

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 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.

BODYSTEP 107

From L-R: Charlotte Fleetwood-Smith, Lisa Osborne, Mark Nu'u-Steele, Amanda Scales

We turn, we jump and we squat to warm the body and get into the BODYSTEP 107 workout to the song *Into You*. In the first 3 tracks, we work on the sides of the step, so foot placement is a big focus in these tracks.

Track 2 is the Step Warmup. This is where we learn techniques to step effectively, and safely, and continue to warm our stepping muscles to *Girls Like*.

We just *Can't Stop The Feeling* of fun fitness in Track 3, as we inject a huge dose of 'Flava' into the final phase of the Warmup.

Then it's time to work, so we jump, burpee and move with speed to hit our first cardio peak, then Track 5 has our legs and glutes going a little psycho, as we get lower and train them harder to *Shake That Thing*.

Peak 2, *Put Your Graffiti On Me*, is my personal favorite. It's a good mix of athletic lateral training, strength and just a touch of sassy attitude.

We're now at the halfway point in the workout. Track 7 sees us backing off on the cardio, and working the entire body with a weight plate for integrated strength.

Our Party Step is up next, and it's all about the *Hair* and more sassy attitude.

We move fast in the Speed Step track to *Bad Man*, then we ignite the energy in Peak 3 to our high-energy remake of *Just Like Fire*.

Rotations are the common theme in Track 11, where we gain cardio recovery, and work with a weight plate for full-body conditioning work. We have a Rotating Lat Raise to work the back and shoulders, and a Rotating Plank to work our core muscles.

And our final track in the BODYSTEP Classic format is our Cooldown, where we gently stretch to *Let Me Love You*.

But wait, there's more!

The BODYSTEP Athletic Class is packed with dynamic exercises that will both thrill and challenge you. Half Side Climbers, Full Side Climbers, Power Across The Tops, Skaters, Speed Taps and the feature move for this release, the 1-Arm Side Climber. We get a feel for it in Track 3A, then work at it in Track 6 and in the Athletic Circuit track.

You guys are going to love this release!



BODYSTEP Presenters

Mark Nu'u-Steele (New Zealand) is the BODYSTEP Program Director and an International Presenter for BODYVIBE™ 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.

Amanda Scales (United States) is a BODYSTEP, BODYATTACK, BODYPUMP™ and CXWORX™ Trainer, and a BODYBALANCE™/BODY FLOW®, BODYCOMBAT™ and RPM™ Trainer, and a LES MILLS GRIT™ Series Coach. She is based in Minnesota.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/titles/10.1186/s12889-016-3550-7>.

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.

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** – *Can't Stop The Feeling*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)