

BODYPUMP 97 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 26:18

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 41:42

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		

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

CONTENTS

BODYPUMP & Bone Health

Mixing Releases

BODYPUMP: Connection and Performance

THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Scars Courtesy of the Universal Music Group. Written by: Tedder, Lindblad	Alesso feat. Ryan Tedder	3:14
	Scars Courtesy of the Universal Music Group. Written by: Tedder, Lindblad	Alesso feat. Ryan Tedder	1:48
2 SQUATS	Derp © Hysteria Records. Written by: Van Hilst, Flohr, Johnson	Bassjacks & MAKJ	6:17
3 CHEST	Generation Day Courtesy of the Universal Music Group. Written by: Erna, Larkin, Merrill, Rombola	Godsmack	3:13
	Generation Day Courtesy of the Universal Music Group. Written by: Erna, Larkin, Merrill, Rombola	Godsmack	2:52
4 BACK	Dark Skies Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	3:55
	Dark Skies Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	1:54
5 TRICEPS	Waiting For Love Courtesy of the Universal Music Group. Written by: Al, Pontare, Garritsen, Aldred, Bergling	Avicii	3:47
	Waiting For Love Courtesy of the Universal Music Group. Written by: Al, Pontare, Garritsen, Aldred, Bergling	Avicii	1:46
6 BICEPS	We Don't Run Courtesy of the Universal Music Group. Written by: Bongiovi, Shanks	Bon Jovi	3:20
	We Don't Run Courtesy of the Universal Music Group. Written by: Bongiovi, Shanks	Bon Jovi	1:19
7 LUNGES	How Deep Is Your Love (Calvin Harris & R3hab Remix) © 2015 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Duvall, Koolman, McDermott, Wroldsen	Calvin Harris	4:01
	How Deep Is Your Love (Calvin Harris & R3hab Remix) © 2015 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Duvall, Koolman, McDermott, Wroldsen	Calvin Harris	1:45
8 SHOULDERS	Bumble Bee Courtesy of the Universal Music Group. Written by: Gamson, Zavaski, Troutman, Botnek	Zedd & Botnek	3:36
	Bumble Bee Courtesy of the Universal Music Group. Written by: Gamson, Zavaski, Troutman, Botnek	Zedd & Botnek	2:14
9 CORE	Young & Stupid Courtesy of the Universal Music Group. Written by: Mills, Harris Jr., Juber, Frederic, Peyton, Ryan, Schuller, Spargur	Travis Mills feat. T.I.	3:05
10 COOLDOWN	Purple © 2014 MASSIVE ENTERTAINMENT. Written by: Gerbes, Walters, Board, Harris	Six60	3:48
ALT BACK	Underworld © 2015 Les Mills Music Licensing Ltd. Written by: Newport, Langeveld, van de Geer	Alloy Dreams	5:58

The Fine Print

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1 WARMUP

WEIGHT SELECTION

Light barbell



DEMONSTRATE

SET Position

TRACK FOCUS

Coach timing and target zones. Focus on leg drive in the Clean & Press and Power Press.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	1x8 SET Position	
	0:09 V1 I think	4x8 4/4 DEADLIFT SET Stance	2x
	0:24 You say	4x8 3/1 UPRIGHT ROW	4x
	0:38 QC So I, I	4x8 2/2 DEADROW	2x
	0:53 C _ And I, I	4x8 1/1	4x
	1:07 Instr (Beat)	4x8 TRIPLE DEADROW	2x
	1:22 Br	1x8 SHOULDER ROLL	
2	1:26 V2 I think	4x8 2/2 DEADLIFT	4x
	1:42 You say	4x8 2/2 UPRIGHT ROW	4x
	1:56 QC So I, I	4x8 2/2 CLEAN & PRESS (16 cts)	2x
	2:11 C _ And I, I	4x8 1/1 (8 cts)	4x
	2:25 Instr (Beat)	4x8 POWER PRESS (16 cts) Last 4 cts transition bar to MID STANCE SQUAT	2x
	2:40 C _ And I, I	4x8 1/1 SQUAT MID Stance	8x
	2:55 Rep For life	4x8 2x BOTTOM HALF SQUAT	4x
TRANSITION	3:09 Br	1x8 Transition: Bar to SET Stance	
3	3:14 V3 I think	4x8 2/2 DEADLIFT	4x
	3:28 You say	4x8 2/2 UPRIGHT ROW	4x
	3:43 QC So I, I	4x8 2/2 CLEAN & PRESS	2x
	3:58 C _ And I, I	4x8 1/1	4x
	4:13 Instr (Beat)	4x8 POWER PRESS Last 4 cts transition bar to LUNGE L, step R foot back	2x
	4:28 C _ And I, I	4x8 1/1 LUNGE L	8x
	4:42 Rep For life	4x8 1/1 LUNGE R	8x

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

Scars > 5:02 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 4/4** – *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*

SET 2

LAYER 1

Set 2 introduces the Clean & Press, Power Press and Squat. Coach clear Layer 1 Position and Execution cues with these complex movement patterns, to help the class achieve good lifting technique.

- **Deadlift 2/2** – *Press the hips back and keep the bar close to the body*
- **Upright Row 2/2** – *Keep the bar close as you pull up, draw elbows wide*
- **Clean & Press 2/2** – *Pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Power Press** – *Bend knees, bar to collarbones, chest up, abs braced*
- **Squat** – *Butt goes back and down, knees forward, hips to 90 degrees*

SET 3

LAYER 1/LAYER 2

Use Layer 2 cues to improve execution of the repeated exercises. Coach great Position and Execution Setup for Lunges with lots of timing cues throughout.

- **Deadlift 2/2** – *Drive out of the heels to activate the hamstrings and glutes*
- **Upright Row 2/2** – *Keep the bar close, pull up your shirt*
- **Clean & Press** – *2x Squats each time: squat, press, squat, reset, half squat the legs*
- **Power Press** – *Drive out of the legs*
- **Lunge** – *Long step back, back knee down, square hips and shoulders, front thigh parallel to the floor*

CONNECTION

Set the scene for the rest of the workout. Glen was on fire and made everyone feel part of this huge workout in Sweden through his positive words and encouragement. In smaller classes, you can create connection by using lots of eye contact to bring everyone into 'the zone!'

2 SQUATS

Derp > 6:17 mins

2

WEIGHT SELECTION

BARBELL

REGULARS: 2–4x your Warmup weight

NEW PEOPLE: Double your Warmup weight

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 SQUAT	
	0:20 Instr (Build)	4x8 4/4 SQUAT MID Stance	2x
	0:35 (Synth build)	4x8 3/1	4x
	0:50 (Beat build)	4x8 2/2	4x
	1:05 (Heavy)	4x8 1/1	8x
	1:19 (Cymbals)	4x8 4x BOTTOM HALF (16 cts)	2x
	1:35 (Build)	4x8 3/1	4x
	1:50 (Heavy)	4x8 1/1	8x
TRANSITION	2:05 Br (Silence)	1x8 Transition: WIDE Stance SQUAT	
2	2:09 (Low)	4x8 4/4 SQUAT WIDE Stance	2x
	2:23 (Synth)	4x8 3/1	4x
	2:38 (Steady build + clap)	4x8 2/2	4x
	2:54 (Heavy build)	8x8 1/1/2	8x
	3:24 (Heavy)	4x8 1/1	8x
	3:39 Ref (Bleeps)	4x8 4x BOTTOM HALF	2x
	3:54 Ref (Bleeps build)	4x8 1/1	8x
TRANSITION	4:08 Br (Silence)	1x8 Transition: WIDER Stance SQUAT	
3	4:12 (Low)	32x8 REPEAT SET 2 WIDER Stance Last rep hold at bottom	

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 timing, target zones and leg alignment.

- Feet hip-width apart, toes turned slightly out
- **Abs braced**
- **Lift the chest**
- *Bring your elbows forward and create tension through the upper back*
- **Hips sit back and down**
- **Knees move forward to fire the quads**
- **Butt stops just above knee line**
- *Feel more heat in your quads, keep pushing knees forward*

2 WIDE STANCE

LAYER 1/LAYER 2

Set up Wide Stance with Layer 1 range and timing cues, then refine the movement with Layer 2 cues. The focus is on sitting the hips back further and pushing knees out. When you stand, drive out of the heels and squeeze your butt to fire up the glutes. Help participants to stay in the workout as the intensity increases. Show your love of Squats and music.

- *Hips sit back further now, knees push out more*
- *Check your knees; they need to be tracking 2nd and 3rd toes – when the knees are out the glutes will fire*
- *Drive out of your heels when you rise, and squeeze your butt*
- *2/2 tempo creates the perfect timing*
- *Drop, stop and wait*
- *Drop fast and catch the Squat at the base by bracing abs super tightly*
- *Intensity is in the pause*
- *Full range every rep, drive out of the heels and squeeze your butt tightly*
- *This is how we create the heat as well as shape and tone our legs quickly*

3 WIDER STANCE

LAYER 2/LAYER 3

Limited recovery creates THE REP EFFECT™ and builds more tension. Wider Stance allows the chest to stay lifted, creating a strong platform to squat from. We target the side glutes by pushing through the outside edge of the heels. When you nail this, it feels like you are ripping the floor apart with your feet. Providing this external Coaching Cue helps participants experience more tension and heat in the legs to shape them faster. Be positive and motivate everyone to reach the finish together.

- *When your feet are wide your chest stays lifted, creating a strong platform to squat from*
- *To fire the side glutes, push down through the outside heels on the way down and on the way up*
- *Let's shape a great butt*
- *You know you're there when it feels like your feet are ripping the floor apart and your legs are shaking*
- *All the muscles in the workout together*
- *Full range, chest up, you've got that platform now*
- *How are you going to turn it up?*

INTENSITY

6 minutes, 3 stances and limited rest create the intensity in this track. Focus is full range in every repetition to create the THE REP EFFECT™. Working from a Wide Stance position will help participants keep their torso's upright.

PERFORMANCE

Turn the bass up! There's lots of contrast in this song to help you create performance. Match your voice and face to the music and role model great technique to create the 'sweet spot'.

PUMP FACT

Keeping the mid/upper back supported when we Squat is challenging. When we focus on bringing the elbows forward under the bar, this activates the scapular retractors, which support the upper back.

3 CHEST

Generation Day > 6:05 mins

3

WEIGHT SELECTION



REGULARS: Barbell with 1/3 off your Squat weight or less

NEW PEOPLE: Warmup weight

TRACK FOCUS

Focus on great timing throughout the track. The challenge is created by the pulsing movements which engage and fatigue the muscles quickly.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Bench SET Position	
	0:20 Instr (Guitar)	4x8 4/4 CHEST PRESS	2x
	0:38 (Heavy)	2x8 8x BOTTOM HALF PULSE (16 cts)	1x
	0:47 V1 Revelation	8x8 3/1	8x
	1:23 PC Falling away	4x8 4x BOTTOM HALF PULSE (8 cts)	4x
	1:40 C Generation day	2x8 8x BOTTOM HALF PULSE (16 cts)	1x
2	1:50 V2 A situation	8x8 3/1 CHEST PRESS	8x
	2:26 PC Falling away	4x8 4x BOTTOM HALF PULSE	4x
	2:44 C Generation day	2x8 8x BOTTOM HALF PULSE	1x
	2:53 Instr (Guitar)	4x8 4/4	2x
RECOVERY	3:10 Br	2½x8 Sit up. Shake and release chest	
3	3:21 Instr (Build guitar)	2x8 4/4 CHEST PRESS	1x
	3:31 (Heavy)	2x8 8x BOTTOM HALF PULSE	1x
	3:40 V3 Revelation	8x8 3/1	8x
	4:16 PC Falling away	4x8 4x BOTTOM HALF PULSE	4x
	4:34 C Generation day	2x8 8x BOTTOM HALF PULSE	1x
4	4:42 V4 A situation	8x8 3/1 CHEST PRESS	8x
	5:18 PC Falling away	4x8 4x BOTTOM HALF PULSE	4x
	5:36 C Generation day	2x8 8x BOTTOM HALF PULSE	1x
	5:45 Outro (Guitar)	4x8 4/4	2x

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

1 CHEST PRESS

LAYER 1

Coach Position and Execution Setup Cues, using NETT to coach target zones, and focus on perfect timing.

- **Hands wide on the bar**
- **Feet are hip-width apart, close to the bench**
- **Drop your shoulders down**
- **Abs braced, lower back close towards the bench**
- **Super slow down**
- **Target zone is the middle of the chest**
- **8x Bottom Half Pulses**
- **Elbows just above the bench at the bottom**
- **Feel the timing, down, down, down, release**

2 CHEST PRESS

LAYER 1

The first set is short so continue to coach Layer 1 Execution Cues. Focus on range and the slow timing of the Pulses so participants get the feel of the movements.

- **Feet firm, brace abs tightly**
- **Feel the timing now, let's get into the workout**
- **Check elbows are at top of bench**
- **Dynamic Pulses – they're not fast: slow them down**
- **Bottom Pulses, feel the dynamic Pulses**
- **Staying loaded for longer means more results**

3 CHEST PRESS

LAYER 2

Use the recovery to get your class to commit to the last 3 minutes of the track! Create more intensity using Layer 2 by correcting execution and focus on maintaining stability as fatigue starts to kick in. Stability creates the intensity, along with perfect timing and range.

- **Now we focus on stability, feet flat on the floor**
- **Core braced and chest open**
- **Dig the upper back into the bench**
- **Stability creates the intensity**
- **Elbows go wide on the way down**
- **Open up slowly**
- **Pulses now, slow it down, full range**
- **Intensity is in the Pulses and it comes from the stability**

4 CHEST PRESS

LAYER 3

Motivate your class by telling them there's only 90 seconds to the end: don't let them opt out of the workout! Keep motivation high by using positive cues, encouraging them to do their best.

- **Last set, 3 and 1, slowly we go**
- **Tension is building and we can do this**
- **We can do this together**
- **Keep the range, timing and feel the change happening**
- **Almost there, bottom 4, Pulse**
- **Change is happening**
- **Use every last muscle fiber**

INTENSITY

We build intensity by remaining under load in the slow tempos. Reinforce timing cues, especially as participants need to hear your voice to stay connected to you and the workout. The Pulses move dynamically and feel slower, creating big muscular change, fast.

PUMP FACT

Driving the upper back into the bench stabilizes the thoracic spine and makes it easier to retract the shoulder blades as the bar is lowered. Scapula retraction helps to protect the rotator cuff tendons from incurring injury at the bottom of the press.

4 BACK

Dark Skies > 5:49 mins

4

WEIGHT SELECTION

Barbell with Chest weight

Option: To increase weights after 2nd set
4x Clean & Press and 4x Deadrow instead of
8x Clean & Press



DEMONSTRATE

Clean & Press

TRACK FOCUS

Coach and focus on leg drive to maximize the training effect of speed and power in the Clean & Press. Clearly coach the options.

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SHOULDER ROLL	2x
	0:18 V1 Dark skies	8x8 4/4 DEADLIFT	4x
	0:45 Instr (Heavy)	4x8 1/1 CLEAN & PRESS (8 cts)	4x
	0:58 (Heavy)	4x8 1/1 DEADROW	4x
	1:11 V2 Power, control	8x8 3/1 DEADLIFT	8x
	1:38 Instr (Heavy)	4x8 1/1 CLEAN & PRESS	4x
	1:51 (Heavy)	4x8 1/1 DEADROW	4x
RECOVERY	2:05 (Low)	4x8 Bar down. Torso Twists	
2	2:18 V3 Dark skies	4x8 4/4 DEADLIFT	2x
	2:31 Power, control	4x8 3/1	4x
	2:45 Cruise in the	4x8 1/1 DEADROW	4x
	2:58 Instr (Heavy)	4x8 1/1 CLEAN & PRESS	4x
	3:11 (Heavy)	4x8 1/1 DEADROW	4x
	3:24 (Heavy)	8x8 1/1 CLEAN & PRESS Option: 4x CLEAN & PRESS and 4x DEADROW	8x
RECOVERY	3:51 Br (Quiet)	1x8 Bar down	
	3:54 Instr (Low beat)	4x8 Torso Twists. Option: Add weight	
3	4:07 V4 Dark skies	28x8 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

LAYER 1

Explain how to execute the moves using Position and Execution Setup and NETT cues. Starting with a lighter weight allows us to develop perfect technique.

DEADLIFT

- SET Position
- **Chest up, abs braced**
- **Bar to top of the knees**
- **Tip forward from the hips, chest lifted**
- **Keep the bar close to your thighs**
- **Elbows to the rear to squeeze shoulder blades and open chest**
- **Feel the tension in the upper back, now you have great posture**

CLEAN & PRESS

- **Squat, drive, squat, go again**
- **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**
- **Think half squat**

DEADROW

- **Bar to top of knees, belly, knees and rise**
- **Elbows in, keep the load in the back muscles**
- **Squeeze between your shoulder blades**
- **Abs braced**
- **Let's see the logo on your chest**

2 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 2

In the transition, visually coach the half squat with hips sitting back and up for the Clean & Press. Encourage more leg drive for power to maximize results. Choose Layer 2 cues that will improve execution and manipulate the intensity to generate fast results. Coach the option of the 4x Deadrow instead of 8x Clean & Press – allowing participants to personalize their workout. Make sure you pre-cue early for safety and effectiveness.

DEADLIFT

- **Where are your elbows? To the back, and squeeze your shoulder blades together**
- **Shoot your hips back to engage the glutes and hamstrings**
- **Keep the bar close to the body**
- **Press the bar against your thighs to activate your lats and upper back**

DEADROW

- **Bar to the belly**
- **Second round bigger and better**
- **Chest up, keep breathing**
- **Be strong and stable in this position, butt back, brace the abs**
- **Lock your elbows in so you can feel your upper back working**

CLEAN & PRESS

- **Dig in, 4 big ones**
- **Squat, drive, squat, set**
- **Use the hips**
- **Hips go: back, stand, back, set**
- **Use more legs to generate more power**
- **Option to do 4x Deadrow or keep going**
- **Feel the heart rate**
- **Big power surge**

4 BACK continued

Dark Skies > 5:49 mins

4



3 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 3

Now the class have seen the 8x Clean & Press, challenge them to add more weight to maximize the training effect. Show your love of the workout by role-modeling great technique as fatigue kicks in. Express the intensity of the Clean & Presses physically and vocally and motivate your class to use leg drive to finish strongly.

- *We've got one more set – you're in, right?*
- *It takes control to unleash the power*
- *Draw in and brace abs tightly to control the upper body*
- *Who's ready to unleash the power?*
- *Big leg drive, shoot the hips back*
- *Keep the chest up – we are on the home straight*
- *More weight, more speed*
- *Jump under the bar – make it rattle*
- *Get up and squat down!*

INTENSITY

We encourage a lighter weight for this track as the intensity lies in the 4x Clean & Press building into 8. We move fast and with power to generate the training effect. Offer the option of the Deadrow so everyone can personalize their workout and maximize results.

PUMP FACT

A key focus of this track is to drive the hips back as we bend the knees during the Clean & Press. This creates a stronger hip drive and ensures that we engage the glutes

4 Alternative BACK

Underworld > 5:58 mins

4

WEIGHT SELECTION

Barbell with Chest weight

Option: To increase weights after 2nd set
4x Clean & Press and 4x Deadrow instead of
8x Clean & Press

BARBELL

DEMONSTRATE

Clean & Press

TRACK FOCUS

Coach and focus on leg drive to maximize the training effect of speed and power in the Clean & Press. Clearly coach the options.

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8	SHOULDER ROLL 2x
	0:19 (Synth)	8x8	4/4 DEADLIFT 4x
	0:46 (Heavy beat)	4x8	1/1 CLEAN & PRESS (8 cts) 4x
	1:00 (Heavy beat)	4x8	1/1 DEADROW 4x
	1:14 (Synth)	8x8	3/1 DEADLIFT 8x
	1:41 (Heavy beat)	4x8	1/1 CLEAN & PRESS 4x
	1:55 (Lower beat)	4x8	1/1 DEADROW 4x
RECOVERY	2:09 (Quiet)	4x8	Bar down. Torso Twists
2	2:22 (Synth)	4x8	4/4 DEADLIFT 2x
	2:36 (Clap)	4x8	3/1 4x
	2:49 (Drum)	4x8	1/1 DEADROW 4x
	3:03 (Heavy beat)	4x8	1/1 CLEAN & PRESS 4x
	3:17 (Heavy beat)	4x8	1/1 DEADROW 4x
	3:30	8x8	1/1 CLEAN & PRESS Option: 4x CLEAN & PRESS and 4x DEADROW 8x
RECOVERY	3:58 (Quiet)	1x8	Bar down
	4:02 (Steady)	4x8	Torso Twists. Option: Add weight
3	4:15 (Synth)	28x8	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).



5 TRICEPS

SMARTSTART

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

Waiting For Love > 5:33 mins

5

WEIGHT SELECTION

REGULARS: Barbell with Warmup or more

1x medium to large plate

NEW PEOPLE: Warmup weight on the barbell

1x small plate

TRACK FOCUS

Focus on great pre-cues for the fast changes.
Clearly explain how to execute the Tricep Pushup
and provide options so everyone can stay in the
workout.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Pushups and Tricep Presses: Triceps and
Deltoids

Standing Tricep O/H Extensions: Triceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8 SET UP for TRICEP EXTENSION	
	0:11 V1 A will	4x8 2/2 TRICEP EXTENSION	4x
	0:26 Every tyrant	4x8 1/3	4x
	0:41 PC Monday left	4x8 3/1	4x
	0:56 Thank the	4x8 1/3	4x
	1:10 Ref To come	2x8 4/4 TRICEP PRESS	1x
	1:18 Instr (Synth)	8x8 2x BOTTOM HALF (8 cts)	8x
	1:47 (Beat synth)	4x8 4x BOTTOM HALF PULSE (8 cts)	4x
TRANSITION	2:01 V2 We are one	4x8 Transition: TRICEP PUSHUP at end of bench	
2	2:15 PC Monday left	4x8 3/1 TRICEP PUSHUP Option: Toes, knees, kneeling	4x
	2:30 Thank the	4x8 1/3	4x
	2:45 Instr Come	7x8 2x BOTTOM HALF	7x
	3:10 (Build)	1x8 Transition: STANDING O/H EXTENSION	
	3:14 (Beat synth)	8x8 4x STANDING OVERHEAD EXTENSION (8 cts)	8x
	3:43 Br (Quiet)	1x8 Plate to chest and HOLD	
TRANSITION	3:47 V3 We are one	4x8 Transition: TRICEP PUSHUP at end of bench	
3	4:01 PC Monday left	4x8 3/1 TRICEP PUSHUP Option: Toes, knees, kneeling	4x
	4:17 Thank the	4x8 1/3	4x
	4:30 Instr Come	7x8 2x BOTTOM HALF	7x
	4:56 (Build)	1x8 Transition: STANDING O/H EXTENSION	
	5:00 Beat (Beat synth)	8x8 4x STANDING OVERHEAD EXTENSION	8x
	5:29 Outro	1x8 Plate to chest and HOLD	

RECOVERY: Shake the arms; Tricep Stretches.

1 TRICEP EXTENSION / TRICEP PRESS

LAYER 1

Coach Layer 1 Position and Execution Setup of the Tricep Extension and Press. Use NETT, focusing on great pre-cues for the fast changes in tempo.

TRICEP EXTENSION

- **Shoulder-width grip on the bar**
- **Abs in and braced**
- **Shoulders back and down**
- **Bar to forehead**
- **Elbows stay above your shoulders**
- **Squeeze elbows in to engage the triceps**
- **Push your feet into the floor**

TRICEP PRESS

- **Slow Press straight down to the body**
- **Bar to lower ribs**
- **Abs in and braced**
- **Elbows to the top of bench, close to body**
- **Squeeze the elbows in to feel the triceps**
- **Relentless work coming for you**
- **Bottom Half Pulses 4, 3, 2 and up**
- **Stay low to feel the heat in the triceps**

2 TRICEP PUSHUP / STANDING OVERHEAD EXTENSION

LAYER 1/LAYER 2

Coach Layer 1 Position and Execution Setup for the Pushups and Overhead Extensions using NETT. There are lots of Pushups, so offer the option to dial the intensity up or down so everyone can stay in the workout. You have time to set stability at the start of these Pushups, and this Layer 2 focus will help improve your participants' technique. Coach the fast transition to the Standing Overhead Extension so the class doesn't miss the reps.

TRICEP PUSHUP

- **Come to the end of the bench**
- **Hands on the bench**
- **Squeeze under the armpits to engage the lats for stability**
- **Chest to elbow level**
- **Brace your core**
- **Elbows in and back**
- **Bring your knees closer to the bench as an option**
- **Extra challenge on your toes**
- **Feel the load now**

STANDING OVERHEAD EXTENSION

- **Quick transition**
- **Chest lifted, abs braced**
- **Plate to the base of the neck**
- **Extend the arms at the top**
- **Squeeze the elbows in**

3 TRICEP PUSHUP / STANDING OVERHEAD EXTENSION

LAYER 2/LAYER 3

Quickly reinforce the basics then use an external focus of 'pushing the bench away' to help the class push through the Bottom Half Pulses. This external focus can produce an increased effort from participants. Reinforce options and let the class know you can feel it too. This track is relentless but we don't give up! Hook into the lyrics to bring them to the finish line.

TRICEP PUSHUP

- **Place your palms firmly onto the bench**
- **Remember the target – chest to elbow level**
- **Remember the option – knees, knees closer to the bench or on your toes**
- **I know it's getting tough so focus on pushing the bench away from you as hard as you can**

STANDING OVERHEAD EXTENSION

- **Feet under hips**
- **Arms over head**
- **4x Bottom Half Pulses, drive the plate to the roof**
- **Relentless tricep training, defining the back of your arms**
- **Can you feel it?**

PERFORMANCE

Everybody will love this song! Help your class enjoy the music to keep them motivated through this relentless training for the Triceps. Try using intrinsic-type cues (the internal sense of satisfaction you get from training) and extrinsic cues (the external rewards from training, eg sculpting the back of the arms) to keep everyone committed to the finish. Show your class that you can feel the burn too!

PUMP FACT

Combining lots of different exercises, as we do in this track, keeps changing the muscular recruitment allowing us to keep the intensity level high.

6 BICEPS

We Don't Run > 4:39 mins

6

WEIGHT SELECTION

BARBELL

Barbell with Warmup weight or slightly less
Option: To use plates

DEMONSTRATE

Triple Mid-Range Pulse

TRACK FOCUS

Coach great execution through timing and range to manipulate intensity in the Mid-Range Pulse. Sell the benefits of this training.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:04 Intro	2x8 SET Position	
	0:12 Instr (Guitar)	2x8 SHOULDER ROLL	1x
	0:18 V1 Take a look	4x8 2/2 BICEP CURL SPLIT Stance	4x
	0:31 I'm not afraid	4x8 3/1	4x
	0:43 C We don't run	8x8 COMBINATION SET Stance 1x 1/3 BICEP CURL (8 cts) 3x MID-RANGE PULSE (8 cts)	4x
RECOVERY	1:08 Rep Run	2x8 SHOULDER ROLL	1x
2	1:13 V2 Take me to	4x8 2/2 BICEP CURL SPLIT Stance	4x
	1:26 I'm not afraid	4x8 3/1	4x
	1:38 C We don't run	8x8 COMBINATION SET Stance	4x
RECOVERY	2:02 Rep Run	2x8 SHOULDER ROLL	
3	2:08 Ref There's fire in	2x8 2/2 BICEP ROW SET Stance (16 cts)	1x
	2:14 Instr (Guitar)	4x8 1/1 (8 cts)	4x
	2:26 C We don't run	8x8 COMBINATION	4x
	2:51 Rep Run	8x8 7x MID-RANGE PULSE (16 cts)	4x
RECOVERY	3:17 Br (Quiet)	1x8 SET Position	
	3:19 Rep Run	2x8 SHOULDER ROLL	1x
4	3:25 Ref There's a	2x8 2/2 BICEP ROW SET Stance	1x
	3:32 Instr (Guitar)	4x8 1/1	4x
	3:44 C We don't run	8x8 COMBINATION	4x
	4:09 Rep Run	8x8 7x MID-RANGE PULSE (16 cts)	4x

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

1 BICEP CURL

LAYER 1

Clearly set up target zones, range and tempo using NETT.

- SET Position, feet under your hips
- Bend your knees, roll your shoulders back and down
- Split Stance, weight even in both legs
- Lift up your chest, brace your abs
- Bar stops in front of shoulders
- Lower all the way down to the thighs
- Up quickly, down slowly, Mid-Range Pulse – 3, 2, 1 and down
- 1 inch (2.5 cm) above halfway – that's the range

2 BICEP CURL

LAYER 2

Set 2 is short so enhance the feel by coaching clear Bicep Curl execution through perfect range of movement. You want them to know and feel the chorus combination by the end of this set. Make sure you cue timing with clarity.

- Reset – round 2, Split Stance
- Elbows stay directly under your shoulders to keep you in load
- Good range creates the isolation
- Combination... hit it!

3 BICEP ROW / BICEP CURL

LAYER 1/LAYER 2

Coach Layer 1 for the Bicep Row. Manipulate the intensity (by coaching more stability for more isolation) in the Combination and 7x Pulses. The class will need lots of timing cues so they don't 'check out' of the Pulses! Lead and inspire them to push through.

BICEP ROW

- Change of exercise, slow Bicep Row
- To the knees, ribs, knees, stand up
- Butt back, chest up, brace abs

BICEP CURL

- Combo: up quickly, down slowly
- Feel the load coming into the arms now
- Control on the way down
- 7 Pulses
- Don't run, stay and fight
- 1 inch (2 cm) above – keep it small and stable
- Pulses create the burn

4 BICEP ROW / BICEP CURL

LAYER 3

Layer 3 is about hooking into the musical feel and intensity of the Pulses to push everyone to the finish line together. Show that working hard can be fun – this delivers intrinsic motivation, helping participants succeed by getting there them to love the feel of working hard. How will you bring your class to the end?

- Repeat Set 3, slow Row
- Pull and release
- Are you still with us?
- Finish it strongly
- Quick, slow, hit... I love it!
- We're not backing down
- Fire in the arms
- Home time, stay with us
- Every repetition counts
- Lock it in, light it up

INTENSITY

There's little recovery but you will feel a slight release from the Bicep Row. The 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.

PERFORMANCE

Performance occurs when you sit in the essence of the track: strong and grounded, leading people into the feel and emotion of the song. It's a combination of matching your voice, face and body language with the music. There are many opportunities to just sit in the song and the movement – Glen says the musical magic is in the combination.

PUMP FACT

When an instructor demonstrates a sense of enjoyment when they are training hard themselves, they help their participants fall in love with their own training. This helps cement long term fitness habits.

7 LUNGES

How Deep Is Your Love > 5:46 mins

7

WEIGHT SELECTION

REGULARS: Bicep to Chest weight
NEW PEOPLE: Body weight
Option: Use plate only



DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Coach execution and sell the benefits of the new pulsing rhythm in the Squats and Lunges.

MUSCLE FOCUS

Squats and Lunges: Glutes and quads

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SET UP SQUAT MID Stance	
	0:20 Instr (Build)	4x8 2/2 SQUAT MID Stance	4x
	0:34 Br	1x8 Transition: WIDE SQUAT	
	0:38 Instr (Low)	6x8 4/4 SQUAT WIDE Stance	3x
	0:59 QC Your love	4x8 3/1	4x
	1:14 Your love	4x8 2/2	4x
	1:29 Instr (Bup)	4x8 1/1	8x
	1:43 Beat (Funky beat)	8x8 8x BOTTOM HALF PULSE (16 cts)	4x
TRANSITION	2:12 Br	1x8 Transition: LUNGE L (R foot Back)	
2	2:16 V2 My eyes	4x8 4/4 LUNGE L	2x
	2:31 QC Your love	4x8 3/1	4x
	2:45 Your Love	4x8 2/2	4x
	3:00 Instr (Bup)	4x8 1/1	8x
	3:14 (Funky beat)	8x8 8x BOTTOM HALF PULSE	4x
	3:43 (Down beat)	4x8 1/1	8x
TRANSITION	3:58 Br	1x8 Transition: LUNGE R (L foot back)	
3	4:02 V3 My eyes	28x8 REPEAT SET 2 R	

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE SQUAT / WIDE SQUAT

LAYER 1/LAYER 2

Cue Position and Execution Setup. Using NETT, coach good Squat technique: timing, target zones and leg alignment. Focus on timing cues for the new rhythm in the Squats so the class can execute well. The key is to stay in the Bottom Half to create heat and pressure in the muscles.

MID STANCE

- Heels just outside hip-width
- Turn the toes out slightly
- Belly in and braced
- Lift chest and slide shoulder blades down into ribs
- Sit your hips back and down
- Knees move forward in line with toes

WIDE STANCE

- Push your hips back further to work the glutes
- Drive knees out more
- Butt stops just above knees
- Chest up
- Abs braced
- Push through the heels as you rise
- Hips stop under shoulders
- Momentum is building
- New rhythm 8, 7, 6, 5, 4, 3, 2, 1, up
- Stay low and feel the new rhythm
- This is how we are going to get results today

2 LUNGE

LAYER 1/LAYER 2

Coach basic Layer 1 cues for good technique in the Lunge – establishing Position and Execution. Once everyone is moving well, coach range and precise timing to help participants improve execution and experience the feel of the Pulses. Next, focus on Layer 2 cues to manipulate intensity by staying in the Bottom Half Pulse which creates pressure to shape and tone fast. Pre-cue the last set of Singles after the Pulses as they won't be expecting them.

- Back knee towards the floor
- Hips and shoulders square to the front
- Front thigh parallel to the floor
- Lift chest and brace your core
- 2/2 – down, down, up, up
- How deep is your Lunge?
- Focus on down and up, not forward and back
- Crew – 8 Pulses
- 8, 7, 6, 5, 4, 3, 2, 1
- Stay low – we are toning and shaping
- This is how we create great legs and this is why we are doing this
- Drive through the front heel to activate glutes
- Push front knee out

3 LUNGE

LAYER 2/LAYER 3

Reset the Lunge with timing and execution cues to get everyone moving well. Explain how to improve execution and manipulate the intensity to work harder and feel more muscle burn. The burning sensation tones and shapes our legs fast. Motivate everyone by using the Track Focus of rhythm and range. Try including extrinsic and intrinsic Motivational Cues to help participants succeed.

- Square hips and shoulders forward
- Set the range again, front thigh parallel to the floor
- Chest up and abs braced
- Drive front knee forward to engage side glute
- If you feel like you're going to stop, drop the bar as we want to finish together
- Singles, 1, 2
- Last chance to nail the Pulses
- We are all heading in the same direction and that's down
- Feel the burning sensation in the legs
- You're at the point when you want to give in, but you're not going to
- How deep is your desire for leaner legs?
- 8 reps away from success
- Yes we can!

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. You want them to continue, not stop. The aim is to make everyone feel successful.

PUMP FACT

Bottom Half Pulses use muscle occlusion to create fatigue. Holding pressure in the muscle with no release at the top reduces blood supply. This accelerates the onset of fatigue, which is the key to creating change.

8 SHOULDERS

Bumble Bee > 5:50 mins

8

WEIGHT SELECTION

Barbell with Bicep – Chest weight
Option: Use 2x light/medium plates for the entire track

BARBELL

2x PLATES

TRACK FOCUS

Clearly coach Position and Execution Setup of all the exercises so your class is moving well. Coach the difference between the benefits of isolated and integrated exercises.

MUSCLE FOCUS

Bar work: Deltoids, trapezius
Plate work: Muscles of upper back, deltoids and core
Pushup: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 SET UP KNEELING REAR DELTOID FLY	
	0:21 Instr (Keyboard)	4x8 4/4	2x
	0:35 (Clap)	4x8 3/1	4x
	0:50 (B up)	4x8 1/3 Last rep, transition into KNEELING SIDE RAISE	4x
	1:04 Beat (Rhythm)	12x8 COMBINATION 1: 4x KNEELING SIDE RAISE (16 cts) 4x KNEELING MAC RAISE L R (16 cts)	3x
TRANSITION	1:48 Br _ Break	3x8 Plates down. Stand up, pick up bar	
2	1:59 Ref _ It's alright	2x8 4/4 STANDING UPRIGHT ROW SET Stance	1x
	2:07 Break through	4x8 3/1 Last rep, transition to OVERHEAD PRESS position	4x
	2:21 Instr (Drum)	4x8 2/2 STANDING OVERHEAD PRESS SPLIT Stance	4x
	2:35 (B up)	4x8 1/1/2 STANDING PUSH PRESS SET Stance	4x
	2:50 (Rhythm)	12x8 COMBINATION 2: 4x 1/1 STANDING OVERHEAD PRESS SPLIT Stance (16 cts) 4x 1/1 STANDING PUSH PRESS SET Stance (16 cts)	3x
TRANSITION	3:34 Br (Silence)	1x8 Bar down	
	3:37 Break through	4x8 Option: Add weight Shake out arms	
3	3:52 Ref Through	4x8 3/1 STANDING UPRIGHT ROW SPLIT Stance Last rep, transition to OVERHEAD PRESS position	4x
	4:07 Instr (Drum)	4x8 2/2 STANDING OVERHEAD PRESS	4x
	4:21 (B up)	4x8 1/1/2 STANDING PUSH PRESS SET Stance	4x
	4:35 (Rhythm)	12x8 COMBINATION 2	3x
	5:19 (Low)	2x8 Transition: PUSHUP	
	5:27 Outro	6x8 1/1 PUSHUP Option: After 4x reps to go double speed Option: Toes, knees, kneeling	12x

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

1 KNEELING REAR DELTOID FLY / KNEELING SIDE RAISE / KNEELING MAC RAISE COMBO

LAYER 1

Cue Position and Execution Setup using NETT for good lifting technique and timing in all three exercises.

KNEELING REAR DELTOID FLY

- Kneeling position
- One leg forward
- Tip forward from the hips
- Chest lifted, brace abs
- Plates face inwards
- Lean forward
- Eyes 6.5ft (2 meters) ahead
- Elbows slightly bent
- Finish with the plates under shoulder line
- Keep tension between the shoulder blades

KNEELING SIDE RAISE

- Combination: 4x Kneeling Side Raise, 4x Kneeling Mac Raise
- Lift elbows up to keep plates up
- Elbows under shoulders

KNEELING MAC RAISE

- Brace abs and lift chest
- Rotate through the center of the chest
- Plate stops just under shoulder line
- Back elbow high
- Rotate to engage the obliques

2 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS

LAYER 1

Coach Layer 1 Position and Execution Setup of all the exercises so your class is moving well. Pre-cue the combination of Overhead Press and Push Press so the class understands the timing. Coach stability so participants feel the isolation begin to kick in by the end of the set.

UPRIGHT ROW

- Feet under hips
- Bar to lower chest
- Chest lifted
- Elbows just above the bar

OVERHEAD PRESS

- Catch bar under your chin
- Split stance
- Bar from chin to ceiling
- Brace your core, keeping your chest up
- Slow and smooth

PUSH PRESS

- Step in
- Up fast, down slowly
- Bar to collarbones
- Bend and drive through legs
- Brace through core
- Dynamic Press, push out of the floor



3 STANDING UPRIGHT ROW / STANDING OVERHEAD PRESS / STANDING PUSH PRESS / PUSHUPS

LAYER1/LAYER 2/LAYER 3

We repeat the exercises, going for maximum effort. Use Layer 2 cues to improve participants' technique so they create more intensity for better results. It's all about core stability to create isolation and integration. (Quickly coach Position and Execution Layer 1 cues to get your class down fast for the Pushups then challenge them to go for it). Use the music and Layer 3 Motivational Cues to take your participants into an intense shoulder training zone, especially in the Pushups. Go all out!

- *It's all about that shoulder combination*
- *Core activation, isolation, integration*
- *Brace the core and sink into the legs to stay strong*
- *Dynamic power transferring from the floor to the core*
- *Under the chin, you've got it*
- *Load and explode!*
- *What have we got left? Pushups*
- **Hands wide**
- **Chest to elbow level**
- *Knees or toes*
- **Core braced**
- *Max effort – go as fast as you can!*

INTENSITY

This track uses 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. Short recoveries keep the intensity high to burn more calories – getting us stronger and leaner!

PUMP FACT

Keeping the hips square and rotating from the centre of the chest during the Mac Raises combines thoracic mobility with strength work. This helps with activities such as throwing, racquet sports and running.

TRACK FOCUS

Coach with simple precise cues to execute all moves well. Then encourage your participants to lift higher to achieve the burn.

MUSCLE FOCUS

Crunch and Pulse Crunch: Rectus abdominis
Oblique Twist: Rectus abdominis and obliques

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	2x8	SET UP for CRUNCH
	0:16 V1 Life just	4x8	2/2 CRUNCH Fingertips to temples 4x
	0:33 PC Oh it's too	4x8	2/2 OBLIQUE TWIST L&R 2x
	0:50 Instr (Saxophone)	4x8	4x PULSE CRUNCH (8 cts) 4x Reach forward, tap floor in between reps
2	1:07 V2 Life just	4x8	2/2 CRUNCH 4x
	1:25 PC Oh it's too	4x8	2/2 OBLIQUE TWIST L&R 2x
	1:43 Instr (Saxophone)	4x8	4x PULSE CRUNCH 4x
RECOVERY	2:01 Ref _ What can	2x8	Release abdominals
3	2:09 So I guess	2x8	4/4 CRUNCH Fingertips to temples 1x
	2:17 _ Pop lie like	8x8	2/2 OBLIQUE TWIST L&R 4x
	2:52 Rep _ Uh it just keeps	2x8	8x PULSE CRUNCH 1x

1 CRUNCH / OBLIQUE TWIST / PULSE CRUNCH

LAYER 1

Coach Layer 1 Position and Execution Setup of the moves with timing cues.

CRUNCH

- Lie down side-on to the stage
- Feet in close to your butt
- Fingertips to temples
- Crunch up for 2, up, up, down, down
- **Slide your ribs to hips as you crunch up**
- **Chin tucked in and eyes look in between knees**

OBLIQUE TWIST

- New move – up and twist
- Lift, twist to the front, centre and down
- Now twist to the back
- Shoulders off, shoulders off, shoulders off, then down
- **Back shoulder towards front knee**

PULSE CRUNCH

- Reach long to pulse for 4 counts
- 4, 3, halfway down, tap the floor
- Stay in top few inches
- Keep the tension on and crush the ribs to the hips

2 CRUNCH / OBLIQUE TWIST / PULSE CRUNCH

LAYER 2

Once the class has the basics, explain how to execute the move with more precision to manipulate the intensity. Explain where they should be feeling it.

- Elbows stay wide as you crunch up
- Lift as high as you can on the Crunch and clear your elbows off the floor as you twist
- Ready to pulse, chin tucked in – go
- 4, 3, 2, halfway down
- Stay up even higher now, you want to 'juice out' your abdominals

3 CRUNCH / OBLIQUE TWIST / PULSE CRUNCH

LAYER 3

Use the quick recovery to connect to your class before the short last set to finish the track. Sell the benefits of core training.

- Last set, fingertips to temples
- Slow crunch up
- Let's twist
- This move feels good and also makes your waistline smaller so we like that!
- There should be a big burn going on in the upper abs
- Hang in, lift high
- Stay up as high as you can for the Pulses
- Does it keep getting better? Yes, it does!

PUMP FACT

Core strength provides the foundation for all lifts. A stronger core allows us to increase weights in all the tracks in BODYPUMP, therefore helping to fast track results.

10 COOLDOWN

Purple > 3:48 mins

10

TRACK FOCUS

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

SET	MUSIC	EXERCISE
1	0:05 Intro	2x8 CHILDS POSE
	0:15 V1 I've been holding	4x8 SEATED HURDLER STRETCH L
	0:35 Lalaaa	4½x8 KNEELING HIP FLEXOR STRETCH R L Leg F, R arm lifted Side release after 2x8
	0:59 C And so we fall	5x8 KNEELING HAMSTRING RELEASE L
2	1:25 V2 Last night	4x8 SEATED HURDLER STRETCH R
	1:45 Lalaaa	4½x8 KNEELING HIP FLEXOR STRETCH L Side release after 2x8
	2:08 C And so we fall	5x8 KNEELING HAMSTRING RELEASE R
3	2:34 Ref _ Ohhh	2x8 STANDING QUADRICEP STRETCH L
	2:45 Love and	2x8 STANDING QUADRICEP STRETCH R
3	2:55 Instr Faall	1x8 STANDING SHOULDER STRETCH L
	3:01 I'm left here	2x8 STANDING ILIOTIBIAL BAND (ITB) STRETCH L
	3:10 Battles won	2x8 STANDING ILIOTIBIAL BAND (ITB) STRETCH R
	3:20 Lalaaa	1x8 STANDING SHOULDER STRETCH R
	3:26 Outro Now the battles won	4x8 Clap to finish

COACHING TIPS

- Be descriptive in how to stretch and where it should be felt
- Acknowledge the effort that's gone into the workout today and congratulate everybody on completing it!