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# **LES MILLS** **BODYSTEP** **LIVE IN SWEDEN**

**PRESENTERS FROM** NEW ZEALAND, DENMARK, UK, NETHERLANDS

RELEASE  
**103**

## **FEATURES**

- CLASSIC & ATHLETIC CLASS FORMATS
- BODYPUMP & BONE HEALTH
- MIXING RELEASES

# OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

**BLAH BE LOUD AND HEARD**

Tell us what you think of this release.  
Visit [lesmills.com/BLAH](https://lesmills.com/BLAH)

**Hey Instructors!** When it comes to mixing up past releases, please try to teach the majority of the class from the past 15 releases. The odd 'throwback' track now and then is ok, but these should be limited to a few tracks per class.

# CONTENTS

BODYPUMP & Bone Health  
Mixing Releases  
Classic & Athletic Class Formats

| TRACK TYPE                  |                                                                                                                                                                                                                | ARTIST                   |      |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|------|
| 1 WARMUP                    | Safe & Sound<br>© 2015 Les Mills Music Licensing Ltd. Written by: Merchant, Simonian                                                                                                                           | The Revolving Habitat    | 5:23 |
| 2 STEP WARMUP               | Clothes Off<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Glass, Walden, Katz, Hollander, McCoy, Lumumba-Kasongo, McGinley                                                                           | Comic Blue               | 2:49 |
| 3 STEP ORIENTATION          | Come & Get It<br>© 2015 Les Mills Music Licensing Ltd. Written by: Kurstin, Newman, Penso                                                                                                                      | Roasted Rhapsody         | 4:21 |
| 4 PEAK 1                    | Crazy<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Coulter, Pedersen Wiggins, London                                                                                                                | The Black Dog            | 4:36 |
| 5 MIXED STRENGTH            | Ah Yeah So What<br>© 2015 Les Mills Music Licensing Ltd. Written by: Sparks                                                                                                                                    | Hope Show                | 4:44 |
| 6 PEAK 2                    | Immortals<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Hurley, Wentz, Stumph, Trohman                                                                                                               | Coast Highlight          | 5:41 |
| 7 STEP RECOVERY             | Trouble<br>© 2015 Les Mills Music Licensing Ltd. Written by: Berry, Blay                                                                                                                                       | The Returning Image      | 3:56 |
| 8 PARTY STEP                | White Lines<br>© 2015 Les Mills Music Licensing Ltd. Written by: Walters, Gerbes, Board                                                                                                                        | Strung High Calling      | 4:20 |
| 9 SPEED STEP                | Bad Girls<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Kiriakou, Kelley, Oller, Robbins, Bogart, Goldstein, Coffee                                                                                  | Edge Of Uproar           | 3:39 |
| 10 PEAK 3                   | Powerful<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Juber, Hall, Pentz, M. Picard, C. Picard, Riley                                                                                               | Thrifty Singer           | 4:24 |
| 11 RECOVERY/ CONDITIONING   | Golden<br>© 2015 Les Mills Music Licensing Ltd. Written by: Furler, McCoy, Pentz                                                                                                                               | Downtown Gear            | 5:59 |
| 12 COOLDOWN/ STRETCH        | Locked Away<br>© 2015 Kemosabe Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.<br>Written by: Theron Thomas, Timothy Thomas, Gottwald, Walter, Tennille | R.City feat. Adam Levine | 3:48 |
| 3 STEP ORIENTATION ATHLETIC | 50 Ways To Say Goodbye<br>© 2015 Les Mills Music Licensing Ltd. Written by: Monahan, Lind, Björklund                                                                                                           | The Lane Lassie          | 0:56 |
|                             | Powerful<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Juber, Hall, Pentz, M. Picard, C. Picard, Riley                                                                                               | Thrifty Singer           | 1:12 |
|                             | Golden<br>© 2015 Les Mills Music Licensing Ltd. Written by: Furler, McCoy, Pentz                                                                                                                               | Downtown Gear            | 1:22 |
|                             | 50 Ways To Say Goodbye<br>© 2015 Les Mills Music Licensing Ltd. Written by: Monahan, Lind, Björklund                                                                                                           | The Lane Lassie          | 1:04 |
| 4 PEAK 1 ATHLETIC           | Cool For The Summer<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Kronlund, Max, Kotecha, Lovato, Payami                                                                                             | Zero Tint                | 5:03 |
| AC ATHLETIC CIRCUIT         | Cochise<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Cornell, Morello, Wilks, Commerford                                                                                                            | Jack Crush               | 1:19 |
|                             | Cool For The Summer<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Kronlund, Max, Kotecha, Lovato, Payami                                                                                             | Zero Tint                | 1:47 |
|                             | Immortals<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Hurley, Wentz, Stumph, Trohman                                                                                                               | Coast Highlight          | 1:11 |
|                             | Cochise<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Cornell, Morello, Wilks, Commerford                                                                                                            | Seamless Victoria        | 0:27 |
|                             | Cool For The Summer<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Kronlund, Max, Kotecha, Lovato, Payami                                                                                             | Zero Tint                | 1:03 |
|                             | Immortals<br>© 2015 Les Mills Music Licensing Ltd.<br>Written by: Hurley, Wentz, Stumph, Trohman                                                                                                               | Edge Of Uproar           | 1:07 |

# BODYSTEP 103 EXPRESS FORMATS

| 30-MINUTE CLASSIC FORMAT |                          |
|--------------------------|--------------------------|
| Track 1                  | Warmup                   |
| Track 2                  | Step Warmup              |
| Track 3                  | Step Orientation CLASSIC |
| Track 4                  | Peak 1 CLASSIC           |
| Track 6                  | Peak 2                   |
| Track 7                  | Step Recovery            |
| Total Time: 26:46        |                          |

| 30-MINUTE ATHLETIC FORMAT |                           |
|---------------------------|---------------------------|
| Track 1                   | Warmup                    |
| Track 3                   | Step Orientation ATHLETIC |
| Track 4                   | Peak 1 ATHLETIC           |
| Track 5                   | Mixed Strength            |
| AC                        | Athletic Circuit          |
| Total Time: 26:38         |                           |

| 45-MINUTE CLASSIC FORMAT |                          |
|--------------------------|--------------------------|
| Track 1                  | Warmup                   |
| Track 2                  | Step Warmup              |
| Track 3                  | Step Orientation CLASSIC |
| Track 4                  | Peak 1 CLASSIC           |
| Track 5                  | Mixed Strength           |
| Track 6                  | Peak 2                   |
| Track 7                  | Step Recovery            |
| Track 8                  | Party Step               |
| Track 10                 | Peak 3                   |
| Total Time: 40:14        |                          |

| 45-MINUTE ATHLETIC FORMAT |                           |
|---------------------------|---------------------------|
| Track 1                   | Warmup                    |
| Track 3                   | Step Orientation ATHLETIC |
| Track 4                   | Peak 1 ATHLETIC           |
| Track 5                   | Mixed Strength            |
| Track 6                   | Peak 2                    |
| Track 7                   | Step Recovery             |
| AC                        | Athletic Circuit ATHLETIC |
| Track 11                  | Recovery/Conditioning     |
| Total Time: 42:14         |                           |

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

## KEY

|       |                        |       |                                                    |
|-------|------------------------|-------|----------------------------------------------------|
| alt   | alternate              | PC    | pre-chorus                                         |
| ATT   | Across The Top         | QC    | quiet chorus                                       |
| ATW   | Around The World       | R&L   | right and left                                     |
| B up  | build up (music)       | RA    | Running Arms                                       |
| Br    | bridge (non-chorus)    | Ref   | refrain (recurring phrase or number of song lines) |
| C     | chorus                 | Rep   | reprise (part of the chorus repeated)              |
| cont  | continue               | ROM   | range of motion                                    |
| cts   | counts                 | ST    | Step Touch                                         |
| F&B   | forward and back       | Tempo | normal pace of the music                           |
| HOH   | hands on hips          | V     | verse                                              |
| Instr | instrumental           | 1/1   | 2 counts up, 2 counts down                         |
| Intro | introduction           | 2/2   | 4 counts up, 4 counts down                         |
| med   | medium                 | 3/1   | 6 counts up, 2 counts down                         |
| mins  | minutes                |       |                                                    |
| O/H   | over head              |       |                                                    |
| opp   | opposite               |       |                                                    |
| OTS   | On The Spot            |       |                                                    |
| OTT   | Over The Top           |       |                                                    |
| Outro | last few bars of music |       |                                                    |

## CREDITS

|                                                                                       |                                           |                        |
|---------------------------------------------------------------------------------------|-------------------------------------------|------------------------|
| 4/4                                                                                   | 8 counts up, 8 counts down                | Choreography           |
| 1/2/1                                                                                 | 2 counts up, 4 counts hold, 2 counts down | Mark Nu'u              |
|  | visual preview or cue                     | Creative Director      |
|  | light option                              | Lisa Osborne           |
|  | repeat                                    | Chief Creative Officer |
|  | New Move                                  | Dr Jackie Mills        |
|                                                                                       |                                           | Program Planner        |
|                                                                                       |                                           | Tenille Graham         |
|                                                                                       |                                           | Technical Consultant   |
|                                                                                       |                                           | Bryce Hastings         |

**CHECK THIS OUT!**  
**COMPULSORY 'MUST-DO' CUES** are in ***Bold Italic font***. These are the cues that you must deliver when coaching each specific move.

**The Fine Print**  
Les Mills' instructor resources (CDs, DVDs and choreography notes) are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, burning, uploading files onto the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

# BODYSTEP 103



From L-R: Giles Bryant (Shadow), Robert van Dieën, Lisa Osborne, Mark Nu'u, Tor Anderson, Vanessa Labort, Siobhan O'Connor (Shadow)

Filmed live in Stockholm, Sweden, here it is... BODYSTEP Release 103! Two workouts in one release - BODYSTEP Classic and BODYSTEP Athletic.

Let's talk about BODYSTEP Classic first.

We warm up and prepare the body for the workout ahead to the song *Safe & Sound*.

We learn basic stepping patterns in Track 2 as we continue to warm our stepping muscles to the catchy tune *Clothes Off*.

Then we add light propulsions, bounce and travel in Track 3, and get familiar with all areas of the step in Track 3; then we get a little *Crazy* as we power into our first cardio peak.

Next, we work deeper into our glutes and legs in the Mixed Strength track, then push our fat-burning systems into high gear to the song *Immortals*. We train hard in this track with 2 sets of Power Jumps and 2 sets of Pushups, and smash out our second cardio peak.

In Track 7 in this release we have a relief from the cardio work and use a weight plate to tone and strengthen our posterior chain.

We're now past the halfway mark of the workout, and it's time to party and fly to a catchy tune from New Zealand, *White Lines*.

We then lower the step and move faster, working on speed and agility - but you've got to move with added hotness and attitude!

Feel the energy in the third cardio peak, as we add a weight plate for integrated cardio and strength work, to the song *Powerful*.

Complete the full-body workout in Track 11, as we continue to use the weight plate as we lunge, squat and work the core muscles; then we reward ourselves with a few feel-good stretches in our Cooldown.

For the BODYSTEP Athletic Class, we replace Tracks 2 and 3 with Athletic Track 3. In this track we continue to warm the body, as we learn exercises and stepping patterns that we use later on in the class.

We replace Track 4 (Peak 1 Classic) with Peak 1 Athletic. The song is *Cool For The Summer*, and it's loaded with Side Vaults and big jumps to really heat things up and get you gasping for breath.

The Athletic Circuit replaces Tracks 8 and 9 in the BODYSTEP Classic class. There's 6 blocks of work and recovery to cross-train, bootcamp style. No frills - just a lot of hard training that gets you moving like an athlete and feeling great!

I know you'll love this release!

## BODYSTEP Presenters

**Mark Nu'u** (New Zealand) is the BODYSTEP Program Director and an International Presenter for BODYVIVE™ 3.1. He is a former international and national aerobics competitor, based in Auckland.

**Lisa Osborne** (New Zealand) is the BODYSTEP Creative Director and the BODYATTACK™ Program Director. She is a former three-time world champion and seven-time Australian aerobics champion, who is based in Auckland.

**Robert van Dieën** (Netherlands) is a BODYSTEP Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a BODYATTACK, BODYCOMBAT™, and CXWORX™ Instructor. He is based in Amsterdam, where he is Les Mills' Instructor Experience Coordinator for the Netherlands and Belgium.

**Tor Andersen** (Denmark) is a BODYSTEP and BODYBALANCE™/BODYFLOW® Instructor and Trainer, a BODYPUMP and CXWORX Instructor, and a personal trainer. He is based in Copenhagen where he owns his own gym.

**Vanessa Labort** (United Kingdom) is a BODYSTEP, BODYATTACK and BODYPUMP Instructor and Trainer, a BODYBALANCE/BODYFLOW Instructor and a personal trainer. She is based in London.

# BODYSTEP CLASSIC & ATHLETIC Class Formats

## Hey instructors!

Thanks for all your work and commitment to teaching BODYSTEP! We love how passionate and supportive our BODYSTEP community is, so keep it up! In this release, you will see the Classic and Athletic formats more clearly differentiated so you can completely understand each, and teach both with confidence.

When you watch this release you will now see BODYSTEP Classic run from beginning to end, with the BODYSTEP Athletic tracks completely separated.

The setup of the Masterclass footage will run like this:

- BODYSTEP Classic Masterclass (Tracks 1–12)
- BODYSTEP Athletic Tracks 3, 4 & AC

This booklet has also had a complete overhaul to make learning each format easier. It will now be in two sections so that the full Classic class is together, followed by the Athletic Tracks 3, 4, 5 and AC, and any variations for that release.

Here are a few other important updates to help you fully understand what's going on:

- BODYSTEP Athletic has a new format with tracks running as follows:  
1, 3 Athletic, 4 Athletic, 5, 6, 7, 10, AC, 11, 12.
- Track 10 **must** go before the Athletic Circuit.
- There is no longer a Track 2 (these movements are incorporated into the start of Track 3).
- Double option – Tracks 5, 6 and 10 could have an Athletic variation, which will be different from release to release. The Athletic variations **will not** be filmed, so make sure you read the Athletic notes.

These changes will be ongoing, so you will see this setup every release from now on.

**We hope these latest updates, along with the new *Getting Started* brochures and timetable buttons which your club will receive, encourage you to learn and teach both BODYSTEP Classic and BODYSTEP Athletic!**

# CLASSIC

## FORMAT

**LOOK** *Happy, motivating and full of energy*

**FEEL** *Uplifting and alive*

**COACHING FOCUS** *Excellent Repetitive Phonetic cueing with high energy.  
Fun and interactive*

### TRACK SELECTION

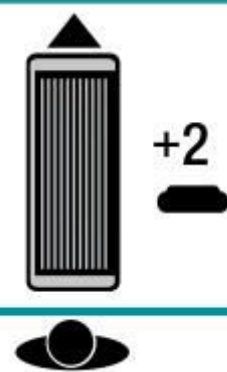
- 1 Warmup
- 2 Step Warmup
- 3 Step Orientation **Classic**
- 4 Peak 1 **Classic**
- 5 Mixed Strength
- 6 Peak 2
- 7 Step Recovery
- 8 Party Step
- 9 Speed Step
- 10 Peak 3
- 11 Recovery/Conditioning
- 12 Cooldown/Stretch

### IN THIS RELEASE...

- The **CLASSIC Format** must be taught as a whole **CLASSIC** class.  
**YOU MUST NOT USE ANY EXERCISES OR TRACKS FROM THE **ATHLETIC** CLASS.**
- **Track 3:** Use Step Orientation **Classic** – *Come & Get It*
- **Track 4:** Teach Track 4 **Classic** – *Crazy*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 10:** Use a weight plate (2.5kg or 5kg max.)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)

1

WARMUP



TRACK FOCUS

Create a dramatic opening in the first set of Squats, then be warm and welcoming as you move into the Step Touches. Coach a strong ab brace and wider stance in the Bounces.

TEACH ATHLETIC

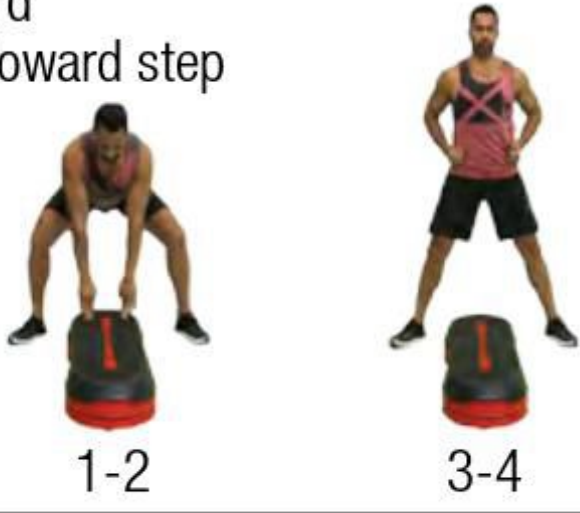
COME INTO THIS TRACK

Energized, positive and welcoming, ready to lead your class through this great workout.

| MUSIC |       |                        |     | SEQUENCE/EXERCISE |                                                                                                 | CTS           | REPS |
|-------|-------|------------------------|-----|-------------------|-------------------------------------------------------------------------------------------------|---------------|------|
| 0:06  | Intro | We're safe and sound _ | 1x8 |                   | Standing behind step, feet outside hip width. Prepare to move                                   | 1-8           |      |
| 0:09  | Rep   | Ten, nine              | 4x8 | A                 | Touch Down Squat                                                                                | 1-4           | 8x   |
| 0:23  | Br    | _ Zero                 | 1x8 |                   | Squat & touch the step & roll up slowly                                                         | 1-8           |      |
| 0:26  | Rep   | _ We're safe and sound | 4x8 |                   | ST L&R. <i>Open &amp; Clap</i>                                                                  | 1-4           | 8x   |
| 0:39  | C     | _ I can lift you up    | 4x8 | B                 | 4x March On Top L. <i>RA</i>                                                                    | 1-8           | 4x   |
| 0:53  |       | _ We're safe and sound | 4x8 | C                 | Basic & Bounce on the last 8cts<br>Basic & Bounce L. <i>RA</i>                                  | 1-8           | 4x   |
| 1:06  | Instr | (Quiet)                | 2x8 |                   | Bounce L&R. <i>RA</i>                                                                           | 1-2           | 8x   |
| 1:13  | V1    | _ I can lift you up    | 8x8 | D                 | 3x Lunge Sequence L then R. <i>HOH</i>                                                          | 1-32          | 2x   |
| 1:40  | Instr |                        | 4x8 | C                 | Basic & Bounce L<br>T-Straddle & Bounce Combo on last 16 cts                                    | 1-8           | 4x   |
| 1:54  | C     | _ We're safe and sound | 8x8 | C <sup>1</sup>    | T-Straddle & Bounce Combo L                                                                     | 1-16          | 4x   |
| 2:21  | Rep   | <b>Safe</b> and sound  | 4x8 | E                 | 14x Repeater Knee Lift L. <i>RA</i><br>March R, L, R, L behind the step. <i>RA</i> (feet wider) | 1-28<br>29-32 |      |
| 2:35  | Rep   | Ten, nine              | 4x8 | A                 | Touch Down Squat                                                                                | 1-4           | 8x   |
| 2:48  | V2    | _ I can show you love  | 8x8 | D                 | 3x Lunge Sequence R then L                                                                      | 1-32          | 2x   |
| 3:15  | Instr |                        | 4x8 | C                 | Basic & Bounce R<br>T-Straddle & Bounce Combo on last 16 cts                                    | 1-8           | 4x   |
| 3:29  | C     | _ We're safe and sound | 8x8 | C <sup>1</sup>    | T-Straddle & Bounce Combo R                                                                     | 1-16          | 4x   |
| 3:56  | Rep   | <b>Safe</b> and sound  | 4x8 | E                 | 14x Repeater Knee Lift R<br>March L, R, L, R behind the step. <i>RA</i> (feet wider)            | 1-28<br>29-32 |      |
| 4:10  | Br    |                        | ½x8 |                   | Step L foot wide. <i>HOH</i><br>Swivel to face L. <i>HOH</i>                                    | 1-2<br>3-4    |      |
| 4:12  | Instr | (Quiet)                | 4x8 | F                 | Active Calf Stretch R. <i>Bent Raise Up &amp; Down</i>                                          | 1-4           | 8x   |
| 4:25  |       | Safe and sound _       | 4x8 | F                 | Last 2 cts, swivel to face R<br>Active Calf Stretch L<br>Last 2 cts, swivel to face front       | 1-4           | 8x   |
| 4:39  | Rep   | Ten, nine              | 4x8 | A                 | Touch Down Squat                                                                                | 1-4           | 8x   |
| 4:52  | C     | _ I can lift you up    | 4x8 | B                 | 4x March On Top R                                                                               | 1-8           | 4x   |
| 5:06  |       | _ We're safe and sound | 4x8 | C                 | Basic & Bounce                                                                                  | 1-8           | 4x   |
| 5:21  | Outro |                        | ½x8 |                   | Hip Extension R. <i>Bent Raise F</i>                                                            | 1-4           |      |

TOUCH DOWN SQUAT

Squat down. *Touch fingertips toward the step* 1-2  
Squat up. *Pull Fists To Hips* 3-4  
**PHONETIC CUE:** 'Squat & stand, squat & stand'  
*Bend knees* heaps  
*Knees in line with toes*  
*Butt back & down*  
*Chest up*  
Eyes forward  
Fingertips toward step



1-2 3-4

4X MARCH ON TOP

March L, R, L, R On top of the step. *RA* 1-4  
March L, R, L, R On the floor. *RA* 5-8  
**PHONETIC CUE:** '4, 3, 2, 1, walk on the floor, 4, 3, 2, 1, walk on the floor'  
*Heels onto the step*  
Maintain a natural walking rhythm

BASIC & BOUNCE

Basic Step L. *RA* 1-4  
Bounce L, R, L, R. *RA* 5-8  
**PHONETIC CUE:** 'Walk up, walk down, bounce, walk up, walk down, bounce'  
Step down with feet hip-width apart  
Bounce with feet slightly wider than hip-width



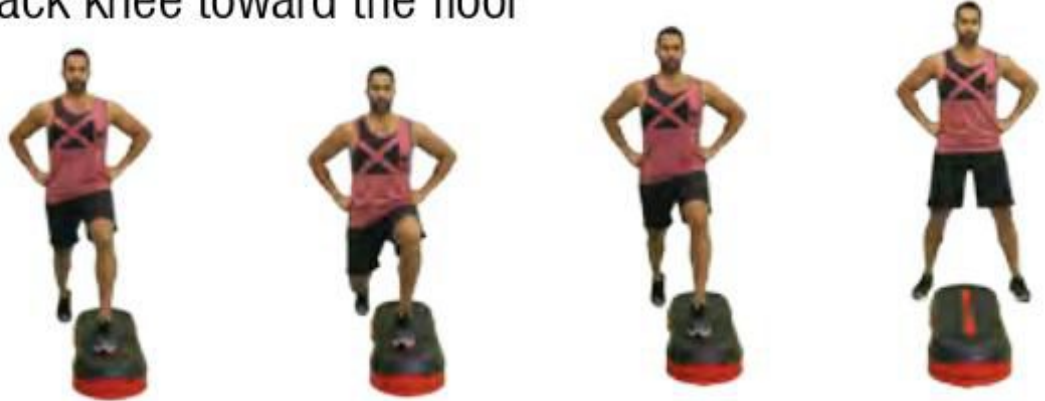
2 5 6

BOUNCE

Feet slightly wider than hip-width  
Shift body weight from one leg to the other.

3X LUNGE SEQUENCE

Step L onto the step. *HOH* 1-2  
Lunge down then up. *HOH* 3-6  
Lunge down then up. *HOH* 7-10  
Lunge down then up. *HOH* 11-14  
Step L back to the floor, hip-width apart. *HOH* 15-16  
Repeat to the other side 17-32  
**PHONETIC CUE:** 'Step, 3, 2, 1, push up, step back, 3, 2, 1, push up, step back'  
Use a visual cue to show the leading leg  
Start close to the step  
*Long step onto step*  
Aim to step to the middle of the step  
*Front knee pushed out*  
*Back heel up*  
Chest up  
Body straight down then up  
Front thigh goes parallel to floor  
Back knee toward the floor



1-2 3-4 13-14 15-16

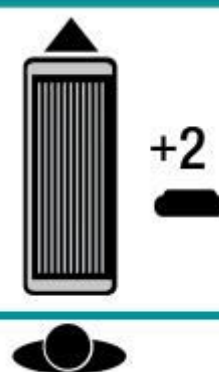
T-STRADDLE & BOUNCE COMBO

Step up L, R. *RA* 1-2  
Straddle down L, R. *RA* 3-4  
Bounce L, R, L, R. *RA* 5-8  
Straddle Up L, R. *RA* 9-10  
Step Back to floor L, R. *RA* 11-12  
Bounce L, R, L, R. *RA* 13-16  
**PHONETIC CUE:** 'Walk forward, walk down, bounce, walk up, walk back, bounce, walk forward, walk down, bounce, walk up, walk back, bounce'  


2 4 5 6 11 13 14

1

# WARMUP CONTINUED



REPEATER KNEE LIFT

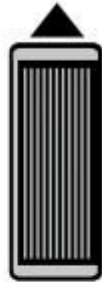
*Bend front knee* to get deeper  
*Chest up*  
Toes down, *back heel up*  
Count down the last 4 reps

ACTIVE CALF STRETCH

*Lots of space between the feet*  
*Weight over the front leg*  
*Lift & lower the back heel*



# 2 STEP WARMUP



+2



## TRACK FOCUS

Use Repetitive Phonetic Cues to establish the one Basic, one leg lift pattern that evolves into the T-Straddle & Hip Extension Combo.

## TEACH FLAVA

### COME INTO THIS TRACK

Calm, in control and loaded with important information to get your class stepping correctly for the rest of the workout.

|      |       | MUSIC                           |     | SEQUENCE/EXERCISE |                                                                                                        | CTS  | REPS |
|------|-------|---------------------------------|-----|-------------------|--------------------------------------------------------------------------------------------------------|------|------|
| 0:00 | Instr | _ Clothes off                   | 4x8 | A                 | Alt Hip Extension L then R. <i>Bent Raise F</i>                                                        | 1-8  | 4x   |
| 0:15 | V1    | _ I couldn't help               | 4x8 | B                 | Basic Step L. <i>RA</i>                                                                                | 1-4  | 8x   |
| 0:30 |       | _ The way you stole             | 4x8 | C                 | 1x Basic Step & 1x Hip Extension Combo L then R<br>👁️ T-Straddle With Hip Extension Combo on last 8cts | 1-16 | 2x   |
| 0:45 | C     | We <b>have</b> to take our      | 8x8 | C <sup>1</sup>    | T-Straddle & Hip Extension Combo L then R                                                              | 1-16 | 4x   |
| 1:14 | Br    | _ See, here's the thing         | ½x8 | D                 | Up Tap L. <i>HOH</i>                                                                                   | 1-4  |      |
| 1:16 | Rep   | <b>Brown</b> chicks, hot chicks | 4x8 | D <sup>1</sup>    | Up Tap R then L. <i>Open &amp; Clap</i>                                                                | 1-8  | 4x   |
| 1:32 | V2    | Now here's <b>another</b>       | 4x8 | B                 | 🔁 Basic Step R                                                                                         | 1-4  | 8x   |
| 1:47 |       | _ Yip I'll take a mile          | 4x8 | C                 | 🔁 1x Basic Step & 1x Hip Extension Combo R then L<br>👁️ T-Straddle & Hip Extension Combo on last 8 cts | 1-16 | 2x   |
| 2:02 | C     | We <b>have</b> to take our      | 8x8 | C <sup>1</sup>    | 🔁 T-Straddle & Hip Extension Combo R then L                                                            | 1-16 | 4x   |
| 2:32 | Br    | _ See, here's the thing         | ½x8 | D                 | 🔁 Up Tap R. <i>HOH</i>                                                                                 | 1-4  |      |
| 2:34 | Rep   | <b>Brown</b> chicks, hot chicks | 4x8 | D <sup>1</sup>    | 🔁 Up Tap L then R                                                                                      | 1-8  | 4x   |

HIP EXTENSION

**PHONETIC CUE:** 'Lift and change, lift and change'  
*Free leg straight and low*  
Bend supporting leg  
Squeeze glutes



2

BASIC STEP

**REPETITIVE PHONETIC CUE:** 'Walk up, walk down, walk up, walk down'  
*Heels onto the step*  
Natural walking rhythm

1X BASIC STEP & 1X HIP EXTENSION COMBO

Basic Step L. *RA* 1-4  
Hip Extension L. *Bent Raise F* 5-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** '1 Basic, 1 leg lift, 1 Basic, 1 leg lift'



2

6

T-STRADDLE & HIP EXTENSION COMBO

Step up L, R. *RA* 1-2  
Straddle down L, R. *RA* 3-4  
Step L then extend R leg. *Bent Raise F* 5-6  
Step back R, L to the floor. *Pull Fists To Hips* 7-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Walk forward, walk down, lift your leg back, walk forward, walk down, lift your leg back'



2

4

6

7

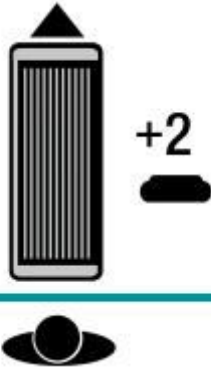
UP TAP

**PHONETIC CUE:** 'Up tap, change legs, up tap, change legs'

3

STEP ORIENTATION

CLASSIC



TRACK FOCUS

Establish the 1x Knee & 6x March rhythm. Some people will ‘tap’ and end up on the wrong foot, so really emphasize the ‘STEP DOWN’ part of the ‘Lift your knee STEP DOWN bounce’ cue.

TEACH FLAVA

COME INTO THIS TRACK

With great energy, happy and lighthearted.

| MUSIC |       | SEQUENCE/EXERCISE |                                                                                         | CTS  | REPS |
|-------|-------|-------------------|-----------------------------------------------------------------------------------------|------|------|
| 0:00  | Intro | 8x8               | A 1x Knee & 6x March L then R<br>Travelling Knee & 6x March Combo on last 16cts         | 1-16 | 4x   |
| 0:27  | C     | 4x8               | A <sup>1</sup> Traveling Knee & 6x March Combo L. RA<br>Bounce on last 4 cts            | 1-16 | 2x   |
| 0:42  |       | 4x8               | A <sup>2</sup> Traveling Knee & 4x Bounce Combo L. RA                                   | 1-16 | 2x   |
| 0:56  | Instr | 4x8               | B Traveling Knee Lift F then B L. RA                                                    | 1-8  | 4x   |
| 1:11  | V1    | 5x8               | C 3x Repeater Knee Lift L then R. RA<br>3x Repeater Ricochet on last 8 cts              | 1-16 | 2½x  |
| 1:29  |       | 4x8               | C <sup>1</sup> 3x Repeater Ricochet R then L. RA                                        | 1-16 | 2x   |
| 1:43  | Instr | 4x8               | A REPEAT 1x Knee & 6x March R then L<br>Traveling Knee & 6x March Combo on last 16 cts  | 1-16 | 2x   |
| 1:57  | C     | 4x8               | A <sup>1</sup> REPEAT Traveling Knee & 6x March Combo R<br>Bounce on the last 4 cts     | 1-16 | 2x   |
| 2:12  |       | 4x8               | A <sup>2</sup> REPEAT Traveling Knee & 4x Bounce Combo R                                | 1-16 | 2x   |
| 2:26  | Instr | 4x8               | B REPEAT Traveling Knee Lift F then B R                                                 | 1-8  | 4x   |
| 2:40  | V2    | 5x8               | C REPEAT 3x Repeater Knee Lift R then L<br>3x Repeater Ricochet on last 8 cts           | 1-16 | 2½x  |
| 2:58  |       | 4x8               | C <sup>1</sup> REPEAT 3x Repeater Ricochet L then R                                     | 1-16 | 2x   |
| 3:12  | Instr | 4x8               | A REPEAT 1x Knee & 6x March L then R<br>Traveling Knee & 4x Bounce Combo on last 16 cts | 1-16 | 2x   |
| 3:26  | C     | 4x8               | A <sup>2</sup> REPEAT Traveling Knee & 4x Bounce Combo R                                | 1-16 | 2x   |
| 3:41  |       | 4x8               | A <sup>3</sup> Continue, travel to front of the step                                    | 1-16 | 2x   |
| 3:55  | Instr | 4x8               | B REPEAT Traveling Knee Lift F then B L                                                 | 1-8  | 4x   |
| 4:10  | Outro | 1x8               | Slowly Walk F, on top of step                                                           | 1-8  |      |

1X KNEE & 6X MARCH

Step L then lift R knee. RA 1-2  
Wide March R, L, R, L, R, L on the floor. RA 3-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Lift your knee, 6, 5, 4, 3, 2, 1, lift your knee, 6, 5, 4, 3, 2, 1'  
Feet outside hip-width in the 6 Marches

TRAVELING KNEE & 6X MARCH COMBO

Step L then lift R knee (Traveling F). RA 1-2  
Straddle down R, L. RA 3-4  
March R, L, R, L. RA 5-8  
Step R then lift L knee (Traveling B). RA 9-10  
Step Back to the floor L, R. RA 11-12  
March L, R, L, R. RA 13-16  
**PHONETIC CUE:** 'Knee forward, 6, 5, 4, 3, 2, 1, knee back, 6, 5, 4, 3, 2, 1'

TRAVELING KNEE & 4X BOUNCE COMBO

Step L then propel & lift R knee (Traveling F). RA 1-2  
Straddle Down R, L. RA 3-4  
Bounce R, L, R, L. RA 5-8  
Step R then propel & lift L knee (Traveling B). RA 9-10  
Step back to the floor L, R. RA 11-12  
Bounce L, R, L, R. RA 13-16  
**PHONETIC CUE:** 'Knee forward, step down, bounce, knee back, step down, bounce'



TRAVELING KNEE LIFT F&B

Step L then propel and lift R knee (Traveling F). RA 1-2  
Straddle down R, L. RA 3-4  
Step R then propel and lift L knee (Traveling B). RA 5-6  
Step B L, R behind the step. RA 7-8  
This time, no bounce  
**PHONETIC CUE:** 'Knee to the front, knee to the back, knee to the front, knee to the back'



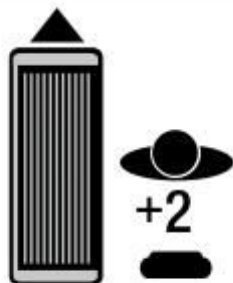
3X REPEATER KNEE LIFT

**PHONETIC CUE:** '3, 2, 1, change leg, 3, 2, 1, change leg'

3X REPEATER RICOCHET

Step R to step then lift L knee. RA 1-2  
Step L to L side of step. RA 3  
Tap R to R side of step. RA 4  
Step R to step then lift L knee. RA 5-6  
Step L, R to the back of the step. RA 7-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Lift your knee, tap over, lift your knee, change legs, lift your knee, tap over, lift your knee, change legs'  
⇓ **OPTION:** 3x Repeater Knee Lift





TRACK FOCUS

Use short clear Repetitive Phonetic Cues to set up the Crazy Combo. Add Flava by playing with the “Crazy” lyric in the combo. Let the music speak in the “Go Go Go” part of the Speed Tap section.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong athletic, energized and ready to work your way to the first cardio peak.

| MUSIC |       |                        |     | SEQUENCE/EXERCISE |                                                                                                                                                            | CTS                           | REPS |
|-------|-------|------------------------|-----|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|------|
| 0:01  | Intro | So everybody just go   | 1x8 |                   | Prepare to move                                                                                                                                            | 1-8                           |      |
| 0:04  | Instr |                        | 4x8 | A                 | <b>Crazy Combo (Light)</b><br>2x Knee Lift L. RA<br>OTT L. HOH<br>Shuffle OTS. RA<br>Repeat to the other side                                              | 1-8<br>9-12<br>13-16<br>17-32 |      |
| 0:17  | C     | Oh oh oh oh            | 8x8 | A <sup>1</sup>    | 2x Propulsive Knee Lift L. Punch O/H<br>Propulsive OTT L. Reach Up & Down<br>Shuffle OTS. RA<br>Repeat to the other side                                   | 1-8<br>9-12<br>13-16<br>17-32 | 2x   |
| 0:46  | Rep   | So everybody just go   | 4x8 | B                 | Propulsive OTT L then R. Reach Up & Down                                                                                                                   | 1-8                           | 4x   |
| 1:00  | V1    | _ I want to see you    | 5x8 | C                 | 3x Repeater Knee Lift L. RA<br>👁️ 3x Repeater Speed Tap on last 8 cts                                                                                      | 1-8                           | 5x   |
| 1:17  | PC    | Everybody on the floor | 8x8 | C <sup>1</sup>    | 3x Repeater Speed Tap L. RA                                                                                                                                | 1-8                           | 8x   |
| 1:46  | Ref   | Feel, all over         | 4x8 | A                 | Repeat Crazy Combo (Light)<br>👁️ Alt Knee Lift on last 16 cts                                                                                              | 1-32                          |      |
| 1:59  | C     | Oh oh oh oh            | 8x8 | A <sup>2</sup>    | <b>Crazy Combo</b><br>Alt Propulsive Knee Lift L then R (front & back)<br>Propulsive OTT L. Reach Up & Down<br>Shuffle OTS. RA<br>Repeat to the other side | 1-8<br>9-12<br>13-16<br>17-32 | 2x   |
| 2:28  | Br    |                        | ½x8 | B <sup>1</sup>    | OTT L. HOH                                                                                                                                                 | 1-4                           |      |
| 2:29  | Rep   | So everybody just go   | 4x8 | B                 | Repeat Propulsive OTT R then L                                                                                                                             | 1-8                           | 4x   |
| 2:43  | V2    | _ Everybody grab       | 5x8 | C                 | 🔄 3x Repeater Knee Lift R<br>👁️ 3x Repeater Speed Tap on last 8 cts                                                                                        | 1-8                           | 5x   |
| 3:01  | PC    | Everybody on the floor | 8x8 | C <sup>1</sup>    | 🔄 3x Repeater Speed Tap R                                                                                                                                  | 1-8                           | 8x   |
| 3:29  | Ref   | Feel, all over         | 4x8 | A                 | 🔄 Crazy Combo (Light) R then L<br>👁️ Alt Knee Lift on last 16 cts                                                                                          | 1-32                          |      |
| 3:43  | C     | Oh oh oh oh            | 8x8 | A <sup>2</sup>    | 🔄 Crazy Combo R then L                                                                                                                                     | 1-32                          | 2x   |
| 4:10  | Br    |                        | ½x8 | B <sup>1</sup>    | OTT R. HOH                                                                                                                                                 | 1-4                           |      |
| 4:12  | Ref   | So everybody just go   | 4x8 | B                 | 🔄 Propulsive OTT L then R                                                                                                                                  | 1-8                           | 4x   |
| 4:26  | Outro | Crazy                  | 1x8 |                   | Step L F. Crazy hands to head                                                                                                                              | 1-8                           |      |

**CRAZY COMBO (LIGHT)**

**PHONETIC CUE:** 'Knee 1, knee 2, over, hold Shuffle, knee 1, knee 2, over, hold Shuffle'

**CRAZY COMBO**

Everything bigger!

**PHONETIC CUE:** 'Knee, knee, over the top, shuffle, knee, knee, over the top, shuffle'



2                  6                  9                  10                  13

**PHONETIC CUE:** 'To the front, to the back, over the top, shuffle, to the front, to the back, over the top, shuffle'

Play on the "Crazy" lyric with the Shuffle

**3X REPEATER KNEE LIFT**

**PHONETIC CUE:** '3, 2, 1, change legs, 3, 2, 1, change legs'

**Knee in line with toes**

Chest up

**3X REPEATER SPEED TAP**

|                                     |     |
|-------------------------------------|-----|
| Step L then lift R knee. RA         | 1-2 |
| Tap R to R side. RA                 | 3   |
| Tap L to L side (R on the step). RA | 4   |
| Tap R to R side (L on the step). RA | 5   |
| Lift R knee. RA                     | 6   |
| Step R down to the R side. RA       | 7   |
| Tap L to the floor. RA              | 8   |

**PHONETIC CUE:** 'Lift your knee, tap tap tap knee, step down, lift your knee, tap tap tap knee, step down'

Emphasize the 'Lift Your Knee' parts of the cue

**Body weight on top of the step**

Toes **lightly touch the floor**

**Bend your supporting knee** to sit lower

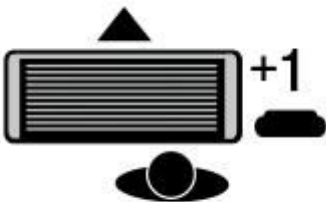
⇓ **OPTION:** 3x Repeater



2                  3                  4                  5                  6                  8

5

MIXED STRENGTH



TRACK FOCUS

Coach small ROM in the Drop Squat to set up small range for the Drop & Swing Combo. Use clear visual cues to show the direction to squat in the 3x Squat Combo.

TEACH ATHLETIC

COME INTO THIS TRACK

A little breathless from Track 4.  
Be strong and in control.

| MUSIC |       |                        |     | SEQUENCE/EXERCISE |                                                                                  | CTS           | REPS |
|-------|-------|------------------------|-----|-------------------|----------------------------------------------------------------------------------|---------------|------|
| 0:00  | Intro | _ We got a wrap on our | 1x8 |                   | Prepare to move                                                                  | 1-8           |      |
| 0:03  | Instr |                        | 4x8 | A                 | Tap Down L then R. RA<br>👁 Drop Squat on last 4 cts                              | 1-8           | 4x   |
| 0:17  |       | We skinny dip          | 4x8 | A <sup>1</sup>    | Drop Squat L then R. Bent Raise F<br>👁 Drop & Swing on last 8 cts                | 1-8           | 4x   |
| 0:31  |       | We skinny dip          | 4x8 | A <sup>2</sup>    | Drop & Swing L then R                                                            | 1-8           | 4x   |
| 0:45  | Instr | (Quiet)                | 4x8 | B                 | 6x Squat Pulse Combo L then R<br>👁 3x Double Squat Combo on last 16 cts          | 1-32          |      |
| 1:00  | V1    | Boys gonna find me     | 8x8 | B <sup>1</sup>    | 3x Double Squat Combo L then R                                                   | 1-32          | 2x   |
| 1:29  | C     | We skinny dip when the | 8x8 | B <sup>2</sup>    | 3x Single Squat Combo L then R                                                   | 1-16          | 4x   |
| 1:58  | Instr |                        | 4x8 | C                 | 14x Repeater Knee Lift L. RA<br>March R, L, R, L behind the step. RA             | 1-28<br>29-32 |      |
| 2:12  | Rep   | We skinny dip          | 2x8 | A                 | 🔁 Tap Down R then L<br>👁 Drop Squat on last 4 cts                                | 1-8           | 2x   |
| 2:19  |       | We skinny dip          | 2x8 | A <sup>1</sup>    | 🔁 Drop Squat R then L<br>👁 Drop & Swing on last 8 cts                            | 1-8           | 2x   |
| 2:26  |       | (Instr)                | 4x8 | A <sup>2</sup>    | 🔁 Drop & Swing R then L                                                          | 1-8           | 4x   |
| 2:40  | Instr | (Quiet)                | 4x8 | B                 | 🔁 6x Squat Pulse Combo R then L<br>👁 3x Double Squat Combo on last 16 cts        | 1-32          |      |
| 2:54  | V2    | Boys gonna find me     | 8x8 | B <sup>1</sup>    | 🔁 3x Double Squat Combo R then L                                                 | 1-32          | 2x   |
| 3:23  | C     | We skinny dip when the | 8x8 | B <sup>2</sup>    | 🔁 3x Single Squat Combo R then L                                                 | 1-16          | 4x   |
| 3:52  | Instr |                        | 4x8 | C                 | 🔁 14x Repeater Knee Lift R<br>March L, R, L, R behind the step                   | 1-28<br>29-32 |      |
| 4:06  | Rep   | We skinny dip          | 2x8 | A                 | 🔁 Tap Down L then R<br>👁 Drop Squat on last 4 cts                                | 1-8           | 2x   |
| 4:14  |       | We skinny dip          | 2x8 | A <sup>1</sup>    | 🔁 Drop Squat L then R<br>👁 Drop & Swing on last 8 cts                            | 1-8           | 2x   |
| 4:21  |       | (Instr)                | 4x8 | A <sup>2</sup>    | 🔁 Drop & Swing L then R                                                          | 1-8           | 4x   |
| 4:35  | Outro | We talk hot so what    | 1x8 |                   | Squat R. Bent Raise F<br>Walk L, R toward the back of the room.<br>Swing R arm F | 1-2<br>3-8    |      |

TAP DOWN

PHONETIC CUE: ‘Tap the floor, change sides, tap the floor, change sides’

DROP SQUAT

REPETITIVE PHONETIC CUE: ‘Drop, step back, drop, step back’

Feet outside hip-width  
Toes and knees turned out slightly  
Butt back & down  
Chest up

DROP & SWING

Tap R to the R side. Bent Raise F 1  
Pendulum Swing R, L then R. HOH 2-4  
(Travel toward the L)  
Repeat to the other side  
PHONETIC CUE: ‘Tap swing swing swing, tap swing swing swing’  
As you tap, take a small ROM Squat  
Quick-fire reaction, touch the floor, then fire into the Pendulum Swing  
Abs braced & soft knees in the Swing

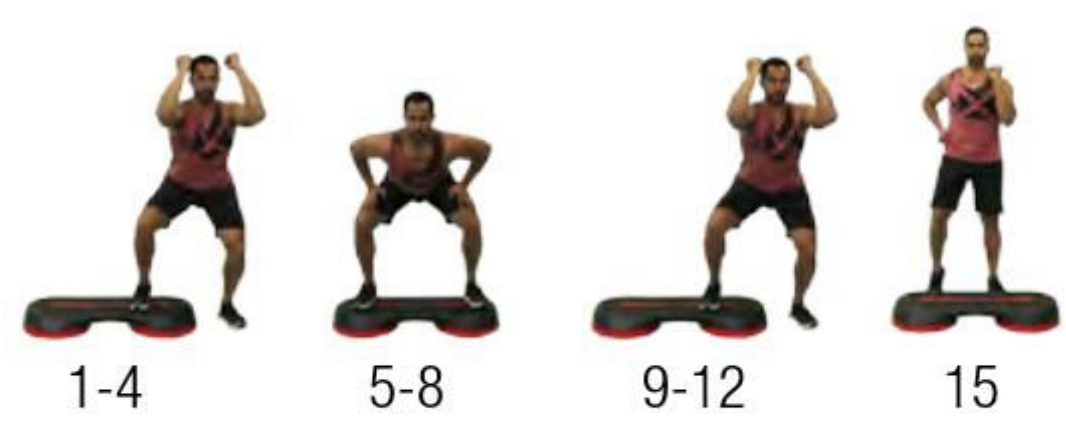


6X SQUAT PULSE

6x Squat Pulse L. Bent Raise F 1-12  
March R, L, R, L behind the step. RA 13-16  
Repeat to the other side 17-32  
PHONETIC CUE: ‘6, 5, 4, 3, 2, 1, march to the back, 6, 5, 4, 3, 2, 1, march to the back’

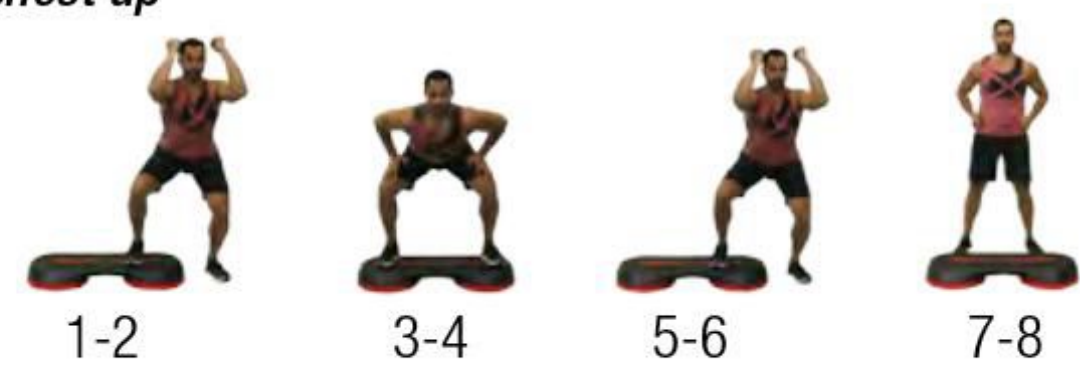
3X DOUBLE SQUAT COMBO

Double Squat L. Bent Raise F 1-4  
Double Squat on top of the step. Hands to thighs 5-8  
Double Squat L. Bent Raise F 9-12  
March R, L, R, L behind the step. RA 13-16  
Repeat to the other side 17-32  
PHONETIC CUE: ‘Squat side, top, side, march back, side to side, march back’  
Use visual cues to show direction to move



3X SINGLE SQUAT COMBO

Squat L. Bent Raise F 1-2  
Squat on top of the step. Hands to thigh 3-4  
Squat L. Bent Raise F 5-6  
Step back R, L behind the step. Fists To Hips 7-8  
Repeat to the other side  
CUE: ‘This time, one squat in each place’  
PHONETIC CUE: ‘Side, top, side, step back, side, top, side, step back’  
Revise – Knees in line with toes, butt back & down, chest up

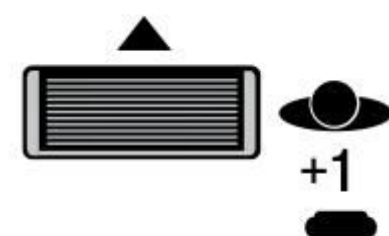


REPEATER KNEE LIFT

Bend front knee to sit deeper  
Knee in line with toes  
Push the moving leg back long, heel up  
Count down the last 4 reps

6

PEAK 2



TRACK FOCUS

Coach your class to work hard, then recover in the 6x Marches. Use silence and calm vocals to create contrast that matches the music and movement.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong, a little out of breath, legs burning and ready to flush out the legs then smash the cardio.

| MUSIC |       |                       |      | SEQUENCE/EXERCISE |                                                                                                     | CTS        | REPS |
|-------|-------|-----------------------|------|-------------------|-----------------------------------------------------------------------------------------------------|------------|------|
| 0:00  | Intro | I I Immortals         | 1x6  |                   | Prepare to move                                                                                     |            |      |
| 0:02  | Instr |                       | 4x8  | A                 | 6x Jog Across the step L then R. <i>RA</i>                                                          | 1-16       | 2x   |
| 0:16  | C     | Immortals, immortals  | 8x8  | B                 | 2x Power ATT & 6x Jog Across Combo L then R                                                         | 1-32       | 2x   |
| 0:44  | Rep   | Immor immortals       | 4x8  | C                 | Propulsive ATT L then R. <i>Reach Up &amp; Down</i>                                                 | 1-8        | 4x   |
| 0:58  | Ref   | _ It would be forever | 4x8  | A <sup>1</sup>    | 6x March Across the step L then R. <i>RA</i><br>T-Step on last 8 cts                                | 1-16       | 2x   |
| 1:12  | V1    | _ They say we are     | 4½x8 | D                 | T-Step L then R. <i>RA</i>                                                                          | 1-16       | 2½x  |
| 1:28  | PC    | Ahh I am the          | 4x8  | E                 | 4x March On Top R. <i>RA</i><br>4x Wide March On Top R. <i>RA</i><br>Jump Squat Combo on last 8 cts | 1-8<br>1-8 | 3x   |
| 1:41  | Rep   | (Dubstep)             | 8x8  | F                 | Jump Squat Combo                                                                                    | 1-8        | 8x   |
| 2:09  | Br    | Immortals five four   | 1x8  | G                 | Transition to Pushup Position                                                                       | 1-8        |      |
| 2:13  | Instr | (Dubstep)             | 4x8  | H                 | Pushup                                                                                              | 1-4        | 8x   |
| 2:27  | Ref   | Ahh I try to picture  | 2x8  | I                 | Transition to standing, move to the L side of the step                                              | 1-16       |      |
| 2:33  | C     | Immortals, immortals  | 8x8  | B                 | 2x Power ATT & 6x Jog Across Combo R then L                                                         | 1-32       | 2x   |
| 3:01  | Rep   | Immor immortals       | 4x8  | C                 | Propulsive ATT R then L                                                                             | 1-8        | 4x   |
| 3:15  | Ref   | _ It would be forever | 4x8  | A <sup>1</sup>    | 6x March Across the step R then L<br>T-Step on last 8 cts                                           | 1-16       | 2x   |
| 3:29  | V2    | _ Sometimes the only  | 4½x8 | D                 | T-Step R then L                                                                                     | 1-16       | 2½x  |
| 3:45  | PC    | Ahh I am the          | 4x8  | E                 | 4x March On Top L<br>4x Wide March On Top L<br>Jump Squat Combo on the last 8cts                    | 1-8<br>1-8 | 3x   |
| 3:59  | Rep   | (Dubstep)             | 8x8  | F                 | Jump Squat Combo                                                                                    | 1-8        | 8x   |
| 4:26  | Br    | Immortals five four   | 1x8  | G                 | Transition to Pushup position                                                                       | 1-8        |      |
| 4:29  | Instr | (Dubstep)             | 4x8  | H                 | Pushup                                                                                              | 1-4        | 8x   |
| 4:43  | Ref   | Ahh I try to picture  | 2x8  | I                 | Transition to standing, move to the R side of the step                                              | 1-16       |      |
| 4:50  | C     | Immortals, immortals  | 8x8  | B                 | 2x Power ATT & 6x Jog Across Combo L then R                                                         | 1-32       | 2x   |
| 5:18  | Rep   | Immor immortals       | 4x8  | C                 | Propulsive ATT L then R                                                                             | 1-8        | 4x   |
| 5:32  | Outro | Immortals             | ½x8  |                   | Leap L onto the step. <i>Punch R Up</i>                                                             | 1-4        |      |

6X JOG ACROSS

PHONETIC CUE: '6, 5, 4, 3, 2, 1, step down, 6, 5, 4, 3, 2, 1, step down'



12

2X POWER ATT & 6X JOG ACROSS COMBO

Power ATT L then R. *Bent Raise F* 1-8  
6x Jog Across L. *RA* 9-16  
Repeat to the other side 17-32  
PHONETIC CUE: 'Across, across 6 jog, 6, 5, 4, 3, 2, 1...across, across, 6, 5, 4, 3, 2, 1..'



1234567-89

ATT

Step to the middle to get halfway across

6X MARCH ACROSS

PHONETIC CUE: '6,5,4,3,2,1, step down'  
Use a visual cue to show the direction to move  
Create contrast by calming the voice

T-STEP

PHONETIC CUE: 'Lift your knee, step side, lift your knee, step back'  
Use visual cues to show direction

4X MARCH ON TOP

PHONETIC CUE: '4, 3, 2, 1, march on the floor'  
Use visual cue to HOLD on top

4X WIDE MARCH ON TOP

Use visual cue to show wider stance

JUMP SQUAT COMBO

Jump Squat onto the step. *Fists toward hips* 1  
Plyo Jump up. *Bent Raise Up* 2  
Land in Squat position on step. *Bent Raise F* 3-4  
Jump to the floor, landing in Squat position. *Hands to thighs* 5  
Small ROM Squat up. *Hands to thighs* 6  
Squat down. *Hands to thighs* 7-8  
PHONETIC CUE: 'Jump on up down, jump to the floor, jump on up down, jump to the floor'  
*Bend knees* on every landing  
*Knees in line with toes*  
↓ OPTION: Stagger on, stagger off



123-45

PUSHUP

*Shoulders no lower than elbows*  
*Braces abs, squeeze glutes*



1-23-4

7

STEP RECOVERY



+1

Weight Plate  
2.5kg or 5kg

TRACK FOCUS

Use short clear cues to coach each movement pattern. Coach the class how to work the posterior chain-hamstrings, glutes, lower back, upper back.

TEACH ATHLETIC

COME INTO THIS TRACK

Out of breath and in need of cardio recovery. Create vocal contrast by speaking calmly.

| MUSIC |       |                               |      | SEQUENCE/EXERCISE |                                                               | CTS  | REPS |
|-------|-------|-------------------------------|------|-------------------|---------------------------------------------------------------|------|------|
| 0:00  | Intro | Trouble                       | 2x8  |                   | Prepare to move                                               | 1-16 |      |
| 0:08  | C     | I don't look for trouble      | 4x8  | A                 | Triple Squat Combo L then R. <i>Weight to top of chest</i>    | 1-16 | 2x   |
| 0:22  |       | _ Hey, hey hey                | 4x8  | A <sup>1</sup>    | Triple Squat Combo L then R. <i>Press weight down then F</i>  | 1-16 | 2x   |
| 0:36  | Instr |                               | 2x8  | B                 | Transition: L foot grips step                                 | 1-16 |      |
| 0:44  | V1    | _ I just want to live         | 4x8  | C                 | Slow Tip & Lift Combo L. <i>Weight to chest</i>               | 1-16 | 2x   |
| 0:59  | Instr | _ Hey, hey hey                | 4x8  | C <sup>1</sup>    | Slow Tip & Lift Combo L. <i>Press Weight F</i>                | 1-16 | 2x   |
| 1:13  | C     | I don't look for trouble      | 8x8  | C <sup>2</sup>    | Tip & Lift Combo L. <i>Press Weight F</i>                     | 1-8  | 8x   |
| 1:44  | Instr | _ Hey, hey hey                | 4x8  | A <sup>1</sup>    | Triple Squat Combo L then R. <i>Press weight down then F</i>  | 1-16 | 2x   |
| 1:58  |       | _ Hey, hey hey                | 4x8  | A <sup>2</sup>    | Triple Squat Combo L then R. <i>Press weight down then up</i> | 1-16 | 2x   |
| 2:13  | Instr | <b>Trouble</b> is my name     | 2½x8 | B                 | Transition. R foot grips step                                 | 1-20 |      |
| 2:22  | V2    | Lights <b>up</b> let's have a | 4x8  | C                 | Slow Tip & Lift Combo R. <i>weight to chest</i>               | 1-16 | 2x   |
| 2:36  | Instr | _ Hey, hey hey                | 4x8  | C <sup>1</sup>    | Slow Tip & Lift Combo R. <i>Press weight F</i>                | 1-16 | 2x   |
| 2:51  | C     | I don't look for trouble      | 8x8  | C <sup>2</sup>    | Tip & Lift Combo R. <i>Press weight F</i>                     | 1-8  | 8x   |
| 3:21  | Instr | _ Hey, hey hey                | 8x8  | A <sup>2</sup>    | Triple Squat Combo R then L. <i>Press weight down then up</i> | 1-16 | 4x   |

TRIPLE SQUAT COMBO

Triple Squat Pulse L. *Hold weight in to chest* 1-6  
Step L foot on top of step. *Hold weight in to chest* 7-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Squat 3, 2, 1, step up, 3, 2, 1, step up'  
*Knees in line with toes*  
*Chest up*  
Keep *weight tight in to the chest*

TRIPLE SQUAT COMBO WITH WEIGHT PRESS F

Triple Squat Pulse L. *Scoop weight down then F* 1-6  
Step L foot on top of step. *Pull weight in to chest* 7-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Scoop forward, in to chest, scoop forward, in to chest'  
*Strong ab brace*  
*Chest up*



1-2                      3-7                      8

TRIPLE SQUAT COMBO WITH WEIGHT PRESS DOWN THEN UP

Triple Squat Pulse L. *Scoop weight down, F then up* 1-6  
Step L foot on top of step. *Pull weight in to chest* 7-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** 'Scoop to the top, in to chest, scoop to the top, in to chest'  
*Strong ab brace*  
*Chest up*



1                      2                      3-7                      8

SET UP FOR TIP & LIFT COMBO

Standing foot to the middle of step  
Other foot grips on to the side of step

SLOW TIP & LIFT COMBO

Slight Tip F from the hips. *Weight in to chest* 1-4  
Small L Leg Extension B. *Weight in to chest* 5-8  
L Leg in and grips onto step. *Weight in to chest* 9-12  
Lift chest and stand tall. *Weight in to chest* 13-16  
**PHONETIC CUE:** 'Tip forward, leg back, leg in, stand tall. Tip forward, leg back, leg in, stand tall'

SLOW TIP & LIFT COMBO WITH WEIGHT

Slight Tip F from the hips. *Weight in to chest* 1-4  
Small L Leg Extension B. *Press weight F* 5-8  
L Leg in and grips onto step. *Weight in to chest* 9-12  
Lift chest and stand tall. *Weight in to chest* 13-16  
**PHONETIC CUE:** 'Tip forward, press forward, weight in, stand tall'



1-4                      5-6                      9-12                      13-16

TIP & LIFT COMBO

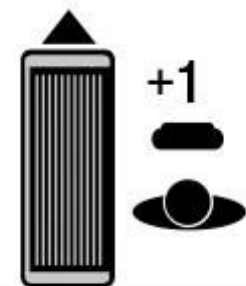
Slight Tip F from the hips. *Weight in to chest* 1-2  
Small L Leg Extension B. *Press weight F* 3-4  
L leg in and grips onto step. *Weight in to chest* 5-6  
Lift chest and stand tall. *Weight in to chest* 7-8  
**PHONETIC CUE:** 'Tip, press, in, stand, tip, press, in, stand'  
Keep the *free leg low*, squeeze glutes  
*Chest up*  
*Brace abs* to support the lower back  
Working the posterior chain – hamstrings, glutes, lower and upper back



1-2                      3-4                      5-6                      7-8

8

PARTY STEP



TRACK FOCUS

Create an uplifting joyous feel by hooking into the “we can fly” lyrics in the music, and allowing freedom of movement.

TEACH FLAVA

COME INTO THIS TRACK

Excited, re-energized and buzzing.

| MUSIC |       |                              |     | SEQUENCE/EXERCISE |                                                                                                    | CTS  | REPS |
|-------|-------|------------------------------|-----|-------------------|----------------------------------------------------------------------------------------------------|------|------|
| 0:00  | Intro | Who <b>told</b> you that we  | 1x8 |                   | Prepare to move                                                                                    | 1-8  |      |
| 0:04  | Instr |                              | 8x8 | A                 | 3x Up Tap & March Around Combo L then R                                                            | 1-32 | 2x   |
| 0:32  | C     | _ White line, blue skies     | 8x8 | A <sup>1</sup>    | 3x Propulsive Curl & March Around Combo L then R                                                   | 1-32 | 2x   |
| 1:00  | Rep   | We can <b>fly</b>            | 4x8 | B                 | 1x Propulsive Hip Extension & March Around Combo L then R                                          | 1-16 | 2x   |
| 1:15  | Br    |                              | 1x8 | C                 | 6x March On Top L. <i>RA</i>                                                                       | 1-8  |      |
| 1:18  | V1    | The <b>love</b> , the hate   | 4x8 | C                 | 6x March On Top R then L. <i>RA</i>                                                                | 1-16 | 2x   |
| 1:32  |       | The <b>lights</b> , your uh  | 4x8 | C <sup>1</sup>    | Indecision Tap Combo on last 8 cts<br>Indecision Tap Combo R then L                                | 1-16 | 2x   |
| 1:46  | Ref   | _ White line, ooh yeah       | 4x8 | A                 | 3x Up Tap & March Around Combo R then L<br>3x Propulsive Curl & Chassé Around Combo on last 16 cts | 1-32 |      |
| 2:00  | C     | _ White line, blue skies     | 8x8 | A <sup>2</sup>    | 3x Propulsive Curl & Chassé Around Combo R then L                                                  | 1-32 | 2x   |
| 2:29  | Rep   | We can <b>fly</b>            | 4x8 | B <sup>1</sup>    | 1x Propulsive Hip Extension & Chassé Around Combo R then L                                         | 1-16 | 2x   |
| 2:42  | Br    |                              | 1x8 | C                 | 6x March On Top R                                                                                  | 1-8  |      |
| 2:46  | V2    | So <b>far</b> , so good      | 4x8 | C                 | 6x March On Top L then R<br>Indecision Tap Combo on last 8 cts                                     | 1-16 | 2x   |
| 3:01  |       | I want the feeling           | 4x8 | C <sup>1</sup>    | Indecision Tap Combo L then R                                                                      | 1-16 | 2x   |
| 3:15  | Ref   | _ White line, ooh yeah       | 4x8 | A                 | 3x Up Tap & March Around Combo L then R<br>3x Propulsive Curl & Chassé Around Combo on last 16 cts | 1-32 |      |
| 3:28  | C     | _ White line, blue skies     | 8x8 | A <sup>2</sup>    | 3x Propulsive Curl & Chassé Around Combo L then R                                                  | 1-32 | 2x   |
| 3:57  | Rep   | We can <b>fly</b>            | 4x8 | B <sup>1</sup>    | 1x Propulsive Hip Extension & Chassé Around Combo L then R                                         | 1-16 | 2x   |
| 4:10  | Outro | Whoa <b>oh</b> oh white line | 1x8 |                   | Leap on top of the step. <i>Circle arms outward</i>                                                | 1-8  |      |

**PRE-TRACK**

Get class to touch the front and back of the step. Ask them *'do we know where the front and the back of the step is?'*

**3X UP TAP & MARCH AROUND**

Up Tap L to front of step. RA 1-4  
Up Tap R to back of step. RA 5-8  
Up Tap L to front of step. RA 9-12  
March R, L, R, L around to L side of step. RA 13-16  
Repeat to the other side 17-32  
**PHONETIC CUE:** *'Tap front, back, front, walk around to the other side. Tap front, back, front, walk around to the other side'*  
Use visual cue to show the direction to walk around

**3X PROPULSIVE CURL & MARCH AROUND COMBO**

Propulsive Hamstring Curl L to the front of step. Scoop & Clap 1-4  
Propulsive Hamstring Curl R to back of step. Scoop & Clap 5-8  
Propulsive Hamstring Curl L to front of step. Scoop & Clap 9-12  
March R, L, R, L around to the L side of step. RA 13-16  
Repeat to the other side 17-32  
**PHONETIC CUE:** *'3, 2, 1, walk around, 3, 2, 1, walk around'*  
Add propulsion  
Lifted, joyous feel

**3X PROPULSIVE CURL & CHASSÉ AROUND COMBO**

Replace the Marches with a Chassé R then L  
**PHONETIC CUE:** *'Cha-cha-cha, cha-cha-cha'*



2 6 10 13 15

**CHASSÉ**

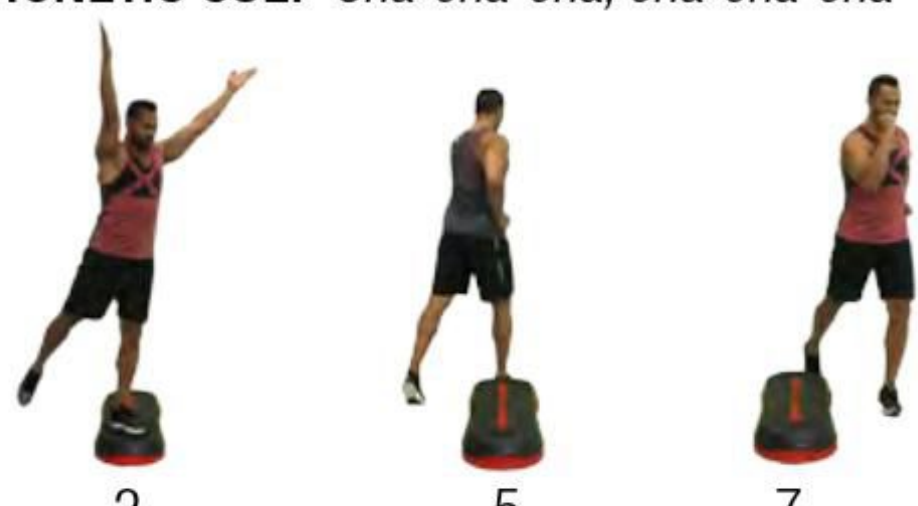
**PHONETIC CUE:** *'Cha-cha-cha, cha-cha-cha'*

**1X PROPULSIVE HIP EXTENSION & MARCH AROUND COMBO**

Propulsive Hip Extension L to front of step. Reach O/H 1-4  
March R, L, R, L around to L side of step. RA 5-8  
Repeat to the other side 9-16  
**PHONETIC CUE:** *'One leg lift, walk around, one leg lift, walk around'*  
**PHONETIC CUE:** *'FLY, now walk around, FLY, walk around'*

**1X PROPULSIVE HIP EXTENSION & CHASSÉ AROUND COMBO**

Replace the Marches with a Chassé R then L  
**PHONETIC CUE:** *'Cha-cha-cha, cha-cha-cha'*



2 5 7

**6X MARCH ON TOP**

**PHONETIC CUE:** *'6, 5, 4, 3, 2, 1, step down, 6, 5, 4, 3, 2, 1, step down'*

**INDECISION TAP COMBO**

Step Up L, R. Bent Raise F then to Hips 1-2  
Tap L to the floor. Push L flexed hand to the R diagonal 3  
Step L onto step. Fists to hips 4  
Tap R to the floor. Push R flexed hand to the L diagonal 5  
Step R onto step. Fists to hips 6  
Step down L to L side, then Tap R to the floor. Bent Raise F 7-8  
**PHONETIC CUE:** *'Step up, push, push, step down, up, push, push, step down'*



2 3 4 5 6 8

9

SPEED STEP



TRACK FOCUS

Add Flava by playing with the “hot” and “attitude” lyrics in the choruses.

TEACH FLAVA

COME INTO THIS TRACK

Hyped and ready to move quickly.

| MUSIC |       |                              |      | SEQUENCE/EXERCISE |                                                                                                                                                                      | CTS         | REPS |
|-------|-------|------------------------------|------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|------|
| 0:01  | Intro | Bad girl _                   | 1x8  |                   | Prepare to move                                                                                                                                                      | 1-8         |      |
| 0:03  | Instr |                              | 4x8  | A                 | Slow OTT with Knee Lift L then R. <i>RA</i>                                                                                                                          | 1-16        | 2x   |
| 0:12  | C     | I love them <b>bad</b> girls | 10x8 | A <sup>1</sup>    | Speed OTT with Freeze Knee Lift L then R. <i>RA</i><br>4x Straddle Jog Down on last 8 cts                                                                            | 1-8         | 10x  |
| 0:37  | V1    | Late night, she on fire      | 8x8  | B                 | 4x Straddle Jog Down then Up L. <i>RA</i>                                                                                                                            | 1-8         | 8x   |
| 0:56  | PC    | And I <b>know</b> I          | 4x8  | B <sup>1</sup>    | Straddle Jog Down then Up L. <i>RA</i>                                                                                                                               | 1-4         | 8x   |
| 1:06  | C     | I love them <b>bad</b> girls | 8x8  | C                 | <b>Straddle Jog &amp; OTT Combo</b><br>Straddle Jog L. <i>RA</i> 2x<br>Speed OTT with Freeze Knee Lift L then R. <i>RA</i><br>Hot & Attitude Snap Arms on last 8 cts | 1-8<br>9-16 | 4x   |
| 1:25  | Rep   | I love them <b>bad</b> girls | 10x8 | C <sup>1</sup>    | Straddle Jog & OTT Combo with <i>Hot &amp; Attitude Snap Arms</i>                                                                                                    | 1-16        | 5x   |
| 1:49  | Br    | _ Looking hot with an        | 4x8  | A <sup>1</sup>    | Speed OTT with Freeze Knee Lift L then R. <i>RA</i>                                                                                                                  | 1-8         | 4x   |
| 1:59  | Instr | _ hey, hey, hey              | 5x8  | A                 | Slow OTT with Knee Lift L then R. <i>RA</i>                                                                                                                          | 1-16        | 2½x  |
| 2:11  | V2    | _ Fast car, movie star       | 8x8  | B                 | 4x Straddle Jog Down then Up R                                                                                                                                       | 1-8         | 8x   |
| 2:30  | PC    | And I <b>know</b> I          | 4x8  | B <sup>1</sup>    | Straddle Jog Down then Up R                                                                                                                                          | 1-4         | 8x   |
| 2:39  | C     | I love them <b>bad</b> girls | 8x8  | C                 | Straddle Jog & OTT Combo R<br>Hot & Attitude Snap Arms on last 8 cts                                                                                                 | 1-16        | 4x   |
| 2:59  | Rep   | I love them <b>bad</b> girls | 10x8 | C <sup>1</sup>    | Straddle Jog & OTT Combo with <i>Hot &amp; Attitude Snap Arms R</i>                                                                                                  | 1-16        | 5x   |
| 3:23  | Br    | _ Looking hot with an        | 4x8  | A <sup>1</sup>    | Speed OTT with Freeze Knee Lift R then L. <i>RA</i>                                                                                                                  | 1-8         | 4x   |
| 3:32  | Outro |                              | 1x8  |                   | Step R to the floor. <i>Attitude Snap R O/H</i>                                                                                                                      | 1-8         |      |

**SLOW OTT**

**REPETITIVE PHONETIC CUE:** *‘Step, knee, step, up, step, knee, step, up’*  
Use a visual cue to show direction to move

**SPEED OTT WITH FREEZE KNEE**

Freeze Knee L to the floor. *RA* 1-2  
Jog up R, L. *RA* 3-4  
Repeat to the other side 5-8  
**PHONETIC CUE:** *‘Freeze, up up, freeze, up up’*  
*Soft knee* on landing to absorb impact



1-2

**4X STRADDLE JOG**

**REPETITIVE PHONETIC CUE:** *‘Jog down, jog up, jog down, jog up’*  
Natural running rhythm

**SINGLE STRADDLE**

**REPETITIVE PHONETIC CUE:** *‘Jog down, jog up, jog down, jog up’*

**STRADDLE JOG & OTT COMBO**

**PHONETIC CUE:** *‘2 Straddles, one more, now freeze, freeze’*

**STRADDLE JOG & OTT COMBO WITH HOT & ATTITUDE SNAP ARMS**

2x Straddle Jog L. *RA* 1-8  
Freeze Knee L. *HOH* 9-12  
Freeze Knee R. *Circular Snap with R arm* 13-16



1 2 9 12 13 16

# 10 PEAK 3



+1

Weight Plate  
2.5kg or 5kg



## TRACK FOCUS

Use vocal and physical contrast to match the energy of the music. Initially, count down the 6 Single Taps, then later in the track, just cue where the Straddle happens. Coach correct weight position when the weight is over head, and the option to squat.

## TEACH ATHLETIC

### COME INTO THIS TRACK

Strong with contained energy, ready to be released. Show excitement for the final cardio blast.

| MUSIC |       |                                   |     | SEQUENCE/EXERCISE |                                                                                                                                                                                                                           | CTS           | REPS |
|-------|-------|-----------------------------------|-----|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|------|
| 0:00  | Intro | You charge me up                  | 1x8 |                   | Prepare to move                                                                                                                                                                                                           | 1-8           |      |
| 0:03  | Instr |                                   | 4x8 | A                 | 6x Down Tap L then R. <i>RA</i><br>Straddle L. <i>RA</i>                                                                                                                                                                  | 1-12<br>13-16 | 2x   |
| 0:17  | C     | I can <b>feel</b> it              | 8x8 | A <sup>1</sup>    | <b>6x Propulsive Down Tap Combo</b><br>6x Propulsive Down Tap L then R. <i>Alt Punch O/H</i><br>Straddle Jog L. <i>RA</i>                                                                                                 | 1-12<br>13-16 | 4x   |
| 0:45  | Rep 1 | You charge me up                  | 4x8 | B                 | Propulsive OTT L then R. <i>Reach Up &amp; Down</i>                                                                                                                                                                       | 1-8           | 4x   |
| 0:58  | Br 1  | Powerful powerful                 | 1x8 | C                 | Down Tap L then R. <i>RA</i><br> Straddle on last 4 cts                                                                                | 1-4           | 2x   |
| 1:02  | V1    | Oh my my my                       | 4x8 | D                 | Straddle L. <i>RA</i><br> Straddle Down Jump Up on last 4 cts                                                                          | 1-4           | 8x   |
| 1:15  |       | Walking on wires and              | 4x8 | D <sup>1</sup>    | Straddle Down Jump Up L. <i>Fists to Hips the Bent Raise F</i>                                                                                                                                                            | 1-4           | 8x   |
| 1:30  | Br 2  | Whoa, hold me in                  | 2x8 | E                 | <b>Transition</b><br>Pick up Weight Plate<br>Hug Weight Plate to chest<br> Straddle Jump Down & Up on last 4 cts                       | 1-8<br>9-16   |      |
| 1:36  | Rep 2 | _ Energy, powerful                | 4x8 | D <sup>2</sup>    | Weighted Straddle Jump                                                                                                                                                                                                    | 1-4           | 8x   |
| 1:51  | Br 3  | Powerful powerful                 | 1x8 | F                 | Place Weight Plate to front of step                                                                                                                                                                                       | 1-8           |      |
| 1:54  | C     | I can <b>feel</b> it              | 8x8 | A <sup>1</sup>    |  6x Propulsive Down Tap Combo L                                                                                                        | 1-16          | 4x   |
| 2:21  | Br 4  | Powerful powerful                 | ½x8 | B <sup>1</sup>    | OTT L. <i>HOH</i>                                                                                                                                                                                                         | 1-4           |      |
| 2:23  | Rep 1 | You charge me up                  | 4x8 | B                 |  Propulsive OTT R then L                                                                                                               | 1-8           | 4x   |
| 2:37  | Br 1  | Powerful powerful                 | 1x8 | C                 |  Down Tap R then L<br> Straddle on last 4 cts       | 1-4           | 2x   |
| 2:40  | V2    | I couldn't leave if I             | 4x8 | D                 |  Straddle R<br> Straddle Down Jump Up on last 4 cts | 1-4           | 8x   |
| 2:54  |       | The <b>stroke</b> of your fingers | 4x8 | D <sup>1</sup>    |  Straddle Down Jump Up                                                                                                                 | 1-4           | 8x   |
| 3:08  | Br 2  | Whoa, hold me in                  | 2x8 | E                 | <b>Transition</b><br>Pick up Weight Plate<br>Hug Weight Plate to chest<br> Straddle Jump Down & Up on last 4 cts                       | 1-8<br>9-16   |      |
| 3:14  | Rep 2 | _ Energy, powerful                | 4x8 | D <sup>2</sup>    |  Weighted Straddle Jump                                                                                                                | 1-4           | 8x   |
| 3:28  | Br 3  | Powerful powerful                 | 1x8 | F                 | Place Weight Plate to front of step                                                                                                                                                                                       | 1-8           |      |
| 3:32  | C     | I can <b>feel</b> it              | 8x8 | A <sup>1</sup>    |  6x Propulsive Down Tap Combo R                                                                                                        | 1-16          | 4x   |
| 3:59  | Br 4  | Powerful powerful                 | ½x8 | B <sup>1</sup>    |  OTT R. <i>HOH</i>                                                                                                                     | 1-4           |      |
| 4:01  | Rep 1 | You charge me up                  | 4x8 | B                 |  Propulsive OTT L then R                                                                                                               | 1-8           | 4x   |
| 4:15  | Outro | Powerful powerful                 | 1x8 |                   | Step L to the floor. <i>Muscle pose</i>                                                                                                                                                                                   | 1-8           |      |

6X PROPULSIVE DOWN TAP COMBO

PHONETIC CUE: '6, 5, 4, 3, 2, 1 straddle down, straddle up, 6, 5, 4, 3, 2, 1 straddle down, straddle up'



1

3

13

14

DOWN TAP

Use visual cue to HOLD on top, then show the direction of the upcoming Straddles

STRADDLE

PHONETIC CUE: 'Walk down, walk up, walk down, walk up'

Recovery phase: 'Chill' – Re-gather – Contrast

STRADDLE DOWN JUMP UP

PHONETIC CUE: 'Walk down, jump up, walk down, jump up'



2

3-4

TRANSITION

Transition: *Pick up weight*  
**Bend knees**, pick up your weight. **Hold weight to the top of the chest**. Keep **weight close to the body** to keep the weight stable  
⇓ **OPTION:** No weight plate

PICK UP WEIGHT

Bend knees  
*Hold weight above chest, and close to the body*

WEIGHTED STRADDLE JUMP

Straddle Jump down. *Hold weight close to the top of the chest* 1-2  
Straddle Jump Up. *Press weight O/H* 3-4  
(in front of body)  
**PHONETIC CUE:** 'Jump down, jump up, jump down, jump up'  
**Bend knees** on both landings  
**Knees out** (on the floor) **knees forward** (on the step)  
Keep **weight in front of body** in the O/H position  
⇓ **OPTION:** Squat with Shoulder Press



1-2

3-4

# 11 RECOVERY/CONDITIONING



Weight Plate  
2.5kg or 5kg



## TRACK FOCUS

Coach correct position and posture with each exercise, and options to work the upper body only by removing the Lunges and the Squats. Coach a neutral lower back position in the core work.

## TEACH ATHLETIC

### COME INTO THIS TRACK

Out of breath and in need of cardio recovery.

| MUSIC |       |                                |     | SEQUENCE/EXERCISE |                                                                                                                                                                                                                                                    | CTS               | REPS |
|-------|-------|--------------------------------|-----|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|------|
| 0:00  | Intro |                                | 4x8 |                   | Set up, R foot to the front of the step, toes of L foot touch the floor. <i>Weight to the top of the chest</i><br>👁️ 3 stage Back Stepping Lunge                                                                                                   | 1-32              |      |
| 0:19  | V1    | _ You got that look            | 4x8 | A                 | 3 Stage Back Stepping Lunge L. <i>Weight to top of the chest</i><br>👁️ <i>Press weight down, Forward, then Up on last 8 cts</i>                                                                                                                    | 1-8               | 4x   |
| 0:39  | C     | _ Don't fear baby              | 8x8 | A <sup>1</sup>    | 3 Stage Back Stepping Lunge L. <i>Press weight down, forward, then Up</i>                                                                                                                                                                          | 1-8               | 8x   |
| 1:18  | Ref   | _ Yeah yeah yeah yeah          | 2x8 | B                 | Transition. Stand on top of step, <i>weight in L hand</i> (Ready to press O/H) <i>R arm out to R side</i><br>👁️ Squat on last 4 cts                                                                                                                | 1-16              |      |
| 1:28  | Instr | (Dubstep)                      | 4x8 | C                 | Squat R then L. <i>Press L O/H then Down, R arm out to R side</i>                                                                                                                                                                                  | 1-4               | 8x   |
| 1:47  | Br    | _ Yeah yeah yeah yeah          | 2x8 | D                 | Squat R. <i>Press L O/H</i><br>Set up for 3 Stage Back Stepping Lunge R                                                                                                                                                                            | 1-4<br>5-16       |      |
| 1:57  | V2    | _ You got that look            | 4x8 | A                 | 🔁 3 Stage Back Stepping Lunge R. <i>Weight to top of the chest</i><br>👁️ <i>Press weight down, forward, then Up on last 8 cts</i>                                                                                                                  | 1-8               | 4x   |
| 2:17  | C     | _ Don't fear baby              | 8x8 | A <sup>1</sup>    | 🔁 3 Stage Back Stepping Lunge R. <i>Press weight down, forward, then Up</i>                                                                                                                                                                        | 1-8               | 8x   |
| 2:56  | Ref   | _ Yeah yeah yeah yeah          | 2x8 | B                 | 🔁 Transition. Stand on top of the step, weight in R hand (Ready to press O/H) <i>L arm out to L side</i><br>👁️ Squat on last 4 cts                                                                                                                 | 1-16              |      |
| 3:06  | Instr | (Dubstep)                      | 4x8 | C                 | Squat L then R. O/H Press R then Squat R, <i>R arm down. L arm stays out to L side</i>                                                                                                                                                             | 1-4               | 8x   |
| 3:25  | Br    | Ahhhh                          | 4x8 | D                 | Squat L. <i>Press R O/H</i><br>Set up for core work                                                                                                                                                                                                | 1-4<br>5-32       |      |
| 3:45  | V3    | I got to <b>give</b> it to her | 6x8 | E                 | <b>Core Arm Combo</b><br><i>Press weight back on 45° angle</i><br>Crunch up. <i>Weight toward ceiling</i><br>Slowly Crunch down. <i>Lower weight toward chest</i><br>👁️ Extension Combo on last 8 cts                                              | 1-2<br>3-4<br>5-8 | 6x   |
| 4:14  | Instr | (Dubstep)                      | 8x8 | E <sup>1</sup>    | <b>Extension Combo</b><br>Extend legs F on 45° angle. <i>Press weight back on 45° angle</i><br>Lift feet toward ceiling. <i>Crunch up. Weight toward ceiling</i><br>Slowly bend knees to 45°. Slowly Crunch down. <i>Lower weight toward chest</i> | 1-2<br>3-4<br>5-8 | 8x   |
| 4:53  | Instr | _ Yeah yeah yeah yeah          | 2x8 |                   | Feet to the step, rest<br>Feet up, knees at 45°                                                                                                                                                                                                    | 1-14<br>15-16     |      |
| 5:03  | C     | _ Don't fear baby              | 8x8 | E <sup>1</sup>    | 🔁 Extension Combo                                                                                                                                                                                                                                  | 1-8               | 8x   |
| 5:42  | Outro |                                | 2x8 |                   | Lower knees to the L (front of the room)                                                                                                                                                                                                           | 1-16              |      |

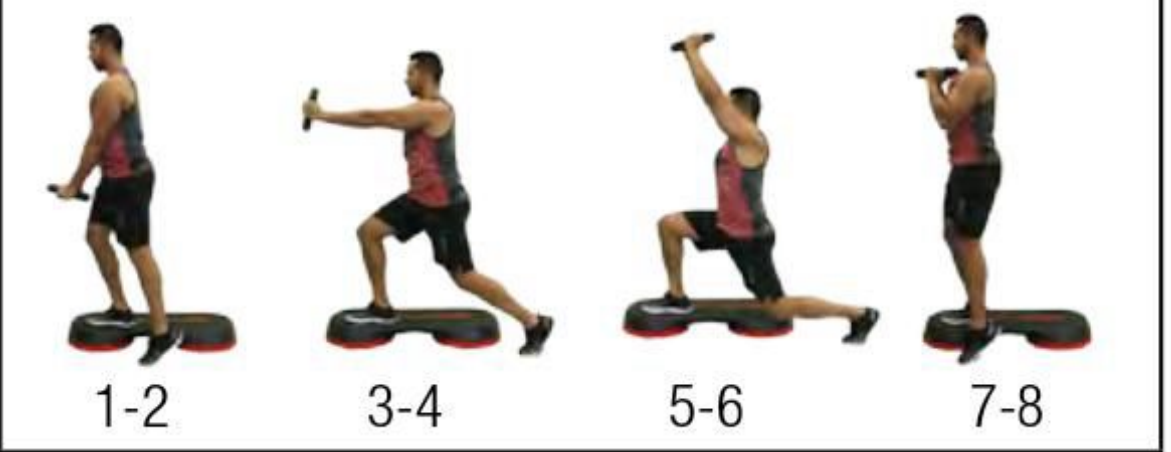
Set up front of the step. R foot on step, L toes to floor, weight to top of the chest

3 STAGE BACK STEPPING LUNGE

Short Back Stepping Lunge L. Hold weight to the top of chest 1-2  
Med Back Stepping Lunge L. Hold weight to the top of chest 3-4  
Back Stepping Lunge L. Hold weight to the top of chest 5-6  
Step L foot back to start position. Hold weight to the top of chest 7-8  
**PHONETIC CUE:** 'Back, back, lunge, step in, back, back, lunge, step in'  
Each step goes back a little further  
**Back heel off the floor**  
**Chest up**

3 STAGE BACK STEPPING LUNGE WITH WEIGHT

Short Back Stepping Lunge L. Press weight down 1-2  
Med Back Stepping Lunge L. Lift weight F 3-4  
Back Stepping Lunge L. Lift weight O/H 5-6  
Step 1 foot back to start position. Lower weight to the top of chest 7-8  
**PHONETIC CUE:** 'Weight down, forward, above, to chest, down, forward, above, to chest'  
Slow and controlled  
Strong ab brace  
Chest lifted  
Integrated strength work  
⇓ **OPTION:** No Lunges or no weight work



SQUAT WITH PRESS O/H

**PHONETIC CUE:** 'Stop, stop, stop, stop'  
Hold the squat down  
**Press from the shoulder**  
**Brace abs**  
**Chest up** slightly **tip F** from the hips  
⇓ **OPTION:** Use both arms to press



CORE ARM COMBO

**PHONETIC CUE:** 'Weight back, up, slowly down, back, up, slowly down'  
**Strong ab brace**  
**Lower back toward the floor**  
**Ribs toward hips**

EXTENSION COMBO

**PHONETIC CUE:** 'Extend, legs up, slowly bend knees, extend, legs up, slowly bend knees'  
**Aim for 45 degree angles or bigger**  
**Aim to keep lower back neutral**



# 12 COOLDOWN/STRETCH



+1

## TRACK FOCUS

Coach great posture, control and correct position in each stretch so that your participants get the most out of these stretches.

## COME INTO THIS TRACK

Calmed down proud of your class for their efforts in the workout.

| MUSIC |       |                                   |      | SEQUENCE/EXERCISE |                                                                                          | CTS   |
|-------|-------|-----------------------------------|------|-------------------|------------------------------------------------------------------------------------------|-------|
| 0:00  | Intro | _ If I got locked                 | 2x8  |                   | Lower knees to the R (back of the room)                                                  | 1-16  |
| 0:09  |       | <b>Same</b> , If I showed you my  | 2½x8 |                   | Transition to stand L side of step, close to the front. R foot on step, L foot back long | 17-36 |
| 0:22  | V1    | _ If a judge for life             | 2x8  | A                 | Hip Flexor Stretch L. <i>Hands clasped behind back</i> , Chest Stretch                   | 1-16  |
|       |       | _ If I couldn't buy               | 2x8  | B                 | Calf Stretch L. <i>Shoulder Stretch L</i>                                                | 1-16  |
|       |       | _ Now tell me would               | 2x8  | C                 | Achilles Stretch L. <i>Tricep Stretch L</i>                                              | 1-16  |
|       |       | <b>Down</b> , now tell me         | 2x8  | D                 | Squat and press L shoulder down                                                          | 1-16  |
| 1:04  | C     | _ If I got locked                 | 2x8  | E                 | Hamstring Stretch R                                                                      | 1-16  |
|       |       | <b>Same</b> , If I showed you my  | 2x8  | F                 | Standing Quad Stretch L                                                                  | 1-16  |
| 1:24  | Br    | <b>Same</b> , let's get it diddly | ½x8  |                   | Step R foot B to the floor                                                               | 1-4   |
| 1:27  | V2    | _ All I want is                   | 2x8  | A                 | Hip Flexor Stretch R. <i>Hands clasped behind back</i> , Chest Stretch                   | 1-16  |
|       |       | _ If I did not have               | 2x8  | B                 | Calf Stretch R. <i>Shoulder Stretch R</i>                                                | 1-16  |
|       |       | _ Now tell me would               | 2x8  | C                 | Achilles Stretch R. <i>Tricep Stretch R</i>                                              | 1-16  |
|       |       | <b>Down</b> , now tell me         | 2x8  | D                 | Squat and press R shoulder down                                                          | 1-16  |
| 2:08  | C     | _ If I got locked                 | 2x8  | E                 | Hamstring Stretch L                                                                      | 1-16  |
|       |       | <b>Same</b> , If I showed you my  | 2x8  | F                 | Standing Quad Stretch R                                                                  | 1-16  |
| 2:28  |       | <b>Same</b> , tell me tell me     | 2x8  | G                 | Adductor Stretch R                                                                       | 1-16  |
|       |       | Side, tell me tell me             | 2x8  | G                 | Adductor Stretch L                                                                       | 1-16  |
| 2:48  | Br    | <b>Life</b>                       | ½x8  |                   | Step L foot behind R foot                                                                | 1-4   |
| 2:51  | QC    | _ If I got locked                 | 2x8  | H                 | ITB Stretch L                                                                            | 1-16  |
|       |       | <b>Same</b> , If I showed you my  | 2x8  | H                 | ITB Stretch R                                                                            | 1-16  |
| 3:11  | C     | _ If I got locked                 | 2x8  | I                 | Side Stretch R                                                                           | 1-16  |
|       |       | <b>Same</b> , If I showed you my  | 2x8  | I                 | Side Stretch L                                                                           | 1-16  |
| 3:31  |       | <b>Same</b>                       | 2x8  |                   | <i>Hands clasped</i> , <i>Stretch O/H</i>                                                | 1-8   |
|       |       |                                   |      |                   | Roll body down then up                                                                   | 9-16  |

## HIP FLEXOR STRETCH

Long step backward, heel off the floor  
Body upright, lower back knee toward the floor  
Tuck pelvis slightly under

### Chest Stretch

Holding wrist behind back, shoulders back and down, open the chest



## HAMSTRING STRETCH

Chest up, belly button toward top of thigh  
Keep spine long



## STANDING QUAD STRETCH

Pull heel toward butt  
Close gap between legs, press hip forward



## CALF STRETCH

Lots of space between the feet  
Back heel down, shift weight forward

### Shoulder Stretch

Move arm across body, keep shoulder down



## ADDUCTOR STRETCH

Feet wide  
Lunge L, and push away from the R leg  
Chest lifted, spine long



## ACHILLES STRETCH

Back foot in closer, sit in to the back foot, push knee slightly forward

Keep heel grounded

### Tricep Stretch

Press elbow downward. Chest up



## ITB STRETCH

Cross L leg behind. Push hips toward the L



## SQUAT AND PRESS SHOULDER DOWN

Feet wider, sit butt back and down  
Press shoulder downward



## SIDE STRETCH

Feet wide

Extend arm O/H

Long stretch from the heel, right up to the fingertips



# ATHLETIC

## FORMAT

**LOOK** *Strong, role-modeling great fitness*

**FEEL** *Training to get results*

**COACHING FOCUS** *Excellent cueing with strength and motivation*

### TRACK SELECTION

1 Warmup

3 Step Orientation **ATHLETIC**

4 Peak 1 **ATHLETIC**

5 Mixed Strength

6 Peak 2

7 Step Recovery

10 Peak 3

AC Athletic Circuit **ATHLETIC**

11 Recovery/Conditioning

12 Cooldown/Stretch

### BODYSTEP ATHLETIC – MIXING RELEASES

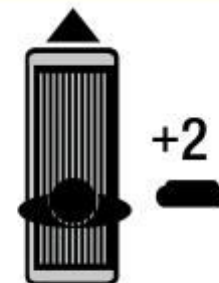
You can teach **TRACK 1 FROM ANY** previous release.

**TRACKS 3, 4 AND 5 MUST BE FROM THE SAME RELEASE** and be from Release 89 onwards. This is because we introduce moves in Track 3 that will be used in Tracks 4 and 5. **TRACKS 6, 7, 10, 11, 12 AND THE ATHLETIC CIRCUIT CAN BE FROM ANY RELEASE.** You choose. You must do the Athletic Circuit after Track 10.

### IN THIS RELEASE...

- The **Athletic Format** must be taught as a whole **ATHLETIC** class
- **Track 3: ATHLETIC** Use Step Orientation Athletic – *50 Ways To Say Goodbye/ Powerful/Golden*
- **Track 4: ATHLETIC** Teach Peak 1 Athletic – *Cool For The Summer*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 10:** Use a weight plate (2.5kg or 5kg max.)
- Use **ATHLETIC CIRCUIT** in place of Tracks 8 and 9
- The **ATHLETIC CIRCUIT** must be taught after Track 10. Use a weight plate (2.5kg or 5kg max)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)



**TRACK FOCUS**

Coach position, rhythm, technique and options of the 3 exercise patterns that you'll do again later in class.

**TEACH ATHLETIC****COME INTO THIS TRACK**

With a game plan, loaded with technique knowledge and options for the moves you're about to teach.

| MUSIC |       |                                   |            | SEQUENCE/EXERCISE |                                                                                                                                          | CTS           | REPS |
|-------|-------|-----------------------------------|------------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------|---------------|------|
| 0:00  | Intro |                                   | 4x8        | A                 | Straddle L                                                                                                                               | 1-4           | 8x   |
| 0:14  | Rep   | <b>Help</b> me help me            | 4x8        | B                 | 6x Down Tap L then R. <i>RA</i><br>Straddle L. <i>RA</i>                                                                                 | 1-12<br>13-16 | 2x   |
| 0:28  | C     | We went <b>down</b>               | 8x8        | B <sup>1</sup>    | <b>6x Propulsive Down Tap Combo</b><br>6x Propulsive Down Tap L then R.<br><i>Alt. RA</i><br>Straddle Jog L. <i>RA</i>                   | 1-12<br>13-16 | 4x   |
| 0:56  | Instr | <b>Goodbye</b>                    | 2x8<br>2x8 |                   | Stop, move to back of step<br> 3x Double Squat Combo | 1-16<br>1-16  |      |
| 1:09  | Rep   | _ Energy, powerful                | 8x8        | C                 | 3x Double Squat Combo L then R                                                                                                           | 1-32          | 2x   |
| 1:37  | Br    | <b>Powerful</b> powerful          | 1x8        |                   | Pause                                                                                                                                    | 1-8           |      |
| 1:40  | Instr | (Dubstep)                         | 8x8        | C <sup>1</sup>    | 3x Single Squat Combo L then R                                                                                                           | 1-16          | 4x   |
| 2:08  | Ref   | _ You and me are golden           | 2x8        |                   | Move to R side of step, on L diagonal                                                                                                    | 1-16          |      |
| 2:18  | Instr |                                   | 4x8        | D                 | Super Slow Burpee                                                                                                                        | 1-16          | 2x   |
| 2:38  | Instr | Let's <b>go</b> (Dubstep)         | 4x8        | D <sup>1</sup>    | Slow Burpee                                                                                                                              | 1-8           | 4x   |
| 2:57  | Ref   | _ You and me are golden           | 2x8        |                   | Pause<br> Slow Side Vault Combo on the last 8 cts    | 1-16          |      |
| 3:07  | Instr | Let's <b>go</b> (Dubstep)         | 4x8        | E                 | Slow Side Vault Combo                                                                                                                    | 1-8           | 4x   |
| 3:26  |       | That's <b>cool</b> but my friends | 1x8        |                   | Stand on top of step                                                                                                                     | 1-8           |      |
| 3:30  | Rep   | <b>Help</b> me help me            | 4x8        | B                 | 6x Down Tap L then R. <i>RA</i><br>Straddle L. <i>RA</i>                                                                                 | 1-12<br>13-16 | 2x   |
| 3:44  | C     | We went <b>down</b>               | 8x8        | B <sup>1</sup>    | <b>6x Propulsive Down Tap Combo</b><br>6x Propulsive Down Tap R then L.<br><i>Alt. RA</i><br>Straddle Jog R. <i>RA</i>                   | 1-12<br>13-16 | 4x   |
| 4:12  | Instr |                                   | 4x8        | A <sup>1</sup>    | Straddle Jog R. <i>RA</i>                                                                                                                | 1-4           | 8x   |
| 4:25  | Outro |                                   | 1x8        |                   | Step R to the floor. <i>Arms out to sides</i>                                                                                            | 1-8           |      |

STRADDLE

Start on top of the step  
Straddle down L, R. RA  
Straddle up L, R. RA  
REPETITIVE PHONETIC CUE: 'Walk down, walk up,  
walk down, walk up'  
Use a visual cue to show the direction to move.  
Natural walking rhythm

1-2  
3-4

6X TAP COMBO

PHONETIC CUE: '6, 5, 4, 3, 2, 1, straddle down  
straddle up '6, 5, 4, 3, 2, 1, straddle down straddle  
up



131416

3X DOUBLE SQUAT COMBO

PHONETIC CUE: 'Squat side, squat over, squat side,  
march back'  
Start behind step  
Double Squat to R side. Bent Raise F  
Double Squat to L side. Hands to thighs  
Double Squat to R side. Bent Raise F  
March behind step R, L, R, L. RA  
Repeat to L side  
Use visual cues to show direction

1-4  
5-8  
9-12  
13-16



1-45-89-12

3X SINGLE SQUAT COMBO

PHONETIC CUE: 'Squat side, over, side, step back,  
side, over, side, step back'  
Start behind step  
Squat to R side. Bicep Raise  
Squat to L side. Hands to thighs  
Squat to R side. Bicep Raise  
Step behind step R, L. Fists to hips  
Repeat to L side  
CUE: 'One Tip Per Rep'  
Feet outside hip-width  
Knees in line with toes  
Butt back & down  
Chest up

1-2  
3-4  
5-6  
7-8



1-23-45-68

SUPER SLOW BURPEE

PHONETIC CUE: 'Hands down, jump back, jump in,  
stand'  
Bend knees, hands to step  
Jump feet back  
Jump feet in  
Stand Tall  
Bend knees heaps, abs braced  
Eye gaze in front of hands

1-4  
5-8  
9-12  
13-16

SLOW BURPEE

PHONETIC CUE: 'Down, back, in stand, down, back,  
in, stand'  
Bend knees, hands to step  
Jump feet back  
Jump feet in  
Stand Tall  
This is your option, whenever we do the Side Vault  
later on

1-2  
3-4  
5-6  
7-8



1-23-45-67-8

# 3 STEP ORIENTATION CONTINUED **ATHLETIC**



SLOW SIDE VAULT

- Left side of the step, body on the diagonal
- Bend knees, *place hands on the step* 1-2
- Side Vault to the L side of the step 3-4
- Side Vault to the R side of the step 5-6
- Stand Tall. *HOH* 7-8

**PHONETIC CUE:** ‘Bend your knees, jump over, jump back, stand tall, bend your knees, jump over, jump back, stand tall’

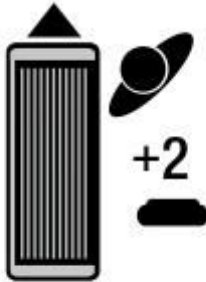
*Bend knees heaps*

*Strong ab brace*

*Chest up*

*Eye gaze in front of hands*





TRACK FOCUS

Phonetically coach the Side Vault Combo. Create vocal contrast when the music drops and again when the music lifts.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong and authoritative.

| MUSIC |       |                            |     | SEQUENCE/EXERCISE |                                                                   | CTS  | REPS |
|-------|-------|----------------------------|-----|-------------------|-------------------------------------------------------------------|------|------|
| 0:00  | Intro |                            | ½x8 |                   | Prepare to move                                                   | 1-4  |      |
| 0:02  | Instr |                            | 8x8 | A                 | Slow Side Vault L                                                 | 1-16 | 4x   |
| 0:29  | C     | _ Take me down             | 4x8 | A¹                | Side Vault L<br>👁️ Side Vault With Jump on last 8 cts             | 1-8  | 4x   |
| 0:43  |       | _ Take me down             | 4x8 | A²                | Side Vault With Jump L                                            | 1-8  | 4x   |
| 0:57  | Br    | Cool for the summer        | ½x8 | B                 | OTT L. HOH                                                        | 1-4  |      |
| 0:59  | Instr |                            | 4x8 | B¹                | Propulsive OTT R then L. Reach Up & Down                          | 1-8  | 4x   |
| 1:13  | Br    | Shh don't tell your mother | 1x8 | B                 | 🔄 OTT R then L. HOH                                               | 1-8  |      |
| 1:17  | V1    | Tell me what you want      | 4x8 | C                 | 6x March On Top R then L. RA<br>👁️ 6x Jog On Top on last 8 cts    | 1-16 | 2x   |
| 1:30  |       | Got my mind on your        | 4x8 | C¹                | 6x Jog On Top R then L. RA                                        | 1-16 | 2x   |
| 1:44  | Instr |                            | 4x8 | D                 | Propulsive Knee Lift R. RA<br>👁️ Side Vault Combo on last 8 cts   | 1-4  | 8x   |
| 1:58  | C     | _ Take me down             | 4x8 | A¹                | 🔄 Side Vault R<br>👁️ Side Vault With Jump on the last 8cts        | 1-8  | 4x   |
| 2:12  |       | _ Take me down             | 4x8 | A²                | 🔄 Side Vault With Jump R                                          | 1-8  | 4x   |
| 2:26  | Br    | Cool for the summer        | ½x8 | B                 | 🔄 OTT R. HOH                                                      | 1-4  |      |
| 2:28  | Instr |                            | 4x8 | B¹                | 🔄 Propulsive OTT L then R. Reach Up & Down                        | 1-8  | 4x   |
| 2:42  | Br    | Shh don't tell your mother | 1x8 | B                 | 🔄 OTT L then R. HOH                                               | 1-8  |      |
| 2:46  | V2    | Tell me if I won           | 4x8 | C                 | 🔄 6x March On Top L then R. RA<br>👁️ 6x Jog On Top on last 8 cts  | 1-16 | 2x   |
| 3:00  |       | Got my mind on your        | 4x8 | C¹                | 🔄 6x Jog On Top L then R. RA                                      | 1-16 | 2x   |
| 3:14  | Instr |                            | 4x8 | D                 | 🔄 Propulsive Knee Lift L. RA<br>👁️ Side Vault Combo on last 8 cts | 1-4  | 8x   |
| 3:27  | C     | _ Take me down             | 4x8 | A¹                | 🔄 Side Vault L<br>👁️ Side Vault With Jump on last 8 cts           | 1-8  | 4x   |
| 3:42  |       | _ Take me down             | 4x8 | A²                | 🔄 Side Vault With Jump L                                          | 1-8  | 4x   |
| 3:56  | Br    | Cool for the summer        | ½x8 | B                 | 🔄 OTT L. HOH                                                      | 1-4  |      |
| 3:58  | Instr |                            | 4x8 | B¹                | 🔄 Propulsive OTT R then L. Reach Up & Down                        | 1-8  | 4x   |
| 4:12  | C     | _ Take me down             | 8x8 | A²                | 🔄 Side Vault With Jump R                                          | 1-8  | 8x   |
| 4:39  | Br    | Cool for the summer        | ½x8 | B                 | 🔄 OTT R. HOH                                                      | 1-4  |      |
| 4:41  | Instr |                            | 4x8 | B¹                | 🔄 Propulsive OTT L then R. Reach Up & Down                        | 1-8  | 4x   |
| 4:55  | Outro | Shh                        | 1-8 |                   | Step L foot forward. Shh hand                                     | 1-8  |      |

**SLOW SIDE VAULT**

Left side of the step, body on the diagonal  
Bend knees, *place hands on the step* 1-4  
Side Vault to the L side of the step 5-8  
Side Vault to the R side of the step 9-12  
Stand tall. *HOH* 13-16

**PHONETIC CUE:** *'Bend your knees, jump over, jump back, stand tall, bend your knees, jump over, jump back, stand tall'*

**Bend knees heaps**  
**Strong ab brace**  
**Chest up**  
**Eye gaze in front of hands**

**SIDE VAULT**

Bend knees, *place hands on the step* 1-2  
Side Vault to the L side of the step 3-4  
Side Vault to the R side of the step 5-6  
Stand Tall. *HOH* 7-8

**PHONETIC CUE:** *'Down, over, back, stand'*

⇓ **OPTION:** Burpee on diagonal



1-2

3-4

5-6

7-8

**SIDE VAULT WITH JUMP**

Bend knees, *place hands on the step* 1-2  
Side Vault to the L side of the step 3-4  
Side Vault to the R side of the step 5  
Power Jump up. *Bent Raise F* 6  
Land with feet slightly apart, knees bent. *Fists to hips* 7-8

**PHONETIC CUE:** *'Down, over, over, jump, land, down, over, over, jump, land'*

Use a strong voice here to cue each component of this combo clearly

⇓ **OPTION:** No Jump



1-2

3-4

5

6

**OTT**

**REPETITIVE PHONETIC CUE:** *'Step up, step down, step up, step down'*

Use energetic vocals to drive the OTTs

**6X MARCH ON TOP**

**REPETITIVE PHONETIC CUE:** *'6, 5, 4, 3, 2, 1 step down, 6, 5, 4, 3, 2, 1 step down'*

Use a calm voice to create contrast

Recovery phase, catch your breath

**PROPULSIVE KNEE LIFT**

**PHONETIC CUE:** *'8, 7, 6, drive upward off your step, 2 more, watch me'*

PREVIEW Side Vault on the last 2 reps

TRACK FOCUS

Coach quick-fire take-offs in the Propulsive Knee Lifts. Set up position to the front of the step in the Triceps combo, technique in the Burpees, and both depth and height in the Weighted Double Squats.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong and authoritative.

| MUSIC |       |                              |     | SEQUENCE/EXERCISE |                                                                                | CTS  | REPS |
|-------|-------|------------------------------|-----|-------------------|--------------------------------------------------------------------------------|------|------|
| 0:00  | Intro | Sssh don't tell your mother  | 5x8 |                   | Set up, prepare to move                                                        | 1-40 |      |
| 0:16  | C     | Go on and save yourself      | 8x8 | A                 | Propulsive Knee Lift L. <i>Blade RA</i>                                        | 1-4  | 16x  |
| 0:44  | Instr | Five four three              | 2x8 | B                 | Set up for Tricep Pushups                                                      | 1-16 |      |
| 0:51  | Instr | One (Dubstep)                | 8x8 | C                 | Tricep Pushup & Jump On Combo                                                  | 1-8  | 8x   |
| 1:18  | Ref   | _ Shh don't tell             | 6x8 |                   | Stand up, recover<br>👁 Burpee & Power Jump Combo on last 8 cts                 | 1-48 |      |
| 1:39  | Rep   | _ Take me down in to         | 8x8 | D                 | Burpee & Power Jump Combo                                                      | 1-8  | 8x   |
| 2:05  | Br    | _ Take me                    | ½x8 |                   | Pause<br>👁 Squat & Jump Combo                                                  | 1-4  |      |
| 2:07  | C     | Down, Take me down           | 4x8 | D¹                | Squat & Jump Combo                                                             | 1-4  | 8x   |
| 2:21  | Instr | _ Ten nine eight             | 6x8 |                   | Recovery. <i>Pick up weight plate</i><br>👁 Weighted Double Squat on last 8 cts | 1-48 |      |
| 2:38  | C     | We could be <b>immortals</b> | 8x8 | E                 | Weighted Double Squat L then R. <i>Weight to chest</i>                         | 1-8  | 8x   |
| 3:05  | Br    | <b>Immortals</b> , five four | 1x8 | F                 | <i>Weight down</i>                                                             | 1-8  |      |
| 3:08  | Instr | One                          | 4x8 | G                 | Speed Tap L then R. <i>Blade RA</i>                                            | 1-2  | 16x  |
| 3:22  | Instr | <b>Immortals</b>             | 6x8 |                   | Recovery                                                                       |      |      |
| 3:42  | C     | Go on and save yourself      | 8x8 | A                 | 🔁 Propulsive Knee Lift R. <i>Blade RA</i>                                      | 1-4  | 16x  |
| 4:10  | Instr | Five four three              | 2x8 | B                 | Set up for Tricep Pushups                                                      | 1-16 |      |
| 4:16  | Instr | One (Dubstep)                | 8x8 | C                 | 🔁 Tricep Pushup & Jump On Combo                                                | 1-8  | 8x   |
| 4:43  | Ref   | _ Shh don't tell             | 6x8 |                   | Stand up, recover<br>👁 Burpee & Power Jump Combo on last 8 cts                 | 1-48 |      |
| 5:04  | Rep   | _ Take me down in to         | 8x8 | D                 | 🔁 Burpee & Power Jump Combo                                                    | 1-8  | 8x   |
| 5:31  | Br    | _ Take me                    | ½x8 |                   | Pause<br>👁 Squat & Jump Combo                                                  | 1-4  |      |
| 5:33  | C     | Down, Take me down           | 4x8 | D¹                | 🔁 Squat & Jump Combo                                                           | 1-4  | 8x   |
| 5:47  | Instr |                              | 6x8 |                   | Recovery. <i>Pick up weight plate</i><br>👁 Weighted Double Squat on last 8 cts | 1-48 |      |
| 6:04  | C     | We could be <b>immortals</b> | 8x8 | E                 | 🔁 Weighted Double Squat R then L. <i>Weight to chest</i>                       | 1-8  | 8x   |
| 6:31  | Br    | <b>Immortals</b> , five four | 1x8 | F                 | <i>Weight down</i>                                                             | 1-8  |      |
| 6:34  | Instr | One                          | 4x8 | G                 | 🔁 Speed Tap L then R. <i>Blade RA</i>                                          | 1-2  | 16x  |
| 6:48  | Outro | <b>Immortals</b>             | 1x8 |                   | Squat L. <i>Blade RA</i>                                                       | 1-8  |      |

TRICEP PUSHUP COMBO

Step forward to the front of the step, *hands to the front of the step, feet back*

Triceps Pushup 1-4

Jump feet onto the step 5-6

Jump feet down to the floor 7-8

**PHONETIC CUE:** ‘Press Down, up, jump up jump down, press down, up, jump up jump down’

Tricep Pushup

Elbows in close to body

**Keep shoulders above elbow height**

⇓ **OPTION:** Hold a Plank position

Jump on then off

**Strong ab brace**

Draw knees in toward chest



SQUAT & JUMP COMBO

Squat down. *Touch palms of hands to the step* 1

Power Jump up. *Reach O/H* 2

Land in Squat position. *Hand set to drop down* 3-4

**PHONETIC CUE:** ‘Squat & jump, squat & jump’

**Bend knees** on the landing of the jump

**Maintain strong ab brace**

Let class know that there are only 8 reps

Count down the last 4 reps



BURPEE & POWER JUMP COMBO

Set up behind the step, knees bent, tip forward from the hips, *hands set low to prepare to touch the step*

Bend knees, *hands on to the step* 1-2

Jump feet back to Plank 3-4

Jump feet in toward step 5

Power Jump up. *Reach O/H* 6

Land in Squat position. *Hand set to drop down* 7-8

**PHONETIC CUE:** ‘Bend knees, jump back, jump in, jump up, bend knees, jump back, jump in, jump up’

**Bend knees** heaps as you place hands on the step – as you jump feet in toward the step – and when you land the Power Jump

**Strong ab brace** in Plank position

**Eye gaze in front of hands** 15-16



WEIGHTED DOUBLE SQUAT

*Hug weight in tight to the chest*

**PHONETIC CUE:** ‘Squat and jump, squat and jump’

Strong ab brace

**Keep chest lifted**

**Sit butt back & down**

Quality Squat, AND Med Propulsive Jump

Use legs to drive upward



SPEED TAP

**PHONETIC CUE:** ‘Tap tap tap tap’

Weight loaded on the floor, toes tap the step lightly

Move side to side

Bend knees and chest lifted

Brace abs and tip forward from the hips slightly



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