

LES MILLS BODYPUMP™



FEATURED ARTIST

ARMIN VAN BUUREN
BEAUTIFUL LIFE
(FEAT. CINDY ALMA)

FEATURES

- The World of LES MILLS™ Research
- Strength Training Principles To Teach BODYPUMP™ Better – The Clean & Press
- THE REP EFFECT™

RELEASE
91

PRESENTERS FROM
NEW ZEALAND, UK, NETHERLANDS, USA, FRANCE

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 15,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.

Visit lesmills.com/BLAH

THE ESSENCE



CONTENTS

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

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

CREDITS

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Choreography Notes – Sarah Ostergaard
BODYPUMP™ Training Director – Susan Renata
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Technical Advisor – Thomas Cerboneschi

SPECIAL THANKS TO:

Libby Day

Cover image taken at Reebok + Les Mills photo shoot in February 2014

KEY

Alt 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	3/1 6 counts down, 2 counts up
C chorus	1/1 2 counts down, 2 counts up	4/4 8 counts down, 8 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	⬆ Increase weight selection
F or B forward or back	1/1/2 2 counts down, 2 counts hold, 4 counts up	⊖ Normal weight selection
Instr instrumental	1/3 2 counts down, 6 counts up	⬇ Decrease weight selection
Intro introduction		
L left		
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)		

The Fine Print

Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYPUMP™ 91



From L-R: Marcus Benson, Libby Day (shadow), Jeremiah Evans, Karin Zandstra, Alex Veret, Glen Ostergaard

In BODYPUMP™, we progressively overload each muscle group to the point of fatigue. When we hit that point of fatigue we create change – where we become stronger, fitter and leaner.

The variables we have at our disposal to create that overload are weight selection, tempo, range, rest intervals and exercise selection. So make sure you are aware of where each of these 5 variables is in each track to find the correct intensity.

In the Warmup, we focus on Clean & Press technique. As we have light weights, it's a great chance to refine our technique. Watch the Education session for tips about how you can get more out of this move.

Squats – somebody recently told me that Singles burn the most amount of calories! So in this release there's lots of Singles to do just that!

The Chest track brings back the A-Press for isolation contrasted with fast Pushups to spike intensity – how's that? In the Back track we use all those awesome cues we've learnt in the Education session to create speed and power.

The Triceps track is all about isolation with no bar. There are fast transitions between each move so be sure to cue early!

Lunges – we feel the functional feel of the Front Squat taking our workout to the next level with the Dynamic Plate Squat Press.

It's about precision and control for isolation in the Shoulder track, where we eat, sleep, pump, repeat.

This release is a real game-changer!

BODYPUMP™ Presenters

Glen Ostergaard (New Zealand) is Program Director for both BODYPUMP™ and RPM™. He began his group fitness career with BODYATTACK™ and is based in Auckland.

Marcus Benson (United Kingdom) is a BODYPUMP™ and CXWORX™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer and a BODYATTACK™, BODYCOMBAT™, BODYJAM™ and RPM™ Instructor. He is also a personal trainer, football coach and sports lecturer, based in Norfolk.

Karin Zandstra (Netherlands) is a BODYPUMP™ and BODYATTACK™ Instructor and Trainer, a BODYBALANCE™/BODYFLOW® Instructor and a group fitness manager. She is based in Hoogmade.

Alex Veret (France) is a BODYPUMP™, BODYCOMBAT™, CXWORX™ and RPM™ Instructor and Trainer. He is based in Paris where he is also the Training Manager and Club Coach for Les Mills Euromed.

Jeremiah Evans (United States) is a BODYPUMP™ and CXWORX™ Instructor and Trainer, a BODYATTACK™ and RPM™ Instructor, a LES MILLS GRIT™ Series Coach and Trainer and a personal trainer. He is based in San Francisco.

THE WORLD OF LES MILLS™ RESEARCH

We love the fact that our studies make a **REAL** difference to people's lives. Thanks to you instructors, we're able to bring science out of the lab and deliver it into the community with immediate effect.

There are three reasons we invest into research:

1. Give instructors confidence in the validity and science behind our programs
2. Test and tweak our products so that they're better than ever
3. Publish research that can be peer reviewed in scientific journals – therefore giving group fitness the credibility it deserves



CXWORX™

Our first published study was conducted by our team at Penn State University under the guidance of Dr Jinger Gottschall, and was instrumental in the design of our CXWORX™ program. We measured the effect of integrated core exercises – such as Hovers and Planks – against the more traditional types of abdominal exercises – such as Crunches. This study conclusively demonstrated the ability of integrated core exercises to produce superior muscle gains and functional core strength; that's why these exercises form a big part of CXWORX™ and are often included in the core conditioning tracks of our other programs.

GET FIT TOGETHER

The Get Fit Together study investigated the effectiveness of LES MILLS™ Group Fitness classes on sedentary individuals. Twenty-five adults were selected to complete 30 weeks of exercise. However, instead of the usual approach of delivering these sessions in a lab, the participants joined workouts from a live class timetable. For their cardio component we used RPM™, BODYATTACK™, BODYSTEP™ and BODYCOMBAT™, for strength training we used BODYPUMP™, and for flexibility we used BODYBALANCE™/BODYFLOW®.

The results were amazing! We dramatically lowered the risk of cardiovascular disease of those involved AND got them hooked into fitness. We also uncovered the secrets of how to gradually introduce new people into our classes so that they could fall in love with fitness, without the fear of not being able to keep up in the first few weeks; identifying and controlling these factors is crucial when getting new people engaged in exercise.

LES MILLS GRIT™ SERIES

High Intensity Interval Training (HIIT) is riding a wave of popularity. Numerous studies have clearly demonstrated the value of this type of training and its ability to change body composition, increase VO_2 and reduce the risk of cardiovascular disease in a very short space of time.

The LES MILLS GRIT™ Series is taking these benefits out of the lab and delivering them where they are needed the most – into the community. The results of 2 great studies clearly show that LES MILLS GRIT™ is delivering on the HIIT promise. The first of these measured the effects on a group of active adults. They participated in LES MILLS GRIT™ twice a week, for a period of 6 weeks. The LES MILLS GRIT™ group had 2 – 3 times the changes in cardiovascular risk factors, strength gains and changes in body composition when compared to a control group who continued with their normal training. Just 2 LES MILLS GRIT™ classes per week was enough to transform their fitness.

The second study looked at the application of LES MILLS GRIT™ in an elite women's soccer team who used the workouts in their pre-season training. Once again we saw significant changes in body composition and fitness levels in just 6 weeks – proving its effectiveness in athletes.

BODYPUMP™

Since its creation in 1991, this program has been delivering the benefits of resistance training to a multitude of people who would otherwise be too intimidated or just not interested in training in the weights room. We decided to put BODYPUMP™ under the microscope, looking at 2 key areas affected by resistance training – bone health and muscle activation. Our team at Penn State was responsible for recruiting a group of inactive participants and guiding them through 6 months of BODYPUMP™, measuring their bone density pre- and post-trial. By the conclusion of the study, participants had each significantly increased the bone health in their arms, trunk, pelvis and spine. Publication of this study is sure to have a huge impact on the prevention and management of osteoporosis, since it was previously thought that much heavier weights than those utilized in BODYPUMP™ are needed to observe these changes in bone density.

So how does BODYPUMP™ compare to conventional resistance training when it comes to muscle activation? The team at Penn State put THE REP EFFECT™ to the test. They compared the energy output of lifting heavier weights for less reps to lifting lighter weights with more reps. Both conditions were matched for work output, ie the heavier weights for less reps was an exact equivalent in terms of work, to the lighter weights with more reps. The results showed the full benefits of THE REP EFFECT™: the cost on working muscles was HIGHER with less weight for more reps.

Check out www.lesmills.com/research for more details on all these studies.

THE FUTURE

Les Mills International is looking to liaise with research facilities around the world as we test and promote the benefits of group fitness, ensuring that we remain at the cutting edge of sports science. We're engaging global teams to investigate the effects of RPM™, BODYVIVE™, BODYBALANCE™/BODYFLOW®, and BORN TO MOVE™.

Les Mills would like to say THANK YOU to our amazing team of researchers and instructors at Penn State and to you, our instructors, all over the world. It's really due to your hard work, passion and commitment that we are able to make such a difference to the health and fitness of the global community.

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

The purpose of this Education session is to develop our knowledge of Layer 2 Cues for the Clean & Press. This full-body movement is both dynamic and explosive – powerfully combining speed with strength. Check out Bryce and Glen on the DVD for a visual demonstration of the muscle recruitment involved.

BENEFITS OF THE CLEAN & PRESS

1. All the major muscle groups are targeted
2. Recruitment of the posterior chain: hamstrings, glutes and lower back
3. We improve inter-muscular coordination – the interaction between the major muscles of the ankles, knees and hips
4. The fast speed of the movement causes an immense amount of muscle activation accessing our type II muscle fibers
5. This form of training is great for functional strength and athletic movements such as running, jumping, throwing and sprinting

So now we know WHY we do this movement, let's take a closer look at HOW it should be executed:

YOU NEED TO MOVE THE BAR FAST

The first phase of movement initiates the upward lift of the bar. This is produced by powerfully straightening the knees and extending the hips. You can also add a slight heel lift here to get the bar moving. As the bar moves up the body, the traps have to fire explosively, in conjunction with the legs, to accelerate the bar upward with enough force to enable you to jump underneath the bar. This requires a coordinated action of the posterior chain, the traps and the core muscles. By the time the bar reaches the lower chest, it should have enough vertical drive from these big muscles to enable you to flick the elbows under and use your Squat to clean the bar to the front of the collar bones.

KEEP THE BAR CLOSE TO THE BODY

Failure to use an explosive Catch and Squat can result in excessive shoulder stress. Participants will often substitute this with a Reverse Curl action, meaning they incorrectly use the much smaller shoulder rotators – and these loads are far too big for these small muscles. We must keep the bar close to the body; this also makes it much easier to maintain core stability in a neutral spine. To perform the Overhead Press, we drive the bar vertically upward from the Clean position. This will mean the elbows remain slightly forward at the top. We need a strong ab brace here to avoid over-extending the trunk. The last piece of the puzzle concerns the thoracic spine. Remember: lifting the chest flattens the thoracic spine, creating the best platform from which to lift the bar overhead.

COACHING THE CLEAN & PRESS

Now we understand the science behind the movement, let's apply it to our coaching in class:

LAYER 1 – Position/Execution

Start with a strong SET position:

- Heels under hips
- Chest up, abs braced
- Hands thumb distance from the thighs
- Knees slightly bent

Then teach people how to execute the move:

- Straighten the knees
- Pull the bar to lower chest, elbows above the bar
- Drop under the bar and bend the knees
- Drive the bar above the head using the legs
- Brace the abs when the bar is above the head

THE KEY POINTS

Layer 1: Make sure you set everybody up into a strong body position, ready to drive and push the bar.

LAYER 2

Once all participants are doing the move, use cues that will get them really feeling the power of the Press. This is the time to use your voice in a direct, dynamic way to drive the energy of the movement:

- Bar tight to the body to activate the upper back and lats
- Pull your T-shirt up so the bar travels in a straight line
- Drop into the Squat to catch the bar
- Sit back into the Squat
- Jump under the bar for explosive power
- Fast elbows
- Drive the heels through the floor, power the bar overhead
- Think about pushing the bar through the roof

Layer 2: Once they are executing the move well, focus on delivering 1 or 2 powerful Follow-up Cues to enhance the intensity, muscle activation and feel.



BODYPUMP™

THE REP EFFECT™

THE REP EFFECT™ allows us to get all the benefits of resistance training without lifting heavy weights. It's the key to developing long lean muscles, and it's also getting rid of some of those weight-training myths. Unbelievably, findings from the Center of Disease Control and Prevention in the United States report that *less than 20% of adults* regularly do the recommended two resistance training sessions per week.

The truth is you can develop toned, lean muscle without lifting heavy weights and getting bulky... that's the Les Mills secret formula behind THE REP EFFECT™.

THE REP EFFECT™ is the reason Les Mills' BODYPUMP™ is still the fastest way in the universe to get – and stay – in shape. It uses the effect of high repetitions with much less weight to fatigue the muscles – and it's muscle fatigue, *not muscle load*, that tones and strengthens.

**TRADITIONALLY, WE'VE ALWAYS KNOWN
THAT HIGH-REP TRAINING IMPROVES
STRENGTH ENDURANCE, CREATING
TONED MUSCLE WITHOUT BULK.**

High-rep training produces more protein synthesis in muscle (that's how you create muscle tone) than traditional heavy weight training.⁽¹⁾

In your average BODYPUMP™ class, you perform around **800** repetitions in a single workout – *more than four times as many as you would in a regular gym workout!* And we separate the class into tracks, with every 70 to 100 reps per track focused on a different body part.

So this achieves two types of fatigue – isolated fatigue of each track's target muscle group and an accumulation of fatigue by the time you've finished the class. And if you want long lean muscles, fatigue is a good thing. The length of the class and the fact that your heart rate remains elevated, also means you get a cardiovascular workout so you're burning fat at the same time you're shaping and toning muscle – double the bang for your buck!

Les Mills carefully designs each BODYPUMP™ track using things like tempo changes to fatigue the different fibers in your muscles in different ways. This maximizes THE REP EFFECT™ and it's unique.

Some fibers work better with slow tempos and other fibers work better with faster tempos. By changing the pace up and down we're not just keeping the workout interesting, we're making sure we activate *all* the fiber types in your muscles.

1. Burd N., Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men, PLoS One, August 2010, Volume 5, Issue 8, e12033
2. Wernbom M., Ischemic strength training: a low-load alternative to heavy resistance exercise? Scand J Med Sci Sports 2008; 18: 401–416

Then we use different ranges of motion – take Bottom Halves, where you're sitting at the bottom of a Squat. They build pressure in the muscle by taking away the release you would normally get at the top of the movement.

This is called occlusion training and it's a great way to generate more fatigue with less load.⁽²⁾ And recently we've added some propulsions into the Lunges track.

Propulsions are an explosive movement using all your fast-twitch muscle fibers and they really push your heart rate up and burn fat.

SO BY THE END OF A BODYPUMP™ CLASS YOU'VE **EXHAUSTED EVERY MUSCLE GROUP... AND ALL THE DIFFERENT FIBERS WITHIN EVERY MUSCLE GROUP...**

You've pushed your heart rate into a cardiovascular training zone, you've toned and strengthened, you've burned fat, and hopefully you've had some fun along the way.

And that's THE REP EFFECT™. Tone not bulk. High reps not heavy weights. Encouraging not intimidating. Resistance training that anyone at any age and any level of fitness can do – enjoy – and see the effect.



1 WARMUP

WEIGHT SELECTION

BARBELL (E)

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 Ohhhhhh, 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 Ohhhhhh, I'm 4x8	1/1 (8 cts) Last 4 cts, transition bar for Squats	4x
	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 Ohhhhhh, I'm 4x8	1/1 (8 cts) Last 4 cts, transition bar for Lunges	4x
	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 Ohhhhhh, I'm 4x8	1/1 (8 cts)	4x
	4:28 Instr (Synth) 8x8	1/1 STANDING ROTATOR OVERHEAD PRESS x2 (16 cts) Last rep, do 4x O/H Presses holding last one up	4x

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

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.

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

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 Set up A-PRESS	
	0:14 Instr (Melody)	2x8 4/4 A-PRESS	1x
	0:23 V1 I lost the	4x8 3/1	4x
	0:39 PC _ I keep	4x8 1/1/2	4x
	0:55 C Goodness	4x8 1/1	8x
	1:11 Instr (Low)	2x8 4/4	1x
2	1:19 V2 I found the	4x8 3/1	4x
	1:35 PC _ I keep	4x8 1/1/2	4x
	1:52 C Goodness	8x8 A-PRESS COMBINATION 2x 1/1 (8 cts) 2x Bottom Half (8 cts)	4x
	2:24 V3 _ Oh my goodness	2x8 4/4	1x
RECOVERY	2:32 Selfishly, I don't	2x8 Transition: Bench Pushup	
3	2:40 PC Out, calling	4x8 2/2 BENCH PUSHUP on knees	4x
	2:57 C Goodness	4x8 1/1 Options: Toes, knees or kneeling	8x
	3:13 Arms, Ohhhh	4x8 Fast Pushup Option: To do 8x 1/1 Pushup	16x
RECOVERY	3:29 Br Arms	2x8 Transition: A-Press	
4	3:37 V4 I found the	18x8 REPEAT SET 2	
RECOVERY	4:50 Selfishly, I don't	2x8 Transition: Bench Pushup	
5	4:58 PC Out, calling	12x8 REPEAT SET 3	

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

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

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

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	2¼x8	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
				2x 1/1 (8 cts)	
				2x Mid-Range Pulse (8 cts)	
2	1:11	Rep Die	1x8	1/1 BICEP CURL	2x
	1:15	Die	2x8	4/4	1x
	1:23	V2 Souls	5x8	2/2 Split Stance	5x
	1:43	These towns	5x8	3/1	5x
3	2:04	C _ Bad company	6x8	BICEP COMBINATION SET Stance	3x
	2:29	Rep Die	1x8	1/1 BICEP CURL	2x
	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	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	
	4:19	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

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 2x
	0:27 PC Heal, make	3x8	3/1 3x
	0:38 C _ I'll run	4x8	2x Bottom Half (8 cts) 4x
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 4x
	1:08 Heal, make	3x8	2/2 3x
	1:19 C _ I'll run	3x8	2x Bottom Half 3x
	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 15x 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 4x
	2:19 Ref _ Make them	4x8	1/1 8x
	2:34 C _ I'll run	4x8	1/1 PLATE SQUAT PRESS 8x
	2:48 _ Turn up	4x8	1/1 DYNAMIC PLATE SQUAT PRESS 8x
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 2x

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

WEIGHT SELECTION



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*

9 CORE

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

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) 2x
			Hands by hips
			Option: Tap toe to the floor
	0:43 _ We're losing	4x8	2/2 2x
	1:01 PC _ I should walk	1x8	TRANSITION
2	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
3	1:40 V2 _ I'm losing	4x8	2/2 ALT SINGLE LEG EXTENSION (16 cts) 2x
			Hands by hips
			Option: Tap toe to the floor
	1:58 PC _ I should walk	1x8	TRANSITION
	2:02 C Oh-oh oh-oh	4x8	SIDE HOVER R
3			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

Hold On > 3:39 mins

9



10 COOLDOWN

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 HURDLER 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 HURDLER 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*



BODYPUMP™ TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

- 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



Overhand Grip

MID STANCE SQUAT

Position Setup

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest up, light pinch between the shoulder blades
- Belly in and abs braced

Execution Setup

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

Layer 2

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



MID Stance



Bottom Range

SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Back heel lifted
- Knees slightly bent
- Body weight even in both legs



WIDE SQUAT

Position Setup

- Heel toe wider than Mid Stance

Layer 2

- Sit hips back
- Push through your heels as you rise, to activate glutes
- Push floor apart with your feet
- Squeeze butt on the way up



WIDE Stance

BENCH PUSHUP

Position Setup

- Hands just outside shoulder-width on bench
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the bench away



DEADLIFT

Position Setup

- SET Position
- Slight bend in the knees (20 degrees)
- Chest up, abs braced
- Elbows to rear – light pinch between the shoulder blades
- Chin tucked in

Execution Setup

- Tip from the hips, keeping the chest lifted
- Bar to knees
- Chin tucked in – eyes forward, 6 feet (2 meters) in front

Layer 2

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



DEADROW

Position Setup

As for Deadlift

- Chest up, abs braced

Execution Setup

- Bar to the knees
- Bar into the belly button
- Squeeze between the shoulder blades

Layer 2

- Slide the bar up your thighs
- Shoulder blades squeeze together
- Bend the legs more and sit into the butt
- Keep the shoulders away from the ears
- Engage the upper back to pull the bar toward the thighs



CLEAN & PRESS

Setup

- SET Position
- Chest up – abs braced
- Knees bent

Execution Setup

- 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, 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

Layer 2

- Use the legs to drive the bar up
- Lift your heels to initiate the move
- Get under the bar as quickly as possible – be explosive!



SEATED TRICEP DIP

Position Setup

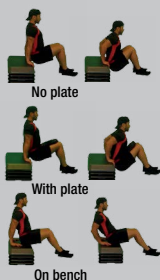
- Feet hip-width apart
- Hands on the bench by your butt – weight in the heel of your hands
- Chest up
- Shoulders away from ears

Execution Setup

- Drop butt close to bench top – butt towards the floor
- Elbows bend toward the back of the room

Layer 2

- Full extension to the top



SEATED OVERHEAD TRICEP EXTENSION (PLATE)

Position Setup

- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- Chest lifted – abs braced
- Chin tucked in
- Full extension to the top

Execution Setup

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

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



TRICEP KICKBACK ROW

Position Setup

- Kneel with one foot forward, elbow on knee
- Lean forward, chest up, shoulders square, chin tucked
- Plate hanging vertically under shoulder

Execution Setup

- Row the plate up, squeezing shoulder blade toward spine
- 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 tricep



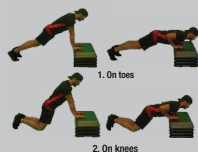
TRICEP PUSHUP (WITH BENCH)

Position Setup

- Hands shoulder-width apart
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



KNEELING OVERHEAD TRICEP EXTENSION

Position Setup

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

Execution Setup

- Lower plate back and down, keeping elbows facing forward



STANDING OVERHEAD TRICEP EXTENSION (WITH PLATE)

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- Abs braced chest up

Execution Setup

- Lower plate back and down, keeping elbows facing forward

Layer 2

- Sink into the legs – brace harder to eliminate trunk sway



BICEP CURL

Position Setup

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

Execution Setup

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

Layer 2

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



BICEP ROW

Position Setup

- As Bicep Curl

Execution Setup

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

Layer 2

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



PLATE FRONT SQUAT

Position Setup

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

Execution Setup

- Sit the butt down and back
- Knees track forward in line with toes
- Butt stops just above knee level – knees at 90 degrees
- Brace the abs as the plate moves over head
- Elbows slightly forward

Layer 2

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



90/90 SETUP FOR STRIDE LENGTH

- Kneeling
- Hips square with right angles at both knees
- Tuck toes of back foot under and rise; this sets the stride length



PLATE LUNGE

Position Setup

- Feet hip-width and step back to 90/90 stride length
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor

Layer 2

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



PLATE SQUAT PRESS / DYNAMIC

Position Setup

- Feet slightly wider than hips with toes turned out
- Plate parallel in front of collar bones
- Elbows under plate
- Chest up, abs braced

Execution Setup

- 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



STANDING UPRIGHT ROW

Position Setup

- SET Position
- Chest up – abs braced

Execution Setup

- 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 OVERHEAD PRESS

Position Setup

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

Execution Setup

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

Layer 2

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



STANDING SIDE RAISE

Position Setup

- SET Position
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin 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



STANDING OVERHEAD PUSH PRESS

Position Setup

- SET Position
- Knees bent
- Chest up – abs braced
- Bar in front of chin

Execution Setup

- Use your legs to drive the bar upward
- Drive bar up in the Overhead Press
- Elbows slightly forward at the top of the Press
- Abs braced as the bar moves over head
- Return bar to chin

Layer 2

- Bend the legs to catch the bar
- Bend and drive
- Power the bar up



STANDING ROTATOR RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Elbows bent at 90 degrees – plates facing inward

Execution Setup

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

Layer 2

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



STANDING ROTATOR PEC DEC

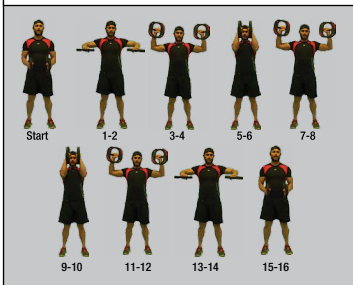
Setup

As per Rotator Raise and:

- **Elbows move to the front** with the shoulder blades moving forward, then the elbows move back
- Squeeze the shoulder blades together, repeat the Pec Dec Press and then return to start
- Keep the chest lifted and brace the core

Layer 2

- Make sure you complete all phases of work especially the downward phase of the Rotator Raise



CRUNCH

Setup

- Slide ribs towards hips
- Chin tucked in towards the throat
- Fingertips to temples

Layer 2

- Lift a little higher – shoulder blades off the floor



HOVER

Position Setup

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

Option: On knees

Layer 2

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



ALTERNATING SINGLE LEG EXTENSION

Position Setup

- Lying with knees at 90 degrees – directly above hips
- **Belly in, abs braced**
- **Lower back towards the floor**
- Hands on floor by hips

Execution Setup

- Straighten knee – lowering each leg toward the floor
- **Brace abs to keep lower back toward the floor**





NOTES

NOTES



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