



POWER

LESMILLS BODYPUMP

PRESENTERS FROM NEW ZEALAND, AUSTRALIA, MALAYSIA

RELEASE **98**

FEATURES

- INTERNAL & EXTERNAL COACHING
- NEW RESEARCH: RPM BENEFITS
- 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

Internal & External Coaching New Research: RPM Benefits THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Strong Ones © 2015 Xelon Entertainment. www.xelonentertainment.com Licensed courtesy of Xelon Entertainment Pty Ltd. Written by: van Buuren, de Goeij, Fränkel	Armin van Buuren feat. Cimo Frankel	5:06
2 SQUATS	Techno (Extended Mix) © 2015 SpinninRecords.com, under exclusive license to Hush Recordings, a division of Ministry of Sound Australia. (www.ministryofsound.com.au) Licensed courtesy of Ministry of Sound Australia. Written by: Alessandro Vinal, Andrea Vinal, van Hanegem	Vinai	5:29
3 CHEST	Focus Courtesy of the Universal Music Group. Written by: Ilya, Kotecha, Svensson, Grande	Ariana Grande	3:28
	Focus Courtesy of the Universal Music Group. Written by: Ilya, Kotecha, Svensson, Grande	Ariana Grande	2:20
4 BACK	Chased (Radio Edit) © 2015 Xelon Entertainment. www.xelonentertainment.com Licensed courtesy of Xelon Entertainment Pty Ltd. Written by: Rata, Sixma	Andrew Rayel & Mark Sixma	5:30
5 TRICEPS	Two Minds Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	3:32
	Two Minds Courtesy of the Universal Music Group. Written by: Ray, Watson, Stephens	Nero	2:00
6 BICEPS	Victorious © 2015 Fueled By Ramen LLC. Produced Under License From Atlantic Recording Corp. Written by: DeLeon, Cuomo, Sinclair, Uribe, Baran, Viola, Kibby	Panic! At The Disco	2:59
	Victorious © 2015 Fueled By Ramen LLC. Produced Under License From Atlantic Recording Corp. Written by: DeLeon, Cuomo, Sinclair, Uribe, Baran, Viola, Kibby	Panic! At The Disco	1:35
7 LUNGES	Memories © 2015 SpinninRecords.com, under exclusive license to Hush Recordings, a division of Ministry of Sound Australia. (www.ministryofsound.com.au) Licensed courtesy of Ministry of Sound Australia. Written by: Hollowell-Dhar, Flohr, van Hilst, Mitchell	KSHMR & Bassjacks feat. Sirah	5:28
8 SHOULDERS	Redliner (Studio-X Trap Remix) © 2015 LNG Music. Written by: Agamalis	Nick Skitz	5:27
9 CORE	My House © 2015 Atlantic Recording Corporation. Contains interpolations of "Impeach The President" written by Roy Hammond. Produced Under License From Atlantic Recording Corp. Written by: Hammond, Dillard, Golan, Carlsson, Borrero	Flo Rida	3:11
	My House © 2015 Atlantic Recording Corporation. Contains interpolations of "Impeach The President" written by Roy Hammond. Produced Under License From Atlantic Recording Corp. Written by: Hammond, Dillard, Golan, Carlsson, Borrero	Flo Rida	0:57
10 COOLDOWN	Bird Set Free © 2015 Monkey Puzzle Records, under exclusive license to RCA Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.. Written by: Furler, Kurstin	Sia	4:18

BODYPUMP 98 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warmup
Track 2	Squats
Track 3	Chest
Track 4	Back
Track 9	Core
Total Time	26:49

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	42:02

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 98



From L-R: Ben Main, Reagan Kang, Kylie Gates, Glen Ostergaard, Vili Fifta (Shadow)

Hi guys, and welcome to BODYPUMP 98. We've got some great music for this one – starting with the Warmup. I believe that a strong Track 1 sets the scene for the workout ahead.

In the Squats track, there's 3 stances – not anything different here, but just get in the zone and feel the music pumping through you. In the Chest track, we're working from the base up. This makes for a harder workout with a mix of barbell work and Pushups to accompany this funky song.

The Back track is tough with 8 Cleans. Use the option to teach 4x Clean & Press and 4x Deadlifts if you need to! Then finish up with some Power Presses and you'll be OK.

The Triceps track has the best song in this release in my opinion! This one is a mix of Extensions and Presses on the bench and Tricep seated and overhead work. Enjoy!

The Biceps track has the perfect song for BODYPUMP, where we have lots of isometric holds to pump up the jam.

The Lunges track showcases a new combo of 4 Bottom Half Pulses then 2 Singles. It's a goodie. There are short intense blocks of work – 3 efforts.

The Shoulders track is probably the hardest ever – where we shape and tone with Side Raise/Mac Raise combos, condition the shoulders with barbell Overhead Presses and Pushups. Two big sets to really challenge your class. It's gonna rock you!

In the Core track there's a new move using the bench, to increase our strength even more. Check it out!

Mr Glen

BODYPUMP Presenters

Glen Ostergaard (New Zealand) is Program Director for both BODYPUMP and RPM. He began his group fitness career with BODYATTACK™ and is based in Auckland.

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.

Ben Main (New Zealand) is a BODYPUMP and BODYATTACK Instructor and a LES MILLS GRIT™ Series Coach, based in Auckland.

Reagan Kang (Malaysia) is a BODYPUMP and CXWORX Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a BODYCOMBAT™ and an RPM Instructor. He is also a personal trainer and CrossFit coach and is based in Singapore.

INTERNAL & EXTERNAL COACHING

Great coaches have the ability to drive people to succeed in ways they never would have dreamed of. **Don't you want to be that coach?**

Internal and External cueing can make a huge difference to athletic performance in our participants. They'll help you to improve execution and manipulate intensity – two key objectives of Layer 2 coaching.

- **Internal** cues encourage people to focus on their **body parts and the mechanics of the movement**.
- **External** cues inspire people to focus on the **outcome of the movement**; their energy is directed **outside the body**.

For example, in the Tricep Kickback Row in BODYPUMP, we could say, “squeeze the triceps”. This is an Internal cue that focuses the attention inward. OR we could say, “drive the plate up and back”. This is an External cue – you're asking participants to focus on the outcome of the movement.

To get someone to run faster, you could say “extend your hip” – this would be Internal – or “push the floor behind you” – which would be External.

When we train the core, we often say, “squeeze your abs” – this is Internal. An External, outcome-focused cue would be to say, “imagine you're about to get punched in the stomach”.

So why should we care?

Different cues can produce different outcomes, and many coaches believe that External cues deliver better results. This is because External

cues work with the body's natural movement; they are in sync with it.

Internal cues, on the other hand, can interrupt automatic movement. When you concentrate on how things move, you can interrupt the body's natural response. Think about how you teach a child to walk. Most parents don't say, “lift your foot off the floor by flexing at the knee and engaging your hip flexor”! Instead we say: “come to me, over here...” By focusing on the movement outcome (External focus) we achieve the goal in the most natural way.

Many athletes improve performance when they have an external focus. People doing a forward jump went further when encouraged to get as close to the target as possible, compared to a group who were asked to extend their knees as quickly as possible when they jumped.¹

Are Internal cues still relevant then?

Yes! People don't always know how to perform an exercise instinctively. For example, getting the glutes to engage optimally doesn't come naturally to many people. Some participants—particularly beginners – need to be coached with an internal focus to establish good technique.

Example: The Squats track in BODYPUMP.

- In Set 1 you'll use Layer 1 cues to set up the move correctly.
- In Set 2 the majority of your coaching will focus on Layer 2, eg in a Wide Squat you could cue, “driving your knees out” to engage the side glutes. This is an Internal Layer 2 cue.

In Set 3 you could follow up with an External, outcome-focused cue to enhance that element of the Squat, eg “let's focus on driving those knees out even more; try and rip the floor

beneath you apart". Focusing on trying to rip the floor apart is External and builds on your coaching from Set 2.

Example: The Deadlift in BODYPUMP.

- You could cue: "Lift your chest as you tip forward from the hips". This is an Internal cue to improve execution.
- This can be followed up with "show me what's written on your tee-shirt". This is a great External cue that enhances the move by providing an outward focus.

Using a mix of Internal and External cues in Layer 2 is the best way to coach people to achieve more than they could do on their own. It will help give clarity and flow to

your Layer 2 coaching, and prevent you from cluttering this phase with too many ideas. Action Plan: Watch the Masterclass and identify as many Internal and External cues as you can. Listen carefully. Are the cues encouraging participants to focus on their body parts and mechanics? Or are the cues directing the energy outside the body, inspiring people to focus on the outcome of the movement? Become a master at identifying the difference between Internal and External cues.

¹Effect of Attentional Focus Strategies on Peak Force and Performance in the Standing Long Jump. Wu et al. May 2012.



NEW RESEARCH:

RPM BENEFITS

New research has shown that RPM delivers the combined benefits of cardiovascular training coupled with short bursts of intensity known as cardio peak training.

A study conducted at Loughborough University in the UK measured the effects of doing RPM for 8 weeks on individuals who were not regularly active.

Participating in classes 3 times per week with no changes in diet generated the following benefits:

- 11% increase in VO2
- 7% reduction in systolic blood pressure
- 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in LDL's – (considered the 'bad' cholesterol)
- Participants also lost – on average – 1 inch (3cm) in their waist circumference.

The subjects in this trial also had a compliance rate of 95% during the study, which was very high for this type of group.

Many of the participants achieved a heart rate of 95% of their maximum during the workouts. This indicates the effectiveness of the program to hit short peaks of intensity off a cardiovascular training base.

We can therefore say that RPM delivers the combined benefits of cardiovascular conditioning with multiple peaks of intensity AND the advantage of great instruction and awesome music – which serve to increase the attendance beyond what we normally see with this type of training.

For more on this study go to <http://fitnessresearch.edu.au/journal-view/group-studio-cycling-an-effective-intervention-to-116>



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

Be super clear on NETT – Name of Exercise, Tempo and Target Zones – to set the class up well in the 1st and 2nd blocks. The 3rd block is a repeat of Set 2 so you want the class pumped, ready for the workout ahead.

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro 2x8	SET Position – SHOULDER ROLL	
	0:12 V1 _ I've been calling 4x8	4/4 DEADLIFT SET Stance	2x
	0:27 Run straight 4x8	3/1 UPRIGHT ROW	4x
	0:41 Br ½x8	SHOULDER ROLL	1x
	0:43 PC Cause all 4x8	2/2 DEADROW	2x
	0:58 Instr (B up) 4x8	1/1 DEADROW	4x
	1:12 (Synth) 8x8	TRIPLE DEADROW	4x
2	1:41 Br ½x8	SHOULDER ROLL	1x
	1:45 V2 Don't think 4x8	4/4 DEADLIFT SET Stance	2x
	1:59 Run straight 4x8	3/1 UPRIGHT ROW	4x
	2:13 PC Cause all 4x8	2/2 CLEAN & PRESS (16 cts)	2x
	2:28 Rep Strong ones 3x8	1/1 (8 cts)	3x
	2:39 Instr (Synth) 4x8	POWER PRESS (16 cts) Last rep, bar to back, step to SQUAT MID Stance	2x
	2:54 (Synth) 4x8	1/1 SQUAT MID Stance Last rep, R foot steps back to LUNGE L	8x
3	3:09 Rep Strong ones 4x8	1/1 LUNGE L	8x
	3:23 Br ½x8	Transition: Bar back to SET Position	
	3:26 V3 Don't think 4x8	4/4 DEADLIFT SET Stance	2x
	3:40 Run straight 4x8	3/1 UPRIGHT ROW	4x
	3:54 PC Cause all 4x8	2/2 CLEAN & PRESS	2x
	4:09 Rep Strong ones 3x8	1/1	3x
	4:20 Instr (Synth) 4x8	POWER PRESS Last rep, bar to back, step to SQUAT WIDE Stance	2x
	4:35 (Synth) 4x8	1/1 SQUAT WIDE Stance Last rep, L foot steps back to LUNGE R	8x
	4:50 Rep Strong ones 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 into Power Presses, Squats and Lunges. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns to help the class achieve good lifting technique.

- *Deadlift – Press the bar into the legs to engage the lats*
- *Upright Row – Keep the bar in a vertical path, elbows wide*
- *Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body*
- *Power Press – Bend knees, bar to collarbones, chest up, abs braced*
- *Mid Stance Squat – Butt goes back and down, knees forward, hips to 90 degrees*
- *Lunge – Long step back, back knee down, aim front thigh parallel to the floor*

SET 3

LAYER 2

Set 3 is a repeat of Set 2. Focus on improving execution of the exercises and connection to participants, preparing the class for the workout ahead.

- *Deadlift – Drive out of the heels to activate the hamstrings and glutes*
- *Upright Row – Keep the bar close, pull up your shirt, helps prepare for the Clean & Press*
- *Clean & Press – 2x Squats each time: squat, press, squat, reset: hips sit back*
- *Power Press – Drive out of the legs*
- *Wide Stance Squat – Feet wide, hips push back further, knees push out wide*
- *Lunge – Push through the front heel to activate the glutes*

CONNECTION

This is where you set the scene for the rest of the class – use the great lyrics in the song to connect the class to the music and the workout. This is also a great time to set a class objective of what you want them to feel and experience during the workout.

2 SQUATS

WEIGHT SELECTION

BARBELL

REGULARS: 3–4x your Warmup weight

NEW PEOPLE: Double your Warmup weight

TRACK FOCUS

Coach the difference in feel and muscle recruitment between the 3 Squat stances: MID, WIDE and WIDER, bringing focus to the no recovery that creates Continuous Tension Training.

MUSCLE FOCUS

MID Stance: Quads

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain – glutes, hamstrings, lower and upper back

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Set up for SQUAT MID Stance	
	0:20 Instr (Build)	4x8 4/4 MID Stance	2x
	0:34 (Wind up)	4x8 3/1	4x
	0:49 Rep No one listens	4x8 2/2	4x
	1:03 Rep Now let's go	12x8 COMBINATION: 4x 1/1 SQUAT (16 cts) 4x BOTTOM HALF SQUAT (16 cts)	3x
	1:47 Instr (Synth)	4x8 1/1 Use last 4 cts to step into SQUAT WIDE Stance	7x
2	2:02 (Low)	4x8 4/4 SQUAT WIDE Stance	2x
	2:16 (Build)	4x8 3/1	4x
	2:31 Rep No one listens	4x8 2/2	4x
	2:45 Rep Now let's go	12x8 COMBINATION	3x
	3:29 Instr (Synth)	4x8 1/1 Use last 4 cts to step into SQUAT WIDER Stance	7x
3	3:44 (Low)	4x8 4/4 SQUAT WIDER Stance	2x
	3:58 (Build)	4x8 3/1	4x
	4:13 Rep No one listens	4x8 2/2	4x
	4:27 Rep Now let's go	12x8 COMBINATION	3x
	5:11 Instr (Synth)	4x8 1/1	8x

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

1 MID STANCE

LAYER 1/LAYER 2

Cue Position and Execution setup. Use NETT to coach good Squat technique – referring to timing, target zones and leg alignment

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

2 WIDE STANCE

LAYER 1/LAYER 2

Set the new stance using Layer 1 Position and Execution cues. No recovery creates the effects of Continuous Tension Training. Use Layer 2 cues to refine the movement. Explain how participants can feel the exercise more, or how they can improve technique. The focus is on sitting the hips back further and pushing knees out to activate the glutes. Reinforce the Squat combination using clear timing and range cues to manipulate the intensity. As the intensity increases, use your voice and role-model great technique to engage participants in the workout.

- *Continuous Tension Training – keeping the muscles under load for longer*
- *Wide Stance starts to activate the glutes and hips while still working the quads*
- *Drive heels into the floor – feel pressure from the floor*
- *Keep the chest lifted every rep*
- *Start to feel the glutes and hips working harder now*

3 WIDER STANCE

LAYER 2/LAYER 3

Acknowledge that the work has become more challenging, as the limited recovery builds greater tension. Focus on keeping the knees out and lifting the chest as fatigue sets in. Having the feet wider allows the chest to stay lifted, creating a strong platform for the Squat. We target the side glutes by pushing through the outside edge of the heels, ripping the floor apart with your feet. This external coaching cue helps participants experience more tension and heat in the legs to shape them faster. Motivate your class by keeping them accountable to the work – no surrender!

- *This is where it starts to get hard, right there*
- *Chest up, hips back*
- *Sink the bar straight down*
- *Drive the heels out*
- *Pressure on the floor*
- *Really drive the heels out and feel the floor ripping apart*
- *You've got it*
- **3 sets – hips back, chest up, brace the abs**
- *Keep the muscles under load*
- *Are you with us?*
- *Find the bottom*

INTENSITY

3 stances and limited rest create Continuous Tension Training in this track. The focus is to achieve full range and good timing every rep, producing THE REP EFFECT™.

PERFORMANCE

Your voice is a vital component of Performance in this track as there are no lyrics. We use 2 voices: the Conversational and the Motivational voice. Use the lower parts of the music to coach using your Conversational voice and, as the music builds and gets bigger, you will use a mix of building, intense and big Motivational voices. When we match the musical feel, your actions and your voices together, this creates Performance.

PUMP FACT

External Layer 2 cues provide an outcome to focus on and have been shown to improve Performance. Focusing on 'ripping the floor apart' is an example of this.

3 CHEST

WEIGHT SELECTION

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

NEW PEOPLE: Warmup weight

BARBELL

TRACK FOCUS

Focus is on precise pre-cues to help participants stay in the workout. Coach range and timing in the Pulses to build intensity. Coach options so everyone is successful in the Pushups.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET		MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	SET UP CHEST PRESS	
	0:14	V1 I know what	4x8	3/1 CHEST PRESS	4x
	0:33	PC Let's find a	4x8	1/1/2	4x
	0:52	C Focus on me	4x8	8x BOTTOM HALF PULSE (16 cts)	2x
2	1:10	V2 I can tell	4x8	3/1 CHEST PRESS	4x
	1:29	PC Let's find a	4x8	1/1/2	4x
	1:48	C Focus on me	4x8	8x BOTTOM HALF PULSE	2x
	2:06	Br 1-2-3	½x8	DOWN and HOLD at the bottom	
	2:09	Instr (Trumpets)	4x8	2/2 From the bottom	4x
	2:27	PC Let's find a	4x8	1/1/2 Hold last one down	4x
	2:45	Rep Away, waay	½x8	HOLD at the bottom	
	2:48	C Focus on me	4x8	16x BOTTOM HALF PULSE	1x
	3:07	Focus on me	4x8	PUSHUP PULSE First 4 cts, transition to bench for PUSHUP Options: Knees, kneeling or toes	14x
TRANSITION	3:26	(Low)	2½x8	Transition: Bench for CHEST PRESS	
3	3:37	V3 I know you're	2x8	3/1 CHEST PRESS	2x
	3:46	PC Let's find a	4x8	1/1/2	4x
	4:05	C Focus on me	4x8	8x BOTTOM HALF PULSE	2x
	4:24	Br 1-2-3	½x8	DOWN and HOLD at the bottom	
	4:26	Instr (Trumpets)	4x8	2/2 From the bottom	4x
	4:45	PC Let's find a	4x8	1/1/2 Hold last one down	4x
	5:03	Rep Away, waay	½x8	HOLD at the bottom	
	5:06	C Focus on me	4x8	16x BOTTOM HALF PULSE	1x
	5:25	Focus on me	4x8	PUSHUP PULSE First 4 cts, transition to bench for PUSHUP Options: Knees, kneeling or toes	14x

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

1 CHEST PRESS

LAYER 1

Coach Position and Execution setup cues. Use NETT to coach Target Zones with a focus on achieving perfect timing, especially in the Pulses.

- **Hands wide on the bar**
- Feet hip-width apart, close to the bench
- Drop your shoulders down
- **Abs braced, back close to the bench**
- **Target is the middle of the chest**
- Slowly down, 3, 2, 1
- Elbows directly under wrists so hands are wide enough
- **Elbows to bench level**
- Drop fast, stop and slowly rise
- First set of Pulses, down, half, down, half

2 CHEST PRESS / PUSHUP PULSE

LAYER 1/LAYER 2

The first set is short so continue to use Layer 1 Execution cues, coaching Timing, Range and Target Zones. Use Layer 2 cues to coach how to achieve more from the Bench Press by using Layer 2 cues, bringing a focus to wide elbows on the way down and squeezing and narrowing the chest on the up phase by drawing elbows in. Pushing from the base creates more muscle recruitment and participants will feel the intensity set in. Reinforce stability of the body on the bench for the 16x Pulses and pre-cue the Pushups. Give options early so everyone feels successful

CHEST PRESS

- Long set ahead – let's settle in
- Elbows wide as the bar is lowering
- Feel your chest open and expand on the way down
- Squeeze and narrow your chest on the way up
- Draw your elbows in to do this
- We're about to go down, 8x Bottom Half Pulses
- Slow it down, get the rhythm
- Down halfway, down halfway
- Push from base now – it just got harder
- Drop your shoulders down and brace your abs
- Focus on it – staying low for 16 counts

PUSHUPS

- Fast transition for Pushups
- Hands wide
- **Chest to elbow level**
- You can be on your toes, knees, or kneeling in
- Everyone is doing this together, feels good!

3 CHEST PRESS / PUSHUP PULSE

LAYER 2/LAYER 3

We repeat Set 2 again with the objective of maintaining great technique as the muscles start to fatigue. Use Layer 2 cues to manipulate more intensity from the exercises. We do this by not letting participants check out of the timing and range, especially in the Pulses – this is how we reach fatigue. Driving the upper back through the bench is an external focus which will help your class to achieve the intensity. Use praise and encouragement to motivate your class to the last set of Pushups and remember: showing your own love of training helps provide intrinsic motivation for your participants.

- Reset, feet close, upper back into bench, brace abs
- Let's get the range again, top of the bench; now we are about stability, feet flat into the floor
- Range and timing are what will take us to fatigue
- Focus on the Pulses now
- Come on girls, how are the boys doing?
- Squeeze the chest, draw the elbows in
- Working hard now
- Drive your upper back through the bench to help you get there
- Tension when you stay low
- Last set of Pushups is coming
- Challenge it, we are going to fatigue
- This is how we get awesome arms and a strong chest

INTENSITY

The intensity builds when we stay under constant load with the added spike from the Pushups. Coach timing, especially in the Pulses, as participants need to hear your voice to stay connected to you and to the workout intensity.

PUMP FACT

Focusing on opening the chest on the way down and narrowing on the way up helps increase pec recruitment, minimizing shoulder stress.

4 BACK

WEIGHT SELECTION



Barbell with Chest weight

Options: To increase weights after 1st set.

Instead of 8x Clean & Press, offer 4x Clean & Press/
4x Deadrow

DEMONSTRATE

Clean & Press

TRACK FOCUS

Coach sitting the hips back and using leg drive to maximize the training effect of speed and power in the Clean & Press and Power Press. Clearly coach the options.

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro 4x8	SET Position	
	0:20 Instr (Low) 4x8	4/4 DEADLIFT	2x
	0:34 (Heavy) 8x8	1/1 DEADROW	8x
	1:02 (Beat) 4x8	2/2 DEADLIFT	4x
	1:17 (Wind up) 4x8	TRIPLE DEADROW	2x
	1:31 (Electric synth) 8x8	CLEAN & PRESS Option: 4x CLEAN & PRESS, 4x DEADROW	8x
RECOVERY	2:00 Br (Low) ½x8	HOLD	
	2:02 Instr (Low synth) 4x8	RECOVERY – Option to add weight	
2	2:16 (Heavy) 8x8	1/1 DEADROW	8x
	2:45 (Beat) 4x8	2/2 DEADLIFT	4x
	2:59 (Wind up) 4x8	TRIPLE DEADROW	2x
	3:13 (Electric synth) 8x8	CLEAN & PRESS Option: 4x CLEAN & PRESS, 4x DEADROW	8x
RECOVERY	3:42 Br (Low) ½x8	HOLD	
	3:44 Instr (Low synth) 4x8	RECOVERY	
3	3:58 (Beat) 4x8	2/2 DEADLIFT	4x
	4:12 (Wind up) 4x8	TRIPLE DEADROW	2x
	4:27 (Heavy) 12x8	COMBINATION 1x POWER PRESS (16 cts) 1x TRIPLE DEADROW (16 cts)	3x
	5:10 (Heavy + wind up) 4x8	POWER PRESS	2x

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 up spine).

1 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 1

Explain how to execute the moves using Position and Execution setup and NETT cues. Because we start with a lighter weight, focus on developing perfect technique. Don't forget to give the option of 4x Clean & Press and 4x Deadrow.

DEADLIFT

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

DEADROW

- *Bar to top of knees, belly, knees and stand*
- *Elbows in, keep the load in the back muscles*
- *Squeeze between your shoulder blades*
- *Abs braced*
- *Drop and pull*
- *Feel the strength*
- *Keep the elbows in and tight*

CLEAN & PRESS

- *8x Clean & Presses coming*
- *1, 2, 3 and 4*
- *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*
- *Hips, brace, catch and down*
- *Let's put some gas into it*
- *Option: 4x Deadrows*
- *Hips back every time*

2 DEADROW / DEADLIFT / CLEAN & PRESS

LAYER 2

In the transition encourage the class to add more weight for the 2nd set as they now know the technique. The focus is to use Layer 2 cues that will improve execution and manipulate the intensity to generate fast results. Coach hip drive in the Clean and Press, which creates more power from the legs to maximize technique and results. Cueing the external focus of driving the elbows in the Deadrow through the back wall will help engage big lat muscles. Educate your class about the benefits of doing this.

DEADROW

- *Knees, belly, knees, feel the rhythm*
- *Use your elbows and drive them through the back of the room*
- *Engage your lats to strengthen the upper body*

DEADLIFT

- *Straight up, brace abs tightly*
- *Watch my hips*
- *Hips push back, pull the bar into your thighs*
- *Feel the upper back working harder when you do this*
- *Tension and pressure*
- *That's the training, right there*
- *Where are your elbows? To the back, and squeeze blades together*
- *Shoot your hips back to engage the glutes and hamstrings*
- *Keep the bar close to the body*

CLEAN & PRESS

- *Clean & Press, pull*
- *Straight up, keep the bar close*
- *Drop and push*
- *Watch my hips*
- *Hips sit back and drive out of the floor*
- *Hips back, push, catch, down*
- *4 more or option down*
- *As you drop, shoot the hips back to initiate the power to drive through the legs*

4 BACK Continued



3 DEADLIFT / DEADROW / POWER PRESS

LAYER 1/LAYER 3

Be super clear about the change of exercise in this final set. New Combo: Power Press & Deadrow. Coach Layer 1 Execution cues for the Power Press then use Layer 3 Motivation Cues to lead and challenge your class to the end. Show your love of the workout through role-modeling great technique as the fatigue sets in. Physically and vocally express the intensity of the Power Press to motivate your class to a strong finish.

- *Elbows to the rear – feel this one*
- *This is the block to get you stronger*
- *What you're feeling is tension and fatigue*
- *That's where the results live*

POWER PRESS

- *I know you guys are ready – Power Press*
- ***Catch the bar high on the chest***
- ***Brace abs tightly***
- *Hips, hips, hips*
- *Stay in this to get stronger*
- *Use the legs to drive the bar through the roof*
- *Just the Presses – GO!*
- *Right to the end*

PUMP FACT

Focusing on sitting the hips back in the Clean & Press brings the glutes into play and is a much safer movement pattern. This is a great focus for those participants who drop their hips straight down and push their knees too far forward.

5 TRICEPS

SMARTSTART 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: Warmup weight on the barbell
1x small plate

BARBELL

1x PLATE

TRACK FOCUS

Clearly coach the transitions between each exercise.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Press: Triceps and Deltoids

Standing and Seated OH Tricep Extensions:
Triceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro _ Even if I	8x8 4/4 STANDING OVERHEAD TRICEP EXTENSION SET Stance	4x
	0:35 _ Cause I told	4x8 3/1 SPLIT Stance	4x
	0:50 _ I told you	5x8 2/2	5x
	1:09 Br Gonna say	2x8 1/1/2 Use last 4 cts to transition to SET Stance	2x
	1:17 Instr (Beat)	4x8 8x BOTTOM HALF PULSE SET Stance (16 cts)	2x
TRANSITION	1:31	2x8 TRANSITION: Bench for Tricep Extension	
2	1:39 V2 _ Even if I	2x8 2/2 TRICEP EXTENSION	2x
	1:46 _ I'd still	4x8 1/1/2	4x
	2:01 Br	½x8 HOLD	
	2:04 _ Cause I told	4x8 3/1 TRICEP PRESS	4x
	2:19 _ I told you	5x8 2/2	5x
	2:37 Br Gonna say	2x8 1/1/2	2x
	2:45 Instr (Beat)	4x8 8x BOTTOM HALF PULSE	2x
	3:00 _ To let you	2x8 TRANSITION: Edge of bench for Seated Overhead Tricep Extension	
	3:07 _ I think you	2x8 1/1 SEATED OVERHEAD TRICEP EXTENSION	4x
	3:15 _ I told you	4x8 8x BOTTOM HALF PULSE	2x
TRANSITION	3:30 _ Even if I	2½x8 TRANSITION: Bench for Tricep Extension	
3	3:39 _ Even	2x8 2/2 TRICEP EXTENSION	2x
	3:47 _ I'd still	4x8 1/1/2	4x
	4:01 Br	½x8 HOLD	
	4:04 _ Cause I told	4x8 3/1 TRICEP PRESS	4x
	4:19 _ I told	5x8 2/2	5x
	4:37 Br Gonna say	2x8 1/1/2	2x
	4:45 Instr (Beat)	4x8 8x BOTTOM HALF PULSE	2x
	5:00 _ I told you	2x8 TRANSITION: Edge of bench for Seated Overhead Extension	
	5:08 _ I think you	2x8 1/1 SEATED OVERHEAD TRICEP EXTENSION	4x
	5:15 _ I told you	4x8 8x BOTTOM HALF PULSE	2x

RECOVERY: Shake the arms; Tricep Stretches.

1 STANDING OVERHEAD TRICEP EXTENSION**LAYER 1**

Coach Position and Execution setup cues for the Standing Overhead Tricep Extension. Use good timing cues to help participants get the feel of the Pulses.

- **SPLIT Stance** – *knees soft, abs braced*
- **Chest lifted**
- **Plates up, elbows stay forward**
- **Slowly lower plate to base of the neck**
- **Elbows forward and in**
- *Time under tension*

2 TRICEP EXTENSION / TRICEP PRESS / SEATED OVERHEAD TRICEP EXTENSION**LAYER 1/LAYER 2**

Coach Layer 1 Position and Execution setup cues for the Tricep Extension and Press using NETT. Deliver one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises. Clearly pre-cue for the transition to the seated work on the bench.

TRICEP EXTENSION

- *To the bench – grab your bar*
- **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 start to engage the triceps*
- *Push your feet to the floor*

TRICEP PRESS

- *Slow Press, straight down 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*
- *Don't rush the timing, let the muscles do the work*
- *8x Bottom Half Pulses*
- *Transition to seated on the bench*

SEATED OVERHEAD TRICEP EXTENSION

Quickly reinforce the basics, then coach Layer 2 cues to focus on stability through the body, especially in the Pulses to create isolation. This will help the class to feel more intensity in the exercise.

- *Grab your plate*
- *Cross your legs, knees open*
- **Plate right down to the base of the neck, full extension to the top**
- **Chest lifted, abs braced**
- **Elbows in**
- *Keep the body still to create isolation as we pulse*

3 TRICEP EXTENSION / TRICEP PRESS / SEATED OVERHEAD TRICEP EXTENSION**LAYER 2/LAYER 3**

We want to achieve muscular fatigue in this last set, so coach full range and great timing to experience that burn which we love! Education is a great Layer 2 focus to keep the participants engaged in the workout. The difficult point in the track is the last set of Overhead Extensions, so connect with your class here and bring everyone home together.

- *Back to the bench, hands shoulder-width apart*
- *To the forehead, 2/2 smooth*
- *Isolation exercise to shape and tone*
- *Fast and slow, hold the tension*
- *Keep tension on the arms*
- *Big compound exercise using more muscles to bring fatigue*
- *Overhead Extensions – let's go*
- *Dynamic work, we are almost home – it's the little things that count right now*

PUMP FACT

A lot of participants will have trouble keeping their elbows in during the Overhead Extensions (particularly guys). This is due to having tight lats. Don't be too tough on them – keeping the elbows in slightly and stabilizing the upper arm position will be enough to isolate the triceps.

6 BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or slightly less



DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach great execution of the mid-range position so the class feels the intensity fast. Hook them into the great lyrics.

MUSCLE FOCUS

Biceps

SET	MUSIC			EXERCISE	REPS
1	0:06	Intro	Tonight	2x8	SET Position
	0:16		Victorious, oh-oh-oh	4x4	4/4 BICEP CURL SET Stance 2x
	0:33	V1	Double bubble	4x8	3/1 SPLIT Stance 4x
	0:50	PC	My touch	2x8	2/2 SET Stance 2x
	0:59	C	_ Oh we gotta	4x8	1/1/2 MID-RANGE ISOMETRIC HOLD (8 cts) 4x
	1:15	Instr	(Heavy guitar)	2x8	8x MID-RANGE PULSE (16 cts) 1x
2	1:24	V2	I'm like a scarf	4x8	3/1 BICEP CURL SPLIT Stance 4x
	1:41	PC	My touch	2x8	2/2 SET Stance 2x
	1:49	C	_ Oh we gotta	4x8	1/1/2 MID-RANGE ISOMETRIC HOLD 4x
	2:06		Tonight we	4x8	1/1 BICEP CURL 8x
	2:23	C	_ Oh we gotta	4x8	1/1/2 MID-RANGE ISOMETRIC HOLD 4x
	2:40	Instr	(Heavy guitar)	4x8	8x MID-RANGE PULSE 2x
3	2:57	Br		½x8	SHOULDER ROLL 1x
	2:59	V3	I'm like a scarf	4x8	3/1 SPLIT Stance 4x
	3:16	PC	My touch	2x8	2/2 SET Stance 2x
	3:25	C	_ Oh we gotta	4x8	1/1/2 MID-RANGE ISOMETRIC HOLD 4x
	3:41		Tonight we	4x8	1/1 BICEP CURL 8x
	3:59	C	_ Oh we gotta	4x8	1/1/2 MID-RANGE ISOMETRIC HOLD 4x
	4:16	Instr	(Heavy guitar)	4x8	8x MID-RANGE PULSE 2x

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

1 BICEP CURL

LAYER 1

Create clear setup of Target Zones, Range and Tempo using NETT.

- *SET Position, feet under your hips*
- **Bend your knees, set your shoulders back**
- *Super slow; the word for today is Victorious*
- *3/1 Split Stance*
- **Lift up your chest, brace your abs**
- **Bar stops in front of shoulders**
- **Lower all the way down to the thighs**
- *Step in 2/2, smoothly*
- *Isometric Hold*
- *Halfway up and hold*
- *Elbows in and down*
- *Bar to belly button*
- *Pause and resist before bar comes down*
- *First set of Mid-Range Pulse, 1 inch above, 1 inch (2.5cm) below*

2 BICEP CURL

LAYER 2

Use this set to focus on coaching posture and elbow position so the class can feel the intensity. This Layer 2 focus enables us to manipulate more intensity, helping participants to stay in the workout to get the results.

- *Set 2 is all about intensity*
- *Anchor to the floor, keep lifting the chest up*
- *Feel the tension, keep the elbows in and under the shoulders*
- *Isometric Hold is about holding the tension through range and timing*
- *Singles – full range of motion*
- *Elongate the biceps, contract and stretch*
- *Muscles are getting spicy; the body feels good and the music is about to kick in*
- *Mid-Range Pulse – 1 inch above and 1 inch below*

3 BICEP CURL

LAYER 3

Participants come to BODYPUMP to be motivated and challenged. Demand commitment for this final set and quickly remind your class of how to manipulate the intensity by staying with full range. Inspire your class by role-modeling strong technique and demonstrating your love of the training. Use a mix of intrinsic and positive motivators to bring your class to success.

- *This last set creates change*
- *You need to commit – stay with me*
- *Nothing feels as good as this*
- *Full range firing all muscle fibers*
- *We are almost there*
- *Are you with us?*
- *Make it happen*
- *It's not motivation that gives you success, it's dedication*

INTENSITY

The intensity is in the Mid-Range Isometric Holds and Pulses where we can create the greatest amount of force production. This places huge demand on the muscles, creating faster results.

PERFORMANCE

This song was made for BODYPUMP. Listen to it until it gets 'under your skin'. Practise your actions, facial expressions, body language and vocals so they match the music. You want your class to be pumped for this one!

PUMP FACT

One of the ways we stimulate change in BODYPUMP is to fatigue the muscles through occlusion. The Mid-Range Isometric Hold in this track helps to restrict blood and oxygen to the biceps, which means we maximize fatigue.

7 LUNGES

WEIGHT SELECTION

REGULARS: Bicep to Chest weight

NEW PEOPLE: Body weight

Option: Use plates only

BARBELL

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Focus on the 3x efforts of work for the Squats and Lunges through precise coaching of the combinations.

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

SET	MUSIC		EXERCISE	REPS
1	0:06	Intro	4x8 Set up SQUAT MID Stance	
	0:20	Instr (Beat)	4x8 2/2 SQUAT MID Stance Use last 4 cts to transition to LUNGE L	4x
2	0:34	V1 Oh I'm haunted	4x8 4/4 LUNGE L	2x
	0:49	PC Memories , memories	1/2/1	4x
	1:04	Rep Ghost of you	4x8 1/1	8x
	1:18	Instr (Heavy)	8x8 COMBINATION 4x BOTTOM HALF PULSE LUNGE (8 cts) 2x 1/1 LUNGE (8 cts)	4x
	1:47	Rep Ghost of you	4x8 1/1 Use last 4 cts to transition to LUNGE R	8x
3	2:02	V2 Haunted by the	4x8 4/4 LUNGE R	2x
	2:17	PC Memories , memories	1/2/1	4x
	2:31	Rep Ghost of your	4x8 1/1	8x
	2:46	Instr (Heavy)	8x8 COMBINATION	4x
	3:15	Rep Ghost of you	4x8 1/1	8x
RECOVERY	3:29	Rep Haunted by	4x8 Shake out legs. Set up WIDE SQUAT Option: Pick up bar	
4	3:44	V3 I've been haunted	4x8 4/4 SQUAT WIDE Stance	2x
	3:58	PC Memories , memories	1/2/1	4x
	4:13	Rep Ghost of you	4x8 1/1	8x
	4:27	Instr (Heavy)	12x8 COMBINATION	6x
	5:11	Outro Just a memory	4x8 1/1	8x

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE SQUAT

LAYER 1

Cue Position and Execution setup to remind participants of how to move in this short set of Squats.

- **Heels just outside hip-width**
- **Turn the toes out slightly**
- **Belly in and braced**
- **Lift chest**
- *Slide shoulder blades down into ribs*
- **Sit your hips down back and down**
- **Knees to 90 degrees**

2 LUNGE

LAYER 1/LAYER 2

Coach the basic Layer 1 cues for good technique of the Lunge – establishing Position and Execution setup. Focus on clearly cueing the new combination of 4x Pulses and 2x Single Lunges. Participants will not be expecting the Singles after the Pulses, so coach timing and rhythm to get the feel. This is the 1st block of effort – short and intense!

- *Left leg long stride back*
- *Slowly down 1, 2, 3, 4*
- **Back knee towards the floor to 90 degrees**
- **Hips and shoulders square to the front**
- *Front knee pushes out*
- *Drop fast, hold and rise*
- **Front thigh parallel to the floor**
- **Lift chest and brace your core**
- *First effort, 4x Bottom Half Pulses and 2x Singles*
- *4, 3, 2 Push up then drop, up, drop, up*
- *Let's get low – that's where the intensity is*
- *Push through front heel to make that glute fire*
- *Stay with Singles*

3 LUNGE

LAYER 2/LAYER 3

Coach Timing and Execution to get everyone moving well on the other leg. Intensity will kick in fast in the combination. Use Layer 2 cues to help participants maintain the same range to achieve the burn to reach fatigue. Acknowledge where the work is – pushing from the bottom of the Lunge; coach your class to drive out of the front heel. The Singles bring the 2nd effort to an end and are the time to celebrate with your class.

- *Stepping in and changing legs*
- *Other leg long, back heel off the floor*
- *Slowly, let's find the 90/90 position*
- *Square everything to the front*
- *Drop fast, stop, hold, hold and up*
- *Front thigh parallel to the floor*
- *Wind up, down and up, take a run up*
- *Heading into the 2nd effort – take a run up*
- *4x Pulses, 2x big Singles*
- *That's the tough bit – pushing from the bottom*
- *Full range on the Singles*
- *2 efforts are done; I think we can feel that – yes!*

4 WIDE SQUAT

LAYER 1/LAYER 2/LAYER 3

Cue Position and Execution setup. Using NETT, coach good technique in the Squat – Tempo, Target Zones and leg alignment. The 3rd effort comes in fast and you need to get your class excited for the work – 6x sets of the combination! Layer 2 cues manipulate the intensity and you do this by not letting the class check out of the range and timing, especially in the last 2 sets of the combo. Use Layer 3 Motivational Cues to celebrate their efforts and results.

- *We are finishing with Squats so you may want to use your bar now*
- *Feet outside shoulder-width*
- *2 legs are better than one, right?*
- *Push your hips further back to work the glutes*
- *Drive knees out more*
- **Butt stops just above knees**
- **Chest up**
- **Abs braced**
- *Full range for the Singles*
- *3rd effort – take a run up*
- *6 sets: 4x Pulses, 2x Singles*
- *Get the rhythm*
- *Drive out of your heels and squeeze your butt*
- *I think we've found the sweet spot*
- *Get the range, stay low*
- *The range and the reps create THE REP EFFECT™*
- *Awesome legs after this*
- *Cruise to the finish line*
- *Back to home base*

INTENSITY

Range and timing are key to creating pressure in the legs. The Pulses create heat to shape and tone. If you see members struggling, provide the option to put the bar/plate down during the track. The key is to make everyone feel successful.

PUMP FACT

Setting up with a long stride when we lunge is crucial to achieve the 90/90 alignment. This position and stride length prevents the front knee from moving forward toward the toes when we lunge, which increases pressure behind the kneecap.

8 SHOULDERS

WEIGHT SELECTION

Barbell with Bicep/Chest weight
2x light/medium plates

Option: To use 2x light/medium plates
the entire track

BARBELL

2x PLATES

TRACK FOCUS

Clearly coach the execution of each exercise and educate participants on the benefits of this great conditioning for the upper body.

MUSCLE FOCUS

Bar work: Deltoids, trapezius

Plate work: Muscles of upper back, deltoids, core

Push ups: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro	4x8 Set up STANDING SIDE RAISE SET Stance	
	0:18 Instr (Build)	4x8 2/2 STANDING SIDE RAISE SET Stance	4x
	0:31 (Quiet build)	5x8 1/3	5x
	0:47 (Heavy)	16x8 COMBINATION 1: 1x 1/1 STANDING SIDE RAISE (4 cts) 1x 1/1 STANDING MAC RAISE L (4 cts) 1x 1/1 STANDING SIDE RAISE (4 cts) 1x 1/1 STANDING MAC RAISE R (4 cts)	8x
2	1:38 (Chant)	2x8 HOLD Reset shoulders	
	1:44 (Build)	4x8 2/2 STANDING SIDE RAISE SET Stance	4x
	1:57 (Quiet build)	5x8 1/3	5x
	2:13 (Heavy)	16x8 COMBINATION 1	8x
TRANSITION	3:05 (Chant)	2x8 Transition to bar	
3	3:11 (Build)	4x8 2/2 STANDING UPRIGHT ROW SET Stance	4x
	3:24 (Quiet build)	5x8 1/3 Use last 4 cts to transition to OVERHEAD PRESS	5x
	3:39 (Heavy)	32x8 COMBINATION 2: 8x 1/1 STANDING OVERHEAD PRESS (32 cts) SPLIT Stance 7x 1/1 STANDING PUSH PRESS (28 cts) SET Stance Use last 4 cts to transition to PUSHUP 15x 1/1 PUSHUP Use last 4 cts to pick up bar Options: Knees, kneeling or toes (Last rep, finish with 16 Pushups)	2x

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

1 STANDING SIDE RAISE / STANDING SIDE RAISE AND STANDING MAC RAISE COMBINATION

LAYER 1

Cue Position and Execution setup using NETT for both exercises. You have a long set of the Side Raise/Mac Raise Combination so your goal is for the class to feel the timing of the Combination which helps achieve great lifting technique.

STANDING SIDE RAISE

- *Set Position*
- *Lock your feet, screw them into the floor*
- *Elbows under shoulders*
- *Open and close*
- *Brace abs and lift chest*
- *Elbow just under shoulder line and forward*
- *Lead the movement with the elbow*

STANDING SIDE RAISE/STANDING MAC RAISE COMBINATION

- *Side Raise and Mac Raise*
- *Keep your hips square to front?*
- *Slight rotation through the upper body*
- *Get a feel for the timing*
- *Plate stops just under shoulder line*
- *Back elbow high*
- *Brace abs and lift chest*
- *It's like your plates are floating down*
- *4 more – try not to rush*
- *Hips still, just the upper body rotating*

2 STANDING SIDE RAISE / STANDING SIDE RAISE AND STANDING MAC RAISE COMBINATION

LAYER 2/ LAYER 3

Set 2 is a repeat of Set 1, so focus on conditioning the shoulders; we achieve this through isolation to shape and tone the arms. Fatigue will be setting in now and it's your job to help everybody succeed. Coach Layer 2 with a focus on improving execution and manipulating the intensity to maximize results. Then look out and praise the class for their efforts and educate them on the benefits of this type of training.

STANDING SIDE RAISE

- *How's your weight? We're going back in, same round*
- *Reset body straight in*
- *Lock core and lift chest*
- *This round is about conditioning your shoulders*
- *High reps, big change and fast burn*

STANDING SIDE RAISE/STANDING MAC RAISE COMBINATION

- *Smooth on the way down*
- *Punch out*
- *What you're feeling is fatigue*
- *Ground down into your legs, find stability*
- *This is where the conditioning kicks in*
- *Imagine we're trying to pull back a bow and arrow*
- *Reach back and rotate the shoulders*
- *Stay in – you can do this!*
- *This is where you get fitter, stronger – functional training for everyday life*

8 SHOULDERS Continued



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

LAYER 1/LAYER 2/LAYER 3

There's a quick transition to the bar work. Coach Position and Execution setup of the exercises using NETT to make the transition smooth and easy to follow. Reinforce timing to help participants achieve the full range of motion. When you repeat the Overhead Press and Push Press, try using internal and external focuses to help participants manipulate the intensity. This last set is tough! By acknowledging this conditioning overload, your class will be inspired to achieve maximum effort.

STANDING UPRIGHT ROW

- Plates down, bars up
- Feet hip-width apart
- Chest lifted
- 2/2 Upright Row
- Soften the knees
- Bar to lower chest
- Elbows just above the bar

STANDING OVERHEAD PRESS

- This is about conditioning your shoulders, gaining strength and power
- Presses and pushes
- Catch the bar under your chin
- Split Stance
- Bar from chin to ceiling
- Brace your core, keeping your chest up

STANDING PUSH PRESS

- Step in
- Catch and press
- Bend and drive through legs
- Bar to collarbones
- Dynamic Press, push out of the floor
- Use your whole body and drive through the roof

PUSHUP

- Hands wide – Pushups, drop
- Chest to elbow level
- Brace the core
- 7 more – drop deep
- Get ready to grab the bar and go straight into the Presses
- You're doing awesome but now is the time to go harder
- Stronger, fitter you!

PUMP FACT

Keeping the hips facing forward in the Standing Mac Raise stabilizes the lumbar spine so that the rotation occurs in the thoracic spine. Thoracic rotation is important for any sports involving the upper body.

9 CORE

DEMONSTRATE

Reverse Crunch Lift

TRACK FOCUS

Focus on coaching the Reverse Crunch Lift with simple precise cues for good execution.

MUSCLE FOCUS

Crunch/Pulse Crunch: Rectus abdominis
Reverse Crunch Lift Combo: Lower abdominals

SET		MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	Set up Crunch on bench top	
	0:15	V1 _ Hear a knock	4x8	2/2 BENCH CRUNCH Fingertips to temples	4x
	0:35	PC Gotta stay in	2x8	1/1/2	2x
	0:45	C Welcome to my	6x8	8x BENCH PULSE CRUNCH (16 cts) Reach forward, palms down	3x
2	1:15	V2 _ Morning comes	4x8	2/2 BENCH CRUNCH Fingertips to temples	4x
	1:34	PC Gotta stay in	2x8	1/1/2	2x
	1:44	C Welcome to my	6x8	8x BENCH PULSE CRUNCH Reach forward, palms down	3x
3	2:14	V3 To my duck off	4x8	2/2 BENCH REVERSE CRUNCH Hands grip top of bench	4x
	2:33	C Welcome to my	7x8	BENCH REVERSE CRUNCH LIFT COMBINATION 2 cts knees in 2 cts legs extend 90° upwards 4 cts lower legs down to 45°	7x
4	3:09	Br	½x8	HOLD	
	3:11	V4 Duck off	11x8	REPEAT SET 3	

1 BENCH CRUNCH / BENCH PULSE CRUNCH

LAYER 1

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

BENCH CRUNCH

- Lie down on your bench
- Feet in close to your bench
- FingerTIPS to temples
- Crunch up for 2 – up, up, down, down
- *Slide your ribs to hips as you crunch up*
- *Chin tucked in*
- Up and resist on the way down

BENCH PULSE CRUNCH

- 8x Pulses
- Hands by your thighs
- *Chin tucked in*
- Hands touch down
- Think about bridging the gap between the ribcage and the top of the hips
- Stay up high

2 BENCH CRUNCH / BENCH PULSE CRUNCH

LAYER 2

Once the class has the basics explain how to improve execution by moving with more precision, and manipulate the intensity. This is the perfect time to look out at your class and tailor your coaching to what is most relevant – what do your participants need to hear? Bring awareness to where your class should feel the work.

- *When you start to fatigue you will pull on your neck*
- *Focus on shoulder blades coming off the bench to engage the upper abs*
- *Catch at the top of the Crunch*
- *Let me hear you slap the floor*
- *Prepare for the Reverse Crunch*
- *Hands grab behind your bench*

3 BENCH REVERSE CRUNCH / BENCH REVERSE CRUNCH LIFT

LAYER 1

Set up the Reverse Crunch and Reverse Crunch Lift Combination using Layer 1 Position and Execution cues. Be clear on body part and direction as it is more difficult to see this move, so the class will rely on precise coaching.

BENCH REVERSE CRUNCH

- 2/2 – up, up, down, down
- *Knees above hips*
- *Elbows in*
- *Ribcage down*
- *Brace your abs tightly*

BENCH REVERSE CRUNCH LIFT COMBINATION

- *Reverse Crunch – extend and lower legs to 45 degrees*
- *In, extend and slowly lower*
- *Focus on keeping the lower back towards the bench as the legs lower*
- *As you extend your legs up think about a tail bone lift*
- *This will add more intensity into the abdominals*

4 BENCH REVERSE CRUNCH / BENCH REVERSE CRUNCH LIFT

LAYER 3

Motivate your class for the last set and challenge them to lift their tail bone higher in the Bench Reverse Crunch Lift Combination.

- *We've got one more set guys*
- *Take your time to reset your body*
- *Brace you abs*
- *In, up and extend*
- *Knees in, lift tail bone as high as you can*

PUMP FACT

Reverse Crunches train our abs to stabilize the pelvis. This is an important component of core conditioning as it helps us stabilize the lower back when lifting weights.

10 COOLDOWN

TRACK FOCUS

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

SET	MUSIC	EXERCISE
1	0:05 Intro	2x8 CHILDS POSE
	0:18 V1 _ Clipped wings	4x8 SEATED GLUTEAL HURLER STRETCH L
	0:44 _ But there's a	4x8 KNEELING HIP FLEXOR STRETCH R L Leg F, R arm lifted. Side release after 2x8
	1:09 C Don't care	4x8 STANDING QUADRICEP STRETCH R
	1:33 Ref Ooh, Ooh	2x8 ILIOTIBIAL (ITB) STRETCH R
	1:46 Ooh, Ooh	2x8 SHOULDER STRETCH R
	2:00 V2 _ Now I fly	4x8 SEATED GLUTEAL HURLER STRETCH R
	2:25 _ Yes there's	2x8 KNEELING HIP FLEXOR STRETCH L R Leg F, L arm lifted. Side release after 1x8
	2:39 C And I don't care	4x8 STANDING QUADRICEP STRETCH L
	3:04 Ref Ooh, Ooh	2x8 ILIOTIBIAL (ITB) STRETCH L
	3:16 Ooh, Ooh	2x8 SHOULDER STRETCH L
	3:29 _ I shout it out	4x8 UPPER BACK STRETCH/CHEST STRETCH
	3:55 Low Ooh, Ooh	2x8 SHOULDER ROLL

COACHING TIPS

- Be descriptive in how to stretch and where they should be feeling it
- Acknowledge the effort that's gone into the workout today and congratulate them 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

SPLIT STANCE

Same as SET Position

- Feet hip-width apart and parallel
- Back heel lifted
- Knees slightly bent
- Body weight even in both legs



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

Layer 2

- 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 cuffs 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



BENCH PUSHUP

Position Setup

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

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the bench away



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.



CLEAN & PRESS

Position Setup

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

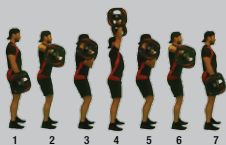
Execution Setup

- 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 collar-bones
- 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



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



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

Layer 2

- 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



SEATED OVERHEAD TRICEP EXTENSION

Position Setup

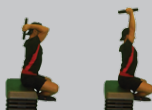
- Cross the legs to allow the hips to sit upright
- Hold the plate over head, arms slightly forward so you can just see your elbows
- Shoulders away from ears
- **Chest lifted – abs braced**
- Chin tucked in

Execution Setup

- **Lower plate to base of neck**
- Full extension to the top

Layer 2

- Keep the elbows squeezing inwards – to isolate the triceps



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

Layer 2

- Go low to work the butt
- Body weight even on both legs
- Push through the front heel to activate the glutes



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 SIDE RAISE

Position Setup

- SET Position
- Elbows at 90 degrees
- Chest up – abs braced

Execution Setup

- Lift the elbows to just below shoulder level
- Elbows slightly forward
- Lead the movement with the elbows
- Chin in

Layer 2

- Keep the body still to isolate your shoulders
 - Shoulders away from the ears
- Option: To increase intensity, widen the angle at the elbow

Keeping the elbows slightly forward ensures we lift the arms in the same plane as the scapula, helping us to engage the rotator cuff muscles evenly to protect the shoulders. Stopping the movement just below shoulder level reduces the potential for shoulder impingement (compression of the shoulder tissues).



STANDING MAC RAISE

Position Setup

- SET Position
- Chest up, abs braced
- Chin in

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
- Keep the shoulders away from your ears

Layer 2

- Bend the knees to stay grounded
- Reach long with the front arm
- Brace the abs to avoid swinging



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).



STANDING OVERHEAD PRESS

Position Setup

- Split Stance
- Weight even in front and back foot, knees soft
- Chest up – abs aced
- 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



PUSHUP

Position Setup

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

Execution Setup

- Drop down to bring shoulders and chest to elbow level

Layer 2

- Push the floor away

Dropping the chest no lower than elbow height minimizes rotator cuff stress.



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



BENCH CRUNCH

Position Setup

- Lay on the bench
- Feet on floor close to bench
- Fingertips to temples

Execution Setup

- Lift shoulders off bench
- Slide ribs to hips
- Chin tucked in towards the throat

Layer 2

- Lift a little higher – shoulder blades off the floor



BENCH PULSE CRUNCH

Position Setup

- Lay down on the bench
- Feet on floor close to bench
- Hands off the floor by hips, palms down

Execution Setup

- Lift shoulders off bench
- **Slide ribs to hips**
- Chin tucked in towards the throat

Layer 2

- Maintain the height – feel the burn



BENCH REVERSE CRUNCH LIFT

Position setup

- **Knees above hips**
- Fingers hold under top of bench
- Elbows in
- **Brace abs tightly**

Execution Setup

- Reverse Crunch, extend legs up
- Lower legs to 45 degrees

Layer 2

- Focus on keeping lower back towards the bench as legs lower
- Keep lifting the tail bone to activate your lower abdominals



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