

LES MILLS BODYPUMP™



LIVE AT AUCKLAND'S VIADUCT

FEATURES

- BODYATTACK™ Sports Conditioning
- BODYBALANCE™ / BODYFLOW®
 - The Science of New Yoga
- The Art of Connection
- Fighting Obesity
- THE REP EFFECT™



FEATURED ARTIST

KLAYPEX

1941 (FEAT VIRIAN)

RELEASE
93

PRESENTERS FROM
NEW ZEALAND, MALAYSIA,
SINGAPORE, AUSTRALIA, FRANCE

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 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

Hey Instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern language and terminology.

CONTENTS

BODYATTACK™ Sports Conditioning
BODYBALANCE™/BODYFLOW® – The Science of New Yoga
The Art of Connection
Fighting Obesity
THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Break Free Courtesy of the Universal Music Group. Written by: Kotecha, Max, Zaslavski	Ariana Grande feat. Zedd	3:39
	Break Free Courtesy of the Universal Music Group. Written by: Kotecha, Max, Zaslavski	Ariana Grande feat. Zedd	1:21
2 SQUATS	Booyah (Lucky Date Remix) © 2013 Spinninrecords.com, under exclusive license to Hussle Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au Licensed courtesy of Ministry of Sound Australia. Written by: S. Janssen, W. Janssen, Van den Biggelaar, Örtgies	Showtek feat. We Are Loud & Sonny Wilson	5:37
3 CHEST	Kings And Queens Courtesy of the Universal Music Group. Written by: Leto	Thirty Seconds To Mars	5:34
4 BACK	Here Tonight (Carita La Nina Radio Edit) © 2014 405 Recordings under exclusive license from Armada Music B.V. Written by: Cosmic, McLoughlin, Molijn, Kalberg	Dash Berlin & Jay Cosmic feat. Colin McLoughlin	5:11
5 TRICEPS	Bang Bang Courtesy of the Universal Music Group. Written by: Maraj, Sandberg, Goransson, Kotecha	Jessie J, Ariana Grande & Nicki Minaj	3:21
	Bang Bang Courtesy of the Universal Music Group. Written by: Maraj, Sandberg, Goransson, Kotecha	Jessie J, Ariana Grande & Nicki Minaj	1:35
6 BICEPS	Centuries Courtesy of the Universal Music Group. Written by: Rotem, Wentz, Stump, Trohman, Hurley, Fonesca, Kumari, Tranter, Vega	Fall Out Boy	3:45
	Centuries Courtesy of the Universal Music Group. Written by: Rotem, Wentz, Stump, Trohman, Hurley, Fonesca, Kumari, Tranter, Vega	Fall Out Boy	1:11
7 LUNGES	1941 © 2014 Klaypex. Written by: Atar, Emmanuel	Klaypex feat. Virian	5:26
8 SHOULDERS	Twisted (Epic Remix) © 2014 Flamingo Recordings B.V. under exclusive license to Central Station Records www.centralstation.com.au Written by: Le Grand, Jeroenski, G. Van Bueren, R. Van Bueren	Fedde le Grand	5:37
9 CORE	All About That Bass © 2014 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Kadish	Meghan Trainor	3:13
	All About That Bass © 2014 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Trainor, Kadish	Meghan Trainor	1:41
10 COOLDOWN	What Are You Waiting For? Courtesy of the Universal Music Group. Written by: Kroeger, Peake, Kasher, Sran	Nickelback	3:45
ALT 3 CHEST	Fight On © 2014 Les Mills Music Licensing Ltd. Written by: Green	Jean-Paul Parks	5:20
ALT 5 TRICEPS	Animal Courtesy of the Universal Music Group. Written by: Allen, Campbell, Doty, Pagnotta, Tyler	Neon Trees	3:33
	Animal Courtesy of the Universal Music Group. Written by: Allen, Campbell, Doty, Pagnotta, Tyler	Neon Trees	1:03

BODYPUMP™ 93 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time	26:16

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
Total Time	41:04

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 – Carrie Dean
Program Coach – Kylie Gates
Technical Consultant – Bryce Hastings
Technical Advisor – Corey Baird
Technical Advisor – Thomas Cerboneschi

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

Alt	alternating	V	verse	3/1	6 counts down, 2 counts up
B up	build up	1/1	2 counts down, 2 counts up	4/4	8 counts down, 8 counts up
Br	bridge (non-chorus)	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B	1/2/1	2 counts down, 4 counts hold, 2 counts up
C	chorus	1/1/2	2 counts down, 2 counts hold, 4 counts up	8/8	16 counts down 16 counts up
cts	musical counts				Increase weight selection
F or B	forward or back	1/3	2 counts down, 6 counts up		Normal weight selection
Instr	instrumental	2/2	4 counts down, 4 counts up		Decrease weight selection
Intro	introduction	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B		
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)				
Rep	reprise (part of the chorus repeated)				
ROM	range of motion				

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™ 93



From L-R: Reagan Kang, Karen Russell, Tiesca Ariesandy (shadow), Glen Ostergaard, Matt Thraxton, Thomas Carboneschi, Christelle Troadart (shadow), Rue Shee, Yeah Kok Sin

Release 93 is gonna knock you over! This one is fun in its feel and in the music selection – so much fun that the hard work will sneak up on you and your class without you even noticing. But, man, will it burn tomorrow!

BODYPUMP™ 93 works on the principle of continuous tension training through tempos, range and isometric loading and limited rests.

This creates an oxygen debt leading to fatigue that creates the change you are looking for!

Don't over-coach it though. It's simple and fun, with plenty of plate work thrown in for good measure. Enjoy!

Glen

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.

Reagan Kang (Malaysia) is a BODYPUMP™ and CXWORX™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYCOMBAT™ and RPM™ Instructor. He is also a personal trainer and CrossFit coach and is based in Singapore.

Rue Shee (Singapore) is a BODYPUMP™ Instructor and Trainer and the BODYPUMP™ Head Program Coach for Asia. She is also a LES MILLS GRIT™ Series Coach and Trainer, an RPM™ Instructor and the Group Exercise and Training Manager at Virgin Active, Singapore.

Matt Thraxton (Australia) is a BODYPUMP™, CXWORX™ and RPM™ Instructor and Trainer and a LES MILLS GRIT™ Series Coach. He is based in Melbourne.

Karen Russell (Australia) is a BODYPUMP™, CXWORX™ and RPM™ Instructor and Trainer, a Studio Pilates trainer and Group Fitness Manager at Goodlife Health Clubs in Jindalee, Brisbane.

Thomas Carboneschi (France) is a BODYPUMP™, BODYCOMBAT™, CXWORX™ and RPM™ Instructor and Trainer, and a LES MILLS GRIT™ Series Coach and Trainer. He is the Training Manager for Les Mills Euromed and the strength coach for the Olympic wrestling team. He is based in Saint Raphael.

BODYATTACK™

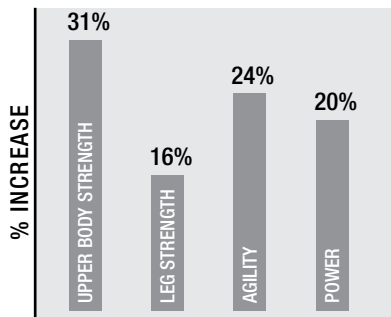
Sports Conditioning

Recent trends in the fitness industry have seen people demanding workouts that are of short duration, high intensity in nature, and deliver both functional strength and fitness. At Les Mills, we know that BODYATTACK™ has delivered this type of training for a long time: an intense, athletic workout that is both suitable for the beginner AND challenges the hardcore athlete.

We asked Dr Jinger Gottschall and her team at Penn State University to run some tests to see exactly what BODYATTACK™ can do for our fitness.

We took 20 participants, aged 18 to 40, and subjected them to a 6-week trial of a 45-minute version of BODYATTACK™. These people had not undertaken regular exercise in the previous 3 months. At the beginning of the study they had average cardiovascular fitness, high blood pressure, poor leg and upper body strength, restricted agility and limited ability to produce powerful movements.

6-WEEK BODYATTACK™ TRIAL



We used the following tests to measure speed, agility and power:

- Shuttle runs to measure speed; this involved sprinting back and forth between 4 cones placed 15 feet (4.5 meters) apart
- Ladder drills to test agility; using a 10-rung speed ladder, participants ran forward through the ladder touching every space with each foot
- Plyometric box jumps to measure power; as many as they could perform in 20 seconds

They also performed Squat, Deadlift and Pushup tests to measure strength.

The results of this trial were impressive. The group showed a 31% increase in upper body strength, 16% increase in leg strength, improved agility by 24% and power by 20%. Just 3 classes per week was enough to transform their fitness levels.

What's awesome about this data is that it really gives credibility to what we've always known about BODYATTACK™ – that this program can truly take your fitness and physical profile to the next level, and now we have the research to prove it.

THE SCIENCE OF New Yoga

In this Education on Les Mills BODYBALANCE™ / BODYFLOW® we will be looking at the many psychological and physical benefits that this program has to offer.

ADVANTAGES OF YOGA

As you can imagine, there have been plenty of studies undertaken over the years examining the effects of Yoga, and some more specifically looking at BODYBALANCE™ / BODYFLOW®. We performed a literature review of some of the most recent studies, and discovered that the results support what we have known about Yoga programs for years.

A few interesting findings were...

- The effects of Yoga are comparable to psychological treatments such as meditation, massage and group therapy in the management of anxiety and depression.
- Studies suggest that Yoga may also help to combat stress.
- Yoga has been shown to improve strength, cardio-respiratory function and balance in older adults.
- It can assist with weight loss as well as improving metabolic health.
- Yoga can help to reduce lower back pain, and expectant mothers who practise Yoga can look forward to a better pregnancy and an easier birth.

If you would like to read more on these studies and the advantages of practising Yoga go to lesmills.com/knowledge

BENEFITS OF BODYBALANCE™ / BODYFLOW®

So, what do we specifically know about BODYBALANCE™ / BODYFLOW®? Does it deliver the benefits observed in these Yoga studies? The answer is yes! Together with all the gains already mentioned, this program also promotes increased strength and flexibility.

A study in 2008* measured the effects of doing BODYBALANCE™ / BODYFLOW® 3 times per week for 12 weeks. Alongside all the expected effects, participants also experienced reductions in anxiety, as well as significant increases in core strength and hip mobility.

Observations at our research studio – Fitology in Penn State, in the USA – concur with these findings. We have seen significant shifts in core, upper body and leg strength when participants from a variety of age groups perform BODYBALANCE™ / BODYFLOW®.

So there you have it! Including BODYBALANCE™ / BODYFLOW® in your workout routine will deliver a whole host of benefits – both transforming your fitness and improving your well-being.

* Khan, R.S. (2008) Physiological and psychological responses to a 12-week BODYBALANCE™ training programme. *Journal of Science and Medicine in Sport*

SMARTSTART

Hey Instructors, wanna pack your classes?

There's a big group of people out there who need our help – and you'll often find them in the back row trying not to be noticed. By using some simple, proven tools to take care of this group you can get them hooked into fitness and, at the same time, grow your class numbers.

Statistics tell us that 50% of people who join gyms will drop out within the first 6 months.¹ We need to look after the back row, because it is this group that we are most at risk of losing. We've developed a 4-part Education series to give you tips and tricks to look after the new people in your classes. We've also developed a bunch of resources for participants to help them on their journey to fitness. We've called this body of work "SmartStart", and it'll always be labeled like this:

SMARTSTART

In BODYPUMP™, BODYBALANCE™ / BODYFLOW®, BODYATTACK™, RPM™, BODYCOMBAT™, BODYJAM™ and BODYSTEP™, our SmartStart logo will appear at the point in the class that we suggest you encourage new people to leave. This will help to ensure their long-term success.

Les Mills has conducted in-depth research into beginners' adherence to exercise, and we now know that the key to great results is starting slowly. As instructors, this means giving new people the option to leave after the first few tracks (and slowly building track by track), as well as taking an interest in their training schedules; the optimal mix is cardio, strength, core training and flexibility.

Getting started doesn't mean running a marathon on day one. Or even month one! Encouraging people to ease their way into exercise means they are more likely to stick with it for the long haul.

Read the second in our Education series on the following page to gain great insights into how to connect with the people in your classes.

1. Armitage, C.J. (2005). Can the theory of planned behavior predict the maintenance of physical activity? *Health Psychology*, 24(3):235–245.

THE ART OF Connection

You can grow your class numbers by creating **powerful relationships** with your participants. What makes or breaks a group fitness experience is you the Instructor. Your job is to hook them in. Engage them. Get them to come back.

Connecting is all about taking the focus off yourself and bringing your attention to your participants. Engaging them so they are part of the class and not just watching you perform on stage.

SO HOW YOU DO IT? HOW DO YOU CONNECT AND ENGAGE?

You must approach your members with RESPECT and CARE. These people have made an effort to come to YOUR class, to exercise with you today. When you treat people with care and enthusiasm it changes the energy in the room. We are in the business of motivation, so imagine your class as friends that you want to help. Be open, approachable, and respectful of all types of people. This is the foundation of connection.

Show an interest in people and find out what they want to talk about before and after class. Don't just dominate from the stage. You will create Connection with people when you are genuinely interested in THEM – rather than trying to get them to be interested in you! Arrive at the studio early, so you can chat to people before the class starts.

Be a good listener. Practise your listening skills: stop what you're doing. Turn to face the person who is talking. Put your arms down. Calm your face. Close your mouth and nod; really absorb what they are saying. Use the power of reflective listening: rephrase what people have said and repeat it back to them so they know you have been paying attention.

Learn names. It's not easy to remember lots of people's names – it takes practice. Try writing people's names down in a book and looking at it before class. Repeat their name 3 times in conversation to help fix it in your mind, or try associating their name with something memorable. Do not underestimate the power of a name – the sweetest and most important sound to anybody in the world is the sound of their own name!

TAKE ON THE CONNECTION CHALLENGE! In your next class...

1. Learn one person's name
2. Chat to someone before class and really listen to what they are saying
3. Show a genuine interest

YOU WON'T BELIEVE THE DIFFERENCE IT WILL MAKE.

Your class numbers will grow. Your Coaching will land. You'll get so much more enjoyment out of teaching and you will be totally 'in the zone'.

Check out the Education video on this release for Connection tips from the Program Directors.

FIGHTING Obesity

THE DEBATE CONTINUES: WHAT'S MORE EFFECTIVE FOR WEIGHT CONTROL – DIET OR EXERCISE?

We are constantly inundated with facts about obesity. This epidemic is sweeping the globe and it's one of the most visible and yet neglected public health problems. If we don't take action soon, millions of people will suffer from its associated health consequences. But what's more important – should we pay closer attention to what we're eating? Or do we really have to get off the couch and get more active?

Well – up to now – there has been a great deal of evidence to suggest that a better diet has more impact on weight control than exercise; and there is certainly no denying that eating well is great for your health.

However, a study released in April 2014* has challenged this theory.

Researchers at Stanford University tracked trends in obesity, physical activity and caloric intake in adults in the US from 1988 to 2010. As you'd expect, the prevalence of obesity increased substantially over these two decades with younger women aged 18 to 39 demonstrating the most dramatic increase in weight gain. However, the really surprising result of this study was that the daily caloric intake did not change significantly during these 20 years, whereas the proportion of adults who reported no leisure-time physical activity DID increase – from 19.1% to 51.7% in women, and from 11.4% to 43.5% in men.

Researchers concluded that there was a significant association between the level of physical activity, but not caloric intake, and the observed increases in obesity. Simply put, it's not what we're eating, but how much we're moving – or not moving.

The results from this study have led The Institute of Medicine to make physical activity the top priority when it comes to addressing the US obesity epidemic.

These findings have been reflected in our research at Les Mills. When we get inactive people into group fitness we have seen significant changes in their body composition without changing their diet. There's even the possibility that people start eating better as a result of being active – that when they experience the increased energy levels and feelings of self-esteem that exercise creates, making good diet choices follows automatically.

The debate will no doubt continue. But the message we can take away from this study is this: if we all got a little more active AND improved our nutrition, we can have an impact upon this very real threat to global health.

* Laudabaum U. Obesity, Abdominal Obesity, Physical Activity, and Caloric Intake in US Adults: 1988 to 2010. *The American Journal of Medicine*, April 2014



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.

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

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.

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

Light barbell + 2x light plates.

BARBELL 

2x PLATES

DEMONSTRATE

SET Position

TRACK FOCUS

Connect your class to the workout through the music, timing and target zones.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 Shoulder Roll SET Stance	1x
	0:12 V1 Want it	4x8 2/2 DEADLIFT	4x
	0:27 PC _ I only	4x8 1/1/2	4x
	0:41 QC _ This is the	4x8 2/2 DEADROW	2x
	0:56 C _ This is the	6x8 1/1	6x
2	1:18 V2 Better , deeper	4x8 2/2 UPRIGHT ROW SET Stance	4x
	1:33 PC _ I only want	4x8 1/1/2	4x
	1:48 QC _ This is the	8x8 COMBINATION 1 1x 1/1 CLEAN & PRESS (8 cts) 1x 1/1 DEADROW (8 cts)	4x
TRANSITION	2:18 Br More , more	2x8 Shoulder Roll Transition: MID Stance Squat	1x
3	2:25 _ Thought	2x8 4/4 SQUAT MID Stance	1x
	2:32 V3 Alive , it was	5x8 1/1 (EASY) Last 2 cts, step R foot back	10x
	2:51 C _ This is the	4x8 1/1 LUNGE L Switch legs on last 2 cts	8x
	3:05 _ This is the	4x8 1/1 LUNGE R Last 2 cts, transition to MID Stance	8x
	3:20 Instr (Synth beat)	4x8 1/1 SQUAT MID Stance	8x
	3:35 Br	1x8 DOWN quickly and HOLD (4 cts) and UP slowly (4 cts)	
TRANSITION	3:39 Ref _ More	2x8 Transition: Pick up light plates	
4	3:46 _ Thought	2x8 4/4 SIDE RAISE SET Stance	1x
	3:54 V4 Alive , it was	5x8 1/1 (EASY)	10x
	4:12 C _ This is the	8x8 1/1 SIDE ROTATOR RAISE (8 cts)	8x
	4:41 Instr (Synth beat)	4x8 1/1 SIDE ROTATOR RAISE with x7 O/H PRESS and down to SET Position	1x

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

SET POSITION

POSITION / EXECUTION SETUP

Coach SET Position before you begin – this is our basic position for lifting weights.

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

NETT

POSITION / EXECUTION SETUP

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

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

- *Deadlift 2/2 – slide the bar down the thighs, touch the kneecaps and come back up*
- *Deadrow 2/2 – knees, belly, knees and lift*
- *Upright Row 2/2 – bar to lower chest*
- *Squat 1/1 – knees to 90 degrees – butt just above knee line*
- *Lunge 1/1 – back knee straight down; aim for the front thigh to be parallel to the floor*

CONNECTION

Welcome your class to the workout by being engaging and encouraging. Soften your vocal delivery to match the energy and feel of the music. Try to connect with everyone in the room, not just your regular participants in the front row.

PUMP FACT

Performing light side rotator raises in the Warmup allows us to engage our rotator cuff muscles – priming them for our Presses.

2 SQUATS

WEIGHT SELECTION

BARBELL 

REGULARS: 3–4x Warmup weight.

NEW: 2x Warmup weight.

DEMONSTRATE

MID Stance

Combination

TRACK FOCUS

Set up and coach the combinations clearly, focusing on the isometric holds.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	9x8	2/2 SQUAT MID Stance 9x
	0:37 Instr (Rhythm + chant)	4x8	2x Top Half (8 cts) 4x
	0:52 (B up)	4x8	1/1/2 4x
	1:06 (Heavy)	4x8	1/1 8x
	1:21 (Heavy + synth)	4x8	1/1/2 4x
RECOVERY	1:35 (Low)	2x8	Transition: Shake legs, transition back to MID Stance
2	1:42 (Windup)	2x8	4/4 SQUAT MID Stance 1x
	1:49 (Rhythm + chant)	4x8	2x Top Half 4x
	2:04 (B up)	4x8	1/1/2 4x
	2:19 (Heavy)	12x8	COMBINATION 6x 1x 1/1 (4 cts) From top, DOWN AND HOLD (4 cts) 1x 1/1 from bottom (4 cts) From bottom, UP AND HOLD (4 cts)
RECOVERY	3:03 (Low)	2x8	Transition: Shake legs, transition back to MID Stance
3	3:10 (Windup)	22x8	Repeat SET 2 MID Stance
RECOVERY	4:30 (Low)	4x8	Transition: Shake legs, transition to WIDE Stance
4	4:45 (Heavy rhythm)	12x8	1/1 SQUAT WIDE Stance 24x Down and HOLD after last rep

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

1 MID STANCE

POSITION / EXECUTION SETUP

Cue the basics to establish good Squat technique: timing, target zones and leg alignment.

- *Heels just outside hip-width*
- *Turn the toes out slightly*
- *Belly in and braced, lift the chest*
- *Sit your hips back and down*
- *Knees move forwards, in line with toes*
- *Butt stops just above your knee level*

2 MID STANCE

SETUP / LAYER 2

Set up the combinations and cue the changes – that's all! Once the Combo is under way, focus on core stability – especially when moving from a loaded position at the bottom.

- *Down, up, down, HOLD*
- *Up, down, up, HOLD*
- *Brace your abs to support your lower back at the bottom of the squat*
- *At the top, squeeze between your shoulder blades, stabilizing your upper back*

3 MID STANCE

LAYER 2 / INTENSITY

Coach your class to improve their Squat execution and explain how to work harder. Fatigue will be hitting in this set, so reinforce the Setup Cues.

- *Remember to push your knees forwards, in line with toes – load the quads*
- *Can you feel your quads?*
- *Remember the Combo!*
- *Down, up, down, HOLD*
- *Push the floor away, to help recruit more muscle fibers*

4 WIDE STANCE

SETUP

Get your class moving in the Wide Squat; new position = new feel.

- *Heel toe wider*
- *Hips back, knees out*

LAYER 2

- *Wide Stance, works the glutes*
- *Split the floor with your heels*

MOTIVATION

Last block, it's a killer of a finish – 24 Singles!

Motivate and drive your class to hang on to the end.

- *Hold on to the end! 45 seconds remaining*
- *Everything you've got*

INTENSITY

Short recoveries and maintaining MID Stance for the majority of the track will ensure that you feel the fatigue accumulate in the quads – creating muscular overload. The isometric holds, in particular working from a loaded position at the bottom of the Squat, offer an extra challenge for the legs.

PUMP FACT

A short isometric hold at the bottom of the Squat eliminates our muscular stretch reflexes. This forces us to drive harder to get back to the top, recruiting more muscle fibers.

3 CHEST

WEIGHT SELECTION

2x PLATES

2x Moderate / heavy plates.

Option: Barbell with about 1/3 of your Squat weight.

DEMONSTRATE

Chest Fly

TRACK FOCUS

Coach the muscular intensity of the slow and fast movements and match this to the feel of the music. Drive your participants by educating them how to get more out of the exercise.

MUSCLE FOCUS

Pectorals, deltoids

SET		MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	Set up CHEST FLY	
	0:16	Instr (Piano)	4x8	4/4 CHEST FLY	2x
	0:40	(Heavy)	4x8	2/2	4x
	1:02	V1 The night	6x8	3/1	6x
	1:36	C The kings	4x8	COMBINATION	4x
				2x Bottom Half Pulse 1/1 (4 cts) 1x Bottom Half Pulse down, HOLD at the bottom, 2 cts to the top (4 cts)	
	1:59	Ref And	2x8	4/4	1x
2	2:10	V2 Your eyes	4x8	2/2 CHEST FLY	4x
	2:32	Defense	4x8	3/1	4x
	2:55	C The kings	4x8	COMBINATION	4x
RECOVERY	3:18	Ref And	2x8	Shake arms, Shoulder Roll	
3	3:29	PC The angel	8x8	4/4 CHEST FLY	4x
	4:14	C The kings	4x8	COMBINATION	4x
	4:37	Rep The kings	4x8	Pulsing 1/1 (2 cts)	16x
	4:59	Outro Ohhhh	4x8	8/8 (32 cts)	1x
	5:22	(Fade out)	2x8	HOLD at the top	

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

1 CHEST FLY

POSITION / EXECUTION SETUP

Coach good Setup Cues, focusing on target, range and timing. The music is slower than you would expect, so focus on timing to match the feel of the music.

- Feet are hip-width apart
- Shoulders away from your ears
- Plates face inwards
- Elbows go wide and down
- Keep your elbows just above the bench at the bottom
- Feel the timing, it's smooth and slow
- 2 fast Pulses, one hold

2 CHEST FLY

LAYER 2

Reinforce Layer 1 Setup Cues – timing, range and target, and explain the desired muscular feel. This is a good opportunity to sit up, see what's happening in the room and provide a visual demonstration of how to move the arms.

- Think about opening the chest – elbows go wide
- It's like you're giving your mum a big hug
- As soon as you do it correctly you will feel it, it gets deeper into the muscles of the chest
- Anchor your feet to the floor, brace the core
- Are you feeling the big stretch?
- 2 pulses with a HOLD
- Open, open, HOLD

3 CHEST FLY

INTENSITY / MOTIVATION

The recovery is very short, so hold on to the plates when you sit up. Final set; use positive, motivating cues on the 4x super slow reps. Inspire and drive your class to finish this last set.

- Reset: feet, shoulders and core
- If you're struggling to feel it, go wider with the hands or use heavier plates
- With good resistance, timing and range, we can generate maximum time under tension – all to change the shape of our bodies
- 16 Pulses to the finish
- Go for that small movement, generate that tension
- Super, super slowly, 8 seconds down! 8 seconds up!

PERFORMANCE

- Feel of the song: big, dramatic, epic, slow Rock song
- Use great vocal control to complement the musical feel. Create contrast in your intonation, and match this to the exercise tempo
- For example, use slow cue delivery in the big, slow, open chest movements. Then, when the music is intense, the moves are short and fast so you can go bigger with your vocals

PUMP FACT

The Chest Fly creates the opportunity to isolate the pecs as we eliminate the triceps – which assist in pressing movements. The key to this move is to lock the elbow position so that it is the same at the top and bottom of the movement.

3 CHEST ALTERNATIVE

WEIGHT SELECTION

Normal Chest weight.

BARBELL 

TRACK FOCUS

Coach your class to maintain perfect range and timing in this non-stop Chest track.

MUSCLE FOCUS

Pectorials, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro _ Woah 6½x8	Set up CHEST PRESS	
	0:30 Instr (Beat) 4x8	2/2 CHEST PRESS	4x
	0:45 C We will 6x8	2x Bottom Half (8 cts)	6x
2	1:08 V1 _ We've got 6x8	2/2 CHEST PRESS	6x
	1:30 C We will 6x8	2x Bottom Half (8 cts)	6x
3	1:53 V2 _ I see them 8x8	2/2 CHEST PRESS	8x
	2:23 C We will 6x8	2x Bottom Half (8 cts)	6x
	2:45 Rep Woah, I know 3x8	3/1	3x
	2:57 Br But you can't ½x8	HOLD	
	2:59 Ref They ain't 2x8	2/2	2x
	3:06 C We will 4x8	2x Bottom Half (8 cts)	4x
	3:21 Woah, I know 4x8	1/1	8x
4	3:36 V3 _ I see them 27½x8	Repeat SET 3	

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



4 BACK

WEIGHT SELECTION



REGULARS: Slightly heavier than Chest weight.

NEW: Use your Chest weight.

DEMONSTRATE

Clean & Press + Power Press

TRACK FOCUS

Train your class to find high intensity in the multiple repetitions of strength and power.

MUSCLE FOCUS

Deadlift / Clean & Press / Power Press:

Posterior chain – glutes, hamstrings, lower and upper back

Deadrow: Lats

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8	SET Position Overhand Grip
	0:11 Br	1x8	Shoulder Roll 1x
	0:15 V1 Waste this	4x8	1/1 DEADROW (8 cts) 4x
	0:29 Wake my	4x8	TRIPLE DEADROW (16 cts) 2x
	0:44 Instr (B up)	4x8	4/4 DEADLIFT 2x
	0:59 (Heavy synth)	8x8	COMBINATION 4x
			1x CLEAN & PRESS (8 cts) 1x 1/1 DEADROW (8 cts)
	1:28 (Windup)	4x8	POWER PRESS (16 cts) 2x
RECOVERY	1:43 (Low)	4x8	Bar down. Torso Twists
2	1:57 V2 Waste this	4x8	1/1 DEADROW Overhand Grip 4x
	2:12 Wake my	4x8	TRIPLE DEADROW 2x
	2:26 Instr (B up)	4x8	4/4 DEADLIFT 2x
	2:41 (Heavy synth)	8x8	COMBINATION 4x
	3:09 (Windup)	4x8	POWER PRESS 2x
RECOVERY	3:25 (Low)	4x8	Bar down. Torso Twists
3	3:40 V3 Waste this	24x8	Repeat SET 2

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

1 DEADROW / DEADLIFT / CLEAN & PRESS / POWER PRESS

POSITION / EXECUTION SETUP

Coach range, target and timing.

Deadrow

- *Bar to top of knees, belly, knees and rise*
- *Elbows go straight back*
- *Squeeze between your shoulder blades*

Deadlift

- *SET Position*
- *Chest up, abs braced*
- *Bar to kneecaps*
- *Tip from the hip, keeping the chest lifted*
- *Keep the bar close to your thighs*

Clean & Press

- *Keep the bar close to your body*
- *Get under the bar, drive through your legs*
- *Bend your knees to absorb the weight*
- *Brace your belly as you push the bar above your head*

Power Press

- *Brace your abs and move elbows forwards as you drive the bar up*

2 DEADROW / DEADLIFT / CLEAN & PRESS / POWER PRESS

LAYER 2

Focus on improving execution by coaching strength in the Rows and power in the Clean & Presses and Power Presses. Explain how they can move the bar more efficiently.

Deadrow

- *We're going into a strength phase*
- *Elbows in, creating that tension in your mid back – can you feel that tension? That's strength training right there!*

Deadlift

- *Keep the bar close to your body*
- *Feel the hamstrings lengthen*

Clean & Press

- *Now for power!*
- *The bar's going to feel heavier, so you need to pull yourself under the bar faster*

Power Press

- *Show me you're using your legs*

3 DEADROW / DEADLIFT / CLEAN & PRESS / POWER PRESS

INTENSITY / MOTIVATION

Connect with the lyrics in this last block to motivate and inspire your class. Focus on speed to help them finish with power.

- *Feel the steel, we're gonna seal the deal!*
- *Speed is king, can you match us?*
- *Fast pull with the elbows*
- *Jump under the bar*
- *Commitment to the end!*

INTENSITY

Short rests between sets ensure the heart rate stays up. The Clean & Press and Power Press create a metabolic effect, helping you burn calories both during and after class.

PUMP FACT

The bar should follow one vertical line through the Clean and into the Presses. This ensures we train the muscles that produce vertical drive, delivering a functional training benefit.

5 TRICEPS

ACKNOWLEDGE YOUR NEW PARTICIPANTS
AND LET THEM KNOW THEY CAN LEAVE
NOW IF THEY CHOOSE TO

WEIGHT SELECTION

2x PLATES

REGULARS: 1x medium plate and 1x large plate.

NEW: 1x small plate.

SMARTSTART

TRACK FOCUS

Clearly coach the fast transitions into each move to maintain the effect of time under tension and keep the energy up to match the musical feel.

MUSCLE FOCUS

Standing and Kneeling Overhead Extensions: Triceps

Tricep Pushup: Triceps and deltoids

Kneeling Tricep Kickback Row: Triceps and upper back

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	1/2x8 HOLD	
	0:05 V1 She got a	4x8 2/2 STANDING TRICEP OVERHEAD EXTENSION	
	0:17 You've been	4x8 Split Stance	4x
	0:30 C Bang bang	8x8 1/1/2	4x
2	0:56 V2 She might	4x8 STANDING COMBINATION SET Stance	8x
	1:09 You got a	4x8 2x Bottom Half Pulse STANDING TRICEP O/H EXTENSION (4 cts)	
	1:22 C Bang bang	8x8 HOLD at bottom, slow to the top (4 cts)	
3	0:56 V2 She might	4x8 3/1 STANDING TRICEP OVERHEAD EXTENSION	4x
	1:09 You got a	4x8 Split Stance	
	1:22 C Bang bang	8x8 1/1/2	4x
4	1:47 V3 It's Myx	4x8 2/2 TRICEP PUSHUP	4x
	2:00 Jessie and	4x8 Options: On toes, knees or kneeling	
	2:13 B to the A	4x8 3/1	4x
5	2:26 Br	1/2x8 Transition: to Tricep Pushup	
	2:28 C Bang bang	8x8 2/2 TRICEP PUSHUP	4x
	2:53 Bang bang	8x8 Options: On toes, knees or kneeling	
6	3:18 Br	1/2x8 1/1 KNEELING TRICEP KICKBACK ROW L (8 cts)	8x
	3:21 V4 It's Myx	4x8 Use the last 4 cts to transition to Kneeling OH Extension	
	3:33 Jessie and	4x8 KNEELING COMBINATION	8x
	3:46 B to the A	4x8 2x Bottom Half Pulse KNEELING TRICEP O/H EXTENSION (4 cts)	
7	3:59 Br	1/2x8 HOLD at bottom, slow to the top (4 cts)	
	4:01 C Bang bang	8x8 Transition: to Tricep Pushup	
	4:26 Bang bang	8x8 2/2 TRICEP PUSHUP	4x
8	3:18 Br	1/2x8 3/1	4x
	3:21 V4 It's Myx	4x8 1/1/2	3x
	3:33 Jessie and	4x8 Use last 8 cts to transition to Kickback Row R	
	3:46 B to the A	4x8	
9	3:59 Br	1/2x8 HOLD	
	4:01 C Bang bang	8x8 1/1 KNEELING TRICEP KICKBACK ROW R (8 cts)	8x
	4:26 Bang bang	8x8 Use the last 4 cts to transition to Kneeling OH Extension	
10	3:59 Br	1/2x8 KNEELING COMBINATION (8 cts)	8x
	4:01 C Bang bang	8x8	
	4:26 Bang bang	8x8	

RECOVERY: Shake the arms and Tricep Stretches.

1 STANDING TRICEP OVERHEAD EXTENSION

POSITION / EXECUTION SETUP

Coach your class to execute the move with precision; clearly cue the combo.

- **Chest lifted, abs braced**
- **Plate to the base of the neck**
- **Extend the arm at the top**
- **Elbows in and high**
- **2 Pulses and hold**
- *This is your rhythm today!*

2 STANDING TRICEP OVERHEAD EXTENSION

LAYER 2

Focus on refining technique and targets, range and timing to increase intensity. Connect to the music and have a little fun!

- *More tension in your triceps, keep your elbows in*
- *Have you got the rhythm?*
- *Push your feet into the floor and brace your core*

3 TRICEP PUSHUP

POSITION / EXECUTION SETUP

- **Chest to elbow height**
- **Elbows in and back**
- *Option: Knees on the floor*
- **Brace your core**

4 KNEELING TRICEP KICKBACK ROW / KNEELING TRICEP OVERHEAD EXTENSION

POSITION / EXECUTION SETUP

Kneeling Tricep Kickback Row

- *Kneel with one foot forwards, elbow on knee*
- **Chest up, chin in, eyes forwards, shoulders square**
- *Plate hangs vertically under the shoulder*
- **Pull arm up and extend the arm back**
- **Keep your elbow lifted, to integrate your back and triceps**

CHALLENGE

Kneeling Tricep Overhead Extension

Challenge your class to maintain the correct range to stay in the workout. Help them to work harder by reinforcing technique and explaining how to manipulate intensity.

- *Brace your core, squeeze your glutes for more stability and isolation into the arms*
- *Check the range, plate to the base of the neck*

5 TRICEP PUSHUP

LAYER 2

Teach your class how to achieve better results with the Tricep Pushup.

- *Elbows in and back*
- *Squeeze between your armpits to activate the lats to stabilize your trunk*
- *Looking for full range, chest to elbows*

6 KNEELING TRICEP KICKBACK ROW / KNEELING TRICEP OVERHEAD EXTENSION

LAYER 2

Kneeling Tricep Kickback Row

- *I need you to be strong, so brace your abs to keep your body really still*
- *Keep the shoulder and upper arm still to isolate the tricep*
- *Feel the squeeze in your tricep as you extend your arm back*

MOTIVATE

Kneeling Tricep Overhead Extension

Drive your class to a strong finish by hooking into the upbeat feel of the song right to the end.

- *All you've got team!*
- *Hang on to the end*

INTENSITY

The fast transitions will make this a very challenging track as there is no recovery. Pre-cueing each move early on will ensure that your participants stay in the work and maintain time under tension.

PERFORMANCE

- *Feel of the song: fun, upbeat, engaging and bouncy*
- *Use short, sharp cues and don't say too much. Match your cue delivery to the song's timing, eg in the 1/1/2s.*

5 TRICEPS ALTERNATIVE

WEIGHT SELECTION

2x PLATES

2x plates.

REGULARS: 1x medium and 1x large plate.

NEW PEOPLE: 1x small plate.

TRACK FOCUS

Maintain time under tension by pre-cueing each of the new moves early.

MUSCLE FOCUS

Overhead Extensions – Triceps

Tricep Kickback Row – Triceps and upper back

Tricep Dips and Pushups – Triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:07 Intro 4½x8	SET UP Tricep Dip	
	0:21 V1 Here we go 9x8	2/2 SEATED TRICEP DIP	9x
	0:50 C _ Oh ohhh 8x8	1/1 Use last 8 cts to transition to a Seated O/H Extension	14x
2	1:17 V2 Here we are 8x8	2/2 SEATED TRICEP OVERHEAD EXTENSION	8x
	1:42 C _ Oh ohhh 8x8	1/1	16x
	2:05 Ref _ Hush hush 5x8	3/1	5x
	2:21 Instr (Guitar) 4x8	1/1	4x
RECOVERY	2:34 Ref _ Here we 2x8	Transition: Kneeling Tricep Kickback Row L	
3	2:41 C _ Oh ohhh 7x8	1/1 KNEELING TRICEP KICKBACK ROW L (8 cts) Use last 2 cts to transition to a Tricep Pushup	7x
	3:03 Ref _ Here we 4x8	2/2 TRICEP PUSHUP Options: On toes, knees or kneeling	4x
	3:16 C _ Oh ohhh 4x8	1/1	8x
	3:29 Br Tonight 1x8	Down and HOLD	
RECOVERY	3:33 Ref _ Here we 2x8	Transition: Kneeling Tricep Kickback Row R	
4	3:39 C _ Oh Ohhh 16x8	REPEAT SET 3 on the other side R	

RECOVERY: Shake the arms and Tricep Stretches.



6 BICEPS

WEIGHT SELECTION

REGULARS: 2x medium plates.

NEW: 2x light plates.

Option: Barbell with Warmup weight.

2x PLATES

DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach the feeling of muscular intensity in the Mid-Range Pulse.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	1x8 SET Position	
	0:10 C Some legends are	4x8 4/4 PLATE CURL SET Stance	2x
	0:31 Ref Hey now	2x8 MID-RANGE PULSE (2 cts)	8x
2	0:42 V1 _ Mummified my	4x8 2/2 STAGGER PLATE CURL (8 cts) Split Stance	4x
	1:03 Da da da	1x8 3/1 SET Stance	1x
	1:09 C Some legends are	4x8 COMBINATION 2x MID-RANGE PULSE (4 cts) 1x 1/1 (4 cts)	4x
	1:30 Ref Hey now	2x8 MID-RANGE PULSE	8x
3	1:40 V2 Stop till the whole	11x8 Repeat SET 2	
4	2:38 V3 We've been here	6x8 4/4 PLATE CURL SET Stance	3x
	3:10 C Some legends are	4x8 COMBINATION	4x
	3:32 Ref Hey now	2x8 MID-RANGE PULSE	8x
5	3:42 Br	1/2x8 HOLD	
	3:45 V4 We've been here	12x8 Repeat SET 4	

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

1 PLATE CURL

POSITION / EXECUTION SETUP

Use clear technique and postural cues to establish targets, range and tempo.

- *SET Position, heels under hips*
- ***Bend your knees, roll your shoulders back***
- *Slow curl, twist as you rise, to shoulder height and release*
- ***Lift up your chest, brace your core***
- *To start, knuckles to the outside, knuckles point down as you get halfway*
- *Mid-Range Pulse – just above and below the belly button. Elbows point to the floor*

2 PLATE CURL

POSITION / EXECUTION SETUP

Coach targets and range; demonstrate these with a side profile.

- *Stagger 2/2, aim for the belly, shoulder, belly, outer thigh*
- *Little combo: two mid-range – 1 full range*
- *Check the targets, just above and below the belly then full range from the bottom to the top*
- *We isolate the biceps by keeping the body still*

3 PLATE CURL

LAYER 2

Reinforce good technique by explaining how to perform the exercise more effectively. Hook into the feel of the music as it builds into the chorus.

- *Reset your posture, lift up your chest and tighten up your core*
- *Two mid-range for strength, one full range power to the top*
- *You've gotta keep the body still to isolate the muscles*
- *Minimize the body movement to maximize the muscle recruitment*

4 PLATE CURL

INTENSITY

Focus on time under tension in the 4/4 and increase the intensity. Use visualization cues to help your class find the slow tempo, ensuring that they stay in time with you. Motivate everybody through the combo by using intrinsic and extrinsic-type cues.

- *Keep it strict, don't race it. Time under tension*
- *Imagine your biceps as a big braking system – apply the brakes, slow the weights*
- *As you start to fatigue dig your heels into the floor*
- *Strength and power combination, we are going to define the arms*
- *Strengthen and tone the arms*
- *Now we're going to get the peak in the arms – 8 Mid-Range Pulses*

5 PLATE CURL

MOTIVATION

Final set, 1 minute of work remaining. Use lots of praise and encouragement to get everybody home.

- *Keep the body tight, really squeeze the biceps*
- *You've got 30 seconds remaining!*
- *8 Mid-Range Pulses and we're outta here*
- ***BODYPUMP™ 93 will go down in history!***

INTENSITY

The Mid-Range Pulse is where we can create the greatest amount of force production. This places a huge demand on the muscles, creating faster results.

MOTIVATION

Vocally, you don't want to go too big, because the song does this for you. Use cues that describe how it should feel, like 'burn', 'pump' and 'heat' and then extrinsic motivators – what you'll get out of it – like 'toned', 'strong' and 'defined arms'. Praise and encourage in sets 4 and 5 as fatigue will be setting in.

PERFORMANCE

- *Feel of the song: funky, cool, Alternative Rock sound*
- *Match your voice and delivery to the tempo of the song*
- *Stagger your voice in the Staggers: slow it down when the tempo decreases and pitch it up when you pulse*

7 LUNGES

WEIGHT SELECTION



Lighter than normal weight selection.

REGULARS: Bicep – Chest weight.

NEW PEOPLE: Body weight.

DEMONSTRATE

Lunge

TRACK FOCUS

Coach perfect technique while under fatigue in this high-rep, no-recovery, continuous-tension training track.

MUSCLE FOCUS

Squats and Lunges: Glutes & quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	2x8 SET Position	
	0:11 V1 I just want	4x8 2/2 SQUAT MID Stance	4x
	0:27 Instr (Beat)	4x8 1/1 Use last 4 cts to transition to a Lunge L	7x
2	0:41 V2 I can get	4x8 2/2 LUNGE L	4x
	0:56 Follow the	4x8 1/1/2	4x
	1:11 C I'll bring the	4x8 1/1	8x
	1:27 Instr (Chant)	8x8 4x Bottom Half (16 cts) Switch legs on last 2 cts	4x
3	1:56 V3 I can get	4x8 2/2 LUNGE R	4x
	2:11 Follow the	4x8 1/1/2	4x
	2:26 C I'll bring the	4x8 1/1	8x
	2:41 Instr (Chant)	8x8 4x Bottom Half (16 cts) Switch legs on last 2 cts	4x
4	3:10 V4 Feet are	4x8 4/4 LUNGE L	2x
	3:25 Instr (Violin)	4x8 1/2/1	4x
	3:40 C I'll bring the	4x8 1/1	8x
	3:55 Instr (Chant)	4x8 4x Bottom Half (16 cts) Switch legs on last 2 cts	2x
5	4:10 V5 Feet are	4x8 4/4 LUNGE R	2x
	4:25 Instr (Violin)	4x8 1/2/1	4x
	4:40 C I'll bring the	4x8 1/1	8x
	4:54 Instr (Chant)	4x8 4x Bottom Half (16 cts) Change to MID Stance Squat on last 2 cts	2x
	5:10 Outro I'll bring the	4x8 4/4 SQUAT MID Stance	2x

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE SQUAT

POSITION / EXECUTION SETUP

Revisit basic Squat technique; this set is designed to re-awaken the legs.

- *Feet just outside hip-width, MID Stance*
- **Lift the chest, brace the core**
- **Push your knees forwards, in line with toes**
- **Sink your hips down and back**
- **Butt just above your knee line**

2 LUNGE

POSITION / EXECUTION SETUP

Set up good Lunge technique using NETT cues.

- **Let your back knee guide you**
- **Front knee bends in line with the middle of your foot**
- **Shoulders back, lift your chest, brace your core**
- **Front thigh parallel to the floor, full range**
- **Push your heel down and squeeze through your butt**

3 LUNGE

LAYER 2

Revisit technique on the other side, but coach your class to get more out of the Lunge.

- *Square your hips, lift your chest and brace your abs*
- *Have a look at your front knee – make sure it's out in line with your second toe*
- *We've lit the spark, now you ignite the flames*
- *Bottom Half, get that thigh parallel to the floor*
- *We're almost halfway!*

4 LUNGE

INTENSITY

Fatigue will be setting in so ensure that both you and your participants maintain perfect technique, without sacrificing the range. Use time references to help people through this set, and highlight the cool moments in the song to add fun to the workout.

- *1 minute on each leg, are you OK with that?*
- *New tempo – down quickly – STOP – now go*
- *About now your legs should be sizzling!*
- *And that's a good thing because the sizzle creates the shape!*

5 LUNGE

MOTIVATION

Last set of work, motivate and encourage your class to the finish line.

- *This is your home run!*
- *Who's going to party tonight? Mini dresses and skinny jeans cause your legs are smoking!*

MOTIVATION

This is a fun track and there are heaps of cool moments that you can play with. Use lots of motivation and praise throughout the song; avoid getting too aggressive in your coaching.

PUMP FACT

BODYPUMP™ has been proven to build muscle despite using less resistance than traditional programs. The secret is the high number of repetitions. This track takes full advantage of this effect. Lots of repetitions to shape and tone your legs.

8 SHOULDERS

WEIGHT SELECTION

Barbell with Bicep – Chest weight.
2x light/medium plates.

BARBELL

2x PLATES

TRACK FOCUS

Match your coaching and execution of the moves to the energy of this track. Be explosive in the single reps and then dramatic with control in the slower reps.

MUSCLE FOCUS

Bar work: Deltoids, trapezius,

Plate work: Rotator cuff, muscles of the upper back

Pushups: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SET UP Pushup	
	0:18 Instr (Bleeps)	4x8 1/1 PUSHUP	8x
	0:32 (Distorted)	4x8 Options: Kneeling, on knees or toes	
RECOVERY	0:46 (Synth)	2x8 1/1/2	4x
2	0:53 Ref Your mind	1x8 Transition: Standing Upright Row	
	0:56 (B up)	1x8 2/2 STANDING UPRIGHT ROW SET Stance	1x
	0:59 (Dubstep)	8x8 Transition: Up phase of Standing Upright Row (6 cts)	1x
RECOVERY	1:27 (Synth)	2x8 Transition HOLD in O/H Press position (2 cts)	
3	1:34 (B up)	10x8 COMBINATION 1 Split Stance	2x
	2:08 (Synth)	2x8 4x 1/1 STANDING OVERHEAD PRESS (16 cts)	
	2:15 Ref Your mind	10x8 2X 2/2 STANDING OVERHEAD PRESS (16 cts)	
RECOVERY	2:49 (Low)	4x8 Bar down, shake out arms	
5	3:03 Your mind	2x8 Repeat SET 2	
	3:10 (Distorted B up)	1x8 Repeat SET 2	
	3:13 B Up	1x8 Bar down, shake arms	
RECOVERY	3:57 (Low)	4x8 Transition: Pick up plates	
6	4:11 Ref Your mind	16x8 2/2 STANDING SIDE RAISE SET Stance	2x
	5:06 (Synth)	8x8 2/2 STANDING SIDE RAISE STAGGER SET Stance	1x
		1x8 3/1 STANDING SIDE RAISE SET Stance	1x
RECOVERY		3x16 COMBINATION 2 SET Stance	3x
7		4x 4x 1/1 STANDING SIDE RAISE (16 cts)	
		2x 2x 1/1 STANDING SIDE ROTATOR RAISE (16 cts)	
		4x8 Plates down, shake arms	
6		16x8 Transition: Pick up plates	
		16x8 Repeat SET 5	
		16x8 Only one Side Rotator Raise on last combo rep, use last 8 cts to transition to the floor	
7		16x8 1/1 PUSHUP	16x
		16x8 Options: Kneeling, on knees or toes	

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

1 PUSHUP

POSITION / EXECUTION SETUP

- *Hands just outside shoulder-width*
- *Long back, abs braced*
- *Lower towards the floor, chest to elbow height*
- *Elbows to 90 degrees at the bottom, full range*
- *Slight bend through the elbows at the top of the Pushup*

2 STANDING UPRIGHT ROW / STANDING OVERHEAD 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*

Standing Overhead Press

- *From the chin to the ceiling*
- *Brace your core, keep your chest up*
- *Fast 4, power*
- *2/2, smooth it out, strength*

3 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS

LAYER 2

Focus on creating contrast between speed and strength in the Overhead Press Combo so that everybody experiences the difference. Be explosive in your cue delivery in the 1/1s then slow it right down in the 2/2s.

Standing Upright Row

- *Lift your elbows, let them lead the move*

Standing Overhead Press

- *Speed, speed, speed*
- *Smooth strength*
- *Push it up quickly*
- *Bar just forward of the shoulders*

4 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS

INTENSITY

Accumulative fatigue will be hitting about now, so focus on maximizing the training effect of speed and strength. Revisit the stability cues for legs and core.

Standing Overhead Press

- *Now it's getting tough, brace tightly here*
- *Feet firmly on the floor*
- *Contrasting speed and strength, changing the stimulus*

5 STANDING SIDE RAISE / STANDING ROTATOR RAISE

POSITION / EXECUTION SETUP

Be clear with target and range.

Standing Side Raise

- *Heels under hips*
- *Elbows just below shoulder height*
- *Chest lifted – abs braced*

Standing Side Rotator Raise

- *Elbows high*
- *Upper body strong*
- *Drop the shoulder blades down*

6 STANDING SIDE RAISE / STANDING ROTATOR RAISE

LAYER 2

Use this set to focus on timing, range and precision of movement to create isolation.

Standing Side Raise

- *Lets finish our functional shoulder conditioning*

Standing Rotator Raise

- *Keep the elbows high, keep the work in the muscles*
- *Up and open, close and down*

7 PUSHUP

INTENSITY / MOTIVATION

Motivate and drive your class to stay in the workout for the last 30 seconds. Put the challenge out there to do the Pushups on their toes if they can!

8 SHOULDERS Continued



INTENSITY

The short recoveries ensure that intensity remains high throughout the track! Repeatedly performing the same move keeps the target muscles loaded and under tension for a longer period of time – creating greater fatigue and, therefore, change.

PERFORMANCE

- Feel of the song: driving, intense and robotic
- Match the execution of your movements to the feel of the song; fast, strong, powerful reps should contrast with controlled, smooth, even 2/2 reps
- Capture the music by being dramatic in the Side Raise Staggers, smooth in the 3/1 Side Raise and show power in the Singles. Emphasize targets in the Side Rotator Raise.

PUMP FACT

Plate work allows us to isolate the smaller muscles of the shoulder, while lifting the bar delivers an opportunity for power training – integrating the larger muscles.

9 CORE

DEMONSTRATE

Single Leg Hip Bridge

TRACK FOCUS

Coach and educate your class about the benefits of the Single Leg Hip Bridge.

MUSCLE FOCUS

Single Leg Extension: Lower abdominals

Single Leg Hip Bridge: Posterior chain muscles (hamstrings, glutes and back muscles)

Crunch: Rectus abdominis

SET	MUSIC				EXERCISE	REPS
1	0:05	Intro	All about that	4x8	Set up on floor	
	0:20	V1	Yeah its	8x8	2/2 ALT SINGLE LEG EXTENSION (16 cts) Hands reaching behind head, fingertips on the floor Option: Tap toe to the floor Use last 8 cts to transition to a Single Leg Hip Bridge L	3½x
	0:49	C	My mamma	8x8	2/2 SINGLE LEG HIP BRIDGE L Hands on floor by hips, L leg crossed on top of L leg	8x
2	1:17	Rep	All about that	8x8	2/2 ALT SINGLE LEG EXTENSION (16 cts) Hands reaching behind head, fingertips on the floor Option: Tap toe to the floor Use last 8 cts to transition to a Single Leg Hip Bridge R	3½x
	1:46	C	My mamma	8x8	2/2 SINGLE LEG HIP BRIDGE R Hands on floor by hips, L leg crossed on top of R leg	8x
3	2:14	Rep	All about that	12x8	3x PULSE CRUNCH (8 cts) Hands reaching towards ankles, feet on floor	12x
	2:57	Ref	Base	4x8	4/4 CRUNCH Fingertips to temples	2x
4	3:13	V3	Bootie back	4x8	2/2 HIP BRIDGE Hands on floor by hips	4x
	3:26	C	My mamma	8x8	1/1/2	8x
5	3:54	Rep	All about that	12x8	3x PULSE CRUNCH (8 cts) Hands reaching towards ankles, feet on floor	12x
	4:37	Outro	Base	4x8	4/4 CRUNCH Fingertips to temples	2x

1 ALT SINGLE LEG EXTENSION / SINGLE LEG HIP BRIDGE

POSITION / EXECUTION SETUP

Alt Single Leg Extension

- Knees above the hips
- Hands behind head, pushing fingertips to the floor, elbows to the ceiling
- **Full leg extension, then the knee comes back to just above the hips**
- **Brace the core, keep the lower back close to the floor**

Single Leg Hip Bridge

- Opposite ankle to knee
- **Drive through your heel**
- **Squeeze through the glutes**
- **Push through the chest**
- You want to come up onto your shoulders
- Push your shoulders down onto the floor
- **Keep your hips level**



2 ALT SINGLE LEG EXTENSION / SINGLE LEG HIP BRIDGE

LAYER 2

Challenge your class to execute the moves better by directing their focus to where the work should be felt

Alt Single Leg Extension

- Lower abdominal focus
- Squeeze your elbows together, feel how that activates your lats to challenge the muscles of the core

Single Leg Hip Bridge

- Drive hard through that heel
- Squeeze through the glutes
- Keep your hips level
- It's fashionable and functional to have a great butt!

3 CRUNCH

POSITION / EXECUTION SETUP

- Feet on the floor
- Fingertips towards your hips
- **Slide your ribs towards your hips**
- **Tuck your chin, eyes forward**
- Don't let the shoulders touch the floor, you want to keep those muscles engaged

4 HIP BRIDGE

INTENSITY

Motivate your class to maintain the high intensity by educating them about the benefits of this move. Both feet on the floor now; focus on driving through both heels and squeezing through your butt muscles at the top.

- Both feet are down
- We're looking for a chain reaction from your heels up through your hamstrings into your glutes and all those muscles of your back
- Pushing the chest up, squeezing the shoulder blades tightly
- Using all those muscles of the posterior chain, so next time we come back to BODYPUMP™ we can pump stronger!

5 CRUNCH

LAYER 2 / MOTIVATION

Reset your class back into the Crunch, explaining where they should be feeling it and how to intensify the move. Use the lyrics to have a little fun and to bring the track to a close.

- Make it less of a bounce and more of a squeeze
- We're trying to get that chest a little bit closer to the thighs
- Can you feel that in the stomach? Right into the six-pack – that's change happening right now!

PUMP FACT

The Hip Bridge is an important move as we fire up the muscles of the posterior chain. These muscles stabilize the hips, support our lower back and stabilize our knees. They provide a strong foundation so we can maximize the drive out of moves like Squats, Lunges and Clean & Presses.

10 COOLDOWN

TRACK FOCUS

Stretch out all the muscles that have been worked in the class today.

SET	MUSIC	EXERCISE
0:04	Intro	2x8 CHILDS POSE
0:18	V1 Lightening	4x8 SEATED GLUTEAL HURDLER STRETCH L
0:44	C For, you gotta	2x8 KNEELING HIP FLEXOR R L Leg F, R arm lifted
0:56	For, you know	2x8 KNEELING HIP FLEXOR R Sink a little deeper
1:09	V2 _ Are you waiting	4x8 SEATED GLUTEAL HURDLER STRETCH R
1:35	C For, you gotta	2x8 KNEELING HIP FLEXOR STRETCH L R Leg F, L arm lifted
1:48	For, you know	2x8 KNEELING HIP FLEXOR STRETCH L Sink a little deeper
2:01	Ref Tell me what	2x8 STANDING LOWER BACK RELEASE Elbows on knees
2:13	Tell me what	2x8 STANDING UPPER BACK RELEASE Arms crossed, stretched out front
2:26	Make mistakes	2x8 STANDING CHEST STRETCH Arms open wide
2:38	C For, _ you gotta	2x8 STANDING QUADRICEP STRETCH L
2:51	For, _ you know	2x8 STANDING SHOULDER STRETCH L
3:04	For, _ you gotta	2x8 STANDING QUADRICEP STRETCH R
3:16	For, _ you know	2x8 STANDING SHOULDER STRETCH R
3:29	Outro _ What are you	2x8 SHOULDER ROLLS and SHAKE OUT ARMS

What Are You Waiting For? > 3:45 mins

10

COACHING TIPS

- Coach your class to get the most out of each stretch
- Acknowledge the effort that's gone into the workout today and congratulate them on completing it!

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

WIDE SQUAT

Position Setup

- Heel toe wider than Mid Stance

Follow-up

- 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

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

CHEST PRESS

Position Setup

- Hands wider than shoulders
- Bar in the heel of the hands
- Shoulders away from ears
- Abs in and braced – lower back toward bench
- Chin tucked

Execution Setup

- Bar down to the center of the chest
- Elbows no lower than the top of the bench
- Elbows slightly bent at the top
- Elbows stay directly under the bar throughout
- the movement.

Layer 2

- Open your chest on the way down and squeeze between your shoulder blades
- On the way down, take the elbows wide
- On the way up, squeeze your elbows in
- Try to bend the bar by squeezing your hands together

Stopping the bar at the level of the bench protects the rotator cuff from excessive strain that could cause injury. Opening the chest and squeezing the shoulder blades together on the way down recruits the scapula stabilizers and also helps to protect the rotator cuff. Aiming the bar towards the mid chest reduces the potential for shoulder impingement.



CHEST FLY

Position Setup

- Plates facing each other
- Shoulder-width apart
- Elbows slightly bent
- Abs in and braced – lower back toward the bench

Execution Setup

- Open the plates out
- Elbows stop in line with the bench
- Maintain slight bend in the elbows

Follow-up

- Open the chest on the way down



DEADROW

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

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 for more stability and sit into the butt
- Keep the shoulders away from the ears

Emphasizing a squeeze between the shoulder blades will ensure that we engage the scapula retractors and reduces the tendency for participants to merely hinge backward from the shoulder joint during the row. These muscles are key stabilizers of the shoulder and help prevent injuries.



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



POWER PRESS

Position Setup

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

Execution Setup

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

Layer 2

- Bend the legs to catch the bar
- Hips down and back
- Keep the heels down during the Power Presses
- Drive out of your legs
- Power the bar up



CLEAN & PRESS

Position Setup

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

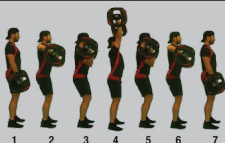
Execution Setup

- 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
- Clean the bar and hold in front of the collar bones
- Press to the top
- Use the legs to drive the bar up
- Abs braced as you Press above the head
- Elbows slightly forward
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

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!

Using the legs to get under the bar is the key to minimizing the load on the shoulder muscles and generating the most power in the Clean and Press. Focusing on jumping under the bar and explosively driving the bar overhead will increase metabolism and spike the heart rate.



STANDING OVERHEAD TRICEP EXTENSION

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

Follow-up

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



SEATED OVERHEAD TRICEP EXTENSION

Position Setup

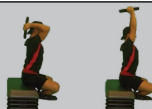
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- Chest lifted – abs braced
- Chin tucked in

Execution Setup

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

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



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 to base of neck, keeping elbows facing forward



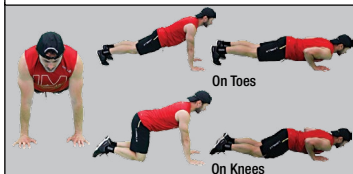
TRICEP PUSHUP

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 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

Follow-up

- Lock the position of the shoulder and upper arm to isolate the tricep



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

Follow-up

- Full extension to the top

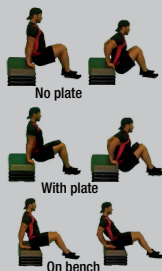


PLATE CURL

Position Setup

- Start with Hammer Grip
- Knees soft – Split Stance or SET Position
- Chest up
- Abs in and braced

Execution Setup

- Curl upward, rotating plates for bottom half and full range
- Plates in front of shoulders in full-range Curl
- Extend down next to thighs

Follow-up

- Brace abs to stop trunk sway



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

Follow-up

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



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



STANDING UPRIGHT ROW

Position Setup

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

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

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



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



STANDING OVERHEAD PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs aced
- 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

FOLLOW-UP

- 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

Keeping the elbows slightly forward ensures we lift the arms in the same plane as the scapula, helping us to engage the rotator cuff muscles evenly to protect the shoulders. Stopping the movement just below shoulder level reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING SIDE 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
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Follow-up

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



PUSHUP

Position Setup

- Hands just outside shoulder-width
- 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 floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.



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 reaching behind head, fingers on floor

Execution Setup

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



CRUNCH

Position 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



PULSE CRUNCH

Position Setup

- Slide ribs towards hips
- Chin tucked towards the throat
- Hands off floor by hips, palms down

Follow-up

- Maintain the height – find the burn



HIP BRIDGE

Position Setup

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

Execution Setup

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



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