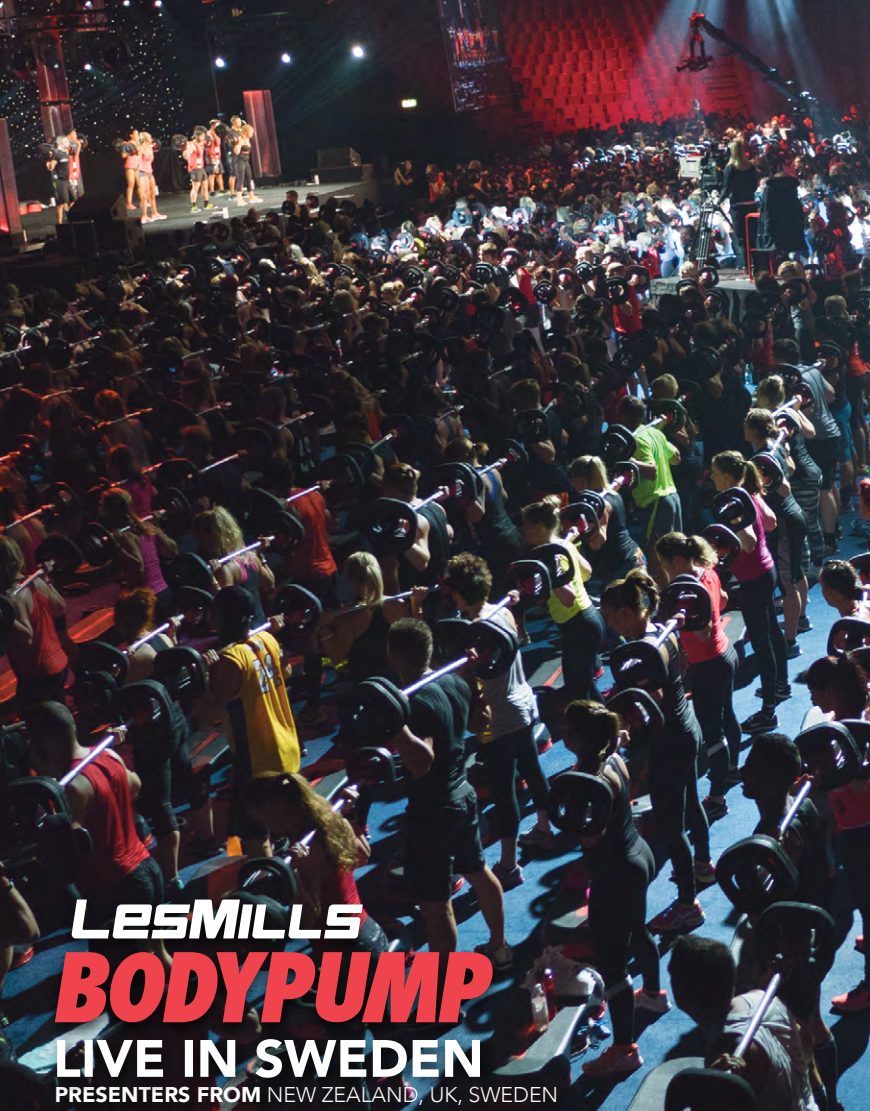




LES MILLS **BODYPUMP** **LIVE IN SWEDEN**

PRESENTERS FROM NEW ZEALAND, UK, SWEDEN

RELEASE

97

FEATURES

- BODYPUMP & BONE HEALTH
- MIXING RELEASES
- BODYPUMP: CONNECTION & PERFORMANCE
- 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.

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	Bassjackers & 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: AJ, Pontare, Garritsen, Aldred, Bergling	Avicii	3:47
	Waiting For Love Courtesy of the Universal Music Group. Written by: AJ, 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: Duvali, 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: Duvali, Koolman, McDermott, Wroldsen	Calvin Harris	1:45
8 SHOULDERS	Bumble Bee Courtesy of the Universal Music Group. Written by: Gamson, Zavlasaki, Troutman, Botnek	Zedd & Botnek	3:36
	Bumble Bee Courtesy of the Universal Music Group. Written by: Gamson, Zavlasaki, 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

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

CREDITS

Choreography	– Glen Ostergaard
Chief Creative Officer	– Dr Jackie Mills
Creative Director	– Diana Archer Mills
Program Planner	– Carrie Dean
Program Coach	– Kylie Gates
Technical Consultant	– Bryce Hastings
Technical Advisor	– Corey Baird
Technical Advisor	– Thomas Cerboneschi

Please note: The 30 and 45-minute class formats have been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

Alt	alternating	V	verse	3/1	6 counts down, 2 counts up
B up	build up	1/1	2 counts down, 2 counts up	4/4	8 counts down, 8 counts up
Br	bridge (non-chorus)	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B	1/2/1	2 counts down, 4 counts hold, 2 counts up
C	chorus	1/1/2	2 counts down, 2 counts hold, 4 counts up	8/8	16 counts down 16 counts up
cts	musical counts	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 (music, footage 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 97



From L-R: Ben Main (Shadow), Mathilda Bjork (Shadow), Glen Ostergaard, Dave Kyle, Kylie Gates, Marcus Benson, Petter Ehrnvall, Libby Day

BODYPUMP 97! What an epic release! This class is on the charts with electric feel, and we filmed in Sweden to add even more intense magic for your viewing and learning pleasure.

My musical highlights – check out the Squats, Back, Triceps and Lunges tracks for some killer sounds.

In terms of Track Focus and feel – my BIG focus (and hopefully yours) is to bring the music to life and have a great balance of high-level coaching as well as musicality and feel! How can you do this? Simple. Stick to the basics – timing and range. Get that locked down and you'll be OK.

A few tips...

The training effect is behind the music, with lots of tension, lots of pulses – including the highlights of the new pulse rhythm in Track 7 – as well as the 8 Clean & Presses (yes, you read that correctly!) in the Back track. Don't forget to option 4 Cleans and 4 Rows in that track, so everyone is successful. Oh, and one last tip... The Triceps track is the toughest one ever! Ha!

And hey, let's work on creating Performance in BODYPUMP; step inside the music – step inside your Ultimate You – push play and go!

Enjoy!

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.

Dave Kyle (United Kingdom) is a BODYPUMP and CXWORX™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYATTACK, BODYCOMBAT™, BODYVIVE 3.1™ and an RPM Instructor. He is also a Les Mills Training Manager and sports massage therapist, based in Edinburgh, Scotland.

Kylie Gates (New Zealand) is the Head Program Coach for BODYPUMP and Creative Director for BODYATTACK, BODYBALANCE™/BODYFLOW®, BODYVIVE 3.1, CXWORX and SH'BAM™. She is based in Auckland.

Libby Day (United Kingdom) is a BODYPUMP, BODYVIVE 3.1 and CXWORX Instructor and Trainer, a personal trainer and a group fitness manager. She was awarded the United Kingdom's Group Exercise Manager of the Year in 2010 and the Outstanding Contribution to Group Exercise Award in 2012.

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

Petter Ehrnvall (Sweden) is a BODYPUMP, BODYCOMBAT, CXWORX and an RPM Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a BODYATTACK Instructor. He is also the Training Director for Les Mills' Nordic team.

BODYPUMP & BONE HEALTH

It has been predicted that, by the year 2020, osteoporosis will afflict 14 million people in the over-50 population, globally.

An additional 47 million are likely to suffer from low bone mass.

Why should we be worried?

Having low bone mineral density can be devastating as we age. Fractures of the hip are a common occurrence for older people with osteoporosis. Statistics tell us that **one in five people over 50 years of age will die within 12 months following a hip fracture**, and less than one third will regain their normal level of functioning.

Loss of bone density can start at as young as 35 years old, and after the age of 40, the rate of decline accelerates. **It's vital that we build a peak bone mass before this rapid decline**, and that we maintain this bone mass later on in life.

Resistance training is prescribed to maintain and increase bone mass. The traditional prescription has been to lift heavy loads for low repetitions. Although this type of training is accepted widely, it is not always practical for certain populations. Lifting very heavy weights in the gym can present barriers for older and untrained adults and women, for whom this type of high intensity can be outside the realm of their physical capabilities.

Les Mills BODYPUMP is highly attended, both by older participants and women. This program is seen as being more achievable and less intimidating than the traditional strength training model of heavy weights for low reps. However, until now, there has been no specific

evidence as to how BODYPUMP affects bone density.

Previous studies have presented conflicting evidence as to whether a low-load, high-repetition program can increase bone mineral density. This lack of clear consensus led us to conduct a study to discover what effect BODYPUMP can have on this issue.

A total of 20 adults completed a 27-week study at the FITOLOGY group fitness studio.

They were randomly put into two groups – either total-body resistance strength training or core strength training. The participants were 28 to 63 years of age and included people who suffered from osteopenia, and also those who were postmenopausal. These are two populations who would greatly benefit from increasing bone mineral density.

The strength training group completed classes in BODYPUMP, the core training group took classes in BODYBALANCE/BODYFLOW, and both groups also participated in RPM.

The results were rather amazing.

The group that took part in BODYPUMP saw their arm bone mineral density increase by 4%, leg by 8%, pelvis by 7% and spine by 3%.

The **BODYPUMP group gains in squat strength were 25.3% greater** than that of the core strength group. This increase in squat strength was directly related to increases in their bone density. In other words, increasing your ability to squat will improve your bone mineral density.

The other strong improvement was an increase in pelvis bone mineral density. Improving bone density in both the pelvis and legs is extremely significant when it comes to **avoiding potentially fatal fractures of the hip.**

One of the really great things about BODYPUMP is that it is a very accessible program for older and untrained adults and women. As the load is low and you select your own weights, it is an easier program to practise long term trying to lift heavy loads in the weights room. Participants with osteopenia increased their bone density around the hip and pelvis area by 29% while our postmenopausal women saw 22% increases in the same region.

The results of this study clearly show that a low-load, high-resistance program is an effective way to increase bone mineral density. **BODYPUMP, therefore is the perfect way to stay fit and strong and remain healthy as we age.**

For more on this study, go to
<http://www.minervamedica.it/en/journals/sports-med-physical-fitness/article.php?cod=R40Y9999N00A150155>



MIXING RELEASES

How you mix up tracks has a major effect on how many calories your participants will burn.

We ask that you teach each new release for at least two weeks after launching. This is to give people time to master any new exercises and become familiar with the new choreography. It also creates a bond between instructors and participants around the globe, as we all experience the magic of a new release at the same time.

But how long is too long to be teaching the same release? Should we EVER mix releases?

To answer these questions, we looked at calorie expenditure from three different new releases and measured the output in over 1,000 workouts. Each person completed three classes a week from our cardio formats, plus two BODYPUMP classes.

The first time a person completes a new class, their caloric expenditure is slightly less than in their regular classes.

Participants tell us they do not feel as confident about the exercises when they are new. However, the second time a person completes that release their caloric expenditure is back to the levels we would expect to see during a typical class.

Unfortunately, if we continue to repeat exactly the same tracks for the next three to five classes, **caloric expenditure decreases and then actually stays below normal.** Based on after-class survey data, this drop in expenditure is because the participants find the class slightly less challenging and interesting. Members know what to expect and they learn how to minimize their expenditure. Quite

simply, they cheat!

Consider the people who come to YOUR class. New people will need more time to become familiar with each workout. To deliver a quality class to your members, you also need to have enough time to feel confident about the choreography. But, based upon calorie expenditure we can provide the following guidance for you and your club.

What is the ideal number of tracks to switch up every week?

- **Change RPM and BODYPUMP the most.**

If you are teaching a regular group of members, try to **change 6 to 8 tracks per week** in order to maximize energy expenditure.

- For BODYATTACK, BODYCOMBAT and SH'BAM try to switch out **3 to 5 tracks each week.**
- For BODYSTEP, BODYVIVE, CXWORX and BODYBALANCE/ BODYFLOW try to vary your playlist by **2 to 4 tracks each week.** LES MILLS GRIT Series has specific considerations for each release. Check your choreography notes for these guidelines.

When you mix releases it is important that you select your playlists carefully. Programs such as BODYCOMBAT, BODYJAM, or BODYBALANCE/ BODYFLOW often have a sequence of movements that are introduced, mastered, and repeated throughout the release. Therefore, it may not be possible to follow these guidelines for every release.

And, of course, be aware of how many tracks you can switch each week while still being able to master and deliver the choreography in a clear, motivating way.

The bottom line is that we want to provide the best fitness experience in every class... so how about it? Give it a try-mix it up!



BODYPUMP: CONNECTION & PERFORMANCE

We've made some big changes to Connection in initial training, because connecting to people is the secret to success in our classes. After all, without Connection, you don't have group fitness!

To create Connection in your classes:

Always **approach everyone in your class with Respect and Care**. Remember – the people in your classes have given up their time to train with you. Talk to your members before class, learn their names, and remember things about them. Welcome everyone along and make them feel good about coming to YOUR class.

Be real. Be yourself – not putting on a 'big instructor' act. Be authentic, confident, challenging and inspiring. Remember to have a laugh! BODYPUMP is strong and powerful but we're not training for the Olympic Games.

Connect with the **different learning styles** in your class – visual, auditory and kinesthetic. People receive information differently, so how you look is important, what you say is important, and what you do is important. Some people need a lot of verbal information, some need you to be really clear with your body language and your facial expressions, and others just need to try it for themselves.

Try any two of the following tools next time you teach:

1. Look, and hold people's eyes (not body parts!) and smile.
2. Say, do, look – say the cue, do it, then look to check people have got it before you move on.
3. Connect with all four quadrants of the room.
4. Look, acknowledge and praise when you see something good happening. The acknowledgment can be as simple as eye contact or a nod. And praise can be a smile or a comment like: "People down the back, I can see you are working hard!"
5. Teach one person. If you are struggling to connect with the group, make eye contact with one person and deliver your coaching to them. Everybody in the room will benefit.
6. Use CRC. Connect with someone – Recommend a change – and Commend the change when you see it occurring.

There are four elements that are key to creating a great Performance:

1. **The Music** in BODYPUMP generates the atmosphere, and it's at the core of everything we do. It drives how we use our voice and our movements. The key to

Performance is to match what you say and do to the musical feel of the track.

2. **Your Actions and Your Face.** Because we are restricted by the barbell and movement patterns, how you use your facial expressions is extremely important. Your posture and movements need to be big and inspirational.
3. You have to work on mastering **Your Voice** to create the journey of the workout. We have two voices:
 - We use a **conversational** voice mainly during verses.
 - And we use the **motivational** voice. This can be building – which we use in the pre-chorus, with more pace and urgency – and in the chorus you can use a big or intense voice. Remember, your voice and your coaching should work together with the musical journey of the track.
4. Teaching in the essence of BODYPUMP is the ultimate high-performance state, so you need to be the best and the biggest version of yourself when you're on stage. Fill out the **Ultimate You** questionnaire over the page to get you in the zone.
5. Thank YOU for your continued dedication, which makes BODYPUMP the most popular barbell workout in the world!



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.

BODYPUMP

THE REP EFFECT™

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

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

THE REP EFFECT™.

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

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

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

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

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

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

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

1. Burd N., Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men, PLoS One, August 2010, Volume 5, Issue 8, e12033

2. Wernbom M., Ischemic strength training: a low-load alternative to heavy resistance exercise? Scand J Med Sci Sports 2008; 18: 401–416

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

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

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

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

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

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



1 WARMUP

WEIGHT SELECTION

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,	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.

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

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

WEIGHT SELECTION

BARBELL

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

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	
	0:18	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



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

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

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

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 4x Option: Toes, knees, kneeling
	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 4x Option: Toes, knees, kneeling
	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	1/4x8	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

WEIGHT SELECTION

Barbell with Warmup weight or slightly less

Option: To use plates

BARBELL

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

WEIGHT SELECTION

REGULARS: Bicep to Chest weight

NEW PEOPLE: Body weight

Option: Use plate only

BARBELL 

1x PLATE

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

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
	(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*

8 SHOULDERS continued



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.

9 CORE

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

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!*

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

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



MID Stance



Bottom Range

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



WIDE Stance

WIDER SQUAT

Position Setup

- Heel-toe wider than Wide Squat

Follow-up

- Drive your feet apart
- Knees out



WIDER Stance

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 towards 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.



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



CLEAN & PRESS

Position Setup

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

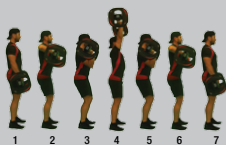
Execution Setup

- 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.



POWER PRESS

Position Setup

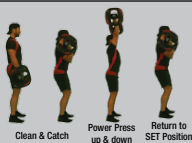
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar at collarbones

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



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
- Squeeze the shoulder blades 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.



TRICEP EXTENSION

Position Setup

- Hands shoulder-width apart
- Elbows pointing down the bench and directly above the shoulders
- Shoulders away from the ears
- Belly in and brace the abs
- Head supported on the bench
- Feet flat on the floor

Execution Setup

- Lower bar to forehead

Follow-up

- Keep the elbows squeezing in together
- Keep the wrists strong
- Keep the elbows directly above the shoulders

Keeping the upper arm vertical with the elbows pointing down the bench during extensions helps to isolate the load to the triceps.



TRICEP PRESS

Position Setup

Same as Tricep Extension.

Execution Setup

- Bar down towards the body
- **Aim for the lower ribs**
- **Elbows no lower than the bench top** to protect the shoulders

Layer 2

- Keep the elbows by the side of the body
- Avoid popping the shoulders forward
- Shoulders away from the ears



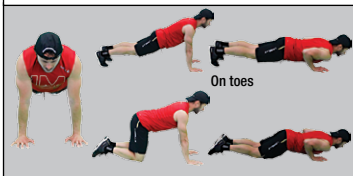
TRICEP PUSHUP

Position Setup

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

Execution Setup

- Elbows stay close to the body
- Elbows to ribs



BICEP CURL

Position Setup

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

Execution Setup

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

Layer 2

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



STANDING OVERHEAD TRICEP EXTENSION

Position Setup

- Split Stance – knees soft, weight even in front and back foot
- Shoulders down
- Belly in, abs braced
- Chest up

Execution Setup

- Plate extends over head and returns to the base of the neck
- Elbows forward

Layer 2

- Sink into the legs and keep a strong core
- Keep the shoulders back and down to keep the work in the triceps



BICEP ROW

Position Setup

- As Bicep Curl

Execution Setup

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

Layer 2

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



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



KNEELING REAR DELTOID FLY

Position Setup

- Kneel with one foot forward
- Body leans on a 45-degree angle
- Chest lifted
- Keep the chin tucked in and the back of the neck long, eyes look about 3 feet (1 meter) in front

Execution Setup

- Lift the elbows to shoulder level
- Squeeze between the shoulder blades
- Elbows slightly bent

Layer 2

- Lead the movement with the elbows
- Keep the chest lifted; try not to drop the shoulders forward
- Shoulders away from ears



KNEELING SIDE RAISE

Position Setup

- Kneeling 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 tucked in

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ear

Option: To increase intensity, widen the angle at the elbow



KNEELING MAC RAISE

Position Setup

- Kneeling position
- Chest up – abs braced

Execution Setup

- Left arm reaches forward (Front Raise), elbow slightly bent; at the same time, right arm lifts to side (Side Raise)
- Plates no higher than shoulders
- Hips and pelvis square to the front, small twist through the upper body

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ear



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).



PULSE CRUNCH

Position Setup

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

Layer 2

- Maintain the height – find the burn



OBLIQUE TWIST

Position Setup

- Lie down on your back
- Fingertips to temples
- Lift and twist to the front
- Opposite shoulder to knee as you twist

Layer 2

- Lift shoulders and shoulder blades as you crunch
- Clear your elbows off the floor as you twist



STANDING PUSH 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





NOTE

LesMILLS



facebook.com/lesmills



@lesmills



@lesmillstribе

Reebok 
ONE

**TO RECEIVE 25% OFF CLOTHING &
FOOTWEAR* SIGN UP TO REEBOKONE**

VISIT REEBOKONE.COM

*AVAILABLE TO INSTRUCTORS WHERE REEBOKONE IS OFFERED