

1 WARMUP

TRACK INTRODUCTION

Lightest weight of the class. Let's warm up the body, getting a feel for each exercise that lies ahead.

DEMONSTRATE

SET Position

	MUSIC	EXERCISE	REPS
BACK	0:05 Intro _ Heartbreak 2½x8	SET Position	
	0:14 V1 _ I tried 4x8	2/2 DEADLIFT	4x
	0:28 _ I can't 2x8	3/1	2x
	0:36 PC Tonight 4x8	2/2 DEADROW (16 cts)	2x
	0:50 C Take you to 4x8	1/1 DEADROW	4x
SHOULDERS		On the last 2 cts, Split Stance	
	1:05 V2 Hold, it's 4x8	2/2 UPRIGHT ROW	4x
	1:19 Escape 2x8	3/1 On the last 2 cts, SET Stance	2x
	1:27 PC Tonight 4x8	2/2 CLEAN & PRESS (16 cts)	2x
		Last down phase of O/H Press, 8 cts into O/H Press starting position – Split Stance	
LEGS	1:41 C Take you 4x8	1/1 OVERHEAD PRESS	8x
	1:56 Ref Hold 6x8	1/1/2 OVERHEAD PUSH PRESS SET Stance	6x
	2:18 Ref New day 2x8	Transition: SQUAT, MID Stance	
	2:25 PC Tonight 4x8	1/1 SQUAT (Easy)	8x
	2:39 C Take you 4x8	1/1 (Full range) Step R leg B on last 2 cts	8x
BACK	2:54 Rep Hold 4x8	1/1 LUNGE L Switch legs on last 2 cts	8x
	3:08 Take you 4x8	1/1 LUNGE R Step back foot into Split Stance on last 2 cts	8x
	3:25 Ref _ New day 2½x8	Transition: SET Position, Underhand Grip	
		2½ cts O/H Press up, 2 cts O/H Press down, 4 cts down to SET Position, 4 cts change to Underhand Grip, 4 cts SET Position	
	3:32 PC Tonight 4x8	1/1 DEADROW	4x
BICEPS	3:47 C Take you 4x8	1/1 TRIPLE DEADROW On last 2 cts, Split Stance	2x
	4:01 Rep Hold 4x8	2/2 BICEP CURL	4x
	4:16 Take you 4x8	1/1/2 SET Stance	4x
	4:29 Outro ½x8	Shoulder Roll to SET Position	

Recovery: Shake the arms and legs; light Torso Twists.

Heartbreak On Hold > 4:33 mins

1

TRACK FOCUS

Coach your class through each of the moves, using **NETT** to help them execute the exercise correctly.

A Coach your class to find SET Position before you begin. This will provide a good foundation for the workout.

- Heels under hips
- Turn out the toes
- Hands thumb-distance from thighs
- Roll the shoulders up, back and down towards the spine
- Draw in and brace the abs, lift the chest

B For each exercise, coach **NAME OF EXERCISE**, **TEMPO** and **TARGET ZONES**. Use **NETT** from layer 1 of the coaching model. This makes your coaching clear and easy to follow and also helps you connect to your class and allows space for the music to come through. Eg:

- Deadlift 2/2 – tip from the hips, bar to kneecaps
- Squat 1/1 – knees come forward in line with toes, butt just above the knee line
- Bicep Curl 2/2 – bar to front of shoulders, down to thighs

CONNECTION

This is the track that sets the scene. Be welcoming and friendly – don't bark orders just yet!

Remember to connect to the new people in the class. Make sure they are moving correctly and CRC (Connect-Recommend-Commend) if need be.

FITNESS MAGIC

This track has a lot of feeling; it will leave you and your class with goosebumps. Use the uplifting music to bring energy into the workout.

In the **OVERHEAD PUSH PRESS**, tell your class to use the legs to drive the bar up, and that they'll see this move in the Shoulder track.

? KNOW IT? SHOW IT! What are the cues for the SET Position?

2 SQUATS

TRACK INTRODUCTION

Normal Squat weight, 3-4 times your Warmup weight. New people, double your Warmup weight. Squats are the best overall leg developer! 2 identical sets of work, one in MID Stance, the other in WIDE Stance, to vary muscle recruitment.

SETUP

- Bar on meaty part of the upper back
- Feet wider than hips
- Toes turned out slightly

DEMONSTRATE

The MID and WIDE Squat Stance.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 SET Position MID Stance	
	0:11 Instr (B up)	6x8 4/4 SQUAT	3x
	0:33 (Heavy)	4x8 1/1	8x
	0:47 (Heavy + synth)	2x Bottom Half	4x
	1:01 V1 Don't stop	4x8 1/1/2	4x
	1:15 There's a glitch	4x8 2/2	4x
	1:30 Rep _ There's no	4x8 1/1/2	4x
	1:44 Instr (B up)	4x8 8x Bottom Half	1x
	1:59 (Heavy)	4x8 1/1	8x
	2:12 There's a glitch	4x8 2x Bottom Half	4x
	2:27 (Heavy + synth)	4x8 1/1	8x
	2:41 (Explosion)	1x8 1/1/2	1x
RECOVERY	2:45 Instr (Low)	3x8 Transition: WIDE Stance 16 cts, reset posture 8 cts	
2	2:56 (B up)	4x8 4/4 Wide Stance	2x
	3:10 (Heavy)	4x8 1/1	8x
	3:24 (Heavy + synth)	4x8 2x Bottom Half	4x
	3:38 V2 Don't stop	4x8 1/1/2	4x
	3:53 There's a glitch	4x8 2/2	4x
	4:07 Rep _ There's no	4x8 1/1/2	4x
	4:21 Instr (B up)	4x8 8x Bottom Half	1x
	4:36 (Heavy)	4x8 1/1	8x
	4:50 There's a glitch	4x8 2x Bottom Half	4x
	5:04 (Heavy + synth)	4x8 1/1	8x
	5:19 (Explosion)	1/2x8 1/1 Down and hold	1x

Recovery: Torso Twists, shake the legs, Quadricep Stretches.

Antidote > 5:27 mins

2

TRACK FOCUS

Coach your class to feel the different muscle recruitment between the MID and WIDE Squat Stance.

INTENSITY FACTOR

This track has lots of movements in the bottom half range, where we maximize the training benefits.

1 SETUP

The first phase of this set, coach **NETT** – especially **TEMPO** and **TARGET ZONES**

- Knees in line with toes
- Sit the butt back and down
- Butt stops above knee line
- Belly in and abs braced, chest up

FOLLOW-UP

In the 1/1/2 – 2/2 phase, reset posture and technique

- Lift your chest
- Sink your butt back
- Push knees forward

On the next 1/1/2s, cue: *Fast, eccentric, builds explosive power, helps us jump higher!*

INTENSITY

Drive intensity in the 8x Bottom Halves, find the pressure. Use your **INTENSE** voice here.

MOTIVATION

Fatigue will be high towards the end of this set, so motivate them to stay in the workout by checking ROM, then smash the last 8x 1/1s using your **BIG** voice.

DID YOU KNOW?
MID Squat focuses work into the quads.
WIDE Squat focuses work in the glutes.

1 SETUP

Set up the WIDE Stance

- Heel-toe wider than MID Stance
- Butt goes back and down
- Now we focus on the glutes

FOLLOW-UP

Reinforce key Compulsory Cues and bring in feeling cues:

- Enhance muscle activation by cueing: *Push the feet apart as you rise – feel the glutes*
- 1/1/2 – *Building explosive power makes you fitter, faster and stronger!*

INTENSITY

Again, like in Set 1, build intensity in the 8x Bottom Halves – use the music to help build anticipation.

MOTIVATION

Use lots of Motivational Cues in the last phase of this track; eg: *You can do this – stay in the workout.* Use time references to help them get through; when the last big piece of music comes in you have 45 seconds to the end.



KNOW IT? SHOW IT! What is the difference between a MID and a WIDE Squat?

3 CHEST

TRACK INTRODUCTION

Regulars, around a third less than your Squat weight. New pumpers, use half. 4 sets of work, 2 sets are working from the bottom up.

SETUP

- Hands wide on the bar
- Shoulders away from the ears
- Feet on the floor
- Strong wrists, soft elbows

SET	MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	Bench SET Position
	0:13	Instr (Synth)	8x8	4/4 CHEST PRESS 4x
	0:42	Br	1x8	4/4 (Downward phase only) 1x
2	0:46	V1 _ The paranoia	4x8	2/2 (Working from the bottom) 4x
	1:00	_ Another	5x8	1/1/2 5x
	1:18	C They will not	8x8	CHEST COMBO 4x
				2x 1/1 CHEST PRESS
				1x 2/2
	1:48	Br	1x8	4/4 (Upward phase only) 1x
3	1:51	V2 _ Interchanging	4x8	2/2 (Working from the top) 4x
	2:06	_ Rise up	5x8	1/1/2 5x
	2:24	C They will not	8x8	CHEST COMBO 4x
	2:53	Br	1x8	4/4 (Downward phase only) 1x
4	2:57	V3 _ Interchanging	18x8	REPEAT SET 2
RECOVERY	4:03	Ref _ Hey, hey	4x8	Sit up, Shake Arms and Shoulder Roll
5	4:17	_ Hey, hey	4x8	2/2 (Working from the top) 4x
	4:32	_ Hey, hey	5x8	3/1 5x
	4:50	C They will not	8x8	CHEST COMBO 4x
	5:19	Br	2x8	4/4 1x
	5:26	Instr (Synth)	5x8	1/1 10x
		(Power down)	½x8	1/1 Down and hold 1x

Recovery: Shake the arms, roll the shoulders and Chest Stretch.

Uprising > 5:48 mins

3

TRACK FOCUS

Coach your class through the intensity as they initiate the push from both the top and bottom of the Press.

INTENSITY FACTOR

Using a mix of both top and bottom movements will vary the feel. Starting from the bottom puts us in a loaded position for longer, recruiting more muscle fibers – making us work harder!

1

SETUP

Use the 4/4 to set up precise movement and use **NETT**

- Bar aims for mid chest
- Elbows to bench level
- Elbows soft at the top
- Shoulders away from the ears
- Lower back towards the bench

2

FOLLOW-UP

Coach your class to move the bar with purpose by cueing:

- Squeeze the chest together as you press up
 - Elbows under the bar
 - As the bar comes down, squeeze the shoulder blades together and open the chest
- In the combo, focus on power in the 1/1s and strength in the 2/2s.

3

INTENSITY

Fatigue will be setting in now; make sure they are getting the full ROM and are not checking out of the workout! Reset the base of support on the bench.

- Strong through the legs
- Abs braced
- Chest lifted

Give them a time reference to help them get through to the break.

5

MOTIVATION

Last set, lots of motivation is needed here, there's 90 seconds to the end. Again, reset posture, then lift energy to help them finish. *That burning sensation in your chest, that's your muscles changing shape!* Count out the last 10x Singles – make sure they are getting **FULL RANGE!**

?

KNOW IT? SHOW IT! What does working from the bottom do in this track?

4 BACK

There is an alternative track at the end of your CD, and notes on the next page.

TRACK INTRODUCTION

New people use Chest weight, regulars slightly heavier than Chest. Time to isolate our postural muscles: back, glutes and hamstrings, combined with explosive training in the power combinations.

DEMONSTRATE

Wide Grip, Clean & Press and Power Press.

SET	MUSIC	EXERCISE	REPS
INTRO	0:05 Intro	1x8 SET Position – Wide Overhand Grip	
	0:08 V1 Party on	4x8 2/2 WIDE-GRIP DEADLIFT	4x
	0:21 You sexy	4x8 3/1	4x
RECOVERY	0:35 QC Night the	4x8 Bar down. Torso Twists	
	0:48 Br	½x8 HOLD SET Position	
1	0:50 C Night the	6x8 COMBO 1	3x
		1x Clean & Press (8 cts)	
		1x 1/1 Deadrow (8 cts)	
	1:10 Instr (Synth)	8x8 COMBO 2	2x
		1x Power Press (16 cts)	
		1x Triple Row (16 cts)	
		(See Low-Intensity Option)	
		Jump hands wide on last 2 cts	
	1:37 V2 Take a	4x8 2/2 WIDE-GRIP DEADLIFT	4x
	1:51 You sexy	4x8 3/1	4x
RECOVERY	2:04 QC Night the	4x8 Bar down. Torso Twists	
	2:18 Br	½x8 HOLD SET Position	
2	2:20 C Night the	22x8 REPEAT SET 1	
RECOVERY	3:34 QC Night the	4x8 Bar down. Torso Twists	
3	3:47 Rep Night the	4x8 2/2 DEADLIFT	4x
	4:01 Instr (Synth)	8x8 COMBO 2	2x
RECOVERY	4:28 QC Night the	4x8 Bar down. Torso Twists	
4	4:41 Rep Night the	12x8 REPEAT SET 3	

Recovery: Torso Twists, Upper Back Stretch (clasp hands in front, chin tucked in, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, chin in, lift spine up).

OPTION

Instead of doing the Power Press, show the 2x 2/2 Deadlift & 1x Triple Row.

The Rhythm Of The Night > 5:26 mins

4

TRACK FOCUS

Coach your class to feel the posterior chain in the Wide-Grip Deadlift by focusing on the target muscles.

INTENSITY FACTOR

In the first 2 sets, the challenge will be with the Wide-Grip Deadlift at the end of the combinations. The final 2 sets are 45-second POWER-KICKERS!

INTRO SETUP

Use **NETT** and clear Setup Cues to coach the Wide-Grip Deadlift, especially **TEMPO** and **TARGET ZONES**:

- Bar to the top of the knees
- Lead with your chest
- Shoulders and elbows back

1 SETUP

Use the Compulsory Cues for the Clean & Press and Rows to get your class moving safely. For the Power Press, cue:

- Bend your knees
- Drive through the legs, power bar up over the head

FOLLOW-UP

On the Wide-Grip Deadlift, follow up with more feeling-type cues:

- Time to activate the glutes – as you rise, squeeze your butt muscles
- Time to bring the hamstrings into play – as you rise, dig your heels into the floor

2 FOLLOW-UP/INTENSITY

Reinforce all the Compulsory Cues for the combinations, then start to ask for more intensity

- **Power Press:** A little more bend through your legs
- **Deadrow:** Keep your body as still as you can
- **Wide-Grip Deadlift:** A little more of a challenge by pulling the shoulders back more

3 INTENSITY

Short power-kickers! 45 seconds of effort; encourage your class to get the most out of this set by using the legs in the Combo for power and isolating for strength in the Rows.

4 MOTIVATION

FINAL SET! Give lots of encouragement and Motivational Cues to help them finish! Here's a question... Will you commit to get fit and not quit?

? KNOW IT? SHOW IT! What are the muscles of the posterior chain?

TRACK INTRODUCTION

Normal Back weight on the bar; new people, use the same as your Chest weight.

DEMONSTRATE

Clean & Press and Power Press.

SET		MUSIC		EXERCISE	REPS
INTRO	0:05	Intro _ Ooohhh	4x8	SET Position – Overhand Grip	
1	0:18	V1 _ Wish I knew	4x8	2/2 DEADLIFT	4x
	0:32	_ So I'm a	4x8	3/1	4x
	0:45	C Everybody	8x8	COMBO 1 1x Clean & Press (8 cts) 1x 1/1 Deadrow (8 cts)	4x
	1:11	Br	1x8	Shoulder Roll to SET	
	1:14	Instr (Synth)	8x8	1/1 TRIPLE DEADROW	4x
	1:42	(Heavy synth)	8x8	COMBO 2 1x Power Press (16 cts) 1x Triple Row (16 cts) (See Low-Intensity Option)	2x
RECOVERY	2:08	Instr _ Ooohhh	4x8	Bar down. Torso Twists	
2	2:21	V2 _ No looking	33x8	REPEAT SET 1	

Recovery: Torso Twist, Mid-upper Back Stretch (clasp hands in front, chin tucked in, spread shoulder blades apart). Lower Back Stretch (elbows to thighs, chin in, lift spine up).

OPTION

Instead of doing the Power Press, show the 2x 2/2 Deadlift & 1x Triple Row.

Undeclared > 4:17 mins

5 TRICEPS

TRACK INTRODUCTION

New people use your Warmup weight, regulars slightly heavier than normal – your Back weight! You'll also need a heavy plate for Seated Overhead Extensions. 3 exercises through 4 sets of work – Tricep Presses, Dips and Overhead Extensions.

SETUP

- Hands shoulder-width apart
- Shoulders away from the ears
- Barbell in line with shoulders
- Draw the belly in and brace the core

SET	MUSIC	EXERCISE	REPS
1	0:06 Intro	2x8 Bench SET Position	
	0:14 QC _ Love is	4x8 2/2 TRICEP PRESS	4x
	0:28 Come on	5x8 3/1	5x
	0:46 V1 Woodstock	8x8 2x Bottom Half	8x
2	1:16 QC _ Love is	4x8 2/2	4x
	1:30 Come on	5x8 3/1	5x
	1:49 Roll is on	8x8 2x Bottom Half	8x
	2:18 Br	1x8 HOLD at the bottom	
3	2:22 V2 All night	2x8 Transition: Tricep Dip	
	2:29 Good times	2x8 4/4 TRICEP DIP	1x
		Options: Bar, plate or body weight	
	2:36 QC _ Love is	4x8 2/2	4x
	2:51 Come on	5x8 1/1	10x
4	3:10 Br	1x8 HOLD Sit on the bench	
	3:13 V3 All night	2x8 Transition: Seated Overhead Extension	
	3:21 Good times	2x8 4/4 SEATED OVERHEAD EXTENSION	1x
	3:28 QC _ Love is	4x8 2/2	4x
	3:43 Come on	5x8 1/1	10x

Recovery: Shake the arms and Tricep Stretches.

CONNECTION

Because we are lying on the bench, it's difficult to connect to the class. In the 2nd set, sit up in the 2/2s so you can look out and see what's happening in the room. Use this opportunity to CRC if need be.

DID YOU KNOW?

Compound exercises are multi-joint movements using several muscles at the same time. MORE FUNCTIONAL WORK TO GET FIT FOR LIFE!

Let It Roll > 4:05 mins

5

TRACK FOCUS

Coach your class to feel and understand the benefits of compound exercises in the Presses and Dips.

INTENSITY FACTOR

Using Back weight in the Tricep Press, and then going straight into Tricep Dips followed by isolation work in the Seated Overhead Extension, makes this track a challenge for your triceps.

1

SETUP

Set up the Tricep Press with clear Setup Cues and coaching **NETT**:

- Bar to lower part of ribcage
- Elbows in close to the body
- Shoulders away from ears

In the Bottom Halves, coach timing, pressure and control.

2

FOLLOW-UP

Reset your class into the Bench SET Position.

Now coach the benefits of the compound move, *functional training for day-to-day activities*.

3

SETUP

Coach **NETT** and use the Compulsory Cues for the Tricep Dip:

- Chest lifted
- Butt close to bench
- Elbows to the rear

INTENSITY

In the 1/1s, maintain intensity by checking ROM.

OPTION

A plate across the lap for the Seated Tricep Dip OR body weight only.

4

SETUP

Coach **NETT** and use Compulsory Cues for the Seated Overhead Extension:

- Plate comes down to the upper back
- Elbows in
- Anchor your sit bones down on the bench

Sell the benefits of isolation movements, *this is where we shape the back of the arms*.

INTENSITY/MOTIVATION

In the last set of 1/1s, make sure they don't check out of the workout. Reinforce ROM using lots of motivation to the end – let them know there's only 10x Singles to the finish!

?

KNOW IT? SHOW IT! What is a compound movement?

6 BICEPS

TRACK INTRODUCTION

New people use your Warmup weight, regulars use your normal Biceps weight.

SET	MUSIC	EXERCISE	REPS
1	0:06 Intro	2x8 SET Position	1x
	0:09	2x8 Shoulder Roll	1x
	0:17 V1 White	4x8 3/1 Split Stance	4x
	0:33 PC _ Eyes on fire	4x8 1/1/2 SET Stance	4x
	0:49 C _ I think I've	4x8 BICEP COMBO	4x
		1x BOTTOM HALF BICEP CURL (4 cts)	
		1x 1/1 BICEP CURL (4 cts)	
	1:06 Just when	4x8 1/1	8x
RECOVERY	1:22 Br Kiss	1x8 Shoulder Roll	1x
2	1:27 V2 I won't miss	4x8 2/2 Split Stance	4x
	1:43 PC _ No more	4x8 1/1/2 SET Stance	4x
	1:59 C I think I've	4x8 BICEP COMBO	4x
	2:15 Just when	4x8 1/1	8x
RECOVERY	2:32 Ref _ La la la	4x8 Bar down, shake the arms	
3	2:48 V3 _ I will do	4x8 2/2 Split Stance	4x
	3:05 C I think I've	4x8 BICEP COMBO SET Stance	4x
	3:21 Just when	4x8 1/1	8x
	3:37 Ref _ La la la	4x8 BICEP COMBO	4x
	3:54 Just when	4x8 1/1	8x
	4:10 Outro	1/2x8 Shoulder Roll	1x

Recovery: Shake the arms. Bicep Stretch. Thumbs in and down, arms back.

Blow Me (One Last Kiss) > 4:13 mins

6

TRACK FOCUS

To isolate and challenge the Biceps, coach your class to maintain good technique and full range right through to the end, especially in the last 60 seconds!

INTENSITY FACTOR

The first 2 sets will fatigue the Biceps BUT it's in the last set where you'll feel the *BURN* in this track.

1 SETUP

Coach **NETT** and setup:

- Bar moves from your thighs to your shoulders
- Bend the knees
- Brace your abs, chest up

Be clear with the timing in the combo – pre-cue it early: *COMBO* – one Bottom Half, one Single. In the 1/1s, ask for full ROM.

2 FOLLOW-UP

Now tell your class how to do it better:

- Shoulder blades back
- Elbows close to your body to isolate the work

INTENSITY

Start to build the intensity in the 1/1/2 through the Combo to the 1/1s – make sure your class keeps their body still as fatigue sets in.

3 MOTIVATION

A challenging final set – let them know it's 60 seconds to the end. Use lots of Motivational Cues to help your class finish. Intensity will be high in this final set, so coach your class to maintain good posture: *Keep your body still – brace your abs.*

FITNESS MAGIC

This song is awesome! Use the lyrics and have fun – don't be too aggressive. Match the delivery of your coaching with the music's energy.

? KNOW IT? SHOW IT! What two things should you do in the last set?

7 LUNGES

TRACK INTRODUCTION

New people use Warmup weight and regulars use up to Chest weight. Option is to also do a Front-Loaded Squat using 2 plates... Try changing the exercise stimulus! Pre-fatigue with Static Lunges and then the kicker – Plyometric Straddle Jumps.

DEMONSTRATE

Lunge Setup and the Plyometric Straddle Jump – short end of the bench, facing the stage.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	1/2x8 SET Position MID Stance	
	0:07 V1	When we 4x8 2/2 SQUAT	4x
		Options: Plate Front Squat or Back Squat	
	0:22	When we 4x8 3/1	4x
	0:37 QC	Name and 4x8 4/4	2x
2	0:52 C	Name and 8x8 1/1	15x
		Step R leg B to Lunge on last 4 cts	
	1:21 V2	When we 4x8 2/2 LUNGE L	4x
		Options: Plates or barbell	
	1:36	When we 4x8 3/1	4x
3	1:51 QC	Name and 4x8 4/4	2x
	2:06 C	Name and 8x8 1/1 Change legs on last 2 cts	16x
	2:35 V3	When we 4x8 2/2 LUNGE R	4x
		Options: Plates or barbell	
	2:50	When we 4x8 3/1	4x
4	3:05 QC	Name and 4x8 4/4	2x
	3:20 C	Name and 8x8 1/1	16x
	3:50 Rep	Name 4x8 Transition: Straddle bench for Plyometric Straddle Jump	
	4:04	Name 2x8 4/4 SQUAT	1x
	4:11 C	Name and 4x8 1/1 PLYOMETRIC STRADDLE JUMP	8x
5	4:26	Name and 4x8 EASY Small Circle Arms	
		1/1 HARD Big Circle Arms	8x
		Option: Body Squat	
	4:41 Rep	Name 4x8 Recovery: Shake out legs	
	4:56	Name 2x8 4/4 SQUAT	1x
	5:03 C	Name and 4x8 1/1 PLYOMETRIC STRADDLE JUMP	8x
		EASY Small Circle Arms	
	5:18	Name and 4x8 1/1 HARD Big Circle Arms	8x

Recovery: Shake the legs. Quadricep Stretches.

OPTION

Instead of the Plyometric Straddle Jump do a Body Squat.

Spectrum > 5:41 mins

TRACK FOCUS

Coach your class how to get intensity and power out of the Plyometric Straddle Jump.

INTENSITY FACTOR

Intensity comes from the anaerobic surge in the Plyometric Straddle Jump at the end of the track.

1

SETUP

Coach **NETT** and ensure all the Squat Setup Cues are used:

- Knees press forward to the toes
- Hips back and down
- Butt stops just above knee line
- Belly in and abs braced

If doing the Front Squat, emphasize keeping the chest lifted.

INTENSITY

Lift intensity and drive in the 1/1s by using your **BIG** voice.

2

SETUP

Coach **NETT** to get your class executing the Lunge correctly:

- Back knee down
- Drop down so your front thigh is parallel to the floor
- Front knee in line with toes
- Chest lifted

INTENSITY

Again, lift intensity and drive in the 1/1s by using your voice. Make sure they are maintaining full ROM here.

3

FOLLOW-UP/INTENSITY

Follow-up with **NETT**. Then, educate your class:

- Pre-fatiguing the legs so we get a greater training effect from the plyometric work!
- To reach that point we need to stay with the correct ROM.
- Drop the back knee so the front thigh is parallel with the floor
- Build anticipation in the 4/4s before the 1/1s by lowering your voice – then when the 1/1s come in, use your **BIG** voice!

7 LUNGES > continued

4 SETUP

Explain how to perform the Plyometric Straddle Jump. Start EASY then go BIG! Don't forget to give options...

- Use your arms
- Up – on – up – off
- Knees forward, knees out
- Land toe-ball-heel
- Sink into your legs as you land

INTENSITY

When the BIG Plyometric Straddle Jump comes in, be **BIG** with your voice! Explode off the bench! Authenticate the workout – show them that you are an athlete!

5 FOLLOW-UP

One more set! Remind them of the key points for the Plyometric Straddle Jump.

INTENSITY/MOTIVATION

Motivate, encourage and commend your participants to get height on the jump – this is where it's going to hurt!

PLYOMETRIC STRADDLE JUMP

Setup

- Straddle the bench
- Chest up, abs braced
- Jump up, with soft landing toe, ball, heel – soft knees as you land

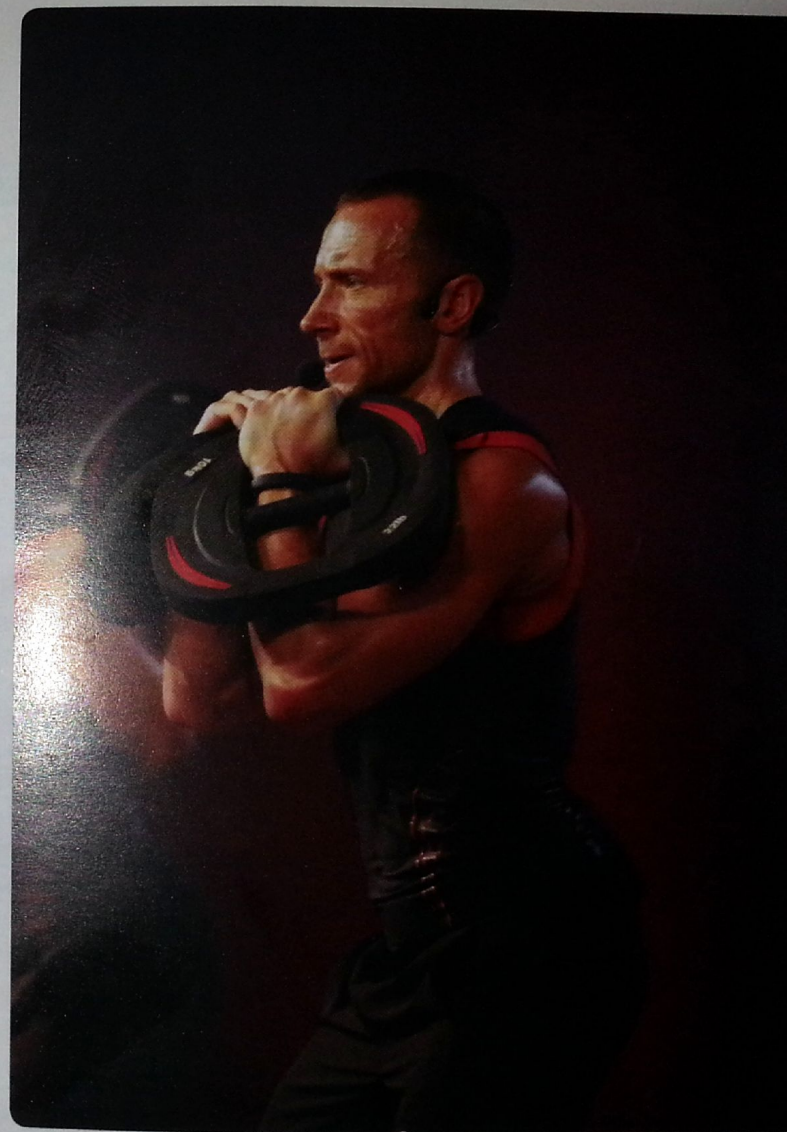
Follow-up

- Explode off the bench
- Sink into your legs as you land



DID YOU KNOW?
The FRONT SQUAT works the quads, glutes, core and back extensors more than the Back Squat.

7



KNOW IT? SHOW IT!

What is the option for the Plyometric Straddle Jump?

8 SHOULDERS

TRACK INTRODUCTION

You'll need 2 light plates and your bar. New people, Warmup weight; regulars, Chest weight. 3 sets of work – body weight to start, plate work, then finish with bar work.

DEMONSTRATE

Push Press and describe the Walking Pushup.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4½x8 Set up Pushups	
	0:19 Instr (Guitar)	4x8 1/1 WALKING PUSHUP Easy (32 cts)	1x
		Options: Kneeling, knees or toes	
	0:33 (Heavy beat)	8x8 1/1 WALKING PUSHUP Full range (32 cts).	2x
		Hold last one down	
RECOVERY	0:59 (Low)	4x8 Recovery: Childs Pose	
	1:13 (Beat + synth)	8x8 1/1 PUSHUP	16x
	1:40 (Low guitar)	4x8 Transition: Standing Rear Deltoid Raise. Stand in Bentover Row position, SET Stance, plates at knees	
	1:53 Ref This is how	4x8 3/1 STANDING REAR DELTOID RAISE	4x
	2:06 (Heavy guitar)	4x8 1/1/2 SIDE RAISE Step into Split Stance	4x
2	2:19 (Beat + guitar)	4x8 1/1 SET Stance	8x
	2:33 (Heavy beat + guitar)	8x8 SHOULDER COMBO	4x
		1x Side Raise (4 cts)	
		1x Mac Raise L (4 cts)	
		1x Side Raise (4 cts)	
RECOVERY		1x Mac Raise R (4 cts)	
	3:00 (Low guitar)	4x8 Transition: Shake out arms, move into a Standing Rear Deltoid Raise. Stand in Bentover Row position, SET Stance, plates at knees	
	3:13 Ref This is how	20x8 REPEAT SET 2	
	4:20 (Low guitar)	4x8 Transition: Plates down, shake arms out, pick up bar or plates	
	4:33 (B up guitar)	4x8 3/1 UPRIGHT ROW Split Stance	4x
4		Last 4 cts, transition to an Overhead Press	
	4:46 (Beat + guitar)	4x8 1/1 STANDING OVERHEAD PRESS	8x
		Split Stance	
	4:59 (Wind up)	4x8 1/1 STANDING OVERHEAD PUSH PRESS	8x
		SET Stance	
RECOVERY	5:13 Outro	½x8 1/1 STANDING OVERHEAD PRESS and hold	1x

Recovery: Shake the arms; Deltoid Stretches (arms across front of body).

OPTIONS

For Pushup:
On toes, knees or kneeling

This Is How We Rock! > 5:20 mins

8

TRACK FOCUS

Coach your class to maintain good form to get the full functional benefits of 2 sets of Pushups.

INTENSITY FACTOR

Top-and-tailing with intensity, start with a DOUBLE set of Pushups to fatigue the shoulders, finishing with an intense block of heavy-weighted Push Presses.

1 SETUP

Coach your class how to execute the Walking Pushup – be clear in telling them WHAT to do. Use **NETT** to get them moving correctly. Easy to begin then challenge with full range.

- Hands outside shoulders
- Chin in – eyes down
- Shoulders/Chest in line with elbows

INTENSITY

This is where it will hurt... 16 SINGLES! Count out the reps to help them get through.

- Brace your core
- Squeeze your butt and thighs to help with stability

2 SETUP

Lead your class through this set by using clear Setup Cues and **NETT**. This will make you easier to follow.

- Rear Deltoid Raise: Super slow, chin in, eyes down, elbows lead the way
- Side Raise: 1/1/2, elbows just under shoulders
- Pre-cue the Shoulder Combo early: Chest up, rotate through your shoulders

3 FOLLOW-UP

This set is the same as the last one. Follow-up on the Setup Cues:

- Rear Deltoid Raise: Keep the chin tucked in, squeeze between the shoulders
- Side Raise: Elbows just in front of shoulders
- Shoulder Combo: Functional training for everyday life

INTENSITY

Your class will be feeling it – especially in the combo towards the end of this set. Match your energy to that of the music – driving and hardcore. This will help get them through.

4 SETUP

With any new move, go back to **NETT** and setup to help them execute correctly

- Upright Row: 3/1, elbows lead the way, bar to lower chest
- Overhead Press: Singles, from the chin towards the ceiling
- Push Press: Drive through your legs, brace your core

MOTIVATION

Bring it home now! Last set of work – the finale! Be motivating and full of praise to help your class finish. Make sure they are maintaining the correct ROM.

8 SHOULDERS > continued

WALKING PUSHUP

- Center Pushup 4 cts
- Walk L 4 cts
- Pushup L 4 cts
- Walk Center 4 cts
- Center Pushup 4 cts
- Walk R 4 cts
- Pushup R 4 cts

FITNESS MAGIC

This track has the 'essence' of BODYPUMP™ written all over it! STRONG and GROUNDED. Match your energy to that of the music.



9 CORE

TRACK INTRODUCTION

You will need a large plate for this track. We have 4 blocks of work where we superset our upper and lower abs.

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro Ooohh	2x8 Set up Alt Leg Extension, feet off floor	
	0:14 V1 Go hard	4x8 2/2 ALT LEG EXTENSION Plate at forehead	4x
	0:34 Baby	4x8 1/1/2	4x
	0:54 PC Cross	4x8 4/4 PLATE CRUNCH (Feet on floor) Feet off floor on last 2 cts	2x
	1:14 C No but	8x8 CORE COMBO 1x 1/1 ALT LEG EXTENSION (8 cts) 2x 1/1 PLATE LIFT (8 cts) (Feet stay off floor)	4x
2	1:55 PC Cross	4x8 4/4 PLATE CRUNCH (Feet on floor)	2x
	2:15 C No but	8x8 CORE COMBO	4x
3	2:55 PC Cross	4x8 4/4 PLATE CRUNCH (Feet on floor) Feet off floor on last 2 cts	2x
	3:15 Rep Ooohh	4x8 1/1 PLATE LIFT (Feet off floor)	8x
RECOVERY	3:35 Ref Baby	4x8 Stretch out	
4	3:55 C Cross	8x8 CORE COMBO with O/H Plate Extension on the Alt Leg Extension	4x

PLATE LIFT

Setup:

- Plate held up above shoulders ☐
- Feet off floor, knees at 90 degrees ☐
- Lower back close to floor ☐
- Lift plate up toward the ceiling ☐
- Chin tucked in ☐
- Ribs to hips ☐

Follow-up:

- Push plate straight to the ceiling ☐
- Lift shoulders off the floor ☐



One More Night > 4:38 mins

9

TRACK FOCUS

Clearly coach the superset between upper and lower abdominals using the Target Zones and ROMs.

INTENSITY FACTOR

The challenge will be in the final set where we are fatigued and we introduce the Overhead Plate Extension with the Leg Extension.

1 SETUP

Allow your class to get a feel for the movements using **NETT** and Setup cues.

For the **Leg Extension**:

- Plate to forehead
- Knees above hips
- As you extend your leg, pull the belly in and brace your abs to keep the lower back towards the floor
- Return to start position, knee in line with the hips

On the **Plate Lift**:

- Push the plate straight up

OPTION
For Leg Extension:
Heel Drop

2 FOLLOW-UP

Let's do that again. Cue how to do it better and explain **WHY**

- **Plate Crunch**: Slide your ribcage towards your pelvis and lift higher to engage the upper abs a little more
- **Core Combo**: Brace your belly to support your back; extend out a little further, integrating the upper abs with the lower abs

3 INTENSITY

This set is about isolation, just in the upper abs.

- Bring that plate a little closer to your forehead
- Lift a little higher in the Crunch

4 SETUP

Preview the move with the addition of the Overhead Plate Extension in the recovery.

- Plate goes over the head with the Leg Extension – integrating lower and upper abdominals

MOTIVATION

Finish this last set off with lots of motivation, asking them for more: *Full range, reach further!*

? KNOW IT? SHOW IT! What is the option for the Leg Extension?

10 COOLDOWN

TRACK FOCUS

Coach your class through each stretch, allowing the music to come through.

MUSIC		EXERCISE
0:05	Intro	2x8 SEATED GLUTEAL HURLER STRETCH L
0:19	Ooohhhh	2x8 SEATED GLUTEAL HURLER STRETCH R
0:33	V1 Look into my	2x8 KNEELING HIP FLEXOR STRETCH R L leg F, R arm lifted
0:47	We shall	2x8 KNEELING HIP FLEXOR & TRICEP STRETCH R Side Release
1:01	Instr (Synth)	2x8 STANDING QUADRICEP STRETCH R
1:16	(B up)	2x8 STANDING SOLEUS STRETCH R
1:30	C Forever	2x8 STANDING ILIOTIBIAL BAND STRETCH L
1:44	Forever	2x8 STANDING SHOULDER STRETCH R
1:58	Instr (Guitar)	2x8 STANDING SOLEUS STRETCH L
2:13	V2 People are	2x8 KNEELING HIP FLEXOR STRETCH L R leg R L arm lifted
2:26	We shall	2x8 KNEELING HIP FLEXOR & TRICEP STRETCH L Side Release
2:41	Instr (Synth)	2x8 STANDING QUADRICEP STRETCH L
2:55	C Forever	2x8 STANDING ILIOTIBIAL BAND STRETCH R
3:09	Forever	2x8 STANDING SHOULDER STRETCH L
3:23	Rep Forever	4x8 STANDING HAMSTRING STRETCH L R
3:52	Foreveerr	2x8 STANDING LOWER BACK RELEASE Elbows on knees
4:06	C Forever	2x8 STANDING CHEST RELEASE Open arms wide
4:20	Forever	2x8 STANDING FRONT DELTOID/CHEST STRETCH Clasp hands behind back
4:35	Instr (Synth)	2x8 STANDING UPPER BACK RELEASE Arms cross out in front
4:48	Outro	4x8 SINGLE ARM SHOULDER ROTATION/BACK ROTATION

Forever > 5:18 mins

10

TRACK OBJECTIVES

- Be clear with the stretching sequence. Tell your class what muscle group they are stretching and where they should feel it.
- Just say the minimum – allowing the music to shine; it's a beautiful track, with so much feeling!

SEATED GLUTEAL HURLER STRETCH



CONNECTION

Connect back to your class; look out and gain eye contact with them. Acknowledge their effort and work.

