

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.

BODYPUMP 98



From L-R: Ben Main, Reagan Kang, Kylie Gates, Glen Ostergaard, Vili Fifita (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 Deadrows 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.

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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:

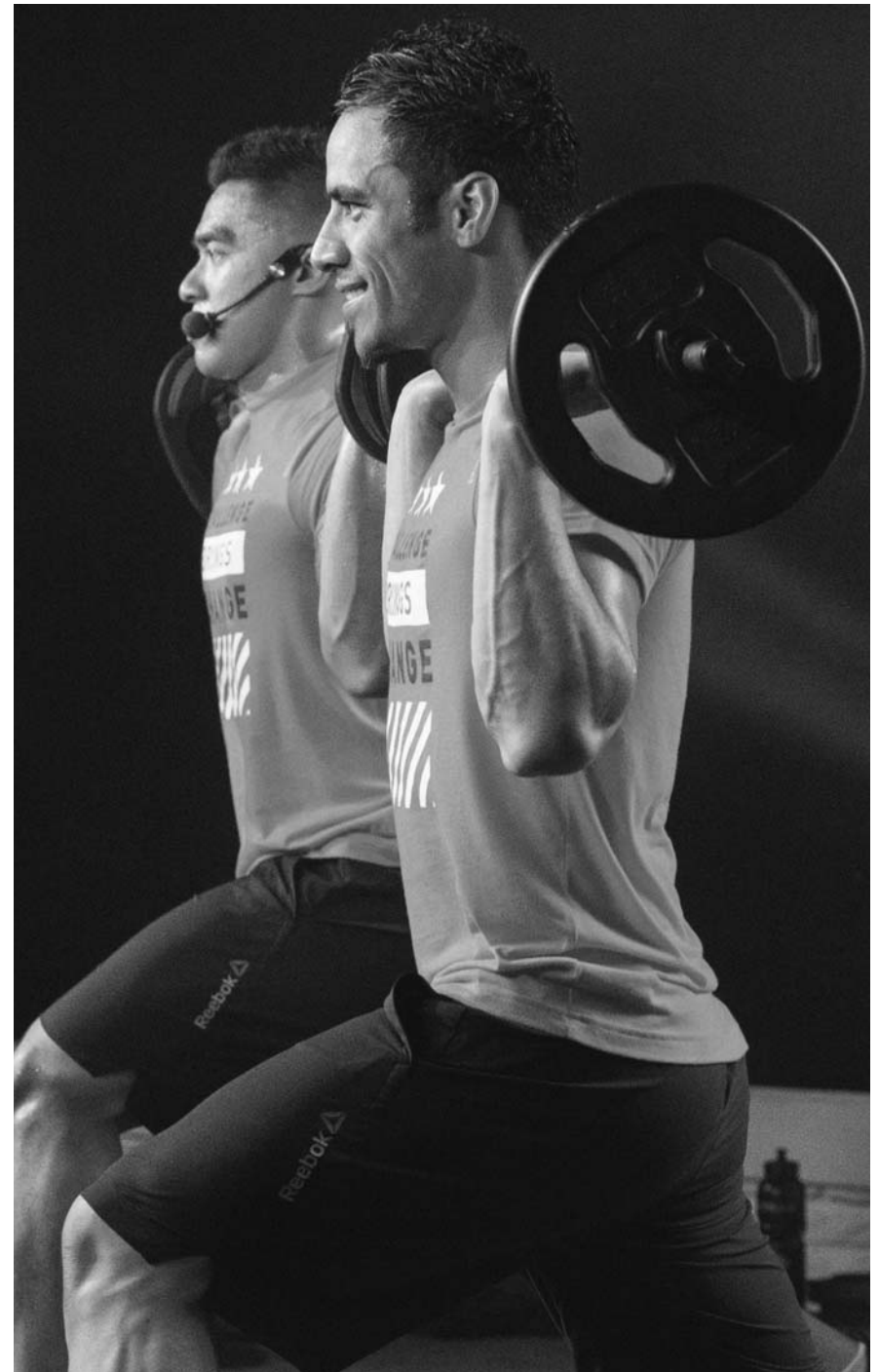
- 11% increase in VO2
- 7% reduction in systolic blood pressure
- 13.6% reduction in body fat
- Total cholesterol decreased by 13% including a 23.3% reduction in LDL's – (considered the 'bad' cholesterol)
- Participants also lost – on average – 1 inch (3cm) in their waist circumference.

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.

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. 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