtesy of the Universal Music Group.
Written by: Sisodia, Osorio, Massis

Voodoo (Tiësto Remix) (2:25)
Badshah & J Balvin
Courtesy of the Universal Music Group.
Written by: Sisodia, Osorio, Massis

08 **Hunnid** (4:42)
Chino Casino
Courtesy of Les Mills Music Licensing Ltd.
Written by: Nasir

09 **Now Is When I Need You** (5:12)
Goldfield
Courtesy of Les Mills Music Licensing Ltd.
Written by: Roby

10 **LOL** (3:37)
Mabel
Courtesy of the Universal Music Group.
Written by: McVey, Mac, Keen

45-MIN FORMAT

05 **Way Down** (4:53)
INF
Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

07 **Million Days** (5:03)
SABAI feat. Hoang & Claire Ridgely
© 2020 Monstercat.
Written by: Hoang, Mlakar, Ridgely, Takviriyanan



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	27:25	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	40:37

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	40:58

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 124

Imagine a sea of barbells all moving in unison, 2000 like-minded people lifting weights in time to music, this is BODYPUMP 124 – the London release!

Pick up your barbell, find your SET position, strong and grounded, light weights, high repetitions, and we are lifting. Squats, powerful, uplifting and a great mix of strength and cardiovascular training. Classic rock for Chest, wide grip to close grip mixes up the muscular recruitment, making us stronger and leaner. Then, we have a clever combination of close and wide Plate Rows to tone the back muscles before the huge Clean and Press sets come in!

Triceps is a cool track, one to be loved – the Pushups are a game changer. Slow Preacher Curls, heavy and isolated, will have you engaging your biceps quickly. Backward-stepping Lunges feature with a loaded barbell – lets strengthen the glutes and legs. Then, we come in hot with a ‘hundred’ reps for shoulders – stabilization work and compound lifts, here come our strong, functional shoulders.

This is a class for the ages – visually stunning and musically diverse. Join the legion of pump lifters and make change your habit of choice!

Glen

CREDITS

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 - Khiran Huston** (New Zealand)
 - Vili Fifita** (New Zealand)



01. WARM-UP

WEIGHT SELECTION

Light barbell and medium to large plate

DEMONSTRATE

SET Position

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 (Swirl)	2x8	SET Position: Heels under hips, roll shoulders back and down, chest up and brace core	
	0:13 V1 / _ I'll admit	4x8	2/2 DEADLIFT SET Stance	4x
	0:28 PC / _ Someone tell me	4x8	1/3	4x
	0:43 C / Tonight, I'm	8x8	2/2 DEADROW (16cts)	4x
	1:13 Instr / (Beat drop)	8x8	1/1	8x
2	1:42 V2 / _ Know we all	4x8	2/2 UPRIGHT ROW	4x
	1:57 PC / _ Someone tell me	4x8	1/3	4x
	2:12 C / Tonight, I'm	8x8	2/2 CLEAN & PRESS (16cts) Use the last 4cts to transition barbell onto back for SQUAT WIDE Stance	4x
	2:42 Instr / (Beat drop)	8x8	1/1 SQUAT WIDE Stance	16x
	3:11 (Upbeat piano)	2x8	4/4	1x
3	3:18 Instr / (Piano)	2x8	TRANSITION: Barbell down, set up 1x plate for PLATE FRONT SQUAT MID Stance	
	3:26 V3 / _ Know we all	4x8	2/2 PLATE FRONT SQUAT MID Stance	4x
	3:41 PC / _ Someone tell me	4x8	1/3	4x
	3:55 C / Tonight, I'm	8x8	ALT BACKWARD-STEPPING LUNGE L, R (8cts) Use the last 8cts to transition to floor, plate down, hands wide for PUSHUP	3½x
	4:25 Instr / (Beat drop)	8x8	1/1 PUSHUP (8cts)	16x
	4:54 (Upbeat piano)	2x8	4/4	1x
	5:02 Outro / (Piano)	2x8	CHILDS POSE RECOVERY: Roll shoulders, shake out arms and legs	



01. DRIVE AWAY (RETROVISION REMIX) 5:13mins

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 barbell to the top of the kneecaps**
- **Deadrow – SET Position, barbell to knees, belly, knees and SET**

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on bringing the upper body into the workout: Upright Rows, Clean & Presses and Squats. Coach clear Position and Execution to get everyone familiar with the timing to start. Once the class is moving well, encourage full range of motion to get their legs ready for the workout ahead.

- **Upright Row – barbell stops at lower chest, elbows wide**
- **Clean & Press – pull and catch, bend knees, brace abs, chest lifted, barbell 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, 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 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 track forward, hips to 90 degrees**
- **Alternating Backward-Stepping Lunge – 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, Quadriceps

MID Stance: Quadriceps

TRACK FOCUS

Coach your class through the Wide, Wider and Mid-Stance Squats. Focus on precise Execution and Core Activation creating fatigue to take our athletic strength to new levels.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Distorted vocals)	4x8	Set up SQUAT WIDE Stance
	0:16	V1 / _ I reached out	8x8	4/4 SQUAT WIDE Stance 4x
	0:38	PC / _ I got friends	8x8	2/2 8x
	1:00	Instr / (Synth drop)	16x8	SQUAT COMBINATION (32cts) 4x 4x 1/1 SQUAT (16cts) 2x 1/3 SQUAT (16cts) Note: Last rep, up and hold
2	1:44	V2 / _ I take the	4x8	TRANSITION: Heel-toe wider for SQUAT WIDE Stance
	1:55	_ I keep spilling	4x8	4/4 SQUAT WIDE Stance 2x
	2:06	PC / _ I got friends	8x8	2/2 8x
	2:28	Instr / (Synth drop)	16x8	SQUAT COMBINATION (32cts) 4x TRANSITION: Only 1x 1/3 in last round of combo. Use last 4cts of combo to transition heels back into MID Stance
	3:12	Instr / (Synth)	8x8	2x BOTTOM-HALF SQUAT MID Stance (8cts) 8x
3	3:35	V3 / _ I take the	40x8	REPEAT BLOCK 2 RECOVERY: Shake out legs. Quadricep stretch



02. WE'VE GOT US 5:40mins

TECHNIQUE AND COACHING

1. WIDE STANCE SQUAT

LAYER 1

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 **T**iming, **T**arget zones and leg alignment along with precise pre-cues to help participants follow easily.

- **Feet outside hip-width, heel-toe wider for Wide Squat stance, toes turned out slightly**
- **Abs braced** to support lower back
- **Chest lifted** and keep it there
- Bring your elbows forward under the barbell and create strength through the upper back
- **Hips sit back and down**
- **Knees push out to FIRE 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
- Combination 4 singles, 2x 1/3

2. WIDER AND MID-STANCE

LAYER 1 / LAYER 2

The focus is on core activation & engagement for leg power. Quickly give all the basic alignment Layer 1 cues so everyone is with you. Layer 2 cues are designed to help participants achieve more from the workout; we do this through improving Execution, Manipulating the Intensity, and Educating them on what they are doing and how it should feel.

- Great work everyone – **come 1 heel-toe wider into the Wider Stance**
- **Brace the core – do we feel strong stable and neutral?**
- **Knees track wide as we sit the hips back and down**
- We are chasing leg power
- It starts in the core
- A strong core is a supercharger for our Squat
- This amplifies intensity that feeds into the legs
- Team ready for the next level?
- 4 singles
- Use the core like a handbrake on the 1/3
- Drop and drive
- Supercharge legs and drive
- Crank the power
- A strong core brace is the secret to holding down the load
- 1x 1/3 only
- Come into Mid Stance, feet outside hip width
- Bottom half for 2
- **90-degree range**
- Small movement in the bottom of the Squat
- The core is the gatekeeper to the pressure in the quads



02. WE'VE GOT US 5:40mins

TECHNIQUE AND COACHING

3. WIDER STANCE AND MID STANCE

LAYER 3

Fatigue is kicking in, so what will you do to create a great feeling in the room and drive big results and motivation for the legs? Be in the moment with your class; look into people's eyes when you teach so you bring your authentic self into the room; show your love of this training; show you're with them feeling every rep; this really is THE REP EFFECT™ in action!

- *Shake out your legs*
- *Reset Wider Stance*
- *Strap your weightbelt on*
- *Core stability to access our leg power*
- *Ready to hit the gas?*
- *Rip it and rep it*
- *It's you and us, together*
- *Let's hit the Mid Stance*
- *WOW – legs are saying No*
- *What's your heart saying?*

PUMP FACT

Refining our core activation cues was a big focus for the team this round. Rather than a generic "brace your abs" cue, we explored what the core brace was delivering for each exercise. For example, we need a different type of core activation when we Squat versus when we Lunge. Ask yourself what your core delivers when you Squat – can you feel the mix of constant ab pressure along with keeping your chest high by activating your back muscles? Being more specific with these elements helps educate our participants and ultimately improves their technique.



03. CHEST

WEIGHT SELECTION

Barbell with 1/3 off your Squat weight

MUSCLE FOCUS

WIDE and MID-GRIP Chest Press: Pectorals, triceps and deltoids

TRACK FOCUS

Coach great Timing and Targets for precise Execution for the Wide and Mid-Grip Chest Press. Focus on coaching how to create and build the tension for muscular change.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Strum)	5½x8	Set up Barbell	
	0:21 (Guitar & melody)	8x8	4/4 WIDE CHEST PRESS	4x
	0:44 V1 / Well, I’m so	8x8	3/1	4x
	1:07 C / Oh , Oh, Oh	8x8	WIDE CHEST COMBINATION (16cts) 2x 1/1 CHEST PRESS (8cts) 1x 1/1/2 CHEST PRESS (8cts)	4x
	1:30 Instr / (Guitar)	4x8	4/4	2x
2	1:42 V2 / Well, your Mama	8x8	3/1 WIDE CHEST PRESS	8x
	2:05 C / Oh , Oh, Oh	8x8	WIDE CHEST COMBINATION (16cts)	4x
	2:28 Instr / (Guitar)	4x8	4/4	2x
	2:39 (Guitar & melody)	4x8	1/1/2	4x
	2:50 C / Oh , Oh, Oh	8x8	WIDE CHEST COMBINATION (16cts)	4x
3	3:13 Br / (Low)	1x8	TRANSITION: Set up MID-GRIP CHEST PRESS	
	3:15 V3 / Well, your Mama	32x8	REPEAT BLOCK 2 WITH MID-GRIP After last rep, down and HOLD RECOVERY: Shake out arms; Chest Stretch	



03. LONELY BOY 4:53mins

TECHNIQUE AND COACHING

1. WIDE CHEST PRESS

LAYER 1

Coach your class into the Position set-up for the 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.

WIDE CHEST PRESS

- **Hands wide on the barbell**
- Feet hip-width apart, close to bench
- Barbell over shoulders
- Shoulders away from the ears
- Squeeze shoulder blades to open chest
- **Target – middle of the chest**
- **Brace abs, lower back towards the bench**
- Draw the ribs down to create a great lifting position under the barbell
- Elbows directly under the wrists – then your hands are wide enough
- **Elbows to the top of the bench for range**
- Drive through the heel of the hand
- Combination; 2 singles, 2 drop holds
- Isometric hold to build your strength

2. WIDE CHEST PRESS

LAYER 2 / LAYER 3

Second block will build intensity fast. We 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 is... right now they need your help to get more out of the Chest Press; Coach Layer 2 cues that explain how to improve Execution to build more tension and Intensity.

- We are set up with a great foundation
- Now lets create stability
- The Chest Press is a massive compound movement
- Lets lock down the lats and core to create great pushing power
- That will make us stronger and more powerful
- Can you feel the stability we create which allows us to drive and push our barbell?
- Drop and stop
- History in the making – commit and drive right now

3. MID GRIP CHEST PRESS

LAYER 1 / LAYER 2 / LAYER 3

- Hands mid grip
- **Hands come in one hand-width**
- This elbow angle puts more pressure at the top of the pecs
- Use the singles to keep the tension in the muscle
- Use the drop hold to recruit the extra muscles
- Who wants to get stronger?
- From the inside to the outside, you're working

PUMP FACT

Our shoulder blades should be active when doing a Chest Press. As we lower the barbell, we should feel them retract (move inward toward the spine) and protract (slide forward) when we extend the arms. This action helps us engage the shoulder stabilizers and minimize the potential for injury, particularly when we are at the bottom of the Chest Press.



04. BACK

WEIGHT SELECTION

Barbell with Chest weight and 2x medium to heavy weight plates

Option: Barbell with Chest weight OR 2x medium weight plates

MUSCLE FOCUS

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

Deadrow: Lats, muscles of the upper back

TRACK FOCUS

Focus is on strong core engagement for great execution of the Narrow and Wide plate work. When we hit the barbell we train for strength, power and athletic results. Team-teach with the music to create a musical experience.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Guitar)	4x8	Set up DEADLIFT SET Stance	
	0:18 V1 / _ Nothing cuts	8x8	4/4 DEADLIFT SET Stance	4x
	0:45 _ I know you don't	8x8	3/1	8x
	1:12 C / Won't make a sound	8x8	1/1 DEADROW (8cts)	8x
	1:39 _ Alright we're not	4x8	TRIPLE DEADROW (16cts)	2x
	1:53 Instr / (Heavy synth)	8x8	1/1 CLEAN & PRESS (8cts)	8x
2	2:20 Instr / (Low)	2x8	TRANSITION: Barbell down, pick up two plates for NARROW/WIDE PLATE ROW COMBO	
	2:27 V2 / _ Sometimes I lack	8x8	SLOW NARROW/WIDE PLATE ROW COMBINATION (32cts) 1x 2/2 NARROW PLATE ROW (16cts) 1x 2/2 WIDE PLATE ROW (16cts)	2x
	2:54 C / Break me down	12x8	TRIPLE NARROW/WIDE PLATE ROW COMBINATION (32cts) 1x TRIPLE NARROW PLATE ROW (16cts) 1x TRIPLE WIDE PLATE ROW (16cts)	3x
	3:34 Shoot me down	2x8	TRANSITION: Plates down, pick up barbell. SET Stance	
	3:41 Alive but I'm	2x8	4/4 DEADLIFT SET Stance	1x
	3:47 Instr / (Heavy synth)	8x8	1/1 CLEAN & PRESS (8cts)	8x
3	4:15 Instr / (Vocals)	34x8	REPEAT BLOCK 2 RECOVERY: Upper and lower back stretches	

SMARTSTART

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



04. WON'T MAKE A SOUND 6:27mins

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 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 lifted**
- **Barbell to top of knees**
- Pull the barbell into the legs to engage the upper back from the first set

DEADROW

- **Hinge forward from the hips**
- Knees bent
- **Barbell 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 6½ feet (2 meters)**
- **Lift chest**
- **Brace abs to lock the spine into position**
- **Squeeze between the shoulder blades**
- Strong alignment in the hinge position
- Stay down for Triple Deadrow

CLEAN & PRESS

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

2. NARROW / WIDE PLATE ROW COMBINATION / DEADLIFT, CLEAN & PRESS

LAYER 1 / LAYER 2 / LAYER 3

NEW MOVE: Narrow and Wide Plate Rows. We focus on the lats in the Narrow Rows and the upper back in the Wide Rows to improve stability and posture. Focus on Layer 2 coaching and then allow space for your participants to explore their own Execution. Empower your class by sharing the benefits of the movements – the WHY!

NARROW / WIDE PLATE ROW COMBINATION

- Great work everyone, barbell down
- Pick up your plates
- **Feet under hips**
- **Narrow Row, plates to knees, elbows in and back**
- **Wide Row, plates to knees, elbows wide, elbows to shoulder level**
- Feel the difference from the Narrow Row in the lats
- Wide Row targets upper back
- **Brace the core to support your lower back**

DEADLIFT

- Plates down, pick up the barbell
- Slow Deadlift
- **Push the hips all the way back**

CLEAN & PRESS

- Are we ready for this?
- Build the energy up now
- Fast elbows under the barbell to be more explosive
- Make every rep count



04. WON'T MAKE A SOUND 6:27mins

TECHNIQUE AND COACHING

3. NARROW / WIDE PLATE ROW COMBINATION/ DEADLIFT, CLEAN & PRESS

LAYER 2 / LAYER 3

Final block is the time to Connect and Motivate your participants to drive their training results. How will you hold 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 the music.

- *Final block, back to the plates*
- *Narrow and Wide Rows*
- *Feel your core activation for upper body stability*
- *Feel the power in the Narrow Row*
- *Control in the Wide Row*
- *How does it feel?*
- *Nothing feels better than BODYPUMP*
- *Nothing feels better than training together*
- *Last time to own your big results*
- *We create the change under fatigue*
- *Strong posture for everyday life*
- *Great – looking good*
- *Let's finish together, plates down*
- *Clean & Press*
- *Use your whole body*
- *Believe in yourself*
- *You can do it!*

PUMP FACT

The Back track provides an important opportunity to provide balance in our BODYPUMP workout. In particular, focusing on our posterior stabilizers such as the scapula retractors and our erector spinae muscles, helps to keep us safe and stable when we lift.



05. TRICEPS

WEIGHT SELECTION

1x medium to heavy plate and 1x light to medium plate

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.

MUSCLE FOCUS

Standing Plate O/H Tricep Extension and Kneeling Tricep Kickback: Triceps

Tricep Pushups: Triceps, anterior deltoids, pectorals

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Keyboard)	4x8	Set up STANDING PLATE O/H TRICEP EXTENSION SET Stance	
	0:17 V1 / I did the work	8x8	2/2 STANDING O/H TRICEP EXTENSION	8x
	0:42 C / Am I ready	8x8	STANDING O/H TRICEP EXTENSION COMBINATION (32cts) 4x 1/1 STANDING O/H TRICEP EXTENSION (16cts) 2x 1/3 STANDING O/H TRICEP EXTENSION (16cts)	2x
	1:06 V2 / _ How am I	2x8	TRANSITION: Heavier plate down, transition to floor. Pick up lighter plate, kneeling position for KNEELING TRICEP KICKBACK L	
2	1:09 Better learn	6x8	2/2 KNEELING TRICEP KICKBACK L	6x
	1:31 C / Am I ready	12x8	KNEELING TRICEP KICKBACK COMBINATION L (32cts) 4x 1/1 KNEELING TRICEP KICKBACK L (16cts) 2x 1/3 KNEELING TRICEP KICKBACK L (16cts)	3x
	2:08 Br / _ Found me	4x8	TRANSITION: Plate down, hands shoulder width apart, ready for TRICEP PUSHUP COMBINATION	
	2:30 C / Am I ready	16x8	TRICEP PUSHUP COMBINATION (32cts) 4x 1/1 TRICEP PUSHUP (16cts) 2x 1/3 TRICEP PUSHUP (16cts) Options: Kneeling, or on knees or toes	4x
3	3:10 _ How am I	2½x8	TRANSITION: Pick up light plate, set up kneeling position for KNEELING TRICEP KICKBACK R	
	3:14 Better learn	6x8	2/2 KNEELING TRICEP KICKBACK R	6x
	3:45 C / Am I ready	12x8	KNEELING TRICEP KICKBACK COMBINATION R (32cts)	3x
	4:13 Br / _ Found me	4x8	TRANSITION: Plate down, hands shoulder width overhead ready for STANDING O/H TRICEP EXTENSION	
	4:25 C / Am I ready	16x8	STANDING O/H TRICEP EXTENSION COMBINATION (32cts) RECOVERY: Shake out arms. Tricep Stretches	4x



05. 2 BE LOVED (AM I READY) 5:17mins

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**
- **Squeeze elbows in** to load the triceps
- Time to train
- Small pulse in the bottom range
- Feel an energy shot into the back of the arms

2. KNEELING TRICEP KICKBACK / PUSHUP COMBINATION

LAYER 1 / LAYER 2

Set up the Kickbacks and Pushups 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. This is the only set of Pushups so challenge them to train hard!

TRICEP KICKBACK

- Light to medium plate
- Come to the floor
- Right leg forward, elbow on the knee
- Plate in the left hand
- Kickback 2/2
- **Tip forward from the hips**
- **Brace abs to square body**
- **Hips and shoulders square to the front**
- **Plate starts at the hip**
- **Extend fully to the back of the room**
- **Keep upper arm still and loaded**
- Isolation and control

TRICEP PUSHUP

- Shake out arms and legs
- **Hands shoulder width apart**
- On knees or toes
- **Brace abs**
- Squeeze the glutes to link the upper and lower body
- **Chest to elbow level**
- **Elbows tuck in**
- **Back long and straight**
- Challenge is on toes
- Strength with control

3. KNEELING PLATE TRICEP KICKBACK / STANDING OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

We repeat the Kickbacks on the other side and finish the block with standing O/H Extensions to bring this track to the finish line! As participants get fatigued they will likely want to reduce the effort 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 until the finish line?

- Light plate for the Kickback
- Pull the elbow tight to the hip
- The key is to lock your body into stability for power
- Find more contraction
- Pass the energy to the person behind you
- Heavy plate for Overhead Extensions
- Team, we started together, let's finish together
- Keep the range; keep the isolation
- Your arms are getting hot – that's a sign of success
- We can overcome any hard work

PUMP FACT

Maintaining a stable head and neck position during tracks like the tricep track not only enhances the training effect, it also improves our ability to maintain good head and neck posture throughout the day. Keeping the chin tucked and the neck long during all of the exercises in this track teaches our deep neck stabilizers to safely align and protect the joints of our neck when we are lifting or taking load through the upper body.



06. BICEPS

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	Rep / (I'm I'm I'm)	2x8 Set up STANDING BICEP CURL SET Stance Option: Two plates	
	0:14	Ref / (I'm I'm I'm)	2x8 4/4 BICEP CURL SET Stance	1x
	0:24	V1 / _ First things first	8x8 1/1 PREACHER CURL (8cts) Hip hinges with arms extended (2cts), 1x 1/1 PREACHER CURL (4cts), return to standing (2cts)	8x
	1:02	QC / I'm so fancy	4x8 1/1 BICEP CURL	8x
	1:21	Instr / (Drop)	8x8 3x MID-RANGE PULSE (8cts) Note: Slight hold of 3rd rep every time	8x
2	2:00	V2 / I said baby	8x8 1/1 PREACHER CURL (8cts) Hip hinge, plates open 2cts, Curl 4cts, stand up 2cts	8x
	2:38	QC / I'm so fancy	4x8 1/1 BICEP CURL SET Stance	8x
	2:57	Instr / (Drop)	8x8 3x MID-RANGE PULSE (8cts) Note: Slight hold of 3rd rep every time	8x
	3:36	Rep / (I'm I'm I'm)	4x8 1/1 BICEP CURL SET Stance	8x
	3:55	Outro / (Clap)	4x8 4/4 BICEP CURL RECOVERY: Shake out arms. Bicep Stretches	2x



06. FANCY (GTA REMIX) 4:17mins

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, Range and Control of 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*
- **Barbell stops just below the shoulders and down to thighs**
- **Elbow under shoulder**
- *3 Mid-Range Pulses*
- *1-inch above and below the elbow crease*

PREACHER CURL

- *Tip forward, Triple Preacher Curl*
- **Hinge forward from the hips**
- **Upper part of the arm stays still**
- **Push the barbell away from you**
- **Chest lifted and abdominals braced**
- *Back long and straight*

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 in the Preacher Curl. When we focus on the foundation of the body position and placement of the elbow, we keep load in the targeted muscles and create the strong platform in the posture to load effectively. How will you bring the class to the finish line?

- *Keep the barbell 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*
- *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*
- *Search for a wider angle*
- *Everybody stays with us till the last rep*
- *My biceps are on fire!*

PUMP FACT

Mid-range pulses challenge both the bicep muscles and our stabilizers. Increasing time under tension at the point where the barbell is furthest from the body will quickly generate fatigue in the biceps and will also challenge our ability to secure our shoulder blades into the ribs. Enhancing our ability to maintain good form during these pulses will help make us stronger and more stable during any bicep loading.



07. LUNGES

WEIGHT SELECTION

Barbell with Warm-up weight or more

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

MUSCLE FOCUS

Lunge: Glutes and quads

TRACK FOCUS

Focus on coaching alignment of the Lunge patterns to help participants set great Technique from the start of the track. This starts when we bring focus to core control and stability.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (High vocal)	2x8	Set up for LUNGE – Barbell onto back Option: Plate or body weight	
	0:12 V1 / Main iss bandi	4x8	4/4 LUNGE L	2x
	0:28 C / Aise Voodoo	4x8	3/1	4x
	0:43 Instr / (Synth drop)	4x8	1/1	8x
	0:59 V2 / _ De mi mente no	6x8	1/3	6x
	1:22 C / Mar , yeah	4x8	4/4	2x
2	1:37 C / _ Kare control	1½x8	TRANSITION: Set R foot back in, ready for BACKWARD-STEPPING LUNGE L	
	1:39 Instr / Voodoo Voodoo	4x8	1/1 BACKWARD-STEPPING LUNGE L (4cts)	8x
	1:54 (Synth drop)	8x8	TRIPLE PULSE BACKWARD-STEPPING LUNGE L (8cts) Step back 2cts, pulse 4cts, step in 2cts	8x
3	2:26 Br / (Low)	1½x8	TRANSITION: L Leg back for LUNGE R	
	2:28 Instr / (High vocal)	36½x8	REPEAT BLOCKS 1 AND 2 for LUNGE R RECOVERY: Shake out arms and legs. Quadricep Stretches	



07. VOOODOO (TIËSTO REMIX) 4:53mins

TECHNIQUE AND COACHING

1. LUNGE

LAYER 1

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

- *Left step, **long step back***
- **Back knee towards the floor**
- **Front knee out over toes**
- **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 the stability of your core*
- *Brace core hard*
- *Squeeze your quads to catch the range of your Lunge, catch and drop*
- *Super slow – stay in the tension*

2. BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2

LUNGE

We transition from static Lunges to dynamic Backward-Stepping Lunges. Bring focus to a long step back for every rep for body alignment. Once everyone is moving well, use Layer 2 coaching cues to help participants stay connected in the workout. The intensity builds fast with the pulses so focus on core engagement to build more stability and strength in the whole body.

- **Long step back**
- **Back knee towards the floor**
- **Front knee out over toes**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor**
- **Keep the chest lifted and abs braced**
- *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*

3&4. BACKWARD-STEPPING LUNGE / 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 to their bodies and range of motion. Catch their attention then 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 the class deepens and you involve them in the experience.

- *Other leg – long stride backwards*
- *Square everything up again*
- *It's all about the feel*
- *Push out of the front heel, push out of the back heel and we have both glutes firing*
- *Big range on the singles*
- *Big muscle change*
- *Super slow sets the pressure*
- *Backward-Stepping Lunge*
- *Amplify the core to work the legs*
- *Staying low as you step in*
- *Don't give into the burn*
- *Can you feel the legs eating up the burn?*
- *We are building strength endurance*

PUMP FACT

As mentioned in the Squat track, the core brace in a Lunge is different to what we need in a Squat. In a Lunge, our core helps to stabilize our pelvis against the pull of the hip flexors in the back leg. We therefore encourage activation of our abdominals to square the hips. As the trunk is upright, in contrast to a Squat, we don't require as much input from our back extensors – just a slight squeeze between the shoulder blades to support the upper back.

Focusing on these specifics can create variety in our coaching and help improve execution.



08. SHOULDERS

WEIGHT SELECTION

1x Barbell with Warm-up weight or more and
2x light plates

TRACK FOCUS

We train the shoulder stabilizers so when we lift 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.

MUSCLE FOCUS

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

Barbell work: Deltoids and trapezius

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / _Only ever	4x8 Set Position. Set up for SIDE RAISE	
	0:18	V1 / Up on the drop	4x8 2/2 SIDE RAISE SET Stance	4x
	0:30	Rep / _ Hunnid, hunnid, hunnid	4x8 4/4	2x
	0:42	V2 / _ I can't stay	8x8 2/2 Y RAISE	8x
	1:06	PC / Going higher	4x8 4/4	2x
	1:17	C / On the drop	8x8 1/1/2	7x
			1x8 TRANSITION: Fast change, plates down, pick up barbell. SET Stance	
2	1:41	Br / I'm gunning for gold	4x8 2/2 STANDING UPRIGHT ROW	4x
	1:53	Check the rap sheet	4x8 1/1/2	4x
			TRANSITION: Use last 4cts to transition barbell to chest for STANDING O/H SHOULDER PRESS	
	2:05	PC / Ever going higher	4x8 4/4 STANDING O/H SHOULDER PRESS	2x
	2:16	C / Up on the drop	4x8 1/1	8x
	2:27	Rep / _ Hunnid, hunnid, hunnid	4x8 1/1 PUSH PRESS	8x
3	2:40	V3 / On the drop	2x8 TRANSITION: Barbell down, shake out, pick up 2x plates. Set up for T RAISE	
	2:46	Keep my snow bound	6x8 2/2 T RAISE SET Stance	6x
	3:04	PC / Going higher	4x8 4/4	2x
	3:15	C / Up on the drop	8x8 1/1/2	7x
			TRANSITION: Fast change, plates down, pick up barbell. SET Stance	
	3:39	Br / I'm gunning for gold	4x8 2/2 STANDING UPRIGHT ROW SET Stance	4x
	3:51	Check the rap sheet	4x8 1/1/2	4x
			TRANSITION: Use last 4cts to transition barbell to chest for STANDING O/H SHOULDER PRESS	
	4:02	PC / Ever going higher	4x8 4/4 STANDING O/H SHOULDER PRESS	2x
	4:14	C / Up on the drop	4x8 1/1	8x
	4:26	Rep / _ Hunnid, hunnid, hunnid	4x8 1/1 PUSH PRESS	8x
			RECOVERY: Shake out arms. Shoulder Stretches	



08. HUNNID 4:42mins

TECHNIQUE AND COACHING

1. SIDE RAISE, Y RAISE

LAYER 1

Coach Timing, Targets and range for the plate work where we focus on deltoid and upper traps for the Side Raises. Capital 'Y' targets the anterior deltoid, and the lower and mid trapezius.

SIDE RAISE

- Side Raise
- **Brace abs**
- **Chest lifted**
- **Elbows under the shoulders**

Y RAISE

- Capital 'Y'
- **Target Zone – towards forehead**
- Focus on the **hip hinge**
- **Abs braced 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

2. STANDING UPRIGHT ROW, STANDING OVERHEAD SHOULDER PRESS, PUSH PRESS

LAYER 1 / LAYER 2

STANDING UPRIGHT ROW

- Plates down, barbell up
- Set the shoulders
- **Barbell stops at lower chest**
- **Lead with the elbows**
- **Barbell close to body**
- **Abs braced, chest lifted**
- Try this; as you pull the barbell up, think about pulling yourself down into the floor

STANDING OVERHEAD SHOULDER PRESS

- Hold the barbell up
- From the **chin to the ceiling**
- **Elbows forward as you press**
- **Chest lifted, abs braced**
- Legs are still for isolation
- Core tight for global stabilization
- Upper and lower body isolation

PUSH PRESS

- Let's bring in the legs, push press
- **Catch the barbell on the collarbones**
- Drive out of the legs
- **Sit the hips back**
- **Brace the core hard**
- Big power
- SET Position

3. T RAISE, STANDING UPRIGHT ROW, STANDING OVERHEAD SHOULDER PRESS, PUSH PRESS

LAYER 1 / LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2 with the T Raise, where we target the deltoids, rhomboids and mid trapezius. Coach to 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?

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 back into your spine**
- We are activating stabilizers, ready for the barbell work to come
- We feel the stability

STANDING UPRIGHT ROW / PUSH PRESS

- We choose how we finish today
- We set up well – now let's work hard today
- Something amazing about moving together
- We are stronger together
- Drive out of the legs
- Choose to finish stronger

PUMP FACT

Maintaining dynamic strength in the muscles that attach to our shoulder blades (trapezius, rhomboids and serratus anterior) is key to protecting our shoulders from injury. Isolating these muscles in the Y and T raises helps to enhance their ability to control our shoulder blade position and increase upper body strength.



09. CORE

WEIGHT SELECTION

Option: 1x light weight plate

TRACK FOCUS

Simple coaching of the Position and Execution – think 1 cue at a time, allowing participants to hear it and apply it. Once they are familiar with the exercises help them understand how to increase intensity or decrease so everyone is successful.

MUSCLE FOCUS

Hip Bridge: Posterior chain

Leg Extensions: Rectus abdominis and lower abdominals

Cross Crawls: Rectus abdominis, obliques

Hover / Rotating Hover: Rectus abdominis, obliques, shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / _ I’m gonna need	4x8	Set up for DOUBLE-LEG EXTENSION - Come to floor, lie on back. Hands on floor, palms facing up, knees together	
	0:21 PC / _ Coz everything that	4x8	2/2 DOUBLE-LEG EXTENSION Option: Extend legs to 45° or toe-tap with knees bent	4x
	0:37 C / Now is when I need	4x8	1/1/2	4x
	0:53 When I need ya	4x8	1/1 ALT-SINGLE-LEG EXTENSION WITH HAND PRESS F&B (4cts) With shoulders lifted, stack hands and press on thigh of bent leg as opposite leg extends Options: Extend leg to 45° or toe-tap with knee bent Use the last 4cts to set up HIP BRIDGE	8x
2	1:09 V2 / _ You can	4x8	2/2 HIP BRIDGE	4x
	1:25 PC / _ Coz everything that	4x8	1/1/2	4x
	1:41 C / Now is when I need	8x8	1/1	16x
	2:13 Instr / (Low)	2x8	TRANSITION: Stay on your back, reset for CROSS CRAWL	
3	2:21 PC / _ Coz everything that	4x8	4/4 CROSS CRAWL F&B (32cts)	1x
	2:37 C / Now is when I need	8x8	1/1 CROSS CRAWL F&B	16x
	3:09 V3 / _ You can	2x8	TRANSITION: Tuck chin in, grab back of thighs, transition onto hands and knees to set up for HOVER	
	3:17 _ Yeah loving you	6x8	HOVER Options: On knees or toes	
	3:41 C / Now is when I need	8x8	1/1 HOVER ALT SINGLE-LEG LIFT F&B (8cts)	8x
	4:13 Instr / (Low)	2x8	HOVER Transition arm position, stack forearms	
	4:21 PC / _ Coz everything that	4x8	4/4 ROTATING HOVER F&B (32cts)	1x
	4:36 C / Now is when I need	8x8	2/2 (16cts) After last rep, finish in HOVER for 4cts RECOVERY: Shake it	4x



09. NOW IS WHEN I NEED YOU 5:12mins

TECHNIQUE AND COACHING

1. LEG EXTENSIONS / SINGLE LEG EXTENSION WITH HAND PRESS

LAYER 1

Coach the Layer 1 Position and Execution of the Leg Extensions with clear Timing and Target coaching. Focus is to keep the lower back close to the floor and brace the abdominals to hold this position as we train the lower abs.

LEG EXTENSIONS

- *Knees over hips*
- *Palms up, chin tucked in*
- **Brace the core** before we start moving
- *Double Leg Extension*
- **Lower back towards the floor** as your legs extend
- *Bend knees and toe-tap down for option*
- *Maximum load on the extension*

SINGLE LEG EXTENSION WITH HAND PRESS

- *New move, Single Leg Extension with the Crunch*
- *Curl up and switch*
- *Press your hands onto your legs*
- **Rotation from the center of the chest**
- **Stabilize your body by bracing abdominals**

2. HIP BRIDGE

LAYER 1

Coach the Layer 1 Position and Execution of the Hip Bridge with clear Timing and Target coaching.

HIP BRIDGE

- *Hip Bridge*
- *Heels close to butt*
- **Brace abs before you move**
- **Squeeze butt**
- *Driving shoulders into the floor*
- *Feel the powerhouse of our bodies*
- *Drive out of the heels*

3. CROSS CRAWL, HOVER, ROTATING HOVER

New exercises; Cross Crawls, Hovers and Rotating Hovers. Cover the basics so the class can follow easily then, coach how to execute more effectively. Motivate, Educate, and Connect to the moves and music.

LAYER 1 / LAYER 2 / LAYER 3

CROSS CRAWL

- *Cross Crawl slowly*
- *Knees up over hips*
- **Rotate from the center of the chest**
- **Elbows wide**
- **Brace to stabilize**
- *Now is when I need you to rotate even more to get a super strong core today*

HOVER

- *Elbows under shoulders*
- *Fists together*
- *On knees or toes*
- **Brace the abs**
- **Back long and straight**
- *Diagonal Leg Lift front and back*
- **Brace abs to square body to floor**
- **Squeeze butt to stop leg at hip level**

ROTATING HOVER

- *Stay in Hover*
- *Cross arms for parallel position*
- *Slow Rotating Hover to the front*
- *Bottom knee down for option*
- **Keep the bottom hip lifted**
- **Hips and shoulders move together as one**
- *Hips stay low as you rotate*
- *Creating a strong core means we can do anything in life*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Xylophone)	2x8	Set up CHILDS POSE
	0:14	V1 / Got you out here	8x8	CHILDS POSE Hands wider after 32cts
	0:53	Now you're down	6x8	CAT/COW POSE (16cts)
	1:21	V2 / So confusing ain't it	4x8	90/90 SEATED GLUTE STRETCH POSE L leg F
	1:40	PC / Wouldn't you like to	4x8	90/90 SEATED GLUTE STRETCH POSE R leg F
2	2:00	Now you're down	4x8	HIP FLEXOR STRETCH W/ SIDE BEND L Leg F L arm reaches for floor R arm extends
	2:19	C / LOL LOL	4x8	HIP FLEXOR STRETCH W/ SIDE BEND R Leg F R arm reaches for floor L arm extends
	2:38	PC / Wouldn't you like to	4x8	QUAD STRETCH L Leg
	2:57	Now you're down	4x8	QUAD STRETCH R Leg
	3:17	C / LOL LOL	4x8	SHOULDER STRETCH L, R
RECOVERY: Shake out arms and legs and celebrate the completion of the workout.				



10. LOL 3:37mins

TECHNIQUE AND COACHING

COACHING TIPS

- *Be descriptive in how to stretch and where they should be feeling it*
- *Acknowledge the effort that they've put 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 medium to heavy weight plates

MUSCLE FOCUS

Tricep Pushup: Triceps and deltoids

Tricep Extension: Triceps

Bicep Curl: Biceps

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, hitting fatigue as we superset the moves.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Instr / (Synth)	4x8	Set up STANDING PLATE O/H TRICEP EXTENSION SET Stance	
	0:19 V1 / My presence	4x8	2/2 STANDING O/H TRICEP EXTENSION	4x
	0:33 _ I get him	4x8	1/3	4x
	0:47 _ You know what	4x8	3x MID-RANGE PULSE STANDING PLATE BICEP CURL TRANSITION: Use last 2cts to transition fast to floor for TRICEP PUSHUP	4x
	1:02 _ I hope that	7x8	3/1 TRICEP PUSHUP Options: Kneeling or on knees or toes	7x
	1:27 _ Know that	1x8	TRANSITION: Fast transition to feet, pick up 2x weight plates for PREACHER CURL SET Stance	
2	1:30 V2 / Your actions	8x8	1/1 PREACHER CURL (8cts)	8x
	1:59 _ I get him	4x8	1/3 BICEP CURL	4x
	2:13 _ You know what	8x8	7x MID-RANGE PULSE STANDING PLATE BICEP CURL TRANSITION: Use last 2cts to transition fast to floor for TRICEP PUSHUP	4x
	2:42 _ I hope that	4x8	3/1 TRICEP PUSHUP Option: Kneeling or on knees or toes	4x
	2:56 _ Guess I'll see	3x8	1/3	3x
3	3:07 _ Know that	1x8	TRANSITION: Fast transition to feet, pick up Barbell for PREACHER CURL SET Stance	
	3:11 V3 / Your actions	27x8	REPEAT BLOCK 2 using Barbell RECOVERY: Shake out arms. Bicep and Tricep Stretches	



45-MIN FORMAT

05. WAY DOWN 4:53mins

TECHNIQUE AND COACHING

1. TRICEP EXTENSION, TRICEP PUSHUP

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup of the Tricep Extensions and Pushups to get everyone moving with good Timing. It's a big set so coach the options, to make sure everyone feels successful.

TRICEP EXTENSION

- Overhead Extension – slow
- **Plate to base of neck**
- **Full extension to the top**
- **Brace core, lift chest**
- **Elbows stay close to body**
- Create some heat and tension with the Pulses

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 floor**
- **Elbows close to ribs**

2. PREACHER CURL, BICEP CURL, TRICEP PUSHUP

LAYER 1 / LAYER 2

In this block we bring in the Bicep Preacher Curl with barbell or plates before returning to the Tricep Pushups. Coach Layer 1 Position and Execution setup to get everyone moving well on the timing. 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.

PREACHER CURL COMBINATION

- Stand up, grab your barbell or plates
- Single Preacher Curl
- **Hinge forward from the hips**
- **Upper part of the arm stays still**
- **Push the barbell away from you**
- **Chest is lifted and abdominals braced**
- Lock down the lats to stabilize the upper body
- That's going to help with bicep isolation
- We preach to sharpen our physique!

STANDING BICEP CURL

- Squeeze the shoulder blades together
- **Shoulders to thighs**
- Lower all the way down
- **Elbows directly under shoulders** – that's going to start the isolation
- Inch above and below the mid-range
- We've got to learn to love that burn as it means we are bringing home that mean power!

TRICEP PUSHUP

- Fast transition to Tricep Pushups
- Chest to elbow level
- On knees or toes – what's going to serve you now
- Resist on the journey back up

3. PREACHER CURL, BICEP CURL, TRICEP PUSHUP

LAYER 2 / LAYER 3

Final block of work – fatigue is accumulating fast. Challenge your participants to maximize their results – sets are short. It's the final set and its fun!

- Back on your feet team
- Grab the barbell
- Preacher Curl
- Move with a strong Hip Hinge position
- Imagine you're trying to squeeze a tennis ball and you curl up
- Welcome in the pressure
- Small range to feel the load in the arms
- Let's bathe in it
- Wind it up
- Activate the core
- Quick transition to Pushups
- Big push from the floor
- Supercharge the core to supercharge the movement
- Nothing can hold us down

PUMP FACT

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



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

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

Option: Use a light barbell or 1x medium weight plate

MUSCLE FOCUS

Squats, Lunges with Side and Front Raise:
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 along easily.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Instr / (Piano and distorted vocals)	4x8 Set up SQUAT MID Stance	
	0:18	V1 / I don't do this	4x8 4/4 SQUAT MID Stance	2x
	0:31	Could it be more	8x8 3/1 TRANSITION: Use the last 2cts to transition to ALT BACKWARD-STEPPING LUNGE L, R	8x
	0:57	PC / Hey boy	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L (16cts)	2x
	1:11	Instr / (Synth drop)	8x8 3x PULSE ALT BACKWARD-STEPPING LUNGE L (16cts)	4x
	1:37	(Low piano)	4x8 TRANSITION: Barbell to floor, transition to 2x plates ready for LUNGE L with PLATE SIDE RAISE	
2	1:50	V2 / I'm bad at pretending	4x8 4/4 LUNGE L with 4/4 PLATE SIDE RAISE (16cts)	2x
	2:04	Stole your sweater	4x8 3/1	4x
	2:17	Say my name with	4x8 3/1 LUNGE WITH FRONT RAISE	4x
	2:30	PC / Hey boy	4x8 1/1/2	4x
	2:43	C / _It was mine	8x8 LUNGE WITH PLATE SIDE RAISE / FRONT RAISE COMBINATION (16cts) 1x 1/1/3 FRONT RAISE TO SIDE RAISE (8cts) 1x 1/1/3 SIDE RAISE TO FRONT RAISE (8cts)	4x
3	3:23	V3 / I'm bad pretending	24x8 REPEAT BLOCK 2 LUNGE R with PLATE SIDE RAISE TRANSITION: Use the last 4cts to transition to SIDE RAISE SET Stance	
	4:43	Instr / (Low piano)	4x8 2x 4/4 SIDE RAISE SET Stance	
RECOVERY: Shake out arms. Shoulder and Quadricep Stretches				



45-MIN FORMAT

07. MILLION DAYS 5:03mins

TECHNIQUE AND COACHING

1. MID-STANCE SQUAT, ALTERNATING BACKWARD-STEPPING LUNGE

LAYER 1 / LAYER 2

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

MID-STANCE SQUAT

- **Barbell onto the meaty part of upper back**
- **Feet outside hip width, toes slightly turned out**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- **Hips sit back and down**
- **Knees push forward to load the quads**
- **Butt stops just above knee line** – that's your range

ALTERNATING BACKWARD STEPPING LUNGE

- New move: Backward-Stepping Lunge
- **Long Lunge back**
- *Find your stability*
- **Brace abs to keep hips and shoulders square to front**
- **Front knee out over toes**
- *Stay low, step in and change legs*
- *Pulsing Lunge to feel heart rate spike*
- **Work into the range 90 degrees**

2. LUNGE WITH PLATE SIDE RAISE / FRONT RAISE COMBINATION

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup 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.

LUNGE WITH PLATE SIDE RAISE / FRONT RAISE COMBINATION

- *Barbell down, plates up*
- **Long stride back**
- *Lunge and Side Raise*
- *Find your alignment*
- *Back knee down, front knee out over toes*
- **Elbow stops under the shoulder line**
- **Brace the core to square the body**
- **Chest is lifted**
- *Front Raise now*
- **Plates stop under shoulder line**
- *Something is coming*
- *Combination – front side and slow up*
- *Now reverse it*

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 building the load and intensity. The music is a super cool and will set the scene – 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 the 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*
- *Turn the abs on to keep alignment*

PUMP FACT

Intergrating our Lunge, Squat and Shoulder patterns is a great way to lift out metabolism, to fire up our core muscles and hit a strong training zone to finish the workout.



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.