

NANO BODYPUMP

MUSIC

01. WARM-UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS / BICEPS

06. LUNGES / SHOULDERS

07. CORE

08. COOLDOWN

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MUSIC

01 **Unite!** (5:37)
Bobby Weaving
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Written by: Arts

02 **Dada** (5:40)
Mow Music
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Written by: Mow Music

03 **Great** (5:34)
Swimnaked
© 2020 Les Mills Music Licensing Ltd.
Written by: Price

04 **Together Hands** (6:28)
NOAM DEE
© 2021 Les Mills Music Licensing Ltd.
Written by: Fairley

05 **Basit Low** (6:02)
Eastern Bloc
© 2020 Les Mills Music Licensing Ltd.
Written by: Aldridge

06 **GOT LOVE** (5:46)
Fas Fashion
© 2020 Les Mills Music Licensing Ltd.
Written by: McCarthy

07 **Talking Facts** (3:11)
Noam Dee
© 2020 Les Mills Music Licensing Ltd.
Written by: Fairley

08 **Thinking Bout U** (3:46)
LMJ
© 2020 Les Mills Music Licensing Ltd.
Written by: Naley, Clampitt



L-R: Kayla Atkins-Gordine, Ben Main

The BODYPUMP Nano Series3 workout pumps up the combination of standard lifting and dynamic modern functional movements. It will tone, shape and strengthen while lifting your heart rate and promoting long-term fat burn.

With a cool, low-key driving vibe, this exclusive workout is perfect for both new participants, and seasoned pros who want to mix up their regular BODYPUMP training.

Enjoy.
The BODYPUMP Team

PRESENTERS

Kayla Atkins-Gordine is a LES MILLS GRIT and BODYPUMP Presenter and Instructor and a BODYBALANCE/BODYFLOW and LES MILLS SPRINT Instructor. She is a Personal Trainer and singer and lives in Auckland.

Ben Main is a LES MILLS GRIT, BODYATTACK and BODYPUMP Trainer and is also a Les Mills Ambassador for the same three programs. He is based in Auckland.

CREDITS

- Program Director** – Glen Ostergaard
- Creative Director** – Diana Archer Mills
- Program Coach** – Kylie Gates
- Technical Consultants** – Bryce Hastings and Rob Lee
- Chief Creative Officer** – Dr. Jackie Mills
- Choreography** – Diana Archer Mills and Glen Ostergaard

RELEASE FEEDBACK
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KEY

Alt	Alternating	R	Right
Instr	Instrumental	O/H	Over head
Intro	Introduction	Outro	Last few bars of music
B up	Build up	PC	Pre-Chorus
Br	Bridge (non-chorus)	QC	Quiet Chorus
Rep	Reprise (part of the chorus repeated)	Ref	Refrain (recurring phrase or number of song lines)
Cts	Musical counts	C	Chorus
F or B	Forward or back	ROM	Range of motion
L	Left	V	Verse
M	Middle		

COUNTS

1/1	2 counts down, 2 counts up	1/3	2 counts down, 6 counts up
1/1/2	2 counts down, 2 counts hold, 4 counts up	1/1/1/1	2 counts F or B, 2 counts down, 2 counts up, 2 counts F or B
2/2	4 counts down, 4 counts up	2/2/2/2	4 counts F or B, 4 counts down, 4 counts up, 4 counts F or B
3/1	6 counts down, 2 counts up	4/4	8 counts down, 8 counts up
1/2/1	2 counts down, 4 counts hold, 2 counts up	8/8	16 counts down, 16 counts up



01. WARM-UP UNITE!

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro / (Beat)	4x8	Set up SET Position	
				SHOULDER ROLL	2x
	0:15	Instr / (Synth)	4x8	2/2 DEADLIFT SET Stance	4x
	0:29	(Rhythm)	8x8	1/1/2	8x
2	0:59	Instr / (Beat)	4x8	2/2 DEADROW SET Stance	2x
	1:14	(Horn)	4x8	1/1	4x
	1:29	(Low)	4x8	2/2 CLEAN & PRESS (16cts)	2x
	1:44	(B up)	4x8	1/1	4x
				Use the last 4cts to transition bar to SQUAT MID Stance	
	1:59	(Rhythm)	4x8	1/1 SQUAT MID Stance	8x
				Transition to a WIDE SQUAT on last 2cts	
	2:14	(Synth)	4x8	1/1 SQUAT WIDE Stance	8x
				Transition to LUNGE L on the last 2cts	
	2:29	(Horn)	4x8	1/1 LUNGE L	8x
3				Transition to LUNGE R on the last 2cts	
	2:44	(Horn)	4x8	1/1 LUNGE R	8x
	2:59	Instr / (Low Beat)	2x8	TRANSITION: Bar down, pick up plate ready for a PLATE DEADROW	
	3:06	(Low Beat)	2x8	2/2 PLATE DEADROW SET Stance	1x
	3:14	(Horn)	4x8	1/1	4x
	3:28	(Low)	4x8	2/2 PLATE CLEAN & PRESS (16cts)	2x
	3:44	(B up)	4x8	1/1	4x
				Use the last 4cts to transition plate to PLATE FRONT SQUAT MID Stance	
	3:58	(Rhythm)	4x8	1/1 PLATE FRONT SQUAT MID Stance	8x
				Transition to a WIDE Squat on last 2cts	
4	4:13	(Synth)	4x8	1/1 PLATE FRONT SQUAT WIDE Stance	8x
				Transition to ALT BACKSTEPPING LUNGE L R on the last 2cts	
	4:28	(Horn)	4x8	1/1/1/1 ALT BACKSTEPPING LUNGE L R (16cts)	2x
				Plate at collarbone	
	4:43	(Horn)	4x8	1/1/1/1 ALT BACKSTEPPING LUNGE L R with 1/1 OH SHOULDER PLATE PRESS (16cts)	2x
				Transition to floor ready for PUSHUP on the last 4cts	
	4:58	Rep / Unite	2x8	TRANSITION: Plate down ready for a PUSHUP	
	5:05	Unite	2x8	2/2 PUSHUP	2x
				Options: Toes, knees or kneeling	
	5:14	Outro / (Beat)	4x8	1/1	8x



02. SQUATS

DADA

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro	2x8	Set up SQUAT MID Stance	
	0:07	Instr / (Beat)	4x8	2/2 SQUAT MID Stance	4x
	0:19	(Wind up)	4x8	3/1	4x
	0:32	(Drop)	4x8	1/1/2	4x
	0:45	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
	0:57	(Low)	4x8	4/4	2x
	1:10	(Wind up)	4x8	2/2	4x
	1:23	(Drop)	4x8	1/1/2	4x
	1:36	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
2	1:49	Instr (Low)	2x8	TRANSITION: To SQUAT WIDE Stance	
	1:55	(Beat)	4x8	2/2 SQUAT WIDE Stance	4x
	2:08	(Wind up)	4x8	3/1	4x
	2:21	(Drop)	4x8	1/1/2	4x
	2:34	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
	2:46	(Low)	4x8	4/4	2x
	2:59	(Wind up)	4x8	2/2	4x
	3:12	(Drop)	4x8	1/1/2	4x
	3:25	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
3	3:38	Instr (Low)	2x8	TRANSITION: To SQUAT WIDER Stance	
	3:44	(Beat)	4x8	2/2 SQUAT WIDER Stance	4x
	3:57	(Wind up)	4x8	3/1	4x
	4:09	(Drop)	4x8	1/1/2	4x
	4:22	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
	4:35	(Low)	4x8	4/4	2x
	4:48	(Wind up)	4x8	2/2	4x
	5:00	(Drop)	4x8	1/1/2	4x
	5:12	(Synth)	4x8	TRIPLE PULSE SQUAT with CALF RAISE (8cts)	4x
Recovery: Shake out legs. Stretch Quadriceps					



03. CHEST GREAT

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro / (Beat)	1x8	Set up BENCH PUSHUP	
	0:03	Instr / (Horns)	4x8	4/4 BENCH PUSHUP Option: Toes, knees or kneeling	2x
	0:18	V1 / _Flash back	4x8	2/2	4x
	0:33	Rep / Great	2x8	3/1	2x
	0:40	C / _To be great	4x8	1/1	8x
2	0:54	V2 / _There's	6x8	COMBINATION 1 (16cts) 1x SLOW WALKING PLANK L R (8cts) 2x SLOW MOUNTAIN CLIMBERS L R (8cts)	3x
	1:16	C / _To be great	8x8	COMBINATION 2 (16cts) 2x FAST WALKING PLANK L R (8cts) 7x SPRINTERS L R L R L R L (8cts) Option: COMBINATION 1	4x
3	1:45	V3 / _ Your negativity	2x8	TRANSITION: to the bar, ready for a CHEST PRESS	
	1:53	_So you can	2x8	4/4 CHEST PRESS	1x
	2:00	C / _To be great	12x8	COMBINATION 3 (16cts) 2x 1/1 CHEST PRESS (8cts) 1x TRIPLE PULSE CHEST PRESS (8cts)	6x
4	2:43	Instr / (Beat)	3x8	TRANSITION: to the bench ready for a BENCH PUSHUP	
	2:54	(Horns)	2x8	4/4 BENCH PUSHUP Option: Toes, knees or kneeling	1x
	3:02	V1 / _ Flash back	4x8	2/2	4x
	3:16	Rep / Great	2x8	3/1	2x
	3:23	C / _To be great	4x8	1/1	8x
5	3:38	V5 / _There's	14x8	REPEAT SET 2	
6	4:29	V6 / _Your negativity	16x8	REPEAT SET 3	
				Recovery: Shake the arms and roll the shoulders. Chest stretch	



04. BACK HANDS TOGETHER

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro	2x8	Set up WIDE DEADLIFT	
	0:07	Instr / (Heavy)	4x8	4/4 WIDE DEADLIFT	2x
	0:19	(Trumpet)	8x8	2/2	8x
	0:46	(Trumpet B up)	8x8	1/1 WIDE DEADROW	8x
	1:12	(Drop)	8x8	TRIPLE WIDE DEADROW	4x
	1:39	(Drop & Orchestra)	8x8	Use the first 8cts to transition to pick up plate ready for a PLATE CLEAN & PRESS 1/1 PLATE CLEAN & PRESS	7x
2	2:04	Instr / (Low)	2x8	TRANSITION: Pick up bar and hands back to SET position	
	2:12	(Low B up)	4x8	4/4 DEADLIFT MID Grip	2x
	2:25	(Trumpet)	8x8	2/2	4x
	2:53	(Trumpet B up)	8x8	1/1 DEADROW	8x
	3:16	(Drop)	8x8	TRIPLE DEADROW	4x
	3:43	(Drop & Orchestra)	8x8	Use the first 8cts to transition to pick up plate ready for a PLATE CLEAN & PRESS 1/1 PLATE CLEAN & PRESS	7x
3	4:09	Instr / (Low)	8x8	REPEAT SET 1 Recovery: Plate down, shake out arms and legs, torso twists	



05. TRICEPS / BICEPS

BASIT LOW

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro	2x8	Set up TRICEP PUSHUP	
	0:09	V1 / (Rep)	4x8	2/2 TRICEP PUSHUP Options: Toes, knees or kneeling	4x
	0:29	(Rap)	6x8	COMBINATION (8cts) 1x 1/1/2 TRICEP PUSHUP (4cts) 1x 2/2 TRICEP PUSHUP (4cts)	6x
	0:57	(Wind up)	2x8	TRANSITION: to a BICEP PLATE CURL	
	1:07	(Drop)	4x8	1/1 BICEP PLATE CURL SET Stance	8x
	1:26	V2 / (Rap)	4x8	2/2	4x
	1:45	(Drop)	4x8	TRIPLE MID-RANGE PULSE BICEP PLATE CURL	4x
2	2:05	V3 / (Rap)	26x8	REPEAT SET 1	
3	4:10	V5 / (Rap)	2x8	TRANSITION: To floor, grab plate ready for a FLOOR TRICEP PLATE PRESS / EXTENSION	
	4:19	(Rap)	6x8	1/1/1/1 FLOOR TRICEP PLATE PRESS / EXTENSION (8cts)	6x
	4:48	(B up)	2x8	HIP BRIDGE HOLD with 1/1/1/1 FLOOR TRICEP PLATE PRESS / EXTENSION (8cts)	2x
	4:58	(Drop)	8x8	HIP BRIDGE HOLD with FLOOR TRIPLE TRICEP PLATE EXTENSION (16cts)	4x
	5:36	Outro / (Rap)	4x8	HIP BRIDGE HOLD with FLOOR 7x TRICEP PLATE EXTENSION (32cts) Recovery: Shake out arms, Triceps & Biceps Stretches	1x



06. LUNGES / SHOULDERS GOT LOVE

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro	2x8	Set up BACKWARD STEPPING LUNGE Plate at collarbone	
	0:10	Instr / (Melody)	6x8	1/1/1/1 ALT BACKWARD STEPPING LUNGE L R (16cts)	3x
	0:41	(Drop)	12x8	1/1/1/1 ALT BACKWARD STEPPING LUNGE L R with 1/1 O/H SHOULDER PLATE PRESS (16cts)	6x
2	1:43	Instr / (Low)	2x8	Set up LUNGE L, plate in R hand	
	1:54	(B up)	7x8	2/2 LUNGE L with 2/2 SIDE RAISE R	7x
	2:30	(Drop)	8x8	COMBINATION (16cts) 1x 1/1/2 LUNGE L with 1/1/1/1 SIDE ROTATOR RAISE R (8cts) 1x TRIPLE PULSE LUNGE L with TRIPLE PULSE SIDE RAISE R (8cts)	4x
	3:11	(Lower)	4x8	TRIPLE PULSE LUNGE L with TRIPLE PULSE SIDE RAISE R (8cts)	4x
	3:31	Instr / (Low)	21x8	REPEAT SET 2 on R side	
3	5:20	Outro	4x8	Shake out legs and arms, Quadricep and Shoulder Stretches Recovery: Shake out legs and arms, Quadricep and Shoulder Stretches	



07. CORE TALKING FACTS

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:00	Intro	2x8	Set up C CRUNCH	
	0:11	V1 / (Rap)	6x8	2/2 C CRUNCH	6x
	0:40	Instr / (Drop)	8x8	1/1 C CRUNCH with SHOOTOUT (8cts)	8x
	1:17	V2 / (Rap)	2x8	2/2 C CRUNCH	2x
	1:27	Instr / (Drop)	4x8	1/1 C CRUNCH with SHOOTOUT (8cts)	4x
2	1:45	V2 / (Rap)	6x8	Use first 8cts to transition into the PLANK PLANK Option: on knees	
	2:13	Instr / (Drop)	12x8	COMBINATION (8cts) 1x ALT PLANK SHOULDER TAP L R (4cts) 1x ALT MOUNTAIN CLIMBER L R (4cts) Option: on knees	12x



08. COOLDOWN

THINKING BOUT U

	MUSIC		SEQUENCE/EXERCISE	REPS
1	0:00	Intro	2x8	Set up CHILDS POSE
	0:14	V1 / _Try, there	2x8	CHILDS POSE
	0:29	And I	2x8	COBRA
	0:44	PC / _I finally	2x8	DOWNWARD FACING DOG
	0:58	C / _When I	2x8	KNEELING HIP FLEXOR L L arm reaches up
	1:13	About you	2x8	KNEELING HAMSTRING R Hands on floor
2	1:27	You	½x8	TRANSITION: back to CHILDS POSE
	1:31	V2 / _Lost	2x8	CHILDS POSE
	1:47	_Branded	2x8	COBRA
	2:01	PC / _I finally	2x8	DOWNWARD FACING DOG
	2:15	C / _When I	2x8	KNEELING HIP FLEXOR R R arm reaches up
	2:30	About you	2x8	KNEELING HAMSTRING L Hands on floor
3	2:44	V3 / You	2x8	STANDING UPPER BACK STRETCH Cross arms in front of body
	2:59	_When I'm	2x8	STANDING QUADRICEP STRETCH L
	3:14	About you	2x8	STANDING QUADRICEP STRETCH R
	3:28	Outro / You	2x8	CHEST STRETCH and SHAKE OUT BODY



WE ARE ONE GLOBAL FAMILY

WE ARE ONE GLOBAL FAMILY of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

