

BODYPUMP™ EXPRESS FORMATS

30-MINUTE FORMAT

- Track 1 Warmup
- Track 2 Squats
- Track 3 Chest
- Track 4 Back
- Track 9 Core

45-MINUTE FORMAT

- Track 1 Warmup
- Track 2 Squats
- Track 3 Chest
- Track 4 Back
- Track 7 Lunges
- Track 8 Shoulders
- Track 9 Core
- Track 10 Cooldown

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

AIt	alternating	Rep	reprise (part of the chorus repeated)	2/2	4 counts down, 4 counts up
B up	build up	ROM	range of motion	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
Br	bridge (non-chorus)	V	verse		
C	chorus	1/1	2 counts down, 2 counts up		
cts	musical counts	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B	3/1	6 counts down, 2 counts up
F or B	forward or back			4/4	8 counts down, 8 counts up
Instr	instrumental	1/1/2	2 counts down, 2 counts up, 4 counts up	⤴	Increase weight selection
Intro	introduction			⊞	Normal weight selection
L	left			⤵	Decrease weight selection
O/H	over head				
Outro	last few bars of music				
PC	pre-chorus				
QC	quiet chorus				
R	right				
Ref	refrain (recurring phrase or number of song lines)				

CREDITS

Choreography – Glen Ostergaard
 Choreography Notes – Sarah Ostergaard
 BODYPUMP™ Training Director – Susan Renata
 Group Fitness Director – Dr Jackie Mills
 Creative Director – Diana Archer Mills
 Program Planner – Sarah Irwin
 Program Coach – Kylie Gates
 Technical Consultant – Bryce Hastings
 Technical Advisor – Corey Baird
 Technical Advisor – Thomas Cerboneschi

SPECIAL THANKS TO:

Libby Day

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THE WORLD OF LES MILLS™ RESEARCH

STRENGTH TRAINING PRINCIPLES TO TEACH BODYPUMP™ BETTER – THE CLEAN & PRESS THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	DURATION
1 WARMUP	Ten Feet Tall © 2014 Les Mills Music Licensing Ltd. Written by: Braide, Wrabel	Sum Two	5:07
2 SQUATS	Somebody Told Me Courtesy of the Universal Music Group. Written by: Vannucci, Stoermer, Kauning, Flowers	The Killers	3:15
	Somebody Told Me Courtesy of the Universal Music Group. Written by: Vannucci, Stoermer, Kauning, Flowers	The Killers	1:55
3 CHEST	Goodness Gracious Courtesy of the Universal Music Group. Written by: Ruess, Goulding, Kurstin	Ellie Goulding	3:34
	Goodness Gracious Courtesy of the Universal Music Group. Written by: Ruess, Goulding, Kurstin	Ellie Goulding	2:18
4 BACK	Beautiful Life (Mikkas Remix) © 2013 405 Recordings under exclusive license from Armada Music B.V. Written by: Van Buuren, De Goeij, Alma, Barry	Armin Van Buuren feat. Cindy Alma	5:41
5 TRICEPS	Hey Brother Courtesy of the Universal Music Group. Written by: Pontare, Maggio, Bergling, Al, Pournouri	Avicii	1:48
	Hey Brother Courtesy of the Universal Music Group. Written by: Pontare, Maggio, Bergling, Al, Pournouri	Avicii	3:30
6 BICEPS	Bad Company © 2014 Les Mills Music Licensing Ltd. Written by: Kirke, Rodgers	Bogus Love	5:13
7 LUNGES	Find You Courtesy of the Universal Music Group. Written by: Raadstroem, Bryant, Zaslavski, Koma	Zedd feat. Matthew Koma & Miriam Bryant	3:06
	Find You Courtesy of the Universal Music Group. Written by: Raadstroem, Bryant, Zaslavski, Koma	Zedd feat. Matthew Koma & Miriam Bryant	2:24
8 SHOULDERS	Eat Sleep Rave Repeat (Calvin Harris Remix) © 2013 Skint Records www.skintentertainment.com , under exclusive license to Hushie Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: Cook, Miele, Foreman	Fatboy Slim & Riva Starr feat. Beardyman	5:08
9 CORE	Trumpets © 2013 Warner Bros. Records Inc. Produced Under License From Warner Bros. Records Inc. Written by: Desrouleaux, Bellion	Jason Derulo	3:42
10 COOLDOWN	Burning Bridges Courtesy of the Universal Music Group. Written by: Tedder, Kutzie	OneRepublic	4:23
ALTERNATIVE 9 CORE	Hold On Courtesy of the Universal Music Group. Written by: Caillat	Colbie Caillat	3:39

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1 WARMUP

WEIGHT SELECTION

BARBELL

2x PLATES

Light barbell + 2x light plates.

DEMONSTRATE

SET Position

TRACK FOCUS

Use clear, concise cues to coach your class to execute the Clean & Press.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 SET Position SET Stance	
	0:11 V1 _ I'm clumsy	4x8 2/2 DEADLIFT	4x
	0:27 PC Hurts, I'm	4x8 2/2 DEADROW (16 cts)	2x
	0:41 QC Ohhhhh, I'm	4x8 1/1 DEADROW (8 cts)	4x
	0:56 Instr (Synth)	4x8 TRIPLE DEADROW (16 cts)	2x
2	1:10 V2 _ I'll be	4x8 2/2 UPRIGHT ROW SET Stance	4x
	1:25 PC Down, I'm	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	1:39 QC Ohhhhh, I'm	4x8 1/1 (8 cts)	4x
		Last 4 cts, transition bar for Squats	
	1:55 Instr (Synth)	4x8 1/1 SQUAT MID Stance	8x
	2:09 (Bleeps)	4x8 2x Bottom Half (8 cts)	4x
TRANSITION	2:24 Br	1x8 2 cts O/H Press up, 2 cts O/H Press down, 4 cts down to SET Position	
3	2:28 V3 _ I'll be	4x8 2/2 UPRIGHT ROW SET Stance	4x
	2:42 Down, I'm	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	2:57 QC Ohhhhh, I'm	4x8 1/1 (8 cts)	4x
		Last 4 cts, transition bar for Lunges	
	3:11 Instr (Synth)	4x8 1/1 LUNGE L Switch legs on last 2 cts	8x
	3:26 (Bleeps)	4x8 1/1 LUNGE R	8x
TRANSITION	3:41 V4 Build me up	2x8 Bar down, pick up plates	
4	3:49 Build me up	3x8 3/1 STANDING SIDE RAISE SET Stance	3x
	4:00 _ I'm trying	4x8 2/2 STANDING SIDE ROTATOR RAISE (16 cts)	2x
	4:14 QC Ohhhhh, I'm	4x8 1/1 (8 cts)	4x
	4:28 Instr (Synth)	8x8 1/1 STANDING ROTATOR OVERHEAD PRESS x2 (16 cts)	4x
		Last rep, do 4x O/H Presses holding last one up	

RECOVERY: Shake the arms and legs, light Torso Twists.

Ten Feet Tall > 5:07 mins

1

SET POSITION

POSITION SETUP

Before you begin, coach SET Position. This will establish a strong foundation from which to lift weights.

- Heels under hips, turn the toes out slightly
- Soften the knees
- Hands thumb-distance from thighs
- Pick the shoulders up, back and down towards the spine
- Draw in the belly and brace the core
- Lift the chest
- Chin tucked in

NETT

EXECUTION SETUP

For each exercise, coach NETT – NAME OF EXERCISE, TEMPO and TARGET ZONES.

This makes your coaching clear and easy to follow. Eg:

- Deadrow 2/2 – knees, belly, knees and rise
- Upright Row 2/2 – bar to lower chest
- Squat 1/1 – butt just above knee line

2 / 3 CLEAN & PRESS

One of the key focuses for the Back track is the Clean & Press. The Warmup is a great opportunity to perfect technique because we are using light weights. Use clear, succinct cues.

POSITION / EXECUTION SETUP

- Little bend through the knees
- Keep the bar close to the body
- Bar is light, time to perfect technique
- Chest lifted

LAYER 2

- Bend, push, release
- Pull, tuck, bend, push
- Elbows in front

PUMP FACT

Introducing rotation patterns in the Warmup helps engage the shoulder stabilizers early on in the class. These muscles protect our shoulders from injury when we lift weights.

2 SQUATS

WEIGHT SELECTION



REGULARS: 3–4x Warmup weight.
NEW: 2x Warmup weight.

DEMONSTRATE

MID and WIDE Stance

TRACK FOCUS

Coach the progressive overload in the legs that results from short recoveries and lots of Singles.

MUSCLE FOCUS

MID Stance – Quads

WIDE Stance – Gluteus maximus

SET	MUSIC		EXERCISE		REPS
1	0:05	Instr (Guitar)	6x8	4/4 SQUAT MID Stance	3x
	0:24	V1 Breaking my	9x8	2x Bottom Half (8 cts)	9x
	0:55	PC _ Bring it back	4x8	2/2	4x
	1:09	C Told me that	4x8	1/1	8x
2	1:22	V2 Ready? Let's	5x8	2x Bottom Half	5x
	1:39	PC _ Bring it back	4x8	2/2	4x
	1:52	C Told me that	4x8	1/1	8x
	2:06	Ref Pace yourself	1x8	1/1/2	1x
RECOVERY	2:09	Meeeeeee	1x8	Transition: WIDE Stance (4 cts) HOLD (4 cts)	
3	2:12	V3 Maybe baby	5x8	1/1/2 WIDE Stance	5x
	2:29	Br	½x8	HOLD	
	2:31	C Told me that	12x8	1/1	24x
RECOVERY	3:12	Br	1x8	Transition: HOLD (4 cts) MID Stance (4 cts)	
4	3:15	V4 Ready? Let's	5x8	2x Bottom Half MID Stance	5x
	3:32	PC _ Bring it back	4x8	2/2	4x
	3:45	C Told me that	4x8	1/1	8x
	3:59	Ref Pace yourself	1x8	1/1/2	1x
RECOVERY	4:02	Meeeeeee	1x8	Transition: WIDE Stance (4 cts) HOLD (4 cts)	
5	4:06	V5 Maybe baby	5x8	1/1/2 WIDE Stance	5x
	4:23	Br	½x8	HOLD	
	4:25	C Told me that	12x8	1/1	24x
				Drop and HOLD on last rep	

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

Somebody Told Me > 5:10 mins

2

1 MID STANCE

POSITION / EXECUTION SETUP

Cue target and alignment to establish good technique.

- **Heels just outside hip-width**
- **Turn the toes out slightly**
- **Belly in and braced – lift the chest**
- **Butt goes back and down**
- **Knees track forward in line with toes**
- **Butt just above the knee line**

2 MID STANCE

LAYER 2

Bring an awareness to where the work should be felt. Focus on recruiting the quads, by driving the knees forward in line with the toes.

- *Push the knees forward, feel the pressure in the quads*
- *Singles – starting to overload the legs*

3 WIDE STANCE

POSITION / EXECUTION SETUP

The focus is the glutes: drive the hips back and push the knees out slightly.

- **Heel-toe wider than in MID Stance**
- **Push your hips back**
- **Knees follow toes**
- **Knees to 90 degrees**

LAYER 2

In the 1/1s focus on what is happening with the body and what the fast tempo will do to the heart rate.

- *Watch my hips, they finish just above my knees*
- *Range and tempo will spark the heart rate and overload the legs*
- *Drive out of your heels*

4 MID STANCE

INTENSITY

- *The heat you're feeling is your muscles changing shape*
- *Can you feel your heart rate?*

5 WIDE STANCE

MOTIVATION

Bring it home now! Last push to the end.

- *Remember the Wide Stance, push your hips back and lift your chest – that will engage your glutes*
- *Last big set of overloading the muscles*
- *Somebody told me that Singles burn the most calories! Guess what?! YES, THEY DO!*
- *This is where we get results, maximize our training!*

INTENSITY

The heavy weight and limited rest will progressively overload the legs. Quick stance changes, faster tempos and LOTS of Singles combine to stress the muscles and lift the heart rate to burn MAX calories!

MOTIVATION

Fatigue will be setting in during the 24 Singles – this is when you need to praise and encourage everyone. Use your BIG voice to keep participants in the workout until the very end.

PUMP FACT

New research out of Penn State University tells us that Singles burn the most calories when compared to other tempos. This track takes full advantage of this fact and propels us into the training zone for the rest of the class.

3 CHEST

Goodness Gracious > 5:52 mins

3

WEIGHT SELECTION

2x PLATES

REGULARS: 2x plates – 11 lb (5 kg) or 22 lb (10 kg).

NEW: 2x plates – 5.5 lbs (2.5 kg).

Option: To use a barbell instead of plates – using normal Chest weight.

DEMONSTRATE

A-Press

TRACK FOCUS

Create contrast between the isolation in the A-Press and the spike of intensity in the fast Pushups.

MUSCLE FOCUS

A-Press – Pectoralis major

Pushups – Pectoralis, triceps, deltoid and core

SET	MUSIC	EXERCISE	REPS
1	0:05	Intro	2x8
	0:14	Instr (Melody)	2x8
	0:23	V1 I lost the	4x8
	0:39	PC _ I keep	4x8
	0:55	C Goodness	4x8
	1:11	Instr (Low)	2x8
2	1:19	V2 I found the	4x8
	1:35	PC _ I keep	4x8
	1:52	C Goodness	8x8
	2:24	V3 _ Oh my goodness	2x8
RECOVERY	2:32	Selfishly, I don't	2x8
3	2:40	PC Out, calling	4x8
	2:57	C Goodness	4x8
	3:13	Arms, Ohhhh	4x8
RECOVERY	3:29	Br Arms	2x8
4	3:37	V4 I found the	18x8
RECOVERY	4:50	Selfishly, I don't	2x8
5	4:58	PC Out, calling	12x8

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

1 A-PRESS

POSITION / EXECUTION SETUP

Position your class on the bench, then get them moving into the A-Press.

- Feet are hip-width apart
- Push your upper back into the bench
- Brace your abs
- Squeeze between your armpits to create a strong base to push from
- Plates face inward, elbows in
- Bend the elbows out to the top of your bench
- Widening the elbows/narrowing your hands



2 A-PRESS

LAYER 2

- Now press the upper back into the bench to engage your lats and traps, creating a stronger platform to push from
- 1/1/2: Isometric training, building pressure in the muscle, giving us results
- Combo: Challenge the muscles with different ranges. Metabolic stress will sculpt and tone your chest

PUMP FACT

Combining isolation exercises with fast body-weight reps will escalate the stress on the upper body. This is how we maximize results without the need for heavy weights.

3 BENCH PUSHUP

POSITION / EXECUTION SETUP

Set up for the Bench Pushup behind the bench.

- Hands wide, just outside shoulder-width
- Back straight, abs braced
- Lower towards the bench, chest at elbow level

INTENSITY

The speed of the Singles and fast Pushups will create an intensity peak, spiking the heart rate.

- SINGLES! On your toes if you can!
- Keep the eyes forward
- Working chest, arms, core and shoulders
- Challenge coming up – fast Pushups!
- I know you can do this! Push it hard!
- Squeeze your core

4 A-PRESS

INTENSITY

Focus on maintaining good technique under fatigue for isolation and intensity.

- This feels different, huh? Fatigue kicks in now
- Elbows wide, feel this massive squeeze at the top
- Full range – elbows to the bench level

MOTIVATION

- What is your goal? What are you trying to achieve?
- Creating lean athletic muscle, getting fitter, shaping and toning the chest

5 BENCH PUSHUP

MOTIVATION

Final set. Motivate and inspire your class to complete this last phase.

- You did some great Pushups, but I know you've got more
- Push the bench away from you
- Pushup challenge
- Now push it! Now is your chance to get fitter, to work your body!

4 BACK

Beautiful Life > 5:41 mins

4

WEIGHT SELECTION



REGULARS: Moderate – heavy Back weight.
NEW: Same as your Chest weight.

DEMONSTRATE

Deadlift, Deadrow and Clean & Press

TRACK FOCUS

Coach the difference in feel between strength in the Rows and speed in the Clean & Press.

MUSCLE FOCUS

Deadlift/Clean & Press – Posterior chain: Glutes, hamstrings, lower and upper back
Deadrow – Lats

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	4x8 SET Position Overhand Grip	
	0:19 V1 _ Come and	4x8 2/2 DEADLIFT	4x
	0:33 Instr (Synth B up)	4x8 2/2 DEADROW (16 cts)	2x
	0:48 (Heavy dubstep)	8x8 COMBINATION 3x CLEAN & PRESS (24 cts) 1x 1/1 DEADROW (8 cts)	2x
RECOVERY	1:16 V2 _ I am falling	4x8 Bar down. Torso Twists	
2	1:31 QC Beautiful	4x8 2/2 DEADLIFT	4x
	1:45 Rep _ The answer	4x8 1/1/2	4x
	2:00 Instr (Synth)	4x8 2/2 DEADROW	2x
	2:14 (Synth B up)	4x8 1/1	4x
	2:29 (Windup)	4x8 TRIPLE DEADROW	2x
	2:43 (Heavy dubstep)	12x8 COMBINATION	3x
RECOVERY	3:26 V3 _ I am falling	4x8 Bar down. Torso Twists	
3	3:40 QC Beautiful	32x8 REPEAT SET 2	

RECOVERY: Torso Twists, Mid-Upper Back Stretch (clasp hands in front, chin tucked in, spread shoulder blades apart).

1 DEADLIFT / DEADROW / CLEAN & PRESS

POSITION / EXECUTION SETUP

Deadlift

- SET Position
- Chest up – abs braced
- Tip forward from the hips, keeping the chest lifted
- Bar to top of knees
- Keep the bar close to the body as you slide it down to your knees

Deadrow

- SET Position
- Bar to top of knees
- Bar to belly
- Squeeze between shoulder blades

Clean & Press

- Chest up – abs braced
- Drop under the bar, bending your knees
- Keep the bar close to your body
- Use your legs to drive the bar
- Abs braced and elbows forward as you press above your head

PUMP FACT

Once again, we combine isolated strength with speed. The dual training stimulus maximizes the demands on the target muscles, getting us fitter, faster.

2 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 2

Apply the Track Focus in this set, focusing on the difference between strength in the Rows and speed in the Clean & Press.

Deadlift

- Watch my bar, close and connected to the body
- Use the big muscles in your back to pull the bar to you
- Check out my hips, push them back as you go down then bring them forward under the shoulders as you rise, recruiting more muscle and power

Deadrow

- Elbows in, scapular retraction
- You can literally feel the muscles in your back
- More knee bend, creating more stability

Clean & Press

- Time for speed training
- Jump the heels, get it moving fast!
- Fast elbows, get them under quick

3 DEADLIFT / DEADROW / CLEAN & PRESS

INTENSITY / MOTIVATION

Coach control under fatigue in this last set.

- When you fatigue you need to maintain control, so pull the bar into you
- The work you are doing right now is sculpting the body you want later
- Sculpting, training, getting leaner, fitter, faster!
- As quick as you can

5 TRICEPS

Hey Brother > 5:18 mins

5

WEIGHT SELECTION

1x PLATE

REGULARS: 1x medium plate – 11 lb (5 kg) or 22 lb (10 kg).

NEW: 1x medium plate – 5.5 lb (2.5 kg).

DEMONSTRATE

Kickback Row

TRACK FOCUS

Coach each of the fast transitions by pre-cueing the next move early.

MUSCLE FOCUS

Overhead Extensions – Triceps
Tricep Kickback Row – Triceps and upper back
Tricep Dips and Pushups – Triceps and deltoid

SET	MUSIC			EXERCISE	REPS	
1	0:05	V1	Hey brother	8x8	1/1 TRICEP DIPS Use last 8 cts to transition to Seated Tricep O/H Extension	14x
	0:35		_ What if I'm	8x8	1/1 SEATED OVERHEAD TRICEP EXTENSION Use last 8 cts to transition to Tricep Kickback Row	14x
	1:00	Instr	(Horn)	4x8	1/1 TRICEP KICKBACK ROW (Kneeling) L (8 cts)	4x
	1:15		(Horn + synth)	8x8	TRIPLE TRICEP KICKBACK ROW (Kneeling) L (16 cts)	4x
RECOVERY	1:45	Br		1x8	Transition: Tricep Dips	1x
2	1:48	V2	Hey brother	8x8	1/1 TRICEP DIPS Use last 8 cts to transition to Seated Tricep O/H Extension	14x
	2:18		_ What if I'm	8x8	1/1 SEATED OVERHEAD TRICEP EXTENSION Use last 8 cts to transition to Tricep Kickback Row	14x
	2:43	Instr	(Horn)	4x8	1/1 TRICEP KICKBACK ROW (Kneeling) R (8 cts)	4x
	2:58		(Horn + synth)	8x8	TRIPLE TRICEP KICKBACK ROW (Kneeling) R (16 cts)	4x
RECOVERY	3:28	Br		1x8	Transition: Bench Tricep Pushup	
3	3:32	V3	Hey brother	8x8	1/1 BENCH TRICEP PUSHUP Options: Toes, knees or kneeling Use last 8 cts to transition to Kneeling Tricep O/H Extension	14x
	4:01		_ What if I'm	8x8	1/1 KNEELING OVERHEAD TRICEP EXTENSION Use last 8 cts to transition to Standing Tricep O/H Extension	14x
	4:27	Instr	(Horn)	4x8	1/1 STANDING OVERHEAD TRICEP EXTENSION Split Stance	8x
	4:42		(Horn + synth)	4x8	2/2	4x
	4:57		(Fade out)	4x8	1/1	8x
	5:11	Outro		1x8	Down to the front and HOLD	

RECOVERY: Shake the arms and Tricep Stretches.

1 TRICEP DIPS / SEATED OVERHEAD TRICEP EXTENSION / TRICEP KICKBACK ROW

POSITION / EXECUTION SETUP

Tricep Dips

- Fingers pointing forwards
- Lift your chest, squeeze between your shoulder blades
- Elbows to the rear
- Butt close to the bench, think vertically
- Butt close to the floor
- Push through the palm of your hand

Seated Overhead Tricep Extension

- Cross the legs in front
- Chest lifted, abs braced
- Lower plate to back of the neck
- Elbows in and high
- Full extension to the top

Tricep Kickback Row

- Kneel with one foot forward, elbow on knee
- Lean forward, chest up, shoulders square, chin tucked
- Plate hangs vertically under shoulder
- Lift, extend back and release
- Keep your elbow lifted, integrate your back and your triceps

2 TRICEP DIPS / SEATED OVERHEAD TRICEP EXTENSION / TRICEP KICKBACK ROW

LAYER 2

Focus on range throughout each of the 3 exercises by coaching full elbow extension; after all, it's the range that creates change!

Tricep Dips

- Elbows point to the rear by squeezing your shoulder blades together
- Full extension at the top

Seated Overhead Tricep Extension

- Keep the intensity up, keep the range – plate all the way down to the base of the neck
- Keep the elbows squeezing inwards, to isolate the triceps
- Shoulders away from the ears

Tricep Kickback Row

- Lock the position of the shoulder and upper arm to isolate the tricep
- Fully extend your elbow, extension with isolation – feel the squeeze

3 BENCH TRICEP PUSHUP / KNEELING OVERHEAD TRICEP EXTENSION / STANDING OVERHEAD TRICEP EXTENSION

POSITION / EXECUTION SETUP

Bench Tricep Pushup

- Hands shoulder-width apart
- Abs braced
- Elbows stay close to the body
- Chest to elbow level
- Corkscrew your hands onto your bench, squeeze between your armpits to engage your lats
- Squeeze your quads and glutes

INTENSITY

Fatigue will be high in this last set. Maintain good ROM through to the end.

Kneeling Overhead Tricep Extension

- Squeeze your butt to stabilize your body
- Chest up
- Elbows in and high

Standing Overhead Tricep Extension

- 45 seconds to go! Intensity in the house!
- Isolation to get the greatest change
- The slower the better – muscles loaded for longer

INTENSITY

The fast transitions will make this a very challenging track as there is limited recovery! Pre-cueing the transitions early will ensure that your participants don't miss out on reps.

PUMP FACT

The secret to tricep isolation is to set an accurate foundation for each exercise. This includes lifting the chest in Dips, retracting the shoulder blade for Kickbacks and corkscrewing the hands into the bench for Pushups.

6 BICEPS

Bad Company > 5:13 mins

6

WEIGHT SELECTION

Light barbell.



DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach precision in the Mid-Range Pulse to maximize intensity.

MUSCLE FOCUS

Bicep Curl – Biceps
Bicep Row – Biceps and upper back

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro 2½x8	SET Position	
	0:13 V1 A company 4x8	4/4 BICEP CURL SET Stance	2x
	0:29 Br Ahhaa 1x8	Shoulder Roll	1x
	0:34 Born a shot 4x8	4/4	2x
	0:51 Br _ That's what 1x8	Shoulder Roll	1x
	0:55 C _ Bad company 4x8	BICEP COMBINATION 2x 1/1 (8 cts) 2x Mid-Range Pulse (8 cts)	2x
	1:11 Rep Die 1x8	1/1 BICEP CURL	2x
	1:15 Die 2x8	4/4	1x
2	1:23 V2 Souls 5x8	2/2 Split Stance	5x
	1:43 These towns 5x8	3/1 Step into SET Stance on last rep	5x
	2:04 C _ Bad company 6x8	BICEP COMBINATION SET Stance	3x
	2:29 Rep Die 1x8	1/1 BICEP CURL	2x
3	2:32 Ref _ Eye for an eye 4x8	2/2 BICEP ROW (16 cts) SET Stance	2x
	2:49 Instr (Guitar) 8x8	1/1 (8 cts)	8x
	3:22 (Low guitar) 2x8	Shoulder Roll	1x
	3:30 C _ Bad company 10x8	BICEP COMBINATION	5x
	4:11 Rep I die 1x8	1/1 BICEP CURL	2x
	4:15 Die 1x8	Halfway HOLD (4 cts) 4 cts down to SET Position	
4	4:19 Instr (Low guitar) 1½x8	Shoulder Roll SET Stance	1x
	4:25 C _ Bad company 10x8	BICEP COMBINATION	5x
	5:05 Rep I die 1x8	1/1 BICEP CURL	2x
	5:10 Die ½x8	Halfway HOLD (4 cts)	

RECOVERY: Shake the arms – extend the arms behind you, turning the thumbs inwards.

1 BICEP CURL

POSITION / EXECUTION SETUP

- SET Position
- Bend your knees, roll your shoulders back, brace your abs
- Full range: bar in line with shoulders at the top, bar touches thighs at the bottom
- COMBO: 2 Singles, Mid-Range Pulse
- Elbows at 90 degrees – an inch above and an inch below
- Lock the core in and sink into the knees to prevent the body from moving
- Elbows stay under the shoulders, drive the bar forward and up

2 BICEP CURL

LAYER 2

- Enhance your participants' workout by reinforcing the targets and range. Demonstrate this with a side profile.
- Notice where the bar ends up: in line with my shoulders, touches my legs at the base – that's the full range
 - When we move muscles through full range we create mechanical stress, getting the fastest change
 - COMBO: dynamic in the Singles, pure isolation in the Mid-Range Pulse
 - Tuck the elbows in

PUMP FACT

The mid-range position delivers the strongest muscle contraction. In this position we have the optimal overlap of muscle fibers, allowing muscles to generate the most tension.

3 BICEP ROW / BICEP CURL

POSITION / EXECUTION SETUP

Treat this set as active recovery for the biceps.

Bicep Row

- Chin in, eyes down
- Slide the bar down the thighs to the knees, pull the bar in to the lower ribs, release the bar and stand up
- Activate your upper back for stability

INTENSITY

Focus on stability and range so everyone feels the burn in the 5 combos.

Bicep Curl

- Think "my arms are in the strongest possible position" so let's go for the biggest isolation pump
- Feel the pump, the burn, that's change – where we burn calories, tone and shape the arms
- Pull the elbows in on the Mid-Range Pulse
- Small movements

4 BICEP CURL

MOTIVATION

Motivate and challenge your class on this final set. Reinforce the dynamic feel in the 1/1s and the isolated precision in the Mid-Range Pulse; ensure everyone is controlled and grounded through to the end.

- Now it's up to you – the base has been set, the cards have been dealt, play your hand!
- Come on, isolate! Go, go, go!

7 LUNGES

Find You > 5:30 mins

7

WEIGHT SELECTION

1x PLATE

1x plate – 11 lb (5 kg) or 22 lb (10 kg).

DEMONSTRATE

Lunge, Front Squat

TRACK FOCUS

Coach the benefits of a fully dynamic, functional movement in the Front Squat.

MUSCLE FOCUS

Lunges – Glutes and quadriceps
Front Squat/Dynamic Plate Squat Press – Glutes, quads, posterior chain and upper body muscles

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8	SET Stance PLATE FRONT SQUAT MID Stance
	0:12 V1 _ Silent love	4x8	4/4 PLATE FRONT SQUAT MID Stance
	0:27 PC Heal, make	3x8	3/1
	0:38 C _ I'll run	4x8	2x Bottom Half (8 cts)
RECOVERY	0:51 Br	1½x8	Transition: Step R back into a Lunge L
2	0:53 V2 _ High on	4x8	3/1 PLATE LUNGE L
	1:08 Heal, make	3x8	2/2
	1:19 C _ I'll run	3x8	2x Bottom Half
	1:30 I will find	1½x8	2x Bottom Half
			HOLD (4 cts) at bottom of 2nd Bottom Half
			SLOW (4 cts) up to start
	1:36 Instr (Synth)	8x8	1/1
			Step R back into MID Stance on the last 4 cts
3	2:04 V3 _ Open up	4x8	2/2 PLATE FRONT SQUAT MID Stance
	2:19 Ref _ Make them	4x8	1/1
	2:34 C _ I'll run	4x8	1/1 PLATE SQUAT PRESS
	2:48 _ Turn up	4x8	1/1 DYNAMIC PLATE SQUAT PRESS
RECOVERY	3:03 Br	1½x8	Transition: Set into Lunge R
4	3:06 V4 _ High on	19½x8	Repeat SET 2 on R side
5	4:16 V5 _ Open up	16x8	Repeat SET 3
	5:14 Outro _ Make them	4x8	4/4 PLATE FRONT SQUAT

RECOVERY: Shake the legs. Quadricep Stretches.

1 PLATE FRONT SQUAT

POSITION / EXECUTION SETUP

- Plate horizontal on your chest
- Feet just outside hip-width
- Lift the chest, brace the core
- Toes are turned out slightly, knees follow toes
- Sink your hips down and back
- Knees to 90 degrees

2 PLATE LUNGE

POSITION / EXECUTION SETUP

- Bend your back knee toward the floor
- Front thigh parallel to the floor
- Shoulders back, lift your chest, brace your core
- Knee out in line with the middle of your foot

LAYER 2

Focus on muscle recruitment so everyone feels the workout.

- Push from your front heel, engage your glute
- Work deep into the muscle
- Full range, push your heart rate up, burn calories!

PUMP FACT

The Dynamic Plate Squat Press integrates our vertical drive muscles – calves, glutes, quads and upper body muscles. This integration drives intensity and delivers functional power training.

3 PLATE FRONT SQUAT / PLATE SQUAT PRESS / DYNAMIC PLATE SQUAT PRESS

LAYER 2

Plate Front Squat

- Workload is in your quads and core
- Functional training, all the muscles work as one
- We're going to get fitter!

POSITION / EXECUTION SETUP

Plate Squat Press/Dynamic Plate Squat Press

- MID Stance
- Squat – butt just above knee line
- Knees track forward over toes
- Chest up, abs braced
- Push plate over head
- Keep elbows slightly forward at the top

LAYER 2

- Full range, drive through your heels, generate power through your body
- Lift the heels, make it bigger, the biggest range of motion through this workout
- Get results!

4 PLATE LUNGE

LAYER 2

Reset your class and refine correct Lunge technique selling the "Whys"

- Push your front knee out, feel pressure in the quads
- Shape and tone, getting a firm butt
- Full range, front thigh parallel to the floor
- Check your core is tight, you want to brace the abs

5 PLATE FRONT SQUAT / PLATE SQUAT PRESS / DYNAMIC PLATE SQUAT PRESS

INTENSITY / MOTIVATION

Spike the heart rate in this last set. Challenge your class by working full range to get maximum muscle recruitment.

- Our final set –now's your chance to get fitter, feel better about yourself
- Push it, generate the power, be explosive to burn more calories
- Get on your toes, make it bigger
- It's like jumping, as high as you can!

8 SHOULDERS

Eat Sleep Rave Repeat > 5:08 mins

8

WEIGHT SELECTION

BARBELL  2x PLATES

A barbell with Biceps to Chest weight, also 2x plates of medium weight.

DEMONSTRATE

Rotator Raise

TRACK FOCUS

Coach precision and control for isolation when using the plates.

MUSCLE FOCUS

Bar work – Deltoid, trapezius
Plate work – Rotator cuff, muscles of the upper back

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 SET Position	
	0:11	2x8 4/4 STANDING UPRIGHT ROW SET Stance	1x
	0:19 V1 _ So there was	8x8 1/1/2	8x
	0:48 C Eat, sleep	8x8 2x 1/1 TOP HALF (8 cts) Transition bar to O/H Press on last 4 cts, Split Stance	8x
	1:17 Instr (Synth beat)	8x8 COMBINATION Split Stance 2x 1/1 STANDING OVERHEAD PRESS (8 cts) 1x 1/1/2 (8 cts)	4x
	1:46 QC Eat, sleep	2x8 1/1 STANDING OVERHEAD PRESS SET Stance	4x
	1:54 C Eat, sleep	4x8 1/1 STANDING OVERHEAD PUSH PRESS Up and hold	8x
RECOVERY	2:08 V2 _ Suddenly I	4x8 Bar down. Shake arms, Shoulder Rolls, pick up plates	
2	2:23 Instr (Funky beat)	4x8 4/4 STANDING SIDE RAISE SET Stance	2x
	2:37 C Eat, sleep	8x8 1/1 STANDING ROTATOR RAISE (8 cts)	8x
	3:06 Instr (Synth beat)	8x8 1/1 STANDING ROTATOR PEC DEC x2 (16 cts)	4x
RECOVERY	3:36 V3 _ Suddenly I	4x8 Plates down. Shake arms, Shoulder Rolls, pick up plates	
3	3:50 Instr (Funky beat)	4x8 4/4 STANDING SIDE RAISE SET Stance	2x
	4:04 C Eat, sleep	8x8 1/1 STANDING ROTATOR RAISE (8 cts)	8x
	4:33 Instr (Synth beat)	8x8 1/1 STANDING ROTATOR PEC DEC x2 (16 cts) 4x Pec Decs on last rep	4x

RECOVERY: Shake the arms; Shoulder Stretch (arms across front of body).

1 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / PUSH PRESS

POSITION / EXECUTION SETUP

Standing Upright Row

- Hands just outside hips
- Barbell stops at lower chest, keep it close to body
- Elbows above the bar
- Soften your knees and lift your chest
- Watch my elbows, slightly under my shoulders

Standing Overhead Press

- From the chin to the ceiling
- Brace your core, keep your chest up
- Bend your front knee

Standing Overhead Push Press

- SET Stance
- Drive with your legs
- Catch the bar high on your chest and brace the core

INTENSITY

The initial barbell work will pre-fatigue the shoulders before we target the intrinsic muscles with the plates. Coach precision in the plate work and cue stability throughout this track.

PUMP FACT

Maintaining a stable and precise elbow position during the plate work allows us to isolate the lateral rotators. These muscles protect and stabilize the shoulder when we lift weights.

2 STANDING SIDE RAISE / STANDING ROTATOR RAISE / STANDING ROTATOR PEC DEC

POSITION / EXECUTION SETUP

Use precise cueing of targets and range to get the full isolation feel.

Standing Side Raise

- Elbows slightly lower than shoulder height
- Chest lifted – abs braced
- Soften the knees

Standing Rotator Raise

- Watch my elbow, slightly forward and high
- Squeeze your shoulder blades together as you rotate

Standing Rotator Pec Dec

- Squeeze your elbows in together
- Lift through your elbows

3 STANDING SIDE RAISE / STANDING ROTATOR RAISE / STANDING ROTATOR PEC DEC

LAYER 2

Standing Side Raise

- Keep your body still to isolate your shoulders
- Keep your elbows below your shoulders, keep the range safe

Standing Rotator Raise

- Keep your shoulders down, away from your ears
- The precision delivers the intensity

Standing Rotator Pec Dec

- Squeeze inside, feel the fatigue
- It's all about control – precise and exact movements

TRACK FOCUS

Coach the oblique isolation in the Side Hover Pulse by focusing on lifting the bottom hip.

MUSCLE FOCUS

Crunches – Rectus abdominis and obliques

Hover – Rectus abdominis, obliques, muscles of the back

Side Hover – Obliques

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro Time that you 4x8	2/2 CRUNCH	4x
	0:29 Instr (Trumpets) 4x8	1/1 ALT CRUNCH OBLIQUE TWIST (8 cts)	4x
2	0:52 V1 _ Is it weird 4x8	HOVER Options: Knees or toes	
	1:15 PC Time that you 4x8	SIDE HOVER L Option: One knee down	
	1:39 Instr (Trumpets) 4x8	4x Top Half SIDE HOVER PULSE L (8 cts)	4x
3	2:03 V2 _ Is it weird 4x8	HOVER Options: Knees or toes	
	2:25 PC Time that you 4x8	SIDE HOVER R Option: One knee down	
	2:49 Time that you 4x8	4x Top Half SIDE HOVER PULSE R (8 cts)	4x
	3:12 Outro 4x8	HOVER Options: Knees or toes	

1 CRUNCH / CRUNCH OBLIQUE TWIST

POSITION / EXECUTION SETUP

Crunch

- Bring your heels close to your butt
- Fingers to your temples, elbows wide
- **Slide your ribs forwards and in to your hips**
- Tuck your chin, eyes forward

Crunch Oblique Twist

- **Bring the opposite shoulder to the opposite knee**
- Use the muscles of the upper abs and your obliques to twist you side to side

2 HOVER / SIDE HOVER / SIDE HOVER PULSE

POSITION / EXECUTION SETUP

Hover

- **Elbows under shoulders, knees outside of hips**
- **Back is long and straight, abs are braced**
- **Hips and shoulders are square to the floor**

Side Hover

- **Feet scissored underneath you**
- **Hips and shoulders square to the front**
- **Bottom hip to the ceiling**

Side Hover Pulse

- Drop intensity by lowering the bottom knee down
- Push through the forearm to help you



Side Hover

Side Hover Pulse

3 HOVER / SIDE HOVER / SIDE HOVER PULSE

LAYER 2

Hover

- Reset, elbows under shoulders, feet outside of the hips
- Let's intensify this: pull the elbows in towards the hips, imagine you can crunch the floor underneath you

Side Hover

- The obliques are the muscles that help us rotate in all exercises; they also help us trim our waistline

Side Hover Pulse

- Next time you take your shirt off or swing with a bat, I want you to think about these muscles working, making you fitter

INTENSITY

Coach your class to maintain perfect technique under fatigue.

Hover

- Hold still, don't move
- In BODYPUMP™ we go until the trumpets blow
- Isolate all the major muscle groups in the core, crunch the floor under you

9 CORE ALTERNATIVE

Hold On > 3:39 mins

9

TRACK FOCUS

Coach the oblique isolation in the Side Hover by focusing on lifting the bottom hip.

MUSCLE FOCUS

Alternating Single Leg Extensions –

Lower abdominals

Hover – Rectus abdominis, obliques, muscles of the back

Side Hover – Obliques

SET	MUSIC		EXERCISE	REPS	
1	0:05	Intro	5x8	Set up Alt Single Leg Extension	
	0:25	V1 _ I'm feeling	4x8	3/1 ALT SINGLE LEG EXTENSION (16 cts) Hands by hips Option: Tap toe to the floor	2x
	0:43	_ We're losing	4x8	2/2	2x
	1:01	PC _ I should walk	1x8	TRANSITION	
	1:05	C Oh-oh oh-oh	4x8	SIDE HOVER L Option: One knee down	
	1:22	Oh-oh oh-oh	4x8	4x Top Half SIDE HOVER PULSE L (8 cts)	4x
2	1:40	V2 _ I'm losing	4x8	2/2 ALT SINGLE LEG EXTENSION (16 cts) Hands by hips Option: Tap toe to the floor	2x
	1:58	PC _ I should walk	1x8	TRANSITION	
	2:02	C Oh-oh oh-oh	4x8	SIDE HOVER R Option: One knee down	
	2:19	Oh-oh oh-oh	4x8	4x Top Half SIDE HOVER PULSE R (8 cts)	4x
3	2:37	Rep _ Oh-oh oh	5x8	HOVER Use last 8 cts to transition to a Crunch	
	2:58	C Oh-oh oh-oh	8x8	1/1 ALT CRUNCH OBLIQUE TWIST (8 cts)	8x



10 COOLDOWN

Burning Bridges > 4:23 mins

10

TRACK FOCUS

Recognize their efforts and commend your class on the completion of the workout as you lead them through the stretches.

MUSIC		EXERCISE	
0:05	Intro	2x8	Transition to Childs Pose
0:15	V1 _ You and I were	4x8	CHILDS POSE
0:34	PC I, I keep on	4x8	SEATED GLUTEAL HURLER STRETCH L
0:53	C I want you to	2x8	KNEELING HIP FLEXOR STRETCH R L leg F, R arm lifted
1:03	I want you to	2x8	KNEELING HIP FLEXOR STRETCH R Side Release
1:14	Rep Fire , you set	4x8	KNEELING HAMSTRING STRETCH L
1:33	V2 _ Send this out	4x8	FLOOR CHEST STRETCH L, R
1:52	PC I, I keep on	4x8	SEATED GLUTEAL HURLER STRETCH R
2:12	C I want you to	2x8	KNEELING HIP FLEXOR STRETCH L R leg F, L arm lifted
2:21	I want you to	2x8	KNEELING HIP FLEXOR STRETCH L Side Release
2:31	Rep Fire , you set	4x8	KNEELING HAMSTRING STRETCH R
2:51	Instr (Drums)	2x8	STANDING LOWER BACK RELEASE Elbows on knees
3:01	QC I want you to	2x8	STANDING SHOULDER STRETCH R
3:11	I want you to	2x8	STANDING SHOULDER STRETCH L
3:20	Rep Fire , you set	2x8	STANDING ILIOTIBIAL BAND (ITB) STRETCH L
3:30	Fire , you set	2x8	STANDING QUADRICEP STRETCH L
3:40	C I want you to	2x8	STANDING ILIOTIBIAL BAND (ITB) STRETCH R
3:50	I want you to	2x8	STANDING QUADRICEP STRETCH R
3:59	Outro Fire , set me	4x8	Shoulder Rolls

COACHING TIPS

- As the workout comes to a close, acknowledge your participants on their effort throughout the class
- Talk about the benefits of BODYPUMP™
- Provide clear instructions so everyone can get the most out of the stretches

Floor Chest Stretch

- Place the palm and forearm on the floor
- Elbow at 90 degrees
- Gently rotate the chest to the opposite side
- Feel the stretch across the chest and front of the shoulder

