

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)	3/1	4x
	0:50	(Beat build)	2/2	4x
	1:05	(Heavy)	1/1	8x
	1:19	(Cymbals)	4x BOTTOM HALF (16 cts)	2x
	1:35	(Build)	3/1	4x
	1:50	(Heavy)	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)	3/1	4x
	2:38	(Steady build + clap)	2/2	4x
	2:54	(Heavy build)	8x8 1/1/2	8x
	3:24	(Heavy)	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*

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*

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**

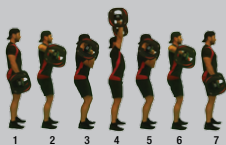
Execution Setup

- 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

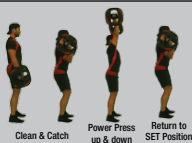
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar at collarbones

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



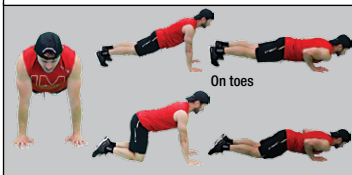
TRICEP PUSHUP

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



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 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



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

