

BODYPUMP 126

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

BARBELL SQUAT

Position Set-up

- Bar 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 bar to create strength through the upper back

Execution Set-up

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

Layer 2

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

MID-STANCE SQUAT

Position Set-up

- Bar 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 bar to create strength through the upper back

Execution Set-up

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

Layer 2

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

WIDE STANCE SQUAT

Position Set-up

- Bar 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



GLOSSARY

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

NARROW TO WIDE PLATE PRESS

Position Set-up

- Feet hip-width apart
- **Abs braced, chest up**
- Shoulders away from ears
- **Plates facing each other**

Execution Set-up

- **Lower elbows to top of bench**
- **Elbows in**
- Push plates out to Wide Press
- **Elbows slightly bent**
- **Elbows level with the top of the bench**

Layer 2

- Hitting all of the pec muscles
- Feel the contrast in the narrow and wide movements

CHEST FLY

Position Set-up

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

Execution Set-up

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

Layer 2

- Open the chest on the way down

PUSHUP / BENCH PUSHUP

Position Set-up

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

Execution Set-up

- **Lower chest to elbow level**

Layer 2

- Drive the floor/bench away

WALKING BENCH PUSHUP

Position Set-up

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

Execution Set-up

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

Layer 2

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



GLOSSARY

DEADLIFT

Position Set-up

- **SET Position**
- **Slight bend in the knees** (20 degrees)
- **Chest lifted, 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 lifted, 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

CLEAN & PRESS

Position Set-up

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

Execution Set-up

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- **Bar close to the body, lift to lower chest**
- **Drop under the bar, bending the knees**
- Clean the bar and hold in front of the collarbones
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

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

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



GLOSSARY

DOUBLE ARM KNEELING TRICEP KICKBACK

Position Set-up

- **Come to the kneeling position, one leg forward**
- **Tip forwards from the hip**
- **Chest lifted, shoulders square**
- Elbow high and close to the body
- Both arms kick backwards

Execution Set-up

- **Upper arms parallel to floor – extend the elbows**
- Upper arms still as you extend

Layer 2

- Lock the position of the shoulders and upper arms to isolate the triceps

PLATE TRICEP EXTENSION

Position Set-up

- Laying down on back
- **Plates in line with shoulders**
- Shoulders away from ears
- **Abs braced**
- **Chin tucked in**

Execution Set-up

- **Lower plates to temples**
- **Elbow stacked over shoulder**
- **Keep elbows in**
- **Full extension to the top**

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps

STANDING OVERHEAD TRICEP EXTENSION

Position Set-up

- **SET Stance**
- Shoulders down
- **Belly in, abs braced**
- **Chest lifted**
- Hold the plates 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

BICEP BARBELL CURL

Position Set-up

- **Knees soft – Split Stance or SET Position**
- **Chest up**
- **Abs in and braced**

Execution Set-up

- **Curl the bar to just in front of the shoulders**
- **Extend all the way down to your thighs**

Layer 2

- Elbows by the sides of your body
- Keep the body still



GLOSSARY

BICEP ROW

Position Set-up

- As Bicep Curl

Execution Set-up

- Tip forward from the hips
- Bar to kneecaps
- Pull the bar to ribcage, just under chest
- Elbows pull high to the back

Layer 2

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

STEPPING LATERAL PLATE LUNGE

Position Set-up

- Feet outside hip-width
- Rack the plate at collarbones
- Chest lifted, abs braced

Execution Set-up

- Step wide to the side
- Toes turned out slightly
- Knee tracking in line with middle of foot
- brace abs to keep hips square
- Hinge forward at hips

Layer 2

- Every time you side lunge you want to step wide to keep knee tracking over toes
- Feel the glutes and quads engage

BARBELL 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

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes

PLATE UPRIGHT ROW

Position Set-up

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

Execution Set-up

- Lift plates up to lower chest
- Lead with elbows
- Elbows stop at shoulder height
- Keep plates close to body

Layer 2

- Squeeze between the shoulder blades



GLOSSARY

PLATE SHOULDER PRESS

Position Set-up

- SET Stance
- Chest up, abs braced
- Plates to collarbones

Execution Set-up

- Drive plates upward
- **Keep the elbows soft and slightly forward at the top**
- **Brace the abs as the plates move above your head**

Layer 2

- Keep the body strong so you can isolate the shoulders

PUSH PRESS

Position Set-up

- SET Stance
- Chest up, abs braced
- Bar to collarbones

Execution Set-up

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

Layer 2

- Drive out of the legs integrated upper and lower body

PEC DEC

Position Set-up

- SET Stance
- Chest up, abs braced
- Plates to collarbones

Execution Set-up

- **Elbows up under the shoulder line to start**
- **Open elbows to shoulder level on the Pec Dec**
- **Squeeze shoulder blades together**
- **Keep the elbows high**

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**
- **Brace abs**

CRUNCH REACH

Position Set-up

- Lie down on floor
- Knees over hips and shins parallel

Execution Set-up

- Lift shoulders and crunch
- **Slide ribs to hips**
- **Reach arms long towards ankles**

Layer 2

- Extend legs to increase the challenge



GLOSSARY

ALT SINGLE-LEG HIP BRIDGE WITH KNEE LIFT

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
- Lift one leg and keep knee bent
- **Squeeze through your glutes**
- Keep the hips high as we change legs
- **Hips stay level**

Layer 2

- Try and keep the hips high and level

ALTERNATING PIKE

Position Set-up

- Lay down on floor
- **Knees over hips**
- **Back hand to front knee**

Execution Set-up

- Extend front arm over head
- Back leg extends long
- Pike up and crunch
- **Ribs to hips as you crunch**
- **Chin tucked in**
- **Leg stops at 45 degrees**
- As you pike up, lift the shoulder off the floor
- Reach towards the ceiling

Layer 2

- Push your hand into the knee to keep the tension on the core

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

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

BENCH 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



GLOSSARY

STANDING SIDE ROTATOR RAISE

Position Set-up

- Feet hip-width apart
- Chest up, abs braced
- Elbows at 90 degrees – plates facing inward

Execution Set-up

- Elbows lift to the side, stopping just under shoulder height
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work

BACKWARD-STEPPING LUNGE

Position Set-up

- Feet hip-width
- 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
- Long step back
- Front thigh parallel to the floor
- Brace abs to keep hips square
- 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

SIDE RAISE

Position Set-up

- Elbows at 90 degrees
- Chest up, abs braced

Execution Set-up

- Lift the elbows to just below shoulder level
- Brace abs to square hips and keep the chest lifted
- 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

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



MUSIC

01 **about you (Felix Cartal Remix)** (3:03)
NOTD feat. Nightly
Courtesy of the Universal Music Group.
Written by: Peniston, Delgado, Jackson, Linnear

about you (Felix Cartal Remix) (1:41)
NOTD feat. Nightly
Courtesy of the Universal Music Group.
Written by: Peniston, Delgado, Jackson, Linnear

02 **La Bomba** (5:56)
Armin van Buuren & Blasterjaxx
Courtesy of Armada Music B.V. under exclusive license from
Armin Audio B.V.
Written by: van Buuren, de Goeij, Siolo, Makhlaf, Martins,
Riley, Jongkind

03 **Massive** (5:47)
Drake
Courtesy of the Universal Music Group.
Written by: Klahr, Zastenker, Blackmon, Graham, Riziki

04 **Scandalous (Hairitage Remix)** (2:30)
Gryffin & Tinashe
Courtesy of the Universal Music Group.
Written by: Kachingwe, Mann, Blackwell, Jackson, Griffith

Scandalous (Hairitage Remix) (2:32)
Gryffin & Tinashe
Courtesy of the Universal Music Group.
Written by: Kachingwe, Mann, Blackwell, Jackson, Griffith

05 **I'm Not Cool** (2:57)
HyunA
Courtesy of the Universal Music Group.
Written by: Park, Hyuna, Space 1, Space 2, Yoo Gun

I'm Not Cool (1:59)
HyunA
Courtesy of the Universal Music Group.
Written by: Park, Hyuna, Space 1, Space 2, Yoo Gun

06 **Icon** (3:45)
Jaden
Courtesy of the Universal Music Group.
Written by: Lewis, Rambert, Smith

Icon (1:11)
Jaden
Courtesy of the Universal Music Group.
Written by: Lewis, Rambert, Smith

07 **Morenita** (5:45)
Blusek
© 2023 Les Mills Music Licensing Ltd.
Written by: Hugel, Gomez

08 **Higher Ground** (5:35)
TNGHT
Courtesy of Warp Records x LuckyMe Records (2012).
Written by: Birchard, Pierre II

09 **Ghetto Rock** (4:56)
Friend Within
© 2021 Toolroom Productions Ltd. Licensed courtesy of
Toolroom Productions.
Written by: Mortimer

10 **headlock** (3:22)
Tep No x Marshall x Lindsey Ray
© 2022 KVM Records.
Written by: Bachelder, Marshall

45-MIN FORMAT

Little Things (Will Sparks Extended Mix) (4:02)
05 Louis The Child feat. Quinn XCII & Chelsea Cutler
Courtesy of the Universal Music Group.
Written by: Kennett, Hauldren, Temrowski, Jomphe-Lepin, Cutler, Bellioin

Little Things (Will Sparks Extended Mix) (2:10)
Louis The Child feat. Quinn XCII & Chelsea Cutler
Courtesy of the Universal Music Group.
Written by: Kennett, Hauldren, Temrowski, Jomphe-Lepin, Cutler, Bellioin

07 **WAWA** (4:47)
Party Favor
© 2017 Mad Decent.
Written by: Ragland

ALT
05 **Feel Good** (6:12)
Allen Nova
Courtesy of Epidemic Sound.
Written by: Unknown



HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>

TEACHING THIS RELEASE

How long should I teach the new release for?

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

KEY

Alt	Alternating	R	Right
Instr	Instrumental	O/H	Over head
Intro	Introduction	Outro	Last few bars of music
B up	Build up	PC	Pre-Chorus
Br	Bridge (non-chorus)	QC	Quiet Chorus
Rep	Reprise (part of the chorus repeated)	Ref	Refrain (recurring phrase or number of song lines)
Cts	Musical counts	C	Chorus
F or B	Forward or back	ROM	Range of motion
L	Left	V	Verse
M	Middle		

EXPRESS FORMATS

30-MINUTE FORMAT 45-MINUTE FORMAT

Track 01	Warm-up	Track 01	Warm-up
Track 02	Squats	Track 02	Squats
Track 03	Chest	Track 03	Chest
Track 04	Back	Track 04	Back
Track 09	Core	Track 07	Lunges
Total Time	26:25	Track 08	Shoulders
		Track 09	Core
		Track 10	Cooldown
		Total Time	41:07

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	40:46

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 126

BODYPUMP™ 126 is about you and your workout!

Pick up a light bar, have a small plate close by and you are good to go. Side Lunges feature in the Warm-up.

The Squats track is big, bold, and powerful; heavy barbell, long sets, and short rest phases will build strength and fitness.

Massive is massive, lay down with plates to sculpt and tone the chest and arms.

Back will lift your fitness, like Squats. A heavy barbell, dynamic moves, and limited rest creates huge gains in fitness and strength.

Focus and tone for Triceps! The 32 Pulses in Biceps is a game changer – the Lateral Lunges will challenge the leg muscles and stabilizers.

Training focus for Shoulders, simple moves high intensity. A V Pike combo in Core will complete your workout!

An amazing musical journey, pure Pump essence for the work out – enjoy!

A special thank you to the BODYPUMP
Choreography Team

Glen & the BODYPUMP 126 Team

CREDITS

Creative Lead – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Team – Ben Main and Vili Fifita

Program Coach – Kylie Gates

Technical Consultants – Bryce Hastings and Rob Lee

Production Coordinator – Sophie Anderson



PRESENTERS



L-R: Marlon Woods, Lula Slaughter, Maddalena Boccella, Bronté Terrell, Maggie Cheng, Rebecca Reznicek, Niko Viskari, Des Helu, René Vogel, Billy Aw, Reagan Kang, Glen Ostergaard

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.

Billy Aw (Singapore) is as LES MILLS GRIT™ and LES MILLS SPRINT Trainer/Presenter/Instructor, a BODYPUMP and RPM Presenter/Instructor and THE TRIP™ Instructor. He lives in Singapore.

Maddalena Boccella (Switzerland) is a BODYPUMP, LES MILLS CORE™ and LES MILLS TONE™ Trainer/Presenter/Instructor, and a BODYCOMBAT™ Instructor. She lives in Luzern.

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

Reagan Kang (Malaysia) is a BODYPUMP, LES MILLS GRIT and LES MILLS CORE Trainer/Presenter/Instructor and a BODYCOMBAT Presenter/Instructor. He lives in Singapore.

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Marlon Woods (United States) 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.

Thanks to Dr Niko Viskari (Finland)



01. WARM-UP

WEIGHT SELECTION

Light barbell and 1x medium to large 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 /	2x8 Set up SET Position: Heels under hips, roll shoulders back and down, chest lifted and brace core	1x
	0:12	V1 / _ It's the	4x8 4/4 DEADLIFT SET Stance	2x
	0:27	_ I was good	4x8 3/1	4x
	0:43	PC / Think about you	4x8 2/2 DEADROW	2x
	0:58	Rep / You	4x8 1/1	4x
	1:13	C / You	4x8 TRIPLE DEADROW	2x
2	1:29	V2 / _ Stay	4x8 2/2 UPRIGHT ROW SET Stance	4x
	1:44	PC / Think about you	4x8 1/1/2	4x
	2:00	Rep / You	6x8 2/2 CLEAN & PRESS Use the last 8cts to transition bar to SQUAT MID Stance	3x
	2:23	C / You	4x8 1/1 SQUAT MID Stance Use last 4cts to transition to SQUAT WIDE Stance	8x
	2:38	_ You	4x8 1/1 SQUAT WIDE Stance	8x
3	2:53		2½x8 TRANSITION: Pick up plate, hold at chest, feet WIDE Stance, ready for an ALT SIDE LUNGE	
	3:03	V3 / _ Stay	4x8 2/2 ALT SIDE LUNGE L, R	2x
	3:19	PC / Think about you	4x8 1/1	4x
	3:34	Rep / You	2x8 TRANSITION: Feet hip width, plate at chest, ready for a ALT BACKWARD-STEPPING LUNGE	
	3:42	_ You	4x8 2/2/2/2 ALT BACKWARD-STEPPING LUNGE L, R	2x
	3:57	C / You	4x8 1/1/1/1	2x
	4:12	_ You	6x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE WITH UPPER BODY ROTATION over Front leg	3x
			RECOVERY: Twist through torso. Shake out arms and legs	



01. ABOUT YOU (FELIX CARTAL REMIX) 4:44mins

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**

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on the upper body with Upright Rows and slow Clean & Presses to develop good lifting technique from the start. We finish the block with Mid and Wide Squats to fire into the quads and glutes. Coach clear Position & Execution to get everyone on the correct timing to start. Once the class is moving well, encourage full range of movement to get ready for the workout.

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

BLOCK 3

LAYER 1 / LAYER 2 / LAYER 3

We finish the last block of work with a plate, and a new move: Alternating Side Lunges which we will see again in the Lunge track, along with Backward-Stepping Lunges.

It's the perfect opportunity to coach your class on technique alignment to get their bodies ready for the workout ahead, physically and mentally. Help your participants connect to their goals for the class – think of how you can communicate this to them.

- **Alternating Side Lunge – Plate to chest, feet outside shoulder width, toes slightly turned out, bend into one leg, knee tracking over toes, hips and shoulders square to front, braced abs, chest lifted**
- **Alternating Backward-Stepping Lunge w/ chest rotation - long step back, back knee down, front thigh parallel to the floor, hips square to front, keep the plate close to chest, rotate from the center of the chest**

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 Mid, Wide and Wider Squat stances; 3 rounds to create fatigue with mixed tempos and ranges to build strength and cardiovascular health.

MUSCLE FOCUS

MID Stance: Quadriceps
WIDE Stance: Gluteus maximus, Quadriceps
WIDER Stance: Gluteus maximus, side glutes, quadriceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	3x8 Set up SQUAT MID Stance	
	0:15	Instr / (Beat)	4x8 2/2 SQUAT MID Stance	4x
	0:29	(B up)	4x8 1/1/2	4x
	0:43	(Drop)	8x8 1/1	16x
	1:11	Br /	1x8 TRANSITION: Set up SQUAT WIDE Stance	
2	1:16	(Xylophone)	4x8 4/4 SQUAT WIDE Stance	2x
	1:30	(Rap)	4x8 2/2	4x
	1:44	(Synth)	4x8 1/1/2	4x
	1:58	(Synth + beat)	4x8 1/1	8x
	2:13	(Low B up)	6x8 4/4	3x
3	2:33	(Drop)	16x8 SQUAT COMBINATION (32cts) 4x 1/1 SQUAT (16cts) 4x BOTTOM HALF SQUAT (16cts)	4x
	3:31	Br /	39x8 Repeat BLOCK 2 in WIDER Stance RECOVERY: Shake out legs, Quadricep Stretch	



02. LA BOMBA 5:56mins

TECHNIQUE AND COACHING

1. MID STANCE SQUAT

LAYER 1

Coach Layer 1 Position and Execution set-up of the MID Stance Squat to get the class moving well. Use **NETT** to coach good Squat technique – referring to **T**iming, **T**arget zones and leg alignment along with precise pre-cues to help participants follow easily.

- **Feet outside hip-width, 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 at knee line** – that's your range
- 3 things to focus on: mind, muscle and music
- Pull the bar into your body to stabilize the upper body

2. WIDE STANCE SQUAT

LAYER 1 / LAYER 2

We move our focus to the glutes with the Wide Squat. You have a good amount of reps to ease participants into the Layer 1 Execution coaching. Space out your cues to focus on alignment, timing and range, and when the combination hits, focus on maximizing range and holding on to the tension. Take your participants into the music, mind, muscle connection to make this happen. Layer 2 cues help them achieve more from the workout; Improving Execution, Manipulating the Intensity and Educating them on how it should feel will help your movers.

- **Feet outside hips, heel-toe wider for Wide Squat Stance, toes slightly turned out**
- **Abs braced and chest lifted for lower-back support**
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- **Push your knees out and through the center of the feet to load the glutes and quads**
- **Butt stops just above knee line**
- That's muscular recruitment for more muscular change – feel the tension in the legs
- That's what we come for
- This is your last 2 sets
- Focus on range

3. 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**
- Super slow to reset the posture
- **Hips sit back**
- **90 degrees**
- **Chest stays lifted**
- **Keep tracking knees wide**
- Use the Wider Squat to drive out of your heels
- Speed on the singles
- Pulses feed the pathway to fatigue
- Let's get strong
- Stay down to reap the rewards
- Visualize your stronger self
- As big as you can go
- Commitment

PUMP FACT

Transitioning through different stance widths in our squat allows us to maintain a high intensity throughout the track. Each change creates a slightly different challenge for our stabilizers, it also switches the recruitment pattern in our prime movers – the glutes and quads. These subtle changes provide enough variety to keep pushing range under load.



03. CHEST

WEIGHT SELECTION

2x medium-heavy weight plates, bench

MUSCLE FOCUS

Plate Press and Pushups: Pectorals, triceps and deltoids

TRACK FOCUS

Coach great Timing and Targets for precise Execution for Narrow to Wide Plate 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 /	4x8	Set up plates ready for NARROW TO WIDE PLATE PRESS
	0:20	V1 / _ I've been	8x8	4/4 NARROW TO WIDE PLATE PRESS (32cts) 2x
	0:50	Instr / (Beat)	8x8	2/2 (16cts) 4x
2	1:21	V2 / You're ready	8x8	3/1 CHEST FLY 8x
	1:51	Instr / (Beat)	8x8	TRIPLE PULSE CHEST FLY 8x
3	2:22	V3 / _ Swerving	8x8	4/4 NARROW TO WIDE PLATE PRESS 2x
	2:53	_ You're ready	8x8	2/2 4x
	3:24	Instr / (Beat)	10x8	1/1 NARROW TO TRIPLE PULSE WIDE PLATE PRESS (16cts) 5x
4	4:02	(Low)	2x8	TRANSITION: Ready for BENCH PUSHUP
	4:10	(Low)	2x8	1/1 BENCH PUSHUP 4x
	4:17	(Low)	8x8	1/1 WALKING BENCH PUSHUP (32cts) L, R 2x
	4:48	(Upbeat)	12x8	TRIPLE PULSE WALKING BENCH PUSHUP (32cts) L, R 3x
RECOVERY: Shake out arms; Chest Stretch				



03. MASSIVE 5:47mins

TECHNIQUE AND COACHING

1. NARROW / WIDE PLATE PRESS

LAYER 1

Coach your class into the Position set-up for Narrow to Wide Plate Press. Use NETT to coach Targets and Timing so participants are moving well with Execution, and they can follow the timing successfully with the music.

- Feet hip-width apart, close to bench
- **Plates facing each other**
- Shoulders away from the ears
- **Brace abs, lower back towards the bench**
- Lower plates to Narrow Press
- Elbows out wide to Wide Press
- Pull back in and press up
- **Elbows top of the bench** on the Narrow Press
- **Elbows top of the bench** for Wide Press
- Narrow Press deep into the chest muscles
- Wide Press into the upper chest
- Big compound move

2. CHEST FLY

LAYER 1

New exercise, so quickly coach Layer 1 Execution cues – Timing, range and Target zones for the Chest Fly. Then motivate participants for range and tension in the Pulses for isolation.

- **Elbows go wide and down** so you feel the chest open
- **Slight bend in the elbows**
- Maximize tension to isolate
- **Keep your elbows just above the bench at the bottom**
- Pulses for intensity
- Full fatigue through the chest
- Isolation and compound training together

PUMP FACT

The long head of biceps is a key shoulder stabiliser. Flys and Wide Press create a challenge on this mechanism helping enhance our stability when we are reaching out to the side.

3. NARROW / WIDE PLATE PRESS

LAYER 2 / LAYER 3

In the third block, we go back to the Narrow–Wide Plate Press with the intensity building 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 Press. Coach Layer 2 cues that explain how to improve execution to build more tension and intensity.

- Let's go back to the Narrow Wide Press
- This block is about the feeling
- Anchor the body into the bench to have the strong platform to work from
- Fasten the lats into the bench
- Strong muscular movement
- Changing the timing to change up the recruitment
- Drop down, 3 push pull
- Force the plates away from you
- We are flying and dancing

4. BENCH PUSHUP / WALKING BENCH PUSHUP

LAYER 1, LAYER 2, LAYER 3

There is only one block of Pushups so it's a perfect time to encourage your participants to try some Pushups on their toes. Quickly coach Layer 1 Position and Execution of the Pushup with clear options so everyone feels successful. In the Walking Pushups the tension builds fast; what will you say to keep your participants from checking out of the workout? Do you need to Educate them to connect and Motivate them into their bodies or praise and coach for more? Whatever you say, think about how you will say it... Stay inside this very cool piece of music for an intense finish!

- Back of the bench for Pushups
- **Hands wide**
- On knees or toes
- 4 single Pushups
- Let's take this to a Walking Pushup
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- Pull it down and push it away
- Pull the bench into the body
- Stay in bottom range for as long as you can
- Full muscle activation
- Last one – super slow. Push every last ounce of muscle activation



04. BACK

WEIGHT SELECTION

Regulars: Medium to heavy barbell, with the option to add weight halfway through

New: Medium barbell

Option: To add more weight to the barbell.

MUSCLE FOCUS

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

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

TRACK FOCUS

Focus is on coaching and modeling strong Execution to build power for the Clean & Presses while loading the entire posterior chain.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up DEADLIFT SET Stance	1x
	0:12	V1 / _ I can	4x8 4/4 DEADLIFT SET Stance	2x
	0:25	Ohhhhh	4x8 1/1 DEADROW	4x
	0:39	Instr / (Build)	4x8 7x ROW	1x
	0:53	(Drop)	8x8 COMBINATION 1 (16cts) 1x CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	4x
2	1:20	V2 / Ohhhhh	4x8 4/4 DEADLIFT SET Stance	2x
	1:34	_ I can	4x8 COMBINATION 2 (8cts) 1x HANG CLEAN (4cts) 1x 1/1 DEADLIFT (4cts)	4x
	1:48	(Drop)	8x8 CLEAN & PRESS	8x
	2:15	(Fade out)	4x8 4/4 DEADLIFT	2x
	2:29	(Low)	2½x8 TRANSITION: Bar down, option to add extra weight	
3	2:37	V3 / _ I can	4x8 4/4 DEADLIFT	2x
	2:51	Ohhhhh	4x8 1/1 DEADROW	4x
	3:05	Instr / (Build)	4x8 7x ROW	1x
	3:18	(Drop)	8x8 COMBINATION 1 (16cts)	4x
4	3:46	V4 / Ohhhhh	4x8 4/4 DEADLIFT	2x
	3:59	_ I can	4x8 COMBINATION 2 (8cts)	4x
	4:13	(Drop)	8x8 CLEAN & PRESS	8x
	4:41	(Fade out)	4x8 4/4 DEADLIFT	2x
RECOVERY: Upper and lower back stretches				

SMARTSTART

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



04. SCANDALOUS (HAIRITAGE REMIX) 5:02mins

TECHNIQUE AND COACHING

1. DEADLIFT / DEADROW / CLEAN & PRESS W. DEADROW

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*
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**

DEADROW

- **Hinge forward from the hips**
- **Bend the knees**
- **Bar to knees, belly, knees and rise**
- *Drive out of heels as you rise to recruit glutes and hamstrings*
- **Elbows in and back**
- *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*

CLEAN & PRESS W. DEADROW

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

2. DEADLIFT / HANG CLEAN & DEADLIFT COMBINATION / CLEAN & PRESS

LAYER 1 / LAYER 2

DEADLIFT

- *Pull back with control*
- *Slow Deadlift*
- *Press the bar into the legs*
- *Turn the elbows to the rear to engage more back muscles*

HANG CLEAN & DEADLIFT 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*

CLEAN & PRESS

- 8 Cleans
- *Start to jump under the bar*
- *Use the fast elbows to make it happen*
- *Power out of your strong legs to jump*
- *Explosive power*



04. SCANDALOUS (HAIRITAGE REMIX) 5:02mins

TECHNIQUE AND COACHING

3. & 4. DEADLIFT / DEADROW / CLEAN & PRESS W. DEADROW / HANG CLEAN & DEADLIFT COMBINATION

LAYER 2 / LAYER 3

Blocks 3 & 4 are a repeat of Blocks 1 & 2.

Challenge your participants to put some extra weight on the bar for the second half of the track.

Reinforce technique Execution 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.

- *This round is to improve our athletic performance*
- *Do you feel the heavier weight on the bar?*
- *We are going into the deep*
- *The only way out is up*
- *We are coming in hot*
- *More opportunity to smash this block*
- *Take one last breather*
- *Did you know it's the Deadlift that provides the power ?*
- *Drive the hips forward and up as you stand*
- *Creating power to explode*
- *It's not the time to check out*
- *If the bar doesn't challenge you, the bar cannot change you*
- *Power and speed*
- *You are a BODYPUMPer!*

PUMP FACT

Maintaining tension between the shoulder blades is key when performing hip hinge movements. This activation supports the thoracic spine which is often a weak point in the posterior chain.



05. TRICEPS

WEIGHT SELECTION

Regulars: 2x light plates, 2x medium plates
New participants: 2x light plates

MUSCLE FOCUS

Double Arm Kneeling Tricep Kickback: Triceps
Tricep Plate Extension: Triceps

TRACK FOCUS

Unilateral Strength Training is what this track’s about. Focus on improving muscular imbalances. 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 DOUBLE-ARM KNEELING TRICEP KICKBACK L leg F	
	0:13	V1 / (Lyrics)	4x8 2/2 DOUBLE-ARM KNEELING TRICEP KICKBACK L leg F	4x
	0:29	PC / Money , honey	4x8 1/1/2	4x
	0:46	Br /	1x8 TRANSITION: Lean body F, ready for a DOUBLE-ARM PULSE KNEELING TRICEP KICKBACK	
	0:48	C / I’m not cool	4x8 4x DOUBLE-ARM PULSE KNEELING TRICEP KICKBACK	4x
	1:04	V2 / (Lyrics)	17x8 REPEAT BLOCK 1 on other side – R leg F	3x
	1:57	_ Eh, yeah	2x8 TRANSITION: move to floor, ready for a TRICEP PLATE EXTENSION	
2	2:04	(Lyrics)	4x8 1/1 DOUBLE-ARM TRICEP PLATE EXTENSION	8x
	2:21	Br	1½x8 HOLD	
	2:23	C / I’m not cool	8x8 4x SINGLE-ARM PULSE TRICEP PLATE EXTENSION L, R	4x
	2:56	Br	¼x8 HOLD	
	2:58	V3 / (Lyrics)	4x8 2/2 DOUBLE-ARM TRICEP PLATE EXTENSION	4x
	3:14	PC / Money , honey	4x8 1/1/2	4x
	3:30	Br	½x8 HOLD	
3	3:32	C / I’m not cool	4x8 4x SINGLE-ARM PULSE TRICEP PLATE EXTENSION L, R	2x
	3:49	_ Eh, yeah	5x8 1/1 DOUBLE-ARM TRICEP PLATE EXTENSION	10x
	4:09	Br	1½x8 TRANSITION: stand for STANDING TRICEP EXTENSION	
	4:16	C / I’m not cool	8x8 4x PULSE STANDING TRICEP EXTENSION RECOVERY: Shake out arms. Tricep Stretches	8x



05. I'M NOT COOL 4:56mins

TECHNIQUE AND COACHING

1. DOUBLE-ARM KNEELING TRICEP KICKBACK LAYER 1

Coach Position and Execution set-up with focus on Timing and Targets for the new move: Double-Arm Kneeling Tricep Kickback. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of the exercise.

- *Light plates*
- *One in each hand*
- *Come to the floor*
- *Right leg forward,*
- *Chest lifted*
- *Elbows at 90 degrees*
- *2/2 Kickback*
- **Tip forward from the hips**
- **Brace abs to square to front**
- **Chest lifted**
- **Hips and shoulders square to the front**
- **Extend fully to the back of the room**
- **Elbows close to the body**
- *Hinge forward, elbows up*
- *4 Kicks*
- *Stay in the top range*

LAYER 2

Repeat Block 1 with the other leg forward. Quickly set everyone up again; then, once the class is moving well, start using Layer 2 cues that help improve their Technique to feel the isolation.

- *Let's switch legs*
- *That's the way we like it*
- *Keep your elbow high*
- *Squeeze the back of the arm to isolate*
- *Do you feel that?*

2. DOUBLE- / SINGLE-ARM TRICEP PLATE EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

This is a big block of work – encourage participants to go heavier with weight. Set up the Tricep Plate Extensions 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.

- *Come down to the floor or bench*
- *Heavier plates if you want to*
- **Plates in line with your shoulders**
- *Single Overhead Extensions*
- **Plate stops in line with temples**
- **Elbow stacked over shoulder**
- **Keep elbows in**
- **Brace your core**
- *Up and hold*
- *4 pulses – front arm only*
- *Change to the back arm*
- *Anchor shoulders into the floor*
- *We are working Unilateral Training*
- *This helps us to improve structural balance*
- *Squeeze elbows in towards the mid line*
- *Feel the back of the arms lighting up*
- *Just the way we like it*
- *Little pause at the bottom*
- *Big squeeze to the top*
- *We want stability*
- *Isolation*
- *10 singles till the end*



05. I'M NOT COOL 4:56mins

TECHNIQUE AND COACHING

3. STANDING OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

One more set; Standing Overhead Tricep Extensions to bring this track to the finish line! As participants become 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?

- *Stand up quickly*
- *Put the plates together*
- *SET Position*
- **Plate to base of neck**
- *Full extension to the top*
- *Shoulders back and down*
- **Let's engage our core**
- **Chest lifted**
- *Strong arms are the coolest*

PUMP FACT

Pushing into a forward head posture is a common fault when doing overhead work. This can be due to a weakness of the neck stabilisers and shortening of muscles in the shoulder girdle. Focusing on keeping the chin tucked and reducing weight can help rectify this.



06. BICEPS

WEIGHT SELECTION

Regulars: Barbell with Warm-up weight or slightly more

New: Barbell with Warm-up weight

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.

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1			Set up SET Position		
	0:05	Intro /	4x8	4/4 BICEP CURL	1x
	0:23	V1 / _ Woo	10x8	MID RANGE TRIPLE PULSE BICEP CURL	10x
	1:02	V2 / _ I am not a	8x8	1/1/1/1 STAGGERED BICEP CURL	8x
2	1:35	_ Nuts	4x8	2/2 BICEP ROW SET Stance	2x
	1:50	Last verse	4x8	1/1 BICEP ROW	4x
	2:06	C / _ I am just	8x8	COMBINATION (16cts) 1/1/1/1 STAGGERED BICEP CURL (8cts) 1x MID RANGE TRIPLE PULSE BICEP CURL (8cts)	4x
3	2:38	_ Bout to make	4x8	2/2 BICEP ROW	2x
	2:54	C / _ I am just	4x8	1/1 BICEP ROW	4x
	3:10	Instr (Low)	8x8	MID RANGE SINGLE PULSE BICEP CURL	32x
	3:42	Br /	½x8	HOLD	
4	3:44	_ Bout to make	4x8	2/2 BICEP ROW	2x
	4:00	C / _ I am just	8x8	1/1 BICEP ROW	4x
	4:16	Outro (Low)	8x8	MID RANGE SINGLE PULSE BICEP CURL – hold last rep	32x
RECOVERY: Plates down, shake out arms, Bicep Stretches					



06. ICON 4:56mins

TECHNIQUE AND COACHING

1. BICEP CURL

LAYER 1

Use Layer 1 Position and Execution cues to get your participants moving with great Timing, range and control, hooking them into the feel and strength of the song.

- *SET Position*
- **Slow Bicep Curl**
- **When the beat drops – Triple Mid-Range Pulse**
- **Elbows under shoulders**
- **1 inch above and below belly**
- **Light pinch between the shoulder blade**
- **Chest lifted**
- **Abs braced**
- *Stagger belly, shoulder, belly, thighs*
- *Keep the elbow under shoulder to feel isolation training*

2. BICEP ROW / BICEP CURL

LAYER 1 / LAYER 2

We start with Bicep Rows, giving some relief before the big block ahead. Focus on the foundation of the SET Position and elbow placement. This keeps load in the targeted muscles and creates the strong platform in the posture to load effectively.

- *Bicep Row*
- **Bar to knees**
- **Bar to ribcage**
- *Push your hips back*
- **Brace your core**
- *We are going to put everything together, starting with Staggered and Mid-Range Pulses*
- *Bicep Curl*
- *Middle, top, middle*
- *Triple Pulse*
- *Keep the elbows in to isolate*
- *Lift the chest to hold the strong posture*
- *Nowhere to go – feel the burn*

3 & 4. BICEP ROW / BICEP CURL

LAYER 2 / LAYER 3

Blocks 3 and 4 are a repeat of each other – ouch! Muscular overload and tension is building, and your participants will need you to motivate them to the finish, especially on the iconic 32 pulses. How will you bring your class to the end?

- *Back to the Rows*
- *Have a go*
- *Make your body long and straight*
- *Feel the tension*
- *Lock your body*
- *Do you like the challenge?*
- *32 Pulses*
- *I love this training*
- *Stronger together*
- *One more round to go*
- *Maximize the range*
- *Last big set of Mid Range Pulses*
- *Feel the burn in the biceps*
- *Feels good*
- *High rep training with light weights helps us get stronger*

PUMP FACT

Remember - stabilising the mid to upper back creates a platform for us to strengthen our biceps. Cueing a lift in the chest and keeping a light squeeze between the shoulder blades is a great way to achieve this.



07. LUNGES

WEIGHT SELECTION

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

Option: Body weight

TRACK FOCUS

Focus on coaching alignment of the Stepping Lateral Plate Lunge pattern to help participants set great Technique from the start of the track. Bring focus to core control and stability for the Lunges and Squats combination.

MUSCLE FOCUS

Lunge: Glutes and quads

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up STEPPING LATERAL PLATE LUNGE Plate at collarbones	
	0:20	(B up)	4x8 2/2 STEPPING LATERAL PLATE LUNGE L	4x
	0:34	(Drop)	8x8 1/1 STEPPING LATERAL PLATE LUNGE L	16x
	1:03	Instr /	2x8 TRANSITION: Plate down, pick up bar	
2	1:13	(Beat)	2x8 4/4 LUNGE L	1x
	1:20	(Low)	4x8 2/2	4x
	1:34	(B up)	4x8 COMBINATION 1 (16cts) 1x 2/2 LUNGE L (8cts) 1x 2/2 SQUAT MID Stance (8cts)	2x
	1:50	(B up)	4x8 COMBINATION 2 (8cts) 1x 1/1 LUNGE L (4cts) 1x 1/1 SQUAT MID Stance (4cts)	4x
	2:05	(Drop)	8x8 COMBINATION 3 (8cts) 1x DOUBLE PULSE LUNGE L (4cts) 1x DOUBLE PULSE SQUAT MID Stance (4cts)	8x
	2:35	(Beat)	4x8 PULSE LUNGE L	16x
	2:50	(Low vocals)	44x8 Repeat BLOCK 1 on R side	
3	3:27	(Low)	29x8 Repeat BLOCK 2 on R side RECOVERY: Shake out legs, Quadricep Stretches	



07. MORENITA 5:45mins

TECHNIQUE AND COACHING

1. STEPPING LATERAL PLATE LUNGE / LUNGE / LUNGE & SQUAT COMBINATION

LAYER 1

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

STEPPING LATERAL PLATE LUNGE

- Grab a plate or not
- Feet outside hip-width
- Rack the plate at collarbones
- **Chest lifted, abs braced**
- Side Lunge
- **Toes turned out slightly**
- **Knee tracking in line with middle of foot**
- **Hinge forward at hips**
- **Every time you side lunge you want to step wide to keep knee tracking over toes**
- Feel the glutes and quads

LUNGE

- Plate down
- Pick up barbell
- **Long step back**
- **Back knee down**
- **Feet hip width apart**
- **Front knee out over toes**
- **The core has to be strong to keep hips square to front**
- That will give us control and load our legs
- **90/90 hips and knees**

LUNGE – SQUAT COMBINATION

- New combo
- Lunge for 2
- Mid Stance Squat
- Single time
- **Long step back on the Lunge**
- **90/90 range**
- **Feet outside hip-width for the Squat**
- **Brace your core for stability**
- Double Pulse now
- Focus on your lower body
- Muscles are firing
- If you need more challenge, stay lower

2. STEPPING LATERAL PLATE LUNGE / LUNGE / LUNGE & SQUAT COMBINATION

LAYER 2 / LAYER 3

Once everyone is moving well on the other leg coach to Layer 2 focuses, helping participants stay connected with 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 your class deepens and you involve them in the experience.

- All on the other leg
- Grab your plate
- Side Lunges
- Foot placement is crucial for alignment
- Alignment gives you range
- Range creates the work
- When you start to fatigue and chest drops, get rid of the plate
- Push through the outside edge of the foot
- Pick up the bar
- Square the hips to the front and brace
- Long step is key for success
- Lunge and Squat combo
- Challenge to stay low or drive out of the feet
- Final challenge – 16 Pulses

PUMP FACT

Having the feet hip width apart is key to good lunge technique. This allows us to keep our knees tracking in line with the middle of the feet. When we transition to the squat – the feet will need to be wider – outside hip width. This allows us to keep the spine neutral and the load in the muscles and out of the joints.



08. SHOULDERS

WEIGHT SELECTION

1x barbell with medium weight and
2x light weight plates

TRACK FOCUS

We train the shoulders with compound, isolation and body weight exercises. Starting with Pushups to pre-fatigue the shoulders. Clearly coach the Position and Execution set up of all the exercises for good Technique so participants can create precision and keep tension in the muscles for the entire track.

MUSCLE FOCUS

Barbell work: Deltoids and trapezius
Plate work: Deltoids, trapezius, muscles of the upper back
Pushups: Pectoralis, triceps, deltoids and core

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	4x8 Set up PUSHUP	
	0:17	(Beat)	4x8 2/2 PUSHUP	4x
	0:28	(Dramatic)	4x8 1/3 PUSHUP	4x
	0:40	(Snare beat)	4x8 2/2 PUSHUP	4x
	0:52	(Drop)	8x8 COMBINATION 1 (16cts) 2x 1/1 PUSHUP (8cts) 2x BOTTOM HALF PUSHUP (8cts)	4x
	1:16	(Drop + beat)	4x8 1/1 PUSHUP	8x
	1:29	(Low)	2x8 TRANSITION: Pick up 2 plates, stand to SET Stance	
	1:40	(Beat)	4x8 2/2 PLATE UPRIGHT ROW Use last 4cts to transition barbell to collarbones for SHOULDER PRESS	4x
2	1:51	(Heavy beat)	8x8 COMBINATION 2 (16cts) 2x 1/1 SHOULDER PRESS (8cts) 2x 1/1 PEC DEC (8cts)	4x
	2:16	(Low beat)	2x8 TRANSITION: Set up STANDING COBRA	
	2:19	(Low beat)	6x8 2/2 STANDING COBRA	6x
3	2:40	(Heavy beat)	8x8 TRIPLE SLOW PULSE STANDING COBRA	4x
	3:04	(Heavy beat)	4x8 TOP HALF COBRA	8x
	3:16	(Low beat)	4x8 TRANSITION: Set up PLATE UPRIGHT ROW	
	3:28	(Low beat)	4x8 2/2 PLATE UPRIGHT ROW SET Stance	4x
	3:39	(Heavy beat)	8x8 COMBINATION 2	4x
	4:03	(Low beat)	4x8 TRANSITION: Plates down, pick up barbell	
	4:15	(Low beat)	4x8 2/2 UPRIGHT ROW Use last 4cts to transition barbell to collarbones for SHOULDER PRESS	4x
	4:27	(Heavy beat)	8x8 COMBINATION 3 (16cts) 2x 1/1 SHOULDER PRESS (8cts) 1x 1/1/2 SHOULDER PRESS (8cts)	4x
	4:51	(Heavy beat)	4x8 1/1 PUSH PRESS Hold the last one at the top	9x
			RECOVERY: Bar down, shake out arms, Deltoid Stretches	



08. HIGHER GROUND 5:35mins

TECHNIQUE AND COACHING

1. PUSHUPS

LAYER 1

Coach your class into the Position set up for Pushups. Use NETT to coach Targets and Timing so participants are moving well with Execution, and they can follow the timing successfully. Clearly coach timing of the combination for the Pushups as well as options early for success.

- **Hands wide**
- *On knees or toes*
- **Chest to elbow level for range**
- **Core stays engaged**
- **Back long and strong**
- *Great form will amplify your results*
- *Any time you need to, bring your knees closer*
- *Combination to practice*
- *Drive your hands into the floor*
- *Use your triceps and shoulders to propel yourself upwards*
- *Challenge makes change*

2. PLATE UPRIGHT ROW / SHOULDER PRESS & PEC DEC COMBINATION

LAYER 1

Focus on Timing, Targets and range for the plate work so your class is moving with great Position and Execution to set up the isolation work.

PLATE UPRIGHT ROW

- *SET Position with plates*
- *Upright Row*
- **Elbows lead**
- **Target lower chest**
- *Focus on accuracy*

SHOULDER PRESS & PEC DEC COMBINATION

- *2 Shoulder Presses and 2 Pec Decs*
- **Elbows up under the shoulder line to start**
- *Up down, up down, open, close open close*
- **Open elbows to shoulder level on the Pec Dec**
- **Squeeze shoulder blades together**
- *Find alignment for precision*
- **Keep the elbows high**
- *We are working with light weights and big rep effect*

3. STANDING COBRA

LAYER 1 / LAYER 2

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.

- *Turn the plates forward*
- **Squeeze shoulder blades together**
- **Tip forward from the hips**
- **Arms lift to 45-degree angle**
- *Small Pulse*
- **Keep the chest lifted and shoulder blades squeezed**
- **Abs on tight**
- *You can feel fatigue incoming quickly*

PLATE UPRIGHT ROW / SHOULDER PRESS & PEC DEC COMBINATION

LAYER 2 / LAYER 3

We go back to the Upright Row, Shoulder Press and Pec Dec combination. Encourage your participants to use a heavier weight. Quickly remind them of alignment, then Educate and Motivate them to the end of the block.

- *Go heavier for this block*
- *Upright Row*
- *Keep the plates close*
- *We all know the combo*
- *2 single Presses and 2 Pec Decs*
- *Bring your mindset back to alignment*
- *Stay strong in the body*



08. HIGHER GROUND 5:35mins

TECHNIQUE AND COACHING

4. BARBELL UPRIGHT ROW / SHOULDER PRESS / PUSH PRESS

LAYER 1 / LAYER 2 / LAYER 3

The final block we use the barbell compound work to finish the track. focus on mastering execution, allowing participants to explore the moves especially as fatigue kicks in now. Encourage participants to finish the block strong! What will you say and do to bring them to the finish line?

BARBELL UPRIGHT ROW

- *Pick up the barbell*
- **SET Position**
- *Compound strength movement*
- **Bar close to the body**
- **Elbows above the bar**
- *Pull it, clean for combo*
- *2 singles, up and hold*
- *Easy on the way down*
- *We pre-fatigued the shoulders, then we isolated the shoulders; now we finish with compound strength*
- *Push Press to max out*
- **Brace core**
- **Catch bar on collarbones**
- **Drive out of legs**

PUMP FACT

Compound bar work is a great way to finish the workout. This integrates all the major muscle groups and spikes the heart rate with one last kick of intensity.



09. CORE

TRACK FOCUS

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

MUSCLE FOCUS

- Crunch Reach:** Rectus abdominals
- Hip Bridge:** Posterior chain
- Cross Crawl:** Rectus abdominis, obliques
- Pike Combination:** Rectus & lower abdominals, obliques

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 QC / _ I say	2½x8	Set up CRUNCH REACH	
	0:14 Get a funk	2x8	2/2 CRUNCH REACH	2x
	0:22 C / I say rock	4x8	1/1	8x
	0:38 Instr (Horns)	4x8	TRIPLE PULSE CRUNCH REACH	4x
2	0:53 QC / I say rock	8x8	2/2 ALT SINGLE-LEG HIP BRIDGE L, R	4x
	1:25 (Low rhythm)	4x8	TRIPLE PULSE ALT SINGLE-LEG HIP BRIDGE L, R	2x
	1:41 QC / I say rock	2x8	TRANSITION: Set Up - PIKE COMBINATION L	
3	1:48 Get a funk	4x8	2/2 PIKE COMBINATION / DEAD BUG L	4x
	2:04 Instr / (Horns)	8x8	1/1	16x
4	2:36 C / I say rock	8x8	2/2 ALT SINGLE-LEG HIP BRIDGE	4x
	3:07 (Low rhythm)	4x8	TRIPLE PULSE ALT SINGLE-LEG HIP BRIDGE	2x
	3:23 QC / I say rock	2x8	TRANSITION: Set up PIKE COMBINATION R	
5	3:31 Get a funk	4x8	2/2 PIKE COMBINATION R	4x
	3:46 Instr / (Horns)	8x8	1/1	16x
	4:18 C / I say rock	8x8	1/1 CROSS CRAWL L, R	16x



09. GHETTO ROCK 4:56mins

TECHNIQUE AND COACHING

1. CRUNCH REACH

LAYER 1

Coach Layer 1 Position & Execution of the Crunch to get the class moving.

- *Fingertips to temples*
- *Crunch and reach towards knees*
- **Slide ribs to hips**
- **Chin stays tucked in**
- *Triple Pulse*
- *Stay in top range*

2. ALTERNATING SINGLE LEG HIP BRIDGE

LAYER 1

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

HIP BRIDGE

- *Alternating 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 tiny Pulses in the top range*

3. PIKE COMBINATION

New exercise: be super clear with the Execution of this move including body-part and direction cues so the class can follow easily.

LAYER 1

- *Knees over hips*
- *Back hand to front knee*
- *Extend front arm over head*
- *Back leg extends long*
- *Pike up and crunch*
- **Ribs to hips as you crunch**
- **Chin tucked in**
- *Leg stops at 45 degrees*
- *As you pike up, lift the shoulder off the floor*
- *Reach towards the ceiling*
- *Push your hand into the knee to keep the tension on the core*

4. & 5. ALTERNATING SINGLE-LEG HIP BRIDGE / PIKE COMBINATION / CROSS CRAWL

LAYER 1 / LAYER 2 / LAYER 3

We repeat the Hip Bridges and Pike Combination on the other side with a set of Cross Crawls to finish off our core training. Challenge your participants to stay in the workout right to the end as we strengthen the core through educating on the core benefits.

- *Alternating Hip Bridge again*
- *So many amazing benefits for this training*
- *We are hitting the whole posterior chain*
- *Set up the Pike with the other hand*
- *This works coordination – mind training*
- *It will challenge you but it's the last move*
- *Push the hand to knee to fire the abs*
- *Finish with Cross Crawl*
- **Rotate from center of the chest**
- *Bent legs or lengthen out*
- *Rock to the rhythm and don't stop*
- *Cross Crawl*
- **Rotate from the center of the chest**
- **Elbows wide**
- **Brace to stabilize**
- **Shoulder to opposite hip**



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 /	2x8 Set up for Cooldown, lying on the floor	1x
	0:15	V1 / _ Kind of hate	4x8 LYING LOWER BACK STRETCH L	2x
	0:34	I got a	2x8 LYING HIP OPENER STRETCH L	1x
	0:44	PC / Through	4x8 LYING FIGURE FOUR GLUTE STRETCH L	1x
	1:05	Ref / _ Ohhhhh	4x8 LYING HAMSTRING STRETCH L	1x
	1:25	V2 / _ Got my head	4x8 LYING LOWER BACK STRETCH R	1x
	1:44	I've	2x8 LYING HIP OPENER STRETCH R	1x
	1:54	PC / Through	4x8 LYING FIGURE FOUR GLUTE STRETCH R	1x
	2:15	Ref / _ Ohhhhh	4x8 LYING HAMSTRING STRETCH R	1x
2	2:35	QC / Through this	2x8 TRANSITION: to standing	2x
	2:44	C / Through this	2x8 FRONT DELTOID / CHEST STRETCH Clasp hands behind back	2x
	2:55	Through this	2x8 NECK STRETCH R	1x
	3:04	Through this	2x8 NECK STRETCH L	1x



10. HEADLOCK 3:22mins

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

2x medium to heavy weight plates

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.

MUSCLE FOCUS

Tricep Extension: Triceps

Bicep Curl: Biceps

Tricep Dips: Triceps and deltoids

Please note: This song contains explicit content. The Alternative song can be used in its place. Please use *Feels Good* with the same choreography.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up SET Position	1x
	0:13	Instr / (Beat)	2x8 4/4 PLATE CURL SET Stance	1x
	0:21	(B up)	5x8 2/2	5x
	0:41	V1 / _ Hot box	1x8 COMBINATION 1 (16cts) 1x 2/2 PLATE CURL (8cts) 1x MID RANGE HOLD (8cts) Up 2cts, hold 6cts, down 2cts	5½x
	1:24	(B up)	1x8 TRANSITION: Change to a single plate for STANDING O/H TRICEP EXTENSION	
2	1:28	(Drop)	8x8 COMBINATION 2 (16cts) 1x STANDING TRIPLE PULSE O/H TRICEP EXTENSION (8cts) 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts)	4x
	2:00	V2 / _ Quick	2x8 TRANSITION: Set up PLATE CURL	
	2:08	_ There will	10x8 COMBINATION 1 (16cts)	5x
	2:48	(Horn)	2x8 TRANSITION: Lower to bench, ready for a TRICEP DIP	
3	2:56	(Drop)	12x8 COMBINATION 3 (16cts) 1x TRIPLE PULSE TRICEP DIP (8cts) 2x 1/1 TRICEP DIP (8cts)	6x
	3:44	(B up)	4x8 1/1 TRICEP DIP	8x
	4:01	Br /	2½x8 TRANSITION: Set up PLATE CURL	
4	4:10	V3 / _ there will	12x8 COMBINATION 1 (16cts)	6x
	4:58	(Drop)	8x8 1/1	16x
	5:31	(Low beat)	2x8 TRANSITION: Change to a single plate for STANDING O/H TRICEP EXTENSION	
	5:38		2x8 1/1 STANDING O/H TRICEP EXTENSION	4x
	5:46	(Driving beat)	8x8 PULSE STANDING O/H TRICEP EXTENSION Option: stay with 1/1 RECOVERY: Shake out arms, stretch triceps and biceps	16x



ALT
45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHT SELECTION

2x medium to heavy weight plates

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.

MUSCLE FOCUS

Tricep Extension: Triceps

Bicep Curl: Biceps

Tricep Dips: Triceps and deltoids

Please note: The original track contains explicit content. Please use this track *Feels Good* in place of *Little Things (Will Sparks Extended Mix)* with the same choreography.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up SET Position	1x
	0:13	Instr / (Beat)	2x8 4/4 PLATE CURL SET Stance	1x
	0:21	B / It feels good	5x8 2/2	5x
	0:41	V1 / _ Hot box	1x8 COMBINATION 1 (16cts) 1x 2/2 PLATE CURL (8cts) 1x MID RANGE HOLD (8cts) Up 2cts, hold 6cts, down 2cts	5½x
	1:24	(B up) / Oh it feels good	1x8 TRANSITION: Change to a single plate for STANDING O/H TRICEP EXTENSION	
2	1:28	(Drop)	8x8 COMBINATION 2 (16cts) 1x STANDING TRIPLE PULSE O/H TRICEP EXTENSION (8cts) 2x 1/1 STANDING O/H TRICEP EXTENSION (8cts)	4x
	2:00	V2 / Instr	2x8 TRANSITION: Set up PLATE CURL	
	2:08	(Synth)	10x8 COMBINATION 1 (16cts)	5x
	2:48	(B up) / Oh it feels good	2x8 TRANSITION: Lower to bench, ready for a TRICEP DIP	
3	2:56	(Drop)	12x8 COMBINATION 3 (16cts) 1x TRIPLE PULSE TRICEP DIP (8cts) 2x 1/1 TRICEP DIP (8cts)	6x
	3:44	(B up)	4x8 1/1 TRICEP DIP	8x
	4:01	(Fades)	2½x8 TRANSITION: Set up PLATE CURL	
4	4:10	(Synth)	12x8 COMBINATION 1 (16cts)	6x
	4:58	(Drop)	8x8 1/1	16x
	5:31	_ Oh it feels good	2x8 TRANSITION: Change to a single plate for STANDING O/H TRICEP EXTENSION	
	5:38	(Beat)	2x8 1/1 STANDING O/H TRICEP EXTENSION	4x
	5:46	_ Oh it feels good	8x8 PULSE STANDING O/H TRICEP EXTENSION Option: stay with 1/1 RECOVERY: Shake out arms, stretch triceps and biceps	16x



45-MIN FORMAT

05. LITTLE THINGS (WILL SPARKS EXTENDED MIX)

6:12mins

TECHNIQUE AND COACHING

1. & 2. BICEP PLATE CURL / TRICEP EXTENSION

LAYER 1

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

BICEP PLATE CURL

- *Strong SET Position*
- *Slow Curl*
- **Shoulders and thighs are our targets**
- **Lock the elbows in**
- **Chest lifted**
- **Abs braced**
- *Mind, muscle, music connection is back*

TRICEP EXTENSION

- *Stack plates or drop one*
- *Overhead Extension*
- *Triple Pulse and 2 singles*
- **Plate to base of neck**
- **Full extension to the top**
- **Brace core, lift chest**
- **Elbows stay in close to body**
- *Arms are feeling good*

3. BICEP PLATE CURL / TRICEP DIPS

LAYER 1 / LAYER 2

In this block we go back to the Bicep Plate Curls before hitting Tricep Dips. Coach Layer 1 Position and Execution set-up to get everyone moving. 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.

BICEP PLATE CURL

- *Back into the Bicep Curl combination*
- *Let's feel the intensity*
- *Let's feel the pressure the isometric holds gives us*
- *Tension training*
- *Settle into the rhythm*
- **Check posture, bend knees, brace abs**
- *Squeeze the shoulder blades together and set the scapula*
- **Elbows directly under shoulders**

TRICEP DIPS

- **Hands are shoulder-width apart**
- **Slide your butt off bench**
- **Lift your chest**
- **Abs braced**
- *If your chest starts to drop, sit your butt on the bench and work from there – still bending the arms*
- *Keep the elbows in*
- *Push out of the heel of your hand*
- *This will keep you in the workout and the great feeling we are looking for*
- *Make the reps count*



45-MIN FORMAT

05. LITTLE THINGS (WILL SPARKS EXTENDED MIX)

6:12mins

TECHNIQUE AND COACHING

4. BICEP CURL / STANDING OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

Final Block of work – we go back to the biceps and finish the block with Standing Overhead Tricep Extensions to finish off the triceps. 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 plates*
- *Reset the posture now*
- *Squeeze shoulder blades together for posture reset*
- *Brace the core to lock your body*
- *I love this training*
- *More challenge*
- *Singles coming*
- *Full range*
- *Feel the tension*
- *Elbows tucked with a high chest to keep the burn*
- *Stack plates or place one plate down on floor*
- *Extensions to finish*
- *Bottom range is where we focus*

Pump Fact

Super setting between our tricep and bicep exercises helps keep the intensity high. The shorter blocks may allow participants to experiment with heavier weights helping breakthrough training plateaus.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

2x light weight plates

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body. We optimize functional strength, building fatigue super fast. Clear set-up of each exercise 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
	0:05	Intro /	2x8 Set up SET Position	1x
	0:11	Instr / (B up)	4x8 4/4 SIDE ROTATOR RAISE	1x
	0:24	(B up + beat)	4x8 2/2	2x
1	0:36		12x8 1/1/1/1 BACKWARD-STEPPING LUNGE L with 1/1 SIDE ROTATOR RAISE	12x
	1:15	(Fast beat)	8x8 TRIPLE PULSE LUNGE L with SIDE RAISE HOLD	8x
	1:41	(Low)	4x8 TRANSITION to floor, ready for MOUNTAIN CLIMBER	
2	1:53	(B up)	4x8 SLOW ALT MOUNTAIN CLIMBER L, R	4x
	2:06	(Beat)	4x8 FAST ALT MOUNTAIN CLIMBER L, R	16x
	2:20		REPEAT BLOCKS 1 AND 2 on R side	
			RECOVERY: Shake out legs, Quadricep Stretch	



45-MIN FORMAT

07. WAWA 4:47mins

TECHNIQUE AND COACHING

1. SIDE ROTATOR RAISE / BACKWARD-STEPPING LUNGE W/ ROTATOR RAISE

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up on the Rotator Raise building into the Lunge combination. Focus on Timing, range and precision of movement.

SIDE ROTATOR RAISE

- *Slow Rotator Raise*
- *Lift, open, lower and set*
- **Elbows forward** of the shoulder slightly as you lift and open
- **Elbows stop just under the shoulder line**
- **Squeeze shoulder blades together**
- *Dig your shoulder blades down into the back ribs*
- *Lead with elbows on the Side Raise*
- **Brace abs**

BACKWARD STEPPING LUNGE W/ ROTATOR RAISE

- *Left leg back with Rotator Raise*
- *Step, drop, lift and step in*
- **Long step back**
- **Back knee down, front knee out over toes 90-degrees on the Lunge**
- **Chest lifted**
- **Abs braced to square hips to the front**
- *Triple Pulse with Static Side Raise*
- **Elbows lead**

2. MOUNTAIN CLIMBERS

LAYER 1

We hit the floor for some core loading to enhance our functional training. Coach Layer 1 Position and Execution set-up focusing on Timing and range. Only say what is needed to give clarity in your coaching.

- **Come down to the floor, hands shoulder-width apart**
- *Mountain Climbers*
- *Starting slowly*
- **Knees close to floor**
- **Brace abs to keep hips and shoulders square**
- *You can stay slow or speed it up*
- *24 on the beat*
- *Chase the beat*
- *Back long and straight*

3. ROTATOR RAISE / LUNGE / MOUNTAIN CLIMBER

LAYER 2 / LAYER 3

Once your participants are moving well on the other side, give them a Layer 2 focus and then allow them to explore it in their bodies. You want them to stay with the mind-body connection of work to focus on working into the load and intensity. The music is a super cool song and will set the scene and build – so use it! Motivation is the key!

- *We are back to the slow Rotator Raise*
- *Let's do all this on the other side*
- *Grab the plates*
- *Find the alignment again*
- *Elbows lead*
- *Right leg back first*
- *Lunge drop and rotate*
- *Focus on loading the front leg*
- *Stay low as you step in*
- *Maximize the training*
- *Mission of muscles*
- *Why does something so bad feel so good?*
- *Final set – Climbers*
- *Burning sensation to the max*
- *Savage and beast mode till the end!*

Pump Fact

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



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.