
CONTENTS

01. Warmup	2
02. Squats	3
03. Chest	4
04. Back	5
05. Triceps	6
06. Biceps	7
07. Lunges	8
08. Shoulders	9
09. Core	10
10. Cooldown	11
11. Glossary	12
12. Music	13

01. WARMUP

MUSIC Used To Have It All 5:10 mins

WEIGHTS

Light barbell and 2x light plates

DEMONSTRATE

SET Position

TRACK FOCUS

Be super clear on coaching the **NETT** throughout the track – Name of Exercise, Timing and Target Zones so the class can transition through all the changes smoothly. Advise your class to have small weights for the plate work.



SET 1

0:05 / Intro /	REPS
2x8 SET Position	
0:14 / V1 / Looking for answers	
2x8 4/4 DEADLIFT SET Stance	1x
0:22 / Stuck in a moment	
4x8 3/1	4x
0:37 / C / Have it all	
4x8 2/2 DEADROW (16cts)	2x
0:51 / Have it all	
4x8 1/1	4x
1:06 / Instr / (Melody)	
4x8 TRIPLE DEADROW (16cts)	2x

SET 2

1:21 / V2 / You Know I feel	
4x8 4/4 DEADLIFT SET Stance	2x
1:36 / Stuck in a moment	
4x8 3/1 UPRIGHT ROW SET Stance	4x
1:51 / C / Have it all	
4x8 2/2 CLEAN & PRESS (16cts)	2x
2:06 / Instr / (Melody)	
4x8 1/1 (8cts)	4x
Last 4cts, transition bar to SQUAT MID Stance	
2:21 / (Low)	
4x8 4/4 SQUAT MID Stance	2x
2:36 / PC / All , the late	
4x8 2/2	4x
2:51 / Instr / (Melody)	
6x8 1/1	12x
3:13 / V3 / _ You know I	
2½x8 TRANSITION: Bar down, pick up 2x plates.	
Stack plates at collarbones for PLATE FRONT	
SQUAT MID Stance	

SET 3

3:22 / You've got my love	
2x8 4/4 PLATE FRONT SQUAT	1x
MID Stance, plates at collarbones	
3:30 / Stuck in a moment	
4x8 2/2	4x
3:45 / PC / All , the late	
8x8 1/1/1/1 ALTERNATING BACKWARD-STEPPING LUNGE L&R (16cts)	4x
L leg steps back first, plate at collarbones	
4:15 / (Rep) / _ Remember how we	
2x8 TRANSITION: STANDING REVERSE PEC DEC SET Stance, elbows/plates start in front of chest	
4:22 / QC / Have it all	
2x8 4/4 STANDING REVERSE PEC DEC SET Stance (16cts)	1x
4:30 / All , the late	
4x8 STANDING ARNOLD PRESS COMBO 1 (32cts) 1x	
1x 2/2/2/2 STANDING ARNOLD PRESS (16cts)	
1x 2/2/2/2 STANDING REVERSE ARNOLD PRESS (16cts)	
4:44 / Instr / (Melody)	
6x8 STANDING ARNOLD PRESS COMBO 2 (16cts) 3x	
1/1/1/1 STANDING ARNOLD PRESS (8cts)	
1/1/1/1 STANDING REVERSE ARNOLD PRESS (8cts)	

Recovery Shake the arms and legs; light Torso Twists.

TECHNIQUE & COACHING

SET POSITION

LAYER 1

Before you begin, coach your class to find SET Position to establish a strong lifting position.

- **Heels under hips, toes turned 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 abs**

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 – Hinge forward from the hips, slide the bar to the top of the kneecaps**
- **Deadrow – Knees, belly, knees and lift**
- **Triple Deadrow – Elbows to the rear, squeeze between shoulder blades**

SET 2

LAYER 1

Set 2 starts with Deadlifts and Upright Rows then introduces the Clean & Presses so the class learns the technique with light weights. We finish with Mid Stance Squats to bring some heat into the legs. Focus on coaching clear Layer 1 Position and Execution cues with these more complex movement patterns, to help the class achieve good lifting technique.

- **Deadlift – Press the bar into the legs to engage the lats**
- **Upright Row – Keep the bar in a vertical path, elbows wide**
- **Clean & Press – Pull and catch, bend knees, brace abs, chest up, bar close to body**
- **Mid Stance Squat – Butt goes back and down, knees forward, hips to 90 degrees**

SET 3

LAYER 1

Set 3 uses plates resting at the collarbones to finish the Warmup. Stack the plates together and continue to warm the legs and core with the Plate Front Squats and Alternating Backward-Stepping Lunges. Then separate the plates and work the shoulders through integrated exercises. Coach with clear Layer 1 Position and Execution cues to get your class moving safely and effectively.

- **Plate Front Squat – Stack plates together on collarbones, feet outside hip-width, elbows under plate, hips and knees to 90 degrees, chest up, abs braced**
- **Alternating Backward-Stepping Lunge – Long step back, back knee down, front thigh parallel to the floor, shoulders and hips square to front**
- **Standing Reverse Pec Dec – Elbows just under shoulder height, open slowly and squeeze shoulder blades together**
- **Standing Arnold Press – Open, press, rotate shoulders in and lower down, reverse and open, chest up, abs braced**

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 with your regulars in the front row.

02. SQUATS

MUSIC Find Me 5:14 mins

WEIGHTS
Regulars: 2-4x your Warmup weight

New People: Double your Warmup weight

DEMONSTRATE
SQUAT WIDE and WIDER Stances

TRACK FOCUS
We use 2 stances, WIDE and WIDER, to bring fatigue to the legs. Focus on coaching a high chest position and staying low in the bottom range of the Squat to build intensity through the Pulses.

MUSCLE FOCUS
WIDE Stance: Gluteus maximus
WIDER Stance: Gluteus maximus, side glutes, posterior chain

SET 1

0:05 / Intro / Up	REPS
2x8 Set up SQUAT WIDE Stance	
0:12 / V1 / We said goodbye	
8x8 4/4 SQUAT WIDE Stance	4x
0:39 / _ If you're ready	
4x8 3/1	4x
0:53 / I see you	
4x8 2/2	4x
1:07 / Instr / (Melody)	
8x8 COMBINATION: WIDE Stance (16cts)	4x
3x PULSE SQUAT (8cts)	
2x 1/1 SQUAT (8cts)	
1:35 / Br / (Low)	
½x8 TRANSITION: WIDER STANCE	
Heel-toe wider to WIDER Stance	

SET 2

1:37 / V2 / We've lost our way	
4x8 4/4 SQUAT WIDER Stance	2x
1:51 / _ If you're ready	
4x8 3/1	4x
2:05 / I see you	
4x8 2/2	4x
2:19 / Instr / (Melody)	
8x8 COMBINATION WIDER Stance (16cts)	4x
2:47 / I see you here	
4x8 2/2	4x
3:00 / Instr / (Melody)	
4x8 COMBINATION (16cts)	2x
3:15 / QC / If you're ready	
2x8 4/4 SQUAT	1x
3:21 / (Low)	
1x8 PAUSE HOLD WIDER Stance	

SET 3

3:25 / V3 / We've lost our	
4x8 4/4 SQUAT WIDER Stance	2x
3:39 / C / _ If you're ready	
4x8 3/1	4x
3:53 / I can see you	
4x8 2/2	4x
4:07 / Instr / (Melody)	
8x8 COMBINATION WIDER Stance (16cts)	4x
4:35 / I see you here	
4x8 2/2	4x
4:49 / Instr / (Melody)	
4x8 COMBINATION WIDER Stance (16cts)	2x
5:03 / Outro / If you're ready	
2x8 4/4	1x

Recovery Torso Twists, shake the legs, Quadricep Stretches.

TECHNIQUE & COACHING

1 WIDE STANCE

LAYER 1

Cue Position and Execution setup. Use **NETT** to coach good Squat technique – referring to Timing, Target Zones and leg alignment. Be clear on your Timing cues for the Pulse Squat Combination.

- **Heel-toe wider than Mid Stance**
- **Abs braced**
- **Lift the chest** and keep it there
- Bring your elbows forward and create tension through the upper back
- **Hips sit back and down**
- **Knees track out** to get the glutes into the workout
- **Butt stops just above knee line**
- Drive out of the heels
- Combo – 3x Pulses and 2x Singles

2 WIDER STANCE

LAYER 1 / LAYER 2

Reset new stance – heel-toe wider. Coach Layer 1 Execution cues for the Wider Stance with the focus on activating the glutes. Use Layer 2 cues to explain how to get more out of the exercises, or how they can improve technique. Intensity will hit hard in the Combination so use clear Timing and Range cues to Manipulate Intensity with a focus on driving out of your heels and squeezing the butt on the way up.

- **One heel-toe wider – Wider Stance**
- **Chest up**, lock shoulder blades into spine
- Focus is on the side glutes
- **Hips sit back, knees out**
- **90-degree range**
- Triple Pulse – 3, 2, 1 and 2 quickly
- **Chest is up** and **abs braced** to get through this block
- Stay in the bottom range of the Squat
- Drive the heels down
- Get excited – here comes the big stuff
- That's the combo
- Full-range the Singles
- At the bottom of the Squat, push your knees out and feel your glutes engage
- On the Singles, squeeze your glutes as you rise to the top

3 WIDER STANCE

LAYER 2 / LAYER 3

The 2nd block of effort repeats in the 3rd block and it bites hard! 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 with your feet. This Layer 2 external coaching cue helps participants experience more tension and heat in the legs to shape us faster. Your motivational language is a big factor that participants need to help them finish the track. We motivate in 4 ways – using intrinsic, extrinsic, challenging and positive language. How will you motivate your class to the finish line?

- What makes this program great is time under tension
- Metabolic stress of the muscles creates fast results
- You want to have the burning feeling
- Drive your heels out and split the floor apart
- Keep driving the knees out to fire the glutes even more
- Intensity is building
- Focus on the floor – drive the floor away
- Activate side glutes and hips
- 90 degrees everyone
- Pulses – sprint to the finish
- Slow finish

INTENSITY

Staying in the bottom range of the Squat for the Pulses creates pressure fast in the legs. Focus is full range and good timing, with every rep producing THE REP EFFECT™.

PUMP FACT

One of the biggest challenges in the Wider Stance Squats is keeping the knees aligned with the middle of the feet. If the knees drift in, there is a tendency for the kneecap to deviate towards the outside of the knee. This is a common cause of knee discomfort when squatting.

03. CHEST

MUSIC Sweet Lovin' 5:22 mins

WEIGHTS 2x PLATES

Regulars: 2x medium to large plates

New People: Small plates

Option: To use barbell with normal Chest weight or less

DEMONSTRATE

A-Press

TRACK FOCUS

Coach Position and Execution of the A-Press exercise to create muscle isolation. Coach and motivate all levels for the Pushups.

MUSCLE FOCUS

Pectorals, triceps and deltoids

SET 1

0:05 / Intro / Up	REPS
1x8 Set up A-PRESS	
0:20 / QC / Sweet sweet lovin'	
4x8 3/1 A-PRESS	4x
0:34 / Sweet sweet lovin'	
4x8 1/1	8x
0:49 / C / Sweet sweet lovin'	
8x8 COMBINATION 1 (16cts)	4x
3x PULSE A-PRESS (8cts)	
2x 1/1 A-PRESS (8cts)	

SET 2

1:20 / V1 / _ Never felt like	
4x8 2/2 A-PRESS	4x
1:34 / QC / Your sweet , sweet lovin'	
4x8 3/1	4x
1:49 / Sweet , sweet lovin'	
4x8 1/1	8x
2:04 / C / Sweet , sweet lovin'	
4x8 COMBINATION 1 (16cts)	2x
After last rep, down and hold	
2:19 / V2 / _ Anticipating what	
2x8 TRANSITION: BENCH PUSHUP	

SET 3

2:26 / _ In your arms you	
2x8 4/4 BENCH PUSHUP	1x
2:34 / C / Sweet , sweet lovin'	
8x8 COMBINATION 2 (16cts)	4x
3x BENCH PULSE PUSHUP (8cts)	
2x 1/1 BENCH PUSHUP (8cts)	
(Options: Kneeling, knees, toes)	
3:04 / Rep / Your sweet	
4x8 1/1 BENCH PUSHUP	8x
3:18 / V3 / _ Never felt	
4½x8 TRANSITION: Back to bench for A-PRESS	

SET 4

3:35 / QC / Sweet , sweet lovin'	
4x8 3/1 A-PRESS	4x
3:50 / QC / Sweet , sweet lovin'	
4x8 1/1	8x
4:05 / C / Sweet , sweet lovin'	
4x8 COMBINATION 1 (16cts)	2x
After last rep, down and hold	
4:20 / V4 / _ Anticipating what	
2x8 TRANSITION: BENCH PUSHUP	

SET 5

4:28 / _ In your arms you	
2x8 4/4 BENCH PUSHUP	1x
4:35 / C / Sweet , sweet lovin'	
8x8 COMBINATION 2 (16cts)	4x
Options: Kneeling, knees, toes	
5:05 / Your sweet	
4x8 1/1 BENCH PUSHUP	8x

Recovery Shake the arms, roll the shoulders and Chest Stretch.

TECHNIQUE & COACHING

1 A-PRESS

LAYER 1

Coach Position and Execution setup cues for the A-Press. Use **NETT** to coach Target Zones and Timing so participants are moving well and with the musical feel.

- **Plates face each other**
- *Elbows out and down, in and up*
- *Wide at the base and narrow at the top*
- **Brace abs to keep lower back towards the bench**
- **Elbows down to bench height**
- *3x Pulses and 2x Singles*
- *Full range*

2 A-PRESS

LAYER 1 / LAYER 2

The first set is short so continue to use Layer 1 Execution cues, coaching Timing, Range and Target Zones. Then start to coach how to achieve more from the A-Press with a focus on strong technique. Bring focus to driving the shoulder blades into the bench as you lower the plates and squeezing the chest as you push up, to feel isolation. Feel how this creates more muscle tension and activation.

- *This time we want to move better*
- *Open your chest on the way down by squeezing your shoulder blades together*
- *On the way up, focus on your chest squeeze for more muscle activation*
- *I feel the love in this room!*
- *Combo – 3x Pulses, 2x Singles*
- *Pushups are coming*

3 BENCH PUSHUP

LAYER 1

The Bench Pushups are challenging, so coach clear Execution and options to ensure everyone feels successful. Continue to count the reps so the class knows how many are left and they will stay in the workout.

- *Quickly to the back of your bench*
- **Hands wide**
- *Kneeling, knees or toes*
- *Slow pushup*
- **Lower chest to elbow level**
- *Back to the combo*
- *Full range*
- *If you need to, drop to knees or bring knees in closer to the bench*
- **Brace abs to help your arms to push your upper body**
- *Keep pushing, 8 Singles*
- *Push away*

4 A-PRESS

LAYER 3

Last round on the bench. Encourage everyone to hit the Timing, Range and Target Zones, especially in the Pulses as fatigue starts to build in the muscles. Show your love of the workout and the music by motivating your class to the end of this set.

- *Halfway – well done*
- *Grab plates, feet on the floor*
- *A-Press 3, 2, 1*
- *Feel the timing*
- *Keep the muscle under pressure to give the muscle change*
- *I love this moment*
- *Prepare your muscles*
- *Back to the combo – stay with the full range*

5 BENCH PUSHUP

LAYER 2 / LAYER 3

Our job is to lead participants to goals and outcomes – this includes our regulars members and the new participants. You are pushing them to reach fatigue. What motivational coaching will you give them to not check out of the workout?

- *Your challenge is 4x combos back to back*
- *Hands wide, Triple Pulse*
- *If you can, jump on the toes, challenge the body*
- *Everyone together*
- *Yes you can!*
- *To the end – keep pushing*
- *8x Singles*

INTENSITY

Mixing up the muscular recruitment through different exercises maximizes the training effect. It allows us to maintain a higher level of intensity with minimal rest periods, for faster gains.

PUMP FACT

Moving from the A-Press to Pushups means we are moving from an open-chain exercise (with the hands moving with plates) to a closed-chain exercise (hands fixed on the bench). This type of Superset mixes up the muscle recruitment, helping us squeeze more out of the target muscles.

04. BACK

MUSIC Blame 5:36 mins



WEIGHTS

Regulators: Barbell with Chest weight or more

New People: Barbell with Chest weight

DEMONSTRATE

Power Press

TRACK FOCUS

Focus on creating power by clearly coaching the execution of the Power Press. To maximize strength benefits in the Deadlifts and Deadrows, clearly coach Position and Execution.

MUSCLE FOCUS

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

Deadrow: Lats

SET 1

0:05 / Intro /	REPS	3:37 / Br	
4x8 SET Position, Shoulder Roll		1½x8 SET Position , pick up bar	
0:18 / V1 / _ It's just another Monday		3:42 / V3 / I can wait	
4x8 2/2 DEADLIFT SET Stance	4x	4x8 2/2 DEADLIFT	4x
0:32 / _ So you're standing		3:56 / Leave it	
4x8 3/1	4x	4x8 3/1	4x
0:45 / PC / Cause I'm too		4:09 / (PC) / Cause I'm too hot	
4x8 1/1 DEADROW (8cts)	4x	4x8 1/1 DEADROW	4x
0:59 / C / Ooh, blame it		4:23 / C / Ooh, blame it	
4x8 TRIPLE DEADROW (16cts)	2x	4x8 TRIPLE ROW (16cts)	2x
1:13 / Br / (Low)		4:37 / Rep / That's my only truth	
1x8 SHOULDER ROLL	1x	4x8 1/1 CLEAN & PRESS (8cts)	4x
1:16 / Instr / (Dubstep)		4:51 / Instr / (Dubstep)	
8x8 POWER PRESS (16cts)	4x	8x8 POWER PRESS (16cts)	4x
1:44 / Br / (Low)		5:18 / Outro / (Low)	
1x8 SHOULDER ROLL	1x	4x8 RECOVERY . Torso twists. Upper Back Stretch, clasp hands in front, tuck in chin, spread shoulder blades apart.	

SET 2

1:47 / V2 / I can wait	
4x8 2/2 DEADLIFT SET Stance	4x
2:01 / Leave it	
4x8 3/1	4x
2:14 / PC / Cause I'm too hot	
4x8 1/1 DEADROW	4x
2:28 / C / Ooh, blame it	
4x8 TRIPLE DEADROW	2x
2:42 / Rep / That's my only truth	
4x8 1/1 CLEAN & PRESS (8cts)	4x
2:56 / Instr / (Dubstep)	
8x8 POWER PRESS (16cts)	4x
3:24 / V3 / Blame it on the	
4x8 RECOVERY . Shake arms, Upper Back Release	

TECHNIQUE & COACHING

1 DEADLIFT / DEADROW / TRIPLE DEADROW / POWER PRESS

LAYER 1

Coach your members how to execute the moves using Position and Execution setup and NETT cues.

DEADLIFT

- SET Position
- Elbows to the rear
- Deadlift 2/2
- **Tip forward from the hips**
- **Chest up, abs braced**
- **Bar to top of the knees**
- Glide the bar down
- Bar close to your legs

DEADROW

- **Bar to knees, belly, knees and rise**
- **Elbows in and back**
- **Lift chest and brace abs**

TRIPLE DEADROW

- Now we build intensity, Triple Row
- **Squeeze between your shoulder blades**
- Now you have a great position to row from

POWER PRESS

- Stop, roll your shoulders
- Prepare for Power Press
- **Bend your knees**
- Drop and drive
- **Bar to collarbones**, then to the ceiling
- Every catch, sit your hips back
- **Brace abs**
- **Chest lifted**

2 DEADLIFT / DEADROW / TRIPLE DEADROW / CLEAN & PRESS / POWER PRESS

LAYER 1/LAYER 2

Layer 2 focuses on improving Execution and Manipulating Intensity. Coach participants to feel the work in the hamstrings and upper back engagement to create great posture when moving. Pre-cue the Single Clean & Presses early on, as participants won't be expecting these at the end of the set. Coach clear Layer 2 cues in the Power Press with a focus on Timing and leg drive.

DEADLIFT

- Recover through the Deadlift
- Push your hips back and find the kneecaps again
- Dig your heels into the floor and feel the hamstrings
- Squeeze your glutes to stand

DEADROW

- Knees, belly, knees, stand
- Awesome strength training
- Keep the shoulders back

TRIPLE DEADROW

- Intensity comes again
- Triple Rows 3, 2, 1, stand
- Start to feel the heat between your shoulder blades

CLEAN & PRESS

LAYER 1

- Single Clean & Press
- Drop, drive, catch, SET Position
- **Brace abs** when you catch
- **Bar close to the body**
- Pull your body under the bar
- Get under your bar quickly

POWER PRESS

- Power Press, bend, 3, 2, 1
- Get under the bar quickly
- Speed and strength equals power
- Integrated movements to get us fitter, faster
- Straight back up again
- Chest lifted

3 DEADLIFT / DEADROW / TRIPLE DEADROW / CLEAN & PRESS / POWER PRESS

LAYER 3

Congratulate your class on the massive workload so far and encourage them to keep the energy up for the final block of work. Layer 3 Motivational cues help maximize the results! Show your love of the workout through your own genuine physical intensity as fatigue is kicking in now – be a strong role model, bringing your class with you. Don't forget how the music is a motivation in itself!

- Pick up your bar
- That was massive wasn't it? But wasn't it was great!
- You guys want to do one more round?
- Yes – let's do it together
- Keep the bar close to the body
- Engage the upper back
- We are about to work again
- Tell yourself this – "I'm too hot to handle this"
- It's just going to get hotter
- Build now
- The strength you build in here is what you will take with you today
- Fast under the bar
- Drop heavy so the bar is light
- Power Press matches the music
- Strong from head to toe

PERFORMANCE

Your voice plays a key role in ensuring this track 'goes off'! Use a building voice in the Triple Rows as the intensity of the music lifts and use a driving powerful voice in the Power Presses to match the feel of the song. 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 physicality!

INTENSITY

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

PUMP FACT

Focusing on squeezing between the shoulder blades when we row achieves two things. It allows us to target the scapula retractors, which are important postural muscles. It also prevents people from performing the Row keeping the shoulders forward, hinging from the shoulder joint. This can increase shoulder stress.

05. TRICEPS

MUSIC Drum 5:08 mins

WEIGHTS

Regulars: 1x small/medium plate and 1x large plate

New People: 1x small/medium plate

TRACK FOCUS

Clearly coach Position and Execution setup for all the tricep exercises, along with the fast transitions. Coach how to improve execution to achieve isolation and to fast-track results.

MUSCLE FOCUS

Tricep Kickback Row: Triceps and upper back

Standing & Seated Tricep Overhead Extension: Triceps

SET 1

0:05 / Intro / REPS

2x8 **Set up STANDING TRICEP OVERHEAD EXTENSION** SPLIT Stance

0:14 / V1 / Have no **cares** in

4x8 2/2 **STANDING TRICEP OVERHEAD EXTENSION** SPLIT Stance 4x

0:33 / I, I wanna elevate

4x8 1/1 8x

0:52 / C / **Dance**, to the beat

4x8 4x **STANDING PULSE TRICEP OVERHEAD EXTENSION** SET Stance (8 cts) 4x

1:12 / V2 / If you **know** me then

1x8 **TRANSITION:** Pick up lighter plate for **BENCH TRICEP KICKBACK ROW** L, R hand on bench

SET 2

1:16 / Got my **phone** when

3x8 1/1 **BENCH TRICEP KICKBACK ROW** L (8cts) 3x

1:31 / I, I wanna elevate

4x8 1/1 **BENCH TRICEP KICKBACK** L 7x

Use first 4cts to transition to Kickback position

Use last 4cts to HOLD, ready for Pulse

1:50 / C / **Dance**, to the beat

4x8 3x **BENCH PULSE TRICEP KICKBACK** 4x

L (8cts)

2:09 / Rep / **Hella**, hella, hey

1x8 **TRANSITION:** To bench with heavy plate for **SEATED TRICEP OVERHEAD EXTENSION**

2:14 / **Hella**, hella, hey

3x8 2/2 **SEATED TRICEP OVERHEAD EXTENSION** 3x

2:29 / QC / **Dance**, to the beat

4x8 1/1 8x

2:47 / C / **Dance**, to the beat

4x8 16x **SEATED PULSE TRICEP OVERHEAD EXTENSION** 1x

SET 3

3:07 / V3 / _ If you know me

1½x8 **TRANSITION:** Pick up lighter plate for **BENCH TRICEP KICKBACK ROW** R, L hand on bench

3:14 / Got my **phone**

3x8 1/1 **BENCH TRICEP KICKBACK ROW** R 3x

Last, rep hold at top

3:29 / C / I, I wanna elevate

4x8 1/1 **BENCH TRICEP KICKBACK** R 7x

Use first 4cts to transition to Kickback position

Use last 4cts to HOLD, ready for Pulse

3:47 / C / **Dance**, to the beat

4x8 3x **BENCH PULSE TRICEP KICKBACK** R (8cts) 4x

4:07 / Rep / **Hella**, hella, hey

1x8 **TRANSITION:** To bench with heavy plate for **SEATED TRICEP OVERHEAD EXTENSION**

4:11 / **Hella**, hella, hey

3x8 2/2 **SEATED TRICEP OVERHEAD EXTENSION** 3x

4:26 / QC / **Dance**, to the beat

4x8 1/1 8x

4:45 / C / **Dance**, to the beat

4x8 16x **SEATED PULSE TRICEP OVERHEAD EXTENSION** 1x

Recovery Shake the arms; Tricep Stretches.

TECHNIQUE & COACHING

1. STANDING TRICEP OVERHEAD EXTENSION

LAYER 1

Coach Layer 1 Position and Execution setup for the Standing Overhead Tricep Extension using NETT. Think one cue at a time, allowing space for each cue to land so participants understand the execution of the exercises.

- *Split Stance*
- *Bend knees*
- **Brace abs**
- *Plate up and forward of the body*
- **Lift chest**
- **Plate to base of neck**
- **Full extension to the top**
- **Squeeze elbows in**
- *Hit the full range*
- *4x Bottom Range Pulses*
- *Small movement in the bottom range*
- *Kickbacks coming up*

2. BENCH TRICEP KICKBACK ROW / BENCH TRICEP KICKBACK / SEATED TRICEP OVERHEAD EXTENSION

LAYER 1 / LAYER 2

Coach Position and Execution setup for the Tricep Row and Kickback using NETT. Be clear on Timing cues so the class can follow easily.

- *Grab a small plate, come to the side of your bench*
- *On your knees, one hand on the bench*
- *Tricep Kickback Row – up, out, in and down*
- **Elbow high** as you Row
- **Square shoulders, chest up**
- **Brace abs**
- **Upper arm parallel to the floor, extend the elbow**
- *Start from hip level and bring back to this position*
- *Full extension*
- *Upper arm still*
- *Triple Pulse – top range of the movement*

SEATED TRICEP OVERHEAD EXTENSION

Coach good Timing and Target Zones to improve execution on the floor and Layer 2 coaching cues that focus on stability to maximize intensity, bringing isolation to the arms.

LAYER 1/LAYER 2

- *Split Stance*
- *Grab your heavy plate*
- *Cross legs, knees open*
- **Lift chest and brace abs**
- *Full range on the Singles*
- *Think of squeezing elbows in*
- *This gives us the shaped arms we are working for*
- *16x down low*
- *Stay right there*
- *Keep the isolation*
- *Can you feel that?*

3. BENCH TRICEP KICKBACK ROW / BENCH TRICEP KICKBACK / SEATED TRICEP OVERHEAD EXTENSION

LAYER 2 / LAYER 3

Quick reminders of Timing and Target Zones to get participants moving again then focus on isolation using Layer 2 internal and external coaching cues. Celebrate the feel of the intensity and music during the last set of Overhead Extensions. Use cues that bring everyone together and drive them to the finish line.

- *Back on the bench, Kickbacks*
- *Grab a lighter plate this time*
- *Square the body, brace the abs*
- *Check the elbows, full extension at the top*
- *Keep squeezing elbows in*
- *Throw the plate out the back door!*
- *Triple Pulses, juicing and squeezing the triceps*
- *Last round for seated*
- *Stay with us*
- *It's gonna be alright*
- *To the best of our ability*
- *Make it bigger; make it count*
- *16x Pulse to finish*

PERFORMANCE

After the big sounds in the Back track your class will love the cool, 'chilled' sounds of this song. Your job is to find the feel and emotion of the song and bring it to life through your voice and actions. Work on sitting INSIDE the music using a conversational voice in the verses and building an intense voice to motivate in the chorus.

PUMP FACT

Some participants struggle to keep their elbows in and chest lifted when executing the Overhead Extensions. The most common reason for this is tight Latissimus dorsi muscles. Stretching these muscles and improving core strength helps remedy this.

06. BICEPS

MUSIC All The Way Up 5:05 mins

WEIGHTS
2x small/medium plates

2x PLATES

TRACK FOCUS
Coach the Execution of the Bicep Plate Curl and feel of the Pulse and Single-Arm Plate Curl Combination.

MUSCLE FOCUS
Biceps

SET 1

0:05 / Intro /	REPS
4x8 SET Position	
0:14 / V1 / David Guetta	
8x8 4/4 BICEP PLATE CURL SET Stance	4x
0:33 / Rep / I'm the way up	
8x8 3/1 SPLIT Stance	8x
0:54 / Instr / (B up)	
4x8 4/4 SET Stance	2x
1:03 / (Drop)	
16x8 COMBINATION: (64cts)	2x
8x MID-RANGE PULSE (32cts)	
4x 1/1 ALTERNATING SINGLE-ARM PLATE CURL L, R (32cts)	
1:43 / (Low)	
8x8 RECOVERY. Plates down. Shake out arms	

SET 2

2:02 / V2 / Just left a big	
8x8 3/1 BICEP PLATE CURL SPLIT Stance	8x
2:22 / Rep / All the way up	
4x8 4/4 SET Stance	2x
2:32 / Instr / (Drop)	
16x8 COMBINATION (64cts)	2x
3:10 / (Low)	
8x8 RECOVERY. Plates down, shake out arms.	

SET 3

3:33 / V3 / Just left a big	
8x8 3/1 BICEP PLATE CURL SPLIT Stance	8x
3:52 / Rep / All the way up	
4x8 4/4 SET Stance	2x
4:02 / Instr / (Drop)	
16x8 COMBINATION (64cts)	2x
4:41 / Outro / (Low)	
8x8 RECOVERY. Plates down. Shake out arms. Bicep Stretches. Thumbs in and down, arms back.	

TECHNIQUE & COACHING

1 BICEP PLATE CURL

LAYER 1

Create clear cues for Position and Execution setup focusing on Timing, Range and Target Zones. There are many tempo changes so you need to be clear with pre-cues so the class doesn't miss a rep.

- *Grab your plates*
- *SET Position*
- **Brace abs**
- **Plates to shoulders**
- **Lower all the way down to the thighs**
- *Split Stance 3/1*
- **Elbows directly under shoulders**
- **Lift your chest**
- *Twist your plate at shoulders*
- *Slow Mid-Range Pulse*
- *Plate one inch (2.5cm) above and one inch below*
- *Stay grounded*
- *Single-Arm Plate Curl right and left*

2 BICEP PLATE CURL

LAYER 2

Use this set to coach Layer 2 cues to improve execution of the Plate Curl. When we create precision it manipulates the intensity, building muscular tension for fast results. Bring participants to their goals – challenge them to stand still and feel the pressure during this cool song.

- *Split Stance*
- *Check my elbows guys*
- *Keep your elbows directly under your shoulders to maintain the load on the biceps*
- *Can you feel the difference?*
- *Step feet in*
- *Twist plate at the top*
- *Aiming for supination for isolation*
- *Mid-range*
- *Create pressure*
- *Small range 1 inch (2.5cm) above and below*
- *Full range for maximum change*
- *Looking strong*
- *Don't sway – stand still and isolate*
- *Old-school BODYPUMP feeling*

3 BICEP PLATE CURL

LAYER 3

In the recovery, encourage participants to add more weight for extra challenge. Your role in this final set is to reinforce good technique and 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?

- *Add more weight if you want to*
- *Reset in Split Stance*
- *Elbows stay in close*
- *Plates to shoulders and thighs*
- *Super slow*
- *Isolate*
- *Mid-range for fast change*
- *Perfect technique to the end*

PUMP FACT

Working with Single-Arm Curls may allow participants to go slightly heavier as there is more recovery time because each arm has a small rest while the other is working. Mixing up the training stimulus like this helps participants avoid, or get through, training plateaus.

07. LUNGES

MUSIC Lost & Found 5:15 mins

WEIGHTS

1x PLATE

1x small/large plate

Option: Body weight

TRACK FOCUS

Coach with clear Timing cues to follow easily in the Lunges and Squats. This will help your class feel the intensity of the dynamic and isolated leg training.

MUSCLE FOCUS

Squat/Lunge: Glutes and quadriceps

SET 1

0:05 / Intro /	REPS
4x8 Set up PLATE LUNGE L R foot back, plate in R hand, L hand on hip	
0:17 / V1 / You in the dust	
4x8 3/1 PLATE LUNGE L	4x
0:31 / Made it this	
4x8 2/2	4x
0:45 / PC / Al ways, looking for	
4x8 1/1/2	4x
0:58 / We must be	
4x8 1/1	7x
Last 8 cts, set up for BACKWARD-STEPPING LUNGE, keep plate in R hand	
1:11 / Instr / (Distorted synth)	
8x8 1/1/1/1 BACKWARD-STEPPING LUNGE L (8cts)	8x
1:37 / Instr / (Distorted synth)	
8x8 14x PULSE PLATE LUNGE L (28cts)	2x
Use first 2cts to step back into LUNGE L position	
Use last 2cts to step into SET Stance	
2:05 / Instr / (High distorted synth)	
8x8 16x PULSE PLATE SQUAT MID Stance (32cts) Plate rests at collarbone	2x
2:31 / Instr / (Melody + synth)	
4x8 1/1 PLATE SQUAT	7x
Use last 8cts to transition to PLATE LUNGE R, plate in L hand	

SET 2

2:44 / V2 / Know what this is	
4x8 3/1 LUNGE R	4x
L foot back, plate in L hand, R hand on hip	
2:58 / And we've made it	
4x8 2/2	4x
3:11 / PC / Al ways, looking	
4x8 1/1/2	4x
3:25 / We must be	
4x8 1/1	7x
Use last 8cts to set up for BACKWARD-STEPPING LUNGE, keep plate in L hand	
3:38 / Instr / (Distorted synth)	
8x8 1/1/1/1 BACKWARD-STEPPING LUNGE R (8cts)	8x
4:04 / Instr / (Distorted synth)	
8x8 14x PULSE PLATE LUNGE R (28cts)	2x
Use first 2cts to step back into LUNGE R position	
Use last 2cts to step into SET Stance	
4:32 / Instr / (High distorted synth)	
8x8 16x PULSE PLATE SQUAT MID Stance plate rests at collarbone	2x
4:58 / Instr / (Melody + synth)	
4x8 1/1 PLATE SQUAT	8x

Recovery Shake the legs. Quadricep Stretches

TECHNIQUE & COACHING

1 PLATE LUNGE / BACKWARD-STEPPING LUNGE / PLATE SQUAT

LAYER 1

Coach Layer 1 Position and Execution setup to get participants moving with good Range and Timing in the Lunge. Be super clear on direction and timing cues for the Backward-Stepping Lunge. Transition is fast for the Plate Squat Pulses, so pre-cue early on and focus on Timing cues so participants can follow you easily.

PLATE LUNGE

- *Plate into your left hand*
- *Feet under hips*
- **Long step back** with left leg
- **Chest lifted**
- *Slow Lunge 3/1*
- **Back knee towards the floor to 90 degrees**
- **Front thigh parallel to the floor**
- **Hips and shoulders square to the front**
- *Front knee out*

BACKWARD-STEPPING LUNGE

- *Backward-Stepping Lunges*
- *Feet hip-width apart*
- *Step, bend, up and step in*
- **Long step back**
- **Drop the back knee down**
- *Stay low as you step in*
- **Chest up, brace abs**
- *Step back and stay for Pulses*
- *Small range – get low*
- *Stay in 90-degree range to feel your thighs*

PLATE SQUAT

- *Mid-Stance Squat Pulses*
- *Feet outside hip-width*
- *Drop and Pulse*
- **Knees tracking forward**
- **Hips back and down**
- **Brace core, chest up**
- *Down, up, down, second round is coming*
- *Bottom range of the Squat*
- *Plate high on chest*

2 PLATE LUNGE / BACKWARD-STEPPING LUNGE / PLATE SQUAT

LAYER 2 / LAYER 3

Revisit Layer 1 Execution cues for the Plate Lunge to get the class moving well, focusing on ROM. Participants are ready for more intensity in the Backward-Stepping Lunges, so coach to improve their execution and build intensity by staying low in the Pulses. Pre-cue plate position and use Body Part and Direction cues to make transitions smooth. Providing extrinsic and intrinsic Layer 3 cues will help motivate your class to make it to the finish line.

- *Bring it back to Lunges*
- *Right leg long step back*
- *Plate into your right hand*
- *Let's feel our butt by driving out of the front heel*
- *Timing keeps the tension*
- *Focus on the Range for intensity*
- *Timing and Range to give us results*
- *Shape our legs*
- *Backward-Stepping Plate Lunges*
- *Big step back*
- *Stand up tall and stay braced*
- *Keep the load by bending knees*
- *14x Pulses at the bottom range*
- *Front knee out in locked position*
- *Focus on the back knee towards the floor*
- *From Lunges back to Squats*
- *Load up your quads*
- *Push the floor away*
- *Keep it small, keep the heat*
- *We just made it through the finish line*

INTENSITY

Fast transitions, Range and Timing are key to creating the deep squeeze in the muscles. Staying low in the Pulses is key to maximizing the leg training.

PUMP FACT

Backward-Stepping Lunges maximize muscle stress while minimizing joint stress. Forward-Stepping Lunges generate more compressive loads behind the kneecap which can create knee discomfort when lunging.

08. SHOULDERS

MUSIC Feel It 5:44 mins

WEIGHTS

2x PLATES

2x small/medium plates

TRACK FOCUS

Clearly coach the Position and Execution setup of the Arnold Press and Alternating Standing Single-Arm Overhead Press.

MUSCLE FOCUS

Plate work: Muscles of the upper back, rear deltoids

SET 1

0:05 / Intro /	REFS
4x8 Set up for STANDING REAR DELTOID FLY	
0:22 / Ref / _ Ohhh	
4x8 4/4 STANDING REAR DELTOID FLY	2x
0:39 / Rep / _ Oh, oh, oh	
4x8 2/2	4x
0:56 / C / You make me feel	
4x8 1/1	8x
1:14 / V1 / Livin' like a party	
4x8 2/2 STANDING SIDE RAISE	4x
1:32 / Out to the function	
4x8 1/1	8x
1:49 / Br / From the lord	
2x8 SHOULDER ROLL (8cts)	1x
Set up for STANDING PEC DEC. Elbows in, in line with the shoulders, plates start in front of chest to open	

SET 2

1:57 / V2 / Break all the	
4x8 4/4 STANDING REVERSE PEC DEC (16cts) 2x	
2:15 / Where we are	
4x8 STANDING ARNOLD PRESS COMBO 1 (32cts)	1x
1x 2/2/2/2 STANDING ARNOLD PRESS (16cts)	
1x 2/2/2/2 STANDING REVERSE ARNOLD PRESS (16cts)	
2:32 / C / You make me feel	
8x8 STANDING ARNOLD PRESS COMBO 2 (16cts)	4x
1x 1/1/1/1 STANDING ARNOLD PRESS (8cts)	
1x 1/1/1/1 STANDING REVERSE ARNOLD PRESS (8cts)	
Last rep finishes, keep elbows in and up to Set up for the ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS	
3:07 / Rep / Feel	
4x8 1/1 ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS L, R (4cts)	8x
3:25 / Br / (Low)	
1x8 RECOVER	

SET 3

3:29 / V3 / Livin' like a party	
4x8 2/2 STANDING SIDE RAISE	4x
3:46 / Out to the function	
4x8 1/1	8x
4:04 / Br / From the lord	
2x8 SHOULDER ROLL (8cts)	1x
Set up for STANDING REVERSE PEC DEC (8cts)	
4:12 / V4 / Break all the	
4x8 4/4 STANDING REVERSE PEC DEC	2x
4:30 / Where we are	
4x8 STANDING ARNOLD PRESS COMBO 1 (32cts)	1x
4:47 / C / You make me feel	
8x8 STANDING ARNOLD PRESS COMBO 2 (16cts) Last rep keep elbows up ready for ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS	4x
5:22 / Outro / Feel	
4x8 1/1 ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS L, R (4cts)	8x

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

TECHNIQUE & COACHING

1 STANDING REAR DELTOID FLY / STANDING SIDE RAISE

LAYER 1

Cue clear Layer 1 Position & Execution setup using NETT, for these exercises.

STANDING REAR DELTOID RAISE

- *Tip forward from the hips*
- *Plates face each other*
- *Chest lifted, brace abs*
- *Eyes 6½ feet (2 meters) ahead*
- *Lead with the elbows*
- *Elbows slightly bent*
- *Squeeze between shoulder blades*
- *Come into the slow timing*
- *Aiming for stability*

STANDING SIDE RAISE

- *Open and close*
- *90 degrees*
- *Lead with the elbows*
- *Elbows finish just under shoulder line*
- *Brace abs and lift chest*
- *Stand tall and get a feel for this song*

2 STANDING REVERSE PEC DEC / STANDING ARNOLD PRESS / ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS

LAYER 1

Coach Position and Execution setup. Focus on Timing, Range and precision of movement to create isolation with the plates.

STANDING REVERSE PEC DEC

- *Start with elbows together, up and in*
- *Slow Pec Dec*
- *Open slowly and close*
- *Keep the elbows just under shoulder line*
- *Chest up, abs braced for strong platform*

STANDING ARNOLD PRESS

- *Open, press up, rotate shoulders in and lower down*
- *Reverse, press up, open and lower down*
- *Single time*
- *Brace core and lift chest*
- *Squeeze shoulder blades as you open*

ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS

- *Keep elbows just under shoulder level*
- *Right arm, left arm, Single Press*
- *Brace core and keep chest lifted*
- *Single alternating Press*
- *Keep elbows high*

3 STANDING SIDE RAISE / STANDING REVERSE PEC DEC / STANDING ARNOLD PRESS / ALTERNATING STANDING SINGLE-ARM OVERHEAD PRESS

LAYER 2 / LAYER 3

Final block of work – you can encourage more weight here. Your job is to ensure your class maintains the perfect precision of movement that they established in Set 2, especially in the Alternating Single-Arm Overhead Presses – they will burn! Coach abdominal bracing and keeping chest lifted in Layer 2 to minimize any movement in the trunk and to maximize the isolation.

- *Stand tall*
- *More challenge, widen the angle of the elbows*
- *Feel free to use a lighter weight*
- *Precision and control*
- *Slow Pec Dec*
- *Open your chest wide*
- *Squeeze between shoulder blades*
- *Arnold is back*
- *I can feel it – what about you guys?*
- *Isolation is what we are aiming for*
- *'Milk' the timing for isolation in the shoulders*
- *Functional shoulder training*
- *Really squeeze between your shoulder blades and feel tension in the back of your body*
- *Great exercise for shoulder training*
- *I can feel it*
- *Last round*
- *Right arm, left arm*
- *Brace abs to minimize trunk movement*
- *Maximize isolation*
- *Close to the finish line*
- *4, 3, 2, 1, stop*

INTENSITY

Intensity in the plate work comes from exercise precision and control. Minimize trunk movement to maximize isolation benefits.

PUMP FACT

Some participants have the tendency to extend their lumbar spine during overhead work. This can be a substitute for lifting their chest as they lack thoracic mobility. Bracing the abs while focusing on lifting the sternum can help rectify this.

09. CORE

MUSIC Starboy 3:56 mins

TRACK FOCUS

Focus on coaching the Reverse Crunch and Leg Extension with simple, precise cues for good Execution and Timing. Then Manipulate Intensity as you coach participants how to improve technique.

MUSCLE FOCUS

Crunch/Pulse Crunch: Rectus abdominus

Reverse Crunch Lift Combo: Lower abdominals

Hip Bridge: Posterior chain

SET 1

0:06 / Intro / REPS
2x8 Set up CRUNCH, Fingertips to temples
 Feet on floor, close to butt

0:20 / V1 / _ l'm tryna put you
4x8 2/2 CRUNCH 4x
 On last 2cts hands reach forward

0:41 / _ House so empty
4x8 16x PULSE CRUNCH 1x
 Hands by sides. On last 2cts feet off floor

1:01 / C / Kill any pain_
4x8 REVERSE CRUNCH LIFT COMBINATION
 (8cts) Hands on floor 4x
 2cts knees in
 2cts legs extend up to 90°
 4cts legs lower down to 45°
 Feet back on floor, fingertips to temples on last 2cts

SET 2

1:21 / V2 / **Starboy**. Every day
4x8 2/2 CRUNCH 4x
 Hands reach forward on last 2cts

1:42 / _ House so empty
4x8 16x PULSE CRUNCH 1x
 Hands by sides, on last 2cts feet off floor

2:03 / C / Kill any pain_
4x8 REVERSE CRUNCH LIFT COMBINATION
 (8cts) 4x
 Feet on floor on last 2cts

SET 3

2:24 / V3 / l'm a **Starboy**
4x8 4/4 HIP BRIDGE 2x
 Hands on the floor

2:44 / QC / _ House so empty
12x8 SINGLE-LEG HIP BRIDGE WITH LEG
EXTENSION L, R (32cts) 3x
 Lift L leg off floor (2cts) (hips off floor)
 3x 1/1 L Leg Extension (12cts)
 Drop L leg to floor (2cts) (hips stay up)
 Lift R leg off floor (2cts) (hips off floor)
 3x 1/1 R Leg Extension (12cts)
 Drop R leg to floor (2cts) (hips stay up)

TECHNIQUE & COACHING

1 CRUNCH / PULSE CRUNCH / REVERSE CRUNCH LIFT COMBINATION

LAYER 1

Coach the Layer 1 Position and Execution setup of the exercises with clear Timing cues.

CRUNCH

- Come down to the floor
- Feet close to butt
- **Fingertips to temples**
- Up, up, down, down
- **Ribs to hips as you lift shoulder blades off the floor**

PULSE CRUNCH

- Reach forward and long
- Pulsing Crunch
- **Tuck chin in**
- **Eyes focus in between knees**
- Try and reach for your toes

REVERSE CRUNCH LIFT COMBINATION

- Knees over hips, extend legs up and lower down to 45 degrees
- As you lift your knees, lift tail bone off the floor
- **Focus on keeping lower back down towards the floor as legs lower**
- Aim to lift knees to ceiling

2 CRUNCH / PULSE CRUNCH / REVERSE CRUNCH LIFT COMBINATION

LAYER 2

Make sure you use lots of Timing cues to help participants stay with rhythm and timing. Layer 2 cues to help improve Execution will empower them to make change on the floor. This is the perfect time to look up at your class and coach what they need at that time. Explain where they should be feeling it.

- Feet down
- Shorten the distance between your ribs and hips
- Start to feel the work right down into your six-pack
- Pulse Crunch
- Up and stay
- Small movement and you feel it deep into the abs
- Try to lift up a little higher
- Reverse Crunch Lift combo
- As you lift your toes try and lift the tail bone for extra challenge

3 HIP BRIDGE / SINGLE-LEG HIP BRIDGE WITH LEG EXTENSION

LAYER 1

Coach the Layer 1 Position and Execution setup of the Hip Bridge to get the class moving, then focus on clear timing cues of the Hip Bridge with Leg Extension so your participants don't have to keep looking back at you.

HIP BRIDGE

- Feet down, Hip Bridge
- **Squeeze glutes**
- Introduce the back of the body into the workout
- Push your shoulders into the floor
- **Hips are level**
- Drive through your heels

SINGLE-LEG HIP BRIDGE WITH LEG EXTENSION

- This time, lift the hips and one leg
- Hold hips up, extend the leg long 3 times
- Keep hips lifted as you change legs
- **Keep squeezing the glutes**
- Level the hips
- Push the heel into the floor
- Try and keep the hips high for the final 2 rounds

PUMP FACT

Keeping the chin tucked in while performing Crunches protects the neck and trains the deep stabilizing muscles that support our neck during daily tasks.

10. COOLDOWN

MUSIC Capsize

4:03 mins

TRACK FOCUS

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

SET 1

0:04 / Intro / Hey-ey-ey
2x8 **CHILDS POSE**

0:15 / V1 / _ Up at night
4x8 **SEATED GLUTEAL HURDLER STRETCH L**
L leg forward

0:35 / **How** could you
2x8 **KNEELING HIP FLEXOR STRETCH R**
L leg forward

0:45 / C / I'm **fine**, drop
2x8 **KNEELING HIP FLEXOR STRETCH WITH TWIST L**, R hand to L knee

0:56 / **Capsize**, I'm first
2x8 **KNEELING HAMSTRING STRETCH R**
Hands to floor

1:06 / _ Hey-ey-ey
4x8 **STANDING QUADRICEP STRETCH R**

SET 2

1:27 / V2 / _ Your silhouette
4x8 **SEATED GLUTEAL HURDLER STRETCH R**
R leg forward

1:48 / **How** could you
2x8 **KNEELING HIP FLEXOR STRETCH L**
R leg forward

1:58 / C / I'm **fine**, drop
2x8 **KNEELING HIP FLEXOR STRETCH WITH TWIST L**, L hand to R knee

2:08 / **Capsize**, I'm first
2x8 **KNEELING HAMSTRING STRETCH R**
Hands on floor

2:19 / Hey-ey-ey
4x8 **STANDING QUADRICEP STRETCH L**

SET 3

2:39 / V3 / I'm **swimming** up
4x8 **STANDING UPPER BACK STRETCH**
Cross arms in front

2:50 / Br / **Ohhh**
2x8 **STANDING FRONT DELTOID/CHEST STRETCH** Clasp hands behind back

3:02 / C / Yeah, I'm **fine**
4x8 **ILIOTIBIAL BAND STRETCH L**

3:23 / _ Hey-ey-ey
4x8 **ILIOTIBIAL BAND STRETCH R**

3:44 / Outro / (Melody)
2x8 **SHOULDER ROLL**

TECHNIQUE & COACHING

COACHING TIPS

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

10. ALT COOLDOWN

MUSIC All We Know 4:03 mins

TRACK FOCUS

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

SET 1

0:05 / Intro / (Low strum)
2x8

0:10 / V1 / _ Fighting flames

4x8 **CHILDS POSE**

0:32 / PC / We're ~~falling~~

4x8 **SEATED GLUTEAL HURDLER STRETCH L**

L leg F

0:53 / PC / **Bike** up to

4x8 **KNEELING HIP FLEXOR STRETCH R, L leg**

forward After 2x8, R hand on L knee

1:14 / Instr / (Drop)

4x8 **ILIOTIBIAL BAND STRETCH L**

SET 2

1:36 / V2 / _ Never face

4x8 **KNEELING REAR DELTOID STRETCH L&R**

Arm reaches under, palm faces up

1:57 / PC / We're ~~falling~~

4x8 **SEATED GLUTEAL HURDLER STRETCH R**

R leg F

2:18/ / PC / **Bike** up to

4x8 **KNEELING HIP FLEXOR STRETCH L, R leg**

forward After 2x8, L hand on R knee

2:40 / Instr / (Drop)

4x8 **ILIOTIBIAL BAND STRETCH R**

3:01 / Outro / (Low)

2x8 **SHOULDER ROLL**

TECHNIQUE & COACHING

COACHING TIPS

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

MUSIC

- 1 **Used To Have It All** (3:19)
Fais & Afrojack
Courtesy of the Universal Music Group.
Written by: Ben, Tuinfort, Wall
Used To Have It All (1:51)
Fais & Afrojack
Courtesy of the Universal Music Group.
Written by: Ben, Tuinfort, Wall
- 2 **Find Me (Radio Edit)** (3:28)
Sigma feat. Birdy
Courtesy of the Universal Music Group.
Written by: van den Bogaele, Edwards, Lenzie, Barnes, Kelleher, Kohn, Purcell
Find Me (Radio Edit) (1:46)
Sigma feat. Birdy
Courtesy of the Universal Music Group.
Written by: van den Bogaele, Edwards, Lenzie, Barnes, Kelleher, Kohn, Purcell
- 3 **Sweet Lovin'** (5:22)
Sigala
© 2015 Ministry of Sound Recordings Ltd., under exclusive license to Astr Music, a division of Ministry of Sound Australia Pty Ltd. www.ministryofsound.com.au. Written by: Fielder, Christopher
- 4 **Blame** (3:43)
Zeds Dead & Diplo feat. Elliphant
Courtesy of the Universal Music Group.
Written by: Castillo, Mamid, Olovsdotter, Gottwald, Pentz, Tysper, Rapp-Rovan
Blame (1:53)
Zeds Dead & Diplo feat. Elliphant
Courtesy of the Universal Music Group.
Written by: Castillo, Mamid, Olovsdotter, Gottwald, Pentz, Tysper, Rapp-Rovan
- 5 **Drum** (5:08)
Something In The Water
© 2017 Les Mills Music Licensing Ltd.
Written by: Aitchison, Parmenius, Orsted, Tucker
- 6 **All The Way Up (Remix)** (3:17)
Fat Joe, Remy Mar, David Guetta & GLOWINTHEDARK feat. French Montana & Infared
© 2016 RNG / EMPIRE.
Written by: Valenzano, Lyon, Cartagena, Davadi, Smith, Green
All The Way Up (Remix) (1:48)
Fat Joe, Remy Mar, David Guetta & GLOWINTHEDARK feat. French Montana & Infared
© 2016 RNG / EMPIRE.
Written by: Valenzano, Lyon, Cartagena, Davadi, Smith, Green
- 7 **Lost & Found** (5:15)
Borgeous & 7 Skies feat. Neon Hitch
© 2016 Vekro under exclusive license from Armada Music BV.
Written by: Boldini, Kholm
- 8 **Feel It** (3:33)
GTA & What So Not feat. Tunji Ige
© 2016 Warner Bros. Records Inc.
Written by: Emerson, Palmer, Higgs, Ige, Mejia, Toth
Feel It (2:11)
GTA & What So Not feat. Tunji Ige
© 2016 Warner Bros. Records Inc.
Written by: Emerson, Palmer, Higgs, Ige, Mejia, Toth
- 9 **Starboy** (3:56)
The Weeknd feat. Daft Punk
Courtesy of the Universal Music Group.
Written by: Walter, McKinney, Hornem, Tesfay, Bangalter
- 10 **Capsize** (4:03)
Frenship & Emily Warren
© 2016 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Hite, Sunderland, Warren, Hoffman
- ALT **All We Know** (4:03)
The Chainsmokers feat. Phoebe Ryan
© 2016 Disruptor Records/Columbia Records. Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Taggart, Hjellstrom, Islam

EXPRESS FORMATS

30-MINUTE FORMAT

- Track 1** Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 9 Core
Total Time 27:00

45-MINUTE FORMAT

- Track 1** Warmup
Track 2 Squats
Track 3 Chest
Track 4 Back
Track 7 Lunges
Track 8 Shoulders
Track 9 Core
Track 10 Cooldown
Total Time 42:06

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
B up build up
Br bridge (non-chorus)
C chorus
cts musical counts
F or B forward or back
Instr instrumental
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
V verse

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

COUNTS

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

CREDITS

Choreography – Glen Ostergaard
Chief Creative Officer – Dr Jackie Mills
Creative Director – Diana Archer Mills
Program Planner – Carrie Dean
Program Coach – Kylie Gates
Technical Consultant – Bryce Hastings
Technical Advisor – Corey Baird