

BODYPUMP 96 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 26:50

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 41:49

KEY

Alt	alternating	V	verse	3/1	6 counts down,
B up	build up	1/1	2 counts down,		2 counts up
Br	bridge (non-chorus)		2 counts up	4/4	8 counts down,
C	chorus	1/1/1/1	2 counts F or B,		8 counts up
cts	musical counts		2 counts down,	1/2/1	2 counts down,
F or B	forward or back		2 counts up,		4 counts hold,
Instr	instrumental		2 counts F or B		2 counts up
Intro	introduction	1/1/2	2 counts down,	8/8	16 counts down
L	left		2 counts hold,		16 counts up
O/H	over head		4 counts up	⬆	Increase weight selection
Outro	last few bars of music	1/3	2 counts down,	=	Normal weight selection
PC	pre-chorus		6 counts up	⬇	Decrease weight selection
QC	quiet chorus	2/2	4 counts down,		
R	right		4 counts up		
Ref	refrain (recurring phrase or number of song lines)	2/2/2/2	4 counts F or B,		
Rep	reprise (part of the chorus repeated)		4 counts down,		
			4 counts up,		
ROM	range of motion		4 counts F or B		

The Fine Print

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CREDITS

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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

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Squat Study: The Science of The Rep Effect™

The Art of Connection: Part 2

BODYPUMP Coaching

THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Five More Hours © 2015 PRMD, LLC under exclusive license to Ultra Records, LLC/B1 Recordings GmbH. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Orrosquieta, Ryan, Bunetta, Brown	Deorro x Chris Brown	3:31
	Five More Hours © 2015 PRMD, LLC under exclusive license to Ultra Records, LLC/B1 Recordings GmbH. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Orrosquieta, Ryan, Bunetta, Brown	Deorro x Chris Brown	1:58
2 SQUATS	Blow Your Mind © 2014 Musical Freedom Label Ltd. Written by: Verwest, Romme	Tiësto & MOTI	6:12
3 CHEST	Immortals © 2015 Les Mills Music Licensing Ltd. Written by: Hurley, Wentz, Stumph, Trohman	Along Pointless	6:08
4 BACK	The Thrill Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	3:32
	The Thrill Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	1:57
5 TRICEPS	Hallelujah © 2015 Fueled By Ramen LLC. Produced Under License From Atlantic Recording Corp. Featuring samples from the Chicago recording Questions 67 And 68 Produced Under License From Rhino Entertainment. Written by: Kibby, Urie, Wright, Lamm, El-Amine, Sinclair	Panic! At The Disco	2:46
	Hallelujah © 2015 Fueled By Ramen LLC. Produced Under License From Atlantic Recording Corp. Featuring samples from the Chicago recording Questions 67 And 68 Produced Under License From Rhino Entertainment. Written by: Kibby, Urie, Wright, Lamm, El-Amine, Sinclair	Panic! At The Disco	1:30
6 BICEPS	Wobble © 2015 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Wobble contains a sample of the recording "I'm Shakin'" (Rudolph Toombs) performed by Little Willie John courtesy of Gusto Records, Inc. Written by: Mobley, Toombs, Caren, Lobban-Bear, Dillard, Isaac	Flo Rida	3:09
	Wobble © 2015 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Wobble contains a sample of the recording "I'm Shakin'" (Rudolph Toombs) performed by Little Willie John courtesy of Gusto Records, Inc. Written by: Mobley, Toombs, Caren, Lobban-Bear, Dillard, Isaac	Flo Rida	1:21
7 LUNGES	Peanut Butter Jelly © 2015 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Featuring samples from the Bettye Swann recording "Kiss My Love Goodbye". Produced Under License From Atlantic Recording Corp. by arrangement with Rhino Entertainment Company, a Warner Music Group Company. Written by: Jonback, Hurtt, Bell, Eklöv, Koitzsch, Karlsson, Sorbara	Galantis	2:09
	Peanut Butter Jelly © 2015 Atlantic Recording Corporation. Produced Under License From Atlantic Recording Corp. Featuring samples from the Bettye Swann recording "Kiss My Love Goodbye". Produced Under License From Atlantic Recording Corp. by arrangement with Rhino Entertainment Company, a Warner Music Group Company. Written by: Jonback, Hurtt, Bell, Eklöv, Koitzsch, Karlsson, Sorbara	Galantis	3:12
8 SHOULDERS	Addicted To A Memory Courtesy of the Universal Music Group. Written by: Bair, Zaslavski	Zedd feat. Bahari	4:03
	Addicted To A Memory Courtesy of the Universal Music Group. Written by: Bair, Zaslavski	Zedd feat. Bahari	2:03
9 CORE	Want To Want Me © 2015 Warner Bros. Records Inc. Produced Under License From Atlantic Recording Corp. Written by: Desrouleaux, Allan, Robbins, Kirkpatrick, Martin	Jason Derulo	3:32
10 COOLDOWN	Adore Courtesy of the Universal Music Group. Written by: Edmonds, Holberg, Losnegard, Simmons, Levin, Malik, Felton	Cashmere Cat feat. Ariana Grande	3:41

1 WARMUP

WEIGHT SELECTION

Light barbell



DEMONSTRATE

SET Position

TRACK FOCUS

Coach timing, Target zones, and leg drive for the Power Press.

SET	MUSIC	EXERCISE	REPS
1 (BACK)	0:05 Intro 4x8	SET Position SHOULDER ROLL	
	0:19 V1 _ What ya wanna 4x8	2/2 DEADLIFT	4x
	0:33 PC Even when we're 4x8	3/1 UPRIGHT ROW	4x
	0:48 QC This right here 4x8	2/2 DEADROW	2x
	1:02 C This right here 4x8	1/1	4x
	1:17 Ref High melody 4x8	TRIPLE DEADROW	2x
2 (BACK)	1:32 V2 _ How you wanna 4x8	2/2 DEADLIFT	4x
	1:46 PC Even when we're 4x8	3/1 UPRIGHT ROW	4x
	2:00 QC This right here 4x8	2/2 CLEAN & PRESS (16 cts)	2x
	2:15 C This right here 4x8	1/1	4x
	2:30 Ref High melody 4x8	POWER PRESS (16 cts) Rep 2: Press bar 4x then place on back for Squats	2x
TRANSITION	2:44 Br Sound of your 2x8	Transition: Bar to Mid Stance Squat	
3 (LEGS)	2:52 Br Now more than ever 2x8	4/4 SQUAT Mid Stance	1x
	2:59 QC This right here 4x8	1/1	8x
	3:13 C This right here 4x8	1/1 LUNGE L	8x
TRANSITION	3:28 Silence ½x8	Transition: Bar to SET Position (fast transition)	
4 (BACK)	3:30 V3 _ How you wanna 20x8	Repeat Set 2	
TRANSITION	4:42 Br Sound of your 2x8	Transition: Bar to Wide Stance Squat	
5 (LEGS)	4:50 Br Now more than ever 2x8	4/4 SQUAT Wide Stance	1x
	4:57 Build This right here 4x8	1/1	8x
	5:12 C This right here 4x8	1/1 LUNGE R	8x

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

Five More Hours > 5:29 mins

1

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**

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 2/2** – *Hinge from the hips, slide the bar to the top of the kneecaps*
- **Upright Row 3/1** – *Bar aims for lower chest*
- **Deadrow 2/2** – *Knees, belly, knees and lift*
- **Triple Deadrow** – *Elbows to the rear, squeeze between the shoulder blades*

SET 2

LAYER 1/LAYER 2

Set 2 repeats the Deadlifts and Upright Rows of Set 1, so explain how to improve technique and execution. Set up the Clean & Press and Power Press with Layer 1 cues.

- **Deadlift 2/2** – *Keep the bar as close to the legs as possible*
- **Upright Row 3/1** – *Keep the bar close as you pull up*
- **Clean & Press 2/2** – *Pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Power Press** – *Think legs and abs, catch and reset*

SET 3

LAYER 1

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

- **Squat 1/1** – *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*

SETS 4 & 5

LAYER 2

Sets 4 and 5 are a repeat of Sets 2 and 3 so explain how to improve technique and execution to prepare the class for the workout.

- **Deadlift 2/2** – *Keep your chest up and move with a long straight back*
- **Upright Row 3/1** – *Keep your elbows wide to prepare for the Clean & Press*
- **Clean & Press 2/2** – *Let's try quick elbows under the bar*
- **Power Press** – *Think half Squat, use your legs for the 3, 2, 1*
- **Squat 1/1** – *Body's warm, let's hit full range, knees at 90 degrees*

CONNECTION

Welcome everyone to the workout and use clear Coaching Cues to get them moving well. Keep your language positive and encouraging so they are ready for the workout ahead and hook into the lyrics to create the feel of a party!

2 SQUATS

Blow Your Mind > 6:12 mins

2

WEIGHT SELECTION



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

DEMONSTRATE

The 3 stances: MID, WIDE and WIDER

TRACK FOCUS

Explain how to execute the Squat and coach the difference in muscle recruitment and feel between the 3 stances: MID, WIDE and WIDER.

MUSCLE FOCUS

MID Stance: Quads
WIDE Stance: Gluteus maximus
WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Set up MID Stance	
	0:19 Ref (Low)	1x8 HOLD	
	0:23 Instr (Synth beat)	4x8 4/4 SQUAT Mid Stance	2x
	0:38 Ref Drumbeat	4x8 3/1	4x
	0:54 Build (Intense)	4x8 2/2	4x
	1:08 Heavy	16x8 SQUAT COMBINATION 4x 1/1 (16 cts) 4x Bottom Halves (16 cts) Last rep, slow rise	4x
TRANSITION	2:07 Br (Quiet)	2x8 HOLD. Step into WIDE Stance	
2	2:14 Instr (Synth melody)	8x8 2/2 SQUAT Wide Stance	8x
	2:33 Build (Intense)	8x8 1/2/1	8x
	3:23 Heavy	12x8 SQUAT COMBINATION	3x
TRANSITION	4:07 Br (Quiet)	2x8 HOLD. Step into WIDER Stance	
3	4:14 Instr (Synth melody)	8x8 2/2 SQUAT Wider Stance	8x
	4:33 Build (Intense)	8x8 1/2/1	8x
	5:23 Heavy	12x8 SQUAT COMBINATION	3x

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

1 MID STANCE

LAYER 1

Cue Position and Execution Setup. Use NETT to coach good Squat technique – referring to Tempo, Target Zones and leg alignment.

- *Heels just outside hip-width*
- **Abs braced**
- **Lift the chest** and feel the tension in the upper back
- **Hips sit back and down**
- **Knees move forward, in line with toes**, to load the quads
- **Butt sits just above knee line**

2 WIDE STANCE

LAYER 1/LAYER 2

Set up the execution of the WIDE Stance Squat and coach the feel of the new timing, then use Layer 2 cues to enhance and refine the movement. Explain how your participants can feel the exercise more, or how they can improve their technique. Emphasis is on sitting the hips back further and pushing the knees wide to activate the glutes. Use cues that will help your class to stay in the workout as the intensity increases.

- *Sit your hips back further now*
- *Knees push out more to fire the glutes*
- **Push your knees out**, open them wide
- *Feel the timing*
- *Keep the chest open to keep the tension in the upper back*
- *Push your heels into the floor to activate the glutes*
- *Squeeze your glutes on the way up*
- *Work the full range every rep*
- **Brace abs tightly** in the bottom of the range to support the lower back

3 WIDER STANCE

LAYER 1/LAYER 2

Teach your class how to execute the WIDER Stance Squat: new move, new feel and coach the timing as this is where the intensity lies. Focus on strengthening the full posterior chain and bringing in the side glutes by pushing the feet apart as you rise.

- *Push the floor apart as you rise*
- *Feel the difference in this stance*
- *Try splitting the floor with your heels*
- *Keep sitting back with the hips and feel the full tension in your legs*

LAYER 3

Fatigue will be high at the end of this set, so motivate and drive your class to stay committed to the end. Use positive motivators to inspire your class to succeed.

- *45 seconds to go – MORE!*
- *Stay low and feel the tension everywhere*
- *Use your muscles; we're almost there; let's finish all together*

INTENSITY

Longer isometric holds, slower tempos, limited recovery... the combination of these variables ensures that intensity will hit fast and remain high throughout this track.

PERFORMANCE

There are no lyrics to this song so your voice becomes like the lyrics, working with the feel and emotion of the music. Keep contrasting 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

Changing stance from Mid to Wide to Wider alters the muscle recruitment, which enables participants to maintain a higher level of intensity throughout the track. Another advantage is that this helps them to achieve full range in each block of work.

3 CHEST

Immortals > 6:08 mins

3

WEIGHT SELECTION

REGULARS: 2x medium/heavy plates

NEW PEOPLE: 2x small plates

Option: Barbell with 1/3 off from Squats weight

2x PLATES

DEMONSTRATE

A-Press

TRACK FOCUS

Explain how to execute the A-Press correctly and challenge your participants to try Pushups on their toes.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	1x8 A-PRESS – SET Position	
	0:09 V1 They say we	4x8 3/1 A-PRESS	4x
	0:26 Ref _ Ahhh	4x8 2/2	4x
	0:44 C Cause we could be immortals	8x8 A-PRESS COMBINATION 4x Bottom Half Pulse (8 cts) 1x 2/2 (8 cts)	4x
	1:19 Rep (Music low)	1x8 HOLD	
	1:23 V2 Sometimes the only	4x8 3/1 A-PRESS	4x
	1:40 Ref _ Ahhh	4x8 2/2	4x
	1:57 C Cause we could be immortals	6x8 A-PRESS COMBINATION	3x
TRANSITION	2:23 Rep (Music low)	1x8 Transition: Bench Pushup	
2	2:28 Ref Live with me forever now	2x8 2/2 BENCH PUSHUP Options: Toes, knees or kneeling	2x
	2:36 C Cause we could be immortals	6x8 PUSHUP COMBINATION 4x Pulse (8 cts) 1x 2/2 (8 cts)	3x
TRANSITION	3:02 Rep (Music low)	1x8 Transition: A-Press	
3	3:10 V3 They say we	4x8 3/1 A-PRESS	4x
	3:28 Ref _ Ahhh	4x8 2/2	4x
	3:45 C Cause we could be immortals	8x8 A-PRESS COMBINATION	4x
	4:20 Br (Music low)	1x8 HOLD	
	4:24 V4 Sometimes the only	4x8 3/1 A-PRESS	4x
	4:41 Ref _ Ahhh	4x8 2/2	4x
	4:58 C Cause we could be immortals	6x8 A-PRESS COMBINATION	3x
TRANSITION	5:24 Rep (Music low)	1x8 Transition: Bench Pushup	
4	5:29 Ref Live with me forever now	2x8 2/2 BENCH PUSHUP	2x
	5:37 C Cause we could be immortals	6x8 PUSHUP COMBINATION	3x
	6:03 Outro	1/2x8 Slow Pushup to the bottom (8 cts)	1x

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

1 A-PRESS

LAYER 1

Coach Position and Execution Setup of the A-Press, using NETT to coach Tempo and Target Zones.

- 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

2 PUSHUP

LAYER 1

Explain the Position Setup and 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
- Combination – 4 Pulses and 1 slow Pushup

3 A-PRESS

LAYER 2/LAYER 3

Bring the focus to feeling the chest squeeze in the A-Press for muscle isolation. Drive them to continue working hard through great timing and range, especially in the combination when fatigue will be kicking in.

- A-Press – fatigue is setting in; let's focus and stay with it
- Hook into the feeling of the movement
- 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
- Perfect timing and range creates the tension
- Keep it coming – you've got this

4 PUSHUP

LAYER 3

Don't let your class opt out of the workout when they are so close to the end. Use the external focus of the bench to help everybody maintain good technique. Keep intensity high by using positive cues, encouraging them to do their best.

- Remember the option – if it gets tough, drop to your knees
- Get up on your toes if you can; brace the core
- Screw your palms into the bench to activate the lats
- Drive the bench into the floor and push away strongly
- Drive the bench further – you can do this!

PUMP FACT

'Driving the bench into the floor' focuses on an external outcome of the Press. This is known as an external cue and this type of coaching has been proven to increase muscle output.

4 BACK

The Thrill > 5:29 mins

4

WEIGHT SELECTION

REGULARS: Slightly heavier than Chest weight, 1x large plate

NEW PEOPLE: Chest Weight, 1x medium/large plate



DEMONSTRATE

Clean & Press

TRACK FOCUS

Coach the execution of the Clean & Press with clarity to maximize the technique, and focus on full range in the Squat Press.

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SET Position Shoulder Roll	
	0:20 Instr (Synth)	4x8 1/1 DEADROW	4x
	0:33 V1 (Music low)	8x8 3/1 DEADLIFT	8x
	0:58 C _ Yes I know	8x8 COMBINATION: 1x CLEAN & PRESS (8 cts) 1X DEADROW (8 cts)	4x
	1:24 Instr (Synth)	4x8 TRIPLE DEADROW (16 cts)	2x
	1:36 V2 (Music low)	8x8 3/1 DEADLIFT	8x
	2:01 C _ Yes I know	8x8 COMBINATION	4x
	2:27 Instr (Synth)	4x8 TRIPLE DEADROW	2x
TRANSITION	2:39 Rep _ Yes I know	4x8 Transition: Plates and Squat MID Stance	
2	2:52 Rep _ It was lost in	4x8 4/4 FRONT PLATE SQUAT MID Stance	2x
	3:04 C _ Yes I know	8x8 1/1 SQUAT PLATE PRESS	16x
TRANSITION	3:32 (Silence)	1x8 Transition: Bar	
3	3:35 V3 _ It's impossible	7x8 3/1 DEADLIFT	7x
	3:56 C _ Yes I know	8x8 COMBINATION	4x
	4:22 Instr (Synth)	4x8 TRIPLE DEADROW	2x
TRANSITION	4:35 Rep _ Yes I know	4x8 Transition: Plates and Squat MID Stance	
4	4:47 Rep _ It was lost in	4x8 4/4 FRONT PLATE SQUAT MID Stance	2x
	5:00 C _ Yes I know	8x8 1/1 SQUAT PLATE PRESS	16x

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 DEADROW / DEADLIFT / CLEAN & PRESS / TRIPLE ROW

LAYER 1

Explain how to execute the moves using Position and Execution Setup and NETT cues.

DEADROW

- **SET Position** – elbows to the rear and maintain that tension between your shoulder blades
- **Bar to top of knees, belly, knees and stand**
- **Elbows go straight back**
- **Squeeze between your shoulder blades**
- **Belly braced**

DEADLIFT

- **Hinge forward from the hips**
- **Chest up, abs braced**
- **Bar to top of the knees**

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**

TRIPLE DEADROW

- **Elbows go straight back**
- **Squeeze between your shoulder blades**
- **Abs braced**

LAYER 2

Once your class understands the basics, focus on improving the execution of each move. Explain how they can move the bar more efficiently to improve their technique and overall results.

DEADLIFT

- **Try this: press down through your heels and feel the back of the legs engage**
- **Feel the squeeze in between your shoulder blades as you rise**
- **Press the bar into your thighs – set a powerful upper back for the Clean & Press**

CLEAN & PRESS

- **See how close my bar stays to my body – up and down**
- **I want you to feel your bar touching your body**

TRIPLE DEADROW

- **Bend your knees even more for greater stability**

2 FRONT PLATE SQUAT / SQUAT PLATE PRESS

LAYER 1

Explain how to execute the Squat Plate 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**

LAYER 2

- **Let's hit the quads and the core**
- **Your body is designed to do this – primal movement!**

3 DEADLIFT / CLEAN & PRESS / TRIPLE DEADROW

LAYER 3

People will be starting to fatigue. To reinforce good technique in the Deadlift, use strong Motivational Cues in this last set of the Clean & Press to focus your class on their personal goals.

- **Fatigue is starting to set in, so keep your chest lifted, belly braced and elbows back**
- **One more set – party's almost over**
- **Let's Clean up**
- **Keep that strong line – that's how you get what you came for**
- **Squeeze every last drop**

4 FRONT PLATE SQUAT / SQUAT PLATE PRESS

LAYER 2

Encourage your class to add more weight for the last set of Squat Plate Presses to achieve a metabolic kick. Focus on driving out of the floor to generate more effort from your class.

- **Feel the floor beneath your feet**
- **16 and we're done**
- **How much power are you driving out of the floor?**
- **Use it, find it and tap into your power**

5 TRICEPS

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

Hallelujah > 4:16 mins

5

SMARTSTART

WEIGHT SELECTION

REGULARS: 1x medium/large plate
NEW PEOPLE: 1x small plate

2x PLATES

DEMONSTRATE

Fast transitions between Tricep Dips and Tricep Pushups

TRACK FOCUS

Clearly coach the execution of the Tricep Dips and Pushups and offer options.

MUSCLE FOCUS

Overhead Tricep Extensions and Seated Tricep Dips: Triceps
Tricep Pushups: Triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:07 Intro (Trumpets) 3x8	4/4 SEATED TRICEP OVERHEAD EXTENSION	3x
	0:23 C All you sinners 8x8	SEATED TRICEP OVERHEAD EXTENSION COMBINATION 2x 1/1 (8 cts) 1x 1/1/2 (8 cts)	4x
2	0:47 V1 My life started 8x8	3/1 SEATED TRICEP OVERHEAD EXTENSION	8x
	1:11 C All you sinners 8x8	SEATED TRICEP OVERHEAD EXTENSION COMBINATION (Last 8 cts, transition to Tricep Dips)	4x
	1:35 V2 I was drunk 9x8	3/1 TRICEP DIP	9x
	2:02 V3 _ No one wants 4x8	1/1/2	4x
	2:14 (Low) 1/2x8	Transition: Tricep Pushup, hands on end of bench	
	2:16 C All you sinners 8x8	TRICEP PUSHUP COMBINATION 2x 1/1 (8 cts) 1x 1/1/2 (8 cts)	4x
	2:39 C All you sinners 2x8	Transition: Tricep Dip	
	2:45 V4 I was drunk 9x8	3/1 TRICEP DIP	9x
TRANSITION	3:12 V5 _ No one wants 4x8	1/1/2	4x
	3:24 (Low) 1/2x8	Transition: Tricep Pushup, hands on end of bench	
	3:26 C All you sinners 8x8	TRICEP PUSHUP COMBINATION 2x 1/1 (8 cts) 1x 1/1/2 (8 cts) Last 4 cts, transition to Standing Tricep Overhead Extension	4x
3	3:50 C All you sinners 8x8	1/1 STANDING TRICEP OVERHEAD EXTENSION SET Stance	16x

RECOVERY: Shake the arms and Tricep Stretches.

1 SEATED TRICEP OVERHEAD EXTENSION

LAYER 1

Coach your class to achieve Position and Execution Setup using NETT. Focus on teaching the timing and the range of the Combination.

- 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
- Keep the body still

2 SEATED TRICEP OVERHEAD EXTENSION / TRICEP DIP / TRICEP PUSHUP

LAYER 1/LAYER 2

The first set is short, so reinforce timing and execution cues in the long set of extension work. Reinforce the timing of the combo so the class get the musical feel. The last set of Dips is where the class will need Layer 2 cues to improve execution as fatigue kicks in fast. What will you say to stop them checking out of the workout?

TRICEP DIP

- Option is for plate on lap
- Hands shoulder-width apart
- Fingers facing forward
- Elbows facing the back of the room
- Brace your abs
- Chest lifted
- Weight back in the arms
- The options make it more achievable as the track gets tougher: butt on the bench and elbows to the rear anytime
- Can you feel the tension. That tension creates change in the arms

TRICEP PUSHUP

- Quick transition
- Hands on bench
- Chest to elbow height
- Elbows in and back
- Option – knees on the floor
- Brace your core

3 TRICEP PUSHUP / STANDING TRICEP OVERHEAD EXTENSION

LAYER 2/LAYER 3

Use Layer 2 cues to help the class experience greater intensity in the Pushups by coaching full range, timing and execution. The last set of Overhead Extensions is the perfect time to connect with your class and bring everyone home together.

TRICEP PUSHUP

- Remember the option on the knees
- Place your firmly onto palms into the bench
- Lock them, in to set your upper back
- Elbows stay close to the body

STANDING OVERHEAD TRICEP EXTENSION

- Quick transition
- Chest lifted, abs braced
- Plate to the base of the neck
- Extend the arms at the top
- Elbows in and high
- Sing it people!

INTENSITY

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

PUMP FACT

Corkscrewing the hands into the bench in the Pushups engages the lats and scapular stabilizers. This creates a strong upper body position, making it easier to hold good form when fatigue sets in.

6 BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or slightly less



DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach great execution to find the intensity in the Mid-Range Pulse.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	2x8 SET Position	
	0:10 PC Everytime you	8x8 3/1 BICEP CURL	8x
	0:31 C Wobble in my	4x8 3x MID-RANGE PULSE (8 cts)	4x
	0:42 V1 It's like my head	8x8 3/1 BICEP CURL Split Stance	8x
	1:04 Ref Girl it's on me	4x8 2/2 BICEP ROW Set Stance	2x
	1:15 PC Everytime you	8x8 COMBINATION 1x 1/1 BICEP ROW (8 cts) 1x 3 MID-RANGE PULSE (8 cts)	4x
	1:37 C Wobble in my	4x8 3x MID-RANGE PULSE	4x
2	1:49 V2 Yeah wobble	8x8 3/1 BICEP CURL Split Stance	8x
	2:10 Ref Girl it's on me	4x8 2/2 BICEP ROW Set Stance	2x
	2:22 PC Everytime you	8x8 COMBINATION	4x
	2:42 Br Build	¾x8 HOLD, shoulder roll	
	2:45 Br Work, work, work	8x8 3x MID-RANGE PULSE	8x
RECOVERY	3:07 (Music drop)	½x8 Step B into Split Stance (Fast)	
3	3:09 V3 Wobble, wobble	8x8 3/1 Split Stance	8x
	3:30 Ref Girl it's on me	4x8 2/2 BICEP ROW Set Stance	2x
	3:42 PC Everytime you	8x8 COMBINATION 1x 1/1 BICEP ROW (8 cts) 1x 3 MID-RANGE PULSE (8 cts)	4x
	4:04 Br _ In my walk, walk	¾x8 HOLD, shoulder roll	
	4:07 Br Wobble, work, work	8x8 3x MID-RANGE PULSE	8x

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

Wobble > 4:30 mins

6

1 BICEP CURL / MID-RANGE PULSE / BICEP ROW

LAYER 1

Create a clear setup of Target Zones, range and tempo.

BICEP CURL

- SET Position, feet under your hips
- 3/1 Bicep Curl
- Bend your knees
- Lift up your chest, brace your abs
- Bar stops in front of shoulders
- Then all the way down to the thighs
- Even weight in front and back legs to be stable

MID-RANGE PULSE

- Mid-Range Pulse – 3, 2, 1 and touch
- Elbow height and 1 inch (2.5cm) up
- Watch my bar – range is small and movement quick

BICEP ROW/MID-RANGE PULSE

- Step in, bar to knees, lift to ribs, back to knees, stand
- Easy combination coming next
- 1 quick Row, 3x Mid-Range Pulses – stay for 3

2 BICEP CURL / BICEP ROW / MID-RANGE PULSE /

LAYER 2

Use this set to focus on posture and elbow position so the class can feel the intensity and stay in the workout to get the results. Be sure to pre-cue the Shoulder Roll and reinforce the timing of the moves.

BICEP CURL

- Reset posture, lift chest and brace abs
- Sink into your legs so you feel stable and strong when we move quickly

BICEP ROW/MID-RANGE PULSE

- Lift elbow high to engage bicep and work harder
- Think forearm to bicep
- Check elbow is under shoulder to maintain load in the bicep
- Body stays still, bar moves fast – so you feel the pump

3 BICEP CURL / BICEP ROW / MID-RANGE PULSE

LAYER 2/LAYER 3

Fatigue will be starting to kick in, so remind your class of how to manipulate the intensity in all the exercises to achieve the results. The intensity will be felt in the Mid-Range Pulse so motivate them to enjoy that feeling! Use the last 30 seconds to hook into the groove, connecting the class to the music and their bodies.

- Take a breath – we've got one more round, let's do this together
- Squeeze bicep to lift the bar
- Squeeze forearm onto the Bicep to feel the muscle engage deeper
- We do it because that's what we like
- 30 seconds to go
- What do you say?
- Don't stop – feel it
- You can groove but you can't wobble; stand still and feel the work

PERFORMANCE

Match your voice and your delivery of the track to the energy of the song. Use the highs and lows of the music to create contrast in your vocals, and bring a fun attitude to the stage! Use the lyrics in the final set to bring everybody to the finish line.

PUMP FACT

BODYPUMP uses light weights and high reps to shape and tone muscles. Accumulating muscle pressure with repeated movements like the Mid-Range Pulse is one of the tools we use to achieve these benefits.

7 LUNGES

Peanut Butter Jelly > 5:21 mins

7

WEIGHT SELECTION

REGULARS: Biceps to Chest weight

NEW PEOPLE: Body weight

Options: To use plates or body weight

BARBELL

1x PLATE

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Explain how to execute the Pulse Lunges correctly, and educate how this creates muscle pressure to generate faster shape and tone.

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	1x8 SET Position for LUNGE L	
	0:09 V1 Sleepless nights	4x8 4/4 LUNGE	2x
	0:23 _ To get a	4x8 2/2	4x
	0:37 C Spread it like	4x8 3x BOTTOM HALF PULSE LUNGE (8 cts)	4x
	0:52 Rep Money, money, money, money	4x8 3/1	4x
	1:06 C Spread it like	8x8 7x BOTTOM HALF PULSE LUNGE 14 cts and HOLD 2 cts (16 cts)	4x
	1:35 V2 Sleepless nights	4x8 2/2 LUNGE L	4x
	1:50 Rep Sleepless nights	4x8 1/1	8x
TRANSITION	2:05 Br (Low)	1x8 Transition: Step in and switch legs	
2	2:09 V3 Sleepless nights	32x8 REPEAT LUNGE R	
3	4:05 C Spread it like	4x8 4/4 SQUAT Wide Stance	2x
	4:19 Rep Money, money, money, money	4x8 3/1	4x
	4:34 C Spread it like _	12x8 7x BOTTOM HALF PULSE SQUAT 14 cts and HOLD 2 cts (16 cts)	6x

RECOVERY: Shake the legs. Quadricep Stretches.

1 LUNGE

LAYER 1

Coach the basic Layer 1 cues for good technique in the Lunge, establishing position and execution. Once everyone is moving well, focus on range and getting them to move up and down in the Pulses to maintain the position of the knee. Provide the option of putting the bar down anytime, to maintain great technique.

- Back knee towards the floor
- Front knee to 90 degrees
- Hips and shoulders square to the front
- Lift chest and brace your core
- Front thigh parallel to the floor to engage the glutes
- Focus on timing
- Squeeze shoulder blades together to improve posture
- Push through the front heel to feel your glutes activate
- 7x Bottom Half Pulses
- Remember: down and up, not forward and back, to hold knee position
- Pressure is starting to create change in the muscles
- Perfect technique is needed, so you can put the bar down anytime

2 LUNGE

LAYER 2/LAYER 3

Work on the other leg with timing and execution cues to get everyone moving well. Next, coach your class how they can improve execution and manipulate the intensity to work harder, to experience more muscle burn. Once you are through the Pulses, role-model strong technique to keep them in the effort.

- Reset the posture – chest up, abs in and braced
- Knee above the ankle to feel the quads
- Knee out to feel the glutes
- Perfect timing creates muscle tension
- Stay low to work the butt – feel the pressure
- Continuous tension – more time under tension creates faster change
- Keep working, everyone

3 WIDE STANCE SQUAT

LAYER 1/LAYER 3

Cue Position and Execution Setup. Using NETT, coach good technique in the Squat – Temp, Target Zones and leg alignment. The class will not be expecting the last 2 sets of Pulses! Be the physical inspiration on stage and use the music to drive them to the finish line.

- Heels outside shoulder-width
- Turn the toes out slightly
- Belly in and braced; lift the chest
- Sit your hips back and down
- Knees move forward, in line with toes
- Hips stop just above your knee line
- 7x Pulses, stand, reset
- Continuous tension training, burning calories and shaping our bodies
- Brace the abs tighter

INTENSITY

Range and timing are key to creating pressure in the legs; the Pulses create 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 important that everyone feels successful.

PUMP FACT

In the Lunges, maintaining a vertical up/down action, rather than a forward and back motion, is not only more effective for engaging the quads but it also reduces pressure in the back of the kneecap.

8 SHOULDERS

Addicted To A Memory > 6:06 mins

8

WEIGHT SELECTION

REGULARS: Barbell with Warmup weight or slightly heavier, 2 light plates
NEW PEOPLE: Barbell with Warmup weight or plates
 Option: 2x light/medium plates for the entire track

BARBELL

2x PLATES

TRACK FOCUS

Clearly coach the execution of each exercise and explain how this creates great conditioning for the upper body.

MUSCLE FOCUS

Bar work: Deltoids, trapezius
Plate work: Rotator cuffs, muscles of the upper back, deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Set Up for KNEELING REAR DELTOID FLY	
	0:21 V1 _ We are	8x8 3/1 KNEELING REAR DELTOID FLY	8x
	0:50 Rep Memoryyyy _	8x8 1/3	8x
	1:19 Build	2x8 4/4 KNEELING SIDE RAISE	1x
	1:27 Instr (Wind up)	2x8 4/4 STANDING SIDE RAISE	1x
	1:34 Instr (Heavy synth)	8x8 PLATE COMBINATION 1: 4x SINGLE SIDE RAISE (16 cts) 2x ROTATOR RAISE (16 cts)	2x
	2:03 V2 _ We are, we are	8x8 PLATE COMBINATION 2: 2x 3/1 SIDE RAISE (16 cts) 2x ROTATOR RAISE (16 cts)	2x
TRANSITION	2:32 Rep Memoryyyy _	1x8 Transition: Plates down. Pick up bar	
2	2:36 Instr (Heavy synth)	12x8 BAR COMBINATION 4x 1/1 STANDING OVERHEAD PRESS (16 cts) SPLIT Stance 4x 1/1 PUSH PRESS (16 cts) SET Stance	3x
	3:19 Instr (Distorted horn)	4x8 1/1 PUSH PRESS SET Stance	8x
TRANSITION	3:34 Instr (Synth melody)	4x8 Transition: Bar down. Pick up plates	
3	3:48 Instr (Fast drumbeat)	4x8 3/1 STANDING SIDE RAISE	4x
	4:04 Instr (Heavy synth)	8x8 PLATE COMBINATION 1	2x
	4:32 V3 _ We are, we are	8x8 PLATE COMBINATION 2	2x
TRANSITION	5:01 Music low	1x8 Transition: Plates down. Pick up bar	
4	5:05 Instr (Heavy synth)	12x8 BAR COMBINATION	3x
	5:49 Instr (Distorted horn)	4x8 1/1 PUSH PRESS	8x

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

1 KNEELING REAR DELTOID FLY / STANDING SIDE RAISE / ROTATOR RAISE

LAYER 1

Coach position and execution setup cues using NETT to help with the timing of all three exercises
KNEELING REAR DELTOID FLY

- *Kneeling position*
- *One leg forward*
- *Tip forward from the hips*
- *Brace abs*
- *Plates face inwards*
- *Lean forward*
- *Eyes 6.5m feet (2 meters) ahead*
- *Elbows slightly bent*
- *Finish with the plates under shoulder line*
- *Squeeze between shoulder blades to lift your arms wide*
- *Open the chest*

STANDING SIDE RAISE

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

ROTATOR RAISE

- *Elbows high*
- *Upper body strong; lift the chest*
- *Drop the shoulder blades down*
- *Squeeze between shoulder blades as you rotate*
- *Feel tension in your shoulders*

2 OVERHEAD PRESS / PUSH PRESS

LAYER 1

OVERHEAD PRESS

Coach position and execution of the exercise and use good timing cues for the combination.
 Pre-cue the 8x 1/1 Push Press so nobody misses a rep.

- *Bar from chin to ceiling*
- *Building static strength*
- *Brace your core; keep your chest up*
- *Push your front heel through the floor*

PUSH PRESS

- *Step in, Push Press*
- *Use your legs*
- *Brace your abs as you push the bar*
- *Catch the bar high on the chest*
- *Push the bar up in a vertical line*
- *Bend your knees more*

3 STANDING SIDE RAISE / ROTATOR RAISE

LAYER 2/LAYER 3

Use this set to focus on timing, range and precision of movement to create isolation in the muscles. You will need to motivate the class to stay with you as fatigue will be setting in – try using positive motivators, intrinsic and extrinsic motivation-type cues.

- *Anchor your body – set the feet by using the floor*
- *Feel your shoulders working now*
- *Elbows just under shoulder height for your range*
- *Keep elbows high to isolate*
- *Full range to isolate*
- *Squeeze between shoulder blades to open*
- *Don't stop everybody – stay with us*

4 OVERHEAD PRESS / PUSH PRESS

LAYER 2/LAYER 3

Final big set! Fatigue will be high, so maximize the training effect by reinforcing strong body position. Use the music to motivate people through the effort and refer to the benefits of staying in the workout; use motivational voices that are big and intense.

- *Catch the bar*
- *Single static push*
- *Brace your core*
- *Dynamic power push*
- *This is full-body tension*
- *Total body conditioning – legs, core, shoulders*
- *Big push – yes!*
- *Drive the bar to the ceiling*
- *Push the floor away to drive the bar to the ceiling*
- *Raise the bar high!*

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 shape and tone the shoulders. Short recoveries keep the intensity high, burning more calories, getting us stronger and leaner!

PUMP FACT

Keeping the chest up and shoulder blades slightly retracted has been proven to increase the strength in the rotator cuffs.

9 CORE

Want To Want Me > 3:32 mins

9

TRACK FOCUS

Coach body part and direction. Moving along with timing cues and options so everyone can work at the same level.

MUSCLE FOCUS

Plate Crunch and Plate Push: Rectus Abdominis

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	1/2x8 Set up for PLATE CRUNCH Option: No plate	
	0:07 V1 It's too hard to sleep	8x8 2/2 PLATE CRUNCH Plate to forehead	8x
	0:40 C _ Girl, you're the one	8x8 TRIPLE PULSE CRUNCH (Extend arms straight up with plate)	8x
	1:14 Br next to you, ooh ooh	2x8 4/4 PLATE CRUNCH (Extend arms straight up with plate)	1x
2	1:22 V2 You open the door	4x8 2/2 PLATE CRUNCH Plate to forehead	4x
	1:39 C _ Girl, you're the one	8x8 TRIPLE PULSE CRUNCH (Extend arms straight up with plate)	8x
	2:13 Br next to you, ooh ooh	2x8 4/4 PLATE CRUNCH (Extend arms straight up with plate)	1x
RECOVERY	2:21 Br _ just the thought	2x8 RECOVERY (16 cts)	
3	2:29 Br _ just the thought	2x8 4/4 PLATE CRUNCH (Extend arms straight up with plate)	1x
	2:38 C _ Girl, you're the one	8x8 TRIPLE PULSE CRUNCH (Extend arms straight up with plate)	8x
	3:12 Outro I would do anything	4x8 4/4 PLATE CRUNCH	2x

1 PLATE CRUNCH / TRIPLE PULSE CRUNCH

LAYER 1

Coach the Position and Execution Setup of the moves and provide options early on.

PLATE CRUNCH

- Plate to forehead
- Up, up, down, down
- Chin tucked in
- Eye gaze in between knees
- Slide ribs to hips

TRIPLE PULSE CRUNCH

- Arms straight
- Pulse 3, 2, 1
- Aim to keep plate above shoulders
- Lift shoulders off the floor then rest them back down

2 PLATE CRUNCH / TRIPLE PULSE CRUNCH

LAYER 2

Once the class have the basics, explain how to execute the exercise with more precision and how to manipulate the intensity, using cues that refer to muscle feeling.

PLATE CRUNCH

- Squeeze your six-pack to crunch higher and peel your shoulder blades off the floor
- Keep the plate to forehead to maintain load in the core

TRIPLE PULSE CRUNCH

- Press the plate to the ceiling
- See if you can relax your shoulders and squeeze your six-pack to press your plate higher

3 PLATE CRUNCH / TRIPLE PULSE CRUNCH

LAYER 3

Your class will be feeling the burn of continuous tension training. Motivate participants to complete the last set and challenge them to press the plate higher for the last 8 reps.

- Stamp your plate on the ceiling
- Get extra height as you crunch and get a big stamp of approval

PUMP FACT

Keeping the chin tucked in during Crunches not only protects the neck, but it also conditions the deep stabilizing muscles in the neck, which protects our neck from injury when lifting weights.

10 COOLDOWN

Adore > 3:41 mins

10

TRACK FOCUS

Lead your class through the Cooldown, acknowledging which muscles are being stretched.

SET	MUSIC	EXERCISE
0:05	Intro	4x8 CHILDS POSE
0:18	V1 Boy , so what's	8x8 KNEELING CHEST STRETCH (L then R) Change to R side after 4x8 cts
0:45	PC I'll give you everything	4x8 SEATED GLUTEAL HURDLER STRETCH L
0:59	C My , my, my	4x8 KNEELING HIP FLEXOR STRETCH L leg F, R arm lifted
1:13	I'm like, oh	4x8 HAMSTRING STRETCH L
1:27	V2 After that	4x8 CHILDS POSE
1:40	PC I'll give you everything	4x8 SEATED GLUTEAL HURDLER STRETCH R
1:54	C My , my, my	4x8 KNEELING HIP FLEXOR STRETCH R leg F, L arm lifted
2:08	I'm like, oh	4x8 HAMSTRING STRETCH R
2:21	Instr (Low)	8x8 STANDING QUADRICEP STRETCH L, R
2:49	Rep Boy , you got me	2x8 UPPER BACK STRETCH
2:52	C My , my, my	8x8 ITB STRETCH L, R
3:20	Outro	3x8 Torso Twist. Shake arms and legs

COACHING TIPS

- Clearly explain how to achieve the stretch and where it should be felt
- Acknowledge the effort that's been put into the workout today and congratulate them on completing it!
- Share the great training benefits of this release