

BODYPUMP

UNITED

GLOSSARY

MUSIC

EXPRESS FORMATS

01. WARM-UP

02. SQUATS

03. CHEST

04. BACK

05. TRICEPS

06. BICEPS

07. LUNGES

08. SHOULDERS

09. CORE

10. COOLDOWN

45-MIN FORMAT

05. TRICEPS/BICEPS

45-MIN FORMAT

06. LUNGES/SHOULDERS

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GLOSSARY

SET POSITION

Position Set-up

- 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

- 1 foot back with **rear heel lifted**
- Knees slightly bent
- Body weight even in both legs



MID-STANCE SQUAT

Position Set-up

- Bar on meaty part of upper back
- Feet slightly wider than hips with toes turned out
- Chest lifted, light pinch between the shoulder blades
- Belly in and abs braced
- Bring your elbows forward under the bar to create strength through the upper back

Execution Set-up

- Sit the butt back and down
- Knees track forward, in line with toes
- Butt stops just above knee level – knees at 90-degree angle

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-STANCE SQUAT

Position Set-up

- **Heel-toe wider than Mid Stance**
- Bring your elbows forward under the bar to create strength through the upper back

Execution Set-up

- Hips sit back and down
- Knees track over toes
- Chest lifted, abs braced
- Butt stops just above knee at 90 degrees

Layer 2

- Push through your heels as you rise, to activate the glutes
- Push floor apart with your feet
- Squeeze the butt on the way up



WIDE Stance

WIDER-STANCE SQUAT

Position Set-up

- Same as for WIDE Stance
- **Heel-toe wider than Wide Squat**

Execution Set-up

- Hips sit back and down
- Knees track over toes
- Chest up, abs braced
- Butt stops just above knee at 90-degree angle

Layer 2

- Drive your feet apart
- Knees out



WIDER Stance



GLOSSARY

BENCH PUSHUP

Position Set-up

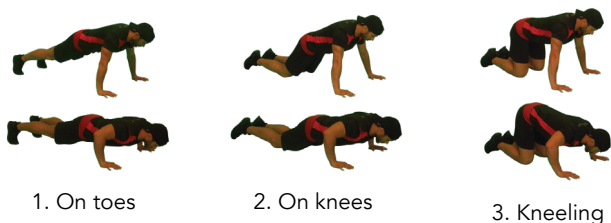
- Hands outside shoulder-width
- Abs braced
- Back long and straight

Execution Set-up

- Lower chest to elbow level

Layer 2

- Drive the floor/bench away



CHEST PRESS

Position Set-up

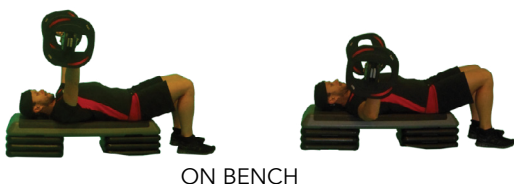
- Hands wide on the bar
- Bar directly over shoulders
- Brace abs – lower back towards the bench
- Feet hip-width apart and close to the bench

Execution Set-up

- Bar to middle of the chest
- Elbows stop at bench level
- Bar above shoulders (top position)

Layer 2

- Squeeze shoulder blades together on the way down, to open the chest
- Drive upper back into the bench, to stabilize the upper body



DEADLIFT

Position Set-up

- SET Position
- Slight bend in the knees (20-degrees)
- Chest lifted, abs braced
- Elbows to rear – slight pinch between the shoulder blades
- Chin tucked in

Execution Set-up

- Tip forward from the hips, keeping the chest lifted
- Bar to knees
- Chin tucked in – eyes forward, 6½ 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





GLOSSARY

DEADROW

Position Set-up

- **SET Position**
- **Slight bend in the knees** (20-degrees)
- **Chest lifted, abs braced**
- Elbows to rear – light pinch between the shoulder blades
- **Tip forward from the hips, keeping the chest lifted**
- **Chin tucked in**

Execution Set-up

- **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 merely to hinge backward from the shoulder joint during the Row. These muscles are key stabilizers of the shoulder and help prevent injuries.



CLEAN & PRESS

Position Set-up

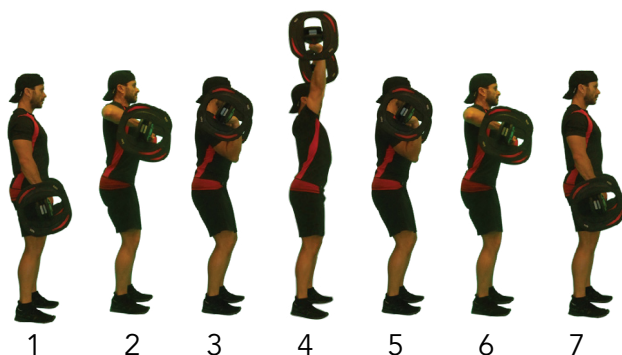
- **SET Position**
- **Chest lifted, abs braced**
- **Knees bent**

Execution Set-up

- Start with more knee bend and use the legs to drive the bar up
- Keep elbows above the bar during Upright Row phase
- **Bar close to the body, lift to lower chest**
- **Drop under the bar, bending the knees**
- Clean the bar and hold in front of the collarbones
- Press to the top
- **Use the legs to drive the bar up**
- **Abs braced as you press above the head**
- **Elbows slightly forward**
- Bend the legs again, return to SET Position
- Bring the elbows up and over to lower the bar

Layer 2

- Fast elbows under the bar
- Lift your t-shirt with the bar
- Catch bar high on the chest and drive out of the legs





GLOSSARY

TRICEP EXTENSION

Position Set-up

- Lying on bench
- Shoulder-width grip on the bar
- Abs braced
- Elbows face down the bench

Execution Set-up

- Lower bar to forehead
- Keep upper arms vertical

Layer 2

- Lock the upper arm position to isolate the triceps



TRICEP PRESS

Position Set-up

- Lower the bar down towards the body
- Elbows to bench level
- Aim for just below the ribcage (lower ribs)
- Keep the abs braced so that the lower back stays close to the bench

Layer 2

- Keep it smooth and even to keep the muscles under tension



BENCH TRICEP PUSHUP

Position Set-up

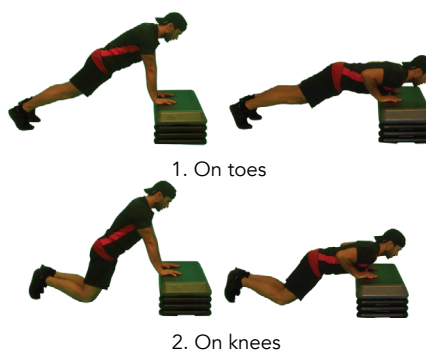
- Hands under shoulders
- Abs braced
- Back long and straight

Execution Set-up

- Lower chest to elbow level
- Elbows tuck into ribs

Layer 2

- Drive the floor/bench away



ROTATING SIDE PLANK

Position Set-up

- Hands shoulder-width apart
- On knees or toes
- Abs braced
- Back long and straight

Execution Set-up

- Rotate body to the side
- Bottom hip lifted
- Hips square to side
- Drop onto the heels as you rotate
- Brace core so hips and shoulders move as one

Layer 2

- Push down into the bench to stabilize the shoulder as you rotate





GLOSSARY

BICEP PLATE CURL

Position Set-up

- **Knees soft, Split Stance or SET Position**
- Arms by sides, palms face in, Bicep Plate Curl
- **Chest lifted**
- **Abs in and braced**

Execution Set-up

- Curl upward, rotating plates at 90-degree elbow bend
- **Plates in front of shoulders in full-range Curl**
- **Extend down to thighs**

Layer 2

- Brace abs to stop trunk sway



SET POSITION

SPLIT STANCE



BOTTOM-RANGE
PULSE

MID-RANGE
PULSE

TOP-RANGE
PULSE

BICEP CURL

Position Set-up

- **Knees soft – Split Stance or SET Position**
- **Chest lifted**
- **Abs in and braced**

Execution Set-up

- **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



SET POSITION

SPLIT STANCE

KNEELING BICEP CURL

Position Set-up

- **Start on knees**
- **SET Position**
- **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

WIDE BICEP ROW

Position Set-up

- Hands go wide on the barbell

Execution Setup

- **Tip forward from the hips**
- **Bar to kneecaps**
- **Pull the bar to ribcage, just under chest**
- Elbows pull high to the back

Layer 2

- Pull the forearms into the biceps
- Squeeze the biceps
- Squeeze the shoulder blades together



GLOSSARY

BARBELL LUNGE

Position Set-up

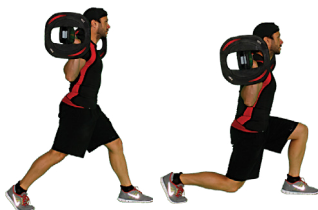
- Feet hip-width and take a long step back
- Hips and shoulders even and square to the front
- Knees in line with toes
- Belly in, abs braced and chest up

Execution Setup

- Bend knees – back knee moves towards the floor
- Front thigh parallel to the floor

Follow-up

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



PUSHUP

Position Set-up

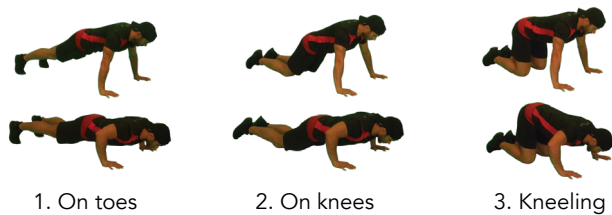
- Hands just outside shoulder-width
- Back straight – abs braced to support the mid-section
- Chin tucked in

Execution Set-up

- Lower 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



1. On toes

2. On knees

3. Kneeling

KNEELING SIDE RAISE

Position Set-up

- Kneel on one knee
- Elbows slightly bent
- Chest up, abs braced

Execution Setup

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

Layer 2

- Keep the body still to isolate your shoulders
- Shoulders away from the ears

KNEELING SIDE ROTATOR RAISE

Position Set-up

- Kneeling position
- Chest up, abs braced
- Elbows at 90 degrees – plates facing inward

Execution Setup

- Elbows lift to the side, stopping just under shoulder height
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work



GLOSSARY

STANDING SIDE RAISE

Position Set-up

- **SET Position**
- **Elbows at 90-degrees**
- **Chest lifted, abs braced**

Execution Set-up

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

Layer 2

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



STANDING SIDE ROTATOR RAISE

Position Set-up

- **SET Position**
- **Chest up, abs braced**
- **Elbows at 90 degrees** – plates facing inward

Execution Setup

- **Elbows lift to the side, stopping just under shoulder height**
- Lower forearms back to shoulder level
- Rotate shoulders to open the arms
- Return to start position

Layer 2

- Squeeze between the shoulder blades as you pull back
- Complete all phases of work

STANDING PLATE UPRIGHT ROW

Position Set-up

- **SET position**
- **Chest lifted, abs braced**
- **Slight pinch between the shoulder blades**

Execution Set-up

- Pull the plates up the body
- **Plates to lower chest**
- **Lead with elbows**
- **Keep plates close to body**
- **Chest lifted, abs braced**

Layer 2

- Maintain shoulder blade squeeze to keep chest lifted



STANDING HIGH PULL

Position Set-up

- **SET position**
- **Chest lifted, abs braced**

Execution Set-up

- Pull the plates up the body
- **Plates to lower chest**
- **Lead with elbows**
- **Keep plates close to body**
- **Chest lifted, abs braced**
- **Lift heels and drive hips forward and up**

Layer 2

- Start to feel the power you are generating out of the hips





GLOSSARY

STANDING REAR DELTOID FLY

Position Set-up

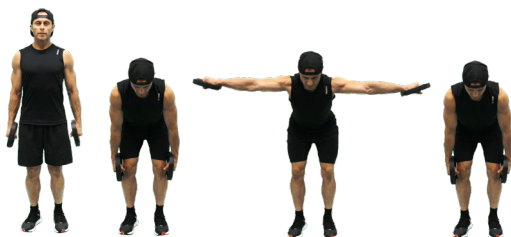
- **SET Position**
- **Tip forward from the hips**
- Body leans on a 45-degree angle
- **Chest lifted, abs braced**
- **Keep the chin tucked in and back of the neck long, eyes forward, 6½ feet (2 meters) in front**

Execution Set-up

- **Lead with the elbows**
- **Elbows slightly bent**
- **Squeeze between the shoulder blades**
- Aiming for stability
- **Elbows finish in line with shoulders**

Layer 2

- Lead the movement with the elbows
- Keep the chest lifted; try not to drop the shoulders forward
- Shoulders away from ears



C-CRUNCH

Position Set-up

- Lie down on floor
- Feet close to butt
- Plate to forehead
- **Abs braced**
- **Lower back pressing down towards the floor**

Execution Set-up

- **Tuck the chin in** so we look after the neck
- **Knees over hips and shins parallel**
- **Slide ribs to hips**

Layer 2

- Every time you crunch, feel the ribs crushing down to the hips
- Every time the feet touch down, make that connection from the lower back towards the floor



SHOOT OUT

Position Set-up

- Lie down on floor
- Plate to forehead
- **Knees over hips**
- **Shoulders off the floor** (into crunch position)

Execution Setup

- **Legs extend to the 45 degree**
- **Arms extend overhead** (biceps close to ears)
- **Lower back pressing down towards the floor**
- Crunch in, knees over hips, shoulders off floor

Layer 2

- Every time you shoot out make the connection from the lower back towards the floor
- Every time you crunch, feel the ribs crushing down to the hips





GLOSSARY

HIP BRIDGE

Position Set-up

- Plate rested on lap, hands supporting plate
- Feet shoulder-width apart

Execution Setup

- Drive through your heels, and lift hips up
- **Squeeze through your glutes**
- Slowly lower



MOUNTAIN CLIMBER

Position Set-up

- Hands under shoulders
- Back long and straight
- Abs braced to support the mid section

Execution Setup

- Drive knees toward chest
- Hips down
- Abs braced to keep hips square
- Knees close to floor



KNEELING PLATE OVERHEAD TRICEP EXTENSION

Position Set-up

- Plate extended over head
- Elbows facing forward
- Shoulders away from the ears
- Abs braced, chest up
- Glutes squeezed

Execution Setup

- Lower plate back and down to base of neck, keeping elbows facing forward



LUNGE WITH SIDE RAISE

Position Set-up

- Feet hip-width apart
- Chest lifted
- Elbows at a 90-degree angle

Execution Setup

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted, abs braced
- Elbows lift to side – just under shoulder level
- Elbows slightly forward

Layer 2

- Maintain full range in the Lunge – integrated training

LUNGE WITH OVERHEAD SHOULDER PRESS

Position Set-up

- Feet hip-width apart
- Plates at collarbones
- Chest lifted, abs braced
- Elbows 90 degrees

Execution Setup

- Long step back
- Bend rear knee towards floor
- Front thigh parallel
- Hips and shoulders square to the front
- Chest lifted, abs braced
- Front knee tracking over mid-foot
- Plates slightly forward
- Press plates up

Layer 2

- Full range in the Lunge
- Punch the plates through the ceiling



MUSIC

- 01

Better Off Without You (5:19)

Becky Hill feat. Shift K3Y

Courtesy of the Universal Music Group.

Written by: Jankel, Hill
- 02

Oh My My (5:35)

Summer Kennedy

© 2018 Palladium Records / Position Music.

Written by: Lake
- 03

Sway With Me (5:09)

Ivory Stone

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Written by: Beltran, Gimbel, Traconis, Hammers, Hansen, Harper, Kuring, Marshall, Pollack, Sarazen, Scola, Small, Taylor, Uchorczak
- 04

Pray (5:16)

Egzod feat. RIELL

© 2020 Egzod.

Written by: Martins, Phillipos
- 05

Stupid Love (5:18)

Lady Gaga

Courtesy of the Universal Music Group.

Written by: Tchami, Germanotta, Rise, Schroeder, Tucker
- 06

Billionaire (5:03)

FLOYD WONDER

© 2019 Position Music.

Written by: Neilsen
- 07

Gold (5:06)

Koven

© 2020 Monstercat

Written by: Boyle, Rowat
- 08

Break It Down (5:01)

Big Dope P

© 2010 OMG! Recordings.

Written by: Big Dope P
- 09

Maldad (2:52)

Steve Aoki & Maluma

© 2020 Liberator Music / Ultra Music.

Written by: Aoki, Arias, Hollowell-Dhar, G. Tapia, J. Tapia
- 10

Sanctuary (3:52)

Welshly Arms

Courtesy of the Universal Music Group.

Written by: Dezuzio, Getz, Ormandy

45-MIN FORMAT

- 05

Turnt Up (4:57)

Big Dope P

© 2013 Moveltraxx.

Written by: Big Dope P
- 06

As One (6:06)

Mt. Eden, T-Mass feat. Aviella Winder

© 2019 Mt. Eden.

Written by: Allen, Winder, Cooper



BODYPUMP UNITED

BODYPUMP UNITED is a simple and effective training workout – light weights and high repetitions, the essence of the program.

The Warm-up is smooth and uplifting. Focus on pulling the bar in toward the body in the Deadlift and Upright Row to ensure a clean pathway for the Clean & Press. The bar is light so it is a good time to smooth out technique.

In the Squat track we only work the Wide and Wider stances so muscle focus is on the glutes and hips which is perfect for athletic development. Pausing in the bottom range will create time under tension and increase muscle activation therefore building strength and tone. The perfect balance!

The Chest track is a superset of Pushups and Chest Press. Pushups recruit the whole body in stabilizing the movement which pre fatigues the chest and shoulders before we work with the bar. This means the intensity will be high and the results super fast.

High intensity training with a bar in the Back track! Multiple Clean & Presses drives the heart rate and activates the whole athletic chain. Pulling the bar in toward your body activates the upper back as you Deadlift and Deadrow. This ensures a smooth bar path for the Clean & Presses – important as you start to fatigue during the big sets.

In the Tricep track we integrate the core in the Pushup and Side Plank Rotation combination. The Bicep track is basic but intense with a Wide Triple Bicep Row to relieve muscle tension – great training for the arms!

Static Lunges, static Lunges, static Lunges. Isolation and strength – you asked for this!

Supersets of dynamic Pushups, Side Raises and Rear Deltoid Fly’s will mean the shoulders get a well-rounded workout.

Drawing your belly in and bracing as you press your lower back towards the floor engages the lower abdominals for core training. A strong core builds a strong body.

This is a great workout. Simple, integrative and basic lifting – enjoy!

The BODYPUMP Team



CREDITS

- Program Director** – Glen Ostergaard
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Ashlee Young

PRESENTER

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

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

RELEASE FEEDBACK
Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>



SHADOWS

- Adam Snow Bramski (United States)
- Autumn Jackson (United States)
- Bettina Keller (Germany)
- Chris Wang (China Taiwan)
- Cinzia Catallo-Bemmann (Canada)
- Cris Tourinho (Brazil)
- Dan xia Guo (China)
- Denice Burr (United Kingdom)
- Emma Vandenberg (Australia)
- Fiona Tamburrini (France)
- Fred Kung (Canada)
- Gavin Featherstone (Canada)
- Gisela Della Sala (Argentina)
- Hiroshi Asakawa (Japan)
- Inbal Amran (Israel)
- Jacki Kellogg (United States)
- Jako Misic (Australia)
- Kayoko Koshimoto (Japan)
- Klavdija Likar (Slovenia)
- Kostas Pagalidis (Greece)
- Lula Slaughter (United States)
- Lunar Lu (China)
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- Ricky Long (United Kingdom)
- Rue She (Singapore)
- Shaun McKenna (United Kingdom)
- Sofija Tasic (Serbia)
- Sotiris Piperis (Cyprus)
- Soushi Ota (Japan)
- Veronika Benesova (Czech Republic)
- Wade Park (Korea)
- Yasmeen Alawieh (Lebanon)
- Yuji Yasuda (Japan)
- Žiga Ozmec (Slovenia)

EXPRESS FORMATS

NEW 45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 05 (45)	Triceps/Biceps
Track 06 (45)	Lunges/Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	39:06

Please note: This 45-minute format includes customized Tracks 5 (a combination of Triceps and Biceps) and 6 (a combination of Lunges and Shoulders). Create variety in your classes during this 12-week cycle by using this option, as well as the original 45-minute format.

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 09	Core
Total Time	24:11

45-MINUTE FORMAT

Track 01	Warm-up
Track 02	Squats
Track 03	Chest
Track 04	Back
Track 07	Lunges
Track 08	Shoulders
Track 09	Core
Track 10	Cooldown
Total Time	38:10

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.



01. WARM-UP

WEIGHT SELECTION

Light barbell

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on the **NETT** – Name of Exercise, Timing and Targets – throughout the track so the class can transition smoothly through all the changes.

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:06	Intro	2x8	Set up SET POSITION	
	0:13	V1	4x8	2/2 DEADLIFT SET Stance	4x
	0:28	PC	4x8	2/2 UPRIGHT ROW	4x
	0:43	QC	4x8	COMBINATION 1 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 UPRIGHT ROW (4cts)	4x
	0:58	C	4x8	COMBINATION 2 (8cts) 1x 1/1 DEADLIFT (4cts) 1x 1/1 HIGH PULL (4cts)	4x
2	1:13	V2	4x8	2/2 DEADLIFT SET Stance	4x
	1:28	PC	4x8	2/2 UPRIGHT ROW	4x
	1:43	QC	4x8	2/2 CLEAN & PRESS (16cts) Use last 4cts to transition to SQUAT MID Stance	2x
	1:58	C	4x8	1/1 SQUAT MID Stance Use last 2cts to transition to LUNGE L	8x
	2:13	Rep	4x8	1/1 LUNGE L	8x
	2:28	Ref	2x8	TRANSITION to SET Position, SHOULDER ROLL	
	2:36		2x8	2/2 DEADROW (16cts)	1x
	2:43	C	4x8	1/1 DEADROW (8cts) Jump hands wide on last 2cts	4x
	2:58	Rep	4x8	TRIPLE WIDE DEADROW (16cts)	2x
3	3:13	Br	½x8	HOLD , hands back to SET Position	
	3:15	V3	32x8	REPEAT BLOCK 2 with LUNGE R with SQUAT in WIDE Stance	



01.BETTER OFF WITHOUT YOU 5:19mins

TECHNIQUE AND COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position, setting them up into a strong lifting position.

- **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 belly in and brace the core**

BLOCK 1

LAYER 1

For each exercise, coach **NETT** – NAME OF EXERCISE, **TEMPO** and **TARGET ZONES**.

This makes your coaching clear and easy to follow. Eg:

- **Deadlift** – *hinge forward from the hips, slide the bar to the top of the kneecaps, squeeze glutes to rise*
- **Upright Row** – *bar stops at lower chest, elbows wide, squeeze shoulder blades on the pull*
- **High Pull** – *bar stops at lower chest, lift heels, squeeze glutes, drive hips forward and up*

BLOCK 2

LAYER 1 / LAYER 2

We are physically connecting the lower body to the upper body and warming the posterior chain with Deadlifts and Upright Rows. This prepares the body for the precision of the slow Clean & Press. We finish the set with Squats, Lunges and more Deadrows. Focus on coaching clear Layer 1 Position & Execution cues to help the class achieve good lifting Technique, develop confidence and connect to their bodies.

- **Deadlift** – *press the bar into the thighs and turn the elbows to the rear to engage the back muscles*
- **Upright Row** – *keep the elbows wide and bar close*
- **Clean & Press** – *pull and catch, bend knees, brace abs, chest up, bar close to body*
- **Mid Stance Squat** – *feet outside hip-width, hips go back and down, chest up, knees press forward, hips to 90 degrees*
- **Lunge** – *long step back, back knee down, front thigh parallel to the floor*
- **Deadrow** – *knees, belly, knees and lift, squeeze shoulder blades together to row, elbows to the rear to feel the back engage*
- **Wide Deadrow** – *hands wider, bar to rib cage*

BLOCK 3

LAYER 1 / LAYER 2 / LAYER 3

We repeat all the Block 2 exercises again, so it's the perfect opportunity to coach your class using Technique reminders to get their bodies ready for the workout ahead. Use this time to connect with your participants and what their goals for the class might be. Think of how you can communicate this to them.

- **Deadlift** – *back of the body is turned on and ready for the work ahead*
- **Upright Row** – *feel the connection into the back body*
- **Clean & Press** – *let's practice fast elbows under the bar and pushing the hips back as you catch*
- **Wide Stance Squat** – *feet outside hips, hips go back and down, knees press out, hips to 90*
- **Lunge** – *focus on squaring the hips and shoulders, feel the legs warming*
- **Deadrow** – *squeeze the bar into the belly*
- **Triple Wide Deadrow** – *hit the target and the body is ready to go*

CONNECTION

Welcome your class to the workout by being engaging and showing your love of resistance training. Try to connect with everyone in the room, not just your regular participants in the front row.



02. SQUATS

WEIGHT SELECTION

REGULARS: Barbell with 2–4 times your Warm-up weight

NEW: Barbell with double your Warm-up weight on the barbell

TRACK FOCUS

Coach your class through the 2 different stances Wide and Wider. The focus is on pauses in Timing – these force more muscular recruitment ultimately creating faster results.

MUSCLE FOCUS

WIDE Stance: Gluteus maximus

WIDER Stance: Gluteus maximus, side glutes, posterior chain

		MUSIC		SEQUENCE/EXERCISE	REPS
1	0:07	Intro	4x8	Set up SQUAT WIDE Stance	
	0:17		4x8	4/4 SQUAT WIDE Stance	2x
	0:26	V1	12x8	2/4/2 (16cts) Down 4cts / HOLD 8cts / Up 4cts	6x
	0:54	C	12x8	COMBINATION (32cts) 3x SLOW 1/1 SQUAT (24cts) 3x PULSE SQUAT (8cts)	3x
2	1:23	V2	12x8	2/4/2 SQUAT (16cts) WIDE Stance Down 4cts / HOLD 8cts / Up 4cts	6x
	1:52	C	12x8	COMBINATION (32cts)	3x
3	2:20	Br	2x8	TRANSITION to WIDER Stance	
	2:25		2x8	4/4 SQUAT WIDER Stance	1x
	2:30	Ref	10x8	2/4/2 (16cts) Down 4cts / HOLD 8cts / Up 4cts	5x
	2:53	C	12x8	COMBINATION (32cts)	3x
4	3:22	V3	12x8	2/4/2 SQUAT (16cts) WIDER Stance Down 4cts / HOLD 8cts / Up 4cts	6x
	3:50	C	12x8	COMBINATION (32cts)	3x
5	4:19	Br	2x8	TRANSITION to WIDE Stance	
	4:24		2x8	4/4 SQUAT WIDE Stance	1x
	4:29	Ref	10x8	2/4/2 (16cts) Down 4cts / HOLD 8cts / Up 4cts	5x
	4:52	C	12x8	COMBINATION (32cts)	3x
	5:21	Outro	4x8	4/4 SQUAT	2x
RECOVERY: Shake out legs and stretch Quadriceps					



02. OH MY MY 5:35mins

TECHNIQUE AND COACHING

1 WIDE STANCE SQUAT

LAYER 1

Coach Position and Execution set-up of the Wide Stance Squat to get the class moving well. Use **NETT** to coach good Squat Technique – referring to Timing, Target zones and leg alignment. Pre-cue the combination so participants can follow easily with good Timing and Range cues.

- **Feet outside hip-width, toes turned out slightly, one heel toe out to Wide Squat**
- **Abs braced** to support lower back
- **Lift the chest** and keep it there
- Bring your elbows forward under the bar and create strength through the upper back
- **Hips sit back and down**
- 2 down and hold in the bottom range
- **Knees push out**
- **Push your knees through the center of the feet** to load the muscles perfectly
- **Butt stops just above knee line**, that's your range
- Slow singles and 3 pulses

2 WIDE STANCE SQUAT

LAYER 2

The focus is on Vertical movement pattern – squeezing glutes and driving hips forward and up. Layer 2 cues are designed to help participants achieve more from the workout. We do this through Improving Execution and Manipulating the Intensity as well as Educating them on what they are doing and how it should feel.

- Hips back and hold
- **Keep lifting the chest**
- Focus on the glutes
- Singles slow and the pulses
- Pausing at the bottom creates muscle tension and burn
- Press out of the heel and squeeze butt at the top of the Squat

3 WIDER STANCE SQUAT

LAYER 1

Coach Layer 1 Execution cues for the Wider Stance Squat with focus on alignment, Timing and Range. Once everyone is moving well, bring the focus to glute and hip engagement to increase intensity. The load is starting to build through the pauses creating muscular change fast.

- **Heel-toe wider**
- Super slow
- Timing gives us the results
- Hit the range every rep
- **Brace abs and lift chest**
- **Push the hips back further**
- Keep **pressing the knees out** for glute engagement
- Think about trying to split the floor apart to get more glute and hip engagement

4 / 5 WIDER STANCE SQUAT / WIDE STANCE SQUAT

LAYER 2 / LAYER 3

Fatigue is kicking in so what will you do to drive big results and motivation for the legs? Be in the moment with your class – look into people's eyes when you teach so you bring your authentic self into the room. Show your love of this training, show you're with them feeling every rep – this really is the rep effect in full effect!

- Hit the range every rep
- Feel the pause – tone the muscles and burn fat
- **Keep the core braced and the chest lifted** to stay strong
- Bring it back in Wide Stance
- Good range to drive the results now
- Right to the finish line
- Time under tension, keep pushing from the floor activating glutes
- Finish it off

PUMP FACT

We elected to use Wide and Wider Squats for this track because of the pauses in the bottom range. These Squats allow people to remain more upright in the trunk which reduces lower back tension particularly in the bottom range holds.



03. CHEST

WEIGHT SELECTION

REGULARS: Barbell with 1/3 off your Squat weight or slightly more

NEW: Barbell with Warm-up weight

TRACK FOCUS

Focus on coaching clarity of Execution including options so the Pushups are achievable for everyone to pre-fatigue the muscles. Coach precise Execution with the barbell for strength gains. Alternating the exercises creates full body conditioning and fast fatigue.

MUSCLE FOCUS

Chest Press and Pushup: Pectorals, triceps, deltoids

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	1/12x8	Set up BENCH PUSHUP	
	0:09	Rep	4x8	2/2 BENCH PUSHUP Options: Knees, kneeling or toes	4x
	0:24	V1	4x8	3/1	4x
	0:38		4x8	2/2	4x
	0:52	PC	4x8	4/4	2x
	1:06	C	4x8	TRIPLE PULSE BENCH PUSHUP (8cts)	4x
2	1:21	V2	2x8	TRANSITION to barbell ready for CHEST PRESS	
	1:28		2x8	2/2 CHEST PRESS	2x
	1:35		4x8	1/1/2	4x
	1:49	Bup	4x8	4/4	2x
	2:03	C	4x8	TRIPLE PULSE CHEST PRESS (8cts)	4x
	2:18	V3	4x8	2/2 CHEST PRESS	4x
	2:32	C	4x8	TRIPLE PULSE CHEST PRESS (8cts)	4x
3	2:46	V4	2x8	TRANSITION to floor ready for BENCH PUSHUP	
	2:53		2x8	3/1 BENCH PUSHUP Options: Knees, kneeling or toes	2x
	3:00		4x8	2/2	4x
	3:15	Bup	4x8	4/4	2x
	3:29	C	4x8	TRIPLE PULSE BENCH PUSHUP (8cts)	4x
4	3:43	V5	24x8	REPEAT BLOCK 2	
	RECOVERY: Shake the arms and roll the shoulders. Chest stretch.				



03. SWAY WITH ME 5:09mins

TECHNIQUE AND COACHING

1 BENCH PUSHUP

LAYER 1

Coach Position and Execution set-up cues for the Bench Pushup. Use **NETT** to coach Targets and Timing so participants are moving well and help them understand their options to feel successful. Fatigue kicks in fast as we work at the bottom range to isolate the chest.

- *Back of the bench for Pushups*
- *Start on your knees to get the feel*
- **Hands wide**
- **Chest to elbow-height**
- **Back long and straight**
- **Abs braced**
- *If you want to try on your toes give it a try*
- *Working the body weight first to pre fatigue ultimately makes the bench work harder*
- *Active the upper back to lift the chest and stabilize the shoulders*

2 CHEST PRESS

LAYER 1

Coach your class into the Position set-up to lift well. Use **NETT** to coach Targets and Timing so participants are Executing well and they can follow along successfully.

- **Hands wide on the bar**
- *Bar over shoulders*
- *Feet hip-width apart, close to bench*
- **Brace abs, lower back towards the bench**
- **Target – middle of the chest**
- *Elbows directly under the wrists – then your hands are wide enough*
- **Elbows top of the bench for range**
- *Here we go – into the chest work*
- *Here's the tension*
- *Focus on staying in the bottom range for the pulses*
- *Time under tension burns fat*

3 BENCH PUSHUP

LAYER 2 / LAYER 3

Once you have everyone moving well, help your class to get more out of the Pushups by using Layer 2 cues that explain how to Improve Execution to build more tension and Intensity.

- *Let's get strong in this position*
- *Bring the chest in between the hands*
- *Check the range – chest to elbow level*
- *Drop to knees when you fatigue*
- *Drive the bench away*

4 CHEST PRESS

LAYER 2 / LAYER 3

Last block with the barbell. Everyone will be feeling the accumulated fatigue. Educate and Motivate your participants to hold on to this feeling of tension and overload and to keep working hard to the end.

- *Last time on the bench*
- *Make sure the bar target is middle of the chest*
- *Stay in the bottom range to keep the muscles under tension*
- *Good results coming*

PUMP FACT

Combining a closed chain exercise (Pushup) with an open chain exercise (Chest Press) switches the recruitment in the target muscles. This will allow participants to keep the intensity up and maximize results.



04. BACK

WEIGHT SELECTION

REGULARS: Barbell with Chest weight or more

NEW: Barbell with Chest weight

TRACK FOCUS

Coach how to Execute the Clean & Press well to gain great Execution and efficiency of movement.

MUSCLE FOCUS

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

Deadrow: Lats

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up SET POSITION	
	0:17	V1	4x8	2/2 DEADLIFT SET Stance	4x
	0:29		4x8	1/1 DEADROW	4x
	0:42	(Bup)	4x8	TRIPLE DEADROW (16cts)	2x
	0:54	Instr	16x8	COMBINATION (16cts) 1x 1/1 CLEAN & PRESS (8cts) 1x 1/1 DEADROW (8cts)	8x
2	1:43	V2	4x8	RECOVERY: Bar down, shake out arms and legs, torso twists	
	1:55		4x8	2/2 DEADLIFT SET Stance	4x
	2:08		4x8	1/1 DEADROW	4x
	2:20	(Bup)	4x8	TRIPLE DEADROW	2x
	2:32	Instr	8x8	COMBINATION (16cts)	4x
	2:57		8x8	1/1 CLEAN & PRESS (8cts) Option: 4x COMBINATION	8x
3	3:22		32x8	REPEAT BLOCK 2	
	5:00		4x8	RECOVERY: Bar down, shake out arms and legs, torso twists.	

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



04. PRAY 5:16mins

TECHNIQUE AND COACHING

1 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 1

Coach how to Execute all the moves in this block using Position and Execution set-up cues for clarity. This brings focus to developing great lifting technique to start the track strongly. Only say what you need to so messages are heard and easy to follow.

DEADLIFT

- **SET Position** to find our lifting structure
- 2/2 Deadlift
- **Hinge forward from the hips**
- **Lift chest and brace abs**
- **Bar to top of knees**

DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- Long straight back
- **Chin tucked in, eyes look out 6½ feet (2 meters)**
- **Lift chest and brace abs**
- Triple time, 3, 2, 1
- **Squeeze between the shoulder blades**

CLEAN & PRESS, DEADROW COMBINATION

- 1 Clean & Press, 1 Deadrow
- **Brace abs** when you catch
- **Bar close to the body**
- **Hips go back as you catch**
- **Catch bar on collarbones**
- Heart rate is up now

2 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 2 / LAYER 3

Participants know the movements now and can improve their Technique, adding more intensity to their workout. There are so many ways we can encourage more intensity both visually and verbally. Try coaching a Layer 2 focus and then allow space for participants to explore their own mastery. Empower participants by giving them the benefits of the movements – the WHY! Show your love of the workout through genuine physical role modeling of working out to music. Lastly, find the balance so you are actually team teaching with the music. This allows the music to have a voice, as we know the music drives the workout motivation and enjoyment.

DEADLIFT

- Round 2, Deadlift
- This round, try to pull the bar into the thighs
- We are trying to force that muscle activation
- Dig the feet into the floor to stabilize the body

DEADROW

- Single Deadrow
- **Pull the elbows up and in**
- Triple Deadrow
- Transitioning into the Clean & Press
- Efficient lifting into power, dig and pull

CLEAN & PRESS, DEADROW COMBINATION

- Squat under the bar
- Focus on the Squat phase to get power
- Drive the hips back on the catch
- Drive the hips forward and up as you press

CLEAN & PRESS

- Multiple Clean & Presses
- Now the training begins

3 DEADLIFT / DEADROW / CLEAN & PRESS LAYER 3

Layer 3 Motivational cues help maximize the results! Motivate people to keep working hard by using praise and encouragement whilst also using challenging cues to demand that they step up and give just a little bit more. How will you keep everyone in the zone until the finish?

- This is where it counts
- Slide the bar to the knees
- **Keep the bar close**
- Lock the position to stabilize
- This means when we hit the Clean & Presses we move efficiently
- Use the Squat – makes the biggest difference to your power training
- Cycle through the reps
- Pure simple lifting

PUMP FACT

One of the key elements when coaching a Clean & Press or Deadlift pattern is encouraging a hip hinge. This allows participants to stabilize their spine and isolate the forward movement to the hip joints. Hip hinging isolates the glutes and protects the lumbo-pelvic region.



05. TRICEPS

WEIGHT SELECTION

REGULARS: Barbell with Warm-up weight or more

NEW: Barbell with Warm-up weight

TRACK FOCUS

Clearly coach Position and Execution set-up for all the Tricep exercises, bringing focus to range of motion to create intensity. Connect participants to the music and challenge them with bodyweight Pushups and Planks.

MUSCLE FOCUS

Tricep Extension: Triceps

Tricep Press: Triceps and deltoids

Tricep Pushup: Triceps, anterior deltoid, pectoralis

Rotating Side Plank: Abdominis, obliques, erector spinae

	MUSIC		SEQUENCE/EXERCISE		REPS	
1	INTRO	0:05	Intro	2x8	Set up TRICEP EXTENSION	
		0:13	V1	4x8	COMBINATION 1 (16cts) 1x 3/1 TRICEP EXTENSION (8cts) 1x 3/1 TRICEP PRESS (8cts)	2x
		0:29	PC	4x8	COMBINATION 2 (16cts) 1x 2/2 TRICEP EXTENSION (8cts) 1x 2/2 TRICEP PRESS (8cts)	2x
		0:45	Rep	4x8	COMBINATION 3 (16cts) 1x 1/3 TRICEP EXTENSION (8cts) 1x 1/3 TRICEP PRESS (8cts)	2x
		1:02	C	4x8	TRIPLE PULSE TRICEP EXTENSION (8cts)	4x
2		1:18	V2	16x8	REPEAT BLOCK 1	
3		2:23	V3	2x8	TRANSITION to bench ready for BENCH TRICEP PUSHUP	
		2:31		3x8	2/2 BENCH TRICEP PUSHUP Option: Knees or toes	3x
		2:43	C	8x8	COMBINATION 4 (16cts) 1x 1/1/2 BENCH TRICEP PUSHUP (8cts) 1x 2/2 ROTATING SIDE PLANK L (8cts)	4x
4		3:16	Br	1/2x8	HOLD	
		3:18	V4	16x8	Use the first 16cts to transition to bench, missing the first 16cts of COMBINATION 1 REPEAT BLOCK 1	
5		4:23	V5	13x8	REPEAT BLOCK 3 with ROTATING SIDE PLANK on R side RECOVERY: Shake out arms, Tricep stretches	



05. STUPID LOVE 5:18mins

TECHNIQUE AND COACHING

1 TRICEP EXTENSION / TRICEP PRESS

LAYER 1

Coach Layer 1 Position and Execution set-up for the Tricep Extension and Press using **NETT**. Think one cue at a time, allowing space for each cue to land so participants understand the Execution of every movement.

TRICEP EXTENSION

- *Lie down, feet in close to bench*
- *Hands shoulder-width apart on the bar*
- **Abs braced**
- *Shoulders back and down*
- **Bar to forehead**
- *Elbows point towards ceiling*
- *Elbows stay above shoulders*
- **Squeeze elbows in** to load the triceps

TRICEP PRESS

- **Elbows in**
- **Bar to the lower ribs**
- **Elbows to the top of bench**

2 TRICEP EXTENSION / TRICEP PRESS

LAYER 2

The first block is short so reinforce Targets. Start to challenge participants by using Layer 2 cues that help improve their Technique and increase intensity to shape the arms fast.

- *Great for building strength*
- *Time under tension*
- **Tucking the elbows in** right through the two movements
- *Focus on the bottom range and staying low in the pulses*

3 TRICEP PUSHUP / ROTATING SIDE PLANK

LAYER 1

Coach Position and Execution set-up for the Tricep Pushup and Side Plank Rotation. Be clear on Timing cues so the class can follow easily. Space out your cues so participants can feel and experience the movement in their bodies.

- *Barbell down*
- *Back of the bench for Pushups*
- **Hands shoulder-width apart**
- *2/2 Pushup*
- **Brace hard**
- **Chest to elbow level in the Pushup**
- *1 Pushup & 1 Rotating Side Plank*

- **Lift bottom hip as your rotate**
- *Option to stay on knees for Pushup*
- *Option on 1 knee as you rotate*
- *Rotate to your heels*
- **Lift your chest, back long and straight**
- *Integrated movement*

4 TRICEP EXTENSION / TRICEP PRESS

LAYER 2 / LAYER 3

One more set with the barbell to build strength and tone the arms. Participants know where they are going now yet fatigue is kicking in fast after the Pushups. What can you say and do to get them to stay connected to the workout?

- *Back to the bench*
- **Tuck the elbows in**
- *Smooth it down*
- *Challenge is to keep the elbows in*
- *Pulse to get the burn on*

5 TRICEP PUSHUP / ROTATING SIDE PLANK

LAYER 2 / LAYER 3

Fatigue is kicking in now so reinforce solid Technique and encourage them to finish the track as best they can. Pushups on the bench are slightly easier to perform than on the floor therefore some participants may find this a great challenge to try some on their toes.

- *Back of the bench for Pushups*
- *Hands shoulder-width apart*
- *Take the option on the knees if you need to*
- *The pause is where we generate the tension in the Triceps*
- *Here comes the fatigue*
- **Brace the core** hard to stay strong
- **Elbows tucked in** on the press up
- *Push through the hand as you rotate*
- *Push into the bench top*
- *Fully integrated through the whole body*

PUMP FACT

Tucking the elbows in with the bar work and Pushups not only helps isolate the triceps but also fires up the shoulder stabilizers. The action of turning the elbows in requires lateral rotation at the shoulder joints which fires up infraspinatus and teres minor which are both key stabilizers.



06. BICEPS

WEIGHT SELECTION

Barbell with Warm-up weight or less

TRACK FOCUS

Clearly coach timing to hook participants into the feel of the music. Focus on Execution of the Bicep Curl to achieve isolation.

MUSCLE FOCUS

Bicep Curl and Wide Bicep Row: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:06	Intro	3½x8	Set up SET POSITION	
	0:16	Instr	2x8	4/4 BICEP CURL SET Stance	1x
	0:22	V1	4x8	3/1	4x
	0:34	Instr	8x8	COMBINATION (16cts) 1x TRIPLE MID-RANGE PULSE (8cts) SET Stance 1x 2/2 BICEP CURL (8cts) SPLIT Stance	4x
2	0:57	V2	8x8	2/2 BICEP CURL SET Stance	8x
	1:20	PC	4x8	3/1	4x
	1:32		4x8	1/3	4x
	1:43	Instr	8x8	COMBINATION (16cts)	4x
	2:06	Br	1x8	TRANSITION: Hands to WIDE GRIP position	
	2:09	Instr	8x8	TRIPLE WIDE BICEP ROW (16cts)	4x
	2:32	Br	1x8	TRANSITION: Hands to NORMAL GRIP position	
	2:35	Instr	8x8	COMBINATION (16cts)	4x
3	2:58	V3	42x8	REPEAT BLOCK 2 RECOVERY: Shake out arms, Bicep stretches	



06. BILLIONAIRE 5:03mins

TECHNIQUE AND COACHING

1 BICEP CURL

LAYER 1

Use Layer 1 Position and Execution cues to get participants moving with the Timing and Range, hooking them into the feel and strength of the song.

- *SET Position*
- **Bar to shoulders and down to thighs**
- *Triple pulse and 2/2 curl*
- **Elbows under shoulders** to start the isolation
- *Shoulder blades down into the back ribs*
- **Chest high**
- **Abs braced**

2 BICEP CURL / WIDE BICEP ROW

LAYER 1 / LAYER 2

Block 1 is short so continue with Execution cues to help participants understand the isolation. Once they are moving well, use Layer 2 cues that will help them move with improved alignment creating precision of movement. When we focus on the position of the elbow it keeps load in the targeted muscles and creates a strong platform in the posture to load effectively.

BICEP CURL

- *Feel the shoulder blades slide down into the back ribs to stabilize your body*
- *Check in with the elbows directly under the shoulders to shape and tone fast*
- *Strong position to isolate the arms*
- *Ground the heels and lock in the core*
- *Combo time – pulse 3, split 2*
- *Mid-range pulses – 1 inch above, 1 inch below is the range*
- *As this gets tough, stabilize the body more*

WIDE BICEP ROW

- *Jump hands wide*
- **Wide Bicep Row**
- **Knees and ribs**
- **Squeeze shoulder blades**
- *Slight recovery for our Biceps*

3 BICEP CURL / WIDE BICEP ROW

LAYER 3

Use Layer 3 cues to Motivate everybody to the finish. Show that working hard can be fun – this delivers intrinsic Motivation helping participants succeed by getting them to love the feel of working hard. How will you bring your class to the end?

- *Stay grounded for this long set*
- *Lock the legs and brace hard through the core*
- *Hit hold and resist*
- *Combo time*
- *Now we're in the thick of it*
- *Simple training*
- *Break it up – hands wide*
- *Triple Bicep Row*
- *Elbows high*
- *Bar to ribcage*
- *Lets finish with the combo*
- *Elbows down, **chest up** to finish*

PUMP FACT

One of the biggest learnings from the COVID-19 lockdown was the importance of connection, both for participants and instructors. The Bicep track is the perfect time to reconnect and celebrate socially assisted exercise.



07. LUNGES

WEIGHT SELECTION

Barbell with Warm-up weight or less
OPTION: Body weight or plates

TRACK FOCUS

Coach your class to execute the static Lunge with great ROM and Timing to maximize muscular tension for accelerated results.

MUSCLE FOCUS

Lunge: Glutes, quadriceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up LUNGE L	
	0:17		4x8	2/2 LUNGE L	4x
	0:30	V1	8x8	4/4	4x
	0:54	Build	8x8	SLOW 1/1 (8cts)	8x
	1:19	Drop	8x8	TRIPLE PULSE LUNGE (8cts)	8x
	1:45	C	8x8	SLOW 1/1 (8cts)	8x
	2:09		8x8	TRIPLE PULSE LUNGE	8x
2	2:34	Instr	48x8	REPEAT BLOCK 1 on R side	
				RECOVERY: Shake out legs, Quadricep stretches	



07. GOLD 5:06mins

TECHNIQUE AND COACHING

1 LUNGE

LAYER 1 / LAYER 2

Use simple cues to coach Position and Execution of the Lunge. Focus on early pre-cues so everyone is successful. To make sure the cues land, think one cue at a time so you keep everyone with you. This allows participants to explore their own Technique to maintain great posture and nail the Timing!

- **Long step back**
- *Down and up smooth*
- **Back knee towards the floor**
- **Hips and shoulders square to the front**
- *Big push through the front heel*
- **Front thigh parallel to the floor**
- *Pushing from the heel means the glutes are ready to fire*
- *3 pulses bottom range*
- *Pulses create the intensity*
- *Feel the tension in the pause at the bottom range*
- **Keep the chest lifted and abs braced**
- *Release the tension in the pulses*
- *Challenge is to stay in the range*

2 LUNGE

LAYER 2 / LAYER 3

Block 2 is a repeat of Block 1 on the other leg. Help your class to commit to the end with Layer 3 Motivational cues that educate them on the benefits of this sort of training and connect them to their bodies!

- *Find the alignment on the other leg now*
- **Keep the chest lifted**
- *Keep the bar moving straight up and down*
- *Focus on keeping the back knee vertical*
- *Find the range if you can – 90 degrees*
- *Starting to burn now*
- *Stability through your core*
- *Keep the load on*
- *Stay strong, stay connected*
- **Pushing through the front heel** *as you stand up*
- *Pulses to finish*

PUMP FACT

One of the most common faults when lunging is short stepping – not taking a big enough step back when setting up. A shorter Lunge stride may give the sensation of being easier but it creates excessive load behind the front knee cap as the knee has to translate forwards with each Lunge.



08. SHOULDERS

WEIGHT SELECTION

2x small to large plates

TRACK FOCUS

Clearly coach the Position and Execution set-up of the exercises for good Technique so participants can keep tension on the muscles for the entire track. Educate your participants on the benefits of plate and body-weight training, motivating them to increase weight to maximize results.

MUSCLE FOCUS

Plate work: Deltoids, trapezius, muscles of the upper back, rear deltoids

Pushups: Pectoralis, triceps, deltoids, core

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up MID PUSHUP on floor	
	0:19	(Beat)	4x8	2/2 MID PUSHUP Option: Kneeling, knees or toes	4x
	0:33	C	8x8	COMBINATION 1 (32cts) 2x 1/1 MID PUSHUP (8cts) Walk L hand out to WIDE PUSHUP (2cts) 1x 1/1 WIDE PUSHUP (4cts) Walk L hand in to MID PUSHUP (2cts) 2x 1/1 MID PUSHUP (8cts) Walk R hand out to WIDE PUSHUP (2cts) 1x 1/1 WIDE PUSHUP (4cts) Walk R hand in to MID PUSHUP (2cts)	2x
2	1:02	V1	1x8	TRANSITION to kneeling, pick up plates	
	1:05		3x8	2/2 KNEELING SIDE RAISE	3x
	1:16	C	8x8	COMBINATION 2 (16cts) 2x 1/1 KNEELING SIDE RAISE (8cts) 1x 1/1 KNEELING SIDE ROTATOR RAISE (8cts)	4x
3	1:44	V2	2x8	TRANSITION to floor ready for MID PUSHUP	
	1:51		2x8	2/2 MID PUSHUP	2x
	1:59	C	8x8	COMBINATION 1 (16cts)	4x
4	2:27	V3	2x8	TRANSITION to standing, SET Stance	
	2:34		2x8	2/2 STANDING SIDE RAISE SET Stance	2x
	2:41	C	8x8	STANDING COMBINATION 2 (16cts)	4x
5	3:10	V4	4x8	2/2 STANDING PLATE UPRIGHT ROW SET Stance	4x
	3:24	C	8x8	COMBINATION 3 (16cts) 2x 1/1 STANDING HIGH PULL (8cts) 1x 1/1 STANDING REAR DELTOID FLY (8cts)	4x
6	3:52	(Low)	4x8	2/2 STANDING PLATE UPRIGHT ROW SET Stance	4x
	4:07	C	4x8	COMBINATION 3 (16cts)	2x
	4:21	Br	1/2x8	HOLD	
	4:23	Instr	10x8	TRIPLE STANDING REAR DELTOID FLY (16cts) RECOVERY: Shake out arms, Shoulder stretches	5x



08. BREAK IT DOWN 5:01mins

TECHNIQUE AND COACHING

1 MID PUSHUP / WIDE PUSHUP

LAYER 1

Focus on Timing, Targets and Range so your class is moving with great Execution and understand Pushup Execution. Provide the option levels so everyone is successful.

- **Hands slightly outside shoulders in mid position**
- **Brace abs**
- *On knees or toes*
- *Shoulders away from the ears*
- **Chest to elbow height**
- **Back long and straight**
- *Combination – 2 singles and walk the hand out wide*
- *Walk the hand back to the center*

2 KNEELING SIDE RAISE / KNEELING SIDE ROTATOR RAISE

LAYER 1

New exercises so be clear and precise with Layer 1 coaching, Position and Execution of the two moves.

- *On your knees, grab 2 light plates*
- *Open and close*
- *90 degrees*
- **Lead with the elbows**
- **Elbows stop just under shoulder line**
- **Brace abs and lift chest**
- *Lock down through the feet to feel stability*
- *Combination 2 single Side Raise and 1 Side Rotator Raise*
- **Squeeze shoulder blades as you open the arms**
- *Isolation and functional stabilization of the shoulder joint*

3 MID PUSHUP / WIDE PUSHUP

LAYER 2

Another quick set of the Mid and Wide Pushups. Great full body training with the extra challenge to stabilize when we go wider. Changing hand position mixes up the pec recruitment allowing us to keep the intensity high.

- *Reset for Pushups – mid grip*
- *Chest to elbow level again*
- *Whole body training*
- **Stabilize through the core**
- *Get that tension in the shoulders*

4 STANDING SIDE RAISE / STANDING SIDE ROTATOR RAISE

LAYER 2

Block 4 is a repeat of Block 2 but standing. Focus on mastering Execution, allowing participants to explore the moves and sell the benefits of this tension and isolation. Use Layer 2 cues to help improve Execution and start to manipulate the intensity as the overload builds fast along with fatigue.

- *Standing up, grab your plates*
- *Lead with the elbows*
- *Elbows stop just under shoulder line*
- **Brace abs and lift chest**
- *Lock down through the feet to feel stability*
- *Combo, 2 singles and rotate – isolation and stability*

5 STANDING PLATE UPRIGHT ROW / STANDING HIGH PULL / STANDING REAR DELTOID FLY

LAYER 1

New exercises so be clear and precise with Layer 1 coaching, Position and Execution of the 3 moves.

STANDING PLATE UPRIGHT ROW

- *Elbows out wide*
- **Keep the plates close to the body**
- **Brace abs**
- **Chest up**
- **Plates to lower chest**

STANDING HIGH PULL, STANDING REAR DELTOID FLY COMBINATION

- *2 High Pulls and 1 Rear Deltoid Fly*
- *Lift heels and squeeze glutes on the High Pull*
- **Tip forward, long spine**
- **Chest up**
- **Plates stop under shoulder line** *as you fly*
- **Squeeze shoulder blades**
- *Hips drive up and forward on High Pull*
- *Good for you as we get the front and rear deltoids*



08. BREAK IT DOWN 5:01mins

6 STANDING PLATE UPRIGHT ROW /
STANDING HIGH PULL / STANDING REAR
DELTOID FLY

LAYER 2 / LAYER 3

Last set with the plates and an opportunity to go heavier as participants will know what’s coming. How will you Connect and Motivate your participants to the end of this block?

- *Last set so you can go heavier if you want*
- *Combination again, stay strong*
- *Triple Flys now*
- *Lock it, hold it, lift it*

PUMP FACT

The secret to hitting the target muscles of the upper back during the Rear Deltoid Fly is getting participants to tip the trunk far enough forward. This provides a challenge to the mid traps and rhomboids rather than the upper traps which are recruited if we don’t tip far enough.



09. CORE

TRACK FOCUS

Focus on simple Coaching of the Execution of all the exercises so everyone gets all the reps. Think one cue at a time, allowing participants to hear it and apply it. Once they have the exercises, help them understand how to increase or decrease intensity so everyone is successful.

MUSCLE FOCUS

C-Crunch: Rectus abdominis and obliques
Shootout: Abdominals

	MUSIC			SEQUENCE/EXERCISE	REPS
1	0:05	Intro	2x8	Set up C-CRUNCH , fingers to temples	
	0:14	Instr	2x8	2/2 C-CRUNCH	2x
2	0:23	V1	4x8	1/1/2 C-CRUNCH	4x
	0:41	PC	4x8	1/3 Hold feet up on last 4cts	4x
	1:00	Instr	4x8	1/1 SHOOTOUT (4cts) Feet down on last 2cts	8x
	1:18	Rep	2x8	2/2 HIP BRIDGE	2x
3	1:27	V2	14x8	REPEAT BLOCK 2	
	2:31	Instr	4x8	1/1 SHOOTOUT	8x



09. MALDAD 2:52mins

TECHNIQUE AND COACHING

1 C-CRUNCH

LAYER 1

Coach the Layer 1 Position and Execution set-up of the C-Crunch with clear Timing and Target coaching.

- *Come down to the floor*
- *Fingertips to temples*
- *C-Crunch 2/2*
- ***Knees over hips, shins parallel***
- ***Feel your lower back pressing down towards the floor as you lower the feet***
- ***Ribs to hips***

2 C-CRUNCH / SHOOTOUT / HIP BRIDGE

LAYER 1 / LAYER 2

Coach the Execution for the Shootouts and Hip Bridge Layer 2 intensity cues to maximize the results and educate participants on what muscles they are working and why.

- *Lift your shoulders and shoulder blades off the floor as you crunch*
- *Feel the upper and lower abs work*
- *Every time you extend your legs feel the load in the lower abs*
- *Challenge yourself to crunch higher*
- ***Lower back pressing towards the floor as you shoot out***
- *Feet in close to butt*
- ***Squeeze glutes to lift hips***
- *Drive out of heels*

3 C-CRUNCH / SHOOTOUT / HIP BRIDGE

LAYER 2 / LAYER 3

Final block is a repeat of Block 2. Coach Layer 3 to maximize the result and educate participants on what muscles they are working and why.

- *Back into the C-Crunch*
- *Ribs to hips*
- *Great upper ab engagement*
- *Fast in and hold – release slow*
- *Shoot out with arms overhead*
- *Reach long – its tough*
- *Feet down – Bridge to release*
- *Last set of Shootouts*
- *Athletic move – big core engagement*



10. COOLDOWN

TRACK FOCUS

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

	MUSIC		SEQUENCE/EXERCISE	
1	0:05	Intro	2x8	Transition to CHILDS POSE
	0:17	V1	4x8	CHILDS POSE
	0:42	PC	2x8	SEATED HURDLER STRETCH L
	0:54	C	2x8	KNEELING HIP FLEXOR STRETCH R R Arm extends up above head
	1:07		2x8	KNEELING HAMSTRING STRETCH L
2	1:20	V2	3x8	CHILDS POSE
	1:38	PC	2x8	SEATED HURDLER STRETCH R
	1:51	C	2x8	KNEELING HIP FLEXOR STRETCH L L Arm extends up above head
	2:03		2x8	KNEELING HAMSTRING STRETCH R
3	2:16	Rep	2x8	STANDING UPPER BACK STRETCH Arms cross in front of body, spread shoulder blades apart
	2:28	Br	1½x8	STANDING OH ARM STRETCH Clasp hands, arms reach up above head
	2:38		1¼x8	STANDING CHEST STRETCH Arms open out wide
	2:45	C	4x8	STANDING QUADRICEP STRETCH L, R
	3:10		4x8	STANDING ITB STRETCH L, R
	3:35	Outro	2x8	SHOULDER ROLL, SIDE ROTATIONS, SHAKE OUT



10. SANCTUARY 3:52mins

TECHNIQUE AND COACHING

COACHING TIPS

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



45-MIN FORMAT

05. TRICEPS/BICEPS

WEIGHTS

Barbell with Warm-up weight or more and 1x medium to large plate

TRACK FOCUS

Coach transitions well so the class can follow easily through the different exercises. Coach how to Execute each exercise clearly with Layer 1 cues on the first set of both exercises. The second sets are your time to bring Intensity, benefits and Motivation to this training.

MUSCLE FOCUS

Tricep Pushup: Triceps, anterior deltoid, pectoralis major

Mountain Climber: Triceps, deltoids, rectus abdominis, obliques, hip flexors

Tricep Extension: Triceps

Bicep Curl: Biceps

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	2x8	Set up TRICEP PUSHUP on floor	
	0:12	Instr	4x8	4/4 TRICEP PUSHUP Option: Kneeling, knees or toes	2x
	0:26	(Beat)	8x8	COMBINATION 1 (16cts) 2x 1/1 TRICEP PUSHUP (8cts) 1x SLOW MOUNTAIN CLIMBER L R (8cts)	4x
2	0:53	Br	2x8	TRANSITION to KNEELING BICEP CURL with bar	
	1:00	V1	8x8	2/2 KNEELING BICEP CURL	8x
	1:28	Rep	8x8	KNEELING TRIPLE MID-RANGE PULSE (8cts)	8x
3	1:55	(Low)	2x8	TRANSITION to TRICEP PUSHUP on floor	
	2:02	(Bup)	2x8	2/2 TRICEP PUSHUP	2x
	2:09	(Beat)	8x8	COMBINATION 2 (16cts) 2x 1/1 TRICEP PUSHUP (8cts) 4x FAST MOUNTAIN CLIMBER L R (8cts)	4x
	2:37		4x8	Use the first 8cts to pick up plate 1/1 KNEELING PLATE OVERHEAD TRICEP EXTENSION	6x
4	2:51	Br	18x8	REPEAT BLOCK 2	
5	3:46	(Low)	16x8	REPEAT BLOCK 3	
				RECOVERY: Shake out arms, Tricep and Bicep stretches	



45-MIN FORMAT

05. TURNT UP 4:57mins

TECHNIQUE AND COACHING

1 TRICEP PUSHUP / MOUNTAIN CLIMBER

LAYER 1 / LAYER 2 / LAYER 3

Coach Layer 1 Position and Execution set-up of the Tricep Pushups and Mountain Climbers with options so everyone is included.

TRICEP PUSHUP

- **Hands under shoulders**
- **Shoulders away from ears**
- *Straight back*
- *On knees or toes*
- **Chest to elbow height**
- **Elbows close to ribs**
- **Abs braced**

TRICEP PUSHUP / MOUNTAIN CLIMBER

- *Single and slow Mountain Climbers*
- **Knees close to floor** for the Mountain Climbers
- **Brace abs to stabilize hips and pelvis**
- *Push into the floor and feel the back stabilize*
- *We want a strong foundation to work from*

2 KNEELING BICEP CURL

LAYER 1

New exercise – coach clear cues for Position and Execution. Highlight the Range and Targets so everyone jumps straight into the intensity as it will bite fast.

- *On your knees, grab your bar*
- *Bicep Curls*
- **Brace abs**
- **Bar to shoulders**
- **Lower all the way down to the thighs**
- **Elbows directly under shoulders**
- **Lift your chest**
- *Mid range pulse 3 times – 1 inch above, 1 inch below is the range*
- *Tougher on the knees so stabilize the body*

3 TRICEP PUSHUP / MOUNTAIN CLIMBER / KNEELING PLATE OVERHEAD TRICEP EXTENSION

LAYER 1 / LAYER 2 / LAYER 3

Use this set to coach Layer 2 cues to Improve Execution of the Tricep Pushup and Mountain Climbers. When we focus on precision it increases the tensions and intensity for fast results. Challenge and Motivate participants to stabilize and feel the pressure.

TRICEP PUSHUP / MOUNTAIN CLIMBER

- *Bar down, back to Pushups*
- *2 singles and Mountain Climbers*
- *Sprinters or climbers – you chose*
- *Here's our training*

KNEELING PLATE OVERHEAD TRICEP EXTENSION

- *Grab your big plate*
- **Plate to the base of the neck**
- **Full extension to the top**
- **Brace abs, chest up**
- **Elbows tuck in**
- *Pulses to the end for intensity*

4 / 5 KNEELING BICEP CURL / TRICEP PUSHUP / MOUNTAIN CLIMBER / KNEELING PLATE OVERHEAD TRICEP EXTENSION

LAYER 2 / LAYER 3

It's a repeat of Block 2 and 3. Tension will kick in fast in these final blocks. Remind participants of where they should focus and use great Layer 3 Motivational coaching. Remember, the music is a great Motivation as well!

- *Close to the bar*
- **Elbows under shoulders as you curl**
- **Brace the core to stabilize the body**
- *Load it up*
- *Mid position for the Pushups*
- *Try and get the 8 sprinters in*
- *Gotta hustle to get it done*
- *Grab the big plate to finish*

PUMP FACT

Its surprising how much harder curls and extensions feel on the knees versus standing. Although we stabilize the body when we stand, we can still use the legs to assist overcoming the inertia of the bar or plate. This assistance is eliminated when on the knees.



45-MIN FORMAT

06. LUNGES/SHOULDERS

WEIGHTS

2x small to medium plates

TRACK FOCUS

Clear set-up of each exercise along with early pre-cues is essential for the class to follow easily. Coaching focus is on Range of Movement to integrate the lower and upper body. Drive intensity in the static Lunge combination as this is tough and a great opportunity to maximize the results of fatigue.

MUSCLE FOCUS

Lunge with Side Raise: Glutes, quadriceps, core, deltoids

Lunge with Overhead Shoulder Press: Glutes, quadriceps, core, shoulders

	MUSIC		SEQUENCE/EXERCISE		REPS
1	0:05	Intro	4x8	Set up LUNGE L, plates in hands Step R foot B	
	0:18	V1	8x8	4/4 LUNGE L with 4/4 SIDE RAISE	4x
	0:43	PC	4x8	3/1 LUNGE L with 3/1 SIDE RAISE	4x
	0:56		4x8	2/2 LUNGE L with 2/2 SIDE RAISE	4x
	1:09	(Drop)	8x8	1/1 LUNGE L with 1/1 SIDE RAISE	16x
2	1:35	V2	8x8	2/2 LUNGE L with 2/2 OH SHOULDER PRESS	8x
	2:00	PC	8x8	1/1/2 LUNGE L with 1/1/2 OH SHOULDER PRESS	8x
	2:26	(Drop)	8x8	1/1 LUNGE L with 1/1 OH SHOULDER PRESS	16x
3	2:52	Instr	28x8	REPEAT BLOCK 1 on R side Step L foot B	
4	4:22	V4	24x8	REPEAT BLOCK 2 on R side RECOVERY: Shake out legs, Quadricep and Shoulder stretches	



45-MIN FORMAT

06. AS ONE 6:06mins

TECHNIQUE AND COACHING

1 LUNGE WITH SIDE RAISE

LAYER 1

Coach Layer 1 Position and Execution set-up focusing on Timing, Range and precision of Movement. Reinforce Timing and Range cues so participants feel the integration from the legs to the shoulders.

- *1 plate in each hand*
- **Long step back**
- **Back knee down, front knee out**
- **Hips and shoulders square by bracing abs**
- **Front thigh parallel to the floor**
- **Chest up**
- **Elbows stop just under shoulder line** for Side Raise
- **Lead with the elbows**
- *Here comes the burn*

2 LUNGE WITH OVERHEAD SHOULDER PRESS

LAYER 1 / LAYER 2

We stay on the same leg building into the Overhead Shoulder Press with the Lunge. Keep the coaching clear and simple, hitting the basics as participants need to get the co-ordination and stability. Coach to the levels so everyone can be challenged and feel successful – they can drop the plates any time.

- *Plates to shoulders*
- *Lunge and press*
- **Elbows forward of face as you press**
- **Abs braced**
- *Building great depth and intensity into the legs*
- *Great isolation in the shoulders*
- *Drop and hold as you drive through the front heel*
- *Single Lunge and single Shoulder Press*
- *Stay strong*

3 / 4 LUNGE WITH SIDE RAISE / LUNGE WITH OVERHEAD SHOULDER PRESS

LAYER 2 / LAYER 3

Once your participants are moving well again give them a Layer 2 focus and then allow them to explore it in their bodies. You want them to stay with the mind-body connection in the legs as well as the upper body. The music is super cool and will set the scene and build – so use it! Motivation is the key!

- *All on the other leg now*
- **Press the front knee out, align with the 2nd/3rd toe**
- *Back knee towards the floor*
- **Front thigh parallel**
- *Long set of Lunges builds muscle density*
- *Long, lean and mean legs*
- *Keep the chest lifted and press out of the front heel*
- *Here's the training – plates up*
- *Lock it down to the finish now*
- **Elbows in as much as you can**
- *Feel the pause in the bottom range build muscle tension and isolation*

PUMP FACT

We often refer to muscular slings when core training. Exercises that integrate the upper and lower body require a strong contribution from the core via our muscular slings. This generates increases in functional strength as this is the type of coordinated muscle function we use day to day.



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