



LES MILLS **BODYPUMP**

PRESENTERS FROM NEW ZEALAND, UNITED STATES, MALAYSIA, CHINA

RELEASE **99** **FEATURES**

- NEW RESEARCH: LES MILLS SPRINT™
- BODY LANGUAGE FOR POWER & PERFORMANCE
- THE REP EFFECT™

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 16,000 fitness clubs, 100,000 instructors and millions of participants from 112 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

Hey instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern language and terminology.

CONTENTS

New Research: LES MILLS SPRINT Body Language for Power & Performance THE REP EFFECT™

TRACK TYPE	SONG TITLE	ARTIST	
1 WARMUP	Mad World (Radio Edit) © 2016 Revealed Recordings, under exclusive license to Central Station Records. Written by: van de Corput, Harr, Jackson, Pels, Siewertsz, van der Voort	Hardwell feat. Jake Reese	5:29
2 SQUATS	Power Glove © 2013 Warner Music UK Ltd. Written by: McGrillen, Swire	Knife Party	4:18
	Power Glove © 2013 Warner Music UK Ltd. Written by: McGrillen, Swire	Knife Party	1:42
3 CHEST	In The Dark Courtesy of the Universal Music Group. Written by: Arnold, Henderson, Upchurch, Roberts	3 Doors Down	3:42
	In The Dark Courtesy of the Universal Music Group. Written by: Arnold, Henderson, Upchurch, Roberts	3 Doors Down	2:26
4 BACK	Winterburn © 2016 Xelon Entertainment www.xelonentertainment.com. Licensed courtesy of Xelon Entertainment PTY LTD. Written by: Holub, Rata, Tosun	Andrew Rayel & Digital X feat. Sylvia Tosun	6:11
5 TRICEPS	Something In The Way You Move Courtesy of the Universal Music Group. Written by: Kurstin, Goulding	Ellie Goulding	3:39
	Something In The Way You Move Courtesy of the Universal Music Group. Written by: Kurstin, Goulding	Ellie Goulding	1:12
6 BICEPS	Emperor's New Clothes © 2015, 2016 Fueled by Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. Written by: Urie, Pritchard, Wilson, Hollander, Sinclair	Panic! At The Disco	2:39
	Emperor's New Clothes © 2015, 2016 Fueled by Ramen LLC for the United States and WEA International Inc. for the world outside of the United States. Written by: Urie, Pritchard, Wilson, Hollander, Sinclair	Panic! At The Disco	1:37
7 LUNGES	Won't Stop Rocking © 2015 SpinninRecords.com, under exclusive license to Hush Recordings, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au. Licensed courtesy of Ministry of Sound Australia. Written by: El Ghoul, Rebergen, Tebaldi	R3hab & Headhunterz	5:30
8 SHOULDERS	Old Skool © 2016 Xelon Entertainment www.xelonentertainment.com. Licensed courtesy of Xelon Entertainment PTY LTD. Written by: van Buuren, de Goeij, Heard	Armin van Buuren	5:14
9 CORE	Work Courtesy of the Universal Music Group. Written by: Stephenson, Fenty, Graham, Moir, Samuels	Rihanna feat. Drake	3:39
10 COOLDOWN	Torches © 2016 19 Recordings Ltd. under exclusive license to RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Bassett, Daughtry	Daughtry	3:35
ALT 3 CHEST	She'll Tear Your World Apart © 2016 Les Mills Music Licensing Ltd. Written by: Brown, Langeveld, van de Geer	Resposado	6:15

BODYPUMP 99 EXPRESS FORMATS

30-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 27:27

45-MINUTE FORMAT

Track 1 Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 7 Lunges
Track 8 Shoulders
Track 9 Core
Track 10 Cooldown
Total Time 41:46

CREDITS

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Program Coach – Kylie Gates
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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 99



From L-R: Lunar Lu, Jeremiah Evans, Glen Ostergaard, Reagan Kang, Ben Main

BODYPUMP 99 – almost there, guys! The key themes in this round are:

As usual, light weights and high reps to tone and shape the muscles and help us burn calories.

Pushing some tracks to the point of fatigue means greater muscular recruitment, increasing hypertrophy – so we are working to tone, shape and strengthen super quickly.

BODYPUMP creates high metabolic fatigue, which increases calorie burn and muscle growth.

This release specifically features some old-school music to celebrate the past 25 years, eg in the Chest track, and also in the Shoulders track - aptly named Old Skool.

But it's a good mix of stomping House music and Modern Rock and Pop.

We've got a great emotive feel in the Warmup, heavy and driving in the Squat Track. Then we get rocky and grounded in the Chest Track – no rest for 6 minutes – moving to uplifting in the 8x Clean & Press in Track 4, soulful in the Tricep Track, and on to a Pop-rocky Bicep Track. From there, we're lifting into Lunges with 16x Pulse Squats to hammer the legs. The Shoulder Track has us kneeling on the floor for an Old Skool vibe and workout. Then it's a cool sound for the Core track, and an oldie for our Cooldown.

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.

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.

Jeremiah Evans (United States) is a BODYPUMP and CXWORX Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer, and a BODYATTACK and an RPM Instructor. He is based in Birmingham, Alabama.

Lunar Lu (China) is a BODYPUMP and BODYCOMBAT Instructor and Trainer, a BODYBALANCE™/BODYFLOW® and BODYJAM™ Instructor, and a LES MILLS GRIT Series Coach. She is based in Shanghai.

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NEW RESEARCH: LES MILLS SPRINT

LES MILLS SPRINT is HIIT on a bike.

High-Intensity Interval Training (HIIT) is riding a wave of popularity in the fitness industry and has proved to be hugely popular with participants.

HIIT delivers two specific training benefits:

- Accelerated improvements in fitness
- Rapid changes in body composition

Those who participate in HIIT get fit and lose body fat – fast. This method of training changes our biochemistry and speeds up results. Your body keeps working hard long after the 30-minute workout has finished.

LES MILLS GRIT™ has been scientifically designed to deliver the benefits of HIIT and our research proves that it works: people get leaner, fitter, and stronger.

So why HIIT on a bike?

For many people, cycling is more manageable than a LES MILLS GRIT workout. It requires less skill than lifting weights, and removes the impact generated when we run or jump.

New research proves that LES MILLS SPRINT delivers on the HIIT promise.

Thirty-six active adults, aged 18 to 65 years, participated in a study at Fitology in Penn State, USA. All participants had cycling experience, and were actively doing at least 3x 60-minute cardio sessions per week.

The team was split into two groups. The control group kept their exercise regime exactly the same. The other group replaced one 60-minute session with 2x 30-minute LES MILLS SPRINT classes, so that both groups completed the same number of training hours.

The LES MILLS SPRINT group demonstrated significant improvements in just 6 weeks:

- Cardio fitness increased by 9.7%
- Body fat decreased by 5.8%
- Leg strength increased by 11.9%

Improvements were also seen in blood pressure levels and other factors that are predictors of cardiovascular disease.

LES MILLS SPRINT is therefore a fantastic option for High-Intensity Interval Training. It's proven to generate great results in just 6 weeks, and is the perfect option for those who can't lift weights or do high-impact exercise. Incorporating 2x 30-minute classes into a weekly training plan is all that is required to get fit, burn fat, and build strength – fast.

For a full report on this study, visit :
<http://fitnessresearch.edu.au/journal-view/high-intensity-interval-cycling-improves-physical-151>

BODY LANGUAGE FOR POWER & PERFORMANCE

Other people's body language can tell us a lot about their emotional state.

Have you ever stopped to think what your own body language is communicating to you?

Amy Cuddy, a Professor at Harvard Business School, performed a study* to evaluate how expressions of power through posture can affect how powerful we feel in everyday situations.

Participants in the study engaged in either a powerful or powerless pose before a stressful job interview. Those who adopted a powerful pose were found to perform significantly better, and were more likely to be hired for the job.

Cuddy's research showed that simply holding one's body in expansive, 'high-power' poses for as little as 2 minutes stimulates higher levels of testosterone (the hormone linked to power and dominance) and lower levels of cortisol (the 'stress' hormone). The theory is that testosterone increases our assertiveness and tendency to action, while the low cortisol enables us to stay calm, focused, and feeling in control in the face of big challenges.

What does this mean for us as instructors?

We love those classes where we're completely 'in the zone', when we're captivating and in control – 100% present. However, we often encounter teaching situations that make us feel less than powerful; eg, filling in for your club's most popular instructor... teaching for the first time in a new club... These situations can create self-doubt and make us question our abilities as instructors.

How can we apply this science to create a more powerful presence when we teach?

- **Observe your own body language for a few days.** Are you crossing your ankles? Wrapping your arms around yourself? Hunched over your smartphone? You might be surprised at how often you find yourself in a powerless pose.
- **Change your posture.** Your body is continuously and convincingly sending messages to your brain. Make as many of those messages powerful simply by changing your posture.
- **Use a power pose before a high-pressure situation,** such as when filling in for your club's most popular Instructor. Power pose before that class! Find a private space (bathroom cubicles are perfect) and adopt a power pose for 2 minutes. This posture sends signals to your brain that help trigger the desired hormonal response: high testosterone and low cortisol.

Change won't happen overnight, and that's OK! Practising your powerful body language will, over time, help to modify your thinking, feelings, and physiology.

You are truly creating the Ultimate You.

* Cuddy, A. 2015. *Presence: Bringing Your Boldest Self to Your Biggest Challenges*. Little, Brown and Company.



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

BARBELL 

Light barbell

DEMONSTRATE

SET Position

TRACK FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro 4x8	SET Position – SHOULDER ROLL	
	0:19 V1 _ Sometimes it feels 4x8	3/1 DEADLIFT SET Stance	4x
	0:34 _ I'm just a lost soul 4x8	3/1 UPRIGHT ROW	4x
	0:49 PC Cause it's a mad 4x8	2/2 DEADROW (16 cts)	2x
	1:03 Rep Lose this now 4x8	1/1 DEADROW (8 cts)	4x
	1:18 Instr (Synth) 8x8	TRIPLE DEADROW (16 cts)	4x
2	1:46 Br 2x8	SHOULDER ROLL	1x
	1:55 V2 We're both strangers 4x8	2/2 DEADLIFT SET Stance	4x
	2:09 _ And I'm trying to 4x8	2/2 UPRIGHT ROW	4x
	2:23 PC Cause it's a mad 4x8	2/2 CLEAN & PRESS (16 cts)	2x
	2:37 Rep Lose this now 4x8	1/1 CLEAN & PRESS (8 cts)	4x
	2:53 Instr (Synth) 4x8	POWER PRESS (16 cts) Last rep, bar to back, step to SQUAT MID Stance	2x
	3:07 (Melody) 4x8	1/1 SQUAT MID Stance Last 4 cts, step right foot back to transition to LUNGE L	8x
	3:22 (Melody) 4x8	1/1 LUNGE L	8x
TRANSITION	3:36 Br 2x8	Bar back to SET Position – SHOULDER ROLL	1x
3	3:44 V3 We're both strangers 4x8	2/2 DEADLIFT SET Stance	4x
	3:58 _ And I'm trying to 4x8	2/2 UPRIGHT ROW	4x
	4:13 PC Cause it's a mad 4x8	2/2 CLEAN & PRESS (16 cts)	2x
	4:27 Rep Lose this now 4x8	1/1 CLEAN & PRESS (8 cts)	4x
	4:42 Instr (Synth) 4x8	POWER PRESS (16 cts) Last rep bar to back, step to SQUAT WIDE Stance	2x
	4:56 (Melody) 4x8	1/1 SQUAT WIDE Stance Last 4 cts, step left foot back to transition to LUNGE R	8x
	5:11 (Melody) 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 3/1 – Hinge forward 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 the 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 – Tip from the hips, chest lifted*
- *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 creating connection with your 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 Squat 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 workout. We are aiming for smooth, efficient movements so coach great Position and Execution, keeping your language positive and encouraging. What will you say and do to help connect with your participants?

2 SQUATS

WEIGHT SELECTION

BARBELL

REGULARS: 2–4x your Warmup weight

NEW: Double your Warmup weight

TRACK FOCUS

Coach the difference in muscle recruitment and feel between the 3 Squat stances: MID, WIDE and WIDER. The focus is to hit fatigue by the end of the track.

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 (Drums)	2x8	SET UP SQUAT MID Stance
	0:11 Instr (Distorted synth)	6x8	2/2 SQUAT MID Stance 6x
	0:34 (Beat)	8x8	1/1 16x
RECOVERY	1:03 (Low drums)	4x8	Shake legs. Reset SQUAT MID Stance
2	1:17 (Distorted synth)	4x8	2/2 SQUAT MID Stance 4x
	1:32 (Heavy synth)	16x8	COMBINATION (32 cts) 4x 1/1 SQUAT (16 cts) 4x BOTTOM HALF SQUAT (16 cts) 4x
TRANSITION	2:30 (Low)	4x8	Shake legs. Transition: SQUAT WIDE Stance
3	2:44 (Drums)	4x8	2/2 SQUAT WIDE Stance 4x
	2:59 (Windup)	4x8	3/1 4x
	3:14 (Heavy synth)	16x8	COMBINATION 4x
TRANSITION	4:12 (Low)	4x8	Shake legs. Transition: SQUAT WIDER Stance
4	4:26 (Drums)	4x8	2/2 SQUAT WIDER Stance 4x
	4:41 (Windup)	4x8	3/1 4x
	4:56 (Heavy synth)	16x8	COMBINATION 4x

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 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**
- **Butt stops just above knee line**

2 MID STANCE

LAYER 1/LAYER 2

As Set 1 was short, reiterate the basic Setup Cues again. Then clearly coach the combination – warning your class of the upcoming change in tempo. Be sure to coach your participants to push their knees forward to maximize the activation of the quads.

- *Use your recoveries – reset your MID Stance*
- *Push your knees forward to activate your quads*
- **Power Combo: 4x Single, 4x Bottom Half Squat**
- **Full range – 90 degrees**
- **Stay low in the Bottom Half Squats**
- *Drive your knees forward and feel your quads working*
- *Finish the set with your chest up*

3 WIDE STANCE

LAYER 1/LAYER 2

Set the new stance using Layer 1 Position and Execution cues, then use Layer 2 cues to refine the movement. Explain to your participants how they can feel the exercise more, or how they can improve technique. The focus is on sitting the hips back further and pushing the knees out to activate the glutes. Reinforce timing and range cues to manipulate intensity in the Squat Combination. Engage your participants in the workout by showing that you are feeling the intensity to! Use your face and body language to communicate this.

- *From MID Stance to WIDE Stance – one heel-toe wider*
- *This round we focus on the glutes*
- *In order to use your glutes, drive your knees wider and dig heels into the floor*
- *Remember, the goal is to hit fatigue by the end of the power combo*
- **60 seconds – power combo**
- **Stay down in the Bottom Half Squat**
- **Full range – 90 degrees**
- **2 sets to go**
- *Don't be afraid – you need to get aggressive with your lifting*
- *Drive heels into the floor – feel pressure from the floor*
- *Feel pressure from your glutes*
- **Lock and load, drive the knees wide**

2 SQUATS continued



4 WIDER STANCE

LAYER 2/LAYER 3

Use the recovery before the final effort to shake out and connect with your participants. As you start moving in the final block with a new stance – WIDER Stance – communicate the focus for the last set. The Wider Stance allows us to sit deeper into the hips, recruiting more muscle fibers while maintaining strong upper body position and posture. 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, shaping us faster. Your motivational language will help your participants make it to the end – be positive and take everybody with you!

- *From WIDE Stance – one heel-toe wider*
- *Are you willing to go the distance?*
- *90 seconds of effort to go*
- *The WIDER Stance lets us sit deeper in the hips while having great upper body posture*
- *Start to push your knees wide*
- *Push off the outside foot and feel your side glutes working*
- *Head up, chest up*
- *It should feel like you're starting to rip the floor apart*
- *We are training like machines*
- *Yes we are – your legs are programmed to overload*
- *Final set – this is it*
- *Finish it*

INTENSITY

3 Stances with limited rest create Continuous Tension Training in this track. Focus on achieving full range and good timing on every rep to produce THE REP EFFECT™.

PUMP FACT

Taking the feet slightly wider with each stance change allows us to maintain intensity in the target muscles (glutes and quads) while alleviating pressure in the lower back. As the feet move wider, the trunk can adopt a more upright alignment taking some of the pressure off our core stabilizers.

3 CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 of your

Squats weight or less

NEW: Warmup weight

BARBELL

TRACK FOCUS

Coach the muscular intensity of the slow and faster movements and match this to the feel of the music. Drive your participants by educating them how to get more out of each exercise.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:05 Instr (Guitar) 2½x8	SET UP CHEST PRESS	
	0:15 V1 Whenever the lights 4x8	2/2 CHEST PRESS	4x
	0:33 Little vixen dancing 4x8	3/1	4x
	0:51 C Everything you see 4x8	1/1	8x
	1:09 Rep In the dark 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
2	1:17 V2 Darkness comes 4x8	2/2 CHEST PRESS	4x
	1:35 It sounds like 4x8	3/1	4x
	1:53 C Everything you see 4x8	1/1	8x
	2:11 Rep In the dark 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
	2:20 In the dark 2x8	1/1/2 CHEST PRESS	2x
	2:28 Instr (Guitar) 4x8	2/2	4x
	2:46 QC Everything you see 2x8	1/1/2	2x
	2:55 C The time the sun 6x8	1/1	12x
3	3:22 Rep In the dark 4x8	16x CHEST PRESS BOTTOM HALF PULSE	1x
	RECOVERY 3:40 Br ½x8	HOLD at the top	
	3:42 V3 Darkness comes 4x8	2/2 CHEST PRESS Option: Sit up and recover. Join again at 3/1	4x
	3:59 It sounds like 4x8	3/1	4x
	4:17 C Everything you see 4x8	1/1	8x
	4:35 Rep In the dark 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
	4:43 In the dark 2x8	1/1/2 CHEST PRESS	2x
	4:53 Instr (Guitar) 4x8	2/2	4x
	5:10 QC Everything you see 2x8	1/1/2	2x
	5:19 C Sun goes down 6x8	1/1	12x
	5:46 Rep In the dark 4x8	16x CHEST PRESS BOTTOM HALF PULSE	1x

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 big focus on 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, lower back close to the bench**
- **Target is the middle of the chest**
- *2/2, slowly down*
- *Ease into range for first set*
- **Elbows just above the bench at the bottom**
- *Slower than you think; milk the timing*
- *Big Singles, down and up*
- *Stay with the range*

2 CHEST PRESS

LAYER 1/LAYER 2

First set is short so continue to use Layer 1 Execution cues – timing, range and target zones. Then explain how to achieve more from the Bench Press by taking elbows wide on the way down and squeezing and narrowing the chest on the way up, drawing elbows in. These Layer 2 cues help to increase tension and add intensity to the movement. Reinforce stability of body position on the bench for the Pulses and pre-cue the timing changes early on. Reinforce timing throughout this set because this track has a slower feel and you want the class to master the timing and range to stay in the tension.

- *Keep going while I take a look at you*
- *Let's do the checklist – feet into the floor*
- *Squeeze shoulder blades into the bench*
- *Open elbows wide on the way down*
- *This opens the window to accumulate tension in your chest*
- *Squeeze and narrow chest on the way up*
- *Back into the Singles, down and up*
- *Drive the bar away from your body*
- *8x Pulses, down, down*
- *Down and hold, slow push*
- *2/2 work the range and timing*
- *Extended set, 12x Singles*
- *Don't rush – can you feel it?*
- *Here comes that burner – 16x Pulses*
- *Abs braced*
- *Shoulder blades back into the bench – staying tight at the bottom*

3 CHEST PRESS

LAYER 2/LAYER 3

The set starts with an option to recover and stretch. By providing the choice "to recover or keep going" allows participants to have full control over their workout. Research tells us this is particularly beneficial for our newcomers. We repeat Set 2 again with the objective of maintaining great technique as the body starts to fatigue. Use Layer 2 cues to improve execution and manipulate more intensity from the exercise. We do this by not letting participants check out of the timing and range, especially in the Pulses – this is how we reach fatigue. Layer 3 is all about motivation – your voice and language will be an important factor to bring everyone to the finish line. Praise them and encourage them to do more. Our goal is to lead participants to goals and outcomes!

- *Here's your option – take a rest and stretch out*
- *There is no shame in taking a recovery*
- *Well done to those of you still with your barbell*
- *See you at the finish line*
- *Going to bring it home*
- *Tension is starting to rise*
- *Body is starting to take shape*
- *Down and hold*
- *We're having a party up here*
- *1 minute left to go*
- *Commitment to the end*
- *12x Singles*
- *This set counts*
- *Chase the burn and chase the fatigue*

PERFORMANCE

Feel of the song: big, dramatic, epic, slow Rock song. Use great vocal control to complement the musical feel. Create contrast in your intonation and match this to the exercise tempo. For example, use slow cue delivery in the big, slow, open-chest movements. Then, when the music is intense, the moves are short and fast so you can go bigger with your vocals.

PUMP FACT

Keeping our elbows directly under the bar takes pressure off the rotator cuff muscles, reducing the chance of injury.

3 CHEST Alternative

WEIGHT SELECTION

BARBELL 

REGULARS: Barbell with 1/3 of your

Squats weight or less

NEW: Warmup weight

TRACK FOCUS

Coach the muscular intensity of the slow and faster movements and match this to the feel of the music. Drive your participants by educating them how to get more out of each exercise.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET	MUSIC	EXERCISE	REPS
1	0:06 Intro (Guitar) 2½x8	SET UP CHEST PRESS	
	0:16 V1 There's a fire 4x8	2/2 CHEST PRESS	4x
	0:34 PC You can tame 4x8	3/1	4x
	0:52 C For a ride 4x8	1/1	8x
	1:10 Your world apart 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
2	1:19 V2 Like a vampire 4x8	2/2 CHEST PRESS	4x
	1:37 PC You can tame 4x8	3/1	4x
	1:55 C For a ride 4x8	1/1	8x
	2:13 Your world apart 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
	2:22 Ref _ Woah 2x8	1/1/2 CHEST PRESS	2x
	2:31 Instr (Heavy guitar) 4x8	2/2	4x
	2:49 QC For a ride 2x8	1/1/2	2x
	2:59 C There's an arrow 6x8	1/1	12x
	3:26 Your world apart 4x8	16x CHEST PRESS BOTTOM HALF PULSE	1x
RECOVERY	3:44 Br ½x8	HOLD at the top	
3	3:46 V3 Like a vampire 4x8	2/2 CHEST PRESS Option: Sit up and recover. Join again at 3/1	4x
	4:04 PC You can tame 4x8	3/1	4x
	4:22 C For a ride 4x8	1/1	8x
	4:41 Your world apart 2x8	8x CHEST PRESS BOTTOM HALF PULSE	1x
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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 big focus on 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, lower back close to the bench**
- **Target is the middle of the chest**
- *2/2, slowly down*
- *Ease into range for first set*
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- *Stay with the range*

2 CHEST PRESS

LAYER 1/LAYER 2

First set is short so continue to use Layer 1 Execution cues – timing, range and target zones. Then explain how to achieve more from the Bench Press by taking elbows wide on the way down and squeezing and narrowing the chest on the way up, drawing elbows in. These Layer 2 cues help to increase tension and add intensity to the movement. Reinforce stability of body position on the bench for the Pulses and pre-cue the timing changes early on. Reinforce timing throughout this set because this track has a slower feel and you want the class to master the timing and range to stay in the tension.

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- *Down and hold, slow push*
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- *Extended set, 12x Singles*
- *Don't rush – can you feel it?*
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- *Abs braced*
- *Shoulder blades back into the bench – staying tight at the bottom*

3 CHEST PRESS

LAYER 2/LAYER 3

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- *Down and hold*
- *We're having a party up here*
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PERFORMANCE

Feel of the song: big, dramatic, epic, slow Rock song. Use great vocal control to complement the musical feel. Create contrast in your intonation and match this to the exercise tempo. For example, use slow cue delivery in the big, slow, open-chest movements. Then, when the music is intense, the moves are short and fast so you can go bigger with your vocals.

PUMP FACT

Keeping our elbows directly under the bar takes pressure off the rotator cuff muscles, reducing the chance of injury.

4 BACK

WEIGHT SELECTION

Barbell with Chest weight or slightly more
Option: 4x 1/1 Clean & Press and 4x 1/1 Deadrow instead of 8x Clean & Press



DEMONSTRATE

Clean & Press

TRACK FOCUS

Focus on coaching the execution of the Clean & Press with clarity to maximize efficiency of the movement. Always option 4x 1/1 Clean & Press and 4x 1/1 Deadrow instead of the 8x Clean & Press

MUSCLE FOCUS

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

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro 1x8	SET Position Underhand Grip	
	0:10 I am your winter 8x8	1/1 DEADROW	8x
	0:38 Br Winter 1x8	SHOULDER ROLL	1x
RECOVERY	0:43 (Low vocal) 4x8	Shake arms. Overhand Grip	
2	0:57 V1 _ The ice beneath 8x8	3/1 DEADLIFT Overhand Grip	8x
	1:24 Br I am your winter 1x8	SHOULDER ROLL	1x
	1:29 Instr (Synth) 8x8	1/1 DEADROW	8x
	1:57 (B up) 4x8	2/2 DEADLIFT	4x
	2:12 (Pulsing beat) 4x8	1/1 CLEAN & PRESS (8 cts)	4x
	2:26 Rep I am your winter 4x8	1/1 DEADROW	4x
	2:40 (B up) 4x8	Bar down. Shake arms (16 cts). Bar up. Shoulder Roll to SET Position (16 cts)	
	2:54 Instr (Heavy pulse) 8x8	1/1 CLEAN & PRESS (8 cts) Option: 4x 1/1 Clean & Press, 4x 1/1 Deadrow	8x
RECOVERY	3:23 Br Winter 1x8	HOLD	
RECOVERY	3:27 (Low vocal) 4x8	Bar down, shake arms	
3	3:41 V2 _ The ice beneath 8x8	3/1 DEADLIFT	8x
	4:10 Br I am your winter 1x8	SHOULDER ROLL	1x
	4:14 Instr (Synth) 8x8	1/1 DEADROW	8x
	4:42 (B up) 4x8	2/2 DEADLIFT	4x
	4:57 (Pulsing beat) 4x8	1/1 CLEAN & PRESS (8 cts)	4x
	5:11 Rep I am your winter 4x8	1/1 DEADROW	4x
	5:25 (B up) 4x8	Bar down. Shake arms (16 cts). Bar up. Shoulder Roll to SET Position (16 cts)	
	5:39 (Heavy pulse) 8x8	1/1 CLEAN & PRESS (8 cts) Option: 4x 1/1 Clean & Press, 4x 1/1 Deadrow	8x

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 DEADROW (Underhand)

LAYER 1

Setup the Position and Execution cues needed for the underhand grip.

DEADROW

- Underhand grip
- SET Position
- 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**
- Underhand grip works the biceps

2 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 1/LAYER 2

Coach your members how to execute the moves using Position and Execution setup and NETT cues. Focus on developing perfect technique. Don't forget to give the option of 4x 1/1 Clean & Press/4x 1/1 Deadrow.

DEADLIFT

- SET Position
- **Chest up, abs braced**
- **Bar to top of the knees**
- **Tip from the hips**
- *Glide the bar down*
- *As you push your hips back, your glutes and hamstrings will activate*

DEADROW

- **Bar to top of knees, belly, knees and stand**
- **Elbows in, keep the load in the back muscles**
- **Squeeze between your shoulder blades**
- **Belly braced**
- *Creating the pathway to move into the Clean & Press*
- *Keep the bar close*
- *Keep it smooth*

CLEAN & PRESS

- 1, 2, 3 and 4
- Drop, push, drop, release
- 2x Squat
- **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**
- *A Breather coming – bar down, shake out*
- 8x Clean & Press
- Hips back every time
- Option 4 and 4
- Bar floats up
- Get under the bar quickly
- Keep the core locked

4 BACK continued



3 DEADLIFT / DEADROW / CLEAN & PRESS

LAYER 2/LAYER 3

In the transition, shake the arms and praise the class for their efforts. The focus for the last block is to coach efficiency of movement. Use Layer 2 cues that will improve execution and manipulate the intensity to generate fast results. This is your opportunity to inspire and motivate your class with your own athleticism: role-model great strength and fitness in the way YOU move the bar. Your members will require extra motivation in this final set, so use your own physicality to push everyone to the end.

DEADLIFT

- 3/1 Deadlift
- *Start pulling the bar into the legs*
- *Activate the upper back*
- *Hips push back*
- *Glutes and hamstrings are working*

DEADROW

- *Deadrow set*
- *Pull the bar into the belly*
- *Mid, lower and upper back firing*

CLEAN & PRESS

- *Legs and core*
- *Brace core tightly on the push*
- *Give me some air time*
- *Float the bar*
- *4x Deadrow now*
- *Jump under the bar fast, fast elbows*
- *Powerful movements under the bar*

PERFORMANCE

The music is big and emotive and vocally you want to match the highs and lows of the music. The BIG Performance comes from your actions – BE the best physical role model you can be, to inspire your participants to challenge themselves through your own physicality!

INTENSITY

Short rests between sets ensure the heart rate stays up. The Clean & Presses create a metabolic effect, helping you burn calories both during and after class.

PUMP FACT

Although the Clean & Press is often used to improve power, it is also a great tool for improving movement precision. Coaching the class to keep the weight close to the body and jump under the bar in the Clean, improves the ability to move loads safely from down low to above the head.

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 execution for each exercise and then explain how to improve the execution to achieve isolation.

MUSCLE FOCUS

Tricep Extensions: Triceps

Tricep Press and Tricep Pushups: Triceps and
deltoids

Standing Overhead Tricep Extension: Triceps

SET	MUSIC			EXERCISE		REPS
1	0:09	V1	It's the strangest	4x8	2/2 TRICEP EXTENSION	4x
	0:26		One bone in your	4x8	3/1	4x
	0:43	PC	Tonight I'm	4x8	1/1/2	4x
	1:00	C	Something in the	4x8	8x TRICEP PRESS BOTTOM HALF PULSE (16 cts)	2x
RECOVERY	1:18	Br	Oh , oh oh	1x8	HOLD at the top	
2	1:22	V2	An evil night	4x8	2/2 TRICEP EXTENSION	4x
	1:39		Not one thing	4x8	3/1	4x
	1:56	PC	But tonight I'm	4x8	1/1/2	4x
	2:13	C	Something in the	4x8	8x TRICEP PRESS BOTTOM HALF PULSE (16 cts)	2x
RECOVERY	2:30	Ref	Oh , oh oh	4x8	Transition: BENCH TRICEP PUSHUP	
3	2:47	PC	But tonight I'm	4x8	1/1/2 BENCH TRICEP PUSHUP Option: Kneeling Pushup	4x
	3:04	C	Something in the way	8x8	COMBINATION (32 cts) 8x TRICEP PUSHUP BOTTOM HALF PULSE (On knees) (16 cts) 4x 1/1 TRICEP PUSHUP (On toes) (16 cts)	2x
RECOVERY	3:38		(Low)	4x8	Transition: STANDING OVERHEAD TRICEP EXTENSION	
4	3:55	PC	But tonight I'm	4x8	1/1/2 STANDING OVERHEAD TRICEP EXTENSION	4x
	4:12	C	Something in the way	8x8	COMBINATION (32 cts) 8x STANDING OVERHEAD TRICEP EXTENSION BOTTOM HALF PULSE (16 cts) 4x 1/1 STANDING OVERHEAD TRICEP EXTENSION (16 cts)	2x

RECOVERY: Shake the arms; Tricep Stretches.

1 TRICEP EXTENSION / TRICEP PRESS

LAYER 1

Coach Layer 1 Position and Execution setup for the Tricep Extension and Presses, using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises. Coach timing cues for the Pulses so the class gets the rhythm and timing.

TRICEP EXTENSION

- **Shoulder-width grip on the bar**
- **Abs in and braced**
- *Shoulders back and down*
- **Bar to forehead**
- *Push back to shoulders*
- *Down slowly and up quickly*
- *Elbows point towards ceiling*
- **Elbows stay above your shoulders**
- *Squeeze elbows in to load the triceps*

TRICEP PRESS

- *Time to Press*
- *8x Bottom Half Pulse*
- **Bar to lower ribs**
- *Down, halfway up*
- **Abs in and braced**
- **Elbows to the top of bench, close to body**

2 & 3 TRICEP EXTENSION / TRICEP PRESS / BENCH TRICEP PUSHUP

LAYER 2

This block repeats the Tricep Extension and Tricep Press Combination, then we head into Pushups. Start to use a Layer 2 focus of stability through the work to feel the isolation in the muscles. This will help the class to feel more intensity in the exercises.

TRICEP EXTENSION/TRICEP PRESS

- *2/2 move slowly and smoothly*
- *Make sure your elbow is over your shoulder to isolate*
- *Feel the squeeze of your tricep as you extend to the top*
- *This round, stay a little longer*
- *Feel the intensity kick in*
- *Can you feel that?*
- *8x Bottom Half Pulse*
- *Stay at the bottom*
- *Elbows close to ribs to feel the load*

LAYER 1

BENCH TRICEP PUSHUP

Use Layer 1 cues to coach position and execution of the Pushup. The combination is tough, so offer options to dial up or dial down the intensity.

- *Set up for Pushups*
- **Hands under shoulders**
- *Knees away*
- *Corkscrew your elbows to the rear*
- *Shoulders away from ears*
- **Brace your core**
- *Now you're ready for Pushups*
- **Chest to elbow level**
- **Elbows close to ribs**
- *Big combo – 8x Bottom Half Pulse and 4x Single*
- *If you're losing technique, bring your knees closer to bench*
- *Brace your core and push the bench away*
- *Get stronger arms*

5 TRICEPS continued



Something In The Way You Move > 4:51 mins

4 STANDING OVERHEAD TRICEP EXTENSION

LAYER 1/LAYER 2/LAYER 3

Coach Layer 1 Position and Execution setup of the Overhead Extensions. Use Layer 2 to focus on isolation to increase intensity. Finally, Layer 3 is about celebrating the feel of the intensity during the last set by using cues like *What are you waiting for? Do you want long, lean arms?*

STANDING OVERHEAD TRICEP EXTENSION

- Feet hip-width apart, and push the plate over your head
- **Plate to the base of the neck**
- **Full extension to the top**
- **Elbows in**
- *What are you waiting for?*
- *Do you want long, lean arms?*
- *Combo – down and halfway*
- **Chest lifted, abs braced**
- *Stay grounded and feel the isolation*
- *It's all about how you move*

PUMP FACT

Participants with rounded upper back (known as a Kyphotic Posture) may have difficulty keeping their neck in neutral when lying on the bench. Encouraging them to place a folded towel under their head will help them alleviate neck tension and potentially improve their technique

6 BICEPS

WEIGHT SELECTION

Barbell with Warmup weight or slightly less

Option: To use plates

BARBELL

DEMONSTRATE

Mid-Range Pulse

TRACK FOCUS

Coach great execution of the Mid-Range Pulse so your class experience the intensity fast, and hook them into the great lyrics.

MUSCLE FOCUS

Biceps

SET	MUSIC	EXERCISE	REPS
1	0:05	2x8 SET UP SPLIT Stance Underhand Grip SHOULDER ROLL	1x
	0:15 V1	5x8 Welcome to the 2/2 BICEP CURL SPLIT Stance Use last rep to transition to SET Stance	5x
	0:39 C	4x8 Back the crown COMBINATION SET Stance (16 cts) 2x 1/1 BICEP CURL (8 cts) 4x BICEP CURL MID-RANGE PULSE (8 cts)	2x
	0:59 Br	(Low vocal) 1/2x8 SHOULDER ROLL	1x
2	1:01 V2	5x8 Sycophants on 2/2 BICEP CURL SPLIT Stance (Back to SET Stance on last 8 cts)	5x
	1:24 Br	1/4x8 HOLD SET Stance	
	1:27 C	4x8 Back the crown COMBINATION	2x
	1:47 Rap	2x8 Mortal kings are 2/2	2x
	1:56	1/4x8 HOLD	
	1:58 C	6x8 Ohhhh COMBINATION	3x
3	2:28 Rep	2x8 Finders keepers 1/1 BICEP CURL	4x
	2:36 Br	1/4x8 HOLD SET Stance	
	2:38 V3	5x8 Sycophants on 2/2 BICEP CURL SPLIT Stance (Back to SET Stance on last 8 cts)	5x
	3:02 Br	1/4x8 HOLD SET Stance	
	3:04 C	4x8 Back the crown COMBINATION SET Stance	2x
	3:24 Rap	2x8 Mortal kings 2/2	2x
	3:34 Br	1/4x8 HOLD	
	3:35 C	6x8 Ohhhh COMBINATION	3x
	4:05	Finders keepers 2x8 1/1 BICEP CURL	4x

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

Emperor's New Clothes > 4:16 mins

1 BICEP CURL

LAYER 1

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

- **SET Position**, underhand grip on the bar
- Roll shoulders
- 2/2 SPLIT Stance
- **Bar to shoulder height**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift up your chest**
- *Singles and Pulses*

2 BICEP CURL

LAYER 2

Use this set to focus on posture so your class can feel the intensity and isolation. Be sure to pre-cue the Holds and reinforce the timing of the combination. Coach range in the Mid-Range Pulse to create more tension.

- *Set the foundation*
- *Screw the feet into the floor*
- *Tuck the elbows in tightly*
- *Pop up your chest and brace abs*
- *Strong stability = strong isolation*
- *Mid-Range Pulse, bang it down*
- *1 inch above and 1 inch below*
- *Work full range – thighs to shoulders*
- *More tension = more strength*
- *So close we can taste it*

3 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; this means that we feel driven by the inner sense of achievement from training hard. How will you bring your class to the end?

- *Feels good and tastes good*
- *ETA 60 seconds*
- *Step in with authority*
- *Combo – big Singles*
- *Home straight*
- *Control 2/2 – smoothly*
- *Welcome to my world of fun*
- *Finders keepers*
- *Take it back, back*
- *One more – finish strongly*

INTENSITY

The intensity is in the Mid-Range Pulses, 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, allowing the performance to happen.

PUMP FACT

As fatigue sets in, many participants tilt their shoulders forward on the eccentric (lowering) phase of the curl. Instructing them to keep a high chest and light tension between the shoulder blades helps prevent this and isolates the effort into the Biceps

7 LUNGES

WEIGHT SELECTION



REGULARS: Biceps to Chest weight

NEW: Body weight

Option: Use plates only

DEMONSTRATE

Lunge 90/90 setup

TRACK FOCUS

Coach your class to execute the fast movements with the correct ROM to create muscular tension and burn, for accelerated results.

MUSCLE FOCUS

Squats and Lunges: Glutes and quadriceps

SET	MUSIC	EXERCISE	REPS
1	0:05 Intro (Keyboard)	4x8 SET UP SQUAT MID Stance	
	0:18 Instr (Low vocal & build)	4x8 4/4 SQUAT MID Stance	2x
	0:33 (Horn)	4x8 1/1	8x
	0:47 (Windup)	4x8 1/1/2	4x
	1:02 (Heavy synth)	8x8 COMBINATION (16 cts) 3x SQUAT BOTTOM HALF PULSE (8 cts) 2x 1/1 SQUAT (8 cts)	4x
TRANSITION	1:32 (Low)	2x8 SET UP LUNGE L	
2	1:39 Instr (High synth)	2x8 4/4 LUNGE L	1x
	1:46 (Distorted vocal)	4x8 2/2	4x
	2:01 (Horn)	4x8 1/1	8x
	2:15 (Windup & vocal)	4x8 1/1/2	4x
	2:29 (Heavy synth)	8x8 COMBINATION (16 cts) 3x LUNGE BOTTOM HALF PULSE L (8 cts) 2x 1/1 LUNGE L (8 cts) Last combination: 1x 1/1 LUNGE only Use last 8 cts to transition to WIDE SQUAT	4x
	2:59 (Windup)	4x8 1/1/2 SQUAT WIDE Stance	4x
	3:13 (Heavy synth)	4x8 16x SQUAT BOTTOM HALF PULSE	1x
TRANSITION	3:28 (Low)	2x8 SET UP LUNGE R	
3	3:36 Instr (High synth)	2x8 4/4 LUNGE R	1x
	3:43 (Distorted vocal)	4x8 2/2	4x
	3:58 (Synth)	4x8 1/1	8x
	4:12 (Windup & vocal)	4x8 1/1/2	4x
	4:26 (Heavy synth)	8x8 COMBINATION (16 cts) 3x LUNGE BOTTOM HALF PULSE R (8 cts) 2x 1/1 LUNGE R (8 cts) Last combination: 1x 1/1 LUNGE only Use last 8 cts to transition to WIDE SQUAT	4x
	4:56 (Windup)	4x8 1/1/2 SQUAT WIDE Stance	4x
	5:10 (Heavy synth)	4x8 16x SQUAT BOTTOM HALF PULSE	1x

RECOVERY: Shake the legs. Quadricep Stretches.

1 MID STANCE SQUAT

LAYER 1

Short 1st set of Squats. Cue Position and Execution setup to get participants moving again.

- **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 down and back**
- **Knees to 90 degrees**
- **Drive heels into the floor**
- **Combo – 3x Bottom Half Pulse and 2x Single**

2 LUNGE / WIDE SQUAT

LAYER 1

Coach the basic Layer 1 cues for good technique of the Lunge – establishing Position and Execution setup of the exercise. Focus on being super clear with the new combination of 3x Bottom Half Pulse and 2x Single Lunge. Participants will not be expecting the Singles after the Pulses so reinforce timing and rhythm cues so everybody nails this pattern. Coach the basics for the Wide Squat and nail participants' range for the 16x Pulses.

LUNGE

- **Long step back**
- **2/2 down and up – smoothly**
- **Front thigh parallel to the floor**
- **Back knee towards the floor**
- **Hips and shoulders square to the front**
- **Big push through the front heel**
- **Feel the push and drive through the floor**
- **Lift chest and brace your core**
- **Down halfway, down halfway, drive away**
- **Small range then go full**
- **Last combo: 3x Bottom Half Pulse and 1x Single**

WIDE SQUAT

- **Feet step wide**
- **Down and hold**
- **Butt stops just above knees**
- **Here it comes – the burn**
- **16x Bottom Half Pulse**
- **Hips back and down**
- **Knees push out**
- **Lift chest, brace abs**

3 LUNGE / WIDE SQUAT

LAYER 2/LAYER 3

Coach Timing and Execution cues to get everyone moving well on their other leg. Use Layer 2 cues to help participants stay in range to manipulate the burn which will bring their legs to fatigue. Explain that the tempo changes will challenge the legs and deliver the results they came for. Layer 3 Motivational Cues celebrate their effort and results, especially in the 16x Pulse Wide Squat.

- **Halfway, left leg step back**
- **Take your time and reset technique**
- **Front thigh parallel to the floor**
- **Chest lifts**
- **Elbows under the bar – secure that position**
- **Timing and range will give you the biggest change**
- **My legs are ready to go**
- **3x Bottom Half Pulse, 2x Single**
- **Bang it in**
- **Variable tempos**
- **Fast and slow-twitch fibers**
- **This will give you the challenge that your legs need**
- **Step wide**
- **Commitment of a team, commitment to yourself**
- **We're going to take it home**
- **Push it now**
- **Drive your legs**

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/plate down during the track. The key is to make everyone feel successful.

PUMP FACT

Lunges should always be set up with the feet hip-width apart. Having the feet wider than this (eg squat width) as we step the foot back, would twist the back knee resulting in increased joint stress.

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 Position and Execution of all the exercises so your class is moving well. Educate participants on the benefits of this great circuit conditioning for the upper body.

MUSCLE FOCUS

Bar Work: Deltoids, trapezius

Plate Work: Muscles of upper back, rear deltoids

Pushups: Pectoralis, triceps, deltoids and core

SET	MUSIC	EXERCISE	REPS
1	0:06 Intro (Drums)	2x8	SET Position KNEELING REAR DELTOID RAISE
	0:13 Ref Can you feel	4x8	4/4 KNEELING REAR DELTOID RAISE 2x
	0:27 Instr (Heavy techno)	4x8	1/1 8x
	0:41 Rep Every body in the	4x8	2/2 4x
	0:56 Instr (Funky beat)	4x8	1/1 8x
	1:10 (Funky beat & Windup)	4x8	2/2 4x
RECOVERY	1:24 (Low)	4x8	SET UP KNEELING UPRIGHT ROW (Barbell)
2	1:38 Instr (Synth)	4x8	2/2 KNEELING UPRIGHT ROW 4x
	1:52 Ref Every body in the	4x8	1/1/2 4x
	2:07 Rep Rock this party	4x8	2/2 4x
	2:21 Instr (Heavy techno)	4x8	1/1 7x Last 8 cts, transition to PUSHUP on the floor
	2:35 Ref Every body in the	4x8	1/1 PUSHUP (Option: kneeling, knees, toes) 7x Last 8 cts, transition to KNEELING UPRIGHT ROW
	2:49 Instr (Funky beat)	4x8	1/1 KNEELING UPRIGHT ROW 7x Last 8 cts, transition to PUSHUP
3	3:03 (Funky beat & windup)	4x8	1/1 PUSHUP (Option: kneeling, knees, toes) 8x
	3:17 (Low)	4x8	Transition: STANDING UPRIGHT ROW SET Stance (Barbell)
3	3:31 Instr (Synth)	4x8	2/2 STANDING UPRIGHT ROW SET Stance 4x
	3:46 Ref Every body in the	4x8	1/1/2 4x
	3:59 Rep Rock this party	4x8	2/2 4x Use last 4 cts to transition to STANDING OVERHEAD PRESS SPLIT Stance
	4:14 Instr (Heavy techno)	4x8	1/1 STANDING OVERHEAD PRESS SPLIT Stance 8x
	4:27 Ref Every body in the	4x8	1/1 STANDING PUSH PRESS SET Stance 8x
	4:41 Instr (Funky beat)	4x8	1/1 STANDING OVERHEAD PRESS SPLIT Stance 8x
	4:55 (Funky beat & windup)	4x8	1/1 STANDING PUSH PRESS SET Stance 8x

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

1 KNEELING REAR DELTOID RAISE

LAYER 1/LAYER 2

Cue clear Layer 1 Position and Execution setup, using NETT, for this exercise. Then move into Layer 2 coaching once they are executing the move with precision

- *Come down to the floor*
- *Keep the bar close*
- *Take one leg forward, back knee under hip*
- *Tip forward from the hip, back straight*
- *Brace abs and lift chest*
- *Plates face to the rear*
- *Take the elbows wide and high*
- *Brace abs and keep upper body still*
- *Pull shoulder blades together, use shoulders and upper back muscles*
- *Shape and tone the upper body*
- *Constant tension for results*
- *Keep the body still to isolate the shoulders*

2 KNEELING UPRIGHT ROW / PUSHUP

LAYER 1/LAYER 2

Cue Position and Execution setup using NETT for good lifting technique and timing in both exercises. The 2nd set of Upright Rows and Pushups is the time to increase intensity by using Layer 2 cues. Coach stability to create more isolation in the Upright Rows and use the external coaching cue of 'pushing the floor away' in the Pushup to help participants to feel their muscles working effectively.

KNEELING UPRIGHT ROW

- *Grab your bar*
- *Knees hip-width apart*
- *Hands shoulder-width apart*
- *Squeeze glutes and brace abs*
- *Lift chest*
- *Bar stops at lower chest*
- *Keep the bar close to your body*
- *Stay strong – keep your body still for more isolation*
- *Feel the tension*
- *Tension in the upper body*
- *Use the traps and shoulders to pull the bar*

PUSHUP

- *Bars down*
- *Pushups, hands outside shoulder-width*
- *On knees or toes*
- *Chest to elbow height*
- *Brace abs*
- *Use the floor – squeeze it together and shred the muscle fibers*

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

LAYER 1/LAYER 2/LAYER 3

Coach Position and Execution setup of all 3 exercises using NETT to help make transitions smooth and easy to follow. Reinforce the timing cues to help participants maintain full range of movement. When we repeat the Overhead Presses and Push Presses, try using Layer 2 Internal and External cues to manipulate the intensity. Internal cues focus on the mechanics of the move (bend and drive through the legs) and External cues focus on the outcome of the movement to generate more intensity (drive your bar through the roof) This last set is tough and by acknowledging this conditioning overload, your class will be inspired to achieve maximum effort. Be the role model and inspire!

STANDING UPRIGHT ROW

- *Bend your knees, pick up your bar*
- *SET Position*
- *Re-anchor your body*
- *Feet hip-width apart, lift chest*
- *Brace abs*
- *Bar to lower chest*
- *Elbows above the bar*
- *It should feel like you're pulling up your T-shirt up – pull it*

STANDING OVERHEAD PRESS

- *Set for Overhead Press*
- *SPLIT Stance*
- *Bar from chin to ceiling*
- *Brace your core, keeping your chest up*
- *Isolate your shoulders and dominate this workout*

STANDING PUSH PRESS

- *Step in*
- *Catch and press*
- *Bend and drive through legs*
- *Bar to collarbones*
- *10 seconds to finish*
- *Drive your body through the floor*

INTENSITY

Kneeling Upright Rows increase intensity by taking the legs out of the equation.

PUMP FACT

Stopping the upward movement of the Upright Row at the lower chest, reduces the chance of shoulder impingement as the elbows remain below the shoulder.

9 CORE

DEMONSTRATE

Bench Reverse Crunch

TRACK FOCUS

Focus on coaching the Bench Reverse Crunch with simple, precise cues for good execution and timing.

MUSCLE FOCUS

Bench Pulse Crunch: Rectus abdominis

Bench Reverse Crunch: Lower abdominals

SET	MUSIC		EXERCISE	REPS
1	0:05	Intro	2x8	SET Up for BENCH CRUNCH
	0:15	C Work, work	3x8	7x BENCH PULSE CRUNCH (8 cts) Hands reach forward. Feet on floor. Use last 4 cts to transition feet off floor, hands grip top of bench
2	0:31	V1 _ Dry me a desert	8x8	2/2 BENCH REVERSE CRUNCH Hands grip top of bench. Use last 4 cts feet on floor
	1:12	C Work, work	4x8	7x BENCH PULSE CRUNCH (8 cts) Hands reach forward. Feet on floor. Use last 4 cts to transition feet off floor, hands grip top of bench
3	1:33	V2 Baby don't	5x8	2/2 BENCH REVERSE CRUNCH Hands grip top of bench. Use last 4 cts feet on floor
	1:59	C Work, work	3x8	7x BENCH PULSE CRUNCH (8 cts) Hands reach forward. Feet on floor. Use last 4 cts to transition feet off floor, hands grip top of bench
4	2:15	V3 You need to	10x8	2/2 BENCH REVERSE CRUNCH Hands grip top of bench. Use last 4 cts feet on floor
	3:07	C Work, work	3x8	7x BENCH PULSE CRUNCH (8 cts) Hands reach forward. Feet on floor. Use last 4 cts to transition feet off floor, hands grip top of bench
	3:22	Outro	3x8	2/2 BENCH CRUNCH Hands reach forward

1 BENCH PULSE CRUNCH

LAYER 1

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

- *Lie down on your bench*
- *Feet in close to bench*
- *7x Bench Pulse Crunch*
- *Arms long by your hips*
- *Slide ribs to hips*
- *7, 6, 5, 4, 3, 2, 1, down*
- *Chin tucked in and eye gaze between knees*

2 BENCH REVERSE CRUNCH / BENCH PULSE CRUNCH

LAYER 1

Set 1 is short, so continue Layer 1 cues for the Crunch and coach Position and Execution cues for the Bench Reverse Crunch. Make sure you use lots of timing cues to help participants stay with the rhythm and timing.

BENCH REVERSE CRUNCH

- *Hands come over*
- *Reverse Crunch*
- *Up, up, down, down*
- *Knees move straight up to the roof and straight down*
- *Knees over hips*
- *Brace your abs*
- *Shins parallel*
- *Elbows in tightly to activate the lats and set the shoulders down*
- *Use your bench and push your upper back into the bench to lift you straight up*

LAYER 2

BENCH PULSE CRUNCH

- *Look at my shoulders – they stay up on the Pulse and then shoulder blades just tap down, making it a fast release*

3 BENCH REVERSE CRUNCH / BENCH PULSE CRUNCH

LAYER 2

Once the class has the basics, explain how to execute the move with more precision. Improve execution and manipulate intensity of the exercises using Layer 2 cues. This is the perfect time to look at your class and decide what everyone needs to hear, at that time. Explain where they should be feeling the work.

- *Let's move with control*
- *Straight up, straight down*
- *Pull up on the bench*
- *More control means more intensity*
- *Stay slow and feel the lower abdominals working*
- *Feet down*
- *Arms long*
- *7x Bench Pulse Crunch – let's go*
- *You're trying to drive your ribs down into your hips – that's the crunch down there*
- *That's where we get the six-pack*

4 BENCH REVERSE CRUNCH / BENCH PULSE CRUNCH / BENCH CRUNCH

LAYER 3

The last set has more reps in the Bench Reverse Crunch and Bench Pulse Crunches, so participants will need the extra motivation to keep going and not check out of the workout. Provide quick reminders of technique and sell the benefits of why they would want to keep going. Remember: the music is super cool and it is a motivation in itself, so let it have a voice.

- *Smoothly up and smoothly down*
- *Lower abs under tension and pressure*
- *If I see a challenge, I just have to see it through*
- *Challenging move that will strengthen your core, so you can move with power and precision*
- *2 more – stay in control*
- *Feet down, arms long*
- *Working your core*
- *2/2 Crunch up – smoothly*

PUMP FACT

Reverse Crunches focus on the lower abdominals. Training these muscles improves our ability to stabilize our lower back and pelvis during activities such as running and lifting weights

10 COOLDOWN

TRACK FOCUS

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

SET	MUSIC	EXERCISE
1	0:05 Intro	2x8 CHILDS POSE
	0:15 V1 _ All the hate	4x8 SEATED GLUTEAL HURDLER STRETCH L
	0:33 PC Keep waiting on	4x8 KNEELING HAMSTRING STRETCH L
	0:51 C Love is like a	4x8 KNEELING HIP FLEXOR STRETCH R L leg F, R arm lifted After 2x8 Upper Body Twist: R hand on L knee
	1:10 (Low)	2x8 Transition: STANDING QUADRICEP STRETCH R
	1:19 Ref Just say oh oh	2x8 STANDING QUADRICEP STRETCH R
2	1:29 V2 _ Take a look at	4x8 SEATED GLUTEAL HURDLER STRETCH R
	1:47 PC Keep waiting on	2x8 KNEELING HAMSTRING STRETCH R
	1:57 C Love is like a	4x8 KNEELING HIP FLEXOR STRETCH L R leg F, L arm lifted After 2x8 Upper Body Twist: L hand on R knee
	2:15 (Low)	2x8 Transition: STANDING QUADRICEP STRETCH L
	2:24 Just say oh oh	2x8 STANDING QUADRICEP STRETCH L
3	2:33 Ref _ Gonna be alright	2x8 UPPER BACK STRETCH Cross arms in front
	2:43 C Love is like a torch	2x8 STANDING CHEST STRETCH Arms open wide
	2:52 Fire will shine	4x8 ILIOTIBIAL STRETCH L & SHOULDER STRETCH L
	3:11 _ It's gonna be	4x8 ILIOTIBIAL STRETCH R & SHOULDER STRETCH R

COACHING TIPS

- *Be descriptive about how to stretch and where they should feel it*
- *Acknowledge the effort that's been put 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

POWER PRESS

Position Setup

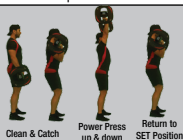
- SET Position
- Knees bent in Half Squat
- Chest up – abs braced
- Bar in front of chin

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



Clean & Catch

Power Press up & down

Return to SET Position

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.



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.



DEADROW – UNDERHAND GRIP

Position Setup

- As for Deadlift
- **Chest up, abs braced**
- Supinated (reverse grip) on the bar

Execution Setup

- **Bar to the knees**
- **Bar into the belly button**
- **Squeeze between the shoulder blades**

Follow-up

- Slide the bar up your thighs
- Shoulder blades squeeze together
- Bend the legs more and sit into the butt
- Keep the shoulders away from the ears



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.



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



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



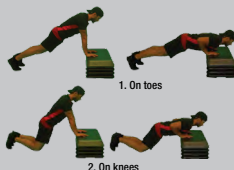
TRICEP PUSHUP (WITH BENCH)

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



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



KNEELING REAR DELTOID RAISE

Position Setup

- Kneeling, one leg 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 UPRIGHT ROW

Position Setup

- Kneeling
- 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).



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 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 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



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 PULSE CRUNCH

Position Setup

- Lie 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 CRUNCH

Position Setup

- Lie 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 REVERSE CRUNCH

Position setup

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

Execution Setup

- Reverse Crunch

Layer 2

- Use your bench and push your upper back into the bench to lift you straight up





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