

BODYPUMP 125

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

CHEST PRESS

Position Set-up

- Hands shoulder width 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

MID GRIP PUSHUP

Position Set-up

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

Execution Set-up

- Drop down to bring shoulders and chest to elbow level

Layer 2

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



GLOSSARY

WIDE GRIP PUSHUP

Position Set-up

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

Execution Set-up

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

Layer 2

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

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 engagement of the scapula retractors to reduce the tendency for participants to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries

HIGH PULL

Position Set-up

- **SET Position**
- **Chest lifted, abs braced**

Execution Set-up

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

Layer 2

- Drive the hips up to power the bar



GLOSSARY

HANG CLEAN

Position Set-up

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

Execution Set-up

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

Layer 2

- Fast elbows

SINGLE ARM PLATE ROW

Position Set-up

- **SET Stance**
- Plate in one hand
- **Chest up**
- **Abs braced**

Execution Set-up

- **Hinge forward from the hip**
- Extend leg back
- **Chest Up**
- **Row plate to lower ribs**
- **Shoulder blade toward spine**
- **Eye gaze 2 meters in front**

Layer 2

- Drive out of the front heel to engage the glutes

TRICEP PRESS

Position Set-up

- **Hands shoulder-width**
- **Bar above shoulders,**
- **Brace abs – lower back towards the bench**
- Feet hip-width apart and close to the bench

Execution Set-up

- **Bar to lower chest**
- **Elbows stop at bench level**
- Bar over shoulders (top position)

Layer 2

- Elbows slide into the ribs
- Elbows face down the bench

TRICEP EXTENSION

Position Set-up

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

Execution Set-up

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

Layer 2

- Lock the upper arm position to isolate the triceps

TRICEP 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



GLOSSARY

TRICEP DIP

Position Set-up

- Feet hip-width apart
- **Hands on the bench by your butt – weight in the heel of your hands**
- **Chest up**
- Shoulders away from ears

Execution Set-up

- **Butt close to bench top** – butt towards floor
- Elbows bend towards the back of the room

Follow-up

- Full extension to the top

KNEELING TRICEP KICKBACK

Position Set-up

- **Come to the kneeling position, one leg forward**
- **Chest up, shoulders square**
- Elbow high and close to the body

Execution Set-up

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

Layer 2

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

SEATED TRICEP OVERHEAD EXTENSION

Position Set-up

- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted, abs braced**
- Chin tucked in

Execution Set-up

- **Lower plate to base of neck**
- Full extension to the top

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps

BICEP CURL

Position Set-up

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

Execution Set-up

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

Layer 2

- Brace abs to stop trunk sway

PREACHER CURL

Position Set-up

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

Execution Set-up

- **Hinge forward from the hips, chest up**
- Curl the 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



GLOSSARY

SINGLE ARM PLATE CURL

Position Set-up

- **SET Position**
- **Chest up**
- **Abs in and braced**

Execution Set-up

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

Layer 2

- Brace the abdominal to stay square and stable as we move
- The hinge enhances the isolation putting focus on the Bicep Curl

BICEP PLATE CURL

Position Set-up

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

Execution Set-up

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

Layer 2

- Brace abs to stop trunk sway

PLATE FRONT SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

- Push through the heel as you rise, to activate your glutes
- Squeeze the butt on the way up

ALTERNATING BACKWARD-STEPPING PLATE LUNGE

Position Set-up

- **Long step back**
- **Feet stay hip-width apart**
- **Hips and shoulders even and square to the front**
- **Knees in line with toes**
- **Belly in, chest lifted and abs braced**

Execution Set-up

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

Layer 2

- Plate to collarbones
- Stay low to isolate the legs
- Alternate legs for each repetition



GLOSSARY

PLATE LUNGE

Position Set-up

- Plate to collarbones
- Long step back
- Feet stay hip-width apart
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Set-up

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

Layer 2

- Focus on maintaining midline to engage glute med

FORWARD AND BACKWARD-STEPPING LUNGE COMBINATION

Position Set-up

- SET position
- Feet under hips
- Hips and shoulders square to front
- Knees in line with toes
- Brace abs and lift chest

Execution Set-up

- Take a long step back
- Backward-Stepping Lunge
- Tap through
- Long step forward
- Forward-Stepping Lunge
- Brace abs to keep hips square as you move
- Bend stationary leg for stability

Layer 2

- Lift knee for extra stability challenge

COBRA

Position Set-up

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

Execution Set-up

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

OVERHEAD SHOULDER PRESS

Position Set-up

- Split or SET 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



GLOSSARY

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

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

HIP BRIDGE

Position Set-up

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

Execution Set-up

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

HIP BRIDGE WITH CLAM

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**
- **Knees push outwards and close before lowering**

Layer 2

- Keep the pelvis lifted when knees push outwards to engage the sides of the glute

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



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**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- **Back long and straight**
- **Body moves as one**

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

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

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.

MOUNTAIN CLIMBER

Position Set-up

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

Execution Set-up

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



GLOSSARY

MID STANCE SQUAT WITH FRONT RAISE

Position setup

- Light plates in each hand
- **Feet outside hip width, toes turned out**
- **Brace abs, chest up**

Execution setup

- Slow Squat with Front Raise
- **Plates stop under shoulder line**
- **Abs braced to support lower back**
- **Keep the chest lifted to engage the upper back**
- **Hips sit back and down**
- **Knees push forward to load the quads**
- **Butt stops just above knee line – that’s your range**

ALTERNATING FORWARD-STEPPING LUNGE WITH SIDE RAISE / ROTATOR RAISE

Position Set-up

- **SET Position**
- **Feet under hips**
- **Brace abs, chest lifted**

Execution Set-up

- **Long step forward onto bench**
- **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

BENCH LUNGE WITH SINGLE-ARM PLATE SHOULDER PRESS

Position Set-up

- **SET Position**
- Plate in left hand
- Right foot on bench
- Lunge position
- **Abs braced, chest up**

Execution Set-up

- **Big step back, plant foot**
- Static lunge
- **Elbow forward as we push the plate up**
- **Back knee down, front knee out**
- **90 degrees**
- **Abs braced to square hips to the front**
- **Chest lifted**

Layer 2

- Compound training – all the major muscles working

ALTERNATING FORWARD-STEPPING LUNGE WITH PLATE CLEAN COMBINATION

Position Set-up

SET Position

- **Feet under hips**
- **Brace abs**
- **Chest lifted**

Execution Set-up

- Forward-Stepping Lunge with a power rack
- We step and rack the plate
- **Elbow stops at shoulder level**
- **Long step forward**
- Whole foot on the bench
- Next level add toe tap on
- Walk on and off the bench
- **Stay strong and square by bracing abs**
- **Keep chest lifted**
- Add Knee Lift if you’re ready
- Add the Overhead Plate Press

Layer 2

- Stabilize the body



MUSIC

01 **My Feelings** (4:54)
Riggi & Piros x VENIICE with RANI
Courtesy of Armada Music B.V.
Written by: Riggi, Piros, Marrero, Hilversum, Blackwood

02 **Big City Life** (5:09)
Luude & Mattafix
© 2022 Sweat It Out.
Written by: Roudette, Benson, Hirji

03 **Pump It Louder** (2:43)
Tiësto & Black Eyed Peas
© 2022 Musical Freedom, LLC under exclusive license to Atlantic Recording Corporation for the world.
Written by: Adams, Pineda, Ferguson, Roubanis, Van Musser

Pump It Louder (2:44)
Tiësto & Black Eyed Peas
© 2022 Musical Freedom, LLC under exclusive license to Atlantic Recording Corporation for the world.
Written by: Adams, Pineda, Ferguson, Roubanis, Van Musser

04 **4U** (5:55)
Aero Chord
© 2015 Monstercat.
Written by: Vlastaras

05 **Worth It** (3:42)
Fifth Harmony feat. Kid Ink
© 2014, 2015 Simco Ltd. under exclusive license to Epic Records, a division of Sony Music Entertainment.
Written by: Bradbery, Pardo, Reed

Worth It (1:59)
Fifth Harmony feat. Kid Ink
© 2014, 2015 Simco Ltd. under exclusive license to Epic Records, a division of Sony Music Entertainment.
Written by: Bradbery, Pardo, Reed

06 **Drop It** (5:22)
K3rk
© 2023 Les Mills Music Licensing Ltd.
Written by: Gomez, Lawson, Wayy

07 **Goin Up** (5:24)
Valentino Khan
© 2022 VK Music.
Written by: Khan

08 **Free** (5:18)
Shy Guys
Courtesy of Les Mills Music Licensing Ltd.
Written by: Beasly

09 **Tropicana** (2:56)
Boomdabash feat. Annalisa
Courtesy of the Universal Music Group.
Written by: Folino, Santulli

Tropicana (1:51)
Boomdabash feat. Annalisa
Courtesy of the Universal Music Group.
Written by: Folino, Santulli

10 **Fantasy** (4:11)
Traiko
© 2023 Les Mills Music Licensing Ltd.
Written by: Carey, Belew, Frantz, Hall, Stanley, Weymouth

45-MIN FORMAT

05 **Losing My Mind** (5:17)
Big Gigantic & Brooke Williams
© 2022 Big Gigantic.
Written by: Lalli, Williams

07 **Sweet Little Lies (Disfunktion Remix)** (5:11)
Steve Brian & RENÉE
© 2021 Enhanced Progressive / Enhanced Music.
Written by: Brünig, Meijer



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	26:12	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	41:05

NEW 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 07 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	40:51

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 125

LES MILLS BODYPUMP™ 125 begins with an uplifting and inviting Warm-up, including all the basic lifts. This sets the tone for the awesome workout ahead.

Squats are high energy, with a driving tune that matches speed and strength within the combination, and uses the bottom half range for isolation – perfect leg training. The tempo of the Clean’s create quick single repetitions in the chest to drive up intensity.

Single arm work targets key postural muscles in the Back track, then two Pulls and a Clean will give the body a metabolic kick. Triceps is a giant set of pulsing triceps exercises. Highlight the focus on the bicep muscle in the Bicep track, using single-arm work to isolate and stabilize.

Backward-and Forward-Stepping Lunges, are amazing, an innovative step-up for this release. Functional strength and stability is the ultimate goal. Let’s train the shoulders before the Core blaster and we are done!

Come see us three times per week for ultimate results.

A special thank you to the BODYPUMP
Choreography Team

Glen

CREDITS

Creative Lead – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Creative Team – Ben Main and Vili Fifita

Technical Consultants – Bryce Hastings,
Andrew Newmarch and Rob Lee

Production Coordinator – Sophie Anderson



PRESENTERS



Back row, L-R: Amy Lu, Levi Farrell, Ben Main, Kaylah-Blayr Fitzsimons-Nu'u, Kylie Gates
Front row, L-R: Marlon Woods, Glen Ostergaard, Lunar Lu

Glen Ostergaard (New Zealand) is the Creative Lead for BODYPUMP™, RPM™ and LES MILLS SPRINT™ and lives in Auckland. He is father to 3 children, an avid runner, cyclist, and lifter.

Kylie Gates (Australia) is the Creative Director for BODYBALANCE™, SH'BAM™, BODYATTACK™, LESS MILLS BARRE™. She is part of the Creative Team for LES MILLS CORE™. She lives in Auckland.

Levi Farrell (New Zealand) is a LES MILLS GRIT™ Presenter and a BODYPUMP, BODYCOMBAT™, LES MILLS CEREMONY™, LES MILLS SHAPE™ and LES MILLS STRENGTH DEVELOPMENT™ Instructor. He is based in Auckland and works as a litigation lawyer.

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/Presenter and a LES MILLS Ambassador. She works as a Creative Assistant at Les Mills International in Auckland.

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

Lunar Lu (China) is a BODYPUMP, BODYCOMBAT and LES MILLS CORE Trainer/Presenter/Instructor/Ambassador and a BODYBALANCE Presenter. She lives in Shanghai.

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.

Marlon Woods (Australia) is a BODYCOMBAT and BODYPUMP Trainer, Presenter, and Ambassador. He lives in Sydney, Australia and works as a researcher and tutor at The University of Sydney.



01. WARM-UP

WEIGHT SELECTION

Light barbell and 1x light to medium weight plate

DEMONSTRATE

SET Position

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	1x8 SET Position: Heels under hips, roll shoulders back and down, chest lifted and brace core	
	0:09	V1 / _ I'm just	4x8 4/4 DEADLIFT (16cts) SET Stance	2x
	0:23	Down for me	4x8 2/2 (8cts)	4x
	0:38	_ My feelings	4x8 2/2 DEADROW (16cts)	2x
	0:53	_ My feelings	4x8 1/1 (8cts)	4x
	1:08	(Drop)	4x8 TRIPLE DEADROW (16cts)	2x
	1:23	_ My feelings	4x8 2/2 UPRIGHT ROW (8cts)	4x
2	1:38	Br /	1x8 TRANSITION: Bar up on the shoulders, ready for a WIDE SQUAT	
	1:42	V2 / Down for me	4x8 4/4 WIDE SQUAT (16cts)	2x
	1:57	_ My feelings	4x8 2/2 (8cts)	4x
	2:11	_ My feelings	4x8 4/4 (16cts)	2x
	2:26	(Drop)	8x8 1/1 (4cts) Use the last 8cts to transition to the floor for PUSHUP	14x
	2:56	(Low instr)	4x8 2/2 PUSHUP Options: On knees or toes	4x
3	3:11	Br /	1x8 TRANSITION: Stand up, pick up plate ready for a PLATE FRONT SQUAT Mid Stance	
	3:15	V3 / Down for me	4x8 4/4 PLATE FRONT SQUAT (16cts)	2x
	3:30	_ My feelings	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R (16cts)	2x
	3:45	_ My feelings	4x8 4/4 PLATE FRONT SQUAT (16cts)	2x
	4:00	(Drop)	8x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R with O/H PLATE PRESS (16cts)	4x
	4:30	(Low instr)	4½x8 TRANSITION: Use first 4cts to transition to floor for PUSHUP 1/1 PUSHUP (4cts) Options: Kneeling, on knees or toes RECOVERY: Twist through torso. Shake out arms and legs	8x



01. MY FEELINGS 4:54mins

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, **TIMING** 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**
- **Upright Row – bar stops at lower chest, elbows wide**

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on Wide Squats and Pushups to engage the whole body. Coach clear Position and Execution to get everyone on the timing to start. Once the class is moving well, encourage full range of motion to get ready for the workout ahead.

- **Wide Squat – heel-toe-wider, hips go back & down, knees press out over toes, hips to 90 degrees**
- **Pushup – hands outside shoulder-width, brace abs, on knees or toes, chest to elbow level, back long & straight**

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 O/H 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 press forward, hips to 90 degrees**
- **Alt Backward-Stepping Lunge with Overhead Press – long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front, elbows forward on the Press**
- **Pushup – Hands outside shoulder width, brace abs, 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

TRACK FOCUS

Coach your class through the Wide and Wider-Stance Squats. Focus on vertical drive for athletic power and results; coach to the combination – speed and range.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus, Quadriceps
WIDER Stance: Gluteus maximus, side glutes, posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low)	4x8	Set up SQUAT WIDE Stance
	0:16	V1 / _ We just	4x8	4/4 SQUAT (16cts) WIDE Stance
	0:27	_ Don't you	8x8	2/2 (8cts)
	0:50	C / Down	8x8	SQUAT COMBINATION (16cts) 2x 1/1 SQUAT (8cts) 1x 1/3 SQUAT (8cts)
	1:13	Instr /	4x8	4x BOTTOM HALF SQUAT (16cts)
2	1:24	V2 / _ Don't you	8x8	4/4 SQUAT (16cts) WIDE Stance
	1:47	_ I keep spilling	4x8	3/1 (8cts)
	1:58	PC / _ I got friends	8x8	SQUAT COMBINATION (16cts)
	2:21	Instr / (Synth drop)	4x8	4x BOTTOM HALF SQUAT (16cts)
	2:33	_ People	2x8	RECOVERY: Shake legs out, transition to SQUAT WIDER Stance
3	2:40	V3 / _ All I am	24x8	Repeat BLOCK 1 in WIDER Stance
4	3:53	V4 / _ Don't you	24x8	Repeat BLOCK 2 in WIDER Stance
			2x8	RECOVERY: Shake out legs, Quadricep Stretch



02. BIG CITY LIFE 5:09mins

TECHNIQUE AND COACHING

1. WIDE STANCE SQUAT

LAYER 1

Coach Layer 1 Position and Execution set-ups 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 over toes 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
- Fast singles and down hold
- Bottom half to bring the pressure

2. WIDE STANCE SQUAT

LAYER 1 / LAYER 2

The focus is on Vertical drive; fast out of the bottom on the single Squats working on speed and depth/range for the drop and lift combination. Quickly give all the basic alignment Layer 1 cues so everyone can follow you. Layer 2 cues are designed to help participants achieve more from the workout; we do this through improving Execution and Manipulating the Intensity and Educating them on what they are doing and how it should feel, helping them to achieve.

- Super slow to recheck
- **Hips sit way back**
- **Chest stays lifted**
- **Keep tracking knees wide**
- Use the Wide Squat to drive out of your heels
- Speed on the singles – focus on driving out of the Squat
- Find your depth on the third drop
- Time for the pressure
- Pressure is good

3 & 4. WIDER STANCE

LAYER 1 / LAYER 2

Quickly reset your class with the Wider Stance Squat – heel-wider – remember, this wider stance will be more challenging for people to maintain knee alignment so give those reminder cues along with postural cues for the upper body posture for vertical drive.

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 – heel-toe wider**
- **Keep pushing the knees out in this wider stance**
- Focus is on the up phase of the Squat
- Generate the power with grounded feet
- Knees will actively pull up
- On the singles, emphasize standing up
- Driving up with this vertical drive
- Now we're cookin'!
- This is our last round to bring it home
- Focus on the up-drive
- **Chest lifted, abs braced**
- Hit the brakes hard at the bottom of the Squat
- This is what we came for!

PUMP FACT

Participants who are new to BODYPUMP can struggle to achieve full range in their Squats. Sometimes using the plate as resistance instead of the bar can help free up the lats and upper body – allowing them to focus on finding the range through their hips.



03. CHEST

WEIGHT SELECTION

Barbell with 1/3 off your Squat weight

MUSCLE FOCUS

WIDE Chest Press and Pushups: Pectorals, triceps and deltoids

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Low strum)	2x8	Set up CHEST PRESS
	0:13	_ Ahhhhh	6x8	4/4 CHEST PRESS (16cts) 3x
	0:36	_ Turn up your	5x8	1/1 (4cts) 10x
	0:55	V2 / _ Don't wanna	4x8	2/2 (8cts) 4x
	1:10	_ We rockin	4x8	3/1 (8cts) 4x
	1:25	Show, we got	4x8	1/1/2 (8cts) 4x
	1:41	C / Pump it _	8x8	1/1 (4cts) 16x
2	2:11	(Low strum)	2x8	TRANSITION: To floor for MID GRIP PUSHUP
	2:19	Ahhhhh	6x8	3x PULSE MID GRIP PUSHUP (8cts) 6x Options: Knees, kneeling or toes
3	2:41	Br /	1½x8	TRANSITION: To bench for CHEST PRESS
	2:43	(Low strum)	33x8	Repeat BLOCK 1
4	4:49	(Low strum)	2x8	TRANSITION: To floor for WIDE GRIP PUSHUP
	4:57	Ahhhhh	6x8	Repeat BLOCK 2 in WIDE GRIP



03. PUMP IT LOUDER 5:27mins

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**iming and **T**argets so participants are moving well with **E**xecution, and they can follow the timing successfully with the music.

WIDE GRIP 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 together 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
- **Elbows to the top of the bench for range**
- Drive through the heel of the hand

2. MID GRIP PUSHUP

LAYER 1

Introduce the Mid-Grip Pushups by coaching the basics and give options so participants can be successful.

- **Hands just outside shoulder-width**
- On knees or toes
- Triple Pulse Pushup
- **Chest to elbow level**
- Doesn't matter, knees or toes, do what overloads the chest

3. WIDE GRIP CHEST PRESS

LAYER 1 / LAYER 2 / LAYER 3

Second block is a repeat of the first block, which will build intensity fast. Focus on stability to create isolation and pump in the chest and arms. 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.

- **Take the hands wider this time**
- We are going to do that again!
- Back to the barbell and bench
- Control is the focus
- Reset your posture again
- Shoulders down from the ears
- When you bring the barbell down, inhale
- When you push up, exhale
- Breathe down into your core
- Feel strong core expansion and tightness
- **You want to brace the core** to create the strong platform to push from
- Deep pump in the chest
- Pushups, Team!
- Let's start to overload the muscles
- **Chest to elbow level**
- Stay low in the Pulses

4. WIDE GRIP PUSHUP

LAYER 1 / LAYER 2 / LAYER 3

The final set of Pushups is tough so what will you do and say to help bring your class with you to the finish line?

- **Move grip to a hand-width outside shoulder-width**
- On knees or toes
- Triple Pulse Pushup
- **Chest to elbow level**
- Doesn't matter, knees or toes, do what overloads the chest
- Almost done, feel the burn!
-

PUMP FACT

Pushups on the toes are a great way to improve upper body functional strength. Research from the Les Mills Lab demonstrates the benefits of doing Pushups on the knees and how these can increase strength to enable Pushups on the toes.



04. BACK

WEIGHT SELECTION

Regulars: Barbell with Chest weight and 1x medium to heavy weight plate

New: Barbell with Chest weight OR 1x medium weight plate

Options: No plate – stay with barbell for the entire track

TRACK FOCUS

Focus is on coaching and role-modelling strong Execution of the dynamic High Pull/Hang Clean combination. Plate work is unilateral strength training for imbalances in the body. Options to stay with barbell and offer less load.

MUSCLE FOCUS

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

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Synth)	2x8 Set up DEADLIFT SET Stance	
	0:18	Instr / (High synth)	2x8 4/4 DEADLIFT (16cts) SET Stance	1x
	0:26	(Low horn)	4x8 2/2 (8cts)	4x
	0:43	(Beat kick)	4x8 1/1 DEADROW (8cts)	4x
	1:00	(Hollow beat)	6x8 TRIPLE DEADROW (16cts)	3x
	1:25	(B / up)	2x8 2/2/2/2 DEADROW (16cts)	1x
	1:34	(Heavy drop)	8x8 COMBINATION (8cts) 2x HIGH PULL (4cts) 1x HANG CLEAN (4cts)	8x
2	2:08	(Low)	TRANSITION: Bar down, pick up plate. Set up SINGLE ARM PLATE ROW L SPLIT Stance	
	2:24	(Beat kick)	4x8 1/1 SINGLE ARM PLATE ROW R (4cts)	4x
	2:41	(Hollow beat)	4x8 TRIPLE PULSE SINGLE ARM PLATE ROW R (16cts)	2x
	2:58	(B / up)	2x8 4/4 SINGLE ARM PLATE ROW R (16cts)	1x
	3:07	(B / up)	TRANSITION: Plate down, pick up bar	
	3:15	(Heavy drop)	8x8 COMBINATION (8cts)	8x
	3:49	(Distorted sounds)	2x8 1/1 HANG CLEAN (4cts)	4x
3	3:58	(Low)	26x8 Repeat BLOCK 2 on L	

SMARTSTART

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



04. 4U 5:55mins

TECHNIQUE AND COACHING

1. DEADLIFT / DEADROW / HIGH PULL & HANG CLEAN COMBINATION

LAYER 1

We have a NEW feel – High Pulls and Hang Cleans for the dynamic combination. Encourage your participants to go lighter with weights for the first few classes. Coach simply how to execute this move using Position and Execution set-up cues for clarity of movement. This brings focus to developing great lifting Technique to start the track strongly. Only say what you need to say so messages are heard.

DEADLIFT

- **SET Position** to find our strong posture
- Elbows to the rear for shoulder blade engagement
- **Hinge forwards from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**
- Pull the bar into the legs to engage the upper back
- Push the armpits down to the hips
- Feel the lats lock down and feel the back body light up

DEADROW

- **Hinge forwards from the hips**
- **Bend the knees**
- **Bar to knees, belly, knees and rise**
- Drive out of heel as you rise to recruit glutes and hamstrings
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eye gaze forward**
- **Lift chest**
- **Brace abs to lock the spine into position**
- **Squeeze between the shoulder blades**
- Strong alignment in the hinge position

HIGH PULL & HANG CLEAN COMBINATION

- 2 High Pulls and 1 Hang Clean
- **Bar close to the body**
- **Elbows lead**
- **Lift the heels off the floor**
- Lats are released to float the barbell
- **Hips drive forward and up**
- **Catch the bar on the collarbones**
- **Hips back on the Squat**
- Big pull out of the bottom
- Pull your body under the barbell
- Triple threat right there

2. SINGLE ARM PLATE ROW / HIGH PULL & HANG CLEAN COMBINATION

LAYER 1 / LAYER 2

The Split Stance Plate Row / Unilateral Strength Training enables you to focus on one side of the body, helping to promote equal strength across the body. Depending on the equipment available in your club, offer the options to your participants; we suggest using one heavy plate to challenge these big muscles or they can stay with the barbell. Either way, give choices to allow everyone to have control over their workout.

SINGLE ARM PLATE ROW

- Great work everyone, bar down
- Pick up your plate
- Plate in the right hand
- **Feet under hips**
- **Long step back**
- Weight in the front heel
- Single arm Row
- **Plates to knee, row and SET**
- **Hip hinge forward**
- **Elbows in and back**
- **Brace the core to square hips to front**
- Triple Row
- Stay square to stabilize the body

HIGH PULL & HANG CLEAN COMBINATION

- Back to the barbell, plate down
- High Pull Clean combination
- **SET Position** before we move
- **Keep the bar close to the body**
- Drop underneath the bar
- What are the hips doing?
- **Drive hips up and forward**
- Surprise for you – 4 Hang Cleans in a row



04. 4U 5:55mins

TECHNIQUE AND COACHING

3. SINGLE ARM PLATE ROW / HIGH PULL & HANG CLEAN COMBINATION

LAYER 2 / LAYER 3

We repeat the plate work on the other arm and finish the block with the barbell. Reinforce Technique as fatigue is kicking in. It is also the time to 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 music.

- *Let's slow it down with the plate work*
- *Focus on control, our stability and strength*
- *Plate to the other hand, Single Row*
- *Drive down with the supporting leg to activate the glutes*
- *Wrap the shoulder blades around the spine to initiate the lats*
- *Can you feel the cross-connection between the muscles?*
- *This is our powerful posterior sling*
- *Drives and controls movements like sprinting*
- *Building strength and endurance*
- *Soak up the tension and pressure*
- *Release the plate*
- *Back on the barbell*
- *Increase the intensity one more time*
- *Remember, hips pull high*
- *Get under the bar fast*
- *We want to be dropping under the bar*
- *Everything we are feeling is forging athleticism*
- *Let the feeling elevate our training to a whole new level*

PUMP FACT

To increase power in the High Pull and Hang Clean we can focus on exploding out of the bottom of the lift. This allows us to accelerate the bar upward and avoids 'muscling the bar.' This part of the lift is also where we get maximum benefit from hip drive.



05. TRICEPS

WEIGHT SELECTION

Light to medium barbell, 1x light to medium weight plate, 1x medium to heavy weight plate

MUSCLE FOCUS

Tricep Extension, Dips and Kickbacks: Triceps
Tricep Press, Extension and Pullover: Triceps, deltoids, 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	Intro /	2x8	Set up TRICEP PRESS
	0:14	C / I'm worth it	4x8	1/1 TRICEP PRESS 8x
	0:33	V1 / OK _	4x8	3/1 COMBINATION (16cts) 1x 3/1 TRICEP PRESS (8cts) 1x 3/1 TRICEP EXTENSION (8cts) 2x
	0:47	_ Just gimme	4x8	2/2 COMBINATION (16cts) 1x 2/2 TRICEP PRESS (8cts) 1x 2/2 TRICEP EXTENSION (8cts) 2x
	1:10	PC / Ahhh huh	4x8	2/2 TRICEP PRESS PULLOVER (16cts) 2x
	1:29	C / I'm worth it	4x8	1/1 (8cts) 4x
2	1:48	V2 /	2x8	TRANSITION: Use 16cts to transition to TRICEP DIP
	1:57	_ It's all you	2x8	3/1 TRICEP DIP 2x
	2:06	PC / Ahhh huh	4x8	1/1 8x
	2:25	C / I'm worth it	4x8	TRIPLE PULSE TRICEP DIP (8cts) 4x
3	2:43	V3 / _ OK	2x8	TRANSITION: Use 16cts to transition to KNEELING TRICEP KICKBACK L
	2:52	_ Worth it	2x8	3/1 KNEELING TRICEP KICKBACK L 2x
	3:02	PC / Ahhh huh	4x8	1/1 8x
	3:20	C / I'm worth it	4x8	TRIPLE PULSE TRICEP KICKBACK L (8cts) 4x
4	3:40	Br /	1½x8	TRANSITION: Change arms
	3:42	V4 / _ It's all you	12x8	Repeat BLOCK 3 on R side
5	4:37	V5 / _ OK	2x8	TRANSITION: Use the first 16cts to transition to SEATED TRICEP O/H EXTENSION
	4:46	_ Worth it	2x8	3/1 SEATED TRICEP O/H EXTENSION 2x
	4:56	PC / Ahhh huh	4x8	1/1 8x
	5:15	C / I'm worth it	4x8	TRIPLE PULSE SEATED TRICEP O/H EXTENSION (2cts) 16x RECOVERY: Shake out arms, Tricep Stretches



05. WORTH IT 5:41mins

TECHNIQUE AND COACHING

TRICEP PRESS / TRICEP EXTENSION / TRICEP PRESS PULLOVER

LAYER 1

Coach Position and Execution set-ups with focus on Timing and Targets 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.

1. TRICEP PRESS / EXTENSION COMBINATION / PRESS PULLOVER

- Grab the bar, **hands shoulder-width apart**
- Stabilize the body on the bench
- **Abs braced so lower back stays close towards the bench**
- Single Tricep Press
- **Bottom of the ribs is the target**
- **Elbows top of the bench**
- Now Extension, towards the forehead
- **Elbows in on the Extension**
- Press Pullover
- Down, over, pullback and up
- Bar to ribs, forehead, ribs and press up
- **Brace the abs hard as bar goes overhead**
- **Pull over the crown of the head**

2. TRICEP DIP

LAYER 1 / LAYER 2 / LAYER 3

New exercise: Dips are back! It's a short set: focus on getting participants moving well with the Position and Execution set-ups along with coaching the option early to create success for everyone.

- Hands on bench outside hip-width
- Butt off bench – **keep it close**
- **Chest lifted**
- Elbows to back of the room
- **Brace abs**
- Sit on the bench and bend elbows for option
- Take a moment to embrace the pause
- Small pause to enhance isolation and tension

3 & 4. TRICEP KICKBACK

LAYER 1 / LAYER 2 / LAYER 3

Set up the Kickbacks 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 reach the end of the block.

- Light to medium weight plate
- One leg forward, elbow on the knee
- **Plate starts at the hip**
- **Extend fully to the back of the room**
- **Tip forward from the hip**
- **Brace abs**
- **Hips and shoulders square to the front**
- **Keep upper arm still and loaded**
- Isolation and control
- The most effective part of the training is in the top range
- It's all about the pause – muscles know tension

5. SEATED OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

Seated Overhead Extensions to bring this track to the finish line! 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?

- Sit on the bench, **knees open for a straight back**
- **Plate to base of neck**
- **Full extension to the top**
- **Shoulders back and down**
- **Let's engage our core**
- **Chest lifted**
- 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

Scapula stability is a key component of increasing tricep strength. The key stabilizers are serratus anterior at the front of the shoulder blade and the trapezius at the back. Engaging the serratus by sliding the shoulder blades forward during the Pullovers and the traps as we retract during the Kickbacks will enhance this stability.



06. BICEPS

WEIGHT SELECTION

Regulars: Barbell with Warm-up weight or slightly more and 2x medium to heavy weight plates

New: Barbell with Warm-up weight and 2x light to medium weight plates

Option: Barbell for entire track

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.

MUSCLE FOCUS

Bicep Curl and Preacher Curl: Biceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up BICEP CURL SET Stance	
	0:14	Instr / (Low)	2x8 2/2 BICEP CURL (8cts)	2x
	0:23	(B / up)	4x8 2/2/2/2 PREACHER CURL (16cts)	2x
	0:42	(Drop)	8x8 TRIPLE PREACHER CURL (16cts)	4x
2	1:18	(Low)	2x8 TRANSITION: Bar down, shake out arms, pick up plates for ALT SINGLE ARM PLATE CURL SET Stance	
	1:27	(Robot synth)	4x8 2/2 ALT SINGLE ARM PLATE CURL L, R (16cts)	2x
	1:46	(B / up)	4x8 2/2/2/2 ALT SINGLE ARM PREACHER CURL L, R (32cts)	1x
	2:04	(Distort synth)	8x8 ALT SINGLE ARM TRIPLE PREACHER CURL L, R (32cts)	2x
	2:39	(B / up)	4x8 1/1 PLATE BICEP CURL (4cts) Option: To use barbell	8x
	2:59	(B / up + blips)	4x8 8x MIDRANGE PULSE BICEP CURL (16cts)	2x
3	3:17	(Low)	26x8 Repeat BLOCK 2 Option: Use heavier weights	
			RECOVERY: Plates down, shake out arms, Bicep Stretches	



06. DROP IT 5:22mins

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**
- **Elbows under shoulder**

PREACHER CURL

- *Tip forward from the hips, slow Preacher Curl*
- **Elbows under shoulders**
- **Upper part of the arm stays still**
- **Push the barbell away from you**
- **Chest lifted and abs braced**
- *Back long and straight*
- *Anchor the heels and core to provide more stability*
- *As you push the bar away tense the bicep to create more isolation*

PUMP FACT

Single Arm Bicep Curls are popular in the weights room. They allow us to devote more input to the one side. As a result, people can often curl more weight in a single Curl than a bilateral one.

These single arm Curls may therefore allow people to get over a training plateau and increase their bicep weight.

2. ALT SINGLE ARM PLATE CURL / ALT SINGLE ARM TRIPLE PREACHER CURL

LAYER 1 / LAYER 2

Single-plate isolation work: Unilateral Strength Training enables you to focus on one side of the body, to promote equal strength across the body. We suggest using one heavy weight plate to challenge these big muscles or stay with the barbell. Either way, give options to allow everyone to have control over their workout. When we focus on the foundation of the body position and position of the elbow, this keeps effective load in the targeted muscles.

- *Bars down, 2 medium to heavy plates up*
- *2/2 Curl on right side*
- **Tuck the elbow close to the ribcage**
- **Plate travels from hip to shoulder**
- **Chest lifted** for Preacher Curl coming
- *Right arm only*
- **Brace abs to stabilize**
- **Elbow tracked under shoulder**
- **Strong hip hinge forward**
- *Stay square and stable as we move*
- *The hinge enhances the isolation putting focus on the Bicep Curl*
- *Maximize the training*
- *Single full range training – plates or barbells*

3. ALT SINGLE ARM PLATE CURL / ALT SINGLE ARM TRIPLE PREACHER CURL

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2. Muscular overload and tension are building, and your participants will need you to Motivate them to the finish. How will you bring your class to the end?

- *If you feel like the biceps are about to explode you know you're in the BODYPUMP zone*
- *Feel the full contraction of the bicep*
- *Rinse out the contraction from the top to the bottom*
- *Single arm training enables you to invest in strength gains in one arm*
- *These last few reps generate the big change*
- *Feed the intensity and load into the arms*



07. LUNGES

WEIGHT SELECTION

1x medium to heavy weight plate,
bench and 2 risers under each side

Set up the bench with enough room for each
pumper to take a long step forward and back.

Substitute with Backward-Stepping Lunges only if
no bench.

Option: Body weight

TRACK FOCUS

Focus on coaching alignment and stability of the
Backward and Forward-Stepping Lunge pattern
to help participants set great Technique from the
start of the track. Bring focus to core control and
stability. Option of not using bench is when doing
Backward-Stepping Lunges only.

MUSCLE FOCUS

Lunge: Glutes and quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up PLATE FRONT SQUAT on bench MID Stance	
	0:20	(Synth)	4x8 2/2 PLATE FRONT SQUAT MID Stance (8cts)	4x
	0:36	Up in here	4x8 1/3 (8cts)	4x
	0:50	(Funky beat)	12x8 1/1/1/1 ALT BACKWARD-STEPPING PLATE LUNGE L, R on bench (16cts)	6x
2	1:36	(Low)	2x8 TRANSITION: Set up PLATE LUNGE L leg on bench, R leg back	
	1:44	_ It's going up	2x8 4/4 PLATE LUNGE R (16cts)	1x
	1:51	(Beat)	4x8 2/2 (8cts)	4x
	2:07	(B / up)	4x8 1/3 (8cts)	4x
	2:22	Br /	1x8 TRANSITION: Set up BACKWARD-STEPPING PLATE LUNGE R, both feet on the floor	
	2:25	(Funky beat)	12x8 COMBINATION (16cts) 1x 1/1/1/1 BACKWARD-STEPPING PLATE LUNGE R (8cts) 1x 1/1/1/1 FORWARD-STEPPING PLATE LUNGE on bench R (8cts)	6x
3	3:11	(Beat + rhythm)	4x8 16x PULSE PLATE LUNGE R foot B (2cts)	2x
	3:27	(Low)	29x8 Repeat BLOCK 2 on other side RECOVERY: Shake out legs, Quadricep Stretches	



07. GOIN UP 5:24mins

TECHNIQUE AND COACHING

1. PLATE FRONT SQUAT / ALTERNATING BACKWARD-STEPPING LUNGES

LAYER 1

Use simple cues to coach Position and Execution of the Front Squat and alternating Backward-Stepping Lunges bringing focus to Alignment. Coach early pre-cues so everyone is successful.

PLATE FRONT SQUAT

- *Grab a plate if you want*
- *Stand on top of your bench*
- **Feet outside hip-width**
- **Rack the plate at collarbones**
- **Chest lifted, abs braced**
- *Roll the shoulders back and down, ready to Squat*
- **Hips sit back and down**
- **Knees track forward in line with toes**
- **Brace the abs tightly at the bottom of your Squat**
- **Butt to knee height or just above**

BACKWARD-STEPPING LUNGE

- *Backward-Stepping Lunges*
- *Left leg, **long step back***
- *Step, drop, step up and switch*
- *Back knee down*
- **Front knee parallel**
- **The core has to be strong to keep hips square to front**
- *That will give us control and load our legs*

2. LUNGE / BACKWARD AND FORWARD-STEPPING LUNGE

We transition from the top of the bench to the floor to set up static Lunges building to the dynamic Backward and Forward-Stepping Lunge combination. Bring focus to a long step back every rep for body alignment. After a few reps bring in the stability / balance challenge of lifting the knee in between the Backward and Forward-Stepping Lunges. Coach to bending the standing leg for stability and core lock to avoid rotation in the lower body.

- *Right leg on, left leg back*
- **Long stride, square hips to front**
- **Brace abs**
- *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 locked**
- *Both glutes are firing and shaking*
- *Take your right foot off the floor, tap in*
- *Step drop into Lunge, tap through, step up and lunge*
- **Long step back**
- *If you want a stability challenge, lift the foot off the floor*
- *Brace the core for strength and bend stationary leg more*
- *If you become unstable, tap down*
- *Pulsing Lunges to finish the block*
- *Stay in the bottom range*
- *The bottom range is where the results live*
- *Isolating the quads and glutes*



07. GOIN UP 5:24mins

TECHNIQUE AND COACHING

3. LUNGE / BACKWARD AND FORWARD-STEPPING LUNGES

LAYER 2 / LAYER 3

Once everyone is moving well on the other leg coach to Layer 2 focuses, helping participants stay connected in the workout. The Intensity builds fast so focus on core engagement to build more stability and strength in the whole body. 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 the participants deepens and you involve them in the experience.

- *All on the other leg*
- *Something's going up in here*
- *Squeeze the glutes to help push you out of the Lunge*
- *Keep it up team*
- *Legs are shaking*
- *Backward-Stepping Lunge*
- *Step, drop, same foot on*
- *Stability challenge is to lift the leg*
- *You've got the plate and the Knee Lift which will try and throw you off balance*
- *So important to work on our balance*

PUMP FACT

In Les Mills programming, most of the dynamic Lunges you see are Backward-Stepping.

Forward-Stepping Lunges on the floor require a lot of deceleration in the front leg as it makes contact with the ground. This increases compressive forces as well as impact forces in the front knee and will often result in the front knee moving forwards past the front ankle, increasing the amount of flexion, and further increasing joint forces.

Backward-Stepping Lunges make it easier to eliminate these issues and have the same amount of muscle activation as forward stepping so they are considered safer and just as effective, especially in a group setting.

In this round we use a Forward Lunge onto a step. As we are actively stepping up, there is less deceleration than stepping forward to the floor, therefore, we don't see the issues described above.



08. SHOULDERS

WEIGHT SELECTION

1x Barbell with Warm-up weight or more and
2x light weight 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-ups of all the exercises for good Technique so participants can create precision and tension in the muscles for the entire track.

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up COBRA SET Stance	
	0:18	Take me _	4x8 2/2 COBRA (8cts)	4x
	0:32	QC / Higher	8x8 4/4 (16cts)	4x
	1:00	(Beat)	8x8 COMBINATION 1 (16cts) DOUBLE PULSE COBRA (8cts) 1x 1/3 (8cts) Use last 8cts to transition to bar for O/H PRESS SET Stance	4x
	1:27	C / Higher	4x8 1/1 O/H PRESS (4cts)	8x
	1:41	How do you feel	4x8 1/1 O/H PUSH PRESS (4cts)	8x
2	1:55	Rep / Take me _	4x8 TRANSITION: Bar down, shake out arms, pick up plates ready for T RAISE SET Stance	
	2:08	QC / Higher	8x8 4/4 T RAISE (16cts)	4x
	2:36	(Beat)	8x8 COMBINATION 2 (16cts) DOUBLE PULSE T RAISE (8cts) 1x 1/3 (8cts)	4x
	3:03	C / Higher	4x8 1/1 O/H PRESS (4cts)	8x
	3:16	Rep / _ Higher	4x8 1/1 O/H PUSH PRESS (4cts)	8x
3	3:31	Rep / _ Higher	28x8 Repeat BLOCK 1 , starting at 4/4 COBRA RECOVERY: Plates down, shake out arms, Deltoid Stretches	



08. FREE 5:18mins

TECHNIQUE AND COACHING

1. STANDING COBRA / STANDING OVERHEAD SHOULDER PRESS / STANDING OVERHEAD PUSH PRESS

LAYER 1

Focus on Timing, Targets and range for the barbell and plate work so your class is moving with great Position and Execution to set the track up well. We target the rear deltoids in the Cobra. The key is to create a strong hip hinge to challenge the posterior chain and isolate the rear deltoids by working on the 45° angle, arms straight. When we pulse focus on crushing the back of the shoulders.

COBRA

- Turn the plates forward
- **Squeeze shoulder blades together**
- **Tip forward from the hip**
- **Arms lift to 45 degree angle**
- Small Pulse
- **Keep the chest lifted**
- **Abs braced tightly**
- You can feel fatigue coming in quickly

STANDING OVERHEAD SHOULDER PRESS

- From the **chin to the ceiling**
- **Elbows forward as you press**
- **Chest lifted, abs braced**
- Lock your base
- Legs are still for isolation

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**

2. STANDING T RAISE / STANDING OVERHEAD SHOULDER PRESS / STANDING OVERHEAD PUSH PRESS

LAYER 1 / LAYER 2 / LAYER 3

Block 2 is a repeat of Block 1 with the 'T' Raise, where we target the posterior 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!

T RAISE

- **Plates stop just under the 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

STANDING OVERHEAD PRESS / STANDING OVERHEAD PUSH PRESS

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

3. STANDING COBRA / STANDING OVERHEAD SHOULDER PRESS / STANDING OVERHEAD PUSH PRESS

LAYER 2 / LAYER 3

Block 3 is a repeat of the first Block: focus on mastering Execution, allowing participants to explore the moves, especially as fatigue kicks in now. Encourage participants to finish the block strongly! What will you say and do to bring them to the finish line?

- Let's stay strong till the end
- Grab the plates and back to the Cobra
- We have set the shoulder stabilizers
- We have set the gateway to strength
- Keep the abs braced as you push
- Keep the elbows forward of the face
- Keep pushing up to the line

PUMP FACT

Posterior loading via the Cobras and T Raise help to maintain anterior – posterior balance. This is key to a long life of lifting weights.



09. CORE

TRACK FOCUS

Simple coaching of the Position and Execution – think one cue at a time, allowing participants to hear it and apply it. Once they 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 Extension:** Rectus abdominis and lower abdominals
- Cross Crawl:** Rectus abdominis, obliques
- Rotating Side Hover:** Rectus abdominis, obliques, and shoulders

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Intro /	2x8	Set up HIP BRIDGE	
	0:15 V1 /	6x8	4/4 HIP BRIDGE (16cts)	3x
	0:39 (Melody)	4x8	2/2 (8cts)	4x
	0:55 (Horns)	4x8	1/1 HIP BRIDGE with CLAM (8cts)	4x
2	1:11 V2 /	6x8	HOVER SET arms under shoulders Options: Knees or toes	
	1:35 (Melody)	4x8	2/2 ROTATING SIDE HOVER L (8cts) Options: Knees or Toes	4x
	1:50 (Horns)	4x8	1/1/2 (8cts)	4x
	2:07 V3 /	4x8	4/4 DOUBLE LEG EXTENSION (16cts) Option: on the 45° or tap toes down with knees bent	2x
	2:23 (Melody)	4x8	2/2 (8cts)	4x
	2:39 (Horns)	4x8	CROSS CRAWL L, R (4cts)	8x
3	2:55 V4 /	26x8	Repeat BLOCK 2 on other side	



09. TROPICANA 4:47mins

TECHNIQUE AND COACHING

1. 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
- As we lift keep the abdominal brace on
- Keep the feet flat for the Clam

2. HOVER / SIDE ROTATING HOVER / DOUBLE LEG EXTENSION / CROSS CRAWL

New exercises: Hover, Rotations, Double Leg Extensions and Cross Crawls. Cover the basics so the class can follow easily then coach how to execute more effectively. Motivate, Educate, and connect with the moves and music.

LAYER 1 / LAYER 2 / LAYER 3

HOVER

- **Elbows under shoulders**
- Fists together
- On knees or toes
- **Brace the abs**
- **Back long and straight**
- Bring the chest forward and lift your sternum
- **Brace abs to square body to floor**

ROTATING SIDE 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

DOUBLE LEG EXTENSION

- Lying down, knees over hips
- Palms up, chin tucked in
- **Brace the core** before you start moving
- Double Leg Extension
- **Lower back towards the floor** as your legs extend
- Maintain rib to hip connection
- Bend knees and toe-tap down for option
- Maximum load on the Extension

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

3. HOVER / ROTATING SIDE HOVER / DOUBLE LEG EXTENSION / CROSS CRAWL

LAYER 2 / LAYER 3

We repeat the 2nd block on the other side. Challenge your participants to stay in the workout right to the end as we strengthen the core through Educating about the core benefits.

- Remember to bring the chest forward for a long spine
- Big oblique muscles that need strength
- Try and work this on your toes
- We like this one as you can tell
- Forcing the core to react
- Make the connection – lower back close to the floor
- Try and stop your knees over your hips for more core activation
- Big rotation now
- Shoulders off the floor



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 /	4x8	CHILDS POSE	1x
	0:26	Ref / _ Do do do	4x8	KNEELING UPPER BACK STRETCH L, R In Childs Pose, arms reach out on the diagonal	2x
2	0:45	V1 / Walk by	4x8	KNEELING HIP FLEXOR STRETCH L with TRICEP STRETCH L R leg F, L arm over the shoulder reaching down the back	1x
	1:03	C / Sweet sweet	4x8	KNEELING HAMSTRING STRETCH R	1x
	1:22	Ref / _ Do do do	4x8	SEATED GLUTE STRETCH R	1x
	1:41	V2 / Images of	4x8	KNEELING HIP FLEXOR STRETCH R with TRICEP STRETCH R L leg F, R arm over the shoulder reaching down the back	1x
3	2:00	C / Sweet sweet	4x8	KNEELING HAMSTRING STRETCH L	1x
	2:18	Rep / _ Do do do	4x8	SEATED GLUTE STRETCH L	1x
4	2:37	C / Sweet sweet	8x8	STANDING QUADRICEP STRETCH L, R	1x
	3:15	Sweet sweet	4x8	STANDING SIDE STRETCH L, R L leg crosses behind R, L arm up and over to stretch IT band and obliques, repeat on R	2x
	3:33	Rep / Sweet sweet	4x8	STANDING SHOULDER STRETCH L, R	2x
	3:52	Sweet sweet	1x8	STANDING UPPER BACK STRETCH Arms reach F, clasp hands together	1x
	3:58	Outro /	1x8	STANDING CHEST STRETCH Arms open out wide, thumbs back	1x



10. FANTASY 4:11mins

TECHNIQUE AND COACHING

COACHING TIPS

- *Be descriptive in how to stretch and where your participants should be feeling it*
- *Acknowledge the effort that your Team put into the workout today and congratulate them on completing it!*



45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHT SELECTION

Barbell with Warm-up weight
1x medium to heavy weight plate

MUSCLE FOCUS

Tricep Extension: Triceps
Bicep Curl: Biceps
Tricep Pushup: Triceps and deltoids

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 V1 / It's been	2x8	Set up O/H TRICEP EXTENSION SET Stance	
	0:11 Days , the worlds	2x8	4/4 O/H TRICEP EXTENSION (16cts)	1x
	0:18 _ It's like	8x8	3/1 (8cts)	8x
	0:43 C / Losing my	8x8	O/H TRIPLE PULSE TRICEP EXTENSION (8cts)	8x
2	1:09 (Low)	2x8	TRANSITION: Plate down, pick up barbell, ready for BICEP CURL (16cts) SET Stance	
	1:15 Yeah yeah	2x8	4/4 BICEP CURL (16cts)	1x
	1:22 V2 / _ Spinning in	4x8	2/2 (8cts)	4x
	1:34 All of the	4x8	1/3 (8cts)	4x
	1:47 _ Sleepwalking	4x8	3/1 (8cts)	4x
	2:00 QC / Losing my	4x8	1/1 (4cts)	8x
	2:12 (B / up)	4x8	12x MID RANGE PULSE BICEP CURL (24cts) TRANSITION: Use last 8cts to move to floor, ready for TRICEP PUSHUP	1x
	2:26 (Drop)	8x8	TRIPLE PULSE TRICEP PUSHUP (8cts) Options: Kneeling, on knees or toes	8x
	2:51 _ Ya we've	4x8	COMBINATION (16cts) 1x 1/1 TRICEP PUSHUP (4cts) 3x MOUNTAIN CLIMBER L, R, L (4cts) Options: On knees, 1x slow knee to elbow instead of Mountain Climbers	4x
3	3:04 (Low)	36x8	Repeat BLOCK 2 RECOVERY: Shake out arms, stretch triceps and biceps	



45-MIN FORMAT

05. LOSING MY MIND 5:17mins

TECHNIQUE AND COACHING

1. OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

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

OVERHEAD 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*

2. BICEP CURL / TRICEP PUSHUP

LAYER 1 / LAYER 2

In this block we bring in the Bicep Curl with the bar before heading back to the floor for Tricep Pushups. Coach Layer 1 Position and Execution set-ups to get everyone moving well on the timing. When we take the time to set people up, 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

- *Settle into the rhythm*
- *Squeeze the shoulder blades together*
- *Check posture, **brace abs***
- **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*

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**
- *Single Pushup and three Climbers*

3. 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 it's fun!

- *Back on your feet, team*
- *Grab the barbell*
- *Reset the posture now*
- *Squeeze shoulder blades for posture reset*
- *Short sets so we challenge you to put more weight on your barbells*
- *Wind it up*
- *Activate into the core*
- *Not losing – we are gaining*
- *Quick transition to Pushups*
- *Big push from the bottom*
- *We want to learn how to push your body weight*
- *Healthy competition*

PUMP FACT

Supersetting between our tricep and bicep exercises 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

Bench with 2x risers, 2x light weight plates, and 1x medium to heavy weight plate

Set up the bench to provide participants with enough room to take a long step forward and back.

Substitute with Backward-Stepping Lunges only if no bench

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body, which you can add on gradually with your class. We optimize functional strength and train the imbalances in our bodies. Clear set-up of exercises along with early pre-cues is essential for the class to follow easily.

MUSCLE FOCUS

Deltoids, trapezius, muscles of the upper back, glutes, quads, core and posterior chain

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up SQUAT with PLATE FORWARD RAISE MID Stance	
	0:22	Rep / I just wanna	4x8 4/4 SQUAT with PLATE FORWARD RAISE (16cts)	2x
	0:37	I just wanna	4x8 2/2 (8cts)	4x
	0:51	(Beat)	4x8 1/1/1/1 ALT FORWARD-STEPPING LUNGE on bench with SIDE RAISE L, R (16cts) L leg steps F on bench, both arms raised; repeat on R leg	2x
	1:06	C / I just wanna	4x8 1/2/1 ALT FORWARD-STEPPING LUNGE L, R on bench with SIDE ROTATOR RAISE (16cts)	2x
2	1:22	(Low)	2x8 TRANSITION: Put one plate down, set up for BENCH LUNGE R with SINGLE ARM SHOULDER PRESS L	
	1:29	(Beat)	4x8 2/2 BENCH LUNGE R with SINGLE ARM SHOULDER PRESS L (8cts)	4x
	1:44	(Piano)	4x8 1/1/2 (8cts)	4x
	1:59	QC / I just wanna	8x8 TRANSITION: Step off bench, set up for FORWARD-STEPPING LUNGE R on bench with SINGLE ARM PLATE CLEAN L	2x
	2:06	I just really	6x8 1/2/1 FORWARD-STEPPING LUNGE on bench with SINGLE ARM PLATE CLEAN (8cts)	6x
	2:29	Rep / I just wanna	4x8 1/1/1/1 FORWARD-STEPPING LUNGE on bench with TOE TAP and SINGLE ARM PLATE CLEAN (8cts)	4x
	2:44	(Beat)	4x8 1/1/1/1 FORWARD-STEPPING LUNGE on bench with KNEE LIFT and SINGLE ARM PLATE CLEAN (8cts)	4x
	2:59	C / I just wanna	4x8 1/1/1/1 FORWARD STEPPING LUNGE on bench with KNEE LIFT and SINGLE ARM O/H PRESS (8cts)	4x
3	3:14	(Low)	30x8 Repeat BLOCK 2 on other side	
			RECOVERY: Shake out legs, Quadricep Stretches	



45-MIN FORMAT

07. SWEET LITTLE LIES (DISFUNKTION REMIX) 5:11mins

TECHNIQUE AND COACHING

1. MID SQUAT WITH FRONT RAISE / ALTERNATING FORWARD-STEPPING LUNGE WITH SIDE RAISE AND ROTATOR RAISE

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution Set-up on the Squat and Lunge Technique focusing on Timing, range and precision of movement. Reinforce Timing and range cues so participants feel successful.

MID STANCE SQUAT WITH FRONT RAISE

- *Starting on the floor*
- *Light plates in each hand*
- **Feet outside hip-width, toes turned out**
- *Slow Squat with Front Raise*
- **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 FORWARD-STEPPING LUNGE WITH SIDE RAISE / ROTATOR RAISE

- *Watch the next move*
- **Feet under hips**
- **Long step onto the bench**
- *Lunge with Side Raise*
- *Find your stability*
- **Brace abs to keep hips and shoulders square to front**
- **Back knee tracks straight down**
- **Front knee out over toes**
- **Elbows lead the movement**
- **Work into the range – 90 degrees**
- *Add the rotation*
- *Elbows forward of shoulders*

2. BENCH LUNGE WITH SINGLE ARM SHOULDER PRESS / FORWARD-STEPPING LUNGE WITH PLATE COMBINATION

LAYER 1 / LAYER 2

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 for success. Only say what is needed to give clarity in your coaching.

BENCH LUNGE WITH SINGLE ARM SHOULDER PRESS

- *Pick up the medium to heavy weight plate*
- *Plate in left hand*
- *Right foot on bench*
- *Lunge position*
- **Elbow forward as we push the plate up**
- **Back knee down, front knee out**
- **90 degrees**
- **Abs braced to square hips to the front**
- **Chest lifted**

FORWARD-STEPPING LUNGE WITH PLATE CLEAN COMBINATION

- **Feet under hips**
- *Forward-Stepping Lunge with a power rack*
- *We step and rack the plate*
- **Elbow stops at shoulder level**
- *Long step forward*
- *Whole foot on the bench*
- *To increase intensity, add toe tap on*
- *Walk on and off the bench*
- **Stay strong and square by bracing abs**
- **Keep chest lifted**
- *Add Knee Lift if you're ready*
- *Add the Overhead Plate Press*
- *Stabilize the body*



07. SWEET LITTLE LIES (DISFUNKTION REMIX) 5:11mins

TECHNIQUE AND COACHING

3. BENCH LUNGE WITH SINGLE ARM SHOULDER PRESS / FORWARD-STEPPING LUNGE WITH PLATE COMBINATION 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!

- *Let's do all this on the other side*
- *Static Lunge*
- *Harness time under tension*
- *Shoulders, glutes and quads are working hard to catch the pause*
- *Power rack and pause*
- *Long powerful stride*
- *Epic combination to improve your functional strength*
- *Reactive Core Training*
- *Brace the abs tightly to pull the knee up*
- *Reach for the ceiling*



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.