



LES MILLS BODYSTEP

PRESENTERS FROM NEW ZEALAND, UNITED KINGDOM

RELEASE

106

FEATURES

- BODYSTEP COACHING UPDATE
- HOT TIPS FOR MEMORIZING CHOREOGRAPHY
- LES MILLS GRIT™: CARVING INCHES OFF YOUR WAISTLINE
- 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

BODYSTEP Coaching Update Hot Tips For Memorizing Choreography Les Mills GRIT: Carving Inches Off Your Waistline Classic & Athletic Class Formats

TRACK TYPE	ARTIST	
1 WARMUP	Change Your Life © 2017 Les Mills Music Licensing Ltd. Written by: Rao, Longomba, Atweh, Sims, Harris, Messinger	Bones To Own 4:58
2 STEP WARMUP	The Trouble With Us © 2017 Les Mills Music Licensing Ltd. Written by: Murphy, Annesley	The Colour Of Anarchy 3:20
3 STEP ORIENTATION	Wild Things © 2017 Les Mills Music Licensing Ltd. Written by: Tillman, Caracciolo, Ho, Nkhereanye	Aquafire 3:35
4 PEAK 1	Drag Me Down © 2017 Les Mills Music Licensing Ltd. Written by: Scott, Bunetta, Ryan, Baylin, Needle	Apex Audio 5:52
5 MIXED STRENGTH	Do It Now © 2017 Les Mills Music Licensing Ltd. Written by: Finn, McNamee, Williams, Morris, Ough	Different Faces 5:04
6 PEAK 2	Nessaja © 2017 Les Mills Music Licensing Ltd. Written by: Maffay, Zuckowski	The House Work Project 6:05
7 STEP RECOVERY	Worth It © 2017 Les Mills Music Licensing Ltd. Written by: Hamilton, Collins, Hermansen, Eriksen, Kaplin, Renea	Dirty Rich 2:37
8 PARTY STEP	Me & My Girls © 2017 Les Mills Music Licensing Ltd. Written by: Annato, Price, Gomez, Morris	Classic Mob 5:05
9 SPEED STEP	Bring It Back © 2017 Les Mills Music Licensing Ltd. Written by: Christy, Paschke, Carter, Oliver, Thomas	Spinning Dolls 3:21
10 PEAK 3	Pillow Talk © 2017 Les Mills Music Licensing Ltd. Written by: A. Hannides, M. Hannides, Malundama, Malik, Garrett	Little Drums 4:59
11 RECOVERY/CONDITIONING	Never Be Like You © 2017 Les Mills Music Licensing Ltd. Written by: Streten, De Gasperis-Brigante, Earley	Lonely On High Street 5:22
12 COOLDOWN/STRETCH	Company Courtesy of the Universal Music Group. Written by: Schuller, Bieber, Abrahart, Troelsen, Wong	Justin Bieber 3:27
3 STEP ORIENTATION ATHLETIC	Wings © 2017 Les Mills Music Licensing Ltd. Written by: Goodrem, Musumeci, Egizli	Undercover Pixie 0:59
	Can't You See © 2017 Les Mills Music Licensing Ltd. Written by: Garritsen, Shearman, Dirne, Spierenburg	Spring Change 2:02
	Wings © 2017 Les Mills Music Licensing Ltd. Written by: Goodrem, Musumeci, Egizli	Undercover Pixie 1:09
AC ATHLETIC CIRCUIT	Wild Things © 2017 Les Mills Music Licensing Ltd. Written by: Tillman, Caracciolo, Ho, Nkhereanye	Aquafire 1:01
	Can't You See © 2017 Les Mills Music Licensing Ltd. Written by: Garritsen, Shearman, Dirne, Spierenburg	Spring Change 1:41
	Nessaja © 2017 Les Mills Music Licensing Ltd. Written by: Maffay, Zuckowski	The House Work Project 1:24
	Can't You See © 2017 Les Mills Music Licensing Ltd. Written by: Garritsen, Shearman, Dirne, Spierenburg	Spring Change 1:40
	Wild Things © 2017 Les Mills Music Licensing Ltd. Written by: Tillman, Caracciolo, Ho, Nkhereanye	Aquafire 1:04

BODYSTEP 106 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: 26:27	

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: 26:54	

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: 41:35	

45-MINUTE ATHLETIC FORMAT

Track 1	Warmup
Track 3	Step Orientation ATHLETIC
Track 4	Peak
Track 5	Mixed Strength
Track 6	Peak 2
Track 7	Step Recovery
AC	Athletic Circuit ATHLETIC
Track 11	Recovery/Conditioning
Total Time: 39:03	

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-Steele
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 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, uploading or sharing files on 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 106



From L-R: Kelly Henbery (Shadow), Jarno Tynkynen (Shadow), Ben Grant, Charlotte Fleetwood-Smith, Mark Nu'u-Steele, Lisa Osborne, Siobhan O'Connor, Anneke Pinker (Shadow), Jojo Zhou (Shadow), Dr Dan Maroun (Shadow)

We kick off BODYSTEP 106 to our exclusive remix of *Change Your Life*. The Squats and Lunges in this track set the scene for the workout ahead. It's a perfect mix of work and play, with driving energetic music to create a musical journey that will help you to keep your mind off your heavy breathing and that massive lower-body burn!

We warm the stepping muscles and learn to step correctly in Track 2, then finish off the Warmup phase of the workout to *Wild Things* with a focus on moving around the step more, and light propulsions.

Track 4 is our first cardio peak, and in this track we integrate Box Burpees into the workout to get your whole body working to drive the heart rates skyward.

Next up is the Mixed Strength track, where we work the glutes and legs harder to the song *Do It*. In this track we teach you how to rotate safely in the new Propulsive Rotating Double Squat. This is an explosive exercise where you squat, jump AND rotate in the air.

Track 6 is our second cardio peak, and I've brought back the most requested 'bring back' track of all time... *Nessaja* – with new and improved choreography. The Squat Across Combo and the Rocket Launcher Pushups get you to cross-train your way to a fitter, stronger you.

Track 7 takes us past the halfway mark in the workout. It's all about cardio recovery, but, as you catch your breath, you work your lower body and shoulders with weight-plate work.

On to our Party Step track, it's time for pure fun to the song *Me & My Girls*. The theme is walking the catwalk like a super model, so in this track, turn up the attitude dial and WERK!

A fun signature track for BODYSTEP is the Speed Step track. The song is *Bring It Back*, so this time it's all about moving backward... and FAST!

The Speed Tap & Squat Combo in Track 10 will get your heart racing, and our remix of *Pillow Talk* will have you singing all the way through to the end of our third cardio peak.

Then we catch our breath, and do more isolated work with the weight plate for the legs, shoulders and core. Look out for a couple of new exercises here, the 1-Arm Plank Combo, and the Reverse Half Tabletop and L-Sit Combo. These 2 exercises target your core muscles, but also get you working your chest, triceps, shoulders and glutes.

Track 12 is our Ccooldown. We sit side-saddle on the step and do some gentle stretches to the chart-topper *Company*.

There are a few new exercises in the BODYSTEP Athletic Class. Check out my favorite, the Rotating Squat Combo in the Athletic Circuit. If you haven't already, try BODYSTEP Athletic – less frills and more grunt!

BODYSTEP Presenters

Mark Nu'u-Steele (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.

Ben Grant (United Kingdom) is a BODYSTEP, BODYATTACK and BODYVIVE 3.1 Trainer, and a BODYPUMP, CXWORX and SH'BAM Instructor. He is a Group Exercise Manager at Bristol's Fitness First.

Siobhan O'Connor (United Kingdom) is a BODYSTEP and BODYATTACK Trainer, and a BODYPUMP and CXWORX Instructor. She is based in London.

BODYSTEP COACHING UPDATE

BODYSTEP Coaching has undergone some key changes. Here's everything you need to know:

BODYSTEP COACHING MODEL

LAYER 1

- Track Introduction
- Choreography Setup
- Compulsory Cues
- Options

LAYER 2

- Improve Execution
- Coach Intensity
- Educate

LAYER 3

- Motivate
- Celebrate

LAYER 1

Layer 1 is where we set up our participants for success. There are 4 components:

1. Track Introduction

- Say the **Track Name** and explain the **Track Objective** so participants know exactly what the training focus is.
- Address the **Step Height** if it needs adjusting, and the **direction** of the step.
- We also include **Participant Orientation** – telling participants where to stand before we start to move, eg *"Beside the step"*, *"On top of the Step"*.
- You may also need to demonstrate any **New Moves** before you press play.

2. Choreography Setup

- Always start by stating the **Name of the Move** and the **Lead Leg**, eg *"Basic Step, right foot leads"*. In general, these cues should be delivered at least 2 counts before the movement occurs. For some movements, **Foot Placement** cues are necessary to explain where the foot needs to be on the step – eg *"Feet wide on the step"*.

- **Phonetic Cues** are what we use to teach Foot Patterns. The key to making Phonetic Cues work is to describe what the feet do in time with the music, eg Down Tap; *"Step tap, change sides, step tap, change sides."* Keep the cues short and sharp, and say the same phrase at least twice.
- **Visual Cues** assist our verbal cues. We use our arms and head to indicate direction, when to stop, when to go, which leg leads, and we often use our fingers to signal the number of repetitions.
- **Previewing** is where you physically show a choreography change or new move that is coming up. Tell the class to keep doing what they are doing, and use the last rep to show the next move.
- **Pre-cues** are verbal cues used to communicate a choreography change, and are often delivered in conjunction with Previewing. They are normally said 2 to 8 counts before the change occurs.

3. Compulsory Cues

Compulsory Cues cover safety and alignment, ensuring participants are moving safely. They are always listed in bold in your choreography notes.

Space out your Compulsory Cues and aim to deliver only one cue per rep. Use short, direct and clear cues so they have time to land with your participants.

4. Options

Options offer ways to **Decrease the Intensity or Complexity** of a move or sequence.

To deliver Layer 1 successfully:

- **Keep your cues uncluttered** from any unnecessary 'chitchat' in the Setup phase.
- **Use repetitive Phonetic Cues.** At least 2 in a row.
- **Use short, sharp, clear cues** – not long sentences. Most of your cues should be like bullet points.
- **Space out your cues** so they land with participants.

Remember to also check your **Track Focus** to ensure your Layer 1 cues are aligned with this.

LAYER 2

Layer 2 has 3 components:

1. Improve Execution

Look at what your class needs and coach them how to improve their execution – this includes **expanding on appropriate Layer 1 cues**, cueing **range of motion** for arm-lines and lower leg movements and **correcting common faults**.

2. Coach Intensity

Tell participants who are ready for a challenge, how they can **increase the intensity** of the movement.

3. Educate

Explain the **Benefits** of the movements to help your class understand why they are doing the move.

Just like Layer 1, keep it simple and space out your cues. In this layer, your role is to be a coach – deliver your cues in a personal, yet direct, manner.

LAYER 3

The final layer is where we **Motivate** and **Celebrate** the workout.

1. Motivate

Throughout the class, look for opportunities to use the

4 Key Ways to Motivate your participants:

- **Intrinsic Motivation** taps into how BODYSTEP makes you feel. Eg: *"How good will this feel if you push it to the end?"*
- **Extrinsic Motivation** is where we focus on the external recognition of improvements. Eg: *"We're strengthening and toning our glutes right now!"*
- **Positive Motivators** encourage people to keep going. Eg: *"You're looking great – you can do this!"*
- **Challenging Cues** are for our more advanced participants, challenging them to do better. Eg: *"I'm dropping one inch lower – who's coming with me?"*

2. Celebrate

This is everything from tapping into the music and hooking into the uplifting lyrics, to congratulating participants for finishing the track. Always finish on a high and invite your class to hit the finale poses with you.

HOT TIPS FOR MEMORIZING CHOREOGRAPHY

Choreography is the foundation of all LES MILLS programs. It's what allows us to deliver safe and effective classes, role-model great technique, coach, connect, and to create awesome fitness experiences every time!

It's your job as the instructor to breathe life into the Program Director's choreography. It's a big responsibility, and one that requires you to learn new choreography every 3 months. If you teach more than 1 program, the time spent learning choreography can add up FAST. Whether you've been a Les Mills Instructor for a long time or just starting your journey, use the 5 tips below to help you memorize the choreography in record time.

Hot Tip #1 – Say No to Social

To learn choreography quickly, give it your undivided attention – even if it's for just 5–10 minutes. Turn off anything that will distract you, such as email notifications or cellphones. Create an environment that will let you concentrate – away from your partner, kids and pets – and resist the urge to check social media!

Hot Tip #2 – Become a Visual Learner

Our visual senses are a powerful tool when it comes to learning choreography.

Go to 'audio settings' on the Masterclass and turn off the Presenter's voice so that you watch the video with the music only. This will allow you to focus solely on the movement and music, helping you to absorb the choreography.

Think you don't need to watch the Masterclass? OK, here's your challenge! When you learn your next release, watch the filming video first to engage your visual senses. You may be surprised by how quickly and accurately you can learn the choreography, simply by watching the video.

Hot Tip #3 – Wash, Rinse, Repeat

Listen to the music over and over again so you can identify the verses, the chorus and the bridge. The more familiar you are with the music, the easier you will find it to align the choreography with it. Pay attention to the details! A cymbal crash, a catchy lyric, a sound effect... these are all important ways to link the right moves to the right parts of the music.

Hot Tip #4 – X Marks the Spot

Dancers have one of the best techniques when it comes to memorizing choreography. It's called 'marking'.

To mark a dance means to go through the motions of the dance in a minimized way. For example, instead of performing a pirouette, a dancer might mark the move with a twirl of their fingers in the direction of the turn. Marking isn't just a way to

conserve energy while rehearsing: new research shows that marking makes it easier to learn it!

Mark the moves the next time you need to learn a new release and feel how this allows your brain and body to connect. It's not exclusive to learning dance; it works for any type of program.

Hot Tip #5 – Channel Your Inner Spock

A valuable way to help you to retain choreography for the long term is to understand the logic behind it.

For example, in a BODYPUMP Chest track we might have 16x Bottom Half Pulses, a Hold at the top for 4 counts, then a 2/2 rhythm.

To make sense of this choreography: 16x Bottom Half Pulses are meant to be challenging, which means you'll need a break. The 4-count hold at the top provides that quick rest before moving onto the next working phase – the steady 2/2 rhythm.

Try to comprehend the logic behind the Program Director's choreography. Is it a specific training stimulus they're trying to achieve, a story they want to tell, or a feeling they want to convey? If you can understand their intention, you've unlocked one of the most powerful tools to memorizing choreography.

Which of these tips do you already use?

Which tip(s) are you willing to try for the first time?

How will you use 1+ of these tips the next time you are learning choreography?

1. Warburton E C, Wilson M, Lynch M & Cuykendall S (2013). The cognitive benefits of movement reduction: evidence from dance marking. *Psychological Science*, 24(9):1732-9 PMID: 23863756.

LES MILLS GRIT

CARVING INCHES OFF YOUR WAISTLINE

Abdominal fat: not only is it considered undesirable but it's also unhealthy.

An increased waist circumference is strongly associated with diabetes, metabolic syndrome, heart disease and hypertension. It's even thought to disrupt your hormonal balance. So, what can we do to get rid of the dreaded abdominal bulge?

New evidence has shown that 8 weeks of LES MILLS GRIT is the perfect way to carve inches off your waistline.

High-Intensity Interval Training (HIIT) consists of short, intermittent bursts of maximum-intensity exercise interspersed with periods of rest. LES MILLS GRIT utilizes these training methods with short but explosive workouts.

Previous research has shown that these workouts deliver accelerated changes in body composition, aerobic fitness and strength. A research team from the University of Nicosia in Cyprus wanted to know what effect combining LES MILLS GRIT Cardio with conventional training might have on our body composition and – in particular – that stubborn type of abdominal fat that interferes with our health.

The Study

Two groups of adults participated in an 8-week intervention. One group performed four regular workouts combining cardio and resistance training, while the other group replaced two of the cardio sessions with two LES MILLS GRIT Cardio workouts – and kept the remainder of the training the same.

Body composition and physical fitness tests were performed at the beginning and end of the study.

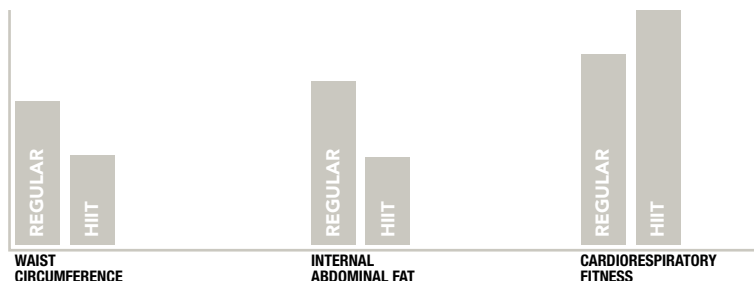
Results

The results were impressive. While both groups saw a reduction in body fat, the HIIT group experienced a much greater reduction in waist circumference and internal abdominal fat. They lost an average of 0.86 inches (2.2cm) from their waistlines, and 2.2% of the fat from deep inside their abdomen; this is the type of fat that causes serious health issues. The HIIT group also significantly increased their cardiorespiratory fitness, sprint speed and arm strength.

Conclusion

This study proves that if you want to maximize the results of your training, all you need to do is replace two of your regular gym sessions with two 30-minute HIIT workouts.

Combining these two types of training will increase your aerobic fitness, grow lean muscle tissue and amplify fat burn – and this latest study demonstrates that it will also carve inches off your waistline.



LES MILLS' RESEARCH

Features at World Sports Medicine Conference

Les Mills research reached new heights in June when the results of one of our research projects was presented at the American College of Sports Medicine (ACSM) World Scientific Congress in Boston, USA.

Bryce Hastings, LES MILLS International Head of Research presented the findings from the Group Fitness Instructor injury survey with Dr Jinger Gottschall, Professor of Kinesiology at Penn State University in attendance.

Being accepted to present at this conference is deemed to be a huge accomplishment, with only the top research projects in the field of Sports Medicine making the grade.

This achievement is a testament to the dedication and expertise of Dr Gottschall and her team at Penn State, and goes a long way towards showcasing LES MILLS programs on the scientific world stage. We'll keep you up to date about this research in future releases.



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
- 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** – *Wild Things*
- **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 of the Hamstring Curls, and the leading leg for the Lunges. In the Active Calf Stretch, coach your class to keep their body weight on the front leg and to press their back heel down BEFORE they swivel to the front to squat.

TEACH ATHLETIC

COME INTO THIS TRACK

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

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	_ Imma change your	1x8		Prepare to move	1-8	
0:04	Instr		2x8 2x8	A A¹	Hamstring Curl L then R. <i>HOH</i> Hamstring Curl L then R. <i>Cross in front</i>	1-4	4x
						1-4	4x
0:18	C	_ Imma change your	4x8	B	4x March On Top L. <i>RA</i> 👁️ Next move on the last 8 cts	1-8	4x
0:32		Once you go great	4x8	B¹	2x Knee Lift On Top L. <i>RA</i>	1-8	4x
0:45	V1	You used to dealing Yeah I love your On a private island	4x8	C	ST F&B L on L diagonal. <i>RA</i>	1-4	8x
			2x8	D	8x Repeater Knee Lift L. <i>RA</i>	1-16	
			2x8	A¹	Hamstring Curl R&L. <i>Cross in front</i>	1-4	4x
1:12	Ref	Once you go great	4x8	E	Step Lunge & 2x Squat Setup R then L	1-32	
1:26	Instr	(Dubstep)	8x8	E¹	Step Lunge & 2x Squat Sequence R then L. <i>Add arms</i>	1-32	2x
1:53	C	_ Imma change your	4x8	B	🔊 4x March On Top R. <i>RA</i> 👁️ Next move on the last 8 cts	1-8	4x
2:06		Once you go great	4x8	B¹	🔊 2x Knee Lift On Top R. <i>RA</i>	1-8	4x
2:20	V2	If you could listen Ima get you off to that Tell your mom and dad	4x8	C	🔊 ST F&B R on R diagonal	1-4	8x
			2x8	D	🔊 8x Repeater Knee Lift R	1-16	
			2x8	A¹	🔊 Hamstring Curl L&R	1-4	4x
2:48	Ref	Once you go great	4x8	E	🔊 Step Lunge & 2x Squat Setup L then R	1-32	
3:01	Instr	(Dubstep)	8x8	E¹	🔊 Step Lunge & 2x Squat Sequence L then R	1-32	2x
3:29	C	_ Imma change your	4x8	B	🔊 4x March On Top L 👁️ Next move on the last 8 cts	1-8	4x
3:43		Once you go great	4x8	B¹	🔊 2x Knee Lift On Top L	1-8	4x
3:56	Br	_ Imma change your	½x8		Step L to side. <i>HOH</i> Swivel to face L	1-2 3-4	
3:58	Instr	(Dubstep)	8x8		Active Calf Stretch & Squat Sequence R then L	1-16	4x
4:24	Br	_ Imma change your	½x8		Facing front, dramatic freeze and pre-cue	1-4	4x
4:26	C	_ Imma change your	4x8	B	🔊 4x March On Top R. <i>RA</i> 👁️ Next move on the last 8 cts	1-8	4x
4:40		_ Imma change your	4x8	B¹	🔊 2x Knee Lift On Top R. <i>RA</i>	1-8	4x

HAMSTRING CURL

CUE: 'Heel to butt to wake up the back of the leg'
'Cross the arms then open the chest'

4X MARCH ON TOP

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

Whole foot on the step

Natural walking rhythm

2X KNEE LIFT ON TOP

Step L onto the step then lift R knee. RA 1-2

Step R onto the step then lift L knee. RA 3-4

Walk L, R, L, R behind the step. RA 5-8

PHONETIC CUE: 'Left foot, right foot, walk on the floor, left foot, right foot, walk on the floor'

Brace abs to keep stable

ST F&B

PHONETIC CUE: 'Step forward, step back, step forward, step back'

45-degree angle, use visual cue to show the direction and angle

Same foot steps forward every time

Layer 2

Sit low as you step forward, lift tall as you step back

REPEATER KNEE LIFT

CUE: 'Hold and lift your knee'

Use a visual cue to HOLD

Front knee bent

Chest up

Back heel off the floor

Count down the last 4 reps

Use a visual cue to show the direction of the upcoming Hamstring Curls

HAMSTRING CURL

Use a visual cue to show the direction

STEP LUNGE & 2X SQUAT SEQUENCE

Step L onto the step. *Hands Stacked O/H* 1-2

Lunge down. *Hands Stacked O/H* 3-4

Lunge up. *Hands Stacked O/H* 5-6

Step feet hip-width apart behind the step.

Hands Stacked F 7-8

2x Slow Squat. *Hands Stacked F* 9-16

Repeat to the other side 17-32

PHONETIC CUE: 'Step, lunge, up, feet apart, 2 squats, 1 more other side, step, lunge, up, feet apart, Squat, squat, with the arms'

Use a visual cue to show lead leg



1-6



9-10



17-22



25-26

LUNGE

Long step on

Push the knee out

Back heel up

Layer 2

Arms up to keep your body upright

Front Thigh parallel to floor

SQUAT

Butt down

Chest up

Knees in line with toes

Layer 2

Arms forward to keep your chest lifted

ACTIVE CALF STRETCH

Facing L, L foot F, R foot back long

Lift R heel up. *Reach Arms O/H* 1-2

Press R heel down. *Pull Fists to Hips*

(still facing L) 3-4

Swivel to face front, Squat down. *Hands Stacked*

F 5-6

Squat Up. *Pull Fists to Hips* 7-8

Repeat to the other side 9-16

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

side, heel up, heel down, squat'

Weight forward and push the heel to the floor

BEFORE you turn and squat



1-2



3-4



5-6

2 STEP WARMUP



TRACK FOCUS

Coach the purpose of each move. Basic Step to establish the up-and-down rhythm, armlines in the Basic Step to warm the muscles around the shoulder joint, Up Tap with the Open & Clap arms to open up across the chest. Coach small ROM in the Drop Squats, as we're still in the warmup phase of the workout, and use visual cues to HOLD the 3x Basic Steps in the 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	Intro	4½x8	A Up Tap R then L. <i>RA</i>	1-8	4½x
0:15	V1	_ You mumble under	4x8 B Basic Step L. <i>RA</i> 👁️ Next move on the last 4 cts	1-4	8x
0:30		_ Fighting making	4x8 B¹ Basic Step L. <i>Pec Dec Arms</i>	1-4	8x
0:45	PC	_ I see the look in	2x8 A 🔄 Up Tap L then R 👁️ Next move on the last 4 cts	1-8	2x
		_ I see you look on	1x8 A¹ Tap Down L then R. <i>RA</i> 👁️ Next move on the last 4 cts	1-8	
		I can't take	1x8 A² Quarter Drop Squat L then R. <i>Bent Raise F</i>	1-8	
1:00	C	Ooh, God that's the	8x8 C Quarter Drop Squat & 3x Basic Step Combo L then R	1-32	2x
1:30	Br		½x8 A 🔄 Up Tap L	1-4	
1:32	Rep	_ I see the look in	4x8 A³ Up Tap R then L. <i>Open & Clap</i>	1-8	4x
1:47	V2	_ I'm trying to	4x8 B 🔄 Basic Step R 👁️ Next move on the last 4 cts	1-4	8x
2:02		_ Fighting making	4x8 B¹ 🔄 Basic Step R. <i>Pec Dec Arms</i>	1-4	8x
2:17	PC	_ I see the look in	2x8 A 🔄 Up Tap R then L 👁️ Next move on the last 4 cts	1-8	2x
		_ I see you look on	1x8 A¹ 🔄 Tap Down R then L 👁️ Next move on the last 4 cts	1-8	
		I can't take	1x8 A² 🔄 Quarter Drop Squat R then L	1-8	
2:32	C	Ooh, God that's the	8x8 C 🔄 Quarter Drop Squat & 3x Basic Step Combo R then L	1-32	2x
3:02	Br		½x8 A 🔄 Up Tap R	1-4	
3:04	Rep	_ I see the look in	4x8 A³ 🔄 Up Tap L then R. <i>Open & Clap</i>	1-8	4x

UP TAP

PHONETIC CUE: 'Up tap, change leg, up tap, change leg'

Use a visual cue to show leading leg

BASIC STEP

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

Use a visual cue to HOLD the Basic pattern

Whole foot on the step

Natural walking rhythm

Abs brace

Chest up

BASIC STEP WITH ARMS

Cross in front, elbows to chest height

Open bent arms back

Cross in front, elbows to chest height

Pull fists to hips.

PHONETIC CUE: 'Cross, open, cross, pull, cross, open, cross, pull'

Layer 2

Warm all the small muscles around the shoulder joint

QUARTER DROP SQUAT

PHONETIC CUE: 'Sit, stand, sit stand'

Small range Squat

Small knee bend

Chest up



1-2

QUARTER DROP SQUAT & 3X BASIC STEP COMBO

Quarter Drop Squat L. Bent Raise F

1-4

Basic Step R x3. RA

5-16

Repeat to the other side

17-32

PHONETIC CUE: 'Squat, basic HOLD, 3, 2, 1 other side, squat, basic HOLD, 3, 2, 1'

Make it clear 'Just 1 Squat'



1-2



6

UP TAP WITH ARMS

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

Lift then open up across the chest

3 STEP ORIENTATION CLASSIC



TRACK FOCUS

Make it clear that there are 3 Knee Lifts in the 3x Repeater Knee Lift, and also in the 3x Single Knee Lifts, then coach a heel release in the 1st and 3rd Single Knee Lifts. Coach your class to 'Jump' onto the step in the Step Down OTT & Shuffle Combo, and to land the jump with a soft knee.

TEACH FLAVA

COME INTO THIS TRACK

With great energy, happy and lighthearted.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	Say hey hey hey hey	5x8	6x March On Top L then step to side L then repeat to the R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2½x
0:17	PC	So aye , we brought	4x8 A	OTT & March OTS R then L. <i>HOH & RA</i> 👁️ Next move on the last 8 cts	1-16 2x
0:32		Wild things are	4x8 A¹	OTT & Shuffle OTS R then L. <i>HOH & RA</i>	1-16 2x
0:46	C	Wild things are	4x8 B	Med Propulsive OTT R then L. <i>Reach Up & Down</i>	1-8 4x
1:00	V1	_ Find table space	4x8 C	3x Repeater Knee Lift R. <i>RA</i> 👁️ Next move on the last 8 cts	1-8 4x
1:15		So gather all the	4x8 C¹	3x Knee Lift On Top R. <i>RA</i>	1-8 4x
1:29	PC	So aye , we brought	4x8 A¹	👁️ OTT & Shuffle OTS R then L 👁️ Next move on the last 8 cts	1-16 2x
1:43	C	Wild things are	4x8 A²	Step Down OTT & Shuffle Combo R then L. <i>Natural Arms & RA</i>	1-16 2x
1:57	Br	Wild things are	½x8 B¹	OTT R. <i>HOH</i>	1-4
1:59	Instr		4x8 B	👁️ Med Propulsive OTT L then R	1-8 4x
2:13	V2	_ I lose my balance	4x8 C	👁️ 3x Repeater Knee Lift L 👁️ Next move on the last 8 cts	1-8 4x
2:28		So gather all the	4x8 C¹	👁️ 3x Knee Lift On Top L	1-8 4x
2:42	PC	So aye , we brought	4x8 A¹	👁️ OTT & Shuffle OTS L then R 👁️ Next move on the last 8 cts	1-16 2x
2:56	C	Wild things are	4x8 A²	👁️ Step Down OTT & Shuffle Combo L then R	1-16 2x
3:11	Br	Wild things are	½x8 B¹	👁️ OTT L	1-4
3:13	Instr		4x8 B	👁️ Med Propulsive OTT R then L	1-8 4x
3:27	Outro	Wild things are	½x8	Step R over the step & Squat down. <i>Hands to thighs</i> Roll body up to standing	1-2 3-4

6X MARCH ON TOP

March L, R, L, R, L, R, L, R on top of the step. *RA* 1-6
 Step L to L side of the step, then Tap R to
 the floor. *RA* 7-8

Repeat to the other side 9-16

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

Visual cues to HOLD on top, and then direction to
 step down

OTT & MARCH

PHONETIC CUE: 'Over the top, step, tap, march, over
 the top, step, tap, march'

Visual cue to HOLD the March

OTT & SHUFFLE

PHONETIC CUE: 'Over the top, step, tap, shuffle, over
 the top, step, tap, shuffle'

Soft knees in the Shuffle to absorb impact

⇩ **OPTION:** OTT & March

**STEP DOWN OTT & SHUFFLE
COMBO**

Jump R onto the step. *Natural Arms* 1
 Step L down to the floor, L side of step.

Natural Arms 2

Step R to the floor then tap L to the floor. *RA* 3-4

Shuffle L, R, L, R OTS. *RA* 5-8

Repeat to the other side 9-16

PHONETIC CUE: 'Jump down step tap, shuffle, jump
 down step tap, shuffle'

Emphasize the word 'JUMP'

You've got to JUMP onto the step

Soft landing as you JUMP on

⇩ **OPTION:** OTT & March

**MED PROPULSIVE OTT**

PHONETIC CUE: 'Go up, go down, go up, go down'

Just a light push off the step

⇩ **OPTION:** No arms, no jump

3X REPEATER KNEE LIFT

PHONETIC CUE: '3, 2, 1, step down, 3, 2, 1, step
 down'

The same foot always steps on

Use a visual cue to show lead leg

3X KNEE LIFT ON TOP

Step R onto the step. *RA* (On 45-degree angle) 1

Release R heel then lift L knee. *RA* (Swivel to face R
 side) 2

Step L on top then lift R knee. *RA* (Facing R side) 3-4

Step R onto the step. *RA* (Facing R side) 5

Release R heel then lift L knee. *RA* (Swivel to
 45-degree angle) 6

Step L to the floor then tap R to the floor. *RA* 7-8

PHONETIC CUE: 'Left foot, right foot, left foot, step
 down, left foot, right foot, left foot, step down'

Weight on the ball of the foot and release the heel as
 you lift your knee

Release your heel as you lift your knee





TRACK FOCUS

Clearly coach the alternating foot pattern in all the Knee Lift & Bounce variations by saying "left foot, right foot", then use a visual cue to show which way to turn when you add the Quarter-turn, continuing with the cue 'left foot, right foot'. This way, the class will understand that it's the same footwork, just with an added Quarter-turn.

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	Nobody can drag	1x8	Prepare to move	1-8
0:05	Instr	Down	4x8 A	1x Knee Lift & Bounce Combo L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2x
0:18		If I didn't have you	4x8 A ¹	1x Propulsive Knee Lift & Bounce Combo L then R. <i>RA</i> 👁️ Next move on the last 16 cts	1-16 2x
0:32	C	All my life	8x8 A ²	Quarter-Turn Propulsive Knee Lift & Bounce Combo L then R. <i>RA</i>	1-16 4x
1:00	Rep	Down , nobody nobody	4x8 B	Propulsive Knee Lift L then R. <i>RA</i>	1-8 4x
1:14	Instr	Down	2x8 C	Bounce OTS L&R. <i>RA</i>	1-2 8x
1:21	V1	I've got fire	4x8 D	Basic Step L. <i>RA</i>	1-4 8x
1:35	PC	If I didn't have you	4x8 A ¹	🔊 1x Propulsive Knee Lift & Bounce Combo L then R 👁️ Next move on the last 8 cts	1-16 2x
1:48	C	All my life	4x8 A ²	🔊 Quarter-Turn Propulsive Knee Lift & Bounce Combo L then R 👁️ Next move on the last 16 cts	1-16 2x
2:02		All my life	4x8 A ³	Quarter-Turn Propulsive Knee Lift & Jumping Jack Combo L then R	1-16 2x
2:16	Rep	Down , nobody nobody	4x8 B	🔊 Propulsive Knee Lift L then R. <i>RA</i>	1-8 4x
2:30	Instr	Down	2x8 C ¹	Bounce L&R, traveling F towards the front of the step. <i>RA</i> 👁️ Next move on the last 8 cts	1-2 8x
2:37	Instr	(Dubstep)	8x8 E	Box Burpee	1-8 8x
3:05	Instr	Down	2x8 C ²	Bounce R&L, traveling to the back of the step. <i>RA</i>	1-2 8x

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
3:12	V2	_ I've got fire	4x8	D	 Basic Step R	1-4	8x
3:26	PC	If I didn't have you	4x8	A ¹	 1x Propulsive Knee Lift & Bounce Combo R then L  Next move on the last 8 cts	1-16	2x
3:40	C	All my life	4x8	A ²	 Quarter-Turn Propulsive Knee Lift & Bounce Combo R then L  Next move on the last 16 cts	1-16	2x
3:54		All my life	4x8	A ³	 Quarter-Turn Propulsive Knee Lift & Jumping Jack Combo R then L	1-16	2x
4:08	Rep	Down, nobody nobody	4x8	B	 Propulsive Knee Lift R then L	1-8	4x
4:21	Instr	Down	2x8	C ¹	 Bounce R&L, traveling F towards the front of the step. RA  Next move on the last 8 cts	1-2	8x
4:28	Instr	(Dubstep)	8x8	E	Box Burpee	1-8	8x
4:57	Instr	Down	2x8	C ²	Bounce R&L, traveling to the back of the step. RA	1-2	8x
5:04	C	All my life	8x8	A ³	 Quarter-Turn Propulsive Knee Lift & Jumping Jack Combo R then L	1-16	4x
5:31	Rep	Down, nobody nobody	4x8	B	 Propulsive Knee Lift R then L	1-8	4x
5:45	Outro		½x8		Leap R onto step. Point L down	1-4	

1X KNEE LIFT & BOUNCE COMBO

- Step L to step then lift R knee. *RA* 1-2
 Step R, L to the floor. *RA* 3-4
 Bounce R, L, R, L OTS. *RA* 5-8
 Repeat to the other side 9-16
PHONETIC CUE: 'Lift your knee, step down, bounce, lift your knee, step down, bounce'
Feet hip-width apart in the Bounce
Brace abs to lock the hips in place
 Avoid swinging your hips side to side like a Hula
Layer 2
Shift body weight from 1 leg to the other

QUARTER-TURN PROPULSIVE KNEE LIFT & BOUNCE COMBO

- Propulsive Quarter-Turn Knee Lift L. *RA* (Face L side) 1-2
 Step R, L to the floor. *RA* (Face L side) 3-4
 Bounce R, L, R, L OTS. *RA* (Face L side) 5-8
 Propulsive Quarter-Turn Knee Lift R. *RA* (Face front) 9-10
 Step L, R to the floor. *RA* (Face front) 11-12
 Bounce L, R, L, R OTS. *RA* (Face front) 13-16
PHONETIC CUE: 'Quarter-turn... bounce, quarter-turn... bounce'
Jump and release your heel
Layer 2
Find a landmark in the room 'Each time you turn, look for the '...'
 ↺ **OPTION:** If you're not jumping, no turn



QUARTER-TURN PROPULSIVE KNEE LIFT & JUMPING JACK COMBO

- Propulsive Quarter-Turn Knee Lift L. *RA* (Face L side) 1-2
 Step R, L to the floor. *RA* (Face L side) 3-4
 2x Jumping Jack. *Reach Up & Down* (Face L side) 5-8
 Propulsive Quarter-Turn Knee Lift R. *RA* (Face Front) 9-10
 Step L, R to the floor. *RA* (Face front) 11-12
 2x Jumping Jack. *Reach Up & Down* (Face front) 13-16
PHONETIC CUE: 'Release your heel, jack, jack, release your heel, jack, jack'
 Jumping Jack
Toes and knees turned out slightly
Bend your knees



BOUNCE FORWARD

CUE: 'Stay on the floor, bounce forward'

Use visual cue to move class forward

'Stay there watch me'

'Join me now'

BOUNCE BACKWARD

Use a visual cue to show which way (always to the right)

CUE: 'Bounce, move it back behind the step'

BOX BURPEE

Bend knees. Place hands toward the front of the step

Jump feet onto the step 1-2

Jump feet down to floor (Bend knees heaps) 3-4

Stand tall. HOH 5-6

7-8

PHONETIC CUE: 'Down, jump on, jump off, stand

tall, down, jump on, jump off, stand tall'

Bend your knees heaps with chest up

Brace your abs

Look in front of your hands

⇓ **OPTION:** Low climber burpee



1-2



3-4



5-6



7-8

LOW CLIMBER BURPEE

Note: This is the low option for Box Burpee

Bend knees. Place hands toward the front of the step

Step L foot back long 1-2

Step L foot in towards hands 3-4

(Bend knees heaps) 5-6

Stand tall. HOH 7-8

Repeat to the other side

PHONETIC CUE: 'Down, step back, step forward,

stand tall, down, step back, step forward, stand tall'

Bend your knees heaps with chest up



1-2



3-4



5-6



7-8

5 MIXED STRENGTH



TRACK FOCUS

3 things to coach in the Propulsive Rotating Double Squat: 1) Jump and release the foot as you rotate; 2) It's 2x 180° rotations that create a full 360° rotation; 3) Offer the option with no rotation for those who don't like to jump.

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	Move it up and down	1x8	Prepare to move	1-8	
0:04	Instr		2x8	A Up Tap L then R. <i>RA</i>	1-8	2x
0:11	Ref	Do it now	4x8	A ¹ Tap Down L then R. <i>RA</i>	1-8	4x
0:26	Instr		4x8	👁️ Next move on the last 4 cts Drop Squat L then R. <i>Blade RA</i>	1-8	4x
0:40	Ref	Do it now	1x8	C 4x Squat Pulse L. <i>Blade RA</i> Lift R knee. <i>Blade RA</i>	1-7 8	
		Do it now	3x8	C ¹ Double Squat R. <i>Blade RA</i> Lift R knee. <i>Blade RA</i>	1-3 4	6x
0:54	Instr		1x8	D March R&L. <i>RA</i> (R foot on the floor)	1-2	4x
			1x8	D ¹ March R&L, feet wider. <i>RA</i> (R foot on the floor)	1-2	4x
1:01			2x8	👁️ Next move on the last 4 cts Half Stomp R	1-4	4x
1:09	Rep	Move it up and down	8x8	E 2x Half Stomp & 2x Double Squat Combo R. <i>RA & Blade RA</i> 👁️ Next move on the 16 cts	1-16	4x
1:37	C	Do it now	8x8	E ¹ 2x Half Stomp & 2x Propulsive Rotating Double Squat Combo R. <i>RA & Blade RA</i>	1-16	4x
2:06	Instr	(Dubstep)	4x8	F Dynamic Slow Squat R. <i>Blade RA</i>	1-4	8x
2:20	Rep	Do it now	3x8	G 12x Repeater Knee Lift L. <i>RA</i>	1-24	
2:32		Move it up and down	1x8	H March B R&L. <i>RA</i>	1-2	4x

5

MIXED STRENGTH CONTINUED



MUSIC		SEQUENCE/EXERCISE		CTS	REPS
2:35	Rep	Move it up and down	4x8 B	Drop Squat R then L. <i>Blade RA</i>	1-8 4x
2:49	Ref	Do it now	1x8 C	4x Squat Pulse R Lift L knee. <i>Blade RA</i>	1-7 8
		Do it now	3x8 C ¹	Double Squat L Lift L knee	1-3 4 6x
3:04	Instr		1x8 D	March L&R. <i>RA</i> (L foot on the floor)	1-2 4x
			1x8 D ¹	March L&R, feet wider. <i>RA</i> (L foot on the floor)	1-2 4x
3:11			2x8 D ²	Next move on the last 4 cts Half Stomp L	1-4 4x
3:18	Rep	Move it up and down	8x8 E	2x Half Stomp & 2x Double Squat Combo L Next move on the last 16 cts	1-16 4x
3:47	C	Do it now	8x8 E ¹	2x Half Stomp & 2x Propulsive Rotating Double Squat Combo L	1-16 4x
4:15	Instr	(Dubstep)	4x8 F	Dynamic Slow Squat L	1-4 8x
4:29	Rep	Do it now	3x8 G	12x Repeater Knee Lift R	1-24
		Move it up and down	1x8 H	March L, R	1-2 4x
4:44	Rep	Move it up and down	4x8 B	Drop Squat L then R	1-8 4x
4:58	Outro		½x8	Leap L onto the step. <i>Dab L bent, R Straight</i>	1-4

UP TAP

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

Use a visual cue to show the alternating foot pattern

TAP DOWN

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

Layer 2

Bend supporting knee to sit lower

Extend the tapping leg to get length of the leg

DROP SQUAT

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

Feet outside hip-width

Toes turned outward slightly

Knees in line with toes

Sit the **butt down**

Chest up

SQUAT PULSE

L foot on the step, R foot on the floor (L side of step)

Squat Pulse down & up. *Held Blade RA* 1-2

PHONETIC CUE: 'Hold, hold, hold, watch my legs'

Use a visual cue to HOLD the Squat Pulse OTS

MARCH

Right foot on the floor (R side of the step), L foot on the step

PHONETIC CUE: 'Right left right left, feet a little wider'

Use a visual cue to show the width going a little wider

HALF STOMP

March R to the side, on the floor. *RA* 1

March L on the step. *RA* 2

March R to the Back, on the floor. *RA* 3

March L on the step. *RA* 4

PHONETIC CUE: 'Side, back, side, back'

Layer 2

Once the pattern is setup, coach class to sit lower as they step to the side, then stand taller as they step back 'Go down, up, down, up'

Bend knees to sit lower

Keep chest lifted



2X HALF STOMP & 2X DOUBLE SQUAT COMBO

2x Half Stomp R. *RA* 1-8

2x Double Squat R. *Blade RA* 9-16

PHONETIC CUE: '2, 1, double squat, double squat, 2, 1, double squat, double squat'



2X HALF STOMP & 2X PROPULSIVE ROTATING DOUBLE SQUAT COMBO

- 2x Half Stomp R. *RA* 1-8
 Double Squat R. *Blade RA R* 9-11
 Lift R knee, propel & rotate half-turn counter-clockwise. *Blade RA L* 12
 Double Squat R. *Blade RA R* (Facing back of the room) 13-15
 Lift R knee, propel and rotate half-turn counter-clockwise. *Blade RA L* 16

PHONETIC CUE: '2, 1, double squat, turn, double squat, turn, 2, 1, double squat, turn, double squat, turn'

You must **jump and release the foot off the step to turn.**

Advise the class not to turn if they aren't jumping. You always turn forwards and around.



12X REPEATER KNEE LIFT

Pre-cue 'Repeater, HOLD'

Use a visual cue to HOLD the Repeater

Bend supporting knee to sit deeper

Push the front knee outward

Toes lightly touch the floor, back heel off the floor

Chest up

Count down the last 4 Repeaters

CUE: '4, 3, 2 march backward'

Then use a visual cue to HOLD the March OTS, then use another visual cue to show the direction of the upcoming Drop Squat

CUE: 'Drop Squat-GO!'

DYNAMIC SLOW SQUAT

- Dynamic Squat down R. *Blade RA R* 1-2
 Dynamic Squat up and lift R knee. *Blade RA L* 3-4

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

Use a visual cue to HOLD the Squat OTS

Layer 2

To make this dynamic, sit down quickly and hold the Squat down for the full 2 cts, then pop up quickly and hold the Knee Lift for the full 2 cts



6 PEAK 2



TRACK FOCUS

Use short clear bullet-point-type cues, together with visual cues to set up the Slow Squat Across Sequence, and continue the same type of coaching with the Small-Range Squat Across & 2x Basic Step Combo.

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
	Intro	Always lived my	4x8	Turn Step, set up to the R side of the step 👁️ Next move on the last 8 cts	1-32	
0:14	Instr	Alright _	4x8 A	Knee Lift & ATT L then R. <i>RA & HOH</i> 👁️ Next move on the last 8 cts	1-16	2x
0:28	Rep	_ The rocket launcher	4x8 A ¹	Nutcracker & Med Propulsive ATT L then R. <i>Reach O/H & Pull</i>	1-16	2x
0:43	C	All aboard all aboard	4x8 B	Propulsive ATT L then R. <i>Reach Up & Down</i>	1-8	4x
0:57	Ref	_ You ain't stopping	4x8 C	Slow Squat Across Sequence L	1-32	
1:11	V1	All aboard all aboard	8x8 D	Small-Range Squat Across & 2x Basic Step Combo L 👁️ Next move on the last 16 cts	1-16	4x
1:38		_ It's not a bird	8x8 D ¹	Propulsive Squat Across & 2x Jog Step Combo L	1-16	4x
2:06	Ref	_ You ain't stopping	2x8 E	Held Squat Pulse 4x Squat Pulse L. <i>Hold Hands Stacked O/H</i> 4x Squat Pulse L. <i>Slowly lower arms down</i> <i>to chest height</i> Tap L foot to the floor. <i>Fists to hips</i>	1-8 9-15 16	
2:13	Br	_ Yaaaaah	1x8 A	🏃 Knee Lift & ATT L	1-8	
2:16	Rep	_ The rocket launcher	4x8 A ¹	🏃 Nutcracker & Med Propulsive ATT R then L	1-16	2x
2:30	C	_ I am the freshman	4x8 B	🏃 Propulsive ATT R then L	1-8	4x
2:44	Ref	_ You ain't stopping	4x8 C	🏃 Slow Squat Across Sequence R	1-32	
2:58	V2	All aboard all aboard	8x8 D	🏃 Small-Range Squat Across & 2x Basic Step Combo R 👁️ Next move on the last 16 cts	1-16	4x
3:26		_ It's not a bird	8x8 D ¹	🏃 Propulsive Squat Across & 2x Jog Step Combo R	1-16	4x



MUSIC				SEQUENCE/EXERCISE		CTS	REPS
3:54	Ref	_ You ain't stopping	2x8	E	CPUD 4x Squat Pulse R CPUD 4x Squat Pulse R CPUD Tap R foot to the floor	1-8 9-15 16	
4:01	Br	_ Yeaaaaah	1x8	A	CPUD Knee Lift & ATT R	1-8	
4:04	Rep	_ The rocket launcher	4x8	A ¹	CPUD Nutcracker & Med Propulsive ATT L then R	1-16	2x
4:18	C	_ I am the freshman	4x8	B	CPUD Propulsive ATT L then R	1-8	4x
4:32	Br		½x8		Step L on to the step & Freeze. <i>Open arms to sides</i>	1-4	
4:34	Ref	Always lived my	4x8		Set up for Rocket Launcher Pushup Next move on the last 8 cts	1-32	
4:47	Instr	(Dubstep)	8x8		Rocket Launcher Pushup L then R	1-16	4x
5:15	V3	_ Are you ready	2x8		Transition to stand, move to L side of the step	1-16	
5:22		Wanna wanna get	2x8	A	CPUD Knee Lift & OTT R then L	1-16	
5:29	Rep	_ The rocket launcher	4x8	A ¹	CPUD Nutcracker & Med Propulsive ATT R then L	1-16	2x
5:43	C	_ I am the freshman	4x8	B	CPUD Propulsive ATT R then L	1-8	4x
5:57	Outro		½x8		Leap R onto the step. <i>Punch both O/H</i>	1-4	

KNEE LIFT & ATT

Knee Lift L. RA	1-4
ATT L. HOH	5-8
Repeat to other side	9-16
PHONETIC CUE: 'Lift your knee, across the top, lift your knee, across the top'	
Use visual cues to HOLD the Knee Lift, and to show the direction of the ATT	
Knee Lift on 45-degree angle	

NUTCRACKER & MED PROPULSIVE ATT

Jump L onto the step with the free leg extended but low. Reach arms up	1
Drive R Knee up. Pull fists to hips	2
Step R to floor, then tap L to floor. Fists to hips	3-4
Med Propulsive ATT L. Reach Up & Down	5-8
Repeat to the other side	9-16
PHONETIC CUE: 'Jump pull, across, jump pull, across'	
Nutcracker on 45-degree angle	
↕ OPTION: Knee Lift & ATT	



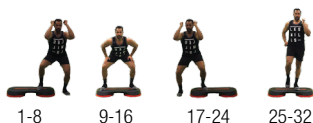
PROPULSIVE ATT

Propulsive ATT R. Reach O/H	1-2
Step down R, L. Lift L knee	
Fists to hips	3-4
Repeat to the other side	5-8
PHONETIC CUE: 'Step up, down, up, down'	
Layer 2	
Step to the middle of the step to get halfway across the step	
↕ OPTION: ATT or 2x Step across on the floor behind the step	

SLOW SQUAT ACROSS SEQUENCE

4x Squat Pulse R. Bent Raise F	1-8
4x Squat Pulse center. Hands to thighs	9-16
4x Squat Pulse L. Bent Raise F	17-24
March L, R, 4x behind the step. RA	25-32
Pre-Cue: 'Squat pulse HOLD' Use a visual cue to HOLD	

CUE: '4, 3, 2, squat on top'. Use a visual cue to show where to squat on top
 '4, 3, 2, squat to the side'. Use a visual cue to show the direction of the upcoming Squats
 'March to the back'. Use a visual cue to show the direction to march



SMALL-RANGE SQUAT ACROSS & 2X BASIC STEP COMBO

Quarter Squat L to R side. Bent Raise F	1
Light propulsion to center. Bent Raise F	2
Quarter Squat centre. Hands to thighs	3
Light propulsion to L side. Bent Raise F	4
Quarter Squat R to L side. Bent Raise F	5-6
Step back L, R. Fists to hips	7-8
2x Basic Step L. RA	9-16

PHONETIC CUE: 'Side, top, side, HOLD, basic step 2, 1, do it again, side, top, side HOLD, basic step'
 Use a visual cue to HOLD the Basic Steps
 Only a Quarter Squat – don't focus on depth. Use this section to establish the footwork, and to recover



PROPULSIVE SQUAT ACROSS & 2X JOG STEP COMBO

Quarter Squat L to R side. <i>Bent Raise F</i>	1
Propulsion to center. <i>Bent Raise F</i>	2
Quarter Squat center. <i>Hands to thighs</i>	3
Propulsion to L side. <i>Bent Raise F</i>	4
Quarter Squat R to L side. <i>Bent Raise F</i>	5-6
Step back L, R. <i>Fists to hips</i>	7-8
2x Jog L. <i>RA</i>	9-16

PHONETIC CUE: 'Side JUMP, top JUMP, side, HOLD, run, run, side JUMP, top JUMP, side, HOLD, run, run'
Focus more on the 2 Jumps and the Jogs to start to lift the intensity.

Small knee bend in the Squats, then spring upward
⇨ **OPTION:** Small-Range Squat Across & 2x Basic Step Combo

ROCKET LAUNCHER PUSHUP

Pushup Down	1-2
Pushup to 1-Arm Plank position. <i>L Arm F with Fan Hand</i>	3-8
Repeat to the other side	9-16

Feet hip-width apart

Keep shoulders and hips square to the floor

Chest no lower than elbow level

Strong ab brace

Pushup and Hold the 1-arm Plank position

⇨ **OPTION:** Rocket Launcher Pushup on knees



7 STEP RECOVERY



Weight Plate
2.5kg or 5kg



TRACK FOCUS

Coach the pattern of the Squat, Lunge & Repeater Combo, then coach the class how to work harder by bending their knees to get deeper in the Squat, and stepping back longer in the Lunge to go lower.

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
0:03	Intro	Give it to me I'm worth it	4x8	Set up  Next move on the last 16 cts	1-32	
0:18	V1	_ Just gimme you	4x8	A	Squat, Lunge & Repeater Combo L	1-16 2x
0:32	C	Give it to me I'm worth it	8x8	A'	Weighted Squat, Lunge & Repeater Combo L. <i>Weighted press F & Press O/H</i>	1-16 4x
1:02	Rep	Worth it worth it	4x8	B	16x Repeater Knee Lift L. <i>Hold weight O/H</i>	1-32
1:17	Instr		4x8	Recover Set up for other side	1-32	
1:32	V2	_ Just gimme you	4x8	A	 Squat, Lunge & Repeater Combo R	1-16 2x
1:46	C	Give it to me I'm worth it	8x8	A'	 Squat, Lunge & Repeater Combo R	1-16 4x
2:15	Rep	Worth it worth it	4x8	B	 16x Repeater Knee Lift R. <i>Hold weight O/H</i>	1-32
2:31	Outro		½x8	Step back and shake out	1-4	

SETUP

Stand on top of the step, close to the L side, pull the weight plate hard in to the chest, elbows back, create a pinch between the shoulder blades.

SQUAT, LUNGE & REPEATER COMBO

Squat L. <i>Hold weight in to chest</i>	1-2
Squat up & lift L knee. <i>Hold weight in to chest</i>	3-4
Lunge Back L. <i>Hold weight in to chest</i>	5-6
Lunge up & lift L knee. <i>Hold weight in to chest</i>	7-8
Squat L. <i>Hold weight in to chest</i>	9-10
Squat up & lift L knee. <i>Hold weight in to chest</i>	11-12
2x Repeater Knee Lift L. <i>Hold weight in to chest</i>	13-15
Lift L knee up. <i>Hold weight in to chest</i>	16
PHONETIC CUE: 'Squat knee, lunge knee, squat knee, repeater, squat knee, lunge knee, squat knee, repeater'	

WEIGHTED SQUAT, LUNGE & REPEATER COMBO

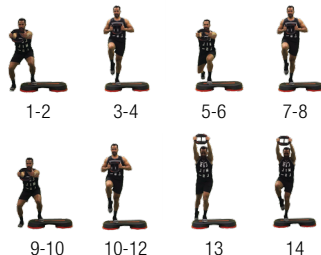
Squat L. <i>Press weight F</i>	1-2
Squat up & lift L knee. <i>Pull weight in to chest</i>	3-4
Lunge Back L. <i>Press weight F</i>	5-6
Lunge up & lift L knee. <i>Pull weight in to chest</i>	7-8
Squat L. <i>Press weight F</i>	9-10
Squat up & lift L knee. <i>Pull weight in to chest</i>	11-12
2x Repeater Knee Lift L. <i>Press weight O/H</i>	13-15
Lift L knee up. <i>Pull weight in to chest</i>	16

PHONETIC CUE: 'Weight forward, lunge back, weight forward, repeater weight up, weight forward, lunge back, weight forward, repeater weight up'

Squat – Knees in line with toes

Lunge – Back heel up

⇓ **OPTION:** Keep weight to chest, or put the weight down

**16X REPEATER KNEE LIFT**

CUE: 'Keep the Repeater going, HOLD'

Keep weight in front of the body

Push the knee outward

Extend the arms out

Count down the last 4 reps

Layer 2

Bend the front knee to sit lower

8 PARTY STEP



TRACK FOCUS

For the Soft Freeze Taps, coach the downward sinking feel with the legs, and the flirtatious feel with the arm-lines. Try to say less in the Straddle Jump Combo to let the music speak, and to let the "Drop Down" lyrics of the song come through.

TEACH FLAVA

COME INTO THIS TRACK

Excited, re-energized and buzzing.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:01	Intro	Me and my girls	1½x8 2x8	Prepare to move  Next move on the last 8 cts	1-4 1-16	
0:10	Instr		8x8 A	Soft Freeze Tap Combo Soft Freeze Tap L then R x2. <i>Slow RA</i> March L, R x4 behind the step. <i>RA</i>  Next move on the last 8 cts	1-8 9-16	4x
0:38	C	Me and my girls	8x8 A¹	Traveling Soft Freeze Tap Combo Soft Freeze Tap L then R x2. <i>Slow RA</i> (Traveling F) March L, R x4 counter-clockwise to end behind the step. <i>RA</i>	1-8 9-16	4x
1:06	Instr		2x8 B 2x8 B¹	Tap Down L then R. <i>RA</i>  Next move on the last 4 cts Cha-Cha-Cha L then R. <i>Natural Arms</i>	1-8 1-8	2x 2x
1:20	V1	Drop down on a	4x8 C	Basic Step L. <i>RA</i>  Next move on the last 8 cts	1-4	8x
1:34		And if we want it	4x8 D	Straddle F L. <i>RA</i> March L, R B on the floor. <i>RA</i>  Next move on the last 8 cts	1-4 5-8	4x
1:48	Rep	_ Drop down	4x8 D¹	Step Up L, R. <i>RA</i> Straddle Jump Down. <i>Hands to thighs (Land low)</i> Walk B L, R, L, R and roll body up. <i>RA</i>	1-2 3-4 5-8	4x
2:03	C	Me and my girls	4x8 A¹	 Traveling Soft Freeze Tap Combo L  Next move on the last 8 cts	1-16	2x
2:17		Me and my girls	4x8 A²	Traveling Soft Freeze Tap Combo With Arms L. <i>L arm up, then R arm up, then L arm down, the R arm down</i>	1-16	2x

8

PARTY STEP CONTINUED



MUSIC		SEQUENCE/EXERCISE		CTS	REPS
2:31	Br	Girls	½x8 B	Tap Down L	1-4
			4x8 B¹	Cha-Cha-Cha R then L	1-8 4x
2:48	V2	The night is dark	4x8 C	Basic Step R	1-4 8x
3:01		And if we want it	4x8 D	Next move on the last 8 cts Straddle F R. <i>RA</i> March R, L B on the floor. <i>RA</i> Next move on the last 8 cts	1-4 5-8 4x
3:16	Rep	Drop down	4x8 D¹	Step Up R, L. <i>RA</i> Straddle Jump Down. <i>Hands to thighs (Land low)</i> Walk B R, L, R, L and roll body up. <i>RA</i>	1-2 3-4 5-8 4x
3:30	C	Me and my girls	8x8 A²	Traveling Soft Freeze Tap Combo With Arms R	1-16 4x
3:58	Br		4x8 B¹	Cha-Cha-Cha R then L	1-8 4x
4:11	C	Me and my girls	8x8 A²	Traveling Soft Freeze Tap Combo With Arms R.	1-16 4x
4:40	Br		4x8 B¹	Cha-Cha-Cha R then L	1-8 4x
4:53	Outro	Me and my girls	½x8	Freeze Tap R. <i>L arm O/H</i> Freeze Tap L. <i>Push R hand down</i>	1-2 3-4

SOFT FREEZE TAP COMBO

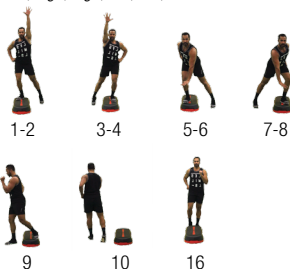
Soft Freeze Tap L then R x2. *RA* 1-8
 March L, R x4 on the floor. *RA* 9-16
PHONETIC CUE: 'Freeze 4, 3, 2, stop, march on the floor, 4, 3, 2, stop, march on the floor'
 Soften knees and sink as you land
 Chest up

TRAVELING SOFT FREEZE TAP COMBO

Soft Freeze Tap L then R x2 travelling F. *RA* 1-8
 March L, R x4 on the floor around to the start position. *RA* 9-16
PHONETIC CUE: 'Move it forward 4, 3, 2, stop, walk around to the start, forward 4, 3, 2, stop, walk around'
 Like models, down the catwalk, then walk back to the start position
 Use a visual cue to show direction to walk

TRAVELING SOFT FREEZE TAP COMBO WITH ARMS

Soft Freeze Tap L then R traveling F. *Reach R then L Fan Hand O/H* 1-4
 Soft Freeze Tap L then R traveling F. *Flex R then L hand down* 5-8
 March L, R x4 on the floor around to the start position. *RA* 9-16
PHONETIC CUE: 'Arm high, high, low, low, walk around, high, high, low, low, walk around'



TAP DOWN

PHONETIC CUE: 'Tap down, change sides, tap down, change sides'
 Use a visual cue to show direction to move.

CHA-CHA-CHA

PHONETIC CUE: 'Cha-cha-cha, change sides, cha-cha-cha, change sides'
 Relax, and move to the rhythm of the music

BASIC STEP

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

STRADDLE F & WALK BACK

Step Up L then R traveling F. *RA* 1-2
 Straddle down L then R. *RA* 3-4
 March L, R, L, R backward on the floor. *RA* 5-8
PHONETIC CUE: 'Walk up, straddle down, walk back, walk up, straddle down, walk back'

STRADDLE JUMP DOWN

Stepup L then R, traveling F. *RA* 1-2
 Straddle Jump down. *Hands to thighs* 3-4
 March L, R, L, R backward on the floor. *RA* 5-8
PHONETIC CUE: 'Step up, jump down, walk back, step up, jump down, walk back'
Bend knees heaps as you straddle jump down for a soft landing
Layer 2
 Roll body down as you straddle jump to the floor
 Roll body up as you march backward



9 SPEED STEP



TRACK FOCUS

Have fun and connect to the song title and lyrics with all the moves that travel backward.

TEACH FLAVA

COME INTO THIS TRACK

Hyped and ready to move quickly.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	_ Ok Ok	½x8	Prepare to move	1-4
0:01	Instr	Baby bring it back	4x8 A	Slow Step Back Knee Lift L then R. <i>RA</i>	1-16 2x
0:11	C	Baby bring it back	8x8 A¹	Speed Run Back Knee Lift L then R. <i>RA</i>	1-8 8x
0:30	V1	Catch me out on	8x8 B	4x Stutter Combo L. <i>RA</i> 👁️ Next move on the last 16 cts	1-16 4x
0:49	C	Baby bring it back	8x8 B¹	4x Back Stutter Combo L. <i>RA</i> 👁️ Next move on the last 4 cts	1-16 4x
1:09	Instr		4x8 C	Speed Straddle L. <i>RA</i> 👁️ Next move on the last 8 cts	1-4 8x
1:19			4x8 A²	Speed Straddle Knee Lift L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-8 4x
1:28	C	Baby bring it back	8x8 A¹	Speed Run Back Knee Lift L then R. <i>RA</i>	1-8 8x
1:47	Ref	Come with me now	3x8 A	👁️ Slow Step Back Knee Lift L, R then L. <i>RA</i>	1-24
		Galactic sounds	1x8	Jog R, L on top of the step	1-2 4x
1:57	V2	Catch me out on	8x8 B	👁️ 4x Stutter Combo R 👁️ Next move on the last 16 cts	1-16 4x
2:16	C	Baby bring it back	8x8 B¹	👁️ 4x Back Stutter Combo R 👁️ Next move on the last 4 cts	1-16 4x
2:35	Instr		4x8 C	👁️ Speed Straddle R 👁️ Next move on the last 8 cts	1-4 8x
2:45			4x8 A²	👁️ Speed Straddle Knee R then L 👁️ Next move on the last 8 cts	1-8 4x
2:55	C	Baby bring it back	8x8 A¹	👁️ Speed Run Back Knee Lift R then L	1-8 8x
3:13	Outro	Baby bring it back	1x8	Step R B to the floor. <i>Natural Arms</i> Step L B. <i>Roll L shoulder</i> Step R B. <i>Roll R shoulder</i>	1-2 3-4 5-8

SLOW STEP BACK KNEE LIFT

Setup on top and close to the back of the step
 Slow step back to the floor L then R. *Slow RA* 1-4
 Step L onto the step, then lift R knee. *Slow RA* 5-8
 Repeat to the other side 9-16
PHONETIC CUE: 'Step back, back, step knee, back, back, step knee'



1-2



3-4



7-8

SPEED RUN BACK KNEE LIFT

Jog back off the step L then R. *RA* 1-2
 Freeze Knee L onto the step. *Freeze RA* 3-4
 Repeat to the other side 5-8

PHONETIC CUE: 'Back back freeze, back back freeze'

Light on your feet

Bend knee for a soft landing on the Freeze Knee

↓ **OPTIONS:** Smaller ROM or on the floor



1



2



3-4

4X STUTTER COMBO

4x Stutter Jog L on the floor, R on the step. *RA* 1-8
 4x Jog L, R on top of the step. *RA* 9-16
PHONETIC CUE: 'Stutter 4, 3, 2, jog on top HOLD... 4, 3, 2, jog on top HOLD'

Use a visual cue to show direction, and to HOLD on top of the step

Natural running rhythm

↓ **OPTIONS:** Smaller ROM or on the floor

4X BACK STUTTER COMBO

4x Back Stutter Jog L on the floor, R on the step, rotating counter-clockwise. *RA* 1-8

4x Jog L, R on top of the step, rotating 180 degrees clockwise. *RA* 9-16

PHONETIC CUE: 'Stutter back, 3, 2, 1, jog on top back around, stutter 4, 3, 2, 1, jog on top back around'

Stutter backward halfway around, then jog on top back to start position

↓ **OPTIONS:** No rotation, or on the floor



1



2



5



8



9



10



13



16

SPEED STRADDLE

Speed Straddle down L, R. *RA* 1-2
 Speed Straddle up L, R. *RA* 3-4

PHONETIC CUE: 'Run down down, up up, down down, up up'

↓ **OPTIONS:** Smaller ROM or on the floor

SPEED STRADDLE KNEE

Speed Straddle down L, R. *RA* 1-2
 Freeze Knee L on top of the step. *RA* 3-4

Repeat to the other side 5-8

PHONETIC CUE: 'Down down freeze, down down freeze'

Soft knee landing on the Freeze Knee

Layer 2

Knee up to hip level

↓ **OPTIONS:** Smaller ROM or on the floor

10 PEAK 3



TRACK FOCUS

Show physical contrast in the Speed Tap Combos by being SUPER tall in the Speed Taps, then sitting low in the Squats. Use a clear visual cue to HOLD the 8x Squat Pulses, then pre-cue the upcoming Single Down Taps.

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
0:03	Intro	It's a paradise	½x8	Prepare to move	1-4	
0:04	Instr		2x8 2x8	A Down Tap L then R. <i>RA</i> A ¹ Propulsive Down Tap L then R. <i>RA</i>	1-4 1-4	4x 4x
0:18	C	So we'll _ all the neighbors	2x8	A ² Propulsive Down Tap L then R. <i>Alt Punch O/H</i>	1-4	4x
		Yeah reckless behavior	2x8	A ³ Propulsive Down Tap L then R. <i>Double Arm Reach O/H</i>	1-4	4x
0:31		Be in the bed all day	4x8	B 4x Repeater Knee Lift L then R. <i>Reach Up & Down</i>	1-16	2x
0:45	Rep	Paradise paradise	4x8	C Propulsive OTT L then R. <i>Reach Up & Down</i>	1-8	4x
0:59	V1	Climb on board	4x8	A Down Tap L then R. <i>RA</i> Next move on the last 8 cts	1-4	8x
1:12		I'm seeing pain	4x8	D Speed Tap Combo L then R. <i>RA</i> Next move on the last 8 cts	1-8	4x
1:26	Rep	It's a paradise	4x8	D ¹ Speed Tap & Squat Combo L then R. <i>RA</i>	1-8	4x
1:41	Br	War zone war zone	2x8	E 8x Squat Pulse L. <i>Hold RA</i> Step L foot onto step. <i>HOH</i>	1-15 16	
1:48	C	So we'll _ all the neighbors	2x8	A ² Propulsive Down Tap R then L.	1-4	4x
		Yeah reckless behavior	2x8	A ³ Propulsive Down Tap R then L.	1-4	4x
2:01		Be in the bed all day	4x8	B 4x Repeater Knee Lift R then L.	1-16	2x
2:15	Rep	Paradise paradise	4x8	C Propulsive OTT R then L. <i>RA</i>	1-8	4x
2:28	V2	Pillow talk	4x8	A Down Tap R then L. <i>RA</i> Next move on the last 8 cts	1-4	8x
2:42		I'm seeing pain	4x8	D Speed Tap Combo R then L. <i>RA</i> Next move on the last 8 cts	1-8	4x

10 PEAK 3 CONTINUED

		MUSIC			SEQUENCE/EXERCISE	CTS	REPS
2:56	Rep	It's a paradise	4x8	D ¹	 Speed Tap & Squat Combo R then L	1-8	4x
3:10	Br	War zone war zone	2x8	E	 8x Squat Pulse R Step R foot onto step	1-15 16	
3:16	C	So we'll _ all the neighbors	2x8	A ²	 Propulsive Down Tap L then R	1-4	4x
		Yeah reckless behavior	2x8	A ³	 Propulsive Down Tap L then R	1-4	4x
3:30		Be in the bed all day	4x8	B	 4x Repeater Knee Lift L then R	1-16	2x
3:44	Rep	Paradise paradise	4x8	C	 Propulsive OTT L then R	1-8	4x
3:58	Instr		2x8	A	 Down Tap L then R	1-4	4x
4:04	C	So we'll _ all the neighbors	8x8	D ¹	 Speed Tap & Squat Combo L then R	1-8	8x
4:32	Br	War zone war zone	2x8	E	 8x Squat Pulse L Step L foot on to step	1-15 16	
4:39	Rep	Paradise paradise	4x8	C	 Propulsive OTT R then L	1-8	4x
4:52	Outro		1x8		Step R to the floor. <i>Fan Hands O/H</i>	1-8	

DOWN TAP

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

Keep body weight on top of the step

Tap toes lightly to the floor with heel up

PROPULSIVE DOWN TAP

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

Add a jump

Light on your feet

Only the toes touch the floor

4X REPEATER KNEE LIFT

PHONETIC CUE: '4, 3, 2, change sides, 4, 3, 2, change sides'

Bend supporting knee

Front knee in line with toes

Back heel off the floor

Chest up

Keep body weight on top of the step

PROPULSIVE OTT

PHONETIC CUE: 'Go down, up, down, up'

SPEED TAP COMBO

Speed Tap L then R. *Blade RA* 1-2

Freeze Tap L. *Blade RA* 3-4

Repeat to the other side 5-8

PHONETIC CUE: 'Quick quick hold, quick quick hold'

Weight on top of step

Chest up, stay SUPER tall

Toes to the floor

↕ **OPTION:** Toes off the floor, like a Pendulum Swing



1



2



3-4

SPEED TAP & SQUAT COMBO

Speed Tap L then R. *Blade RA* 1-2

Squat L & hold. *Blade RA* 3-4

Repeat to the other side 5-8

PHONETIC CUE: 'Tap, tap, squat, tap, tap, squat'

Bend your knees to sit low in the Squat

Keep your body weight on top of the step in the Speed Taps

Body weight evenly placed between both legs in the Squat

Layer 2

Be SUPER tall in the Speed Taps



1



2



3-4

8X SQUAT PULSE

8x Squat Pulse L. *Freeze Blade RA* 1-15

Step L foot onto the step. *Fists to hips* 16

PHONETIC CUE: 'Squat HOLD.. 4, 3, ready to tap, GO!'



1-15

11 RECOVERY/CONDITIONING

Weight Plate
2.5kg or 5kg



TRACK FOCUS

Offer the 2-Arm option in the 1-Arm Plank Combo, then in the Reverse Half TableTop & L-Sit Combo, let your class know that there are only 8 reps. Allow them to do a few then rest if they need to, and then challenge them to do one more than they did today, in their next class.

TEACH ATHLETIC

COME INTO THIS TRACK

Out of breath and in need of cardio recovery.

	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
0:05	Intro	I'll never be like you	4x8	A	Set up Lunge and arm position L (R foot on)	1-32
0:19	V1	What I would do	8x8	B	Slow Lunge & Weighted Shoulder Press Combo L	1-16 4x
0:49	C	I'm only human can't	8x8	C	Quick & Slow Weighted Shoulder Press Combo L	1-8 8x
1:19	Ref	I'm falling on my	4x8	D	Set up 1-Arm Plank position L 👁️ Next move on the last 8 cts	1-32
1:33	Rep	I'm falling on my	8x8	E	1-Arm Plank Combo L	1-8 8x
2:02	Br		½x8		Jump feet in, <i>pick up weight</i>	1-4
2:04	Instr	Falling on my on my knees	4x8	A	Set up Lunge and arm position R	1-32
2:19	V2	How do I make	8x8	B	🔊 Slow Lunge & Weighted Shoulder Press Combo R	1-16 4x
2:49	C	I'm only human can't	8x8	C	🔊 Quick & Slow Weighted Shoulder Press Combo R	1-8 8x
3:19	Ref	I'm falling on my	4x8	D	🔊 Set up 1-Arm Plank position R 👁️ Next move on the last 8 cts	1-32
3:33	Rep	I'm falling on my	8x8	E	🔊 1-Arm Plank Combo R	1-8 8x
4:02	Br		½x8		Jump feet in	1-4
4:04	Ref	I'm falling on my	4x8		Set up Reverse Half TableTop position	1-32
4:19	C	I'm only human can't	16x8		Reverse Half TableTop & L-Sit Combo	1-16 8x

SET UP LUNGE AND ARM POSITION

R foot on the step, L foot back to Lunge position, back heel off the floor
Weight in L hand, and in a closed Pec Dec position, R fist to hip

SLOW LUNGE & WEIGHTED SHOULDER PRESS COMBO

Lunge down L. Open Pec Dec L 1-4
Hold Lunge down. Shoulder Press L O/H 5-8
Hold Lunge down. Shoulder Press Down L 9-12
Lunge up. Close Pec Dec L 13-16

PHONETIC CUE: 'Lunge and open the chest, stay down and press, stay down and lower, lunge up and close the pec, lunge and open, stay and press, stay and lower, up and close'

Keep weight slightly in front of body



QUICK & SLOW WEIGHTED SHOULDER PRESS COMBO

Lunge down L. Open Pec Dec and Shoulder Press O/H L 1
Lunge up slowly. Slow Shoulder Press down & close Pec Dec L 2-8

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

Keep weight slightly in front of body



SET UP 1 ARM PLANK POSITION

Move to the front of the step
Bend knees and place the un-weighted hand towards front of the step
Place the weight to the floor
Step feet back to get to a 1-Arm Plank position
Feet about hip-width apart
Hips and Shoulders square to the floor
Mid chest shadows above wrist
Strong ab brace



1-ARM PLANK COMBO

Crouch back. Pull L Fist to L Hip 1
Push F to 1-Arm Plank position. Extend L arm F 2
Hold 1-Arm Plank. Hold L arm extended F 3-8

PHONETIC CUE: 'Crouch back, push forward, crouch back, push forward'

Shoulders and hips square to floor

Strong ab brace

⇓ **OPTION:** Both hands on the step



SET UP REVERSE HALF TABLETOP & L-SIT POSITION

Sitting with butt about 12 inches (30cm) away from the step
Feet on top of the step
Hands by hips, fingers face towards the step
Lift hips off the floor (to a Tricep Dip position)

REVERSE HALF TABLETOP & L-SIT COMBO

Lift hips and squeeze the butt 1-8
Lower hips to L-Sit position and brace abs 9-16

CUE: 'Lift your hips and squeeze your butt, lower hips to L-Sit'

This is challenging. There are 8 reps in total. Do what you can today, and try to do 1 more in your next class.

L-Sit

Push the palm of the hands into the floor

Lift the chest

Move your hips towards your ribs and brace the abs

Aim to keep shoulders away from the ears

Reverse Half TableTop

Lift your hips towards the ceiling

Squeeze your butt

Aim to keep shoulders back and down



1-8



9-16

12 COOLDOWN/STRETCH



TRACK FOCUS

Move in to the Seated Hip Flexor Stretch, Seated Glute Stretch and the Achilles Stretch quickly, so that you can hold these stretches longer. Avoid slow transitions, as this will give you less time in each stretch.

COME INTO THIS TRACK

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

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
0:02	Intro	Can we	4x8		Set up, sitting side-saddle L on the step	1-32	
0:22	V1	Let's set each other's lonely	2x8	A	Seated Hip Flexor Stretch R	1-16	
		Tell me what you want to	2x8	B	Seated Glute Stretch L	1-16	
0:42		You ain't gotta	2x8	C	Achilles Stretch L	1-16	
0:52	C	Can we	2x8	D	Standing Quad Stretch R	1-16	
1:03		Maybe we	2x8	E	ITB Stretch R	1-16	
1:13	Instr		2x8	F	Standing Twist L then R	1-4	4x
1:23			2x8	G	Squat with R Shoulder Stretch	1-16	
1:33	V2	It ain't about the complications	2x8	A	Seated Hip Flexor Stretch L	1-16	
1:43		Just want to have a conversation	2x8	B	Seated Glute Stretch R	1-16	
1:53		You ain't gotta be my	2x8	C	Achilles Stretch R	1-16	
2:03	C	Can we	2x8	D	Standing Quad Stretch L	1-16	
2:14		Maybe we	2x8	E	ITB Stretch L	1-16	
2:23	Instr	_ Hey hey	2x8	F	Standing Twist R then L	1-4	4x
2:34			2x8	G	Squat with L Shoulder Stretch	1-16	
2:43		Be each other's company	2x8	H	Adductor Stretch L	1-16	
2:54		Be each other's company	2x8	H	Adductor Stretch R	1-16	
3:04	C	Can we	2x8	I	Hamstring Stretch R Straddle step & Roll up	1-12 13-16	
3:14		Maybe we	2x8	I	Hamstring Stretch L Straddle step & Roll up	1-12 13-16	

SEATED HIP FLEXOR STRETCH

Sitting side-saddle L towards the front of the step
L leg bent forward, R knee in to sole of L foot

Lean back

Push R knee towards the floor

Lift R hip



SEATED GLUTE STRETCH

Tip forward from hips

Chest up



ACHILLES STRETCH

Toes of L foot in beside R knee

Keep heel of L foot grounded

Press body weight forward



STANDING QUAD STRETCH

Pull heel towards butt

Aim to keep legs together

Hips square to front



ITB STRETCH

Cross L foot behind R

Tip upper body to the R

Move hips towards the L



STANDING TWIST

Straddle the step

Twist L then R. **Bent arms at shoulder height**

1-4

Soft knees

Release the heel as you twist

Take your knees with you



SQUAT WITH R SHOULDER STRETCH

Straddle the step

Squat with hands to thighs

Push R shoulder down

Squat a little deeper to stretch the glutes



ADDUCTOR STRETCH

Straddle the step and step feet wide

Knee in line with toes

Push away from the straight leg

Chest up, keep the spine long



HAMSTRING STRETCH

R foot on the step

Butt back, **tip forwards from the hips**

Chest up

Aim to bring the **belly button toward the top of the thighs**



1-12



13-14



15-16

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

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 – *Wings/Can't You See*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- Use **ATHLETIC CIRCUIT** in place of Tracks 8 and 9 – *Wild Things/Can't You See/ Nessaja*
- 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 travel pattern forward and backward in the Bounce, and also to touch the 'FRONT' of the step. This will set your class up for success in the Box Burpee in this track, and also in Track 4.

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
0:01	Intro	These wings were made to	½x8	Prepare to move	1-4
0:03	Instr	Fly	4x8	A Basic Step L. <i>RA</i>	1-4 8x
0:16	Rep	Everybody's looking for a	4x8	A' Jog L. <i>RA</i>	1-4 8x
0:30	C	What if I lose	2x8	B Knee Lift L then R. <i>RA</i>	1-8 2x
		What if I lose	2x8	B' Propulsive Knee Lift L then R. <i>RA</i> Next move on the last 8 cts	1-8 2x
0:45	Rep	These wings were made to fly	4x8	B² Quarter-Turn Propulsive Knee Lift L then R. <i>RA</i>	1-8 4x
0:59	Instr	These wings were made to fly	2x8	Recover, shake out	1-16
1:06	Instr	(Dramatic)	5x8	C Bounce L, R x3 F. <i>RA</i> Squat & Touch the front of the step Bounce L, R x3 B. <i>RA</i> Squat & Touch the back of the step Freeze Next move on the last 8 cts	1-6 7-8 9-14 15-16 1-8 1-16 2½x
		(Build up)	1x8 2x8		
1:34	C	Oh can't you see	8x8	D Low Climber Burpee L then R	1-16 4x
2:02	Br		1x8	Freeze	1-8
2:06	Instr	(Dramatic)	6x8	C¹ Bounce L, R 3x B. <i>RA</i> Squat & Touch the front of the step Bounce L, R 3x F. <i>RA</i> Squat & Touch the front of the step Freeze Next move on the last 8 cts	1-6 7-8 9-14 15-16 1-4 1-4 3x
2:26		(Build up)	2x8		
2:34	C	Oh can't you see	8x8	D¹ Box Burpee	1-8 8x
3:01	Br		½x8	Freeze	1-4
3:03	Ref	What if I lose	2x8	Move to the B of the step	1-16
3:10	Instr	What if I choose	4x8	A Basic Step R	1-4 8x
3:24	Rep	Everybody's looking for a	4x8	A¹ Jog R	1-4 8x
3:38	C	What if I lose	2x8	B Knee Lift R then L	1-8 2x
		What if I lose	2x8	B¹ Propulsive Knee Lift R then L Next move on the last 8 cts	1-8 2x
3:52	Rep	These wings were made to fly	4x8	B² Quarter-Turn Propulsive Knee Lift R then L	1-8 4x
4:06	Outro	These wings were made to fly	½x8	Step feet apart. <i>Arms out to sides</i>	1-4

BASIC STEP

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

Natural walking rhythm
Whole foot on the step

JOG

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

⇓ **OPTION:** Basic Step

KNEE LIFT

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

Use a visual cue to show the alternating foot pattern

PROPULSIVE KNEE LIFT

PHONETIC CUE: 'Add a jump'

Roll through the foot
Push off the toe

⇓ **OPTION:** No propulsion

QUARTER-TURN PROPULSIVE KNEE LIFT

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

Use a visual cue to show the direction to travel to
Jump and release the heel as you turn

⇓ **OPTION:** No jump, no turn



LOW CLIMBER BURPEE

Straddle the step, close to the front of the step

Bend knees. **Hands to the front of the step**

Step L foot back long

Step L foot in

Stand tall. **Fists to hips**

Repeat to the other side

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

Alternate legs

Bend your knees heaps

Chest up

Brace abs

Eye gaze in front of hands



BOX BURPEE

Straddle the step, close to the front of the step

Bend knees. **Hands to the front of the step**

Jump feet on top of the step

Jump feet down

Stand tall. **Fists to hips**

PHONETIC CUE: 'Down, jump on, jump off, stand tall, down, jump on, jump off, stand tall'

Bend your knees heaps and squat down

Brace your abs to support your lower back

Look in front of your hands to keep your spine long

⇓ **OPTION:** Down, step back, step forward, stand tall, down, step back, step forward, stand tall'

⇓ **OPTION:** Low Climber Burpee



BOUNCE FORWARD & SQUAT

PHONETIC CUE: 'Bounce forward, stop, squat, bounce back, stop, squat, forward, stop, squat, back, stop, squat'

TRACK FOCUS

The feature exercise is the Rotating Squat Combo. Clearly coach the key points in the slow setup, then use short clear repetitive phonetic cues when you speed it up.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong and authoritative.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:01	Intro	Find me where the wild things	4½x8	Set up with weight plate 👁️ Next move on the last 8 cts	
0:16	C	So aye , we brought	4x8 A	Weighted Double Squat Combo L	1-8 4x
0:30		Wild things are	4x8 A¹	Weighted Single Squat Combo L	1-4 8x
0:44	Br	Wild things are	1x8	Freeze, <i>place weight plate to the front of the step</i> 👁️ Next move on the last 4 cts	1-8
0:47	Instr		4x8 B	Speed Tap R then L. <i>Blade RA</i>	1-2 8x
1:01	Instr		4½x8	Recovery, move to L side of the step, Squat position, <i>hands to thighs</i>	1-36
1:16	Instr	(Dramatic)	8x8 C	Slow Rotating Squat Combo R then L	1-32 2x
1:44	C	Oh can't you see	8x8 C¹	Rotating Squat Combo R then L	1-16 4x
2:11	Br	(Quiet)	1x8	Move to top of the step	1-8
2:14	Instr	(Build up)	4x8 D	Speed Straddle L. <i>RA (Fast)</i>	
2:28		(Build up)	4x8 D¹	Super Speed Straddle L. <i>Arms out and low (Faster)</i>	
2:42	Ref	Always lived my life	4x8	Recovery Set up for Rocket Launcher Pushup 👁️ Next move on the last 8 cts	1-32
2:55	Rep	_ Wonderful human beings	8x8 E	Rocket Launcher Tricep Pushup L then R	1-16 4x
3:23	Ref	_ Are you ready	4x8	Recovery Stand on top of the step 👁️ Next move on the last 4 cts	1-32
3:36	Rep	_ It must be Dave	8x8 F	Straddle Jump in Squat position. <i>Ski-style Arms</i>	1-4 16x

WEIGHTED DOUBLE SQUAT COMBO

Double Squat Pulse L. *Weight to top of chest* 1-3
 Propel to R side. *Weight to top of chest* 4
 Double Squat Pulse R. *Press weight O/H* 5-7
 Propel to L side. *Weight to top of chest* 8

PHONETIC CUE: 'Double squat down, weight up, weight down, weight up'

Butt down

Chest up

Knees in line with toes

In the O/H position, **keep the weight slightly forward in front of the body**



1-3



5-7

WEIGHTED SINGLE SQUAT COMBO

Squat L. *Weight to top of chest* 1
 Propel to R side. *Weight to top of chest* 2
 Squat R. *Press weight O/H* 3
 Propel to L side. *Weight to top of chest* 4

PHONETIC CUE: 'Singles, weight down, up, down, up'

In the O/H position, keep the weight slightly forward, in front of the body

Layer 2

Push through your heels and drive upward



1



3

SPEED TAP

PHONETIC CUE: 'Side to side go, go, go, go'

Weight heavy on the floor, **lightly touch the step** with your toes

Brace abs, then tip slightly forward from the hips with chest up

Layer 2

Bend knees to sit lower



1



2

SLOW ROTATING SQUAT COMBO

Standing to the L side of the step, facing the step, feet wider than hip-width apart, toes turned slightly out, knees in line with toes

Bend knees, **place hands on to the step** 1-4

Staggered Squat Step R. **Hands on the step** 5-6

Reposition hand to the opposite side of the step 7-8

Staggered Squat Step R. **Hands on the step** 9-12

Stand tall, facing L side. **HOH** 13-16

Repeat to the other side 17-32

PHONETIC CUE: 'Down, rotate, rotate, stand tall

other way, down, rotate, rotate, stand tall'

Bend your knees heaps

Chest lifted

Keep eye gaze in front of hands

Aim to keep the spine long



1-4



5-6



7-8



9-12



13-16

ROTATING SQUAT COMBO

Bend knees, **place hands onto the step** 1-2

Staggered Squat Step R. **Hands on the step** 3

Reposition hand to the opposite side of the step 4

Staggered Squat Step R. **Hands on the step** 5-6

Stand tall, facing L side. **HOH** 7-8

Repeat to the other side 9-16

PHONETIC CUE: 'Down, turn, turn, stand other way, down, turn, turn, stand'

Bend your knees heaps

Chest lifted

Keep eye gaze in front of hands

Layer 2

Aim to keep the spine long



1-2



3



4



5-6



7-8

AC ATHLETIC CIRCUIT CONTINUED

	MUSIC			SEQUENCE/EXERCISE		CTS	REPS
4:05	Instr		4½x8		Recovery Move to R side of the step	1-36	
4:20	Instr	(Dramatic)	8x8	C	 Slow Rotating Squat Combo L then R	1-32	2x
4:47	C	Oh can't you see	8x8	C¹	 Rotating Squat Combo L then R	1-16	4x
5:15	Br	(Quiet)	1x8		Move to top of the step		
5:18	Instr	(Build up)	4x8	D	 Speed Straddle R (Fast)		
5:32		(Build up)	4x8	D¹	 Super Speed Straddle R. <i>Arms out and low (Faster)</i>		
5:46	Instr	So aye , aye	4x8		Recovery, pick up weight plate  Next move on the last 8 cts	1-32	
5:59	C	So aye , we brought	4x8	A	Weighted Double Squat Combo R	1-8	4x
6:13		Wild things are	4x8	A¹	Weighted Single Squat Combo R	1-4	8x
6:26	Br		1x8		Freeze, <i>place weight plate to the front of the step</i>  Next move on the last 4 cts	1-8	
6:30	Instr		4x8	B	Speed Tap L then R. <i>Blade RA</i>	1-2	8x
6:44	Outro	Wild things are	½x8		Step L foot over the step and squat down. <i>Hands to thighs</i> Squat up. <i>Swipe R arm across to the L</i>	1-2 3-4	

SPEED STRADDLE

Speed Straddle down & up in your own time

PHONETIC CUE: 'In your own time, down and up, down and up, down and up, down and up'



SUPER SPEED STRADDLE

Speed Straddle down & up faster, and sitting lower. Hold arms out to sides and low

CUE: 'Bend your knees, sit low, even faster, go go go go go go'



ROCKET LAUNCHER TRICEP PUSHUP

Tricep Pushup down 1-2

Tricep Pushup. Extend L arm F 3-8

Repeat to the other side 9-16

'Down, arm up.. 'Down, arm up'

Brace abs heaps

Hips down

Shoulders above elbows

Keep hips and shoulders square to the floor



STRADDLE JUMP IN SQUAT POSITION

Straddle Jump down. Ski Arms F&B 1-2

Straddle Jump up. Ski Arms F&B 3-4

PHONETIC CUE: 'Jump down, jump up, jump down, jump up'

Bend knees heaps on both landings

Knees in line with toes

Layer 2

Like a train



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