



LES MILLS **BODYPUMP**

PRESENTERS FROM NEW ZEALAND, UK, MALAYSIA

RELEASE **95**

FEATURES

- PERFORMANCE
- 5 INSTANT BENEFITS OF EXERCISE
- BODYBALANCE/BODYFLOW: BENEFITS FOR OLDER POPULATIONS
- THE REP EFFECT™

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.

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Performance

5 Instant Benefits of Exercise

BODYBALANCE/BODYFLOW: Benefits For Older Populations

THE REP EFFECT

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Outside © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris, Goulding	Calvin Harris feat. Ellie Goulding	3.43
	Outside © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris, Goulding	Calvin Harris feat. Ellie Goulding	1.05
2 SQUATS	Bukem © 2014 Dim Mak Records Inc. Written by: Robertson, Henderson, McKeon Jr.	Autoerotique & 4B	5.13
3 CHEST	Uptown Funk © 2014 Mark Ronson under exclusive licence to Sony Music Entertainment UK Limited. This composition embodies portions of "All Gold Everything", written by Devon Gallaspy and Nicholas Williams. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams	Mark Ronson feat. Bruno Mars	4.27
	Uptown Funk © 2014 Mark Ronson under exclusive licence to Sony Music Entertainment UK Limited. This composition embodies portions of "All Gold Everything", written by Devon Gallaspy and Nicholas Williams. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams	Mark Ronson feat. Bruno Mars	1.39
4 BACK	Beautiful World (Radio Edit) © 2015 Revealed Recordings, under exclusive license to Cloud 9 Music B.V. Under Exclusive License to Central Station Records www.centralstationrecords.com.au Written by: Jongkind, Makhlef, den Daas, Bakker	Blasterjazz & DBSTF feat. Ryder	5.23
5 TRICEPS	Irresistible Courtesy of the Universal Music Group. Written by: Hurley, Stump, Trohman, Wentz	Fall Out Boy	3.19
	Irresistible Courtesy of the Universal Music Group. Written by: Hurley, Stump, Trohman, Wentz	Fall Out Boy	0.59
6 BICEPS	GDFR © 2014 Atlantic Recording Corporation. Produced Under License From Atlantic Records Corp. Produced Under License From Atlantic Records Corp. Written by: Allen, Oskar, Dickerson, Jordan, Woods, Dillard, Goldstein, Caren, Seder, Franks, Scott, Miller, Brown	Flo Rida feat. Sage The Gemini & Lookas	3.06
	GDFR © 2014 Atlantic Recording Corporation. Produced Under License From Atlantic Records Corp. Produced Under License From Atlantic Records Corp. Written by: Allen, Oskar, Dickerson, Jordan, Woods, Dillard, Goldstein, Caren, Seder, Franks, Scott, Miller, Brown	Flo Rida feat. Sage The Gemini & Lookas	1.19
7 LUNGES	Burnin © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris, R3Hab	Calvin Harris & R3Hab	3.43
	Burnin © 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris, R3Hab	Calvin Harris & R3Hab	2.19
8 SHOULDERS	I Am Machine © 2014 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Andrews, Sanderson, B. Walst, Stock, M. Walst, Brown	Three Days Grace	3.08
	I Am Machine © 2014 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Andrews, Sanderson, B. Walst, Stock, M. Walst, Brown	Three Days Grace	2.09
9 CORE	Sugar Courtesy of the Universal Music Group. Written by: Walter, Coleman, Gottwald, Levine, Hindlin, Posner	Maroon 5	3.59
10 COOLDOWN	Brother © 2015 Atlantic Recording Corporation. Produced Under License From Atlantic Records Corp. Written by: DeGraw, Bear Rinehart, Bo Rinehart	NEEDTOBREATHE feat. Gavin DeGraw	3.33

BODYPUMP 95 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time	25:29

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	40:21

CREDITS

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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	1/3	2 counts down, 6 counts up		Increase weight selection
F or B	forward or back	2/2	4 counts down, 4 counts up		Normal weight selection
Instr	instrumental	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B		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)				
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 95



From L-R: Diana Archer Mills, Nicola Franklin (Shadow), Glen Ostergaard, Reagan Kang, Ben Main (Shadow), Lauren Sones (Shadow)

BODYPUMP 95 is 'going down' for real! This is one release you're not going to want to miss. I have combined continuous tension training with bursts of high-intensity intervals to perfection, to bring you a fat-burning, muscle-building phenomenon.

Again, the focus is on doing a whole heap of reps – and I've added even more, with lots of Pulses. Just wait for the Lunges Track – and you thought the last round was tough...ha!

The music will get you through and you'll be out the other side before you know it – humming and happy, but ultimately smashed from the blast.

Plus, my son Oliver waited until the perfect time to arrive, so I made it to filming!

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.

Diana Archer-Mills (New Zealand) is Creative Director for BODYPUMP, BODYCOMBAT, BODYJAM and RPM, and co-Program Director for BODYBALANCE/BODYFLOW. She is based in Auckland.

Regan 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.

PERFORMANCE

Fitness Magic has a brand-new look!

We have redefined it and identified the tools that will help you create it in your classes. Fitness Magic has been renamed **PERFORMANCE**.

Our job as instructors demands that we step into a role in every class we teach – like being an actor, getting into character. It's a role that enables us to lead and motivate our classes, every time.

So what exactly creates a great Performance?

1. THE MUSIC

Everything starts with the music – from the choreography, to the way that you use your voice, to your actions, and even the way you create your presence on stage. Think of yourself as team-teaching **WITH** the music; imagine it as another instructor on stage – allow it to be heard!

2. YOUR ACTIONS

What you physically do on stage – your actions – also contribute to the Performance. These actions are driven by the emotion of the music. Your posture, the way that you move your body and the expression on your face will all add to the Performance. Sometimes the intensity of the workout will dictate that you have that 'training hard' look on your face, and at other times you can lighten up – and smile.

However, most of the time, you'll be showing how much you enjoy the experience. This class is the best part of your day, so show it!

3. YOUR VOICE

In all programs, we have two voices: the conversational and the motivational, with the exception of **BODYBALANCE/BODYFLOW** – where we only use the conversational.

So how do you know which voice to use?

The conversational voice is mostly used in the verses and the instrumentals; and the motivational voice is used in the pre-chorus and chorus. Our motivational voice can be building, big, intense... or sometimes we just use silence.

Just like our actions, we match our voice to the music and work **WITH** the music – not against it.

4. THE ULTIMATE YOU

There are two elements that we use to create The Ultimate You. These are: your persona – or the character you need to step into when you teach – and your state of mind. The key to finding your persona is to answer The Ultimate You questionnaire on the next page.

Who do you dream of being when you teach?

As you work through the questionnaire, think about the qualities and attributes of this instructor. The questions will help you discover the individual elements that will enable you to step into this character. Remember – your Ultimate You will be slightly different for each program as they each have their own unique essence. Like any performing artist, the best instructors in the world re-invent themselves

on a regular basis. A big part of this is continually re-evaluating your Ultimate You.

The persona you take on when you teach is the biggest and best version of you – it's the Ultimate You. However, it's not about being fake or pretending to be somebody else – it's about finding your own identity to match the program essence.

The last part of developing your Ultimate You is your state of mind – getting into the zone before class. It's when you're prepared, you know your choreography, you know your coaching outcomes, and you're focused.

WHEN YOU LEARN THIS RELEASE, USE THESE 4 TOOLS:

- Put your music on and listen to it carefully. What emotions do you experience? What is the feel of each track?
- Perform the choreography in front of a mirror, with the music on. Watch your facial expressions and how you're using your body; are you reflecting the feel of each track? Remember – it's OK to enjoy yourself, and show it!
- Practise your coaching OUT LOUD. What's your vocal tone like? Your speed? Does your voice match your actions and the music?
- Complete the Ultimate You questionnaire.

Remember – it's these 4 tools that will create a true Performance; and this is what will keep your members coming back, week after week!



THE ULTIMATE YOU

Who do you dream of being when you teach? This questionnaire will help you connect with your inner rock star or your ULTIMATE YOU. So check out the short Education session on the release, answer these questions and begin your journey...

To watch the Ultimate You video, please go to <https://vimeo.com/130062716> and type in the password 'ultimategyou'

IF YOU ARE 'THE ULTIMATE YOU'... BEFORE YOU CAME INTO THE ROOM...

WHAT WERE YOU DOING?

.....

WHAT DID YOU EAT FOR BREAKFAST?

.....

WHAT KIND OF CAR DO YOU DRIVE?

.....

WHAT IS YOUR FAVORITE MUSIC?

.....

WHO DID YOU SPEAK TO AND WHAT DID YOU SAY?

.....

DESCRIBE YOUR WALK AND YOUR POSTURE.

.....

WHAT IS YOUR PREDOMINANT FACIAL EXPRESSION?

.....

WHAT ARE YOUR 'CHARACTER' GIVENS (eg fit, strong, confident, silly, ...)?

.....

DESCRIBE THE LOCATION WHERE YOU TEACH.

.....

PHYSICAL ENVIROMENT: WHAT DOES THE ROOM LOOK LIKE?

.....

WHAT DOES THE ROOM TELL YOU ABOUT YOUR CHARACTER?

.....

WHAT IS THE EMOTIONAL ENVIROMENT IN THE ROOM?

.....

HOW DO YOU FEEL WHEN YOU ARE IN THE ROOM?

.....

HOW DO PEOPLE GREET YOU?

.....

DESCRIBE THE EMOTIONAL RELATIONSHIP BETWEEN YOU AND THE OTHER PEOPLE IN THE ROOM.

.....

WHAT DO YOU FEEL ABOUT THE OTHER PEOPLE IN THE ROOM?

.....

OVERALL, WHAT ARE YOU TRYING TO GET FROM THE OTHER PEOPLE?

.....

DESCRIBE 'THE ULTIMATE YOU'.

.....

Once you have finished playing, enhancing and expressing,
Think about this...

What are the conflicts holding you back from becoming **THE ULTIMATE YOU**?
What is stopping you?

Write a letter to your '**REAL SELF**' from your '**ULTIMATE SELF**'.

And remember, sharing this exercise with someone else will greatly enhance the experience.

5 INSTANT BENEFITS OF EXERCISE

SMARTSTART

What if you heard that there was a new drug available and as soon as you started taking it you'd be less anxious, you'd have more self-confidence, you'd have better control over what you ate, you'd be able to relax more and you would even be more productive.

So what is this amazing new drug?

Quite simply, it's exercise.

You probably exercise at least 5 or 6 times a week – it's a priority in your life and it can be hard to imagine what it's like to be someone who doesn't train on a regular basis. However, lots of people don't work out and DO need motivation. When we look at the statistics, 93% of Americans don't meet the fitness guidelines and we all have friends and family who struggle to form the exercise habit.

The following 5 benefits of exercise occur **as soon as people start training**. Focusing on these benefits at the start of their fitness journey can help them to cement their exercise habit.

1 - EXERCISE REDUCES STRESS AND ALLEVIATES ANXIETY

Exercise releases endorphins, which create feelings of happiness and euphoria, and studies have shown that exercise can even alleviate symptoms in people who are clinically depressed.

2 - EXERCISE IMPROVES SELF-CONFIDENCE

We know that as soon as people start exercising, they feel better about themselves. Regardless of weight, size, gender or age, exercise immediately increases our self-esteem and gives us a more positive self-image.

3 - EXERCISE HELPS TO CONTROL FOOD ADDICTION

Physical activity prompts our bodies to release dopamine, the 'reward chemical' associated with pleasure – meaning we are less likely to crave sugary foods.

4 - EXERCISE INCREASES OUR ABILITY TO RELAX

For some people, a moderate workout can provide the same effect as a sleeping pill – even for those with insomnia.

And finally...

5 - EXERCISE HELPS US GET MORE DONE

Research shows that employees who undertake regular exercise are more productive and have more energy than those who sit at their desks all day long.

So what does this mean for you as an instructor? We know that helping people to stay motivated as they begin to exercise is a challenge. Most people will be focused on the aesthetic benefits, and can become demoralized when they don't see changes straightaway. So when you talk to that new person in class, you can mention these instant benefits of exercise to help them stay on track. Remember to use the **SMARTSTART template** and give new people permission to leave after the first few tracks – because even 20 minutes of moderate exercise can provide us with long-term health gains and provide these 5 immediate benefits.

www.lesmills.com/knowledge/smart-start/



BODYBALANCE/BODYFLOW: BENEFITS FOR OLDER POPULATIONS

It's well known that when we get into our 40s and 50s our ability to balance and to perform functional tasks begins to deteriorate. Les Mills BODYBALANCE contains a mix of moves that can address these changes. However, until now, we had no scientific evidence to prove how effective they are.

THE TEST

The University of the Sunshine Coast in Australia decided to put BODYBALANCE to the test. They recruited 28 participants, aged 55 to 75, and split them into two groups: one that was a control; and the other that would attend two BODYBALANCE classes per week for a total of 12 weeks. Everyone involved was physically active, but had not undertaken resistance or balance training within the last 6 months.

Measurements were taken at the start and end of the trial. These tests measured their ability to balance and to perform functional tasks such as moving from sitting to standing, and their walking speed.

BODYBALANCE IMPROVES FUNCTIONAL ABILITY

When compared to the control group, the BODYBALANCE participants saw greater improvements in both their balance and functional tests. Functional ability is very important; it requires the integration of lower-limb strength, balance, and sensorimotor and psychological factors.

Performance in these tests can be used as an indicator of vitality and of our risk of experiencing falls, so any improvements in these are of benefit to older adults – even if they are healthy and mobile.

So there you have it: the proof that BODYBALANCE not only helps us to balance but also improves our functional performance as we progress into older age.



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 and 2x light plates

BARBELL

2x PLATES

DEMONSTRATE

SET Position

TRACK FOCUS

Coach timing, target zones and achieving a drive through the legs for the Power Press.

SET		MUSIC		EXERCISE	REPS
1 (BACK)	0:06	Intro	2x8	SET Position Shoulder Roll	
	0:14	V1 _ Look at	8x8	COMBINATION 1: 1x 4/4 DEADLIFT 1x 4/4 STANDING UPRIGHT ROW	2x
	0:42	PC _ Oh, Oh	4x8	1/1 EASY DEADROW	4x
	0:57	C _ Outside	4x8	1/1 DEADROW	4x
	1:11	Instr (Heavy)	4x8	POWER PRESS	2x
2 (BACK)	1:26	V2 _ So you give	8x8	COMBINATION 2: 1x 2/2 DEADLIFT 1x 2/2 STANDING UPRIGHT ROW	4x
	1:55	PC _ Ahhhh	4x8	1/1 EASY DEADROW	4x
	2:10	C _ Ahhhh	4x8	1/1 DEADROW	4x
	2:24	Instr (Heavy)	4x8	POWER PRESS 2nd rep, Press and hold at top	2x
TRANSITION	2:39	Rep _ Show you	2x8	Transition: Squat WIDE Stance	
3 (LEGS)	2:46	QC _ Outside	2x8	4/4 SQUAT WIDE Stance	1x
	2:54	C _ Outside	6x8	1/1 Last 8 cts, step R foot in then back	9x
	3:12	Instr (Heavy)	4x8	1/1 LUNGE L Switch legs on last 2 cts	8x
	3:26	Instr (Heavy)	4x8	1/1 LUNGE R Step back foot into SET Stance on last 2 cts	8x
TRANSITION	3:41	Rep _ Show you	2x8	Transition: Bar to floor, pick up plates	
4 (SHOULDERS)	3:50	C Outside	2x8	4/4 STANDING SIDE RAISE	1x
	3:58	(Build)	5x8	1/1	10x
	4:16	Instr (Heavy)	8x8	1/1 STANDING SIDE ROTATOR RAISE	8x
	4:44		½x8	Shoulder Roll	

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

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position to establish a strong lifting foundation.

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

CONNECTION

Welcome everyone to the workout and use clear cues to get them moving well. Keep your language positive and encouraging so your members feel good about the class ahead.

PERFORMANCE

Match your voice to the emotion and energy of the music by using a Conversational voice in the verses, then creating a vocal build in the chorus.

SET 1

LAYER 1

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

This ensures that your coaching is clear and easy to follow. Eg:

- **Deadlift 4/4** – *Hinge from the hips, slide the bar to the top of the kneecaps*
- **Upright Row 4/4** – *Bar aims for lower chest*
- **Deadrow 1/1** – *Knees, belly, knees and lift*
- **Power Press** – *Bend knees, chest up, abs braced, bar in front of chin*

SET 2

LAYER 2

Set 2 is a repeat of Set 1, so use this set to improve your members' technique and execution.

- **Deadlift 2/2** – *Keep the bar as close to the legs as possible*
- **Upright Row 2/2** – *Keep the bar close as you pull up*
- **Deadrow 1/1** – *Elbows to the rear and squeeze shoulder blades*
- **Power Press** – *Think legs and abs, catch and reset*

SETS 3 & 4

LAYER 1

Focus on the basics, using NETT to get your class executing each exercise correctly.

- **Squat 4/4** – *Butt goes back and down, knees to 90 degrees*
- **Lunge 1/1** – *Long step back, back knee down, aim front thigh parallel to the floor*
- **Standing Side Raise 4/4** – *Elbows stop under shoulders, chest lifted, abs braced*
- **Standing Side Rotator Raise 1/1** – *Up, open, down and in, hinge from the elbow*

2 SQUATS

WEIGHT SELECTION

REGULARS: 2–4x Warmup weight
NEW PEOPLE: 2x Warmup weight

BARBELL 

DEMONSTRATE

WIDE Stance

TRACK FOCUS

Explain how to execute the Wide Stance Squat and coach the benefits that will be generated from this continuous tension training.

MUSCLE FOCUS

Gluteus maximus
Quadriceps

SET	MUSIC			EXERCISE	REPS
1	0:04	Intro	4x8	Set up WIDE Stance	
	0:18	Ref Bukem	8x8	4/4 SQUAT WIDE Stance	4x
	0:47	Instr (Heavy beat)	8x8	1/1/2	8x
2	1:16	Ref Bukem	8x8	4/4 SQUAT WIDE Stance	4x
	1:44	Instr (Heavy beat)	8x8	1/1/2	8x
3	2:13	Ref Bukem	8x8	4/4	4x
	2:42	Instr (Beat & synth)	12x8	COMBINATION: 4x 1/1 (16 cts) 4x Bottom Half (16 cts)	3x
	3:25	Ref (Low)	4x8	1/1/2	4x
4	3:39	Ref Bukem	8x8	4/4	4x
	4:08	Instr (Beat & synth)	12x8	COMBINATION: 4x 1/1 (16 cts) 4x Bottom Half (16 cts)	3x
	4:51	Ref (Low)	5x8	1/1/2	5x

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

1 WIDE STANCE

LAYER 1

Cue position and execution Setup. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment.

- *Heel-toe wider*
- **Abs braced**
- **Lift the chest and keep it there**
- **Hips sit back and down**
- **Push the knees out**, to get the glutes into the workout
- **Butt sits just above knee line**
- *Bring your elbows forward and tuck your shoulder blades into your ribs to support your upper back*
- *Drop and stop; brace every time you drop*

2 WIDE STANCE

LAYER 1 / LAYER 2

Continue to coach range and timing, then use Layer 2 cues to refine the movement. Explain how participants can feel the exercise more, or how they can improve technique. The focus is to squeeze the butt and drive the hips forward and up, finishing under the shoulders. Use cues that will help participants to stay in the workout as the intensity increases.

- *Look at my hips: as I rise I squeeze my glutes and drive my hips forward, finishing under my shoulders. This is what's going to sculpt your legs*
- *Drop fast and stop*
- *Focus on speed. When you drop fast and hold, your glutes have to work so much harder to get you up again*

3 WIDE STANCE

LAYER 2

The slow Squats will build constant mechanical tension, so coach your class to stay in the load and hold the slow tempo. Clearly teach the combination using cues for timing and target zones to get everyone moving well, then add the intensity cues to help them feel the work. Focus on keeping the knees out and chest lifted as fatigue kicks in.

- *Building constant mechanical tension by staying under load – don't rush*
- *4x Singles, 4x Bottom Halves – that's our combination*
- *Keep hitting full range, butt just above knee line*
- *Technique check – knees press out and keep chest lifted to support upper back*

4 WIDE STANCE

60 seconds to the end – it's vital that you tell your class to shake out their arms and legs if they need to. Fatigue will be high, so motivate and drive everybody to stay committed to the end. You can do this by using positive motivators and both intrinsic and extrinsic cues that will inspire your class to succeed.

- *We've got 60 seconds to go. If you need to shake out, do it now... otherwise, stay with me – I love this tension*
- *Let's hit the combo hard*
- *How are we going to get there? Get your head in the game*
- *What's driving you?*
- *Drive your hips and if you do one more thing, brace your abs*

INTENSITY

The challenge comes from staying in one stance for 5 minutes without a break. Constant mechanical tension builds into the isometric holds, especially when we work from a loaded position at the bottom of the Squat; this provides an extra challenge for the legs. Maintaining the Wide Stance will help participants to keep their torsos upright.

PERFORMANCE

The lack of lyrics in this song requires that you use your voice as a substitute, working with the feel and emotion of the music. Create contrast in your voice to match the musical feel. Remember: you are team-teaching with the music, so allow it to have a voice too!

PUMP FACT

Adopting a Wide Stance position in the Squat enables us to keep our torso's upright; this means we place less stress on our lower back and helps us to sit into the hips – thereby recruiting our glutes.

3 CHEST

WEIGHT SELECTION

REGULARS: Barbell 1/3 off Squat weight and 2x moderate/heavy plates

NEW PEOPLE: Warmup weight and 2x small plates

BARBELL

2x PLATES

DEMONSTRATE

A-Press

TRACK FOCUS

Challenge your class to maintain great technique through all 3 exercises and push through fatigue to complete the track.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 Set up CHEST PRESS	
	0:13 Instr (Guitar)	2x8 4/4 CHEST PRESS	1x
	0:21 V1 This is	4x8 2/2 CHEST PRESS	4x
	0:37 PC Too hot	4x8 1/1/2 CHEST PRESS	4x
	0:53 Girl hit you	4x8 3/1 CHEST PRESS	4x
	1:09 Instr (Trumpet)	6x8 4x Bottom Half Pulse CHEST PRESS (8 cts)	6x
2	1:34 V2 _ Stop	4x8 2/2 CHEST PRESS	4x
	1:50 PC Too hot	4x8 1/1/2 CHEST PRESS	4x
	2:06 Girl hit you	4x8 3/1 CHEST PRESS	4x
	2:22 Instr (Trumpet)	6x8 6x Bottom Half Pulse CHEST PRESS (8 cts)	6x
	2:47 Instr (Quiet)	2x8 Sit up, shake arms, pick up plates	
3	2:55 Rep Uptown	4x8 2/2 A-PRESS	4x
	3:11 Dance	4x8 3/1	4x
	3:27 Instr (Trumpet)	6x8 4x Bottom Half Pulse A-PRESS (8 cts) Use last 8 cts to transition to the floor for Pushups	5x
	3:52 C Uptown	8x8 1/1 PUSHUP Options: Toes, knees or kneeling	16x
	4:08 Rep Uptown	Option: Double-time	
	4:23 Instr (Trumpet)	1/2x8 DOWN AND HOLD	
	4:26 Instr (Quiet)	2x8 Sit up, shake arms, pick up plates	
4	4:34 Rep Uptown	22 1/2x8 REPEAT SET 3 Finish on DOWN AND HOLD	

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

1 CHEST PRESS

LAYER 1

Cue position and execution setup; use NETT to coach good timing and target zones in the fast tempo changes.

- **Hands wide on the bar**
- *Feet are hip-width apart, close to the bench*
- *Drop your shoulders down*
- **Abs braced**
- *Super slow down*
- **Target zone is the middle of the chest**
- **Elbows just above the bench at the bottom**
- *Bottom Half Pulse – down, half, 2, 3, 4, up, again*

2 CHEST PRESS

LAYER 1 / LAYER 2

Continue to use Layer 1 execution cues – timing, range and target zone. Focus on pre-cueing the changes in tempo. Coach range and timing in the Bottom Half Pulses, and educate your class about the benefits of these fast movements.

- *2/2 – keep the target mid chest*
- *Check elbows are top of bench*
- *Keep lower back close to bench and brace core*
- *Shoulders away from the ears*
- *Full range, good timing = muscular change*
- *Bottom Half Pulse for 4 counts*
- *Fast Pulse, fast contraction – turns fat into energy, helping to burn calories*

3 A-PRESS / PUSHUP

LAYER 1

A-Press

Coach position and execution setup of the A-Press, using NETT to coach timing and target zones.

Prepare the class for the fast transition to Pushups.

- *Plates face each other*
- *Elbows – out, down, in, up*
- *Capital 'A' shape*
- *Elbows to top of bench*
- *Brace abs and keep lower back towards the bench*
- *Open chest*
- *Fast transition coming up, to the bench for Pushups*

LAYER 1

Pushup

Explain how to execute the Pushup.

- **Hands wide on the bench**
- **Brace your abs as you lower your chest to elbow level**
- *If you can, jump up on your toes*
- *We are going faster – you choose, single-time or fast Pulse*

4 A-PRESS / PUSHUP

LAYER 2 / LAYER 3

A-Press

Your class will need you to motivate and drive them to continue working hard to the finish as the fatigue kicks in. Coach your class to feel the chest squeeze to isolate in the A-Press, and to focus on the results they will get from staying in the workout.

- *Last set – you thought that was the end?*
- *A-Press – fatigue is setting in; let's focus and stay with it*
- *Elbows wide at the base and narrow at the top*
- *Squeeze chest on the way up and feel the isolation*
- *Big muscular change coming*
- *Focus – fast movements coming*
- *Small Pulse – big change*
- *Stay with the timing and range*
- *Pointy end of the workout*

LAYER 3

Bench Pushup

Don't let your class opt out of the workout when they are so close to the end. Keep motivation high by using positive cues, encouraging them to do their best.

- *Get up on your toes if you can, brace the core*
- *Pump it! Everybody in*
- *Let's do this – finish strongly*

PERFORMANCE

Match your voice to the feel of the song – it's funky! Allow the music to be heard by coaching only what you need to, and use your voice to create urgency in the Pulses in all 3 exercises.

PUMP FACT

Pulses allow us to generate change in muscles with a lighter weight. Holding the contractions at the bottom range creates occlusion within the muscles – maximizing fatigue to create shape and tone.

4 BACK

WEIGHT SELECTION

Chest weight, 1x large plate

Option: Extra plates to increase intensity after each set

BARBELL

1x PLATE

DEMONSTRATE

Power Press

TRACK FOCUS

Encourage your class to add more weight to their bars for each successive set as they refine their technique. Coach full range in the Squat Press.

MUSCLE FOCUS

Deadlift / Power Press: Posterior chain – glutes, hamstrings, lower and upper back

Deadrow: Lats

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	Shoulder Roll	
	0:13 V1 _ All I can see	SET Position	
	0:27 PC _ Open your	4/4 DEADLIFT Overhand Grip	2x
	0:44 QC World, it's	3/1 DEADLIFT	5x
	1:13 Instr (Heavy)	COMBINATION 1: 1/1 CLEAN & PRESS (8 cts) 1/1 DEADROW (8 cts)	4x
		COMBINATION 2: 1/1 POWER PRESS (16 cts) 1x TRIPLE DEADROW (16 cts)	2x
RECOVERY	1:42 Br (Quiet)	HOLD	
	1:46 V2 _ When you are	Bar down. Torso Twists. Option: Add more weight	
2	2:00 PC _ Open your	3/1 DEADLIFT	5x
	2:18 QC World, it's	COMBINATION 1	2x
	2:32 Rep World	COMBINATION 2	2x
	3:01 Instr (Synth B up)	Transition: Bar down, pick up heavy plate	
	3:08 Instr (Wind up)	1/1 PLATE FRONT SQUAT	4x
	3:15 C (Heavy)	1/1 PLATE SQUAT PRESS	8x
RECOVERY	3:29 Br (Quiet)	HOLD	
	3:33 V3 _ When you are	Bar down. Torso Twists. Option: Add more weight	
3	3:48 PC _ Open your	REPEAT SET 2	

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

1 DEADLIFT / CLEAN & PRESS / DEADROW / POWER PRESS

LAYER 1

Teach your members how to execute the moves using position and execution setup and NETT cues. Starting with a lighter weight in this set allows us to focus on achieving perfect technique.

DEADLIFT

- SET Position
- **Chest up, abs braced**
- **Bar to top of the knees**
- **Tip from the hips, chest lifted**
- **Keep the bar close to your thighs**

CLEAN & PRESS

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

DEADROW

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

POWER PRESS

- **Get under the bar, drive through your legs**
- **Bend your knees to absorb the weight**
- **Brace your abs as you push the bar above your head**
- **Elbows forward**

2 DEADLIFT / CLEAN & PRESS / DEADROW / POWER PRESS / SQUAT PRESS

LAYER 2

Option to add more weight to the bar in the recovery as this is a shorter set. Explain to your class how to execute the moves better and educate them about the benefits of doing so. The heavier weight will provide a greater challenge so coach your class to maintain form as the intensity increases.

DEADROW

- **Be strong and stable in this position – butt back, brace the abs**
- **Tuck your elbows in so you can feel your upper back working**

DEADLIFT

- **Keep the bar close to the body**
- **Press the bar against your thighs to activate your lats and upper back**

CLEAN & PRESS AND DEADROW

- **Time for power**
- **Quick elbows on the Clean to give you power**

POWER PRESS

- **The legs are the driver – you've got to use your legs to create power**
- **Bend and drive through the heels**

SQUAT PRESS

LAYER 1

Explain how to execute the Squat Press

- **Feet outside hip-width**
- **Plate to collarbones**
- **Elbows under plate**
- **Squat – Butt drops just above knee line for range**
- **Knees track over toes**
- **Chest up, abs braced**
- **Push plate over head**
- **Keep elbows slightly forward at the top**



3 DEADLIFT / CLEAN & PRESS / DEADROW / POWER PRESS / SQUAT PRESS

LAYER 3

Challenge your participants to chase the intensity in this set, by adding more weight to their bar and using an extra plate in the Squat Press. It's this set that will maximize the results – so tell your class this to motivate them. Show and express your love of the workout and of training together as a team.

- *Open your eyes; what do you see? I see you loving this workout*
- *On the beat, hit the power*
- *Yes, you're doing it*
- *Last one... Jump – don't waste a rep*
- *If you need that extra kick, stack it up even more*
- *Big drive; this is it... step on it and catch the last one!*

INTENSITY

Beginning the track with a lighter-than-normal weight allows us to develop great technique from the start. Then, as you start to increase the weight on the bar, the challenge is to develop strength and power whilst still maintaining that great technique under fatigue. The short set of Squat Presses will provide a final kick to the heart rate at the end of the working phases.

PERFORMANCE

Reagan bought this track to life through his actions and voice. Let's face it – it's one of the biggest tracks. He physically engaged everyone into the workout by role modelling great technique and exciting the class through his face and voice. His actions showed he loved working hard and he loves what he does – How will you show your actions? How will you use your voice?

PUMP FACT

The dynamic moves in the Back track make this one of the biggest calorie-burning tracks of the class. Taking the opportunity to increase load in each set and using full range in the Squat Press is the key to maximizing energy expenditure.

5 TRICEPS

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

SMARTSTART

WEIGHT SELECTION

REGULARS: 1x small and 1x large plate
NEW PEOPLE: 1x small plate

2x PLATES

DEMONSTRATE

Tricep Dip

TRACK FOCUS

Clearly coach the execution of the Tricep Dip and provide options for this exercise.

MUSCLE FOCUS

Seated Tricep Dip/Seated Overhead Extension:

Triceps

Kneeling Tricep Kickback Row: Triceps and upper back

SET	MUSIC	EXERCISE	REPS
	0:04	2x8	Set up SEATED TRICEP OVERHEAD EXTENSION
1	0:10 Intro (Horns)	2x8	4/4 SEATED TRICEP OVERHEAD EXTENSION 1x
	0:15 V1 In unannounced	2x8	2/2 4x
	0:27 Keep me	4x8	1/1/2 4x
	0:38 PC Heyyyyy	4x8	1/1 8x
	0:50 Br I love the	1x8	1/1/2 1x
TRANSITION	0:51 Hurt me	1x8	Transition: Seated Tricep Dip
2	0:55 C Irresistible	4x8	1/1 SEATED TRICEP DIP 8x
	1:07 Rep	4x8	BOTTOM HALF PULSE TRICEP DIP (2 cts) 16x
TRANSITION	1:18 Br (Trumpets)	1x8	Transition: Seated Tricep Overhead Extension
3	1:21 V2 Get you to	4x8	2/2 SEATED TRICEP OVERHEAD EXTENSION 4x
	1:32 Too many	4x8	1/1/2 4x
	1:43 PC Heyyyyy	4x8	1/1 8x
	1:55 Br I love the	1x8	1/1/2 1x
TRANSITION	1:57 Hurt me	1x8	Transition: Seated Tricep Dip
4	2:00 C Irresistible	4x8	1/1 SEATED TRICEP DIP 8x
	2:12 Rep I love the	4x8	BOTTOM HALF PULSE TRICEP DIP (2 cts) 16x
TRANSITION	2:23 Br Smoke	2x8	Transition: Kneeling Tricep Kickback Row L
5	2:29 V3 Breathe you in	8x8	1/1 KNEELING TRICEP KICKBACK ROW L (8 cts) 8x
	2:53 C Irresistible	8x8	7x 1/1 KNEELING TRICEP KICKBACK ROW L (32 cts) 2x
			8x KNEELING TRICEP KICKBACK ROW last round
TRANSITION	3:16 Br Smoke	3x8	Transition: Kneeling Kickback Row R
6	3:28 V4 Doing to me	8x8	1/1 KNEELING TRICEP KICKBACK ROW R (8 cts) 8x
	3:47 C Irresistible	8x8	7x 1/1 KNEELING TRICEP KICKBACK ROW R (32 cts) 2x
			8x KNEELING TRICEP KICKBACK ROW last round

RECOVERY: Shake the arms and Tricep Stretches.

1 SEATED TRICEP OVERHEAD EXTENSION

LAYER 1

Coach your class on position and execution setup using NETT.

- *Open your knees, elbows forward*
- **Chest lifted, abs braced**
- **Elbows in**
- **Plate right down to the back of the neck, full extension at the top**
- *Simple tempo; keep the body still*

2 SEATED TRICEP DIP

LAYER 1

Explain position and execution setup for the Tricep Dip using NETT. Provide the option of A plate and offer options for tempos.

- *Option for plate on lap*
- *Fingers facing forward*
- *Elbows to the back of the room*
- **Brace your abs**
- **Chest lifted**
- *Weight back in the arms*
- *You can Pulse or go single time*

3 SEATED TRICEP OVERHEAD EXTENSION

LAYER 2

Briefly reinforce the basics, then use Layer 2 cues to help the class feel more intensity in the exercise by coaching them to achieve full range.

- *Don't miss a rep – every rep counts*
- *Full range, all the way to the back of the neck with the plate – then full extension*
- *Keep the chest lifted and brace the abs to keep body still*
- *Elbows stay, in to feel the intensity in the back of the arm*

4 SEATED TRICEP DIP

LAYER 2

Focus on keeping the weight through the arms not the legs – don't let them check out of the workout. Provide options so everyone is successful.

- *Transition to Dips – option plate*
- *Ready – GO!*
- *Weight through the heel of the hand, not through the heel of the foot*
- *Stay on the 1's or go with the pumps*
- *I love the way you make me feel*

5 KNEELING TRICEP KICKBACK ROW

LAYER 1

Coach position and execution setup for the Kickback Row using NETT.

- *Fast transition to Kneeling Tricep Kickback Row*
- *90-degree angles with the legs*
- *Lean forward*
- **Pull the arm up and extend it back**
- **Square the shoulders, chest up, eyes forward**
- **Brace your abs**
- **Elbow up as high as you can, elbows in tightly**
- *Plate returns back to your hip*
- *Let's go for 7*
- *Isolation from the elbow to shoulder*

6 KNEELING TRICEP KICKBACK ROW

LAYER 2 / LAYER 3

Your focus here is to improve your members' technique on the other side. Coach them to reach full range to maximize the intensity.

- *Elbow on knee, brace abs, chest up*
- *Have a look on stage, try and match our extension*
- *Full extension – can you feel it?*
- *From your elbow to shoulder, lock it down for isolation*
- *Brace abs tightly to keep hips square*
- *You've got this!*

MOTIVATION

Hook into the lyrics and the emotional feel of the song to bring out the motivation: "You love the way it makes you feel!". It's your job to take your class with you to the point of fatigue, by showing how much you enjoy the workout and how good it makes you feel.

INTENSITY

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

PUMP FACT

The ability to keep the elbows facing forward in a Seated Tricep Overhead Extension is determined by the length of our lats. If you or your participants struggle to achieve this, lat stretches may provide the solution.

6 BICEPS

WEIGHT SELECTION

2x medium plates

Option: Barbell with Warmup weight

2x PLATES

DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach great execution to achieve the intensity in the Mid-Range Pulse and Bicep Row.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro I know you 4x8	4/4 PLATE CURL SET Stance	2x
	0:19 C Real, it's going 4x8	3x MID-RANGE PULSE (8 cts)	4x
2	0:32 V1 _ Your girl just 8x8	3/1 PLATE CURL SPLIT Stance	8x
	0:57 PC I know you 4x8	4/4 SET Stance	2x
	1:10 C Real, its going 4x8	3x MID-RANGE PULSE 6 cts and LOWER 2 cts (8 cts)	4x
3	1:23 V2 Down further than 8x8	3/1 PLATE CURL SPLIT Stance	8x
	1:48 PC I know you 4x8	4/4 SET Stance	2x
	2:01 C Real, it's going 8x8	3x MID-RANGE PULSE 6 cts and LOWER 2 cts (8 cts)	8x
4	2:27 Ref Lift it, drop it 4x8	1/1 PLATE ROW SET Stance	4x
	2:40 C Real, it's going 8x8	3x MID-RANGE PULSE 6 cts and LOWER 2 cts (8 cts)	8x
5	3:05 PC I know you 4x8	1/1 PLATE ROW SET Stance	4x
	3:18 C Real, it's going 8x8	3x MID-RANGE PULSE 6 cts and LOWER 2 cts (8 cts)	8x
6	3:44 Ref Lift it, drop it 4x8	1/1 PLATE ROW SET Stance	4x
	3:57 C Real, it's going 8x8	3x MID-RANGE PULSE 6 cts and LOWER 2 cts (8 cts)	8x

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

1 PLATE CURL

LAYER 1

Create a clear setup of targets, range and tempo.

- *SET Position, feet hip-width apart*
- ***Bend your knees, roll your shoulders back***
- ***Lift up your chest, brace your abs***
- *Plate Curl – 4, 3, 2, 1*
- *Plates stop in front of shoulders*
- *Lower plates all the way down to the thighs*
- *Mid-Range Pulse – 3, 2, 1 and down*
- *1 inch (2.5 cm) above and below halfway – that's the range*

2 PLATE CURL

LAYER 1 / LAYER 2

The first set is short so revisit technique then improve your members' technique by focusing on great posture and upper body alignment to ensure the bicep is kept under tension for as long as possible.

- *3/1: One leg back*
- *Let's get stable – bend your knees and brace your abs*
- *Elbows stay directly under your shoulders to keep the load on*
- *Tuck your elbows in as you rise*
- *As you lower, show me the entire length of your arm*
- *Ready for more Mid-Range Pulses?*
- *3, 2, 1 and down*

3 PLATE CURL

LAYER 2

Coach stability for isolation and cue full supination to work deeper into the muscles to create the ultimate burn factor.

- *Remember that stable base – stability gives us the ability to isolate, so brace your core and bend your knees*
- *I know what you came here to do – let's get it done!*
- *Pulses – 3, 2, 1 and down*
- *Can you twist the plate more? Complete supination is going to work deeper into your biceps*
- *Bicep Rows coming – you can recover then*

4 PLATE ROW / MID-RANGE PULSE

LAYER 1

PLATE ROW

Establish target zones, range and tempo

- ***Ready to row? Chest up***
- ***Tip from the hips***
- ***Knees, ribs, knees and stand up***
- *Twist and open the plates as you row*

LAYER 2

MID-RANGE PULSE

Use Layer 2 cues to help the class maintain control as fatigue starts to kick in.

- *Back to the Pulses – it's a longer set, so keep control on the way down to stop you from swinging*

5 & 6 PLATE ROW / MID-RANGE PULSE

LAYER 2 / LAYER 3

Use Layer 2 cues that will generate precision to create intensity in the Plate Row. Use Layer 3 to hook into the musical feel and intensity of the Pulses to drive everyone to the finish line. Try using extrinsic cues to motivate your class.

- *Ready for more Rows?*
- *To get more out of this, keep bringing your forearm to your bicep*
- *Pulses: this track is all about feel – let the music and the intensity get you through*
- *One more set of Rows to recover*
- *Pop it – show me*
- *Every rep counts towards getting long lean arms*

INTENSITY

No recovery but you will feel a slight release from the Plate Row. Intensity is in the Mid-Range Pulse where we can create the greatest amount of force production; this places huge demand on the muscles – creating faster results.

PUMP FACT

The Biceps not only flex the elbow – they also supinate the forearm; focusing on turning the plates helps us to isolate the Biceps in the Curl.

7 LUNGES

WEIGHT SELECTION

REGULARS: Bicep to Chest weight

NEW PEOPLE: Warmup weight

Option: To use plates only

BARBELL 

1x PLATE

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Coach your class to complete every repetition and prioritize achieving full range of motion instead of using a heavy weight, in this long endurance track.

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	8x8 4/4 SQUAT MID Stance	4x
	0:34 (Build)	4x8 3/1 SQUAT MID Stance	4x
	0:49 (Build & synth)	4x8 1/3 SQUAT MID Stance	4x
	1:05 (Heavy)	8x8 7x PULSE SQUAT 14 cts and HOLD 2 cts up (16 cts)	4x
TRANSITION	1:35 Br	1x8 Transition: Step R leg back into Lunge	
2	1:41 (Trance tone)	8x8 4/4 LUNGE L	4x
	2:08 (Build)	4x8 3/1 LUNGE	4x
	2:23 (Build & synth)	4x8 1/3 LUNGE	4x
	2:39 (Heavy)	8x8 7x PULSE LUNGE 14 cts and HOLD 2 cts up (16 cts)	4x
	3:09 (Pulse)	4x8 1/1 LUNGE	8x
	3:23 (Heavier pulse)	4x8 1/1 SQUAT MID Stance	8x
TRANSITION	3:39 Br	1x8 Transition: Step L leg back into Lunge	
3	3:42 (Trance tone)	32x8 REPEAT SET 2 R	4x
	5:42 (Heavier pulse)	4x8 4/4 SQUAT WIDE Stance	2x

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE SQUAT

LAYER 1

Use the first set to coach good Squat technique: timing, target zones and leg alignment. Tell the class we are pre-fatiguing the legs with Squats.

- **Heels just outside hip-width**
- **Turn the toes out slightly**
- **Belly in and braced; lift the chest**
- **Sit your hips down, back and down**
- **Knees move forward, in line with toes**
- **Hips stop just above your knee level**
- 7x Pulses, stand, reset
- We are pre-fatiguing the legs

2 LUNGE / MID STANCE SQUAT

LAYER 1

Coach the basic Layer 1 cues for good technique of the Lunge – position and execution. Once everyone is moving well, coach range and precise timing to help participants experience the intensity in the Pulses. Make sure you pre-cue the last set of single Lunges as they won't be expecting them.

- **Back knee towards the floor to 90 degrees**
- **Hips and shoulders square to the front**
- **Front thigh parallel to the floor to engage your glutes**
- **Lift chest and brace your core**
- 3, 2, 1 and lift
- **Squeeze shoulder blades into the ribs to improve posture**
- **Push through the front heel to feel your glutes activate**
- **Make the movement bigger on the Pulse**
- **Set, stand, push**
- **Stand and drop on the Singles**

3 LUNGE / MID STANCE SQUAT

LAYER 2 / LAYER 3

LUNGE

Explain to your class how they can improve execution, manipulate the intensity to work harder and experience a greater burning feeling in the muscles. Motivate everyone by using the Track Focus of repetitions and range.

- *Time under tension – more time under tension creates faster change so your body can adapt*
- *Can you see your big toe? Push your front knee out, engage your side glutes; this will give you the 3D butt you're looking for*
- *Feel the surge – are you ready?*
- *Push, stand, reset, drop*
- *Every single rep counts*

LAYER 3

MID STANCE SQUAT

How will you motivate your class to stay with the range to the end? Use intrinsic, extrinsic, dissatisfaction or positive-type Motivational cues to help everyone to succeed.

- *Show me that Squat*
- *Full range to the end*
- *That burning desire to succeed must exceed the burning feeling in your legs*

INTENSITY

Range and timing are the key to creating pressure in the legs; the Pulses generate heat to shape and tone the legs. If you see members struggling, provide the option to put the bar or plate down during the track; it's vital that everyone feels successful.

PUMP FACT

Keeping the side glutes engaged during Lunges (by being able to see the big toe) helps to control knee alignment. This ensures the kneecap stays centered and will help those people who feel pressure behind their kneecap when they lunge.

8 SHOULDERS

WEIGHT SELECTION

Barbell with Biceps/Chest weight

Option: 2x medium plates

BARBELL 

2x PLATES

TRACK FOCUS

Coach your class to understand the importance of a strong Set Position for great lifting technique.

MUSCLE FOCUS

Pushups: Pectoralis major, triceps, deltoids and core
Bar work: Deltoids, trapezius

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro $\frac{1}{2} \times 8$	SET Position for STANDING UPRIGHT ROW	
	0:08 Instr (Guitar beat) 2x8	4/4 STANDING UPRIGHT ROW	2x
2	0:21 V1 Here's to being 8x8	3/1 STANDING UPRIGHT ROW	8x
	0:46 C I am machine 8x8	COMBINATION: 2x 1/1 STANDING UPRIGHT ROW 1/1/2 STANDING UPRIGHT ROW	4x
3	1:10 V2 Here's to being 7x8	3/1 STANDING UPRIGHT ROW	7x
	1:32	Transition: Overhead Press – use all 8 cts	
	1:35 C I am machine 8x8	COMBINATION: 2x 1/1 OVERHEAD PRESS 1/1/2 OVERHEAD PRESS	4x
	2:01 Br It wasn't supposed 4x8	1/1/2 PUSH PRESS	4x
	2:11	Transition: Plates – use all 8 cts	
	2:15 Instr 8x8	4/4 STANDING SIDE RAISE	4x
	2:41 C I am machine 8x8	COMBINATION: 2x SINGLE SIDE RAISE 1x SIDE ROTATOR RAISE	4x
4	3:05	Transition: Bar – use all 8 cts	
	3:09 V3 Here's to being 7x8	3/1 STANDING UPRIGHT ROW	7x
	3:29	Transition: Overhead Press – use all 8 cts	
	3:33 C I am machine 8x8	COMBINATION: 2x 1/1 OVERHEAD PRESS 1/1/2 OVERHEAD PRESS	4x
	3:58 Rep It wasn't supposed 4x8	1/1/2 PUSH PRESS	4x
	4:10	Transition: Plates – use all 8 cts	
	4:13 Instr (Guitar) 8x8	4/4 STANDING SIDE RAISE	4x
	4:39 C I am machine 8x8	COMBINATION: 2x SINGLE SIDE RAISE 1x SIDE ROTATOR RAISE	4x
	5:03 Outro	4/4 STANDING SIDE RAISE	1x

RECOVERY: Shake the arms and Deltoid Stretches (arms across front of body).

1 STANDING UPRIGHT ROW

LAYER 1

Cue position and execution Setup using NETT, for good lifting technique.

- **SET Position**
- *Super slow*
- **Bar to lower chest**
- **Chest lifted**

2 STANDING UPRIGHT ROW

LAYER 1

Continue to coach the basics as the first set is short, and pre-cue the timing in the Combination.

- **Elbows just above the bar**
- **Keep the bar close to the chest**
- *2x Singles – fast, slow*
- *Pull up your shirt as you lift the bar to mid chest*

3 UPRIGHT ROW / OVERHEAD PRESS / PUSH PRESS / SIDE RAISE / SIDE ROTATOR RAISE

LAYER 2 UPRIGHT ROW

Explain how to improve execution to increase the intensity here as fatigue will be setting in.

- *Maximum tension on the way down; eccentric load, so don't rush*
- *Brace the core and sink into the legs to stay strong*
- *Every rep counts*

LAYER 1

OVERHEAD PRESS

Teach the position and execution of the exercises and coach the tempo of the Combination

- *Slow Clean – one foot back*
- **Bar from chin to ceiling**
- *Building static strength*
- **Brace your core; keep your chest up**
- **Push your front heel through the floor**

LAYER 1

PUSH PRESS

Coach the basics to perform this move.

- *Step in, push press*
- *Up and hold; resist on the way down*
- **Use your legs**
- **Brace through your abs on the way up**

LAYER 1

SIDE RAISE/SIDE ROTATOR RAISE

Coach the position and execution setup for the Side Raise using NETT for precision of movement.

- *Bar down, plates up*
- *Slow side raise*
- *From static strength to isolated work*
- **Elbows just under shoulder height**
- **Abs braced, chest lifted**
- *2x Side Raise, 1x Rotator Raise*
- *Elbows high*

4 UPRIGHT ROW / OVERHEAD PRESS / PUSH PRESS / SIDE RAISE / SIDE ROTATOR RAISE

LAYER 2 / LAYER 3

Final set! Fatigue will be accumulating, so focus on maximizing the training effect by resetting everyone into a strong Set Position. Use the music to motivate as you drive the isolation in the arms, bringing everyone to the finish line like BODYPUMP machines.

- *Stomp your feet into a strong position – where the heels land, that's your strong position*
- *Maximum tension in your shoulders now*
- *Dynamic strength with full range*
- *Arms wide open*
- **We are BODYPUMP machines!**

INTENSITY

This track is all about compound training with isolation work and short recoveries; both will increase intensity. Compound exercises involve multiple joints and muscles and the isolation work will create shape and definition. Short recoveries keep the intensity high, burning more calories – to get us stronger and leaner!

PUMP FACT

Keeping the elbow just below shoulder height and slightly forward during a Side Raise and Side Rotator Raise, trains the Rotator Cuff with precision which helps prevent shoulder injuries.

9 CORE

TRACK FOCUS

Use simple, precise cues to get everyone working at the level that is right for them.

MUSCLE FOCUS

Single Leg Extension: Lower abdominals

Pulse Crunch: Rectus abdominis

Hover: Rectus abdominis, obliques, muscles of the back

Rotating Hover: Obliques, muscular slings

SET	MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	Set up for ALT SINGLE LEG EXTENSION – Palms up
	0:13	V1 I'm hurtin	4x8	2/2 ALT SINGLE LEG EXTENSION L, R (16 cts) – Palms up 2x
	0:29	PC I don't wanna	4x8	3/1 2x
	0:44	C Sugar, yes please	8x8	7x TOP HALF PULSE CRUNCH (16 cts) – Palms down 4x
2	1:17	V2 My broken pieces	4x8	2/2 ALT SINGLE LEG EXTENSION L, R (16 cts) – Palms up 2x
	1:32	PC I don't wanna	4x8	3/1 2x
	1:48	C Sugar, yes please	8x8	7x TOP HALF PULSE CRUNCH (16 cts) – Palms down 4x
TRANSITION	2:20	Br I want that	2x8	Transition: Hover
3	2:29	V3 I gotta be	2x8	HOVER on knees
	2:37	PC I want to play	2x8	HOVER on toes
	2:45	C Sugar, yes please	8x8	2/2 ROTATING HOVER (elbow bent) R (8 cts) 8x
	3:16	C Sugar, yes please	8x8	2/2 ROTATING HOVER (elbow bent) L (8 cts) 8x
	3:48	Outro	2x8	HOVER

1 ALT SINGLE LEG EXTENSION / TOP HALF PULSE CRUNCH

LAYER 1

ALT SINGLE LEG EXTENSION

Coach the position and execution setup of the moves

- Lie down, palms up
- **Brace your abs so your lower back stays close to the floor**
- Front leg extends, then back leg
- Knees over hips
- Shins parallel to the floor

TOP HALF PULSE CRUNCH

- 7x Pulse Crunches at the top
- **Bridge the gap between the ribs and hips**
- **Chin tucked in and eyes look between your knees**

2 ALT SINGLE LEG EXTENSION / TOP HALF PULSE CRUNCH

LAYER 2

Offer options and levels to dial the intensity up or down so that everyone is working at their own capability.

ALT SINGLE LEG EXTENSION

- *If you want more challenge, take your leg closer to the floor. If you want less, tap your feet to the floor to reduce intensity*
- *Everybody works their own progression to the top*

TOP HALF PULSE CRUNCH

- *As you bridge the gap see if you can bring your fingers underneath your ankles. I know you will feel it*

3 HOVER / ROTATING HOVER

LAYER 1 / LAYER 2

Coach position and execution setup of the exercises first. When everyone is moving well, provide execution tips and educate them on the benefits of this type of training.

HOVER

- *Stack your forearms on top of each other*
- **Knees are hip-width apart, brace the abs**
- **Long straight back**
- *Extend your legs for more intensity*

ROTATING HOVER

- *Rotate towards the front of the room*
- *Open chest and shoulder*
- *Same side again*
- **Brace your core and squeeze the butt so your body moves as one unit**
- *Keep left hip away from the floor to feel the obliques working*
- *You can always drop to one knee if you are losing technique*
- *As you roll away, feel how this exercise is using your entire body – we are getting super strong*

PUMP FACT

Having a strong core helps us to stay safe when we lift heavier loads; developing core strength in these exercises allow us to increase our weights in the other tracks – providing us with great results.

10 COOLDOWN

TRACK FOCUS

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

SET	MUSIC	EXERCISE
0:05		4x8 CHILDS POSE
0:17	V1 Ramblers in	8x8 SEATED GLUTEAL HURDLER STRETCH R – L leg F
0:41	C _ Brother let	4x8 KNEELING HIP FLEXOR STRETCH R – L leg F, R arm lifted
0:53	C _ Brother let	4x8 KNEELING HIP FLEXOR STRETCH AND SIDE RELEASE R
1:09	V2 _ Face down	8x8 SEATED GLUTEAL HURDLER STRETCH L – R leg F
1:33	C _ Brother let	4x8 KNEELING HIP FLEXOR STRETCH L – R leg F, L arm lifted
1:45	C _ Brother let	4x8 KNEELING HIP FLEXOR STRETCH AND SIDE RELEASE L
1:57	Br And when	4x8 STANDING QUADRICEP STRETCH R
2:10	Br And on those days	4x8 STANDING QUADRICEP STRETCH L
2:21		2x8 MID-UPPER BACK RELEASE
2:29	C _ Brother let	4x8 STANDING ILIOTIBIAL BAND (ITB) STRETCH R
2:40	C Brother let me	4x8 SHOULDER STRETCH R
2:52	C Brother let me	4x8 STANDING ILIOTIBIAL BAND (ITB) STRETCH L
3:04	C Brother Let me	4x8 SHOULDER STRETCH L
3:16	Outro _ Be the one	4x8 SHOULDER ROLLS, SHAKE LEGS

COACHING TIPS

- Clearly explain how to perform the stretches and where your class should be feeling the release
- Acknowledge the effort that's gone into the workout today and congratulate everyone on completing it!

BODYPUMP TECHNIQUE COACHING CUES GLOSSARY

SET POSITION

Position Setup

- 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

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



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).



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 in

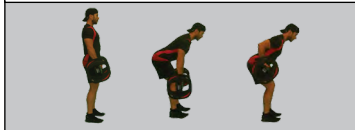
Execution Setup

- 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.



POWER PRESS

Position Setup

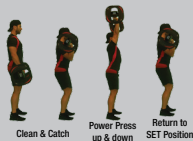
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

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



WIDE SQUAT

Position Setup

- Heel-toe wider than Mid Stance

Layer 2

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



90/90 SETUP FOR STRIDE LENGTH

- Kneeling
- Hips square with 90-degree angles at both knees
- Tuck toes of back foot under and rise; this sets the stride length



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



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



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 in

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.



A-PRESS

Position Setup

- Plates face inward, elbows in
- Hands narrower than shoulder-width
- Bend the elbows down to bench level
- Squeeze the chest together as you rise
- You want to make a capital 'A' at the top



PUSHUP

Position Setup

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

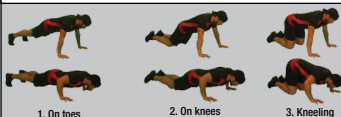
Execution Setup

- 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.



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 collarbones
- Press to the top
- Use the legs to drive the bar up
- Abs braced as you Press above the head
- Elbows slightly forward
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

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 & Press. Focusing on jumping under the bar and explosively driving the bar over head will increase metabolism and spike the heart rate.

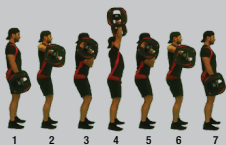


PLATE FRONT SQUAT

Position Setup

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

Execution 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 heels as you rise, to activate your glutes
- Squeeze the butt on the way up



PLATE SQUAT PRESS

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



SEATED OVERHEAD TRICEP EXTENSION

Position Setup

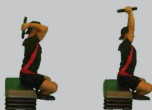
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted – abs braced**
- Chin tucked in

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 TRICEP KICKBACK ROW

Position Setup

- Kneel with one foot forward, elbow on knee
- **Lean forward, chest up, shoulders square, chin tucked in**
- 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



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

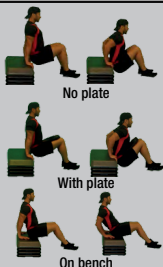


PLATE CURL

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



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 tighter in the Bottom Halves



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 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



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 towards the floor
- Brace abs to keep lower back towards 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



HOVER

Position Setup

- Elbows under shoulders
- Knees just outside hip-width, toes tucked under
- Hips in line with shoulders
- Lift knees off the 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



ROTATING HOVER

Position Setup

- Elbow under shoulder
- Square your hips to the front
- Legs in scissors position, top leg forward
- **Hips and shoulders move together**

Layer 2

- Body moves as a block
- Hips down
- Press down through the bottom elbow

Option: Rear leg down on the floor



Option: Rear leg down on floor

NOTES

NOTES

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