



LES MILLS BODYSTEP

PRESENTERS FROM NEW ZEALAND, FRANCE

RELEASE 105 FEATURES

- NEW RESEARCH LES MILLS SPRINT™
- BODY LANGUAGE FOR POWER & PERFORMANCE
- CLASSIC & ATHLETIC CLASS FORMATS

OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

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

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, please try to 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

New Research Les Mills Sprint Body Language For Power & Performance Classic & Athletic Class Formats

TRACK TYPE		ARTIST	
1	WARMUP	My House © 2016 Les Mills Music Licensing Ltd. Written by: Golan, Dillard, Carlsson, Borrero, Hammond	Songs Of A Fool 5:01
2	STEP WARMUP	Keep My Cool © 2016 Les Mills Music Licensing Ltd. Written by: Baqwa, Sandell, Thornfeldt, Severin	Megapixie 2:38
3	STEP ORIENTATION	Don't Be So Hard On Yourself © 2016 Les Mills Music Licensing Ltd. Written by: Barnes, Kelleher, Kohn, Glynn, Hector	Pretentious Rachel 4:00
4	PEAK 1	Today's The Day © 2016 Les Mills Music Licensing Ltd. Written by: Moore, Kurstin	Pixie Yellow 5:04
5	MIXED STRENGTH	Five More Hours © 2016 Les Mills Music Licensing Ltd. Written by: Orrosquieta, Bunetta, Brown, Ryan	Phenomenal People 5:01
6	PEAK 2	Somebody Told Me © 2016 Les Mills Music Licensing Ltd. Written by: Vannucci, Stoermer, Keuning, Flowers	When Great Trees Fall 6:21
7	STEP RECOVERY	We Came To Bang © 2016 Les Mills Music Licensing Ltd. Written by: Clow, Caporaso, Blau	The Mothering Blackness 3:06
8	PARTY STEP	Sax © 2016 Les Mills Music Licensing Ltd. Written by: Michelsen, Erfjord, Purcell, Abraham, East	Variations On The Word Love 5:20
9	SPEED STEP	Ex's & Oh's © 2016 Les Mills Music Licensing Ltd. Written by: Schneider, Bassett	In Tara's Hall 3:43
10	PEAK 3	In The Night © 2016 Les Mills Music Licensing Ltd. Written by: Kotecha, Max, Svensson, Balsha, Payami, Testa	The Love Of Drums 5:35
11	RECOVERY/CONDITIONING	Bang My Head © 2016 Les Mills Music Licensing Ltd. Written by: Karlsson, Lidehall, Pontara, Furler, Rotteve	Twenty White Butterflies 5:50
12	COOLDOWN/STRETCH	Lay It All On Me © 2015 Asylum Records, a division of Warner Music UK, a Warner Music Group Company. Produced under license from Warner Music UK Ltd. Written by: Izadkhan, Rolle, Aggett, Newman, Harris, Sheeran, Dryden, Manson, Petersen, Slater, Wood, Englefield, McElligott	Rudimental feat. Ed Sheeran 3:59
3	STEP ORIENTATION ATHLETIC	On My Way © 2016 Les Mills Music Licensing Ltd. Written by: Al, Pontare, Hedfors, Ingrassio	Loose Unit 2:10
		Bang My Head © 2016 Les Mills Music Licensing Ltd. Written by: Karlsson, Lidehall, Pontara, Furler, Rotteve	Twenty White Butterflies 0:58
		On My Way © 2016 Les Mills Music Licensing Ltd. Written by: Al, Pontare, Hedfors, Ingrassio	Loose Unit 1:04
AC	ATHLETIC CIRCUIT	My House © 2016 Les Mills Music Licensing Ltd. Written by: Golan, Dillard, Carlsson, Borrero, Hammond	Songs Of A Fool 0:45
		Five More Hours © 2016 Les Mills Music Licensing Ltd. Written by: Orrosquieta, Bunetta, Brown, Ryan	Phenomenal People 0:29
		Me & You © 2016 Les Mills Music Licensing Ltd. Written by: Ray, Stephens, Watson	Lost Lovers 4:50
		My House © 2016 Les Mills Music Licensing Ltd. Written by: Golan, Dillard, Carlsson, Borrero, Hammond	Songs Of A Fool 0:14
		Five More Hours © 2016 Les Mills Music Licensing Ltd. Written by: Orrosquieta, Bunetta, Brown, Ryan	Phenomenal People 0:31

BODYSTEP 105 EXPRESS FORMATS

30-MINUTE CLASSIC FORMAT

Track 1	Warmup
Track 2	Step Warmup
Track 3	Step Orientation CLASSIC
Track 4	Peak 1
Track 6	Peak 2
Track 7	Step Recovery
Total Time: 26:10	

30-MINUTE ATHLETIC FORMAT

Track 1	Warmup
Track 3	Step Orientation ATHLETIC
Track 4	Peak 1
Track 5	Mixed Strength
AC	Athletic Circuit
Total Time: 26:07	

45-MINUTE CLASSIC FORMAT

Track 1	Warmup
Track 2	Step Warmup
Track 3	Step Orientation CLASSIC
Track 4	Peak 1
Track 5	Mixed Strength
Track 6	Peak 2
Track 7	Step Recovery
Track 8	Party Step
Track 10	Peak 3
Total Time: 42:06	

45-MINUTE ATHLETIC FORMAT

Track 1	Warmup
Track 3	Step Orientation ATHLETIC
Track 4	Peak 1
Track 5	Mixed Strength
Track 6	Peak 2
Track 7	Step Recovery
AC	Athletic Circuit ATHLETIC
Track 11	Recovery/Conditioning
Total Time: 41:24	

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	L&R	left and right
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	Mark Nu'u
1/2/1	2 counts up, 4 counts hold, 2 counts down	Creative Director	Lisa Osborne
	visual preview or cue	Chief Creative Officer	Dr Jackie Mills
	light option	Program Planner	Tenille Graham
	repeat	Technical Consultant	Bryce Hastings
NEW MOVE	New Move		

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 105



From L-R: Lisa Osborne, Romain Prévédello, Charlotte Fleetwood-Smith, Mark Nu'u

We welcome our tribe to class to the song *My House*, where we warm the body and get a feel for a recurring 360° movement pattern that you'll see in Tracks 1, 3 and 6. The only place that you won't be stepping in this workout is under the step!

Some cool highlights in this release include the chilled vibes and sharp arm-lines in Track 2 to *Keep My Cool*, then the fun feel in Track 3 as we inject a bit of 'Flava' and personal style to your workout in the Step Orientation track.

The 4-Point Jog & Jumping Jack Combo, combined with the uplifting lyrics to *Today's The Day*, gets us feeling empowered as we hit our first cardio peak in this workout.

The Mixed Strength track gets us working deeper into the legs and glutes, then we power onward to Peak 2, with an explosive 360° pattern that gets us into some intense cardio training.

After the weighted Step Recovery track, it's on to our Party Step and Speed Step tracks, which are both bursting at the seams with all things fun and flavoursome!

We soar to new heights in the final cardio peak to an electrifying remix of *In The Night*. The musical and physical highs and lows in this track will drive you to squat, jump, then sprint through to the finish line.

You'll feel strong in the Conditioning track, where we target the triceps, shoulders and the core muscles, before we cool down to *Lay It All On Me*.

For all you BODYSTEP ATHLETIC fans, the bonus Athletic tracks have it all – simplicity, dynamic driving music and explosive energy.

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.

Charlotte Fleetwood-Smith (New Zealand) is a BODYSTEP and BODYATTACK Instructor, based in Auckland.

Romain Prévédello (France) is a BODYSTEP, BODYATTACK, BODYPUMP and CXWORX Instructor and Trainer, a LES MILLS GRIT Series Coach and Trainer and an RPM Instructor. He is also a BORN TO MOVE teacher and a gym manager, based in Toulouse.

NEW RESEARCH: LES MILLS SPRINT

LES MILLS SPRINT is HIIT on a bike.

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

HIIT delivers two specific training benefits:

- Accelerated improvements in fitness
- Rapid changes in body composition

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

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

So why HIIT on a bike?

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

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

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

The team was split into two groups. The control

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

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

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

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

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

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

BODY LANGUAGE FOR POWER & PERFORMANCE

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

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

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

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

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

What does this mean for us as instructors?

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

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

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

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

You are truly creating the Ultimate You.

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

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 & 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, 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
- 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** – *Don't Be So Hard On Yourself*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)

1 WARMUP



TRACK FOCUS

Use clear Visual Cues to show the direction to move to the side, forward and around the step.

TEACH ATHLETIC

COME INTO THIS TRACK

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

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:05	Intro	Open up the	1x8	Prepare to move	1-8	
0:08	Instr		2x8 2x8	Hamstring Curl L then R. <i>HOH</i> Hamstring Curl L then R. <i>Reach F&B</i>	1-4 1-4	4x 4x
0:22	Instr	_ Welcome to my	4½x8	A 2x Step Curl L then R. <i>Reach F&B</i>	1-8	4½x
0:37	C	Welcome to my house	4x8	B March R, L F&B. <i>RA</i>	1-8	4x
0:50	Rep	_ Welcome to my	4x8	C Walk Around Sequence Walk clockwise R, L around the step. <i>RA</i> March R, L behind the step. <i>RA</i> ST R then L x4. <i>Open & clap</i>	1-8 9-16 17-32	
1:04	V1	_ Hear a knock	8x8	D 7x Repeater Knee Lift R then L. <i>RA</i>	1-32	2x
1:31	PC	You gotta stay in	4x8	E Step Lunge R then L. <i>HOH</i>	1-16	2x
1:45	Instr	Welcome to my house	4½x8	A 2x Step Curl R then L	1-8	4½x
2:00	C	Welcome to my house	4x8	B March L, R F&B. <i>RA</i>	1-8	4x
2:14	Rep	_ Welcome to my	4x8	C Walk Around Sequence – anticlockwise	1-32	
2:27	V2	_ Hear a knock	8x8	D 7x Repeater Knee Lift L then R	1-32	2x
2:55	PC	You gotta stay in	4x8	E Step Lunge L then R	1-16	2x
3:08	Instr	Welcome to my house	4½x8	A 2x Step Curl L then R	1-8	4½x
3:24	C	Welcome to my house	4x8	B March R, L F&B. <i>RA</i>	1-8	4x
3:37	Rep	_ Welcome to my	4x8	C Walk Around Sequence – clockwise	1-32	
3:51	Instr	(Dubstep)	4x8 4x8	F Active Calf Stretch Sequence R Active Calf Stretch Sequence L	1-32 1-32	
4:18	Br	_ Hey hey	½x8	2x ST R. <i>HOH</i>	1-4	
4:20	C	Welcome to my house Welcome to my house	4x8 4x8	A 2x Step Curl L then R B March L, R F&B. <i>RA</i>	1-8 1-8	4x 4x
4:47	Rep	_ Welcome to my	4x8	C Walk Around Sequence – anticlockwise	1-32	

HAMSTRING CURL

CUE: 'Heel to butt'

Warm up the back of the legs

STEP TOUCH

PHONETIC CUE: 'Step right, step left, step right, step left'

Maintain strong posture

Abs braced, chest up, shoulders back and down

2X STEP CURL

PHONETIC CUE: 'Step across, lift your heel, step across, lift your heel'

Use a Visual Cue to show which way to move

Move across, away from the step, so that you have a clear path for the upcoming walk F then B

MARCH F&B

PHONETIC CUE: 'Walk forward, walk back, walk forward, walk back'

Use a Visual Cue to show that you want your class to move forward

WALK AROUND SEQUENCE

CUE: 'Walk forward and around, march behind your step'

Visual Cue to show that you move forward, then around the step. Use another Visual Cue to HOLD the march BEHIND the step.

Then use another Visual Cue to show the direction of the Step Touch



7X REPEATER KNEE LIFT

7x Repeater Knee Lift R. RA

1-14

Step down L. R. RA

15-16

Repeat to the other side

17-32

PHONETIC CUE: '7, 6, 5, 4, 3, 2, 1, change legs, 7, 6, 5, 4, 3, 2, 1, change legs'

Weight over the step

Toes lightly to the floor

Front knee out

Chest up

STEP LUNGE

Step R onto step. HOH

1-2

Lunge down. HOH

3-4

Lunge up. HOH

5-6

Step R foot to the floor. HOH

7-8

Repeat to the other side

PHONETIC CUE: 'Step, lunge, up, change legs, step, lunge, up, change legs'

Long step onto the step

Front knee out

Back heel up

2nd Set:

Body upright

Drop straight down then up

ACTIVE CALF STRETCH

L foot on the step, R foot on the floor

Lift R heel up. Bent Raise F

1-2

Press R heel down. Fists to hips

3-4

PHONETIC CUE: 'Heel up, heel down, heel up, heel down'

Chest stays over the step

Lift the heel, then press your heel to the floor

2 STEP WARMUP



TRACK FOCUS

Coach foot placement in the various tap patterns. In the combo, count down the 3 Taps and then use a Visual Cue to HOLD the Basic Step to the center. In the last chorus, remind the class that there's always 3 Taps, then let them count on their own, and connect the rhythm to the music.

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	Intro				
	Cool cool cool	2x8	A Up Tap L then R. <i>RA</i> (To center)	1-8	2x
		2x8	A ¹ Up Tap L then R. <i>RA</i> (To sides of the step)	1-8	2x
			👁️ Next move on the last 4 cts		
	You gotta stay in	2x8	A ² Down Tap L then R. <i>RA</i>	1-8	2x
0:21	V1				
	Girl , you know	4x8	B Basic Step L. <i>RA</i>	1-4	8x
0:36	PC				
	You got them sun	2x8	A 🔄 Up Tap L then R. <i>RA</i> (To center)	1-8	2x
	If I act the fool	2x8	A ¹ 🔄 Up Tap L then R. <i>RA</i> (To sides of the step)	1-8	2x
			👁️ Down Tap on the last 4 cts		
0:52	Rap				
	_ So fresh and so	2x8	C 3x Down Tap Setup		
			Down Tap L, then R, then L. <i>RA</i>	1-12	
			1x Basic Step R. <i>RA</i>	13-16	
0:59	C				
	Keep my cool	4x8	C ¹ 3x Down Tap Combo R then L		
			<i>Open flexed hand to side</i>	1-32	2x
1:30	V2				
		4x8	B 🔄 Basic Step R	1-4	8x
1:45	PC				
	You got them sun	2x8	A 🔄 Up Tap R then L (To center)	1-8	2x
	If I act the fool	2x8	A ¹ 🔄 Up Tap R then L (To sides of the step)	1-8	2x
			👁️ Down Tap on the last 4 cts		
1:59	Rap				
	_ So fresh and so	2x8	C 🔄 3x Down Tap Setup R	1-16	
2:07	C				
	Keep my cool	8x8	C ¹ 🔄 3x Down Tap Combo L then R	1-32	4x

UP TAP

PHONETIC CUE: 'Up tap, change legs, up tap, change legs'
Use a Visual Cue to show the alternating foot pattern

UP TAP (TO THE SIDE)

CUE: 'Up tap, step across, up tap, step across'
Body square to the front

DOWN TAP

CUE: 'Tap the floor, change sides, tap the floor, change sides'
Bend supporting knee to tap toes to the floor

BASIC STEP

PHONETIC CUE: 'Walk up, walk down, walk up, walk down'
Whole foot on the step
Natural walking rhythm

3X DOWN TAP SETUP

PHONETIC CUE: '3, 2, 1, Basic Step HOLD'
Use a Visual Cue to HOLD the Basic Step
Then cue 'With the arms'

3X DOWN TAP COMBO

Down Tap R, L, R. *Open flexed hand to side* 1-12
1x Basic Step R. *RA* 13-16
Repeat to the other side 17-32
PHONETIC CUE: '3, 2, 1, Basic Step, 3, 2, 1, Basic Step'

Use a Visual Cue to HOLD the Basic Step
Keep the **body square** and posture strong by **bracing the abs**. Use clean precise arm-lines, with a flexed hand



3 STEP ORIENTATION CLASSIC

+2



TRACK FOCUS

Use a clear Visual Cue, and tell your class to 'walk this way' as you walk around the step. When you see success on the floor, have some fun and inject a bit of your own flava as you walk around the step.

TEACH FLAVA

COME INTO THIS TRACK

With great energy, happy and lighthearted.

		MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	_ Hey	4x8	A 3x Repeater Knee Lift L then R. <i>RA</i> Next move on the last 8 cts	1-16	2x
0:13		_ oh ah ah ah	8x8	A' Ricochet L then R. <i>RA</i>	1-16	4x
0:43	Rep	Cause I'm just tired of Won't let my heart	2x8	B Hamstring Curl L then R. <i>Open & clap</i> <i>O/H then F</i>	1-8	2x
			2x8	B' Propulsive Hamstring Curl L then R. <i>Open & clap</i> <i>O/H then F</i>	1-8	2x
0:57	Instr	_ Hey	2x8	A 3x Repeater Knee Lift L then R. <i>RA</i> Next move on the last 8 cts	1-16	
			2x8	A' Ricochet L then R. <i>RA</i>	1-16	
1:12	V1	I came here with	8x8	C Ricochet & Basic Step Combo L then R Next move on the last 16 cts	1-32	2x
1:41	C	Don't be so hard	8x8	C' Ricochet & Walk Around Combo L then R	1-32	2x
2:10	Rep	'Cause I'm just tired of	4x8	B' Propulsive Hamstring Curl L then R	1-8	4x
2:24	Instr		2x8	A 3x Repeater Knee Lift L then R Next move on the last 8 cts	1-16	
			2x8	A' Ricochet L then R	1-16	
2:39	V2	I'm standing on top	8x8	C Ricochet & Basic Step Combo Next move on the last 16 cts	1-32	2x
3:08	C	Don't be so hard	8x8	C' Ricochet & Walk Around Combo	1-32	2x
3:38	Rep	'Cause I'm just tired of	4x8	B' Propulsive Hamstring Curl L then R	1-8	4x
3:52	Outro	Don't be so hard	½x8	L-Step L <i>Slowly sweep R arm out to the side</i>	1-3 4	

3X REPEATER KNEE LIFT

PHONETIC CUE: '3, 2, 1, change sides, 3, 2, 1, change sides'

Use a Visual Cue to show placement of the Repeater, and to change sides

Preview: 'Watch my feet... the Ricochet'

Body on a 45-degree angle

Body weight over the step

Tap toes lightly to the floor

RICOCHET

PHONETIC CUE: 'Knee, tap over, knee, change sides, knee, tap over, knee, change sides'

Body on a 45-degree angle

↻ **OPTION:** 3x Repeater Knee Lift

RICOCHET & BASIC STEP COMBO

Ricochet L. RA 1-8

2x Basic Step R. RA 9-16

Repeat to the other side 17-32

PHONETIC CUE: 'Knee, tap over, knee, Basic Step HOLD (Visual Cue to HOLD). Knee, tap over, knee, Basic Step HOLD (Visual Cue to HOLD)'

PREVIEW for the 360-degree Walk Around: Use a Visual Cue to HOLD the class on the Basic Steps as you preview the Walk Around The Step

↻ **OPTION:** 3x Repeater Knee Lift & Basic Step

RICOCHET & WALK AROUND COMBO

Ricochet L. RA 1-8

Walk 360-degrees clockwise around the step.

RA 9-16

Repeat to the other side 17-32

PHONETIC CUE: 'Knee, tap over, knee, walk around'

Use a Visual Cue to show the direction to walk around.

In the second set, let loose and encourage your class to have a bit of fun as they walk around the step. This will help to add a bit of flava to the track

↻ **OPTION:** 3x Repeater Knee Lift & Walk Around



PROPULSIVE HAMSTRING CURL

PHONETIC CUE: 'Lift your heel, change sides, lift your heel, change sides'

Roll through the foot and push off the step

Use this section to lift the energy in the track with feel good Motivational Cues

↻ **OPTION:** No propulsion

4 PEAK 1 CLASSIC

SMARTSTART



TRACK FOCUS

Use clear and uncluttered phonetic cues to coach the 4 Point Jog. Once set up, coach intensity in the combo by getting people to flick their heels toward their butt.

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
0:00	Intro	I'm a say , today's	1x8	Prepare to move	1-8	
0:03	Instr		4x8	A Knee Lift L then R. <i>RA</i> (To center) Next move on the last 4 cts	1-8	4x
0:17	C	Today's the day	4x8	A ¹ Propulsive Knee Lift L then R. <i>RA</i> (To center) Next move on the last 4 cts	1-8	4x
0:31	Rep	I'm a say , today's	4x8	A ² Propulsive Knee Lift L then R. <i>Punch O/H</i> (To corners)	1-8	4x
0:45	Instr		2x8	B Bounce L&R on the floor. <i>Relaxed Arms</i> Next move on the last 8 cts	1-2	8x
0:52	V1	_ I've spent enough	4x8	C 4x Jog On Top L. <i>RA</i> Next move on the last 8 cts	1-8	4x
1:06	PC	But you could watch me	4x8	C ¹ 4-Point Jog L. <i>RA</i> Next combo on the last 8 cts	1-8	4x
1:20	C	Today's the day	8x8	C ² 4-Point Jog & Jumping Jack Combo L	1-8	8x
1:48	Br	No no no no no	1/2x8	A Knee Lift L	1-4	
1:50	Instr		4x8	A ¹ Propulsive Knee Lift R then L Next move on the last 4 cts	1-8	4x
2:04	Rep	I'm a say , today's	4x8	A ² Propulsive Knee Lift R then L	1-8	4x
2:17	Instr		2x8	B Bounce R&L on the floor Next move on the last 8 cts	1-2	8x
2:24	V2	_ I used to want to	4x8	C 4x Jog On Top R Next move on the last 8 cts	1-8	4x
2:38	PC	I get so vicious	4x8	C ¹ 4-Point Jog R Next combo on the last 8 cts	1-8	4x
2:52	C	Today's the day	8x8	C ² 4-Point Jog & Jumping Jack Combo R	1-8	8x
3:21	Br	No no no no no	1/2x8	A Knee Lift R	1-4	
3:23	Instr		4x8	A ¹ Propulsive Knee Lift L then R Next move on the last 4 cts	1-8	4x
3:37	Rep	I'm a say , today's	4x8	A ² Propulsive Knee Lift L then R	1-8	4x
3:51	Instr		2x8	B Bounce L&R on the floor Next combo on the last 8 cts	1-2	8x
3:58	C	Today's the day	8x8	C ² 4-Point Jog & Jumping Jack Combo L	1-8	8x
4:26	Br	No no no no no	1/2x8	A Knee Lift L	1-4	
4:28	Instr		4x8	A ¹ Propulsive Knee Lift R then L Next move on the last 4 cts	1-8	4x
4:42	Rep	I'm a say , today's	4x8	A ² Propulsive Knee Lift R then L	1-8	4x
4:56	Outro		1x8	Feet apart. <i>Circle R arm O/H</i>	1-8	

KNEE LIFT

PHONETIC CUE: 'Right foot on, left foot on, right foot on, left foot on'

Use Visual Cues to show the alternating foot pattern
Knee to hip level

PROPULSIVE KNEE LIFT

CUE: 'Add a jump'

Lead with the heel

Roll through the foot

Push off the toe

Soft knee on the landing

PROPULSIVE KNEE LIFT (TO THE CORNER)

CUE: 'To the corners'

Use uplifting Motivational Cues here

BOUNCE ON THE FLOOR

Visual Cue to HOLD the class on the floor

CUE: 'Hold and bounce. Keep bouncing, watch my feet' (Preview the 4x Jog On Top)

4X JOG ON TOP

PHONETIC CUE: '4, 3, 2, 1, walk on the floor, 4, 3, 2, 1, walk on the floor'

Flick your heels toward your butt

4-POINT JOG

Jog L onto the step. *RA* 1

Step down R, L to the floor. *RA* 2-3

Jog R onto the step. *RA* 4

March L, R, L, R on the floor. *RA* 5-8

PHONETIC CUE: 'Up down down up, walk on the floor, up down down up, walk on the floor'

Flick heels toward the butt

4-POINT JOG & JUMPING JACK COMBO

Jog L onto the step. *RA* 1

Step down R, L to the floor. *RA* 2-3

Jog R onto the step. *RA* 4

March L, R on the floor. *RA* 5-6

Jumping Jack. *Reach O/H then to hips* 7-8

PHONETIC CUE: 'Up down down up, (space), jack, up down down up, (space), jack'

Bend your knees in the Jack

Toes and Knees turned out slightly

Increase Intensity: Flick your heels higher toward your butt

PHONETIC CUE FOR THE 3RD CHORUS: 'RUN down down RUN, (space), jack, RUN down down RUN, (space), jack'



1



2



3



4



6



7



8

5 MIXED STRENGTH



TRACK FOCUS

In the Jump Squats, coach the class to bend their knees on both landings, then to squeeze their glutes to push them up out of the Squat.

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	Five more hours	1x8	Prepare to move	1-8
0:03	Instr		4x8	A Double Squat Pulse & March Combo L then R 👁️ Next move on the last 8 cts	1-16 2x
0:17	Rep	This right here is my	8x8	A ¹ Side & Top Squat Combo L then R	1-16 4x
0:46	Instr		4x8	B Drop Squat L then R. <i>Blade RA</i>	1-8 4x
1:00	V1	_ What you want to do	1x8 3x8	C 4x March On Top L C ¹ 4x Wide March On Top L. <i>RA</i> 👁️ Next move on the last 8 cts	1-8 1x 1-8 3x
1:14	PC	Even when we're apart	4x8	C ² Jump Squat On Top & March Combo L 👁️ Next move on the last 8 cts	1-8 4x
1:28	Rep	This right here is my	8x8	C ³ Jump Squat On & Off The Step	1-8 8x
1:58	QC	This right here is my	8x8	A 🔄 Double Squat Pulse & March Combo L then R 👁️ Next combo on the last 8 cts	1-16 4x
2:12	C	This right here is my	8x8	A ¹ 🔄 Side & Top Squat Combo L then R	1-16 4x
2:40	Br		½x8	B 🔄 Drop Squat L	1-4
2:42	Instr		4x8	B 🔄 Drop Squat R then L	1-8 4x
2:56	V2	_ How you wanna feel baby	1x8 3x8	C 🔄 4x March On Top R C ¹ 🔄 4x Wide March On Top R 👁️ Next combo on the last 8 cts	1-8 1x 1-8 3x
3:11	PC	This right here is my	4x8	C ² 🔄 Jump Squat On Top & March Combo R 👁️ Next move on the last 8 cts	1-8 4x
3:25	Rep	This right here is my	8x8	C ³ 🔄 Jump Squat On & Off The Step R	1-8 8x
3:54	QC	This right here is my	4x8	A 🔄 Double Squat Pulse & March Combo R then L 👁️ Next combo on the last 8 cts	1-16 2x
4:08	C	This right here is my	8x8	A ¹ 🔄 Side & Top Squat Combo R then L	1-16 4x
4:36	Br		½x8	B 🔄 Drop Squat R	1-4
4:38	Instr		4x8	B 🔄 Drop Squat L then R	1-8 4x
4:53	Outro	Five more hours	1x8	Hold Drop Squat L Slowly rise out of the Squat. <i>RA</i> Point L	1-4 5-7 8

DOUBLE SQUAT PULSE & MARCH COMBO

Double Squat Pulse L. *Bent Raise F* 1-4
 March R, L, R, L behind the step. *RA* 5-8
 Repeat to the other side 9-16

PHONETIC CUE: 'Squat, squat, march across, squat, squat, march across'

Use Visual Cues to assist to HOLD the 2 Squats, and the direction of the March Across
Feet outside hip width



4X MARCH ON TOP

PHONETIC CUE: '4, 3, 2, 1, march on the floor, 4, 3, 2, 1, march on the floor'

Use a Visual Cue to HOLD on top of the step, and to show that the feet go wide

JUMP SQUAT ON TOP & MARCH COMBO

Jump Squat On Top. *Bent Raise F* 1-2
 Squat Up. *Fists to hips* 3-4
 March R, L, R, L behind the step. *RA* 5-8

PHONETIC CUE: 'Sit, stand, march on the floor, sit, stand, march on the floor'

Emphasise the 'STAND' part of the combo
Bend knees on the landing



SIDE & TOP SQUAT COMBO

Drop Squat L. *Bent Raise F* 1-2
 Top Squat. *Hands To Thighs* 3-4
 March R, L, R, L behind the step. *RA* 5-8
 Repeat to the other side 9-16

PHONETIC CUE: 'Side, top, march on the floor, side, top, march on the floor'

Knees in line with toes

Sit the **butt back and down**

Chest up

Improve the move - bend knees and sit deeper to work your legs and glutes more

⇓ **OPTION:** Double Squat Pulse & March Combo



JUMP SQUAT ON & OFF THE STEP

Jump Squat On Top. *Bent Raise F* 1-2
 Squat Up. *Fists to hips* 3-4
 Jump Squat to the floor. *Bent Raise F* 5-6
 Squat Up. *Fists to hips* 7-8

PHONETIC CUE: 'Jump on, jump off, jump on, jump off'

Bend knees on BOTH landings

Butt no lower than knee level

⇓ **OPTION:** Stagger the landings on and off the step
 2nd time through:

Improve the move - **squeeze the glutes** as you stand. Use your glutes to push you up out of the Squat



DROP SQUAT

PHONETIC CUE: 'Sit, stand, sit, stand'

Reminder - **Knees in line with toes**, sit low, **chest up**

⇓ **OPTION:** No-impact Squat

6 PEAK 2



TRACK FOCUS

In the Quarter-Turn Knee Lift, make it clear that each Knee Lift rotates a quarter turn and moves forward, creating a full 360-degree rotation around the step. You may want to pause the music and quickly preview this before the track starts, for the first few times you teach this release.

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	Bring it back down	1x8	Prepare to move	1-8
0:02	Instr		8x8 A	4x Knee Lift & Shuffle OTS L. <i>RA</i> 👁️ Next combo on the last 32 cts	1-32 2x
0:30	C	Somebody told me	8x8 A'	Quarter-Turn Knee Lift & Shuffle Combo L	1-32 2x
0:58	Br		½x8 B	ATT L. <i>HOH</i>	1-4
1:00	Rep	Bring it back down	4x8 B'	ATT Power Jump R then L. <i>Bent Raise F</i>	1-8 4x
1:14	V1	Breakin' my back	4x8 C	6x March Across The Step R then L. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2x
1:28	Ref	Bring it back down	8x8 C'	Double Top Squat R then L	1-16 4x
1:56	PC	Bring it back down	4x8 A	🔊 4x Knee Lift & Shuffle OTS R	1-32
2:09	C	Somebody told me	8x8 A'	🔊 Quarter-Turn Knee Lift & Shuffle Combo R	1-32 2x
2:37	Br		½x8 B	🔊 ATT R. <i>HOH</i>	1-4
2:39	Rep	Bring it back down	4x8 B'	🔊 ATT Power Jump L then R	1-8 4x
2:53	V2	Ready let's roll	4x8 C	🔊 6x March Across The Step L then R 👁️ Next move on the last 8 cts	1-16 2x
3:07	Ref	Bring it back down	8x8 C'	🔊 Double Top Squat L then R	1-16 4x
3:34	PC	Bring it back down	4x8 A	🔊 4x Knee Lift & Shuffle OTS L	1-32
3:48	C	Somebody told me	8x8 A'	🔊 Quarter-Turn Knee Lift & Shuffle Combo L	1-32 2x
4:16	Br		½x8 B	🔊 ATT L. <i>HOH</i>	1-4
4:18	Rep	Bring it back down	4x8 B'	🔊 ATT Power Jump R then L	1-8 4x
4:32	Instr		2x8	Stop, transition to the floor for Pushup 👁️ Next combo in the last 8 cts	1-16
4:39	Rep	Bring it back down	8x8	Side Climber & Pushup Combo L then R	1-16 4x
5:06	Br		½x8	Jump feet in toward the step	1-2
5:09	Instr		1x8	Stand up	3-4
			1x8	Move to the L side of the step	1-8
				Shuffle OTS	1-8
5:16	PC	Bring it back down	4x8 A²	4x Propulsive Knee Lift & Shuffle OTS R	1-32
5:30	C	Somebody told me	8x8 A'	🔊 Quarter-Turn Knee Lift & Shuffle Combo R	1-32 2x
5:57	Br		½x8 B	🔊 ATT R. <i>HOH</i>	1-4
5:59	Rep	Bring it back down	4x8 B'	🔊 ATT Power Jump L then R	1-8 4x
6:13	Outro		½x8	Leap L onto the step. <i>Point R O/H</i>	1-4

4X KNEE LIFT & SHUFFLE OTS

4x Knee Lift L. RA 1-16
 Shuffle L, R x8 on the floor. RA 17-32
PHONETIC CUE: '4, 3, 2, 1 hold and shuffle'
 Use a Visual Cue to HOLD the Shuffle OTS
 Note: Last set is a Propulsive Knee Lift

QUARTER-TURN KNEE LIFT & SHUFFLE COMBO

4x Propulsive Quarter-Turn Knee Lift L (anticlockwise). RA 1-16
 Shuffle L, R x8 on the floor. RA 17-32
PHONETIC CUE: 'Quarter turn, quarter-turn, quarter-turn, quarter-turn, hold and shuffle'
 Make it clear that the 4 Knee Lifts move in the same direction: FORWARD
 The **4 Knee Lifts** make a full 360-degree rotation around the step. Jump and **release the heel** on every Knee Lift
 Improve the move: Make each Knee Lift **EXPLODE** off the step
 Option: No Quarter-Turn



ATT POWER JUMP

Power Jump ATT R. Bent Raise F 1-2
 Step down R, L, bend knees and sit low. 3-4
 Fists to hips 5-8
 Repeat to the other side
PHONETIC CUE: 'Across, sit low, across, sit low'
 Be explosive
Drive upward and across with power, then **bend knees and sit low** on the landings
Keep chest lifted as you sit low
 ↳ **OPTION:** Low ATT

6X MARCH ACROSS THE STEP

PHONETIC CUE: '6, 5, 4, 3, 2, 1, step down, 6, 5, 4, 3, 2, 1, step down'
 Use a Visual Cue to show the direction to travel

DOUBLE TOP SQUAT

Step up R, L. Bent Raise F then fists to hips 1-2
 Squat down, up, then down. Hands to thighs 3-5
 Hop to L foot, R foot lifted. Fists to hips 6
 Step down R to R side. Bent Raise F 7
 Tap L to the floor. Fists to hips 8



SIDE CLIMBER & PUSHUP COMBO

In Plank position, feet slightly apart
 Jump feet toward L corner of the step (R knee toward L elbow) 1-2
 Jump feet back to Plank position 3-4
 Pushup 5-8
 Repeat to the other side 9-16



7 STEP RECOVERY



+1

Weight Plate
2.5kg or 5kg



TRACK FOCUS

Coach the placement of the Taps, then the down-up movement of the one-legged Squat. Finally, coach the slight tip forward from the hips (with abs braced) to bring the glutes and lower back into the workout.

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		4½x8	Set up on top of the step, close to the back. <i>Weight held to chest</i> Explain that the class will be tapping to the back, to the side, and to the front of the step	1-36
0:16	V1	Can you hear me This can be the moment	4x8 A 4x8 A¹	Slow Tap Combo L Tap Combo L  Press weight F on the last 4 cts	1-32 1-16 1x 2x
0:46	C	Walk like a model	8x8 A²	Weighted Tap Combo L	1-16 4x
1:14	Rep	Walk like a model	4x8 B	Repeater Sequence L	1-32
1:30	Instr		4x8	Recover, then set up for the other side	1-32
1:45	V2	Can you hear me This can be the moment	4x8 A 4x8 A¹	 Slow Tap Combo R  Tap Combo R  Press weight F on the last 4 cts	1-32 1-16 1x 2x
2:14	C	Walk like a model	8x8 A²	 Weighted Tap Combo R	1-16 4x
2:44	Rep	Walk like a model	4x8 B	 Repeater Sequence R	1-32
2:59	Outro		1x8	Step Back off the step, shake out	1-8

SLOW TAP COMBO

Squat, Tap L to back. <i>Weight held to chest</i>	1-4
Squat up, Tap L to step. <i>Weight held to chest</i>	5-8
Squat, Tap L to side. <i>Weight held to chest</i>	9-12
Squat up, Tap L to step. <i>Weight held to chest</i>	13-16
Squat, Tap L to front. <i>Weight held to chest</i>	17-20
Squat up, Tap L to step. <i>Weight held to chest</i>	21-24
Squat, Tap L to side. <i>Weight held to chest</i>	25-28
Squat up, Tap L to step. <i>Weight held to chest</i>	29-32
PHONETIC CUE: 'Tap back, center, tap side, center, tap front, center, tap side, center'	

TAP COMBO

Squat, Tap L to back. <i>Weight held to chest</i>	1-2
Squat up, Tap L to step. <i>Weight held to chest</i>	3-4
Squat, Tap L to side. <i>Weight held to chest</i>	5-6
Squat up, Tap L to step. <i>Weight held to chest</i>	7-8
Squat, Tap L to front. <i>Weight held to chest</i>	9-10
Squat up, Tap L to step. <i>Weight held to chest</i>	11-12
Squat, Tap L to side. <i>Weight held to chest</i>	13-14
Squat up, Tap L to step. <i>Weight held to chest</i>	15-16
PHONETIC CUE: 'Tap back, side, front, side, back, side, front, side'	

WEIGHTED TAP COMBO

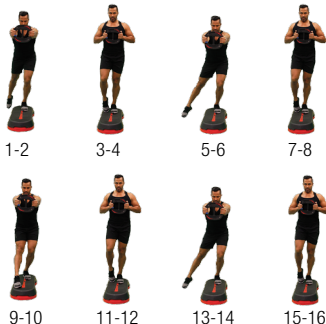
Squat, Tap L to back. <i>Press weight F</i>	1-2
Squat up, Tap L to step. <i>Pull weight into chest</i>	3-4
Squat, Tap L to side. <i>Press weight F</i>	5-6
Squat up, Tap L to step. <i>Pull weight into chest</i>	7-8
Squat, Tap L to front. <i>Press weight F</i>	9-10
Squat up, Tap L to step. <i>Pull weight into chest</i>	11-12
Squat, Tap L to side. <i>Press Weight F</i>	13-14
Squat up, Tap L to step. <i>Pull Weight into chest</i>	15-16

PHONETIC CUE: 'Back, side, front, side'

Bring attention to the **supporting leg, it's a one-legged Squat**

Slight tip from the hip as you Squat

Chest up
Squeeze upper back muscles as you pull the weight in toward the chest



REPEATER SEQUENCE

4x Repeater Tap L. <i>Weight held to chest</i>	1-8
4x Repeater Tap L. <i>Press weight down, then raise O/H</i>	9-16
8x Repeater Tap L. <i>Hold weight O/H</i>	17-32

CUE: 'Lift your knee, Repeater'

Bend front knee

Knee in line with toes

Back heel off the floor

Chest up

Count down the last 4 reps



17-32

8 PARTY STEP



TRACK FOCUS

To get the feel of the T-Step, relax a little and think loose on the outside, but strong on the inside. Once you see success on the floor, use imagery cues that will get your class to move the way you'd like to see them move. For example, 'Cross your arms like a bouncer at a night club.'

TEACH FLAVA

COME INTO THIS TRACK

Excited, re-energized and buzzing.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	Hold tight , lean back	1x8	Prepare to move	1-8	
0:03	Instr		4x8 A	3x Knee Lift T-Step L. <i>RA</i>	1-16	2x
0:17	Rep	Get loose , lean back	4x8 A ¹	3x Knee Lift T-Step L. <i>Snap fingers</i>	1-16	2x
0:31	C	Get loose , get right	4x8 A ²	3x Knee Lift T-Step L. <i>Swag snap fingers</i>	1-16	2x
0:45	Instr		2x8 B	Down Tap L then R. <i>RA</i>	1-8	2x
			2x8 B ¹	👁️ Next move on the last 4 cts Cha-cha-cha L then R. Natural arms	1-8	2x
0:59	V1	I met a boy last week	1x8 C	4x March On Top L. <i>RA</i>	1-8	1x
			3x8 C ¹	4x Wide March On Top L. <i>RA</i> 👁️ Next combo on the last 8 cts	1-8	3x
1:15	Rep	Get loose , get right	4x8 C ²	Jump Squat Combo L	1-8	4x
1:29	PC	Baby baby I've been	9x8 D	3x Knee Lift T-Step & Jump Squat Combo L then R	1-32	2½x
2:01 2:14	Instr	Get loose , lean back	4x8 B ¹	🔊 Cha-cha-cha R then L	1-8	4x
			4x8 B ²	Lower Cha-cha-cha R then L. <i>Triple push down</i>	1-8	4x
2:29	V2	I met a dude last week	1x8 C	🔊 4x March On Top R	1-8	1x
			3x8 C ¹	🔊 4x Wide March On Top R 👁️ Next combo on the last 8 cts	1-8	3x
2:43	Rep	Get loose , get right	4x8 C ²	🔊 Jump Squat Combo R	1-8	4x
2:57	PC	Baby baby I've been	9x8 D	🔊 3x Knee Lift T-Step & Jump Squat Combo R then L	1-32	2½x
3:29	Instr		4x8 B ¹	🔊 Cha-cha-cha L then R	1-8	4x
			4x8 B ²	🔊 Lower Cha-cha-cha L then R.	1-8	4x
3:58	Ref	No fancy cars	4x8 D ¹	3x Knee Lift T-Step & Jump Squat Combo L then R (Small ROM)	1-32	
4:12	PC	Get loose , get right	9x8 D	🔊 3x Knee Lift T-Step & Jump Squat Combo L then R	1-32	2½x
4:44 4:58	Instr	Get loose , lean back	4x8 B ¹	🔊 Cha-cha-cha R then L	1-8	4x
			4x8 B ²	Lower Cha-cha-cha R then L.	1-8	4x
5:13	Outro	Play that sax	½x8	Jump Squat onto the step. <i>Hands to thighs</i> Squat Up. <i>Arms crossed</i>	1-2 3-4	

3X KNEE LIFT T-STEP

Step L to step, then lift R knee. *RA* 1-2
 Step R to R side, then lift L knee. *RA* 3-4
 Step L to step, then lift R knee. *RA* 5-6
 Step R, L to the back of the step. *RA* 7-8
 Repeat to the other side 9-16

PHONETIC CUE: 'Up, side, up, change sides, up, side, up, change sides'

Use a Visual Cue to show the direction to move
 Make it clear that it's just 3 single Knee Lifts

3X KNEE LIFT T-STEP WITH SNAP FINGERS

PHONETIC CUE: 'Snap, snap, snap. Snap, snap, snap'

Snap fingers each time your knee lifts, on counts 2, 4 & 6

3X KNEE LIFT T-STEP WITH SWAG SNAP FINGERS

PHONETIC CUE: 'Sway, sway, sway. Sway, sway, sway'

Swing bent arm forward and snap fingers each time you lift your knee, on counts 2, 4 & 6

Be a little **loose on the outside**, but **strong and braced through the core**

DOWN TAP

PHONETIC CUE: 'Down tap, change sides, down tap, change sides'

Use a Visual Cue to show the direction to move

Body square to the front

Bend supporting knee to sit lower

CHA-CHA-CHA

PHONETIC CUE: 'Cha-cha-cha, change sides, cha-cha-cha, change sides'

LOWER CHA-CHA-CHA

Bend supporting knee to **sit lower**

Brace abs and tip forward from the hips

Chest up

Relaxed **wax on, wax off low hand circles**

The feel is party mode – relaxed, laughs – allowing class to express freedom of movement

4X MARCH ON TOP

PHONETIC CUE: 'March 4, 3, 2, 1, walk on the floor, feet wider 4, 3, 2, 1, walk on the floor'

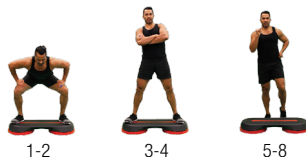
Use a Visual Cue to show leading leg on the 1st rep, then to show 'feet wider' on the 2nd rep

JUMP SQUAT COMBO

Jump Squat onto the step. *Hands to thighs* 1-2
 Squat up. *Arms crossed in front* 3-4
 March L, R, L, R on the floor. *RA* 5-8

PHONETIC CUE: 'Jump on, stand up, walk on the floor, jump on, stand up, walk on the floor'

Emphasize the '**STAND UP**' part of the cue



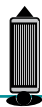
3X KNEE LIFT T-STEP & JUMP SQUAT COMBO

3x Knee Lift T-Step L. *Swag snap fingers* 1-8
 Jump Squat Combo R. 9-16
 Repeat to the other side 17-32

Use Visual Cues to show the direction to move
 Once set up, start to bring in some fun flava to the combo



9 SPEED STEP



TRACK FOCUS

Get the moves set up with clear phonetic cues, then shorten what you say to allow the music to speak. Ladies, use sassy body language to bring out the flava of the track. Men, be strong and play with your class to bring out the fun and flava.

TEACH FLAVA

COME INTO THIS TRACK

Hyped and ready to move quickly.

		MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	One two three	1x8	Prepare to move	1-8	
0:02	Instr	Oh's	4x8	A Slow Knee Lift L then R. <i>RA</i> Next combo on the last 8 cts	1-16	2x
0:12	Rep	One two three	8x8	A ¹ Hop Knee & Run Combo L then R. <i>RA</i>	1-16	4x
0:31	V1	Well I had me a boy	8x8	B 4x Speed Jog On Top L. <i>RA</i>	1-8	8x
0:50	PC	One two three	4x8	C Single Speed Jog L. <i>RA</i> Next combo on the last 8 cts	1-4	8x
1:00	Rep	One two three	8x8	D Straddle Run F & Run B Combo L. <i>RA</i>	1-8	8x
1:19	C	Ex's and the oh oh	4x8	A ¹ Hop Knee & Run Combo L then R <i>X in front arms in the last 8 cts</i>	1-16	2x
		Ex's and the oh oh	4x8	A ² Hop Knee & Run Combo L then R. <i>X in front</i>	1-16	2x
1:38	Rep	One two three	4x8	C Single Speed Jog L	1-4	8x
		One two three	4x8	D Straddle Run F & Run Combo L	1-8	4x
1:57	Instr		5x8	A Slow Knee Lift L then R. <i>RA</i>	1-16	2½x
2:09	V2	I had a summer	8x8	B 4x Speed Jog On Top R	1-8	8x
2:28	PC	One two three	4x8	C Single Speed Jog R Next combo on the last 8 cts	1-4	8x
2:37	Rep	One two three	8x8	D Straddle Run F & Run B Combo R	1-8	8x
2:57	C	Ex's and the oh oh	4x8	A ¹ Hop Knee Run Combo R then L <i>X in front arms on the last 8 cts</i>	1-16	2x
		Ex's and the oh oh	4x8	A ² Hop Knee Run Combo R then L	1-16	2x
3:16	Rep	One two three	4x8	C Single Speed Jog R	1-4	8x
		One two three	4x8	D Straddle Run F & Run B Combo R	1-8	4x
3:35	Outro	Ex's and oh's	1x8	Step R onto the step. <i>OK hand gesture</i>	1-8	

SLOW KNEE LIFT

PHONETIC CUE: 'Step, knee, change leg, step, knee, change leg'

Use Visual Cue to show leading leg

HOP KNEE & RUN COMBO

Step L to step, then hop L and lift R Knee. RA 1-2

Jog R, L, R, L, R, L on the floor. RA 3-8

Repeat to the other side 9-16

PHONETIC CUE: 'Hop knee run, hop knee run'

Use Visual Cue to show leading leg

Propel and drive upward in the Knee Lift

Add X in front arms on 2nd set



4X SPEED JOG ON TOP

PHONETIC CUE: '4 jogs up, 4 jogs down, 4 jogs up, 4 jogs down'

Natural running rhythm

Lift your knees to increase intensity, or lightly jog

SINGLE SPEED JOG

PHONETIC CUE: 'Jog up, jog down, jog up, jog down'

STRADDLE RUN F & RUN B COMBO

Jog up L, R traveling F. RA 1-2

Straddle Jog down L, R. RA 3-4

Jog backward L, R, L, R. RA 5-8

PHONETIC CUE: 'Jog forward, down, run back, forward, down, run back'

Aim to **run forward to the middle of the step**

To increase intensity, travel further forward

Use this section to bring in some 'flava'. Talk less, and be sassy



10 PEAK 3



TRACK FOCUS

Use your voice to match the highs and lows in the music. Be quiet in the quiet sections, build your vocals when the music builds, and drive with motivation when the music soars.

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	Gone gone gone	1x8	Prepare to move	1-8
0:03	Instr	Understand	2x8 A	Down Tap L then R. <i>RA</i>	1-4 4x
0:10	Rep	I don't think you	4x8 B	Down Tap L then R x4. <i>RA</i> OTT L then R. <i>HOH</i>	1-16 17-32
0:24	C	_ In the night	8x8 B'	Propulsive Down Tap & OTT Combo	1-32
0:51	Rep	Gone gone gone	4x8 C	4x Repeater Knee Lift L then R. <i>Reach up & down</i>	1-16 2x
1:05	Instr	Understand	2x8 A	Down Tap L then R. <i>RA</i> Next move on the last 8 cts	1-4 4x
1:11	V1	Understand. All alone	4x8 D	Alt Straddle L then R. <i>RA</i> Next move on the last 4 cts	1-8 4x
			4x8 D'	Alt Propulsive Straddle L then R. <i>RA</i>	1-8 4x
1:39	PC	I know	4x8 E	Single Single Double Down Tap L then R. <i>RA</i> Next move on the last 8 cts	1-16 2x
1:53	Rep2	I don't think you	8x8 E'	Single Single Double Squat L then R. <i>Blade RA</i>	1-16 4x
2:21	Br	I don't think	2x8 A	Down Tap L then R	1-4 4x
2:28	C	_ In the night	8x8 B'	Propulsive Down Tap & OTT Combo	1-32 2x
2:55	Rep	Gone gone gone	4x8 C	4x Repeater Knee Lift L then R	1-16 2x
3:09	Instr	Understand	2x8 A	Down Tap L then R Next move on the last 8 cts	1-4 4x
3:16	V2	Understand. He sang	4x8 D	Alt Straddle L then R Next move on the last 4 cts	1-8 4x
			4x8 D'	Alt Propulsive Straddle L then R	1-8 4x
3:43	PC	I know	4x8 E	Single Single Double Down Tap L then R Next move on the last 8 cts	1-16 2x
3:57	Rep2	I don't think you	8x8 E'	Single Single Double Squat L then R	1-16 4x
4:25	Br	I don't think	2x8 A	Down Tap L then R	1-4 4x
4:32	C	_ In the night	8x8 B'	Propulsive Down Tap & OTT Combo	1-32 2x
4:59	Rep	Gone gone gone	4x8 C	4x Repeater Knee Lift L then R	1-16 2x
5:13		Gone gone gone	4x8 F	Propulsive OTT L then R. <i>Reach up & down</i>	1-8 4x
5:28	Outro	Understand	1x8	Step L to the floor. <i>Punch R O/H</i>	1-8

DOWN TAP

PHONETIC CUE: 'Tap right, tap left, tap right, tap left'

PROPULSIVE DOWN TAP & OTT COMBO

Propulsive Down Tap L then R x4. *Single punch O/H* 1-16
 Propulsive OTT L then R. *Reach up & down* 17-32
PHONETIC CUE: '8, 7, 6, 5, 4, 3, 2, Over the top, down, go up, go down, go up'
 Use a Visual Cue to show the direction of the first OTT. Strong punch O/H and flick your heels toward the butt.
 Drive the knee up in the Propulsive OTTs.



4X REPEATER KNEE LIFT

PHONETIC CUE: '4, 3, 2, change side, 4, 3, 2, change sides'
 Big reach with the arms
Body on a 45-degree angle
 Bend the supporting knee to load the leg
 Drive the knee up to hip level



DOWN TAP

Use a Visual Cue to HOLD on top of the step and tap the floor

ALT STRADDLE

Straddle L 1-2
 Knee Lift R 3-4
 Straddle R 5-6
 Knee Lift L 7-8

PHONETIC CUE: 'Down down, lift your knee, down down, lift your knee'
 Show which knee lifts by tapping your knee with your hand

ALT PROPULSIVE STRADDLE

PHONETIC CUE: 'Down down jump, down down jump'

SINGLE SINGLE DOUBLE DOWN TAP

Down Tap L then R. *RA* 1-4
 Double Down Tap L. *RA* 5-8
 Repeat to the other side 9-16
PHONETIC CUE: 'Single, single, double HOLD, single, single, double HOLD'
 Use a Visual Cue to HOLD the Double Down Tap

SINGLE SINGLE DOUBLE SQUAT

Squat L then R. *Blade RA* 1-4
 Double Squat L. *Blade RA* 5-8
 Repeat to the other side 9-16
PHONETIC CUE: 'Single, single, double, single, single, double'
Knees in line with toes
Butt back and down
Abs braced and chest up
 Work the depth in the Squat, and then drive upward



11 RECOVERY/CONDITIONING

Weight Plate
2.5kg or 5kg



TRACK FOCUS

Coach your class to keep their elbows squeezing inward in the Triceps Extensions, then coach options in the Overhead Raise Combo, and also the Alt Scissor in the core section.

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 Lunge position, prepare to move	1-32	
0:14	V1	I was bound	4x8 A	Slow Lunge & Triceps Extension Combo R	1-16	2x
0:29	C	_ Bang my head	8x8 A'	Lunge & Triceps Extension Combo R	1-8	8x
1:00	Instr	Ohhh	2x8	Move to side of the step L 👁️ Next move on the last 8 cts	1-16	
1:07	Rep	_ Bang my head	8x8 B	Back Stepping Lunge & Weighted O/H Raise Combo R. <i>Left arm O/H</i>	1-8	8x
1:37	Instr		4x8	Recover, set up to work the other side	1-32	
1:52	V2	When you think	4x8 A	🔊 Slow Lunge & Triceps Extension Combo L	1-16	2x
2:07	C	_ Bang my head	8x8 A'	🔊 Lunge & Triceps Extension Combo L	1-8	8x
2:37	Instr		2x8	🔊 Move to side of the step R 👁️ Next move on the last 8 cts	1-16	
2:44	Rep	_ Bang my head	8x8 B	🔊 Back Stepping Lunge & Weighted O/H Raise Combo L. <i>Right arm O/H</i>	1-8	8x
3:14	Ref	I have broken wings	4x8	Recover, set up for core work	1-32	
3:29	C	_ Bang my head	8x8 C	Crunch with Triceps Extension Combo	1-16	4x
3:59	Rep	_ Bang my head	4x8 D 4x8 D'	Alt Toe Tap L then R. <i>Weight held above chest</i> Alt Scissor L&R. <i>Weight held above chest</i>	1-4 1-4	8x 8x
4:30	Ref	I have broken wings	4x8	Recover, <i>arms out to sides</i>	1-32	
4:44	Rep	_ Bang my head	8x8 C	🔊 Crunch with Triceps Extension Combo	1-16	4x
5:14	Rep	_ Bang my head	4x8 D 4x8 D'	🔊 Alt Toe Tap L then R. 🔊 Alt Scissor L&R.	1-4 1-4	8x 8x

SLOW LUNGE & TRICEPS EXTENSION COMBO

Lunge down. Press Weight O/H 1-4
 Hold Lunge down. Lower weight behind head 5-8
 Hold Lunge down. Extend weight O/H 9-12
 Lunge up. Lower weight to top of chest 13-16
PHONETIC CUE: 'Lunge and press, weight plate back, extend, rise up and weight plate down'
Chin down a little to avoid hitting the head with the weight plate



1-4



5-8



9-12



13-16

LUNGE & TRICEPS EXTENSION COMBO

Lunge down. Press weight O/H 1-2
 Hold lunge down. Lower weight behind head 3-4
 Extend weight O/H 5-6
 Lunge up. Lower weight to top of chest 7-8
PHONETIC CUE: 'Press, back, extend, lower, press, back, extend, lower'
Squeeze elbows inward to isolate triceps
Press front knee outward slightly
 Aim to get front thigh parallel to the floor
 Body upright



1-2



3-4



5-6



7-8

TRANSITION

CUE: 'Move to the side of your step, weight in your right hand. Watch me'

PREVIEW the Back Lunge & O/H Raise Combo

BACK STEPPING LUNGE & WEIGHTED O/H RAISE COMBO

Standing with body weight on R foot, weight plate in L hand

Quick Back-Stepping Lunge L. Weighted Raise O/H, R arm out to side 1

Hold Lunge and Weighted O/H Raise position 2-4

Bring L foot in and lightly tap beside R foot.

Slowly lower straight arms down 5-8

PHONETIC CUE: 'Lunge and raise, down slow, lunge and raise, down slow'

Coach the rhythm. 'Freeze, down slow, freeze, down slow'

Weighted arm remains straight throughout

Keep **weight slightly in front of body**

Take a **long step backward**, with back heel off the floor

⇓ **OPTIONS:** No Lunge or no weight plate



1



8

SET UP FOR CORE WORK

Lie on the floor, butt a few inches away from the step

Feet up, knees bent at 45-degree angle

11 RECOVERY/CONDITIONING CONTINUED



CRUNCH WITH TRICEPS COMBO

Feet up, knees bent at 45-degree angle, hold weight plate to chest

Crunch up. Press weight up, above chest 1-4

Hold Crunch up. Triceps Extension Weight toward top of head 5-8

Hold Crunch up. Press weight up, above chest 9-12

Lower Crunch Down. Lower weight to chest 13-16

PHONETIC CUE: 'Weight up, weight back, weight up, weight down, up, back, up, down'

Draw **lower back toward the floor**

Ribs toward hips

Drop chin a little as the weight plate moves toward the head



ALT SCISSOR

PHONETIC CUE: 'Scissor right, left, right, left'

Leg lowers to 45-degrees

Hold the Crunch up. **Keep shoulders off the floor**

Maintain a strong ab brace

⇅ **OPTION:** Alt Toe Tap



ALT TOE TAP

PHONETIC CUE: 'Tap right, tap left, tap right, tap left'

Foot lightly taps toward the step

Hold the Crunch up. Keep shoulders off the floor

Maintain a strong ab brace



12 COOLDOWN/STRETCH



TRACK FOCUS

In the longer stretches, set up the position of each stretch, then coach the class how to get a bit more out of the stretches.

COME INTO THIS TRACK

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

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro		2x8 2x8	Back Release R Back Release L	1-16 1-16
0:16	V1	__ All alone as you No you don't have to	4x8 4x8	A Hip Stretch R B Gluteal Stretch R	1-32 1-32
0:46	C	__ Let my loving __ Lay it all on me	4x8 4x8	C Hamstring Stretch R C Hamstring Stretch L	1-32 1-32
1:18	V2	__ If you're scared No you don't have to Baby I can show	4x8 3x8 1x8	A Hip Stretch L B Gluteal Stretch L Knees to back, transition to knees	1-32 1-24 1-8
1:49	C	__ Let my loving __ Lay it all on me	4x8 4x8	D Soleus Stretch L D Soleus Stretch R	1-32 1-32
2:20	Ref	__ So if you're hurting __ So if you're hurting	4x8 4x8	E Standing ITB Stretch L E ¹ <i>Extend L arm further</i> E Standing ITB Stretch R E ¹ <i>Extend R arm further</i>	1-16 17-32 1-16 17-32
2:52	Br	You can lay it all	1x8	Step R foot onto the step	1-8
2:56	C	__ Let my loving __ If you're hurting __ Lay it all on me __ If you're hurting	2x8 2x8 2x8 2x8	F Calf Stretch L & Triceps Stretch L G Quad Stretch L G Quad Stretch R F Calf Stretch R & Triceps Stretch R	1-16 1-16 1-16 1-16
3:28	C	__ Lay it all, lay it __ Lay it all, lay it __ Lay it all, lay it __ Lay it all, lay it	2x8 2x8 2x8 2x8 ½x8	H Adductor Stretch R H Adductor Stretch L I Squat with Shoulder Stretch R I Squat with Shoulder Stretch L Roll body upward	1-16 1-16 1-16 1-16 1-4

BACK RELEASE

Feet on the step, lower knees to the side
Keep shoulders on the floor



HIP STRETCH

Cross L ankle on top of R knee
Gently push L knee Forward



GLUTEAL STRETCH

Thread R hand through the gap of the legs
Gently hug R leg in toward chest
Gently press L leg F with L elbow



HAMSTRING STRETCH

Press butt toward the floor
Gently pull leg back a little
Rest head on the floor



SOLEUS STRETCH

R toes in beside L knee
Keep R heel grounded
Lift chest, then rock body weight F



STANDING ITB STRETCH

Cross L foot behind R foot
L bent arm O/H, tip to the R
Shift hips slightly toward the L



CALF STRETCH & TRICEPS STRETCH

L foot on the step, R foot back long with heel grounded
Press weight F
L hand on R elbow O/H, press R hand downward behind neck



QUAD STRETCH

L foot on the step
Hold R foot toward butt
Hips F, press R knee in toward L knee



ADDUCTOR STRETCH

Feet wide, toes turned out slightly
Knees in line with toes
Push away from the straight leg



SQUAT WITH SHOULDER STRETCH

Hands to thighs
Squat, and press R shoulder downward



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

5 Mixed Strength

6 Peak 2

7 Step Recovery

10 Peak 3

AC Athletic Circuit **ATHLETIC**

11 Recovery/Conditioning

12 Cooldown/Stretch

BODYPSTEP 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 – *On My Way/Bang My Head*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- Use **ATHLETIC CIRCUIT** in place of Tracks 8 and 9 – *My House/Five More Hours/Me and You*
- The **ATHLETIC CIRCUIT** must be taught after Track 10
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)



3 STEP ORIENTATION ATHLETIC



TRACK FOCUS

Clearly coach the class how to do all these exercises and patterns safely, so that when you do them again in the tracks to follow, you can simply revisit the coaching tips.

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	1x8	Prepare to move	1-8	
0:03	Instr	4x8	A Basic Step L. <i>RA</i> Next move on the last 8 cts	1-4	8x
0:17	Instr (Heavier beat)	4x8	B 4x Jog On Top L. <i>RA</i> Next move on the last 8 cts	1-8	4x
0:31	Instr (Dubstep)	8x8	C 4-Point Jog L. <i>RA</i>	1-8	8x
1:00	Instr (Quiet)	4x8	Recovery, shake out Next move, R leg leading	1-32	
1:14	V1	8x8	D Double Side & Top Squat Combo L then R	1-32	2x
1:42	Instr (Dubstep)	8x8	D ¹ Side & Top Squat Combo L then R	1-16	4x
2:09	C	2x8	Shake out, set up for Burpees	1-16	
2:16		6x8	E Super Slow Burpee	1-16	3x
2:37	Rep	8x8	E ¹ Slow Burpee	1-8	8x
3:05	Br	1½x8	Pause, prepare for Basic Step R	1-4	
3:07	Instr	4x8	A Basic Step R Next move on the last 8 cts	1-4	8x
3:21	Instr (Heavier beat)	4x8	B 4x Jog On Top R Next move on the last 8 cts	1-8	4x
3:35	Instr (Dubstep)	8x8	C 4-Point Jog R	1-8	8x
4:03	Outro	1x8	Step feet apart. <i>Arms out to side</i>	1-8	

BASIC STEP

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

Whole foot on the step
Natural walking rhythm

4X JOG ON TOP

PHONETIC CUE: '4, 3, 2, 1, walk on the floor, 4, 3, 2, 1, walk on the floor'

Click your heels toward your butt

4-POINT JOG

Jog L onto the step. RA 1
Step down R, L to the floor. RA 2-3
Jog R onto the step. RA 4
March L, R, L, R on the floor. RA 5-8

PHONETIC CUE: 'Up down down up, walk on the floor, up down down up, walk on the floor'
Click heel toward the butt



DOUBLE SQUAT COMBO

Double Squat L. Bent Raise F 1-3
Propel R foot to step. Natural arms 4
Double Top Squat. Hands to thighs 5-7
Lift R foot. Natural arms 8
March R, L x4 behind the step. RA 9-16
Repeat to the other side 17-32

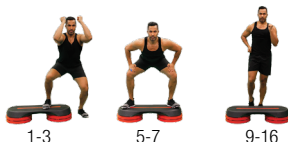
PHONETIC CUE: 'Side, top, march on the floor, side, top, march on the floor'

Use a Visual Cue to HOLD the March on the floor

Knees in line with toes

Sit the **butt back and down**

Chest up



SIDE & TOP SQUAT COMBO

Drop Squat L. Bent Raise F 1-2
Top Squat. Hands to thighs 3-4
March R, L, R, L behind the step. RA 5-8
Repeat to the other side 9-16

PHONETIC CUE: 'Side, top, march on the floor, side, top, march on the floor'

Knees in line with toes

Sit the **butt back and down**

Chest up

↕ **OPTION:** Smaller ROM



3 STEP ORIENTATION CONTINUED **ATHLETIC**



SUPER SLOW BURPEE

Bend knees, *hands to step* 1-4
 Jump feet back to Plank 5-8
 Jump feet in toward hands 9-12
 Stand tall. *Fists to hips* 13-16

PHONETIC CUE: 'Bend knees, hands down, jump back, jump in, stand tall, down, back, in, stand'

Bend knees heaps

Brace abs in Plank position

Eye gaze in front of hands

⇓ **OPTION:** 6x Squat Pulse, touch the step, stand tall

SLOW BURPEE

Bend knees, hands to step 1-2
 Jump feet back to Plank 3-4
 Jump feet in toward hands 5-6
 Stand tall. *Fists to hips* 7-8

PHONETIC CUE: 'Down, back, in, stand, down, back, in, stand'

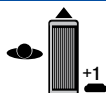
Bend knees heaps

Brace abs in Plank position

Eye gaze in front of hands

⇓ **OPTION:** Double Squat Pulse, touch the step, stand tall





TRACK FOCUS

Coach the class to use full range of motion to get the most out of each exercise, including the Jumps and the Squat phases in most landings. Be sure to show options for all exercises.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong and authoritative.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	Hit the breaks	1x8	Prepare to start	1-8
0:03		Welcome to my house	4x8	Engage with the class, then preview the first move 👁️ Power Jump & Squat OTT on the last 8 cts	1-32
0:16	C	This right here	4x8 A	Power Jump & Squat OTT L then R. <i>Bent Raise F</i> 👁️ <i>Reach O/H</i> on the last 8 cts	1-8 4x
0:30		This right here	4x8 A ¹	Power Jump & Squat OTT L then R. <i>Reach O/H</i>	1-8 4x
0:44	Br	Hit the breaks	½x8	Step R foot over the step to Straddle position	1-4
0:46	Rep	Welcome to my house	8x8 B	Burpee	1-8 8x
1:13	Instr	This for you	4x8	Recovery Prepare for Straddles	1-32
1:27	Instr	(Riff)	8x8 C	Straddle & Bounce Combo L 👁️ Straddle Jump & Burpee Combo 1 on the last 16 cts	1-16 4x
1:55	Instr	(Stronger riff)	8x8 C ¹	Straddle Jump & Burpee Combo 1 👁️ Straddle Jump & Burpee Combo 2 on the last 16 cts	1-16 4x
2:22		Are you ready	8x8 C ²	Straddle Jump & Burpee Combo 2	1-16 4x
2:51	Instr	(Quiet riff)	4x8	Recovery Move to the back of your step	1-32
		(Music builds)	2x8	Prepare for Mountain Climbers 👁️ Single Single Double Mountain Climbers on the last 8 cts	1-16
3:11	Instr	(High energy)	8x8 D	Single Single Double Mountain Climbers L then R	1-8 8x
3:39	Instr	(Quiet)	4x8	Jump in and stand up Recovery Prepare for Straddles	1-32
3:52	Instr	(Riff)	8x8 C	👁️ Straddle & Bounce Combo R 👁️ Straddle Jump & Burpee Combo 1 on the last 16 cts	1-16 4x
4:19	Instr	(Stronger riff)	8x8 C ¹	👁️ Straddle Jump & Burpee Combo 1 👁️ Straddle Jump & Burpee Combo 2 on the last 16 cts	1-16 4x
4:47		Are you ready	8x8 C ²	👁️ Straddle Jump & Burpee Combo 2	1-16 4x

POWER JUMP & SQUAT OTT

Start with R foot on the step

PHONETIC CUE: 'Drive up, down, up down'

Drive upward, then sit into a Squat on the landing

Bend knees on the landings

Chest up

Push away from the floor



1-2



3-4



5-6



7-8

BURPEE

Bend knees. *Hands to step*

1-2

Jump feet back to Plank position

3-4

Jump feet in toward hands

5-6

Stand tall. *Fists to hips*

7-8

PHONETIC CUE: 'Down, back, in, stand, down, back, in, stand'

Bend knees heaps

Brace abs in Plank position

Eye gaze in front of hands

↕ **OPTION:** Double Squat Pulse, touch the step, stand tall



1-2



3-4



5-6



7-8

STRADDLE & BOUNCE COMBO

Start on the floor, feet straddling the step

Straddle up then down x2 L. RA

1-8

Bounce L, R x4. *Relaxed arms by sides*

9-16

PHONETIC CUE: 'Up up, down down, up up, down hold, bounce, up up, down down, up up, down hold, bounce'

Use a Visual Cue to HOLD the Bounce OTS

STRADDLE JUMP & BURPEE COMBO 1

Straddle Jump up. *Bent Raise F*

1-2

Straddle Jump down. *Hands to thighs*

3-4

Straddle Jump up. *Bent Raise F*

5-6

Straddle Jump down. *Hands to thighs*

7-8

Burpee

9-16

PHONETIC CUE: 'On, off, on, burpee, down, back, in, stand, on, off, on, burpee, down, back, in, stand'

Bend knees on both landings (on the step and on the floor)

Revisit **abs braced, eyes forward** in the Burpee

↕ **OPTION:** 2x Straddle & Double Squat Pulse, touch the step, stand tall

STRADDLE JUMP & BURPEE COMBO 2

Straddle Jump up. *Circle arms outward*

1-2

Straddle Jump down. *Hands to thighs*

3-4

Straddle Jump up. *Circle arms outward*

5-6

Straddle Jump down. *Hands to thighs*

7-8

Burpee

9-16

Explode upward, then **bend your knees as you land** on the floor

Big circular arms to get the 'lift-off' feeling

↕ **OPTION:** 2x Straddle & Triple Squat Pulse



1



2



3-4



9-10



11-12



13-14



15-16

AC ATHLETIC CIRCUIT CONTINUED

		MUSIC			SEQUENCE/EXERCISE	CTS	REPS
5:15	Instr	Quiet riff) (Music builds)	4x8 2x8		Recovery Move to the back of your step Prepare for Mountain Climbers  Single Single Double Mountain Climbers on the last 8 cts	1-32 1-16	
5:36	Instr	Are you ready	8x8	D	 Single Single Double Mountain Climbers L then R	1-8	8x
6:03	Instr	Welcome to my house	4x8		Jump in and stand up Recovery Prepare for Power Jump & Squat OTT, R side of the step	1-32	
6:17	C	This right here	4x8	A	 Power Jump & Squat OTT R then L. <i>Bent Raise F</i>	1-8	4x
		This right here	4x8	A ¹	 <i>Reach O/H</i> on the last 8 cts  Power Jump & Squat OTT R then L. <i>Reach O/H then down</i>	1-8	4x
6:45	Outro		1x8		Step L foot over the step to Straddle position. <i>Point both arms F</i>	1-8	

SINGLE SINGLE DOUBLE MOUNTAIN CLIMBERS

Mountain Climber L then R	1-2
Hold Mountain Climber L	3-4
Repeat to the other side	5-8

PHONETIC CUE: 'Single single hold, single single hold'

Abs braced

Hips low

Eye gaze in front of hands

↕ **OPTION:** Single Single Double Jog

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