

BODYPUMP 128

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

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

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

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



GLOSSARY

BENCH PUSHUP WITH ALT LEG LIFT

Position Set-up

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

Execution Set-up

- Lower chest to elbow level
- Lift leg to hip level, squeeze butt

Layer 2

- Drive the floor/bench away

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

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

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



GLOSSARY

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

Execution Set-up

- **Tip forward from the hips, keeping the chest lifted**
- **Chin tucked in**
- **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.

WIDE DEADROW

Position Set-up

- **Hands wide**
- **Slight bend in the knees** (20 degrees)
- **Chest lifted, abs braced**
- Elbows to rear – light pinch between the shoulder blades

Execution Set-up

- **Tip forward from the hips, keeping the chest lifted**
- **CHin tucked in**
- **Bar to the knees**
- **Bar into the ribs**
- **Squeeze between the shoulder blades**

HIGH PULL

Position Set-up

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

Execution Set-up

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

Layer 2

- Drive the hips up to power the bar

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.



GLOSSARY

PLATE DROP SQUAT PRESS

Position Set-up

- Feet wide
- Chest up
- Abs braced
- Knees out

Execution Set-up

- Drop butt to knee line
- Chest up, abs braced
- Lower plate towards the floor
- Plate pulls up close to body
- Drive plate over head
- Elbows slightly forward
- Abs braced as plate moves over head

Layer 2

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

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

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/bench away

PLANK SINGLE-ARM REACH AND LEG LIFT

Position Set-up

- Start on knees or toes
- Hands shoulder-width apart
- Brace abs hard

Execution Set-up

- Hold plank and add arm reach
- Brace abs hard to Square hips and shoulders
- Squeeze glutes for stability
- Try lifting the opposite leg off the floor
- Stop leg at hip level

Layer 2

- Whole body training

STANDING PLATE O/H TRICEP EXTENSION

Position Set-up

- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- Abs braced, chest up
- Glutes squeezed

Execution Set-up

- Lower plate back and down to base of neck, keeping elbows facing forward



GLOSSARY

KNEELING PLATE O/H TRICEP EXTENSION

Position Set-up

- Position Set-up
- Knees wide
- Plate extended over head
- **Elbows facing forward**
- Shoulders away from the ears
- **Abs braced**
- **Chest lifted**
- **Squeeze glutes**

Execution Set-up

- Lower plate back and down to base of neck, keeping elbows facing forward

Layer 2

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

BICEP 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

PREACHER CURL

Position Set-up

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

Execution Set-up

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

Layer 2

- Changing up the angles to recruit more muscle fibres out of the biceps
- We need to be able to lift strongly for life and with our barbell

LUNGE

Position Set-up

- **Feet hip-width**
- **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



GLOSSARY

FRONT SQUAT

Position Set-up

- Mid Stance, feet outside hips
- Bar at collarbones
- Bar in heel of the hand
- Elbows forward, chest high
- Squeezing shoulder blades
- Brace abs

Execution Set-up

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

Layer 2

- Keep lifting the elbows to maintain a high chest position to engage the posterior chain

BACKWARD-STEPPING LUNGE

Position Set-up

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

Execution Set-up

- Bend knees – back knee moves towards the floor
- 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

SQUAT PRESS

Position Set-up

- Mid Stance, feet outside hips
- Bar at collarbones
- Bar in heel of the hand
- Elbows forward, chest high
- Squeezing shoulder blades
- Brace abs

Execution Set-up

- Butt to knee line
- Chest up, abs braced
- Add shoulder press on squat
- Drive plate over head
- Elbows slightly forward
- Abs braced as plate moves over head

Layer 2

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

T RAISE (REAR DELTOID RAISE)

Position Set-up

- SET Position
- Chest lifted, abs braced

Execution Set-up

- Tip forward from the hips
- Body leans on a 45-degree angle
- Keep the chin tucked in and the back of the neck long, eye gaze about 3 feet (1 meter) in front
- Lead with the elbows
- Plate stops under the shoulder line
- 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

COBRA RAISE (A-RAISE)

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**

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**

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**

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**

STANDING SHOULDER O/H 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**



GLOSSARY

HIP BRIDGE

Position Set-up

- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart

Execution Set-up

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

HOVER

Position Set-up

- **Elbows under shoulders**
- **Knees just outside hip-width, toes tucked under**
- **Hips in line with shoulders**
- Lift knees off floor
- **Back long and straight**
- **Abs braced to support mid-section**
Option: On knees

Execution Set-up

- **Brace abs to keep the hips still**

Layer 2

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

SIDE HOVER WITH HIP LIFT

Position Set-up

- Side on
- **Elbow under shoulder**
- Bottom leg bent or scissor stance
- **Abs braced**

Execution Set-up

- **Lift hip away from the floor and lower**
- **Abs braced to square hips to the front**

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**

WALKING PLANK

Position Set-up

- **Hands shoulder width**
- **Back long and straight**
- **Chest lifted, abs braced**

Execution Set-up

- Walk your hands and feet to end of bench
- **Brace your abs to keep hips still and square**

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

SEATED BENCH PLATE CURL

Position Set-up

- Sit on the edge of the bench
- Cross legs so spine is straight
- **Chest up, abs braced**

Execution Set-up

- **Curl plates towards shoulders**
- **Full extension at the bottom**

Layer 2

- Abs braced to keep the body still

BENCH PLATE TRICEP EXTENSION

Position Set-up

- Lay down on bench
- Hold the plate above shoulders , arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted, abs braced**
- Chin tucked in

Execution Set-up

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

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps

PLATE FRONT SQUAT

Position Set-up

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

Execution Set-up

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

Layer 2

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

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**

LUNGE WITH O/H SHOULDER PRESS

Position Set-up

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

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**
- Press arms overhead
- **Elbows forward of face**

Layer 2

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



MUSIC

01 **Antidote** (5:13)
Audien & Codeko feat. JT Roach
© 2023 Armada Music B.V.
Written by: Spreckley, Clark, Gale, Rathbun, Roach, Samama

02 **Dynamite (Dr Phunk Remix)** (6:07)
Nicky Romero, Mike Williams & Amba Shepherd
© 2023 Protocol Recordings BV.
Written by: Hendriks, Karlsson, Laitila, Lugthart, Renström, Rotteveel, Willemsen

03 **God Is A Dancer (Cheyenne Giles & Knock2 Remix)** (3:12)
Tiësto & Mabel
Courtesy of the Universal Music Group.
Written by: Skies, Wilkinson

God Is A Dancer (Cheyenne Giles & Knock2 Remix) (2:12)
Tiësto & Mabel
Courtesy of the Universal Music Group.
Written by: Skies, Wilkinson

04 **Paranoid** (5:03)
Lux Holm & Glaceo
© 2023 Trap Nation.
Written by: Molho, Paul, Montagner

05 **Eat Your Man** (6:26)
Khansas
© 2023 Les Mills Music Licensing Ltd.
Written by: Matheson, Furtado, Persaud

06 **Jacaré** (4:47)
Hottica
© 2023 Les Mills Music Licensing Ltd.
Written by: Weld, Halpern, Garcia, Beynon

07 **How To Love (Boombox Cartel Remix)** (2:46)
Cash Cash feat. Sofia Reyes
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Written by: Juber, J. Makhlof, A. Makhlof, Frisch, Decilvio

How To Love (Boombox Cartel Remix) (2:42)
Cash Cash feat. Sofia Reyes
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Written by: Juber, J. Makhlof, A. Makhlof, Frisch, Decilvio

08 **Let You Go** (2:00)
Pauline Herr
© 2023 Sable Valley Records.
Written by: Herr

Let You Go (2:53)
Pauline Herr
© 2023 Sable Valley Records.
Written by: Herr

09 **If Only I** (4:16)
Loud Luxury x Two Friends feat. Bebe Rexha
© 2023 Helix Records, a division of Payday Records, Inc. / Armada Music B.V.
Written by: Depace, Fedyk, Charles, Frank, Halper, Hein, Henriques, J. Johnson, S. Johnson, Pollack, Rexha, Sones

10 **Low Again** (5:17)
Bobby Weaving
Courtesy of Les Mills Music Licensing Ltd.
Written by: Arts

45-MIN FORMAT

05 **Hydrate** (5:16)
Goodnight Saab
© 2023 Les Mills Music Licensing Ltd.
Written by: Chahayed, Moore, Lucas, Thompson, Veira

07 **Tokyo** (6:23)
Jinco
© 2023 Create Music Group.
Written by: Berger, Dobbin

ALT 05 **Eat Your Man (Instrumental)** (6:26)
Khansas
© 2023 Les Mills Music Licensing Ltd.
Written by: Matheson, Furtado, Persaud



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 also 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

RELEASE FEEDBACK

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

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	26:03

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	41:41

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	42:59

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 128



Back row L–R: Maddalena Boccella, Khiran Huston, Kaylah-Blayr Fitzsimons-Nu’u, Charlotte Ranque, Maxime Vigeant
Front row L–R: Nick Yan, Glen Ostergaard, Vili Fifita, Anthony Oxford

BODYPUMP 128 is perfect – musically sound, fully functional, fulfilling the promise, high reps, light weights, strength training for everyday living!

This class is the *Antidote* to sedentary living – functional Rows and Lunges highlight the Warm-up, huge time under tension – *Dynamite* for the legs when we load the barbell and find the timing to increase strength and tone.

Pushups with a Leg Lift activate glutes and stabilizers – they also make you push harder; great for Chest Training. Low-key build, Back Training, no need to be *Paranoid* – 7 Rows to activate the upper back; Squat Thrusters to elevate heart rate and energy!

Single-Arm Kickbacks with a heavy plate builds strength. Pushups with an Arm Lift increase arm and core activation, win win! Biceps track is smooth and melodic, just what we need. Then we go big in the Lunges track, adrenaline drive, Backward-Stepping Lunges, Squats and optional Shoulder Presses – it’s the best Lunges track of the decade!

Stabilize the shoulders before we crunch down on the Core track, completing this outstanding class.

Have fun!
Glen and the BODYPUMP Team

PRESENTERS

Anthony Oxford (United Kingdom)
Charlotte Ranque (France)
Glen Ostergaard (New Zealand)
Kaylah-Blayr Fitzsimons-Nu’u (New Zealand)
Khiran Huston (New Zealand)

Maddalena Boccella (Switzerland)
Maxime Vigeant (France)
Nick Yan (China)
Vili Fifita (New Zealand)



01. WARM-UP

WEIGHT SELECTION

Light barbell and 2x light weight plates

Option: 2x medium 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 / Remember	2x8 Set up SET Position: Heels under hips, roll shoulders back and down, chest lifted and brace core	1x
	0:12	Forever	2x8 4/4 DEADLIFT SET Stance	1x
	0:20	V1 / you under	4x8 2/2	4x
	0:34	PC / _ be, I could	4x8 2/2/2/2 DEADROW	2x
	0:49	Ref / _ you under	4x8 1/1/1/1 Use last 2cts to take hands WIDE, ready for TRIPLE WIDE DEADROW	4x
	1:04	Instr / (Drop)	8x8 TRIPLE WIDE DEADROW	4x
2	1:33	Br /	1x8 TRANSITION: Hands back to SET Stance	
	1:36	V2 / C'mon baby	4x8 4/4 UPRIGHT ROW SET Stance	2x
	1:51	_ you under	4x8 2/2	4x
	2:05	PC / _ be, I could	4x8 2/2 CLEAN & PRESS	2x
	2:20	Ref / _ you under	4x8 1/1 Use last 4cts to transition to SQUAT MID Stance	4x
	2:35	Instr / (Drop)	4x8 1/1 SQUAT MID Stance Use last 4cts to transition to SQUAT WIDE Stance	8x
	2:49	(Beat)	4x8 1/1 SQUAT WIDE Stance Use last 2cts to transition to SQUAT WIDER Stance	8x
	3:04	(Beat)	4x8 1/1 SQUAT WIDER Stance	8x
3	3:18	Br / C'mon baby	3x8 TRANSITION: Bar down, pick up plates, SHOULDER ROLL	1x
	3:29	Patience	6x8 1/1/1/1 ALT BACKWARD-STEPPING TAP with SINGLE-ARM PLATE ROW L, R	3x
	3:51	PC / _ be, I could	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R Plates down by sides. Transition plates to shoulder level, elbows F on last 2cts	2x
	4:05	Ref / _ you under	4x8 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L, R Plates at shoulder level, elbows F	2x
	4:20	Instr / (Drop)	12x8 1/1 ALT BACKWARD-STEPPING LUNGE with 1/1 ALT SINGLE-ARM O/H PRESS (FAST) L, R Same arm goes up as the leg that steps B RECOVERY: Twist through torso. Shake out arms and legs.	12x



01. ANTIDOTE 5:13mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position, setting them up into a strong lifting position.

- **Heels under hips, turn the toes out slightly**
- **Soften the knees**
- **Hands thumb-distance from thighs**
- **Chest lifted**
- *Shoulders up, back and down towards the spine*
- **Gently draw in and brace the core**

NETT

BLOCK 1

LAYER 1

For each exercise, coach **NETT** – NAME OF EXERCISE, **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 and set great posture for the workout ahead.

- **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**
- **Widerow – SET Position, barbell to knees, ribs and set**

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.

BLOCK 2

LAYER 1 / LAYER 2

The second block is focused on developing good lifting technique with Upright Rows building into slow and faster Clean & Presses. We finish the block with Mid-, Wide- and Wider-Stance Squats to fire into 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 rest of the workout.

- **Upright Row – barbell stops at lower chest, elbows wide**
- **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**
- **Wider-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 Alternating Backward-Stepping Tap with Single-Arm Row and Alternating Backward-Stepping Lunges with Single-Arm O/H Presses.

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

- **Alternating-Backward-Stepping Tap with Single-Arm Plate Row – feet hip-width, hip hinge forward and row, elbow in, brace core, chest lifted**
- **Alternating Backward-Stepping Lunge – arms long, long step back, back knee down, front thigh parallel to the floor**
- **Alternating Backward-Stepping Lunge with Alternating Single-Arm O/H Press – plates at shoulders, long step back, back knee down, front thigh parallel to the floor as you press plate up, elbow forward of the face, brace abs to keep shoulders and hips square to front, chest lifted**



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 find the range and tension to build muscular strength and endurance.

MUSCLE FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up SQUAT MID Stance
	0:11	(Piano)	2x8	4/4 SQUAT MID Stance
	0:18	V1 / Burn the sky	4x8	2/2/2/2 PAUSE SQUAT (16cts) 4cts down, 4cts HOLD , 4cts up, 4cts HOLD
	0:31	Instr / (B up)	4x8	2/2
	0:43	(Heavy)	8x8	1/1
2	1:08	Br /	½x8	TRANSITION: to a SQUAT WIDE Stance (4cts)
	1:12	(Piano)	4x8	4/4 SQUAT WIDE Stance
	1:25	V2 / Star by star	12x8	2/2/2/2 PAUSE SQUAT
	2:03	(B up)	4x8	1/3 SQUAT
	2:16	(Low build)	4x8	4/4
	2:29	(Heavy)	8x8	1/1
	2:54	(Low build)	4x8	4/4
	3:07	(Heavy)	8x8	TRIPLE PULSE SQUAT
3	3:33	Br /	44½x8	Repeat BLOCK 2 in WIDER Stance
				RECOVERY: Shake out legs, Quadricep Stretch.



02. DYNAMITE 6:07mins

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
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- Down down and hold – let's focus on this tempo
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line**, that's your range
- We want control at the bottom of the Squat
- Tempo is the training and training is the tempo

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 amount of repetitions to ease participants into Layer 1 Execution coaching; focus on alignment, timing and range, spacing cues out to land. When the combination hits, the focus is on maximizing the range and holding onto the tension to gain the big results.

Layer 2 cues are designed to help participants achieve more from the workout; we do this through Improving Execution and Manipulating the Intensity and also by educating them on what they are doing and how it should feel.

- **Feet outside hip-width, heel-toe wider for Wide-Stance Squat, toes turned out slightly**
- **Brace the abs, chest lifted**
- **Hips sit back and down**
- Down, down, hold, up, up, hold
- **Knees push out to load the glutes and good alignment**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line**, that's your range
- Let's build on this tension even more
- The strength and power in the bottom range
- Let's chase it down
- That's what 8 reps feels like
- We are bringing the fire
- Slow it down and feel the muscle fibers grabbing the strength
- It should feel heavy
- How deep can you sit in the range to achieve the strength?



02. DYNAMITE 6:07mins

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**
- *Copy and paste again into round 3*
- *Stay true to the tempo*
- *We have more time to think about it*
- *Tell your glutes to drive out of the bottom of the Squat*
- **Hips sit way back**
- **90 degrees**
- **Chest stays lifted**
- *The wider stance is now*
- *We are recruiting more muscles in the lower body – this will increase the burn and results for endurance*
- *We hold on together*
- *We are not trying to bounce out of the singles*
- *Control and rise*
- *Slow, really feel your legs working for you*
- *We are getting you so strong for everyday life*

PUMP FACT

Increasing stance width when squatting can help achieve depth. Some people find that when their legs are angled outward there is less stress on the trunk stabilizers, which allows them to sink a little deeper.



03. CHEST

WEIGHT SELECTION

Medium–heavy barbell, bench, risers

MUSCLE FOCUS

Chest Press and Pushups: Pectorals, Triceps & Deltoids

TRACK FOCUS

Coach great Timing, Targets and options/ levels for precise execution of the Pushups and Chest Press. The muscular endurance will build quickly in the Pushups as we challenge stability, enhancing intensity and bringing fatigue fast.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up BENCH PUSHUP	
	0:14	Toes	2x8 4/4 BENCH PUSHUP Options: Kneeling on knees or toes	1x
	0:21	V1 / _ are you feelin’	4x8 3/1	4x
	0:36	C / take it step	4x8 1/1/2	4x
	0:52	Br	½x8 HOLD	
	0:54	Instr / (Heavy)	4x8 1/1	8x
2	1:09	Body that’s	2x8 TRANSITION: Pick up bar, ready for CHEST PRESS	
	1:17	You got	6x8 2/2 CHEST PRESS	6x
	1:39	QC / _ God is a	4x8 3/1	4x
	1:54	C / take it step	8x8 COMBINATION (16cts): 1x TRIPLE PULSE CHEST PRESS (8cts) 2x 1/1 CHEST PRESS (8cts)	4x
	2:25	(B up)	4x8 Use the first 16cts to transition to BENCH PUSHUP 4/4 BENCH PUSHUP	1x
	2:40	Instr / (Heavy)	4x8 1/1 (4cts)	8x
3	2:55	(Heavy)	4x8 1/1 BENCH PUSHUP with 1/1 ALT LEG LIFT	8x
	3:11	Br /	½x8 TRANSITION: Pick up bar, ready for CHEST PRESS	
	3:13	Body that’s	32x8 Repeat BLOCK 2 Option: at 4:39, complete the Pushups with 1/1 BENCH PUSHUP with 1/1 ALT LEG LIFT L, R RECOVERY: Shake out arms; Chest Stretch	



03. GOD IS A DANCER (CHEYENNE GILES & KNOCK2 REMIX) 5:24mins

TECHNIQUE AND COACHING

1. BENCH PUSHUP

LAYER 1

Coach your class into the Position set-up for the Pushup. 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**
- *Knees or toes*
- **Chest to elbow level for range**
- **Core stays engaged**
- **Back long and strong**
- *If you lose range, bring knees in closer for good execution*
- *Pushups build the fatigue compounding through the track*

2. CHEST PRESS / BENCH PUSHUP

LAYER 1

Coach your class into the Position set-up for the 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. We also have the second set of Pushups building the fatigue. Once you have participants moving well, add in the Leg Lift for more stability challenge. Coach leg to hip level for precise Execution.

CHEST PRESS

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

BENCH PUSHUP WITH ALTERNATING LEG LIFT

- *Quick, bars down*
- *Super slow Pushup*
- *Knees or toes, let's get chest to elbow level*
- *We have a challenge – add the Leg Lift*
- **Squeeze the glutes to stop the leg at hip level**

3. CHEST PRESS / BENCH PUSHUP

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 final block of work. Coach Layer 2 cues that explain how to Improve Execution to build more tension and Intensity.

- *Back to the barbell*
- *Reset posture on the bench*
- *Smooth on the way down and up*
- *Elbows top of the bench to look after the shoulders*
- *You should be feeling the work in the chest now*
- *Stay low on the Pulses to increase intensity*
- *Get ready for the final set of Pushups*
- *You know what's coming*
- *Hands wide, brace the core*
- *What level are you going to take?*
- *How are you going to finish?*
- *Knees, toes, Leg Lift – choose what works for you best!*
- *Option: Add Alternating Leg Lift*

PUMP FACT

Combining Pushups with Chest Presses means we are alternating between open chain (hands move on a stationary body) and closed chain (body moves on stationary hands). This changes up the muscle recruitment, meaning we can maintain a high level of intensity.



04. BACK

WEIGHT SELECTION

Regulars: Barbell with Chest weight or slightly more, 1x medium–heavy weight plate
New: Medium–heavy barbell, 1x medium–heavy weight plate

MUSCLE FOCUS

Wide Deadlift / High Pull / Clean & Press / Plate Drop Squat Press: Posterior chain – glutes, hamstrings, lower and upper back
Deadrow: Lats, muscles of the upper back

TRACK FOCUS

Focus is on speed and power. We focus on building isolated and dynamic power through solid coaching and modeling strong Execution for everyday life.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up WIDE DEADLIFT SET Position SHOULDER ROLL	1x
	0:12	_ Give me just	2x8 4/4 WIDE DEADLIFT	1x
	0:18	_ For all	4x8 1/1/1/1 WIDE DEADROW	4x
	0:31	_ Maybe I’m	4x8 3x WIDE DEADROW	2x
	0:45	Instr / (Drop)	8x8 7x WIDE DEADROW Use the last 2cts to transition hands back to SET Stance	2x
2	1:11	V2 / _ So many	4x8 4/4 DEADLIFT SET Stance	2x
	1:24	_ For all the	4x8 1/1/1/1 DEADROW	4x
	1:38	_ Maybe I’m	8x8 COMBINATION (16cts): 2x 1/1 HIGH PULL (8cts) 1x 1/1 CLEAN & PRESS (8cts)	4x
	2:04	Instr / (Drop)	4x8 Use the first 4cts to put bar down and pick up plate, ready for a PLATE DROP SQUAT PRESS 1/1 PLATE DROP SQUAT PRESS	7x
	2:17	(Drop) /	4x8 1/1 PLATE DROP SQUAT PRESS with CALF RAISE	8x
3	2:31	V3 / _ I just	4x8 TRANSITION: Plate down, pick up bar. Set up WIDE SET Position SHOULDER ROLL	1x
	2:44	_ For all	4x8 1/1/1/1 WIDE DEADROW	4x
	2:57	_ Maybe	4x8 3x WIDE DEADROW	2x
	3:10	Instr / (Drop)	8x8 7x WIDE DEADROW TRANSITION: Hands back to SET Stance on last 2cts	2x
4	3:37	V4 / _ So many	24x8 Repeat BLOCK 2 RECOVERY: Upper and lower back stretches.	

SMARTSTART

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



04. PARANOID 5:03mins

TECHNIQUE AND COACHING

1. WIDE DEADLIFT / WIDE DEADROW

LAYER 1 / LAYER 2

Coach how to execute both 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.

WIDE DEADLIFT

- *Take a wide grip on the bar*
- *SET Position in the wide grip*
- *Elbows to the rear for shoulder blade engagement*
- ***Hinge forward from the hips***
- ***Abs braced and chest lifted***
- ***Bar to top of knees***

WIDE DEADROW

- ***Bar to the knees, ribs, knees and stand***
- *We are hip hinging forward*
- ***Brace core and keep chest lifted***
- ***Elbows high and wide***
- *7 Rows for isolation*
- ***Squeeze shoulder blades***

2. DEADLIFT / DEADROW / HIGH PULL / CLEAN & PRESS / PLATE DROP SQUAT PRESS

LAYER 1 / LAYER 2

We move from the wide grip to the SET Position grip for this block of work. Intensity kicks in now as we build tension through the dynamic High Pull / Clean & Press combination; then hit the cardio hard with the plate work. Coach to a Layer 2 focus and then allow space for participants to explore their own execution. Empower your members by giving them the benefits of the movements – the WHY!

DEADLIFT

- *Jump hands into SET Position*
- ***Hinge forward from the hips***
- ***Abs braced and chest lifted***
- ***Bar to top of knees***

DEADROW

- *Drive out of heels as you rise to recruit glutes and hamstrings*
- *Strong alignment in the hinge position*

COMBINATION: HIGH PULL / CLEAN & PRESS

- *Combo is coming*
- *2 High Pulls, 1 Clean and Press*
- ***Bar to lower chest as you pull***
- *Squat, Press, Squat, SET*
- *Drive the hips forward and up on the High Pull*
- ***Catch bar to collarbones***
- ***Brace the core in the Squat and the Press***
- ***Bar stays close to the body***

PLATE DROP SQUAT PRESS

- *Bar down, plate up*
- *Here we go*
- *Join when you can get there*
- ***Feet wide***
- *Drop and press*
- ***Chest up and core braced***
- *Up on toes if you can*
- ***Elbows forward of face as you press the plate***

3. WIDE DEADROW

LAYER 2

As we enter this block, allow your class time to recover after the massive cardio block. We work with the wide grip, coming back to strength isolation work with the Rows improving stability and posture. We are building the most powerful and athletic position here to activate the posterior chain: the Hip Hinge.

- *Set your posture*
- *Knees to lower ribs*
- *Brace the core and keep the chest lifted to load the athletic chain*
- *Huge back retraction*
- *Squeezing shoulder blades together as you stabilize body*
- *This strong hip hinge position creates a powerful position to pull the bar from*
- *Working upper back improves stability and posture*



04. PARANOID 5:03mins

TECHNIQUE AND COACHING

4. DEADLIFT / DEADROW / HIGH PULL / CLEAN & PRESS / PLATE DROP SQUAT PRESS

LAYER 2

Block 4 is a repeat of Block 2 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.

- *Hands into SET*
- *Slow Deadlift*
- *Reactivating the lats*
- *Stay strong now as the body is fatiguing*
- *High Pulls and Cleans*
- *Keep bar close for great execution*
- *Bar down, plate up*
- *Metabolic drive to increase fitness*
- *Triple extension for more power in our bodies for everyday life*

PUMP FACT

Our lats aren't just powerful 'pull' muscles. They also integrate with our glutes to stabilize the lower back and contribute to walking.



05. TRICEPS

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Eat Your Man (Instrumental)* with the same choreography.

WEIGHT SELECTION

1x Medium weight plate, 1x heavy weight plate, bench, risers

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 Plate O/H Extension:** Triceps, deltoids
- Tricep Kickback:** Triceps
- Tricep Pushup:** Triceps, anterior deltoid, pectoralis
- Plank Arm and Leg Lift:** Rectus abdominis, obliques, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8 Set up TRICEP KICKBACK L	
	0:12	C / I'll eat your	4x8 2/2 TRICEP KICKBACK L	4x
	0:27	I say it	4x8 1/1/2	4x
	0:42	Instr / (Melody)	4x8 2/2	4x
	0:57	(B up)	4x8 1/1	7x
			Use the last 4cts to transition to TRICEP BENCH PUSHUP	
	1:12	C / I'll eat your	8x8 COMBINATION 1 (16cts): 1x 2/2 TRICEP BENCH PUSHUP (8cts) 2x 1/1 (8cts)	4x
	1:42	Instr / (Melody)	8x8 COMBINATION 2 (32cts): 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x 2/2 PLANK ARM REACH F L (8cts) 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x 2/2 PLANK ARM REACH F R (8cts)	2x
	2:12	(Low)	4x8 COMBINATION 3 (32cts): 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x 2/2 PLANK ARM REACH F L with opposite PLANK LEG LIFT R (8cts) 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x 2/2 PLANK ARM REACH F R with opposite PLANK LEG LIFT L (8cts)	1x
	2:27	(B up)	4x8 Use the first 8cts to transition to KNEELING PLATE O/H TRICEP EXTENSION 2/2 KNEELING PLATE O/H TRICEP EXTENSION	3x
2	2:42	C / I'll eat your	8x8 COMBINATION 4 (16cts): 1x TRIPLE PULSE KNEELING PLATE O/H TRICEP EXTENSION (8cts) 2x 1/1 KNEELING PLATE O/H TRICEP EXTENSION (8cts)	4x
	3:10	(Low)	50x8 Repeat BLOCK 1 on R side NOTE: Combination 4 is STANDING PLATE O/H TRICEP EXTENSION RECOVERY: Shake out arms, Tricep Stretches.	



05. EAT YOUR MAN 6:26mins

TECHNIQUE AND COACHING

1. TRICEP KICKBACK / TRICEP BENCH PUSHUP / PLANK ARM REACH WITH PLANK LEG LIFT / KNEELING PLATE OVERHEAD TRICEP EXTENSION

LAYER 1

Coach Position and Execution set-ups with focus on Targets and Timing for the Kickbacks and Pushup combinations with Plank Arm Reach and Leg Lifts. Think one cue, at a time allowing space for each cue to land so participants understand the Execution of the exercise and the options/levels that are available for them. Encourage precise Technique to build incredible strength.

TRICEP KICKBACK

- *Light to medium plate*
- *Come to the bench*
- *On your knees, one hand on the bench*
- **Plate starts at hip**
- *Kickback 2/2*
- **Extend fully to the back of the room**
- **Elbow high and close to body**
- **Lift chest**
- **Brace abs**
- **Square hips and shoulders to the floor**
- *Keep upper arm still and loaded*
- *Isolation and control*
- *Pushups coming*

TRICEP PUSHUP WITH PLANK ARM REACH AND PLANK LEG LIFT

- *Drop the plate*
- *Tricep Pushup*
- *Start on knees*
- **Hands shoulder-width apart**
- **Brace abs tightly**
- **Chest to elbow level in the Pushup**
- **Elbows close to the body**
- *Bring your knees in if needed*
- *Let's try on toes now*
- *This time we hold plank and add an Arm Reach*
- **Brace abs to square hips and shoulders**
- **Squeeze glutes for stability**
- *Try lifting the opposite leg off the floor*
- *Great whole-body training*

KNEELING PLATE OVERHEAD TRICEP EXTENSION

- *Grab your heavier plate*
- *Tricep Extension*
- **Plate to base of neck**
- **Full extension to the top**
- *Elbows in*
- *Shoulders down*
- **Brace your core and squeeze glutes to stabilize body**

2. TRICEP KICKBACK / TRICEP BENCH PUSHUP / PLANK ARM REACH WITH PLANK LEG LIFT / STANDING PLATE OVERHEAD TRICEP EXTENSION

LAYER 2

We do the whole thing again on the other side; Kickbacks, Pushups, Planks and Standing Extensions to bring this track to the finish line! As participants get fatigued they will be likely to lose timing and their range. Encourage them to finish the track as best they can, taking the options they need to enable them to stay in control.

- *Back to the Kickback*
- *Can we add more tension by keeping the arm in tight?*
- *Focus on control for tension gains*
- *Focus on the sensations*
- *It's burning now*
- *Ready for Pushups*
- *Elbows to the back of the room*
- *We want to isolate our triceps*
- *Squeeze shoulder blades together*
- *Keep it smooth and controlled as we add the Arm Reach*
- *Adapt your workout to finish strongly*
- *Final challenge is the Leg Lift*
- *Strong core*
- *Come up to standing*
- *Overhead Extension*
- *Finish together*

PUMP FACT

Single-arm support while in Plank position is a great way to improve shoulder stability. Combining that with the core activation is a great way to improve functional strength.



06. BICEPS

WEIGHT SELECTION

Regulars: Barbell with Warm-up weight or slightly more

New: Barbell with Warm-up weight

MUSCLE FOCUS

Bicep Curl and Preacher Curl: Biceps

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro /	2x8 Set up STANDING BICEP CURL SET Stance	
			SHOULDER ROLL	1x
	0:14	V1 / A brisa	4x8 2/2 BICEP CURL SET Stance	4x
	0:29	Ja ja	5x8 1/1/2	5x
2	0:48	Instr / (Rhythm)	4x8 1/1/1/1 PREACHER CURL	4x
	1:04	V2 / Essa forca	4x8 2/2 BICEP CURL	4x
	1:19	Jacre da	4x8 1/1/2	4x
	1:34	(B up)	4x8 4/4	2x
	1:49	Ja ja	4x8 1/1/1/1 PREACHER CURL	4x
	2:05	Instr / (Melody)	8x8 COMBINATION (16cts): 3x MID-RANGE PULSE BICEP CURL (8cts) 1x 2/2 BICEP CURL (8cts)	4x
3	2:36	(Trumpets)	4x8 1/1 BICEP CURL	8x
	2:52	V3 / Essa forca	28x8 Repeat BLOCK 2 Option: Place bar down and recover for first 4x8 RECOVERY: Plates down, shake out arms, Bicep Stretches.	



06. JACARÉ 4:47mins

TECHNIQUE AND COACHING

1. BICEP CURL / PREACHER CURL

LAYER 1

Use Layer 1 Position and Execution cues for the Curl and Preacher Curl to get participants moving with great timing and Range, hooking them into the feel and strength of the song.

- *Set posture*
- *Bicep Curl*
- **Elbows under shoulders**
- **Chest lifted**
- **Abs braced**
- *Keep the elbow under shoulder to feel isolation training*
- *Range – front of thighs to front of shoulders*

PREACHER CURL

- **Hinge forward from the hips**
- **Elbow under shoulder**
- **Chest is lifted and abs braced**

2. BICEP CURL / PREACHER CURL

LAYER 2

First block is short, so reinforce the basics, then once everyone is moving well, use Layer 2 cues that will help your class to move with improved alignment creating Precision. When we focus on the foundation of the body position and position of the elbow this keeps load in the targeted muscles and creates the strong platform in the posture to load effectively. How will you bring your class to the end?

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*
- *Mid-range Pulse*
- *1 inch above and below the mid-line*

PREACHER CURL

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

3. BICEP CURL / PREACHER CURL

LAYER 2 / LAYER 3

Offer participants the option to take some recovery before the final block. Muscular overload and tension is building, and your participants will need you to Motivate them to the finish, especially on the Pulses. How will you bring your class to the end?

- *Recover or reset the posture*
- *Lift chest and squeeze shoulder blades together*
- *We want to be strong and stable for maximum gains*
- *Elbow directly under shoulder*
- *Pop up the chest*
- *Feel the music*
- *Everybody stays with us till the last rep*
- *My biceps are on fire!*

PUMP FACT

Maintaining a slight squeeze between the shoulder blades when doing a Bicep Curl is a great way to train your postural muscles to support your upper back.



07. LUNGES

WEIGHT SELECTION

Light barbell

Option: 1x medium weight plate or body weight

MUSCLE FOCUS

Lunges and Squats: Glutes and quadriceps

TRACK FOCUS

Focus on coaching alignment of the Lunge Squat pattern to help participants set great Technique from the start of the track. Bring focus to core control and stability for the Lunge-Squat combination.

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06	V1 / _ I've been running	2x8 Set up LUNGE L	
	0:13	See my confidence	2x8 4/4 LUNGE L	1x
	0:19	You say I could	4x8 3/1	4x
	0:32	But love pray	4x8 2/2	4x
	0:45	Instr / (Drop)	8x8 COMBINATION (16cts): 2x 1/1 LUNGE L (8cts) 1x 1/1/2 (8cts) Use the last 4cts to transition to a SQUAT MID Stance	4x
2	1:10	V2 / I know it's	4x8 2/2 SQUAT MID Stance Bar to collarbones for a FRONT SQUAT after 2x reps Option: Keep bar on back	4x
	1:23	You say I could	8x8 COMBINATION 1 (32cts): 1x 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L (8cts) 2x 1/1 FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 ALT BACKWARD-STEPPING LUNGE R (8cts) 2x 1/1 FRONT SQUAT MID Stance (8cts)	2x
	1:49	Instr / (Drop)	16x8 COMBINATION 2 (32cts): 1x TRIPLE PULSE ALT BACKWARD-STEPPING LUNGE L (8cts) 1x 1/1 SQUAT PRESS MID Stance (4cts) AND 1x 1/1 FRONT SQUAT (4cts) Option: 2x 1/1 SQUAT 1x TRIPLE PULSE ALT BACKWARD-STEPPING LUNGE L (8cts) 1x 1/1 SQUAT PRESS MID Stance (4cts) AND 1x 1/1 FRONT SQUAT (4cts) Option: 2x 1/1 SQUAT	4x
3	2:40	Br /	1x8 TRANSITION: Set up LUNGE R	
	2:43	V3 / I've been	20x8 Repeat BLOCK 1 on R side	
4	3:48	V4 / I know it's	28x8 Repeat BLOCK 2 on R side RECOVERY: Shake out legs, Quadricep Stretches.	



07. HOW TO LOVE (BOOMBOX CARTEL REMIX) 5:28mins

TECHNIQUE AND COACHING

1. LUNGE / MID-STANCE SQUAT

LAYER 1 / LAYER 2

Use simple cues to coach Position and Execution of the Lunge and Squat patterns, bringing focus to alignment. Coach to options/levels of the front rack for the Squat so everyone is successful.

LUNGE

- **Long step back**
- **Back knee towards the floor**
- **Front knee out over toes**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor**
- **Keep the chest lifted**
- Stabilize the position by **bracing the core** hard
- Drop and stop and drive out of front heel

MID-STANCE SQUAT

- Mid-stance Squat
- **Feet outside hip-width**
- **Hips sit back and down**
- **Hips to 90 degrees**
- Option to front rack the Barbell
- **Chest up, core strong**
- **Bar at collarbones**

2. ALT BACKWARD-STEPPING LUNGE & SQUAT COMBINATION

LAYER 2

In this block, we build an integrated combination of Lunges and Squats with the option to add the overhead Shoulder Press in – making it a Squat Press! To make it easy to follow, keep the cues simple, only saying what you need to say. The front rack position is going to add extra intensity to this combination, building fatigue fast.

- Long step back on the Lunge
- 2 Squats, feet outside hip-width
- Chest is lifted
- Switch legs
- Alternate legs on the Lunge
- Regain control and range on the Squat
- Triple pulse on the Lunge
- Add the Shoulder Press on the Squat
- Can you keep the range till the end?

3 & 4. LUNGE / MID-STANCE SQUAT / ALTERNATING BACKWARD-STEPPING 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 in the workout. 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 with their bodies. Check for their learning by asking questions so your connection with your class deepens and you involve them in the experience. Bring everyone to the end together, whatever the choice/option.

- Lunge, other side
- Legs are shaking, heart is racing
- The beat kicks in and tells my body something is about to happen
- Anchor into the Lunge – back and front foot
- Front or Back Lunge
- No shoulders right now, keep it in the legs
- Primary focus is the legs
- Keep the pulse small and controlled
- Heart rate is super high right now
- Getting us fitter and stronger
- This is what you signed up for
- In this together

PUMP FACT

Keeping the hips square is a key safety component when doing Lunges. If the hips rotate towards the back leg – this can generate lower back stress.



08. SHOULDERS

WEIGHT SELECTION

1x light–medium barbell, 2x light weight plates

TRACK FOCUS

We train the shoulders with focus on stabilizing them with the plate work to prepare them for the 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

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

Barbell work: Deltoids, trapezius

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	1x8 Set up T-RAISE SET Stance SHOULDER ROLL	1x
	0:08	V1 / I can	12x8 COMBINATION 1 (32cts): 2x 2/2 T-RAISE (16cts) 2x 2/2 COBRA RAISE (16cts)	3x
	0:49	Instr / (Drop)	8x8 COMBINATION 2 (32cts): 4x SLOW PULSE T-RAISE (16cts) 4x SLOW PULSE COBRA RAISE (16cts)	2x
	1:17	(B up)	4x8 2/2 SIDE RAISE	4x
	1:30	(Drop)	8x8 1/1/1/1 SIDE ROTATOR RAISE	8x
	1:58	Br /	½x8 HOLD	
	2:00	(Low)	8x8 COMBINATION 1	2x
2	2:27	V2 / I can	2x8 TRANSITION: Plates down, pick up bar	
	2:34	_ Can hear	6x8 2/2 UPRIGHT ROW	6x
	2:55	(B up)	4x8 1/1 UPRIGHT ROW Bar to collarbones on last 4cts, ready for SHOULDER PRESS	7x
3	3:08	Instr / (Drop)	8x8 COMBINATION 3 (32cts): 3x 1/1 STANDING SHOULDER O/H PRESS (12cts) 4cts transition barbell down to SET Position 3x 1/1 STANDING UPRIGHT ROW (12cts) 4cts transition barbell up to collarbones ready for O/H PRESS Note: 4x 1/1/ UPRIGHT ROW for last combo	2x
	3:36	(B up)	4x8 2/2 UPRIGHT ROW	4x
	3:49	(Drop)	8x8 COMBINATION 4 (32cts): 3x 1/1 STANDING UPRIGHT ROW (12cts) 4cts transition bar up to collarbones ready for O/H PRESS 3x 1/1 STANDING SHOULDER O/H PRESS (12cts) 4cts transition bar down to SET Position Hands wide on last 2cts, ready for a WIDE ROW	2x
	4:17	(Low)	6x8 1/1 WIDE ROW	12x
	4:37	Outro /	2x8 Slowly rise up SHOULDER ROLL RECOVERY: Plates down, shake out arms. Deltoid Stretches.	1x



08. LET YOU GO 4:53mins

TECHNIQUE AND COACHING

1. T-RAISE / COBRA / SIDE RAISE / SIDE ROTATOR RAISE

LAYER 1

Coach Timing, Targets and range for the T-Raise, and Cobra, targeting the posterior deltoids, rhomboids and mid trapezius. Then we move to focus on anterior and lateral deltoids for the Side and Rotator Raises.

T-RAISE / COBRA RAISE COMBINATION

- *One plate in each hand*
- **SET Position**
- **Hips hinge forward**
- **Plates stop just under the shoulder line**
- **Chest lifted and abs braced tightly**
- *Cobra –Turn the plates forward*
- **Squeeze shoulder blades together**
- **Arms lift to 45-degree angle**
- *Shoulders are warm we are ready to train*
- *4 Pulses slow in top range*
- *Keep the trunk still by locking the core*

SIDE RAISE / SIDE ROTATOR RAISE

- *Side Raise*
- **Elbows 90 degrees**
- **Stop at shoulder line**
- *Add on the Rotator Raise*
- *Lift, open, down and set*
- **Keep the elbows under the shoulder line**
- *Stabilize body by bracing core*
- **Light pinch between shoulder blades**

PUMP FACT

Optimal shoulder function relies on shoulder blade stability to create a strong platform to lift from. Incorporating exercises like the Cobra and T-Raise that target these muscles will not only get us stronger, they will keep our shoulders safe when training.

2. UPRIGHT ROW

LAYER 1 / LAYER 2

Coach your class into the Position and Execution set-up of the Upright Row. 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**
- **Light pinch between shoulder blades**

3. UPRIGHT ROW / STANDING SHOULDER OVERHEAD PRESS/ WIDE ROW

LAYER 1 / LAYER 2 / LAYER 3

Quickly remind participants of alignment and timing, as fatigue will be kicking in fast! Be super clear with pre-cues for the combination so they are successful. Encourage participants to finish the block strong! What will you say and do to bring them to the finish line?

- *Barbell to collarbones*
- *Combination – 3 Shoulder Presses, barbell down, 3 Upright Rows*
- **From chin to ceiling**
- **Elbows forward on the press**
- **Brace abs, chest lifted**
- *Back to the 2/2 Upright Rows*
- *Combination to finish*
- *Everything under the barbell is super strong*
- *Lock the core*
- *Jump your hands wide*
- *Wide Row*
- **Target knees to ribs**
- **Elbows high**
- **Chest lifted, abs braced**



09. CORE

WEIGHT SELECTION

1x light weight plate, 1x heavy weight plate

TRACK FOCUS

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

MUSCLE FOCUS

Hip Bridge: Posterior chain

Rotating Hover: Rectus abdominis, obliques, shoulders and triceps

Side Hover and Mountain Climber: Rectus abdominis, obliques, shoulders and triceps

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro / (Synth)	¾x8	Supine SET Position
	0:08	V1 / Sunset	4x8	4/4 HIP BRIDGE Weight plate across lap
	0:24	Don't you hate	4x8	2/2
	0:40	QC / If only I	4x8	TRIPLE PULSE HIP BRIDGE
	0:56	C / If only I	4x8	PULSE HIP BRIDGE
2	1:12	V2 / _ Show you	8x8	Use the first 8cts to set up SIDE PLANK L HOVER L SIDE HOVER with SLOW HIP LIFT L Options: Plate in top hand or lower knee to floor
	1:44	QC / If only I	4x8	SIDE HOVER with FAST HIP LIFT L (2cts) Use the last 8cts to transition to a PLANK
	1:50	C / If only I	4x8	MOUNTAIN CLIMBER L (4cts) Note: Back leg only
	2:00	_ If only I	4x8	TRIPLE PULSE MOUNTAIN CLIMBER L (8cts) Note: Back leg only Option: On knees
3	2:32	(Low)	2x8	TRANSITION to SIDE PLANK R
	2:40	V3 / _ Show you	20x8	Repeat BLOCK 2 on R side Note: Mountain Climber on front leg only



09. IF ONLY I 4:16mins

TECHNIQUE AND COACHING

1. HIP BRIDGE

LAYER 1

Coach Layer 1 Position and Execution of the Hip Bridge to get your class moving safely and effectively.

HIP BRIDGE

- *Hip Bridge*
- *Heels close to butt*
- *Plate on hips*
- **Brace abs before you move**
- **Squeeze butt**
- *Driving shoulders into the floor*
- *Feel the powerhouse of our bodies*
- *Drive out of the heels*
- *As we lift keep abs braced*

2. SIDE HOVER WITH HIP LIFT / MOUNTAIN CLIMBER

LAYER 1 / LAYER 2

New exercises: Side Hovers and Mountain Climbers. Cover the basics so the class can follow easily, then coach how to execute more effectively. Motivate, Educate and connect with the moves and music.

SIDE HOVER WITH SLOW AND FAST HIP LIFT

- *Set up Side Hover*
- **Elbow under shoulder**
- *Plate in top hand*
- *Scissor Stance, or bend bottom leg*
- **Lift the bottom hip from the floor**
- **Brace abs to square hips and shoulders to the floor**
- *Small Pulse, lift away from the floor*

MOUNTAIN CLIMBER

- **Hands under shoulders**
- **Knees or toes**
- **Brace abs to square hips, shoulders to floor**
- *Back leg to back elbow*
- *Stay on same leg*
- **Back long and straight**
- *Triple Pulse*
- *Extend leg back on or off the floor*

3. SIDE PLANK HOVER AND MOUNTAIN CLIMBER

LAYER 2 / LAYER 3

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

- *Change sides*
- *Side Hover*
- *Plate or no plate*
- *Push the floor away*
- *Full energy*
- *Lift the bottom hip higher to achieve oblique engagement*
- *Plank*
- *Keep lifting the chest*
- *Whole-body training for life*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:05	Intro /	2x8	Set up LYING SUPINE TWIST L
	0:15	(Beat)	2x8	LYING SUPINE TWIST L
	0:24	V1 / _ I feel	4x8	LYING SUPINE TWIST R
	0:44	(Beat)	6x8	CHILDS POSE Use the last 16cts to transition to KNEELING HIP FLEXOR L
2	1:13	V2 / _ Ohhhhhh	4x8	KNEELING HIP FLEXOR L Add the twist on the last 2x8
	1:32	_ Never gonna	2x8	HAMSTRING STRETCH L
	1:42	(Beat)	4x8	HIP FLEXOR / HAMSTRING STRETCH L (16cts) 2x
3	2:02	V2 / _ I feel	4x8	KNEELING HIP FLEXOR R Add the twist on the last 2x8
	2:21	_ Never gonna	2x8	HAMSTRING STRETCH R
	2:30	(Beat)	4x8	HIP FLEXOR / HAMSTRING STRETCH R (16cts) 2x
	2:50	V3 / _ I feel	4x8	SEATED GLUTE STRETCH L
	3:09	(Beat)		TRANSITION to other side
	3:19	_ Never gonna	4x8	SEATED GLUTE STRETCH R
	3:38	(Beat)	4x8	CAT / COW POSE SEQUENCE (16cts) 2x
4	3:58	V4 / _ I feel	2x8	STANDING QUADRICEP STRETCH L
	4:07	_ I feel	2x8	STANDING SIDE STRETCH L Use the last 8cts to shake out arms and legs
	4:27	_ Never gonna	2x8	STANDING QUADRICEP STRETCH R
	4:36	_ Never gonna	2x8	STANDING SIDE STRETCH R
	4:46	(Beat)	2x8	STANDING DELTOID STRETCH L, R
	4:56	(Beat)	2x8	STANDING CHEST STRETCH



10. LOW AGAIN 5:17mins

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

MUSCLE FOCUS

Biceps Plate Curl: Biceps

Tricep Pushups and Extensions: Triceps and Deltoids

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	REPS	
1	0:05	Intro /	4x8	Set up TRICEP BENCH PUSHUP	
	0:19	V1 / Life abundance	4x8	COMBINATION 1 (32cts): (Slow) 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x WALKING PLANK L (8cts) 1x 2/2 TRICEP BENCH PUSHUP (8cts) 1x WALKING PLANK R (8cts)	1x
	0:32	_ Phonebook	10x8	COMBINATION 2 (16cts): (Fast) 1x 1/1 TRICEP BENCH PUSHUP (4cts) 1x WALKING PLANK L (4cts) 1x 1/1 TRICEP BENCH PUSHUP (4cts) 1x WALKING PLANK R (4cts)	5x
	1:04	(Low drop)	12x8	COMBINATION 3 (32cts): 2x 1/1 TRICEP BENCH PUSHUP (8cts) 2x WALKING PLANK L (8cts) 2x 1/1 TRICEP BENCH PUSHUP (8cts) 2x WALKING PLANK R (8cts)	3x
2	1:42	(Low)	4x8	TRANSITION: Up on feet, grab heavier plates or bar SHOULDER ROLL	1x
	1:55	V2 / Riddle _ me this	4x8	2/2 BICEP PLATE CURL	4x
	2:08	Fire bun in	4x8	1/3	4x
	2:21	_ Pull up	2x8	4/4	1x
	2:27	(Low drop)	14x8	COMBINATION 4 (16cts): 1x 1/1 ALT PLATE CURL L, R (8cts) 2x SLOW MID-RANGE PULSE PLATE CURL (8cts)	7x
	3:12	Mama, listen	8x8	4/4 ALT PLATE CURL L, R (32cts)	2x
3	3:38	Yo _	2½x8	TRANSITION: To end of bench, grab lighter plates, ready for a SEATED BENCH PLATE CURL	
	3:45	Mad ting	4x8	2/2 SEATED BENCH PLATE CURL	4x
	3:58	(Low drop)	8x8	COMBINATION 5 (16cts): 2x 1/1 SEATED BENCH PLATE CURL (8cts) 2x SLOW MID-RANGE PULSE PLATE CURL (8cts) Use the last 8cts to transition to lying on the bench, ready for the BENCH PLATE TRICEP EXTENSION	4x
4	4:24	Hydrated _	6x8	COMBINATION 6 (16cts): 2x 1/1 (8cts) 2x MID-RANGE PULSE (8cts) 1/1 BENCH PLATE TRICEP EXTENSION Finish with elbows bent at 90° RECOVERY: Shake out arms, stretch Triceps and Biceps.	3x 16½x



45-MIN FORMAT

05. HYDRATE 5:16mins

TECHNIQUE AND COACHING

1. TRICEP BENCH PUSHUP / WALKING PLANK

LAYER 1

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

- *Start at the side of the bench*
- **Hands under shoulders**
- *Knees or toes*
- *1 Tricep Pushup and walk to other side*
- **Abs braced**
- **Back long and straight**
- **Lower chest to elbow level**
- **Elbows tuck into ribs**
- *Choose what you can do well*
- *Faster or slower*
- *Knees or toes*

2. BICEP PLATE CURL

LAYER 1 / LAYER 2

New exercise: Bicep Plate Curl with heavier plate option. Coach to SET Position before we start executing the curls with alignment focus.

- *Pick up your plates*
- *SET Position*
- **Brace abs and lift chest**
- *Squeeze the shoulder blades together*
- **Plates to shoulders**
- **Lower all the way down**
- **Elbows directly under shoulders that's going to start the isolation**
- *Drop to a lighter weight if elbows are flaring out*
- *Challenge is on; slow it down*

3. SEATED BENCH PLATE CURL / BENCH PLATE TRICEP EXTENSION

LAYER 1 / LAYER 2

Final block: Bicep Curls & Tricep Extensions; we set up seated bicep work at the end of the bench, knees open to keep the spine straight. 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.

- *Lighter plates*
- *End of the bench*
- *Cross the legs*
- *Knees open to keep the back straight*
- *Chest lifted, brace abs*
- *Inch above and below for the mid range*
- *Lie down for Tricep Extensions*
- *Plates to temples*
- **Elbows directly over the shoulders**
- **Elbows face the ceiling**
- **Draw belly in and brace hard**

PUMP FACT

Supersetting between our tricep and bicep exercises helps keep the Intensity high. The shorter blocks may allow participants to experiment with heavier weights, helping them to break through any training plateaus.

NOTE

"Everybody, get on the back of the bus" and "how are we doing at the back of the bus" was used in reference to the 'cool kids' riding at the back. We want to address this as it may be interpreted to have racial undertones and we want to assure our instructors and movers that this is not the case. The history of racial segregation in the United States of America included segregation on public transport. We recognise Rosa Parks refusing to give up her seat in the front of the bus as an iconic and pivotal moment in the Civil Rights Movement in the United States of America.



45-MIN FORMAT

07. LUNGES/SHOULDERS

WEIGHT SELECTION

2x light-medium weight plates

MUSCLE FOCUS

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

TRACK FOCUS

The coaching focus is on integrating the connection from the lower to upper body. We optimize functional strength, building fatigue super fast through muscular endurance. 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 /	4x8 Set up PLATE FRONT SQUAT MID Stance	
	0:17	V1 / _ Time passing	8x8 4/4 PLATE FRONT SQUAT MID Stance	4x
	0:41	PC / I know	8x8 COMBINATION 1 (32cts): 1x 1/1/1/1 ALT BACKWARD-STEPPING LUNGE L (8cts) 2x 1/1 FRONT SQUAT MID Stance (8cts) 1x 1/1/1/1 ALT BACKWARD-STEPPING LUNGE R (8cts) 2x 1/1 FRONT SQUAT MID Stance (8cts)	2x
	1:05	Instr / (Drop)	8x8 COMBINATION 2 (32cts): 1x TRIPLE PULSE ALT BACKWARD-STEPPING LUNGE L (8cts) 1x 1/1 SQUAT PRESS MID Stance (4cts) AND 1x 1/1 FRONT SQUAT (4cts) Option: 2x 1/1 SQUAT 1x TRIPLE PULSE ALT BACKWARD-STEPPING LUNGE L (8cts) 1x 1/1 SQUAT PRESS MID Stance (4cts) AND 1x 1/1 FRONT SQUAT (4cts) Option: 2x 1/1 SQUAT	2x
	1:29	_ Ahhhhhh	4x8 4/4 PLATE FRONT SQUAT	2x
	1:41	Instr / (Drop)	8x8 COMBINATION 2 (32cts):	2x
2	2:05	V2 / _ I skim over	4x8 TRANSITION: Heavy plate down, pick up 2 lighter plates	
	2:12	Nights are the	4x8 4/4/4/4 STANDING SIDE ROTATOR RAISE Use the last 2cts to transition by stepping R leg B to LUNGE	1x
	2:29	PC / I know	8x8 2/2 LUNGE L with 2/2 SIDE RAISE	8x
	2:53	Instr / (Drop)	8x8 2/2 LUNGE L with 1/1/1/1 SIDE ROTATOR RAISE Use the last 2cts to transition by stepping R leg F to SET Stance	8x
	3:17	_ Ahhhhhh	8x8 4/4 STANDING T-RAISE SET Stance	4x
	3:41	Instr / (Drop)	8x8 PULSING LUNGE L with 1/1 O/H SHOULDER PRESS Use the first 8cts to set up the PULSING LUNGE then add the arms with plates on shoulders, then add 1/1 O/H SHOULDER PRESS	32x
3	4:05	V3 / _ I skim over	40x8 Repeat BLOCK 2 on R side	
	6:05	Outro /	4x8 RECOVERY: Plates down, shake out legs and arms, Torso Twists.	



45-MIN FORMAT

07. TOKYO 6:23mins

TECHNIQUE AND COACHING

1. PLATE FRONT SQUAT / ALT BACKWARD-STEPPING LUNGE

LAYER 1

Coach Layer 1 Position and Execution setup of the Front Squat building into the Lunge / Squat combination. Focus on timing, range and precision of movement.

- **Mid Stance, feet outside hips**
- **Plate at collarbones**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- **Hips sit back and down**
- **Knees push forward to load the quads**
- **Butt stops just above knee line**, that's your range
- Backward-Stepping Lunge and 2 single Squats
- **Long step back on the Lunge**
- **Back knee down**
- **Front knee out**
- **90/90 is our range**
- Triple pulse and add Shoulder Press on the squat
- **Elbows forward on the Squat**

2. STANDING SIDE ROTATOR RAISE / LUNGE W. SIDE RAISE, LUNGE W. ROTATOR RAISE / STANDING T-RAISE / PULSING LUNGE W. O/H SHOULDER PRESS

LAYER 1 / LAYER 2

Coach Layer 1 Position and Execution setup for the new exercises focusing on timing, range and precision of movement. Be super clear with pre-cues, Reinforcing timing and range cues so participants feel successful and chase the burn.

- One plate in each hand
- **SET position**
- Side raise, rotate open, down and set
- **Elbows under shoulder line**
- Lunge with Side Raise
- **Chest lifted, abs braced**
- Add the rotator raise on the Lunge
- Keep the focus on alignment to keep the work in the muscles
- Step in for T-Raise
- Hip hinge and arms to side wall
- **Plates under shoulder line**
- Lunge with pulse
- Add the Shoulder Press

3. STANDING SIDE ROTATOR RAISE / LUNGE W. SIDE RAISE, LUNGE W. ROTATOR RAISE / STANDING T-RAISE / PULSING LUNGE W. O/H SHOULDER PRESS

LAYER 2 / LAYER 3

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

- We have an opportunity to really focus on the other leg now
- Long step back for the Lunge
- Square hips and shoulders again to get even weight in both legs
- Brace the abs and lift chest
- Squeeze both glutes at the bottom of the lunge
- Stay in the work to feel the integration
- Turn the abs on to keep alignment
- We are getting super strong

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.

