

BODYPUMP 127

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

CHEST PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

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

A-PRESS

Position Set-up

- Set position on the bench
- Feet hip width apart
- **Plates face each**
- **Shoulder-width apart**
- **Abdominals braced**
- **Lower back close to the bench**

Execution Set-up

- A-Press – you are forming a capital 'A' shape
- **Elbows go wide at the base**
- **Plates finish shoulder width at the top of the press**
- **Keep your elbows just above the bench at the bottom**
- **Brace abs** to anchor the body

Layer 2

- The stillness we create minimalizes any energy leaks
- We're maximising pushing power today

WIDE DEADLIFT

Position Set-up

- **Hands wide**
- **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**
- **Bar to knees**
- **Chin tucked in – eyes forward, 6½ feet (2 meters) in front**

Layer 2

- Tension between shoulder blades all the way through
- Squeeze your hamstrings and glutes on the way up
- Heels grounded



GLOSSARY

POWER PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive out of the legs integrated upper and lower body

PLATE CLEAN & PRESS

Position Set-up

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

Execution Set-up

- Start with more knee bend to use legs to initiate the movement
- Keep elbows wide through the Upright Row phase
- **Plates stop at lower chest**
- **Drop under the plates, sitting hips back**
- Clean the plates, catch at shoulder level
- Press plates to the top
- **Use legs to drive plates up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**

Layer 2

- We use plates to challenge the imbalances of the body
- Feel how much shoulder stability is required to punch the plates upwards

PLATE SQUAT PRESS

Position Set-up

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

Execution Set-up

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

TRICEP BARBELL 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 KICKBACK

Position Set-up

- **Hinge forward from hips, 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



GLOSSARY

TRICEP KICKBACK ROW

Position Set up

- Hinge forward from hips, chest up, shoulders square
- Elbow high and close to the body
- Knees under hips, hand in line with shoulder

Execution Set up

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

Layer 2

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

TRICEP PUSHUP

Position Set-up

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

Execution Set-up

- Lower chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor away

ROTATING SIDE PLANK

Position Set-up

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

Layer 2

- Body moves as a block
 - Hips down
 - Press down through bottom hand
- Option:** Rear leg down on the floor

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

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



GLOSSARY

BICEP ROW

Position Set-up

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

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**

BICEP PLATE ROW

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

- **Tip forward from the hips**
- **Plate to kneecaps**
- **Pull the plate to ribcage, just under chest, rotate plates as you row**
- **Elbows pull high to the back**

Layer 2

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

LUNGE

Position Set-up

- **Feet hip-width**
- **Hips and shoulders even and square to the front**
- **Belly in, abs braced and chest up**

Execution Set-up

- **Take a long stride back**
- **Bend knees – back knee moves towards the floor**
- **Knees in line with toes**
- **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**

BARBELL UPRIGHT ROW

Position Set-up

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

Execution Set-up

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

Layer 2

- **Lead with the elbows**
- **Squeeze between the shoulder blades**

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



GLOSSARY

SHOULDER PRESS

Position Set-up

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

Execution Set-up

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

Layer 2

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

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

Y RAISE

Position Set-up

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

Execution Set-up

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

Layer 2

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

T RAISE (REAR DELTOID 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



GLOSSARY

A-RAISE (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**
- **Keep the chest lifted and squeeze shoulder blades**
- **Abdominals on tight**

WIDE DEADROW

Position Set-up

- **SET Position**
- **Hands wide**
- **Abs braced, chest up**
- **Light pinch between the shoulder blades**
- **Chin tucked in**
- **Shoulders away from ears**

Execution Set-up

- **From knees to lower ribs**
- **Elbows wide and high**
- **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**

CROSS CRAWL

Position Set-up

- **Knees above hips**
- **Abs braced**

Execution Set-up

- **Toe tap and twist upper body**
- **Opposite shoulder to knee**
- **Extend opposite leg**
- **Twist from the center of chest**

Layer 2

- **Twist further across by lifting shoulder up and over**

C-CRUNCH WITH PIKE EXTENSION

Position Set-up

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

Execution Set-up

- **Crunch up, knees over hips, shins parallel**
- **Ribs to hips**
- **Extend legs and arms to ceiling into pike**
- **Extend legs to 45, arms overhead**
- **Lower back close to the floor**
- **Abdominals braced**

PLYO PUSHUP

Position Set-up

- **Corkscrew hands to the floor**
- **Knees or toes**
- **Abs braced**
- **Elbows tuck in**

Execution Set-up

- **Hands walk down and pop up**
- **Bend arms to push off the floor**
- **Chest to elbow level**
- **Brace core**

Layer 2

- **Can you stabilize by pushing through the floor and take the rock out of the body**
- **More muscle fibres recruited to fitter faster**



GLOSSARY

STANDING OVERHEAD TRICEP EXTENSION

Position Set-up

- **SPLIT Stance**
- Shoulders down
- **Belly in, abs braced**
- **Chest lifted**
- Hold the plate over head, arms slightly forward, so you can just see your elbows

Execution Set-up

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

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down, to keep the work in the triceps

OFFSET COBRA WITH ARM CIRCLES

Position Set-up

- Split stance
- Back foot in line with the heel of front foot
- **SET position**
- Palms forward for cobra

Execution Set-up

- Hip hinge, cobra, circle forward and back
- Set position to stand
- **Squeezing shoulder blades**
- **Chest up**
- **Abs braced**

Layer 2

- Feel your shoulders and core lighting up

PLATE LUNGE WITH SIDE RAISE

Position Set-up

- Plate in hand
- **Feet hip-width apart**
- **Chest up**
- **Elbows at a 90-degree angle**

Execution Set-up

- **Long step back**
- **Bend rear knee towards floor**
- **Front thigh parallel**
- **Hips and shoulders square to the front**
- **Chest up, abs braced**
- **Elbows lift to side – just under shoulder level**
- **Elbow slightly forward**

Layer 2

- Maintain full range in the Lunge – integrated training

PLATE LUNGE WITH FRONT PRESS

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**
- **Plates stop at chest line**
- **Elbows up**
- **Chest up**
- **Abs braced to square hips to the front**

Layer 2

- Feel the integration of upper body and lower body working together



GLOSSARY

BACKWARD-STEPPING LUNGE WITH ROTATOR RAISE

Position Set-up

- Plate in hand
- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle

Execution Set-up

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest up, Abs braced
- Elbow lift to side just under shoulder level
- Rotate shoulder to open arm

Layer 2

- Squeeze between shoulder blade as you pull back and open



MUSIC

01

Don't Forget My Love (BURNS Remix)
(5:37)
Diplo & Miguel
© 2022 Sweat It Out. Licensed courtesy of Sweat It Out.
Written by: Pimentel, Daalen, Helderma, Jaeger, Pentz

02

When I'm Gone (Curbi Remix) (5:41)
PEEKABOO feat. XAELO
© 2023 NIGHTMODE.
Written by: Cunningham, Lucas, Ramirez

03

GOKU (3:18)
Jaden
Courtesy of the Universal Music Group.
Written by: Scott, Rambert, Salaam, Smith

GOKU (2:05)
Jaden
Courtesy of the Universal Music Group.
Written by: Scott, Rambert, Salaam, Smith

04

Anywhere (4:42)
MRVLZ
© 2019 & MRVLZ.
Written by: Leathers

05

MIC Drop (6:03)
Mast Boldface
© 2018 Les Mills Music Licensing Ltd.
Written by: Bang, Kang, J-Hope, Rap, Shin

06

Mambo Salentino (2:40)
Boomdabash feat. Alessandra Amoroso
Courtesy of the Universal Music Group.
Written by: Pagliarulo, Abbate, Clemente, Rapetti, Merli

Mambo Salentino (2:35)
Boomdabash feat. Alessandra Amoroso
Courtesy of the Universal Music Group.
Written by: Pagliarulo, Abbate, Clemente, Rapetti, Merli

07

17 (Extended Mix) (3:06)
MK
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exclusive licence to Sony Music Entertainment UK Limited /
Ultra Records LLC.
Written by: Kinchen, Nash, Whelan, Di Scala

17 (Extended Mix) (3:03)
MK
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exclusive licence to Sony Music Entertainment UK Limited /
Ultra Records LLC.
Written by: Kinchen, Nash, Whelan, Di Scala

08

JSYK (3:45)
Pauline Herr
© 2023 Sable Valley Records.
Written by: Herr

JSYK (2:24)
Pauline Herr
© 2023 Sable Valley Records.
Written by: Herr

09

Guerrilla (2:43)
Remi Wolf
Courtesy of the Universal Music Group.
Written by: Wolf, Solomon

Guerrilla (1:52)
Remi Wolf
Courtesy of the Universal Music Group.
Written by: Wolf, Solomon

10

6 ft. (4:18)
Vindata
© 2021 Monstercat.
Written by: Poythress, Ratcliff, Phillips, Rohn

45-MIN FORMAT

05

RATATA (2:10)
Skrillex, Missy Elliott & Mr. Oizo
© 2023 OWSLA/Atlantic Recording Corporation.
Written by: McDaniels, Simmons, Simon, Elliott, Harry, Stein,
Moore, Dupieux

RATATA (2:04)
Skrillex, Missy Elliott & Mr. Oizo
© 2023 OWSLA/Atlantic Recording Corporation.
Written by: McDaniels, Simmons, Simon, Elliott, Harry, Stein,
Moore, Dupieux

RATATA (2:06)
Skrillex, Missy Elliott & Mr. Oizo
© 2023 OWSLA/Atlantic Recording Corporation.
Written by: McDaniels, Simmons, Simon, Elliott, Harry, Stein,
Moore, Dupieux

07

Angry Before (6:09)
Jay Vezz
© 2023 Lowly.
Written by: Hvass



MUSIC

ALT
05

MIC Drop (Instrumental) (6:03)

Mast Boldface

© 2023 Les Mills Music Licensing Ltd.

Written by: Bang, Kang, J-Hope, Rap, Shin

ALT
09

Too Easy (4:35)

oomiee

Courtesy of Epidemic Sound.

Written by: Unknown

RELEASE FEEDBACK

Tell us what you think of this release.

Visit <http://www.lesmills.com/release-feedback>



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.

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 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		

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 128 VERSION 1 RESUPPLY

V1 - Track 05 - Block 1: removed extensions from the first two moves

EXPRESS FORMATS

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.

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	25:58

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	42:34

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	42:45

CREDITS

Creative Lead – Glen Ostergaard

Creative Director – Diana Archer Mills

Creative Team – Ben Main, Kaylah-Blayr Fitzsimons-Nu’u, Khiran Huston and Vili Fifita

Program Coaches – Kylie Gates

Technical Consultants – Bryce Hastings and Rob Lee

Production Coordinator – Juliet Mora



BODYPUMP 127



Back row L–R: Bronté Terrell, Anthony Oxford, Maxime Vigeant, Levi Farrell

Middle row L–R: Charlotte Ranque, Ben Main, Honey Wu, Trae Tripoli, Glen Ostergaard, Hope Bowie, Lula Slaughter

Front row L–R: Amy Lu, Des Helu, Lauren Vibbert

Welcome to the LA release!

BODYPUMP 127 begins with a smooth, melodic, uplifting feel. It’s fresh. Plate Curls and Presses with Lunges and a long set of Backward-Stepping Lunges to engage the glutes and lift the heart rate – genius!

We’re off, heavy – driving Squats; the combination of Singles and Pulses for 60 seconds will test and train muscle endurance.

Looking for superheroes, *GOKU*, chest training with time under tension to build strength. An emotional lift in the Back track, with Cleans & Power Presses to drive the heart rate.

Ticep work, basic Tricep Barbell Presses and Extensions, Kickbacks and Pushups. Then, smooth and slow Bicep Curls and understated Mid-Range Pulses as we are dancing.

Cornerstone Lunge work, long engaged sets, huge muscular burn. Then smart Shoulder work with light plates to activate and stabilize the shoulders and heavy Barbell Presses for strength.

This class is a beautiful blend of music, exercise and intelligence. Thank you for joining us, the team, and the 2000 - strong pumpers who lifted our every movement.

Glen and the BODYPUMP 127 team

PRESENTERS

Amy Lu (New Zealand)
Anthony Oxford (United Kingdom)
Ben Main (New Zealand)
Bronté Terrell (United Kingdom)
Charlotte Ranque (France)
Des Helu (New Zealand)
Glen Ostergaard (New Zealand)

Honey Wu (China)
Hope Bowie (United States)
Lauren Vibbert (United States)
Levi Farrell (New Zealand)
Lula Slaughter (United States)
Maxime Vigeant (France)
Trae Tripoli (United States)



01. WARM-UP

WEIGHT SELECTION

Light barbell and 2x light weight plates

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 /	4x8 Set up SET Position: Heels under hips, roll shoulders back and down, chest lifted and brace core	1x
	0:20	V1 / Feeling of	4x8 4/4 DEADLIFT SET Stance	2x
	0:35	Rage into	4x8 4/4 UPRIGHT ROW	2x
	0:50	C / Forget my love	8x8 1/1/1/1 DEADROW	8x
	1:20	(Drop)	8x8 TRIPLE DEADROW	4x
2	1:49	V2 / Feeling of	4x8 2/2 DEADLIFT SET Stance	4x
	2:04	Rage into	4x8 3/1	4x
	2:19	(B up)	4x8 2/2 CLEAN & PRESS	2x
	2:34	C / Forget my love	4x8 1/1 Use last 4cts to transition to SQUAT MID Stance	4x
	2:49	(Drop)	4x8 1/1 SQUAT MID Stance Use last 2cts to transition to SQUAT WIDE Stance	8x
	3:04	Forget my love	4x8 1/1 SQUAT WIDE Stance Use last 2cts to transition to SQUAT WIDER Stance	8x
	3:19	Forget my love	4x8 1/1 SQUAT WIDER Stance	8x
	3:34	V2 / Feeling of	8x8 TRANSITION: Bar down, pick up plates – ready for PLATE CURL / PRESS 2/2 PLATE CURL / PRESS SET Stance	3x
3	4:03	(B up)	8x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R WITH 1/1 PLATE CURL / PRESS Plates to collarbones on last 2cts	4x
	4:33	(Drop)	8x8 1/1 BACKWARD-STEPPING LUNGE L Option: Add Knee Lift on last 8 reps TRANSITION: to other side on last 2cts	16x
	5:03	Forget my love	8x8 1/1 BACKWARD-STEPPING LUNGE R Option: Add Knee Lift on last 8 reps RECOVERY: Twist through torso. Shake out arms and legs	16x



01. DON'T FORGET MY LOVE (BURNS REMIX) 5:37mins

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, Upright Rows and Deadrows to warm the posterior chain and the shoulders.

- **Deadlift – hinge forward from the hips, slide the barbell to the top of the kneecaps**
- **Upright Row – barbell stops at lower chest, elbows wide**
- **Deadrow – SET Position, barbell to knees, belly, knees and SET**

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on continuing the Deadlifts then developing good lifting technique with Slow Clean & Presses building to singles. We finish the block with Mid-, Wide- and Wider-Stance Squats to fire up the quads and glutes. 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.

- **Deadlift – press the barbell into the thighs and turn elbows to the rear to engage the back muscles**
- **Clean & Press – pull and catch, bend knees, brace abs, chest lifted, barbell close to body**
- **Mid-stance Squat – hips go back and down, knees track forward over toes, hips to 90 degrees**
- **Wide-stance Squat – heel-toe-wider, hips go back and down, knees press out over toes, hips to 90 degrees**

BLOCK 3

LAYER 1 / LAYER 2 / LAYER 3

We finish the last block of work with 2x light plates for Plate Curl Presses and Lunges with a new focus on stability with Backward-Stepping Lunge with Knee Lift.

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 them to connect with their goals for the class – think of how you can communicate this to them.

- **Plate Curl / Press – SET Position, curl up and press over head, elbows forward, brace abs, chest lifted**
- **Alternating Backward-Stepping Lunge with Plate Curl / Press – long step back as you curl, back knee down, front thigh parallel to the floor as you press plates up, brace abs to keep shoulders and hips square to front, chest lifted**
- **Backward-Stepping Lunge – stack plates together, plates at collarbones, long step back, back knee down, front thigh parallel to the floor, tap or lift knee**

CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Try to connect with everyone in the room, not just your regular participants in the front row.



02. SQUATS

WEIGHT SELECTION

REGULARS: 2–4 times Warm-up weight on barbell
NEW: Double Warm-up weight on barbell

Option: 1x heavy weight plate

MUSCLE FOCUS

MID Stance: Quadriceps

WIDE Stance: Gluteus maximus, quadriceps

WIDER Stance: Gluteus maximus, side glutes, posterior chain

TRACK FOCUS

Coach your class through the Mid-, Wide- and Wider-Stance Squats; 3 rounds to find the burn to challenge muscular endurance.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / Nightmares	2x8	Set up SQUAT MID Stance
	0:13	Roof off	2x8	4/4 SQUAT MID Stance
	0:20	Can't be	4x8	2/2
	0:35	When I'm gone	4x8	3/1
	0:50	(B up)	2x8	4/4
	0:57	Instr / (Drop)	8x8	1/1
				16x
2	1:27	_ What you	2x8	TRANSITION: Set up SQUAT WIDE Stance
	1:34	When I'm gone	2x8	4/4 SQUAT WIDE Stance
	1:42	Strangers	4x8	2/2
	1:56	Can't be	4x8	3/1
	2:11	Rep / _ With the	4x8	4/4
	2:26	Instr / (Drop)	8x8	COMBINATION 1 (16cts) 2x 1/1 SQUAT (8cts) 3x BOTTOM HALF PULSE SQUAT (8cts)
	2:56		8x8	COMBINATION 2 (32cts) 4x 1/1 SQUAT (16cts) 7x BOTTOM HALF PULSE SQUAT (16cts)
3	3:25	_ What you	32x8	Repeat BLOCK 2 in WIDER Stance
	5:23	Outro /	4x8	1/1 SQUAT
				RECOVERY: Shake out legs, Quadricep Stretch



02. WHEN I'M GONE (CURBI REMIX) 5:41mins

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 Timing, Target zones and leg alignment along with precise pre-cues to help participants follow easily. We are also creating the mindset for muscular endurance in this track.

- **Feet outside hip-width, toes turned out slightly**
- **Mid-Stance**
- **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**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops above knee line** – that's your range
- *This is where we set the foundation of a massive track today*
- *Shall we do what we came here to do?*
- *Singles – how did you like that?*
- *90 degrees to grab the burn early in the workout to create the muscular endurance*

2. WIDE-STANCE SQUAT

LAYER 1 / LAYER 2

We move our focus from the quads to the glutes with the Wide Squat. You have a good number 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 onto the tension. Layer 2 cues are designed to help participants achieve more from the workout; Improving Execution, Manipulating the Intensity and Educating them on how it should feel will help your movers.

- **Feet outside hip-width, heel-toe wider for Wide-Stance Squat, toes turned out slightly**
- **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**
- *Screw the feet into the floor*
- **Push your knees out to load the glutes and set up good alignment**
- **Butt stops just above knee line** – that's your range
- *Commit to your range to maximize the intensity*
- *I think we need to add something else to dial up the intensity even more*
- *Combo – singles and pulses*
- *Sit into the bottom range – stay low*
- *4 Singles, 7 Pulses to level up*
- *Stay low to build more intensity and to enhance glute power*
- *Soak in the burn*



02. WHEN I'M GONE (CURBI REMIX) 5:41mins

TECHNIQUE AND COACHING

3. WIDER-STANCE SQUAT

LAYER 1 / LAYER 2

Quickly reset your class with the Wider-Stance Squat – heel-toe 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!

- **Reset Wider Stance – heel-toe wider**
- *Super slow to reset the posture*
- **Hips sit back**
- **90 degrees**
- **Chest stays lifted**
- **Keep tracking knees wide**
- *The Wider-Stance Squat brings tension into the side glutes, this will increase the burn and results for endurance*
- *Prepare for your longest set*
- *Drop and pulse*
- *Drive out with power*
- *I'm struggling and I'm here with you*
- *Deep in the burn zone now*
- *Hold onto this feeling*
- *We have pushed so far for 2 sets; how is this going to look for a strong finish?*
- *Not just to the line – across the line*

PUMP FACT

The Wider-Stance brings our side glutes into a shortened position. Strengthening them in this range increases their ability to control our lower limb alignment during weight bearing activities.



03. CHEST

WEIGHT SELECTION

Medium–heavy barbell, 2x medium–heavy weight plates, bench, risers

MUSCLE FOCUS

Chest Press and A-Press: Pectorals, triceps and deltoids

TRACK FOCUS

Coach great Timing and Targets for precise Execution of the Chest Press and A-Press. Focus on coaching how to create and build the tension for muscular endurance change.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up barbell for CHEST PRESS	
	0:12	_ Oh!	2x8 4/4 CHEST PRESS	1x
	0:19	V1 / _ Ayy	4x8 3/1	4x
	0:32	C / _ Ayy	4x8 1/1	8x
	0:46	_ Ayy	4x8 4/4	2x
	0:59	(Drop)	4x8 COMBINATION 1 (16cts) 3x PULSE CHEST PRESS (8cts) 2x 1/1 CHEST PRESS (8cts)	2x
2	1:13	V2 / Happy	2x8 TRANSITION: Bar down, pick up plates – ready for A-PRESS	2x
	1:20	Man , I’m	2x8 2/2 A-PRESS	4x
	1:27	Yams with my	4x8 1/1/2	4x
	1:41	Lazy and	4x8 2/2	4x
	1:54	Told me	4x8 4/4	2x
	2:08	C / Ayy	4x8 1/1	8x
	2:22	_ Ayy my credit	4x8 4/4	2x
	2:35	(Drop)	12x8 COMBINATION 2 (16cts) 3x PULSE A-PRESS (8cts) 2x 1/1 A-PRESS (8cts)	6x
3	3:17	V3 / Happy	2½x8 TRANSITION: Plates down, pick up bar – ready for CHEST PRESS	
	3:25	Man , I’m	2x8 2/2 CHEST PRESS	2x
	3:32	Yams with my	4x8 1/1/2	4x
	3:46	Lazy and	4x8 2/2	4x
	4:00	Told me	4x8 4/4	2x
	4:13	C / Ayy	4x8 1/1	8x
	4:27	_ Ayy my credit	4x8 4/4	2x
	4:41	(Drop)	12x8 COMBINATION 1 (16cts)	6x
			RECOVERY: Shake out arms; Chest Stretch	



03. GOKU 5:23mins

TECHNIQUE AND COACHING

1. CHEST PRESS

LAYER 1

Coach your class into the Position Set-up for Chest 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.

- **Hands wide on the bar**
- *Feet hip-width apart, close to bench*
- **Bar over shoulders**
- *Shoulders away from the ears*
- *Squeeze shoulder blades to open chest*
- **Target – middle of the chest**
- **Brace abs, lower back towards the bench**
- *Draw the ribs down to create a great lifting position under the bar*
- *Elbows directly under the wrists, then your hands are wide enough*
- **Elbows top of the bench for range**
- *Driving the barbell away*

2. A-PRESS

LAYER 1

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

- **Plates face each other**
- **Shoulder-width apart**
- *A-Press – you are forming a capital 'A' shape*
- **Elbows go wide at the base**
- **Keep your elbows just above the bench at the bottom**
- **Brace abs to anchor the body**
- *The body is locked into the center*
- *You are a pillar of strength*
- *Feel every inch of the muscular contraction and burn*
- *Can you feel how the anchoring enables us to control the Singles?*
- *Lats are locked into the bench*
- *The stillness we create minimalizes any energy leaks*
- *We're maximizing pushing power today*

3. CHEST PRESS

LAYER 2 / LAYER 3

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.

- *Quick reset on the bench*
- *We are increasing muscular endurance and intensity*
- *We have the tempo, control and we are nearly at the end*
- *Soak it in*
- *1 minute on the clock*
- *We can feel it – push it through; that's how we get stronger today*
- *It's how we finish every rep*
- *My arms are shaking – push the back into the bench to finish this*

PUMP FACT

The A-press allows us to execute the press moving through the transverse plane (elbows tracking out and in). This is a great way to access more muscle units in the pecs.



04. BACK

WEIGHT SELECTION

Regulars: Barbell with Chest weight or slightly more, 1x medium–heavy weight plate
New: Medium–heavy barbell, medium–heavy weight plate
Option: To add more weight to the barbell

MUSCLE FOCUS

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

TRACK FOCUS

The focus is on speed and power. We focus on building athletic power through solid coaching and modeling strong Execution for the Clean & Presses and Power Presses to create muscular endurance in the body.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up WIDE DEADLIFT SET Stance	
	0:11	V1 / _ Close your	8x8 4/4 WIDE DEADLIFT SET Stance	4x
	0:34	_ Never knew	8x8 3/1 TRANSITION: Hands to SET Position on last 8cts, ready for CLEAN & PRESS	7x
	0:57	(Drop)	8x8 1/1 CLEAN & PRESS Option: 1x Clean & Press, 1x 1/1/1/1 Deadrow	8x
	1:20	_ Take you	8x8 POWER PRESS Option: 1x Power Press, 1x Triple Deadrow	4x
2	1:44	Br / (Low)	2x8 TRANSITION: Bar down, pick up heavy plate – ready for PLATE SUMO DEADLIFT	
	1:50	V2 / Close your	4x8 4/4 PLATE SUMO DEADLIFT	2x
	2:01	_ Never knew	8x8 3/1 TRANSITION: Hands to SET Position on last 8cts, ready for PLATE CLEAN & PRESS	7x
	2:25	(Drop)	8x8 1/1 PLATE CLEAN & PRESS	8x
	2:48	_ Take you	8x8 1/1 PLATE SQUAT PRESS Option: Heel lift on the last 8 reps	16x
3	3:11	Br / (Low)	2x8 TRANSITION: Plate down, pick up bar – ready for WIDE DEADLIFT	
	3:17	V3 / Close your	4x8 4/4 WIDE DEADLIFT	2x
	3:28	_ Never knew	8x8 3/1 TRANSITION: Hands to SET Position on last 8cts, ready for CLEAN & PRESS	7x
	3:51	(Drop)	8x8 1/1 CLEAN & PRESS Option: 1x Clean & Press, 1x 1/1/1/1 Deadrow (x4)	8x
	4:15	_ Take you	8x8 POWER PRESS Option: 1x Power Press, 1x Triple Row RECOVERY: Upper and lower back stretches	4x

SMARTSTART

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



04. ANYWHERE 4:42mins

TECHNIQUE AND COACHING

1. WIDE DEADLIFT / CLEAN & PRESS / POWER PRESS

LAYER 1 / LAYER 2

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.

WIDE DEADLIFT

- *Take a wide grip on the barbell*
- **SET Position**
- *Elbows to the rear for shoulder blade engagement*
- **Hinge forward from the hips**
- **Abs braced and chest lifted**
- **Bar to top of knees**
- **Barbell close to the body** on the way down and up
- *Squeeze shoulder blades as you stand*

CLEAN & PRESS

- *Bring hands in to SET Position*
- *A combo is coming*
- *8 Clean & Press or 1 Clean & Press into 1 Deadrow*
- *Squat, Press, Squat, Set*
- **Catch barbell to collarbones**
- **Brace the core in the Squat and the Press**
- **Barbell stays close to the body**
- **At the top of the Press, elbows forward of the face**
- **Hips back to catch on the way up and down**

POWER PRESS

- *Power Press coming*
- *2 Presses above the head*
- *OPTION: Triple Row or go again*
- **Brace the abs as the bar goes over head**
- **Keep the chest lifted**
- *Drive out of the legs*

2. PLATE SUMO DEADLIFT / PLATE CLEAN & PRESS / PLATE SQUAT PRESS

LAYER 1 / LAYER 2

We use the plate in this block for Sumo Deadlifts, Clean & Presses and Squat Presses for a massive cardio kick – Intensity builds. Focus on Layer 2 coaching, then allow space for participants to explore their own Execution. Empower them by explaining the benefits of the movements – the WHY!

PLATE SUMO DEADLIFT

- **Take the feet outside shoulder-width**
- *Plate hangs low*
- **Hinge forward from the hips**
- **Knees are out and bent**
- **Plate to knee level**
- **Drive out of heels as you rise** to recruit glutes and hamstrings
- **Lift chest and brace abs**
- **Squeeze between the shoulder blades**
- *Feel the power coming into your legs*

PLATE CLEAN & PRESS

- *MID stance*
- *Clean & Press*
- **Brace the abs**
- **Chest lifted**
- *Use the upper back to control the plate*
- *Push from the base of the Squat*
- *We are going for endurance training*

PLATE SQUAT PRESS

- *Now, Squat Press only*
- *16 reps*
- **90 degrees – full range**
- *Drive up faster*
- **Keep the chest lifted**
- *If you want more – lift heels*



04. ANYWHERE 4:42mins

TECHNIQUE AND COACHING

3. DEADLIFT / CLEAN & PRESS / POWER PRESS

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 1 with the barbell. 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.

- *Plate down, bar up, wide grip*
- *Did you feel your heart rate go up team?*
- *We need strong posture to finish this track*
- *Press bar into thighs and feel the whole posterior chain*
- *We finish together*
- *Hands in Clean & Press*
- *Use the legs to train harder*
- *Cardio is up*
- *Stay in this feeling*
- *Speed and strength is power*
- *Athletic performance to take us there*

PUMP FACT

Keeping the elbows slightly forward at the top of the Press keeps load in the shoulder muscles and out of the joints.



05. TRICEPS

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

WEIGHT SELECTION

Regulars: Light barbell, 1x light–medium plate, bench, risers

New: 2x light weight plates

TRACK FOCUS

Compound and isolated exercises to target the triceps. Pre-cues are essential for participant success and enjoyment. Show your love of music and movement.

MUSCLE FOCUS

Tricep Barbell Press and Extensions: Triceps, deltoids

Tricep Kickback and Row: Triceps

Tricep Pushup: Triceps, anterior deltoid, pectorals

Rotating Side Plank: Rectus abdominis, obliques, shoulders, triceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro /	2x8	Set up TRICEP BARBELL PRESS	
	0:11	(Wind down)	6x8	2/2 TRICEP BARBELL PRESS	6x
	0:27	(Low)	2x8	4/4	1x
	0:33	V1 / _ Playing	4x8	2/2	4x
	0:44	_ Wack 'em	4x8	1/1/2	4x
	0:56	_ That's a boss	4x8	2/2	4x
	1:07	_ Asthma cough	4x8	1/1/2	4x
	1:19	Did you see	8x8	2/2 TRICEP BARBELL EXTENSION	8x
	1:41	C / Another trophy	8x8	COMBINATION 1 (16cts) 3x PULSE TRICEP PRESS (8cts) 1x 2/2 TRICEP O/H EXTENSION (8cts)	4x
2	2:04	V2 / Baby, watch	8x8	Use first 24cts to transition to the back of the bench with a light plate, ready for TRICEP KICKBACK L 2/2 TRICEP KICKBACK L	5x
	2:26	Did you see	8x8	2/2/2/2 KICKBACK ROW (16cts)	4x
	2:48	C / Another trophy	8x8	1/1/1/1 (8cts)	8x
3	3:11	V3 / _ Deo bol il eopseo	4x8	TRANSITION: Plate down, ready for TRICEP PUSHUP 2/2 TRICEP PUSHUP Options: Kneeling, on knees or toes	2x
	3:22	_ Deo bol il eopseo	8x8	COMBINATION 2 (16cts) 1x 2/2 TRICEP PUSHUP (8cts) 1x 2/2 ROTATING SIDE PLANK L (8cts)	4x
	3:45	_ Jal bwa neon	6x8	COMBINATION 3 (16cts) 1x 1/1 TRICEP PUSHUP (8cts) 1x 2/2 ROTATING SIDE PLANK L (8cts)	3x
4&5	4:02	V4 / _ Baby, watch	42½x8	Repeat BLOCKS 2 AND 3 on other side	
				RECOVERY: Shake out arms. Tricep Stretches	



05. MIC DROP 6:03mins

TECHNIQUE AND COACHING

1. TRICEP BARBELL PRESS / TRICEP BARBELL EXTENSION

LAYER 1

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

TRICEP BARBELL PRESS

- *Lie down, feet in close to bench*
- **Hands shoulder-width on the bar**
- **Abs braced**
- **Lower back towards the bench**
- *Shoulders back and down*
- *Tricep Press*
- **Barbell to bottom of ribs**
- **Elbows stop at top of bench**
- *Full extension to the top*
- **Keep elbows in close to body**
- *We are locked and feeling good*
- *Loading the back of the arms*

TRICEP BARBELL EXTENSION

- *New move: Overhead Tricep Extension*
- **Bar to forehead**
- *Elbows point towards ceiling*
- **Elbows stay above shoulders**
- **Squeeze elbows in to load the triceps**
- *Combination coming up*
- *Triple Pulse Press and 2/2 Extensions*
- *Hello triceps*
- *Super-setting training gets us strong*

2. KNEELING TRICEP KICKBACK / KICKBACK ROW

LAYER 1

New move: Coach Position and Execution set-up for the Tricep Kickback and Rows. Be clear on Timing and Target cues so the class can follow easily.

- *Lose the barbell*
- *Grab a light plate for Kickbacks*
- *Behind the bench*
- *One hand on the bench*
- **Chest lifted, abs braced**
- *We are kicking the plate back*
- **Kickback starts at the hip**
- **Extend the arm fully**
- **Elbow in to isolate**
- *Row down and kickback*
- *Let's execute with some attitude*
- *Can you feel the burn we create when we isolate at the top of the Extension?*

3. TRICEP PUSHUP / ROTATING SIDE PLANK

- *Drop the plate*
- *Tricep Pushup*
- **Hands shoulder-width apart**
- **Brace abs tightly**
- *1 Pushup, 1 Rotating Plank*
- **Chest to elbow level in the Pushup**
- **Square hips and shoulders to the floor in the Plank**
- *You can be on your knees for Pushup*
- *Keep the elbows in really tightly so the shoulders are back and down*



05. MIC DROP 6:03mins

TECHNIQUE AND COACHING

4. & 5. TRICEP PUSHUP / ROTATING SIDE PLANK

LAYER 1 / LAYER 2

Two more sets: we go back to the Kickbacks, Pushups and Rotating Planks to bring this track to the finish line! As participants get fatigued they will likely lose Timing and 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?

- *Grab your light plate for Kickbacks*
- *Other arm*
- *Reset the body, abs braced*
- *Let's isolate and tighten the arms*
- *Attitude to help the isolation*
- *Last set of Pushups*
- *Range – chest to elbow level*
- *Final push to fatigue*

PUMP FACT

Tricep Pushups are a closed chain exercise – meaning we move the body on the fixed hands. Closed chain exercises are a great way to fire up the stabilizers of the shoulders and scapulae.



06. BICEPS

WEIGHT SELECTION

Regulars: Barbell with Warm-up weight or slightly more, 2x medium weight plates

New: Barbell with Warm-up weight, 2x light weight plates

MUSCLE FOCUS

Bicep Curl and Bicep Row: Biceps

TRACK FOCUS

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

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up SET Position SHOULDER ROLL	1x
	0:14	V1 / _ Tre del	6x8	2/2 BICEP CURL SET Stance	6x
	0:43	Dimmi cosa	4x8	3/1	4x
	1:02	Instr / (Horns)	2x8	MID-RANGE PULSE	8x
2	1:12	V2 / _ Una stella	4x8	2/2 BICEP CURL SET Stance	4x
	1:31	Dimmi cosa	4x8	1/1/1/1 BICEP ROW	4x
	1:50	Instr / (Horns)	2x8	MID-RANGE PULSE	8x
	2:00	Ref / _ Non sarà	4x8	3/1 BICEP CURL SET Stance	4x
	2:19	Instr / (Horns)		MID-RANGE PULSE	16x
3	2:38	_ Baila	2¼x8	TRANSITION: Bar down, pick up plates ready – for PLATE CURL	
	2:49	V3 / _ Tre del	6x8	2/2 PLATE CURL SET Stance	6x
	3:18	Dimmi cosa	4x8	3/1	4x
	3:37	Instr / (Horns)	2x8	MID-RANGE PULSE PLATE CURL	8x
4	3:47	V4 / _ Una stella	4x8	2/2 PLATE CURL SET Stance	4x
	4:06	Dimmi cosa	4x8	1/1/1/1 BICEP PLATE ROW	4x
	4:25	Instr / (Horns)	2x8	MID-RANGE PULSE PLATE CURL	8x
5	4:35	Ref / _ Non sarà	4x8	3/1 BICEP CURL SET Stance	4x
	4:54	Outro / (Horns)	4x8	MID-RANGE PULSE PLATE CURL	16x
RECOVERY: Plates down, shake out arms, Bicep Stretches					



06. MAMBO SALENTINO 5:15mins

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*
- *Bicep Curl*
- **Elbows under shoulders**
- **1 inch above and below belly**
- **Chest high**
- **Abs braced**
- *Keep the elbow under shoulder to feel isolation training*

2. BICEP CURL / BICEP ROW

LAYER 1 / LAYER 2

When we focus on the foundation of the body position and position of the elbow, we keep load in the targeted muscles and this creates the strong platform in posture to load effectively. Enjoy bringing participants into the musical feel.

BICEP CURL

- *Smooth control*
- *Everything is locked in and grounded*
- *Keep the elbows in to isolate*
- *Pop up the chest to hold the strong posture*
- *We mambo and we Pulses*
- *This time, 16 Pulses*

BICEP ROW

- *Bicep Row*
- **Bar to knees**
- **Bar to ribcage**
- *Push your hips back*
- **Lock your core**

3. & 4. BICEP PLATE ROW / BICEP PLATE CURL

LAYER 1 / LAYER 2 / LAYER 3

We switch it up with the plates for Blocks 3&4 to change the training stimulus – repeating the combinations of Blocks 1&2.

- *Bars down, plates up*
- **SET Position – reset posture**
- *Now we shift to the weight plates*
- *Let's twist the plates fully to feel supination to activate full bicep load*
- *We are feeling the muscles PUMP*
- *The party pulses*
- *I love the 2/2 for constant pressure*
- *Concentric and eccentric loading*
- *We are so close to the end*
- *Let's breathe it all in*
- *All the feels*
- *I feel everyone behind me shaking their hips*

PUMP FACT

Biceps don't just flex the elbow. The long head of the bicep crosses the front of the shoulder and strengthens that part of the shoulder joint.



07. LUNGES

WEIGHT SELECTION

Light to medium barbell, 1x medium weight plate
Option: Body weight

MUSCLE FOCUS

Lunges, Squats: Glutes and quadriceps

TRACK FOCUS

Focus on coaching Alignment of the Lunge & Squat Combo to help participants set great Technique from the start of the track. Bring focus to core control and stability for the Backward-Stepping Lunges with Knee Lift.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / You ain't	2x8 Set up LUNGE L	
	0:12	_ Making a	6x8 COMBINATION 1 (16cts) 1x 2/2 LUNGE L (8cts) 1x 2/2 SQUAT MID Stance (8cts)	3x
	0:35	C / You ain't	8x8 COMBINATION 2 (16cts) 3x PULSE LUNGE L (8cts) 2x 1/1 SQUAT MID Stance (8cts)	4x
	1:05	In the air	4x8 2/2 LUNGE L	4x
	1:20	Instr / (Low)	4x8 TRANSITION: Bar down, pick up plate with L hand ready for TRIPLE PULSE BACKWARD-STEPPING LUNGE L	
	1:30	C / You ain't	4x8 TRIPLE PULSE BACKWARD-STEPPING LUNGE L	4x
	1:50	Gonna fight	4x8 TRIPLE PULSE BACKWARD-STEPPING LUNGE WITH KNEE LIFT L	4x
	2:05	Instr / (Piano)	4x8 1/1 BACKWARD-STEPPING LUNGE WITH KNEE LIFT L	8x
	2:20	Ref / _ Yeah yeah	4x8 4/4 BACKWARD-STEPPING LUNGE L	2x
	2:35	C / You ain't	8x8 1/1 BACKWARD-STEPPING LUNGE WITH KNEE LIFT L	16x
2	3:05	Br /	1/2x8 HOLD	
	3:07	QC / You ain't	48x8 Repeat BLOCK 1 on R side RECOVERY: Shake out legs, Quadricep Stretches.	



07. 17 (EXTENDED MIX) 6:09mins

TECHNIQUE AND COACHING

1. LUNGE & SQUAT COMBINATION / BACKWARD-STEPPING LUNGE WITH KNEE LIFT

LAYER 1 / LAYER 2

Use simple cues to coach Position and Execution of the Lunge & Squat Combination – bringing focus to Alignment. Coach early pre-cues so everyone is successful. When we move to the plate work for the Backward-Stepping Lunges, we start to challenge endurance and stability. Coach to options/levels so everyone is successful.

LUNGE AND SQUAT COMBINATION

- **Barbell on the meaty part of the upper back**
- **Long step back on the Lunge**
- **Square hips and shoulders to the front by bracing abs**
- *2/2 Lunge and Squat*
- **90/90 range on the Lunge and Squat**
- **Feet outside hips for the Squat**
- **Brace your core for stability**
- *Triple Pulse now*
- *Evenly distribute the weight into both legs*
- *Strong, stable and neutral every rep*

BACKWARD-STEPPING LUNGE WITH KNEE LIFT

- *Bar down, Plate down*
- **Long step back**
- *Triple Pulse Lunge and tap in*
- **Back knee down**
- **Front knee out over toes for alignment**
- *Add the power – Knee Lift*
- *Knee to hip level*
- **The core has to be strong to keep hips square to front**
- **90/90 always**
- *Alignment allows us to challenge the glutes and build muscular endurance*
- *Can we drive harder into the floor?*
- *Next level endurance*
- *Single Lunge with Knee Lift*
- *We can feel the legs take on another level – that's the endurance right there*

2. LUNGE & SQUAT COMBINATION / BACK STEPPING LUNGE WITH KNEE LIFT

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.

- *Barbells up, other leg*
- *Reset alignment*
- *Knees out over toes on the Squat*
- *Can you feel the burn from the start?*
- *If we can feel it – it's our muscles reacting to the training*
- *Pressure into the muscles*
- *Transition to plate*
- *Lock in, lift up, we're on*
- *We are locked in*
- *Let's open the intensity floodgates to pour open the range every rep*
- *The Knee Lift increases the intensity*
- *You know we are going together*
- *Moving with control and alignment*
- *Drive to the finish line*

PUMP FACT

When using a combination of Lunging and Squatting – coaching a change of foot width is key to good technique. The Squat-Stance sees the feet outside hip width, while the Lunges need the feet directly under the hips. Stepping back into a Lunge with the feet too wide can stress the inside of the knee joints.



08. SHOULDERS

WEIGHT SELECTION

1x Light-medium barbell, 2x light weight plates

TRACK FOCUS

We train with a focus on stabilizing the shoulders in the plate work to prepare the shoulders for the long pressing efforts with the barbell. Clearly coach the Position and Execution set-up of all the exercises for good Technique so participants can create precision and tension on 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 / Keeping you	4x8	Set up SET Position SET Stance SHOULDER ROLL	
	0:20	Every time	4x8	2/2 BARBELL UPRIGHT ROW SET Stance	4x
	0:33	Every time	4x8	1/3	4x
	0:46	Instr / (B up)	4x8	2/2 Use the last 4cts to transition to SHOULDER PRESS	4x
	0:58	(Drop)	4x8	1/1 SHOULDER PRESS	8x
	1:11	(Lower drop)	4x8	1/1 PUSH PRESS	8x
2	1:24	V2 / Keeping you	4x8	TRANSITION: Bar down, pick up light plates – ready for Y-RAISE	
	1:37	Every time	16x8	COMBINATON 1 (32cts) 1x 2/2 Y-RAISE (8cts) 1x 2/2 T-RAISE (8cts) 1x 2/2 A-RAISE (8cts) 1x 2/2 T-RAISE (8cts)	4x
	2:28	(B up)	2x8	TRANSITION: Plates down, pick up bar – ready for UPRIGHT ROW	
	2:34	(Windup)	2x8	2/2 UPRIGHT ROW Use the last 4cts to transition to SHOULDER PRESS SET Stance	2x
	2:41	(Drop)	12x8	COMBINATION 2 (32cts) 4x 1/1 SHOULDER PRESS (16cts) 2x 2/2 SHOULDER PRESS (16cts) On the 2 nd round of COMBO 2, use a PUSH PRESS on 1/1 Use the last 2cts to transition to TRIPLE WIDE ROW	3x
3	3:19	(Low)	8x8	TRIPLE WIDE ROW	4x
	3:45	V3 / Keeping you	44x8	Repeat BLOCK 2 RECOVERY: Bar down, shake out arms, Deltoid Stretches	



08. JSYK 6:09mins

TECHNIQUE AND COACHING

1. UPRIGHT ROW / SHOULDER PRESS / PUSH PRESS

LAYER 1

Coach your class into the Position and Execution set-up of the Upright Row, Shoulder Press and Push Press. Use NETT to coach Targets and Timing so participants are moving well with Execution, and they can follow the timing successfully.

UPRIGHT ROW

- *Barbell up*
- **SET Position**
- **Brace core, lift chest**
- *Upright Row*
- **Bar to lower chest**
- **Elbows wide**
- *Take time to feel the muscle activation*
- *Let's bring energy for the Shoulder Presses*

SHOULDER PRESS

- *Slow Clean for Shoulder Press*
- **From chin to ceiling**
- **Elbows forward on the Press**

PUSH PRESS

- *Let's give it power*
- **Collarbones to ceiling**
- **Use the legs and core**

2. Y-RAISE / T-RAISE / A-RAISE / UPRIGHT ROW / SHOULDER PRESS / TRIPLE WIDE ROW

LAYER 1 / LAYER 2

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. Then, return back to the barbell work. Once you have delivered the basics, coach Layer 2 focusing to improve Execution, increase Intensity and Educate your participants on why they are training in this way. Be aware of the Wide Rows to finish the block.

- *SET Position with plates*
- *Grab plates*
- *Y-Raise, T-Raise, A-Raise, then back to the T-Raise*
- **Brace the core as you hip-hinge forward**
- **Target is just under shoulder line**
- **Squeeze shoulder blades down and in on the Y-Raise**
- **Squeeze together towards the mid-line on the T-Raise**
- **In and down on the A-raise**
- *Let's return to using the barbell*

UPRIGHT ROW / SHOULDER & PUSH PRESS COMBINATION

- *2 Shoulder Presses and 2 Pec Decs*
- *Bend knees, pick up barbell*
- *SET Position*
- *Upright Row*
- *New combination*
- *4 Strict Shoulder Press and 2/2*
- *Now, let's use the legs to drive*
- *Push Press and Strict Shoulder Press*
- *Driving power versus strength*

TRIPLE WIDE ROW

- *Jump your hands wide*
- *Triple Wide Row*
- **Target knees to ribs**
- **Elbows high**
- **Chest lifted, abs braced**



08. JSYK 6:09mins

TECHNIQUE AND COACHING

3. Y-RAISE / T-RAISE / A-RAISE / UPRIGHT ROW / SHOULDER PRESS / TRIPLE WIDE ROW

LAYER 2 / LAYER 3

Block 3 is a repeat of Block 2. Quickly remind participants of Alignment and Timing, then Educate and Motivate them to the end of the block as fatigue will be kicking in fast! Encourage participants to finish the block strongly! What will you say and do to bring them to the finish line?

- *Bars down, plates up*
- *Bring the focus back to A-T-Y-T*
- *Great exercise for posture and rehab*
- *Hitting the big muscles of the back*
- *Feel the intensity in the music*
- *One more opportunity to light up the shoulders*
- *Barbells up*
- *Give it some power with the Push Press*
- *Drive the strength*
- *Use your legs – your moment. How big do you want to finish?*
- *Triple Wide Row – dip*
- *Every rep together and we finish together*

PUMP FACT

Optimal shoulder function requires dynamic strength and control of the scapula muscles. The 'Y-', 'T-' and 'A-' Raises train each component of these stabilizers – helping us to lift safely and effectively.



09. CORE

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

WEIGHT SELECTION

1x light weight plate or body weight

TRACK FOCUS

Simple coaching of the Position and Execution - Think one cue at a time, allowing for 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

Cross Crawl: Rectus abdominis, obliques

C-Crunch with Pike: Lower and upper abdominals

Side Hover: Rectus abdominis, obliques, shoulders, triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05 Intro /	2x8	Set up CROSS CRAWL	
	0:14 V1 / Show up	4x8	SLOW CROSS CRAWL L, R (8cts)	4x
	0:34 They good	4x8	1/1/2 C-CRUNCH WITH PIKE COMBINATION (8cts)	4x
2	0:53 V2 / She the best	4x8	SLOW CROSS CRAWL L, R (8cts)	4x
	1:13 They good	4x8	1/1/2 C-CRUNCH WITH PIKE COMBINATION (8cts)	4x
	1:32 Instr / (Rhythm)	4x8	FAST CROSS CRAWL L, R (8cts)	8x
	1:52 (Low)	2x8	TRANSITION: Plate in R hand, rotate to L side – ready for SIDE PLANK L	
	2:04 V3 / I really	6x8	2/2 ROTATING SIDE HOVER (8cts)	6x
	2:33 Yeah , guerilla	2x8	SIDE HOVER PULSE (2cts)	8x
3	2:43 V4 / She the best	22x8	Repeat BLOCK 2 on R side	



09. GUERRILLA 4:35mins

TECHNIQUE AND COACHING

1. CROSS CRAWL / C-CRUNCH WITH PIKE COMBINATION

LAYER 1

Coach Layer 1 Position and Execution of the exercises to get the class moving safely and effectively.

CROSS CRAWL

- *Knees over hips*
- *Fingertips to temples*
- *Or hold the plate on chest*
- *Cross Crawl front and center*
- **Opposite shoulder to knee**
- **Rotate from the center of the chest**
- **Elbows wide**
- **Brace to stabilize**

C-CRUNCH WITH PIKE COMBINATION

- *C-Crunch and Pike*
- *Knees over hips*
- *Legs pike and lower to 45° degrees*
- **Ribs to hips on the Crunch**

2. CROSS CRAWL / C-CRUNCH WITH PIKE COMBINATION / ROTATING SIDE HOVER

LAYER 1 / LAYER 2

First block is short so continue to coach the Execution of the Cross Crawl and Pike combination, then coach Layer 2 cues to help develop more Intensity and Improve Execution of the movements. The final move in the block is Rotating Side Hover and Pulse for incredible abdominal strength gains.

- *Back to Cross Crawl*
- *Hold the Crunch so you have the rib to hip connection*
- *Back to the Pike*
- *Amazing movement for your core*
- *If your lower back is coming off the floor, stop legs higher or bend knees*
- *Cross Crawl faster with bent legs or long levers*
- *Feel your obliques working hard*
- *One plate in right hand*
- *Set up Side Hover*
- *Elbow under shoulder for alignment*
- **Bottom hip lifted**
- *Plate in top hand*
- *Rotating Hover*
- *Bottom leg bent or Scissor Stance*
- **Body moves as one**
- *Plate or no plate, on knees or toes*
- *Stay here and pulse*

3. CROSS CRAWL / C-CRUNCH WITH PIKE COMBINATION / ROTATING SIDE HOVER

We repeat Block 2 on the other side. Challenge participants to stay in the workout to the end as we strengthen the core through Educating about the benefits of training our core muscles.

- *On your back*
- *Cross Crawls*
- *We are getting stronger and stronger*
- *Pike combination*
- *You're doing great everyone*
- *You can feel the control*
- *Strong core for athletic performance*
- *Set up Rotating Side Hover other side*
- *Hips and shoulders square to the floor*
- *One more challenge*
- *8 Pulses to finish*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro /	4x8	CHILDS POSE	
	0:25	V1 / I hurt a	4x8	UP FACING DOG	
	0:47	Instr / (Drop)	6x8	HIP FLEXOR / DYNAMIC HAMSTRING STRETCH COMBINATION L (16cts) On 2nd rep of HIP FLEXOR STRETCH , add Thoracic Rotation	3x
	1:18	(Drop)	6x8	HIP FLEXOR / DYNAMIC HAMSTRING STRETCH COMBINATION R	3x
	1:49	(Low)	4x8	90/90 STRETCH L	
	2:10	V2 / I hurt a	4x8	90/90 STRETCH R	
	2:31	Instr / (Drop)	4x8	CAT/COW SEQUENCE (16cts)	2x
	2:52	(Drop)	4x8	STANDING QUADRICEP STRETCH L	
	3:13		4x8	STANDING QUADRICEP STRETCH R	
	3:33		2x8	SHOULDER STRETCH L, R	
	3:43	(Lower drop)	1x8	CHEST STRETCH	
	3:49	(Low)	1x8	BACK RELEASE	
	3:54	Outro /	2x8	SHOULDER ROLLS, TORSO TWISTS	



10. 6 FT. 4:18mins

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 light weight plates

MUSCLE FOCUS

Tricep Pushups and Kickbacks: Triceps and deltoids

Biceps: Biceps

TRACK FOCUS

Encourage Participants to challenge themselves as the blocks are short. Coach Execution and transitions well to the class can follow easily through the different exercises.

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 TRICEP PUSHUP SET Position	
	0:12	V1 / This the	2x8 2/2 TRICEP PUSHUP	2x
	0:20	DJ Skrillex	4x8 1/1	8x
	0:36	Marvellous	8x8 PLYO PUSHUP (8cts) Option: Kneeling, on knees or toes	8x
2	1:07	This the	2x8 TRANSITION: Pick up Plates and kneel, ready for KNEELING BICEP PLATE CURL	
	1:14	V2 / Missy Elliott	2x8 2/2 KNEELING BICEP PLATE CURL	2x
	1:22	_ Put your	4x8 1/3	4x
	1:38	C / This the	4x8 COMBINATION 1 (8cts) 2x KNEELING BOTTOM HALF PULSE BICEP PLATE CURL (4cts) 1x 1/1 KNEELING BICEP PLATE CURL (4cts)	4x
	1:53	Instr /	4x8 1/1 KNEELING BICEP PLATE CURL	
3			TRANSITION: Plates down, stand and pick up light plates – ready for TRICEP KICKBACK	
	2:16	V3 / This the	2x8 2/2 TRICEP KICKBACK (8cts) SET Stance	2x
	2:24	DJ Skrillex	8x8 COMBINATION 2 (16cts) 1x 2/2 TRICEP KICKBACK (8cts) 1x 2/2 TOP HALF BICEP PLATE CURL (8cts)	4x
	2:55	C / This the	8x8 COMBINATION 3 (16cts) 1x TRIPLE TRICEP KICKBACK 1x TRIPLE MID-RANGE PULSE BICEP PLATE CURL (8cts)	4x
	3:26	_ Put your hands	4½x8 1/1 BICEP PLATE CURL Use the last 6cts to stack Plates and transition to PULSING STANDING O/H TRICEP EXTENSION	8x
	3:43	_ Ratata	3½x8 PULSING STANDING O/H TRICEP EXTENSION	14x
	3:57	(Low)	4x8 1/1 STANDING O/H TRICEP EXTENSION	8x
4&5	4:13	Outro /	32x8 Repeat BLOCKS 1 AND 2 RECOVERY: Shake out arms, stretch Triceps and Biceps	8x



45-MIN FORMAT

05. RATATA 6:20mins

TECHNIQUE AND COACHING

1. TRICEP PUSHUP / PLYO PUSHUP

LAYER 1

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

TRICEP PUSHUP / PLYO PUSHUP

- **Hands under shoulders**
- *On knees or toes*
- **Abs braced**
- **Back long and straight**
- **Lower chest to elbow level**
- **Elbows tuck into ribs**
- *Lower chest, Plyo out and walk back*
- *Knees in close*
- *As we feel stronger we can take the knees further away*
- *Eventually on the toes*

2. KNEELING BICEP PLATE CURL / KNEELING BOTTOM HALF BICEP PLATE CURL

LAYER 1 / LAYER 2

New exercise: Kneeling Bicep Plate Curl. Coach to stay on knees finding strong Position set-up before we start executing the Curls. Momentum is reduced from the kneeling position so it will challenge participants and give standing options for those who can't kneel in class.

KNEELING BICEP PLATE CURL

- *Strong SET Position on knees*
- **Shoulders and thighs are our targets**
- **Lock the elbows in for isolation**
- **Chest lifted, squeeze shoulder blades together for great posture**
- **Abs braced**
- *Key is to tense the glutes and anchor the torso to isolate the arms*
- *Full range and mid range*

3. TRICEP KICKBACK COMBINATION / PLATE CURL / STANDING OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2

In this block, we set up Standing Kickbacks with bicep work, providing super-integrated work for the arms. Coach Layer 1 Position and Execution set-up to get everyone moving well on the Timing. When we take the time to set people up well, they understand the mechanics of what's moving and what's not moving. Educate them on what good Technique looks and feels like.

- *Stand up for Kickbacks*
- *Lighter plates if you need to*
- *Elbows at 90 degrees*
- **Hip hinge forward** with the Kickback
- **Brace abs**
- **Chest lifted**
- **Elbows in**
- *Bicep Curl from mid-range*
- *Elbows stay under shoulders*
- *Twist the plates at the top for supination*
- *Triple Pulse on the Kickback*
- *Pulse the Curls*
- *Top range of the Extension*
- *Mid range on the Curl*
- *Stay on the Curls*
- *Trap the tension in the muscle*
- *Stack the plates together*
- *Overhead Extension*
- **Base of the neck and full extension**
- **Elbows in close to body**



45-MIN FORMAT

05. RATATA 6:20mins

TECHNIQUE AND COACHING

4. & 5. TRICEP PUSHUPS / KNEELING BICEP PLATE CURL

LAYER 2 / LAYER 3

Final block of work – we go back to the Tricep Pushups from Block 1 and Kneeling Bicep work from Block 2. Fatigue is accumulating fast. Challenge your participants to maximize their results – sets are short, it's the final set and it's fun!

- *Final set of Tricep Pushups*
- *It's going to be challenging*
- *This is where we get stronger*
- *Reset all the basics*
- *Lock your body in*
- *Chest to elbow level*
- *Plyo to challenge your strength*
- *We want to be feeling this*
- *Stay down, grab plates*
- *Set up the body for success*
- *Elbows lock in for maximum results*
- *Squeeze shoulder blades together for posture*

PUMP FACT

Utilising Super-sets for biceps and triceps allows us to keep the intensity high as we keep the load on one muscle group while the other gets an active recovery.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

2x light weight plates

MUSCLE FOCUS

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

TRACK FOCUS

Coaching focus is on integrating the connection from the lower to upper body. 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.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up OFFSET COBRA L leg F SPLIT Stance	
	0:16	V1 / I was angry	6x8 2/2 OFFSET COBRA WITH ARM CIRCLES L leg F (16cts) SPLIT Stance Use the last 4cts to transition to R leg B, ready for LUNGE L	3x
	0:48	Instr / (Drop)	4x8 COMBINATION (8cts) 3x 1/1 FAST LUNGE L WITH FRONT PRESS Hold last rep down, slow up	4x
	1:09	_ I was angry	4x8 1/1 FAST LUNGE L WITH SIDE RAISE (2cts)	16x
2	1:30	_ Angry	2x8 TRANSITION: Shake out legs, ready for OFFSET COBRA L leg F (same side)	
	1:41	_ I was angry	6x8 2/2 OFFSET COBRA WITH ARM CIRCLES L leg F (16cts)	3x
	2:13	Instr / (Drop)	4x8 COMBINATION (8cts) 3x 1/1 FAST LUNGE L WITH FRONT PRESS Hold last rep down, slow up	4x
	2:34	I was angry	6x8 2/2 LUNGE L WITH SIDE ROTATOR RAISE (8cts) Start with SIDE RAISE (2cts), then add 1/1 SLOW LUNGE (4cts) with ROTATOR RAISE , then finish with SIDE RAISE (2cts)	6x
3	3:05	(Low)	34x8 Repeat BLOCKS 1 AND 2 RECOVERY: Shake out legs, Quadricep and Deltoid Stretches	



45-MIN FORMAT

07. ANGRY 6:09mins

TECHNIQUE AND COACHING

1. OFFSET COBRA WITH ARM CIRCLES / LUNGE WITH FRONT PRESS / SIDE RAISE

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution set-up on the Offset Cobra with Arm Circles building into the Lunge combination. Focus on Timing, range and precision of movement.

OFFSET COBRA WITH ARM CIRCLES

- *Split Stance*
- *Back foot in line with the heel of front foot*
- **SET Position**
- *Palms forward for cobra*
- **Hip-hinge**, Cobra, circle forward and back
- **SET Position to stand**
- *Squeezing shoulder blades together*
- **Chest lifted**
- **Abs braced**
- **Keep elbows under shoulder line**

LUNGE WITH FRONT PRESS / SIDE RAISE

- **Long step back**
- *Lunge and Press 3 times*
- **Plates stop at chest line**
- **Elbows up**
- **Back knee down, front knee out over toes**
- **90 degrees on the Lunge**
- **Chest lifted**
- **Abs braced to square hips to the front**
- *Single Lunge with Side Raise*
- **Elbows lead**
- **Elbows stop just under shoulder line**
- **Chest up, squeeze shoulder blades**

2. OFF SET COBRA WITH ARM CIRCLES / LUNGE WITH FRONT PRESS/ ROTATOR RAISE

LAYER 1 / 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 for the Cobra and Lunge. We build Side Raise to Rotator Raise in this block for more tension and load. You want them to stay with the mind-body connection of work to focus on working into the load and Intensity.

- *Reset the Offset Cobra*
- *Hitting the mid and upper back for great posture*
- *Nail the transition*
- *Lift, long step, press*
- *This block is about extending yourself*
- *New move – Rotator Raise this time*
- **Keep elbows under the shoulder line for precision**
- **Chest up, squeeze shoulder blades**



45-MIN FORMAT

07. ANGRY 6:09mins

TECHNIQUE AND COACHING

3. OFFSET COBRA WITH ARM CIRCLES / LUNGE WITH FRONT PRESS/ SIDE RAISE / ROTATOR RAISE

LAYER 2 / LAYER 3

We repeat Blocks 1 and 2 again for the final block. Quickly remind participants of Alignment and Timing, then Educate and Motivate them to the end of the block as fatigue will be kicking in fast! Encourage participants to finish the block strongly! What will you say and do to bring them to the finish line?

- *Feel the muscle engagement*
- *Let the music drive you through these last reps*
- *Posture is strong*
- *Let's keep it up*
- *Lunge with Front Press again*
- *Find the power and strength in the end range*
- *Single Lunge with Side Raise*
- *Fatigue is super high*
- *When we mix it in with this training we get fast results*
- *This is your moment*
- *Use the music*
- *Breathe everything in*
- *Lunges with Front Presses – you know the deal*
- *Something different about doing it together*
- *Let's take it home with the Rotator Raise*
- *This is the point in the workout where we need each other to finish successfully*

PUMP FACT

Integrating Lunges with Shoulder exercises requires activation of our core muscles. This type of training improves our ability to transmit load between the upper and lower body.



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.

