



LES MILLS
BODYSTEP

108

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01. WARMUP

MUSIC All In My Head 4:43 mins

TRACK FOCUS

Be inviting and welcoming. Use visual cues to show direction and leading leg. Coach the participants how to get the body warmer and prepared for the workout ahead.

Teach Athletic

Come into this track

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



CTS			
0:05 / Intro / Flex , time to impress	1:57 / Flex , time to impress	3:55	
1x8 / Prepare to move	1-8 4x8 / B ¹ / 4x March On Top, Straddle & Bounce B Combo R	1-16 8reps	
0:08 / Instr /	2:10 / Rep / I wanna flex with	4:08 / PC / _ I wanna feel you	
2x8 / A / Bounce L&R. <i>Relaxed Arms by sides</i>	1-2 4x8 / C / March F&B on R diagonal	1-8 1x8 / A / Bounce R&L. <i>Relaxed Arms by sides</i>	
8reps	4reps	4reps	
0:15 / Rep / I wanna flex with	2:24 / V2 / I want you to come flex	4:15 / C / Flex , time to impress	
4x8 / A ¹ / Bounce L&R. RA	1-2 4x8 / D / ST F&B R on R diagonal	8x8 / B ¹ / 4x March On Top, Straddle & Bounce B Combo R	
16reps	8reps	1-16 4reps	
0:29 / C / Flex , time to impress	2:38 / _ Curtains like waves	4:15 / C / Flex , time to impress	
8x8 / B / 4x March On Top & Bounce OTS Combo L	1-16 2x8 / E / 8x Repeater Tap R on R diagonal	8x8 / B ¹ / 4x March On Top, Straddle & Bounce B Combo R	
4reps	1-16	1-16 4reps	
0:56 / Rep / I wanna flex	_ So tongue in cheek	4:15 / C / Flex , time to impress	
4x8 / C / March F&B on L diagonal. RA, clap on ct 4	1-8 2x8 / E ¹ / 8x Repeater Knee R on R diagonal	8x8 / B ¹ / 4x March On Top, Straddle & Bounce B Combo L	
4reps	1-8	1-16 4reps	
1:10 / V1 / I wanna flex with	2:52 / PC / _ I wanna feel you	3:26 / Rep / I wanna flex with	
4x8 / D / ST F&B L on L diagonal. RA	1-4 1x8 / A / Bounce L&R.	4x8 / C / March F&B L on L diagonal	
8reps	4reps	1-8 4reps	
1:23 / _ Curtains like waves	_ I wanna feel you	3:39 / Br / _ I want you to	
2x8 / E / 8x Repeater Tap L on L diagonal. RA	1-16 1x8 / A ¹ / Bounce L&R. RA	1/2x8 / Step L feet apart. Visual cue to show L	
	4reps	Step R foot onto the step. Visual cue to show R	
_ So tongue in cheek	2:58 / C / Flex , time to impress	3:41 / Ref / Flex with me baby	
2x8 / E ¹ / 8x Repeater Knee L on L diagonal. RA	1-16 8x8 / B ¹ / 4x March On Top, Straddle & Bounce B Combo L	4x8 / F / Active Calf Stretch L. <i>Blade RA</i>	
	4reps	8reps	
1:37 / PC / _ I wanna feel you	3:26 / Rep / I wanna flex with	Step R foot to the floor on the last 2cts	
1x8 / A / Bounce R&L. <i>Relaxed Arms by sides</i>	1-2 4x8 / C / March F&B L on L diagonal		
4reps	4reps		
_ I wanna feel you	1-2 3:39 / Br / _ I want you to		
1x8 / A ¹ / Bounce R&L. RA	1/2x8 / Step L feet apart. Visual cue to show L		
4reps	Step R foot onto the step. Visual cue to show R		
1:44 / C / Flex , time to impress	3:41 / Ref / Flex with me baby		
4x8 / B / 4x March On Top & Bounce OTS Combo R	1-4 4x8 / F / Active Calf Stretch L. <i>Blade RA</i>		
8reps	8reps		
Next move on the last 16cts	Step R foot to the floor on the last 2cts		

TECHNIQUE & COACHING

BOUNCE

Feet wider than hip-width

Shift weight from one leg to the other

Brace abs to lock hips in place

Create drama, arms by sides then flex the arms

4X MARCH ON TOP & BOUNCE OTS COMBO

March L, R, L, R on top of the step. RA

1-4

March L, R, L, R on the floor. RA

5-8

Bounce L, R OTS x4. RA

9-16

PHONETIC CUE 'March on top, march down, bounce, march on top, march down, bounce'

1-4

Use a visual cue to HOLD the Bounce OTS

Whole foot on the step

4x MARCH ON TOP, STRADDLE & BOUNCE BACKWARD COMBO

March R, L, R, L traveling F on top of the step.

1-4

RA

Straddle & March down R, L, R, L on the floor.

5-8

RA

Bounce R, L x4, traveling B. RA

9-16

PHONETIC CUE 'March on top, straddle down, bounce back, march on top, straddle down, bounce back'

1-2

LAYER 2

Bend knees to warm the legs more as you straddle down



STEP TOUCH F&B

Step F L on L diagonal. RA

1

Tap R to L. RA

2

Step B R on L diagonal. RA

3

Tap L to R. RA

4

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

The same foot steps forward every time

Body on 45-degree angle

LAYER 2

Get the legs warmer by bending knees and sitting lower as you step forward, and stand taller as you step back



ACTIVE CALF STRETCH

R foot on the step, L foot on the floor, Split Stance, hip-width apart

Sit and press L heel into the floor. *Blade RA*

1-2

Rise and lift L heel off the floor. *Blade RA*

3-4

PHONETIC CUE 'Sit, stand, sit, stand'

Press heel into the floor then lift the heel up
Knees in line with toes

02. STEP WARMUP

MUSIC Emperor's New Clothes
3:25 mins

TRACK FOCUS

Coach the alternating foot patterns and how this same pattern travels forward then backward. Use clear visual cues in the combo with the Basic Step, showing the class to HOLD the Basics on the spot.

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.



0:00 / Intro / _ Finders keepers	CTS	2:40 / C / I'm taking back the crown	
4½x8 / A / Up Tap R then L. RA	1-8	8x8 / D / Traveling Hip Extension F then B & 2x Basic Step Combo L	1-16
4½reps		4reps	
0:16 / V1 / Welcome to the end			
4x8 / B / Basic Step L. RA	1-4	3:10 / Rep 2/ Finders keepers losers	
8reps		4x8 / A¹ / Up Tap L then R. <i>Open & Clap</i>	1-8
		4reps	
0:31 / Br / (Babble)			
½x8 / C / Hip Extension L. <i>HOH</i>	1-4		
0:33 / PC / Mortal kings are			
5x8 / C¹ / Hip Extension R then L. <i>Bent Raise F</i>	1-8		
5reps			
Next move on the last 8cts			
0:51 / Rep1 / _ I'm taking back			
4x8 / C² / Traveling Hip Extension R then L moving			
F then B. <i>Bent Raise F</i>	1-8		
4reps			
1:06 / C / I'm taking back the crown			
8x8 / D / Traveling Hip Extension F then B &			
2x Basic Step Combo R	1-16		
4reps			
1:35 / Rep 2 / Finders keepers losers			
4x8 / A¹ / Up Tap R then L. <i>Open & Clap</i>	1-8		
4reps			
1:50 / V2 / Sycophants on velvet			
4x8 / B / Basic Step R. RA	1-4		
8reps			
2:05 / Br / (Babble)			
½x8 / C / Hip Extension R. <i>HOH</i>	1-4		
2:07 / PC / Mortal kings are			
5x8 / C¹ / Hip Extension L then R.			
<i>Bent Raise F</i>	1-8		
5reps			
Next move on the last 8cts			
2:25 / Rep 1 / _ I'm taking back			
4x8 / C² / Traveling Hip Extension L then R			
moving F then B. <i>Bent Raise F</i>	1-8		
4reps			

TECHNIQUE & COACHING

UP TAP

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

With arms – Open the arms to get a stretch across the chest

Arms should remain in front of the body. Avoid pulling the arms back past the shoulders

BASIC STEP

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

Whole foot on the step

Natural walking rhythm

HIP EXTENSION

Step R then extend L straight leg slightly B.

Bent Raise F 1-2

Step down L, R behind step. *Pull fists to hips* 3-4

Repeat to the other side 5-8

PHONETIC CUE 'Lift your leg, change sides, lift your leg, change sides'

Free leg low and squeeze the butt

TRAVELING HIP EXTENSION F THEN B

Step R then extend L straight leg slightly B, traveling F. *Bent Raise F* 1-2

Straddle down L, R. *Pull fists to hips* 3-4

Step L then extend R straight leg slightly B, traveling B. *Bent Raise F* 5-6

Step down R, L behind step. *Pull fists to hips* 7-8

PHONETIC CUE 'Lift forward, straddle down, lift back, step down, lift forward, straddle down, lift back'

Push your heel behind you



HIP EXTENSION & BASIC STEP COMBO

Traveling Hip Extension F&B. *Bent Raise F* 1-8

Basic Step R x2. RA 9-16

PHONETIC CUE 'Lift forward, lift back HOLD, 2 Basic Steps, Lift forward, lift back, HOLD, 2 Basic Steps'

Use visual cue to HOLD the Basic Steps OTS

CLASSIC

03. STEP ORIENTATION

MUSIC That's My Girl 4:17 mins

TRACK FOCUS

Coach the '3' rhythm in the Repeaters, then continue in to the 3x Knee T-Step.
Coach direction using visual cues and previews for upcoming moves.

Teach Flava

Come into this track

With great energy, happy and lighthearted.



0:00 / Intro /	CTS	2:37 / Intro / _ That's my girl	
6x8 / A / 3x Repeater Knee Lift L then R	1-16	6x8 / D / 6x March On Top of the step	1-16
3reps		R then L.	
Next move on the last 8cts		3reps	
		Next move on the last 8cts	
0:22 / C / That's my girl , that's my		2:00 / PC / You've been down	
4x8 / B / 3-Knee T-Step L then R. RA	1-16	6x8 / D ¹ / Indecision Straddle R then L	1-16
2reps		3reps	
Next move on the last 8cts		Next move on the last 8cts	
0:36 / That's my girl , that's my		3:22 / Br / That's my that's my	
4½x8 / B ¹ / 3-Knee T-Step L then R.	1-16	½x8 / B ¹ / Quarter T-Step R	1-4
Alt Point F x3		3:24 / C / That's my girl , that's my	
2¼reps		8½x8 / B ¹ / 3-Knee T-Step L then R.	1-16
0:53 / Rep / _ Ain't nothing		Alt Point F x3	
4x8 / C / Med Impact OTT L then R.	1-8	4¼reps	
Reach Up & Down		3:54 / Rep / _ Ain't nothing	
4reps		4x8 / C / Med Impact OTT L then R	1-8
1:07 / Ref / _ That's my girl		4reps	
6x8 / D / 6x March On Top of the step L	1-16	4:08 / Outro / _ That's my girl	
then R. RA		1x8 / Step L onto the step. <i>Flexed L hand F</i>	1-4
3reps		Point R F	5-8
Next move on the last 8cts			
1:29 / PC / You've been down			
6x8 / D ¹ / Indecision Straddle L then R. RA	1-16		
3reps			
Next move on the last 8cts			
1:50 / Br / That's my that's my			
½x8 / B ¹ / Quarter T-Step L. RA	1-4		
1:52 / C / That's my girl , that's my			
8½x8 / B ¹ / 3-Knee T-Step R then L.	1-16		
Alt Point F x3			
4¼reps			
2:23 / Rep / _ Ain't nothing			
4x8 / C / Med Impact OTT R then L.	1-8		
4reps			

TECHNIQUE & COACHING

3X REPEATER KNEE LIFT

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

Bring attention to the '3' rhythm

3-KNEE T-STEP

Step L then lift R knee. RA

Step R to R side then lift L knee. RA

Step L then lift R knee. RA

Step down R, L behind the step. RA

Repeat to other side

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

Use visual cues to show direction to travel

Once the T-Step is set add Flava with the 'point' forward

Connect to 'That's My Girl' lyrics



MED IMPACT OTT

PHONETIC CUE 'Step up, step down, step up, step down'

A light straight legged push off the step

OPTION: No arms, no jump

6X MARCH ON TOP

March L, R, L, R, L, R on top of the step. RA 1-6

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

Repeat to the other side 9-16

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

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

INDECISION STRADDLE

Step up L, R. RA 1-2

Straddle down L, R. RA 3-4

Straddle up L, R. RA 5-6

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

Repeat to the other side 9-16

PHONETIC CUE 'Step up, straddle, up, over, up, straddle, up, over'

Use a visual cue to hold the Straddle and to show direction to travel

LAYER 2

Bend knees to sit lower and warm the legs more

04. PEAK 1

SMARTSTART



MUSIC Hazy Shade Of Winter 5:42 mins

TRACK FOCUS

Full body athletic training with 3 training spikes. Offer the option of Lunges in place of the Burpee Side Climber and coach how to get the most out of the Lunges. Use the highs and lows musically, physically and vocally to match.

Teach Athletic

Come into this track

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

0:00 / Intro / It's the springtime of my life		2:19 / Of my life		4:37 / Instr / (Dubstep)	
½x8 / Prepare to move	1-4	4x8 / C² / Traveling Alt Propulsive Knee Lift	1-8	8x8 / B / Burpee Side Climber R then L	1-16
		L then R moving F then B. RA		Combo	
0:02 / Instr / Of my life		4reps		4reps	
4x8 / A / Step Lunge L then R. RA	1-8	2:33 / Instr /		OPTION: Step Lunge R then L	
4reps		2x8 / A / Step Lunge L then R	1-8	5:05 / Br /	
👁️ Next move on the last 16cts		2reps		½x8 / Freeze OTS	1-4
0:16 / Instr /		2:40 / Instr / (Dubstep)		5:06 / C / Look around	
8x8 / B / Burpee Side Climber L then R	1-16	8x8 / B / Burpee Side Climber L then R	1-16	4x8 / C¹ / Alt Propulsive Knee Lift	1-8
Combo		Combo		R then L	
4reps		4reps		4reps	
OPTION: Step Lunge L then R		OPTION: Step Lunge L then R		👁️ Next move on the last 8cts	
0:44 / C / Look around		3:08 / Br	1-4	5:21 / Of my life	
4x8 / C / Alt Knee Lift L then R. RA	1-8	½x8 / Freeze OTS		4x8 / C² / Traveling Alt Propulsive Knee Lift	1-8
4reps		3:09 / Instr / (Quiet)		R then L, moving F then B	
👁️ Next move on the last 4cts		2x8 / D / Bounce R&L	1-2	4reps	
0:58 / Of my life		8reps		5:35 / Outro / Of my life	
4x8 / C¹ / Alt Propulsive Knee Lift L then R. RA	1-8	3:16 / V2 / Time time time		½x8 / Leap R onto the step. Punch both arms	1-4
4reps		5x8 / E / 4x Jog On Top R		O/H	
1:12 / Instr / (Quiet)		5reps			
2x8 / D / Bounce L&R. Relaxed Arms by sides	1-2	👁️ Next move on the last 8cts			
8reps		3:34 / C / Look around			
👁️ Next move on the last 8cts		8x8 / E¹ / 4x Jog On Top & Jumping Jack	1-8		
1:19 / V1 / Time time time		Combo R			
5x8 / E / 4x Jog On Top L. RA	1-8	8reps			
5reps		4:02 / Instr / Of my life			
👁️ Next move on the last 8cts		4x8 / C¹ / Alt Propulsive Knee Lift	1-8		
1:36 / C / Look around		R then L			
8x8 / E¹ / 4x Jog On Top & Jumping Jack	1-8	4reps			
Combo L		👁️ Next move on the last 8cts			
8reps		4:16 / Of my life			
2:04 / Instr / Of my life		4x8 / C² / Traveling Alt Propulsive Knee Lift R	1-8		
4x8 / C¹ / Alt Propulsive Knee Lift	1-8	then L, moving F then B			
L then R. RA		4reps			
4reps		4:00 / Instr /			
👁️ Next move on the last 8cts		2x8 / A / Step Lunge R then L	1-8		
		2reps			

TECHNIQUE & COACHING

LUNGE

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

In the 2nd and 3rd Set, for the people who are lunging instead of doing the Burpees

COACH

Long step onto the step

Back heel up

Front knee in line with toes

Aim for front thigh parallel to the floor



BURPEE SIDE CLIMBER COMBO

Bend knees and place hands on the step

Jump feet back to Plank position

Side Climber L

Jump feet back to Plank position

Side Climber R

Jump feet back to Plank position

Jump feet in with knees bent

Stand tall. Pull fists to hips

PHONETIC CUE 'Down, jump back, right side, left side, jump in, stand, down, jump back, right side, left side, jump in, stand'

Bend knee heaps

Brace abs to support the back

Look in front of hands to keep the spine long

LAYER 2

Jump in and bring the outside of your knee towards the outside of your elbow

Cross-training to work almost every muscle in the body



KNEE LIFT

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

Lift the knee to hip level

PROPULSIVE KNEE LIFT

Lead with the heel

Roll through the foot

Push off the toes

↓ OPTION: No propulsion

TRAVELING PROPULSIVE KNEE LIFT

Propulsive Knee Lift L, traveling F. RA

Straddle down R, L. RA

Propulsive Knee Lift R, traveling B. RA

Step down L, R behind the step. RA

PHONETIC CUE 'Right forward, left back, right forward, left back'

LAYER 2

For added intensity travel further forward then back

↓ OPTION: No travel

BOUNCE

'Chill' and create musical, physical and vocal contrast

4X JOG ON TOP

Jog L, R, L, R on top of the step. RA

March L, R, L, R on the floor. RA

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

↓ OPTION: 4x March

4X JOG ON TOP & JUMPING JACK COMBO

Jog L, R, L, R on top of the step. RA

Step down L, R. RA

Jumping Jack. Reach Arms O/H then to hips

PHONETIC CUE '4, 3, 2, 1, step down, jack,

4, 3, 2, 1, step down, jack'

Jack – **Turn toes out** to 10 o'clock and 2 o'clock, and bend your knees

LAYER 2

Flick heels towards the butt to lift the intensity

↓ OPTION: 4x March & Tap to side



05. MIXED STRENGTH

MUSIC Sucker For Pain 5:13 mins

Weight Plate
2.5kg

TRACK FOCUS

Teach the move, allow the participants time to feel the move, then coach technique to improve the move. Then finally, WORK the move.



Teach Athletic

Come into this track

A little breathless from Track 4. Strong and in control.

0:00 / Intro / _ I'm just a sucker	2:26 / Br 2 / Sucker for pain , lord	4:37 / Br 1 / I torture you
1/2x8 / Prepare to move	1-4 1x8 / Hold Weighted Jump Squat on the step.	4x8 / A / Alt Down Tap L then R
0:01 / Instr / Sucker for pain	Weight O/H	1-4 4reps
4x8 / A / Alt Down Tap L then R. RA	1-8 Place weight plate to the front of the step	5-8 Next move on the last 4cts
4reps	2:30 / Instr /	
Next move on the last 4cts	2x8 / Move behind the step, towards the L side. Prepare to move	1-16
0:15 / Rep 1 / _ I've been riding	2:37 / V2 / _ I'm devoted to destruction	4:51 / Sucker for pain , I've been
4x8 / A' / Alt Drop Squat L then R. Blade RA	4x8 / B / 4x March On Top R	4x8 / A' / Alt Drop Squat L then R
4reps	4reps	4reps
0:30 / V1 / _ I'm a sucker for	Next move on the last 8cts	5:05 / Outro / Sucker for pain
4x8 / B / 4x March On Top L. RA	2:51 / PC / Walk slow through	1/2x8 / Hold Drop Squat L. Blade RA
4reps	4x8 / C / Side Squat & Top Squat Combo R	
Next move on the last 8cts	4reps	
0:44 / PC / Walk slow through	Next move on the last 8cts	
4x8 / C / Side Squat & Top Squat Combo L. Blade RA	3:05 / C / I torture you	
4reps	8x8 / C' / Squat Across Combo R	
Next move on the last 8cts	8reps	
0:58 / C / I torture you	3:34 / Rep 1 / _ I've been riding	
8x8 / C' / Squat Across Combo L. Blade RA	4x8 / A' / Alt Drop Squat R then L	
8reps	4reps	
1:27 / Rep 1 / _ I've been riding	3:48 / Br 1 / Sucker for pain	
4x8 / A' / Alt Drop Squat L then R. Blade RA	1/2x8 / A' / Freeze Drop Squat R	
4reps	3:50 / Instr	
1:42 / Br 1 / Sucker for pain	4x8 / D / Pick up weight plate and prepare to move	
1/2x8 / A' / Freeze Drop Squat L. Blade RA	Next move on the last 8cts	
4reps	4:04 / Rep 2 / _ No pain, no gain	
1:43 / Instr /	8x8 / E / Weighted Jump Squat Combo R	
4x8 / D / Pick up weight plate and prepare to move	8reps	
Next move on the last 8cts	4:33 / Br 2 / Sucker for pain , lord	
1:58 / Rep 2 / _ No pain, no gain	1x8 / Weighted Jump Squat on the step.	
8x8 / E / Weighted Jump Squat Combo L	Weight plate O/H	
8reps	Quickly place weight plate to the front of the step then move behind the step	

TECHNIQUE & COACHING

ALT DOWN TAP

PHONETIC CUE 'Tap the floor, change sides, tap the floor, change sides'

Keep body square to the front

DROP SQUAT

PHONETIC CUE 'Drop, stand, drop, stand'

Bend knees, sit the butt back and down
Knees in line with toes

Chest up

OPTION: Step onto the middle of the step and squat on 45-degree angle



1-2

1-8

4X MARCH ON TOP

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

Placement should be off-center, close to the side of the step

SIDE SQUAT & TOP SQUAT COMBO

Drop Squat L (L foot on the step, but to the R side). Blade RA

Top Squat. Blade RA

March L, R, L, R behind the step. RA

PHONETIC CUE 'Side, top, walk on the floor, side, top, walk on the floor'

Bend knees, sit the butt back and down

Knees in line with toes

Chest up



1



3



5-8

SQUAT ACROSS COMBO

Drop Squat L (L foot on the step, but to the R side). Blade RA

Propel across to the L side of the step. Blade RA

Squat R (R foot on the step, but to the L side).

Blade RA

March L, R, L, R behind the step. RA

PHONETIC CUE 'Squat side, side, walk back, side, side, walk back'

Bend your knees and sit into the Squat

Use your legs and drive up and across the step

OPTION: Side Squat & Top Squat. Show them that they can get more out of this option by bending their knees to sit deeper, and pushing off the step to drive up



1

3

5-8

PICK UP WEIGHT PLATE

Bend knees as you pick up the weight plate
Take your time, and use this as a quick recovery phase

Set up behind the step with **feet wide**, holding the weight plate low, with **straight arms**

WEIGHTED JUMP SQUAT COMBO

Jump Squat onto the step. Weighted straight arm raise to forehead level

Squat Up. Hold weight plate at forehead level

Step L, R to the floor slowly. Lower weight plate down slowly with straight arms



1-2

3-4

5-6

7-8

PHONETIC CUE 'Sit, stand, step down, sit, stand, step down'

Bend knees as you land, to absorb impact

Brace abs, slight tip forward from the hips, chest up

Aim to get the **weight plate to forehead level** (not too high)

Arms remain straight through the entire sequence

OPTIONS: Weighted Squat on the floor or Jump Squat with no weight plate



1-2

3-4

5-6

7-8

06. PEAK 2

MUSIC American Beauty /
American Psycho 5:45 mins



TRACK FOCUS

Have a bit of fun with the 'I'm an American' lyrics in the T-Step and Shuffle. Coach options for all moves to keep everyone moving.

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.

0:00 / Intro / _ I'm I'm I'm an	CTS	2:29 / Oh oh oh	5:09 / Oh oh oh
1x8 / Prepare to move	1-8	4x8 / A ² / 6x Pendulum Swing R then L	4x8 / A ² / 6x Pendulum Swing L then R
0:03 / Instr /		2reps	2reps
4x8 / A / 6x March ATT L then R. RA	1-16	2:43 / Instr / (Riff)	5:23 / Instr / (Riff)
2reps		4x8 / B / Propulsive ATT R then L	4x8 / B / Propulsive ATT L then R
Next move on the last 8cts		4reps	4reps
0:17 / C / Oh oh oh		2:57 / Instr / (Quiet)	5:36 / Outro
4x8 / A ¹ / 6x Pendulum Swing L then R. HOH	1-16	4x8 / A / 6x March ATT R then L	½x8 / Leap L onto the step. Punch R O/H
2reps		2reps	1-4
Next move on the last 8cts		Next move on the last 8cts	
0:31 / Oh oh oh		3:10 / V2 / _ I wish I dreamt	
4x8 / A ² / 6x Pendulum Swing L then R.	1-16	4x8 / C / T-Step R then L	1-16
Reach Up & Down		2reps	
2reps		Next move on the last 8cts	
0:45 / Instr / (Riff)		3:24 / You take the full	
4x8 / B / Propulsive ATT L then R.	1-8	4x8 / C ¹ / Propulsive T-Step R then L	1-16
Reach Up & Down		2reps	
4reps			
0:59 / Instr / (Quiet)		3:39 / Br / Ahhhh	
4x8 / A / 6x March ATT L then R	1-16	10x8 / D / Propulsive T-Step & Shuffle	1-32
2reps		OTS Combo R then L	
Next move on the last 8cts		2½reps	
1:12 / V1 / _ I think I fell in		4:13 / Instr /	
4x8 / C / T-Step L. RA	1-16	2x8 / Freeze OTS then transition to the floor for	1-16
2reps		Tricep PushUps	
Next move on the last 8cts			
1:26 / You take the full		4:20 / Instr / (Dubstep)	1-4
4x8 / C ¹ / Propulsive T-Step L. Blade RA	1-16	8x8 / E / Tricep PushUp	
2reps		16reps	
1:40 / Br / Ahhhh		4:48 / Instr / Ahhhh	
10x8 / D / Propulsive T-Step & Shuffle OTS		2x8 / Transition to stand, move to the R side	1-16
Combo L then R	1-32	of the step	
2½reps			
2:15 / C / _ She's an American		4:55 / C / _ She's an American	
4x8 / A ¹ / 6x Pendulum Swing R then L.	1-16	4x8 / A ¹ / 6x Pendulum Swing L then R.	1-16
2reps		2reps	

TECHNIQUE & COACHING

6X MARCH ATT

March L, R, L, R, L, R across the top of the step.

RA

Step L to L side then tap R to the floor. RA

Repeat to the other side

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

6, 5, 4, 3, 2, 1, step down'

Use a visual cue to show the direction to travel

6X PENDULUM SWING WITH HOH

Pendulum Swing L, R, L, R, L, R across the top of the step. HOH

Step L to L side then tap R to the floor. HOH

Repeat to the other side

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

6, 5, 4, 3, 2, 1 step down'

Brace abs to lock your hips in place

Legs swing from the hip joint

Soft knee landing to absorb impact

↓ OPTION: 6x March



6X PENDULUM SWING WITH ARMS

PHONETIC CUE 'Add the arms, Reach & Pull'



↓ OPTIONS: No arms or 6x March

PROPULSIVE ATT

PHONETIC CUE 'Step up, step down, step up, step down'

Aim to step to the middle of the step

↓ OPTIONS: Low ATT or 2x Steps Across on the floor, behind the step

T-STEP

Step L onto the step, then lift R knee. RA

Step R, L to the back of the step. RA

Step R onto the step then lift L knee. RA

Step L to the L side then Tap R to the floor. RA

Repeat to the other side

PHONETIC CUE 'Lift your knee, step back, lift

your knee, step side, lift your knee, step back, lift

your knee, step side'

Use a visual cue to show direction

PROPULSIVE T-STEP

Add a propulsion to cts 2 and 6

Use Blade RA

PHONETIC CUE: 'Jump to the back, jump to the side, jump to the back, jump to the side'

Add a jump as you lift your knee

↓ OPTION: No propulsion

PROPULSIVE T-STEP & SHUFFLE OTS COMBO

Propulsive T-Step L. Blade RA

Shuffle OTS. RA

Shuffle OTS. Salute L arm

Repeat to the other side

PHONETIC CUE 'T-Step, shuffle, HOLD

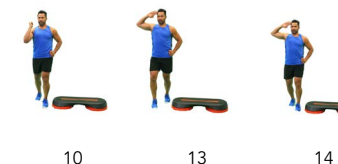
T-Step, shuffle, HOLD'

Use a visual cue to show direction

↓ OPTION: T-Step & March OTS

Connect to the 'I'm an American' lyrics, eg:

Salute on cts 13-16



TRICEP PUSHUP

Tricep Pushup down

Tricep Pushup up

Elbows in towards ribs

Shoulders above elbow level

Let the class know that there are 16 Pushups total, so that they know where the end of the road is, and are able to pace themselves or push harder

↓ OPTION: On knees



07. STEP RECOVERY

MUSIC This Is What You Came For
3:33 mins



TRACK FOCUS

Coach stance in the Lunges and Squats, and weight height in the O/H position (forehead level)

Teach Athletic

Come into this track

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

0:00 / Intro / But she's looking at you	CTS	2:55 / Chorus / You , ooh ooh	
4x8 / Standing on top of the step, to the R side	1-32	2x8 / B / Repeater Back Tap R. Hold weight plate to chest	1-2
Next move on the last 16cts		8reps	
0:15 / V1 / _ Baby, this is		Next move on the last 8cts	
8x8 / A / Back-Stepping Lunge & Squat Combo L with Weight Plate to chest	1-16	3:02 / You , ooh ooh	
4reps		2x8 / B ¹ / Repeater Sequence 2 Back & 2 Side R. Hold weight plate to chest	1-8
Next move on the last 16cts		2reps	
0:44 / Rep / But she's looking at you		Next move on the last 8cts	
8x8 / A ¹ / Weighted Back-Stepping Lunge & Squat Combo L	1-16	3:10 / You , ooh ooh	
4reps		4x8 / B ² / Repeater Sequence 2 Back & 2 Side R. Press weight plate F, then O/H	1-8
1:14 / C / You , ooh ooh		4reps	
2x8 / B / Repeater Back Tap L. Hold weight plate to chest	1-2	3:24 / Outro /	
8reps		1x8 / Step R back, then shake out	1-8
Next move on the last 8cts			
1:21 / You , ooh ooh			
2x8 / B ¹ / Repeater Sequence 2 Back & 2 Side L. Hold weight plate to chest	1-8		
2reps			
Next move on the last 8cts			
1:28 / You , ooh ooh			
4x8 / B ² / Repeater Sequence 2 Back & 2 Side L. Press weight plate F, then O/H	1-8		
4reps			
1:43 / Instr /			
4x8 / Step L back, shake out, then prepare to work the other side	1-32		
1:57 / V2 / _ We go, fast			
8x8 / A / Back-Stepping Lunge & Squat Combo R with weight plate to chest	1-16		
4reps			
Next move on the last 16cts			
2:26 / Rep / But she's looking at you			
8x8 / A ¹ / Weighted Back-Stepping Lunge & Squat Combo R	1-16		
4reps			

TECHNIQUE & COACHING

SETUP

Grab your weight plate. Strongly suggest that they use a lighter weight than what they would normally use. Allow them freedom to put the weight down at any time through this track, or use no weight at all from the start.
On top of the step / Close to the right side / Watch me

BACK-STEPPING LUNGE & SQUAT COMBO (UNWEIGHTED)

Step L back long. Hold weight plate to chest 1-2
Lunge down. Hold weight plate to chest 3-4
Lunge up. Hold weight plate to chest 5-6
Lift L knee. Hold weight plate to chest 7-8
Step L foot wide on the step and Squat down. Hold weight plate to chest 9-10
Squat up. Hold weight plate to chest 11-12
Squat down. Hold weight plate to chest 13-14
Squat up and lift L knee. Hold weight plate to chest 15-16

PHONETIC CUE 'Step back, lunge, up, knee, squat, squat, knee, back, lunge, up, knee, squat, squat, knee'

Lunge: Long step back with heel lifted / Front knee in line with toes / Chest up / Butt above front knee height in the Lunge position.

Squat: Feet wide with toes turned out slightly / **Keep knees in line with toes** / Sit the butt back and down / **Chest up** / Abs braced

Note: You don't have to coach all of these points, but scan the floor and use what they need to improve their technique

BACK-STEPPING LUNGE & SQUAT COMBO (WEIGHTED)

Step L B long. Press weight plate F 1-2
Lunge down. Hold weight plate F 3-4
Lunge up. Hold weight plate F 5-6
Lift L knee. Pull weight plate to chest 7-8
Step L foot wide on the step and Squat down. Press weight plate to forehead level 9-10
Squat up. Hold weight plate at forehead level 11-12
Squat down. Hold weight plate at forehead level 13-14
Squat up and lift L knee. Pull weight plate to chest 15-16
Target Zone: In front of chest
O/H = Forehead level



REPEATER BACK & SIDE SEQUENCE

2x Repeater Back Tap L. Hold weight plate to chest 1-4
2x Repeater Side Tap L. Hold weight plate to chest 5-8

WEIGHTED REPEATER BACK & SIDE SEQUENCE

2x Repeater Back Tap L. Press weight plate F 1-3
Lift L knee. Pull weight plate to chest 4
2x Repeater Side Tap L. Press weight plate to forehead level 5-7
Lift L knee. Pull weight plate to chest 8
PHONETIC CUE 'Weight forward, weight up, weight forward, weight up'

Target Zone:
In front of chest
O/H = Forehead level
Bend supporting knee / Knee in line with toes



08. PARTY STEP

MUSIC One Woman Army 5:08 mins +1

TRACK FOCUS

Make it clear that you need to maintain a walking rhythm in the Jump On & March OTS Combo. Also if you're not jumping, don't rotate the Quarter-Turn Repeater

Teach Flava

Come into this track

Excited, re-energized and buzzing.

0:00 / Intro / I'm a one woman	CTS	2:00 / Ref / Left right left right	
1/2x8 / Prepare to move	1-4	4x8 / C / 3x Repeater Knee Lift L	1-8
		4reps	
0:02 / Ref / Left , left		Next move on the last 8cts	
12x8 / A / Jump On & March OTS Combo R	1-16	3:14 / V2 / I'm that girl	
6reps		8x8 / C' / 3x Propulsive Quarter-Turn	
0:44 / Br / Attention		Repeater Knee Lift L	1-8
1/2x8 / B / OTT L. HOH	1-4	8reps	
0:46 / Rep / _ All the ladies say		3:42 / Ref / Attention	
4x8 / B' / Propulsive OTT R then L.		8x8 / A / Jump On &	
Open & Clap O/H	1-8	March OTS Combo L	1-16
4reps		4reps	
1:01 / Ref / Left right left right		4:10 / Br / _ March with me now	
4x8 / C / 3x Repeater Knee Lift R. RA	1-8	1x8 / A² / Jump Down, Turn Around & Walk	1-8
4reps		Combo L	
Next move on the last 8cts		4:14 / C / _ If you want my love	
1:15 / V1 / I like a man		8x8 / A¹ / Jump Down, Turn Around & Walk	1-8
8x8 / C' / 3x Propulsive Quarter-Turn Repeater		8reps	
Knee Lift R. RA		4:43 / Br / Attention	
OPTION: 3x Repeater Knee Lift	1-8	1/2x8 / B / OTT L. HOH	1-4
8reps			
1:43 / Ref / Attention		4:45 / Rep / _ All the ladies say	
8x8 / A / Jump On & March OTS		4x8 / B¹ / Propulsive OTT R then L. Open &	
Combo R	1-16	Clap O/H	1-8
4reps		4reps	
2:12 / Br / _ March with me now		4:59 / Outro / Attention	
1x8 / A¹ / Jump Down, Turn Around & Walk		1/2x8 / Step R onto step. Salute	1-4
Combo R	1-8		
2:15 / C / _ If you want my love			
8x8 / A¹ / Jump Down, Turn Around & Walk			
Combo R	1-8		
8reps			
2:44 / Br / Attention			
1/2x8 / B / OTT R. HOH	1-4		
2:46 / Rep / _ All the ladies say			
4x8 / B¹ / Propulsive OTT L then R.			
Open & Clap O/H	1-8		
4reps			

TECHNIQUE & COACHING

JUMP ON & MARCH OTS COMBO

Leap L foot onto the step. *Natural Arms*
Step R foot down to the L side. *Natural Arms*
March L, R, L, R, L, R, OTS. *RA*
Turn in towards the step and March around the back of the step to start position
PHONETIC CUE: 'Jump down, walk on the spot (visual cue to HOLD OTS), turn in and walk around, jump down, walk on the spot, turn in and walk around'
In the 3rd set, allow the music to speak. Use the 'Attention' and 'About face' lyrics



JUMP DOWN, TURN AROUND & WALK COMBO

Leap L foot onto the step. *Natural Arms*
Step R foot down to the L side. *Natural Arms*
Marh L, R and turn in toward step. *RA*
March L, R, L, R around the back of the step to start position
PHONETIC CUE 'Jump down, turn around, walk, jump down, turn around, walk'
Leap on, then swirl the leg around
Reminder that it's a natural R, L, R, L walking rhythm

LAYER 2

Bigger ROM. Leap on and a bigger circular walk around the back of the step



OTT

PHONETIC CUE 'Over the top, straight back over', 'Step up, step down, step up, step down'
NOTE: People naturally won't tap the floor now, and may miss the 2nd OTT if you don't snap them out of the 'walking rhythm'. So this is a crucial teaching point in

the track. You've got to GRAB their attention first, and skillfully get them to step over the top.

3X REPEATER KNEE LIFT

PHONETIC CUE '3, 2, 1, step tap, 3, 2, 1, step tap'
The same foot always steps onto the step
Body on a 45-degree angle. Use a visual cue to hold OTS and to show the 45-degree angle



PROPULSIVE QUARTER-TURN REPEATER KNEE LIFT

Step R. *RA*
Jump & lift R knee and rotate Quarter-Turn counter clockwise. *RA*
Tap R foot to the floor then lift R knee. *RA*
Tap R foot to the floor. *RA*
Jump & lift R knee and rotate Quarter-Turn clockwise. *RA*
Step L foot to the floor then Tap R foot to the floor. *RA*
PHONETIC CUE 'Jump and turn knee, jump and turn'
You MUST jump and release your foot as you rotate
Body remains on 45-degree angle
↓ OPTION: If you're not jumping, stay with the 3x Repeater Knee Lift



09. SPEED STEP

MUSIC Beginners Luck 3:24 mins

TRACK FOCUS

Clearly state that the rotating pattern is optional for experienced steppers and that they will get the same workout if they don't rotate the Knee Lifts.

Teach Flava

Come into this track

Hyped and ready to move quickly.



0:00 / Intro / Beginners luck	CTS	2:19 / C / You , and me	
1x8 / Prepare to move	1-8	16x8 / B ¹ / Rotating Alt Freeze Knee & Jog OTS Combo R	1-32
0:02 / Instr /		4reps	
4x8 / A / Alt Freeze Knee Lift L then R. RA	1-8	Next move on the last 4cts	
4reps			
0:12 / V1 / No more hanging round		2:57 / Rep / Tell me	
Alt Freeze Knee & Jog OTS Combo L		4x8 / C / Speed Jog Up & Down R	1-4
12x8 / B / Alt Freeze Knee Lift L then R x2. RA	1-16	8reps	
Jog L, R x8 OTS. RA	17-32	Next move on the last 4cts	
3reps			
Next move on the last 32cts			
0:41 / C / You , and me		3:07 / Tell me	
Rotating Alt Freeze Knee & Jog OTS Combo L		4x8 / D / Speed Straddle Up & Down R	1-4
16x8 / B ¹ / Rotating Alt Freeze Knee Lift L then R 2x. RA	1-16	8reps	
Jog L, R x8 OTS. <i>Open & Clap</i>	17-32		
4reps			
Next move on the last 4cts			
1:19 / Rep / Tell me		3:16 / Outro	
4x8 / C / Speed Jog Up & Down L. RA	1-4	1x8 / Leap R onto the step. <i>Low Jazz Hands</i>	1-8
8reps			
Next move on the last 4 cts			
1:29 / Tell me			
4x8 / D / Speed Straddle up & down L. RA	1-4		
8reps			
1:38 / Br /			
1x8 / Slow Straddle up L, R. RA	1-4		
Step L down to L side. RA	5-6		
Tap R to the floor. RA	7-8		
1:41 / Ref / _ Beginners luck			
4x8 / Slow OTT R then L. RA	1-16		
2reps			
1:50 / V2 / We got all the silver			
12x8 / B / Alt Freeze Knee & Jog OTS Combo R	1-32		
3reps			
Next move on the last 4cts			

TECHNIQUE & COACHING

ALT FREEZE KNEE LIFTS

Freeze Knee Lift L. RA

Step R, L to the floor. RA

Repeat to the other side

PHONETIC CUE 'Freeze right foot, left foot, right foot, left foot'

Body on 45-degree angle



ALT FREEZE KNEE LIFT & JOG OTS COMBO

Alt Freeze Knee Lift L then R x2. RA

Jog L, R x8 on the floor. RA

PHONETIC CUE '4, 3, 2, 1 hold and jog, 4, 3, 2, 1 hold and jog'

Use a visual cue to HOLD the Jog OTS

ROTATING ALT FREEZE KNEE LIFT & JOG OTS COMBO

Freeze Knee Lift L to the R front corner of the step. RA

Straddle R, L. RA

Freeze Knee Lift R to L front corner of the step. RA

Jog L, R to the L side, turning to face the back. RA

Freeze Knee Lift L to L back corner of the step. RA

Straddle R, L facing B. RA

Freeze Knee Lift R to R B corner of the step. RA

Jog L, R to R side, turning to face the front. RA

Jog L, R x8 OTS. *Open & Clap*

PHONETIC CUE 'Right, straddle, left, turn around, right, straddle, left, turn and jog, right, straddle, left, turn around, right, straddle, left, turn and jog'

OPTION: Make it clear that you DON'T have to turn

LAYER 2

Hitch your knees higher / Big clap / Knees higher in the Jog to increase intensity



SPEED JOG

Speed Jog up L, R. RA

Speed Jog down L, R. RA

Pre Cue: 'You keep running, watch my feet'

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

Body on a 45-degree angle

Natural running rhythm



SPEED STRADDLE

Straddle Jog up L, R. RA

Straddle Jog down L, R. RA

Pre Cue: 'You keep running, watch my feet'

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

Facing front

Natural running rhythm



SLOW STRADDLE INTO SLOW OTT

PHONETIC CUE 'Now slow it down, walk up up, step side, up up, step side'

Use visual cues to show direction

10. PEAK 3

MUSIC Dangerous Woman 5:05 mins



TRACK FOCUS

Establish the '4' rhythm of the Propulsive Down Tap & OTT Combo and the Repeaters. Coach the option for the Burpees to keep everyone moving and working at their desired intensity level.

Teach Athletic

Come into this track

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

0:00 / Intro / Something 'bout	2:20 / C / You , make me feel	
1/2x8 / Prepare to move	1-4 8x8 / B ¹ / Propulsive Down Tap & OTT Combo R	1-16
0:01 / Instr / You	4reps	
2x8 / A / Down Tap L then R. RA	2:47 / Rep / You , something 'bout	
4reps	4x8 / C / 4x Repeater Knee Lift R then L	2reps
0:08 / Instr / You , something 'bout	1-16	
4x8 / B / Propulsive Down Tap L then R x2. RA	3:01 / Instr / (Quiet)	
OTT L then R. HOH	2x8 / A / Down Tap R then L	4reps
2reps	1-4	
Propulsive Down Tap & OTT Combo	Next move on the last 8cts	
0:22 / C / You , make me feel	3:08 / V2 / _ Nothing to prove	
8x8 / B ¹ / Propulsive Down Tap L then R x2.	4x8 / D / 4x March down then up R	4reps
Alt Point F	1-8	
OTT L then R. Reach Up & Down	Next move on the last 8cts	
4reps	3:22 / _ Don't need no	
0:50 / Rep / You , something 'bout	6x8 / D ¹ / 4x March down & 4x Jogs up R	6reps
4x8 / C / 4x Repeater Knee Lift L then R. Reach Up & Down	1-8	
2reps	Next move on the last 8cts	
1:04 / Instr / You	3:42 / Rep / You , something 'bout	
2x8 / A / Down Tap L then R. RA	8x8 / E / Burpee Combo	8reps
4reps	1-8	
Next move on the last 8cts	4:10 / Instr / You	
1:11 / V1 / _ Don't need permission	2x8 / A / Down Tap R then L	4reps
4x8 / D / 4x March down then up L. RA	1-4	
4reps	4:17 / C / You , make me feel	
Next move on the last 8cts	8x8 / B ¹ / Propulsive Down Tap & OTT Combo R	1-16
1:24 / _ Don't need no	4reps	
6x8 / D ¹ / 4x March down & 4x Jog up L. RA	4:44 / Rep / You , something 'bout	
6reps	4x8 / Propulsive OTT R then L. Reach Up & Down	1-8
Next move on the last 8cts	4reps	
1:45 / Rep / You , something 'bout	4:58 / Outro / Something 'bout you	
8x8 / E / Burpee Combo	1/2x8 / Step R to the floor. Point both hands F	1-4
8reps		
2:13 / Instr / (Quiet)		
2x8 / A / Down Tap R then L		
4reps		

TECHNIQUE & COACHING

DOWN TAP

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

Toes lightly to the floor, heel up

PROPULSIVE DOWN TAP & OTT COMBO

Propulsive Down Tap L then R x2. Alt Point F 1-8

Propulsive OTT L then R. Reach Up & Down 9-16

PHONETIC CUE 'Tap 4, 3, 2, over the top, down, up, down up tap 4, 3, 2, over the top, down, up, down up'

Use a visual cue to HOLD the Taps, and to show the direction of the first OTT

LAYER 3

Connect to the 'YOU' lyric as you tap

OPTION: No propulsion



4X REPEATER KNEE LIFT

PHONETIC CUE '4, 3, 2, change side, 4, 3, 2, change side'

Body on a 45-degree angle

BURPEE COMBO

Straddle Jump down. Point both hands F 1-2

Drop to Burpee 3-4

Jump feet in to Squat. Hands on step 5-6

Jump on to step, knees bent. Bent Raise F 7-8

PHONETIC CUE 'Jump down, back, in, jump up, down, back, in, jump in'

Bend your knees HEAPS as you jump down, and then **again as you jump up**, to soften your landings

Brace your abs to support your back

Look in front of your hands to keep your spine long

OPTIONS:

Quick Straddle Down. Point both hands F 1-2

Squat Pulse x2. Hands to thighs 3-6

Quick step up L, R, knees bent. Bent Raise F 7-8



DOWN TAP (AFTER 4X REPEATER KNEE LIFT)

Use a visual cue to HOLD the Down Taps OTS

4X MARCHES DOWN THEN UP

Straddle March L, R, L, R on the floor. RA 1-4

March L, R, L, R on the step. RA 5-8

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

4X MARCH DOWN & 4X JOG UP

Straddle March L, R, L, R on the floor. RA 1-4

Jog L, R, L, R on the step. RA 5-8

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

11. RECOVERY/ CONDITIONING

MUSIC The Greatest 5:28 mins



TRACK FOCUS

Suggest that everyone choose a lighter weight, or advise that they can put the weight down at any time.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

0:00 / Intro /	CTS	4:15 / Ref / Oh oh, I've got	
4x8 / Set up Lunge position, L foot on the step.		4x8 / D / Lower Knees towards Front	1-16
Weight plate in R hand	1-32	Lower Knees towards B	17-32
0:19 / V1 / _ Uh oh, running		4:35 / C / I'm free to be	
6x8 / A / Single-Arm Arnold Press & Lunge Combo L	1-8	8x8 / C ² / Weighted Crunch & Double Leg Extension	1-8
6reps		Combo	8reps
0:50 / C / Oh oh ohhh		5:15 / Outro /	
8x8 / B / Single-Arm Shoulder Press & Lunge L	1-4	2x8 / D / Lower knees towards Front	1-16
16reps			
1:30 / Instr /			
3x8 / Recover, and set up to work the other side	1-24		
1:45 / V2 / _ Uh oh, running			
6x8 / A / Single Arm Arnold Press & Lunge Combo R	1-8		
6reps			
2:15 / C / Oh oh ohhh			
8x8 / B / Single Arm Shoulder Press & Lunge R	1-4		
16reps			
2:55 / Instr /			
4x8 / Transition to the floor for Core work	1-32		
Next move on the last 8cts			
3:15 / Rap / Hey, I am the truth			
4x8 / C / Weighted Crunch Combo	1-8		
4reps			
3:35 / C / I'm free to be			
8x8 / C ¹ / Weighted Crunch & Single Leg Extension	1-16		
Combo L then R			
4reps			

SETUP

Lunge position, L foot to the middle of the step, weight plate in R hand in a closed Pec Dec position

SINGLE-ARM ARNOLD PRESS COMBO

Lunge down. Pec Dec R Open 1-2
Hold Lunge down. Shoulder Press R 3-4
Hold Lunge down. Lower weight R 5-6
Lunge up. Close Pec Dec 7-8

PHONETIC CUE 'Open, press, lower, close, open, press, lower, close'

Keep elbow and weight plate slightly in front of the body



SINGLE-ARM SHOULDER PRESS

Lunge down. Shoulder Press R 1-2
Lunge up. Lower weight plate to shoulder level 3-4

PHONETIC CUE 'Press, lower, press, lower'
Let the class know that there are 16 Single Presses, so that they know where the finish line is, and can pace themselves or push harder
Drive the plate through the ceiling
Push your front knee outward

Rear heel off the floor

Aim to get front thigh parallel to floor

Body upright

OPTION: If your legs fatigue, you can stop lunging, but keep the upper body working



WEIGHTED CRUNCH COMBO

Lying on the floor, knees above hips at 90-degree angle, holding weight plate on chest
Crunch up. Press weight plate straight up 1-2
Hold Crunch up. Lower weight plate back to 45-degree angle 3-4
Hold Crunch up. Move weight plate above chest 5-6
Lower Crunch down. Lower weight plate towards chest 7-8

PHONETIC CUE 'Crunch and press, weight back, weight up, weight down, crunch and press, weight back, weight up, weight down'

Brace abs, and keep your **lower back pressed towards the floor**

Move ribs towards hips

WEIGHTED CRUNCH & SINGLE LEG EXTENSION

Crunch up. Press weight plate straight up 1-2
Hold Crunch up, extend L leg F to 45. Lower weight back to 45-degree angle 3-4
Hold Crunch up, return L leg in. Move weight plate above chest 5-6
Lower Crunch down. Lower weight plate towards chest 7-8
Repeat to the other side 9-16

PHONETIC CUE 'Crunch up, leg extends, leg in, lower, crunch up, extend, leg in, lower'

Leg extends on a 45-degree angle

Re-check that lower back remains on the floor. If not, take the leg higher OR leave out the e.g extensions



WEIGHTED CRUNCH & DOUBLE LEG EXTENSION

Crunch up. Press weight plate straight up 1-2
Hold Crunch up, extend legs F to 45-degrees. Lower weight plate back to 45-degree angle 3-4
Hold Crunch up, return legs in. Move weight above chest 5-6
Lower Crunch down. Lower weight plate toward chest 7-8

PHONETIC CUE 'Crunch up, both legs out, legs in, lower, crunch up, legs out, legs in, lower'

Legs extend on a 45-degree angle

OPTIONS: Single leg or keep legs down



12. COOLDOWN/STRETCH

MUSIC Don't Wanna Know 3:33 mins



TRACK FOCUS

Be 'chilled', and coach the class how they can get the most out of their stretches.

Come into this track

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

0:00 / Intro /	CTS
2x8 / Lower knees to B	1-16
0:09 / C / I don't wanna know	
4x8 / A / Glute Stretch R	1-32
0:28 / V1 / _ Wasted	
2x8 / B / Hamstring Stretch R	1-16
_ Take it	
2x8 / B / Hamstring Stretch L	1-16
0:47 / PC / Don't you think of	
4x8 / A / Glute Stretch L	1-24
Transition to R side of step	26-32
1:06 / C / I don't wanna know	
4x8 / C / Hip Flexor Stretch R	1-8
Add Shoulder Stretch R	9-32
1:25 / V2 / _ And every time	
4x8 / D / Soleus Stretch L	1-32
1:44 / PC / Do you think of	
4x8 / D / Soleus Stretch R	1-32
2:04 / C / I don't wanna know	
4x8 / C / Hip Flexor Stretch L	1-8
Add Shoulder Stretch L	9-24
Stand	25-32
2:24 / Ref / Do you think of	
4x8 / E / ITB Stretch L	1-16
ITB Stretch R	17-32
2:43 / Chorus / I don't wanna know	
4x8 / F / Quad Stretch R	1-16
Quad Stretch L	17-32
3:02 / I don't wanna know	
4x8 / G / Adductor Stretch R	1-16
Adductor Stretch L	17-32
3:21 / Outro /	
2x8 / Squat to center	1-4
Slowly roll up	5-8
Breathe in then out	9-16

TECHNIQUE & COACHING

LOWER KNEES

Feet on the step
Lower knees towards the back of the room
Aim to keep shoulders on the floor



GLUTE STRETCH

Cross R leg over L knee
R hand threads between the legs and holds on to L thigh
Gently pull knee towards chest
Push R elbow against R thigh



HAMSTRING STRETCH

Gently pull leg back
Rest head on the floor
Keep tail bone pressing towards the floor



HIP FLEXOR STRETCH

Big step forwards with L leg
L knee shadows above L ankle
Hips square, press hips forward
Body upright, chest lifted



SHOULDER STRETCH

R arm across body

SOLEUS STRETCH

R knee down
L toes beside knee
Press L heel to the floor
Shift body weight forward, keeping the L heel on the floor
Chest lifted



ITB STRETCH

Cross L foot behind the R foot
Bent L arm O/H and over to the R
Hips towards the L



QUAD STRETCH

On top of the step
Pull R foot towards butt
Close the gap between the legs
Soften the standing leg to maintain balance



ADDUCTOR STRETCH

Step L foot over the step, feet wide, toes turned out slightly
L knee in line with L toes
Push away from the R leg



ATHLETIC

03. STEP ORIENTATION

MUSIC Running/ Emperor's New Clothes 4:13 mins

TRACK FOCUS

Coach technique for each exercise as they continue to warm the body.

Teach Athletic

Come into this track

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



0:00 / Intro / If I lose	CTS	2:19 / Instr / (Dubstep)	
1x8 / Prepare to move	1-8	8x8 / Jump Squat onto step & Step Down. Hands clasped and lifted to 45° O/H	1-8
0:04 / Instr /		8reps	
4x8 / A / Bounce L&R. Arms relaxed by sides	1-2	2:47 / Br / (Babble)	
16reps		½x8 / F / Jump Squat on to the step	1-4
0:18 / V1 / I've outrun the fears		2:49 / Instr / Whao	
4x8 / B / 4x March On Top L. RA	1-8	2x8 / Move to the B of the step	1-16
4reps		2:56 / Chorus / I'm taking back the crown	
👁 Next move on the last 8cts		4x8 / B / 4x March On Top R	1-8
0:32 / C / Runnin' runnin'		4reps	
4x8 / B¹ / 4x Jog On Top L. RA	1-8	👁 Next move on the last 8cts	
4reps		3:10 / C / Runnin' runnin'	
Runnin' runnin'		4x8 / B¹ / 4x Jog On Top R	1-8
4x8 / C / Basic Jog L. RA	1-4	4reps	
8reps		Runnin' runnin'	
1:00 / Br / If I lose		4x8 / C / Basic Jog R	1-4
2x8 / Freeze, transition to the floor	1-16	8reps	
👁 Next move on the last 8cts		3:38 / Chorus / Runnin' runnin'	
1:07 / Rep / If I lose myself		4x8 / G / Alt Knee Lift R then L. RA	1-8
8x8 / D / Slow Side Climber L then R	1-16	4reps	
4reps		Runnin' runnin'	
1:35 / Br		4x8 / G¹ / Alt Propulsive Knee Lift R then L. RA	1-8
½x8 / Hold Plank	1-4	4reps	
👁 Next move on the last 4cts		4:06 / Outro / Finders keepers	
1:37 / C / Runnin' runnin'		1x8 / Step feet apart. Arms out to sides	1-4
8x8 / E / Mountain Climber L&R	1-2	Shake out arms and legs	5-8
32reps			
2:04 / Ref / If I lose myself			
4x8 / Transition to stand, move to the side of the step	1-32		
👁 Next move on the last 8cts			

TECHNIQUE & COACHING

4X MARCH ON TOP

March L, R, L, R on top of the step. RA 1-4

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

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

Whole foot on the step

Natural walking rhythm

4X JOG ON TOP

Jog L, R, L, R on top of the step. RA 1-4

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

PHONETIC CUE 'Jog on top, walk down, jog on top, walk down'

Click your heels towards your butt

👇 OPTION: 4x March On Top

BASIC JOG

Jog up L, R. RA 1-2

Step down L, R. RA 3-4

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

👇 OPTION: Basic Step

SLOW SIDE CLIMBER

Side Climber L 1-4

Jump feet back to Plank position 5-8

Repeat to the other side 9-16

PHONETIC CUE 'Jump right, jump back, jump left, jump back'

Outside of knee towards outside of the elbow

Bend your knees heaps

Brace your abs to support the lower back

Keep your **eye gaze towards the step**

👇 OPTION: Single-leg step in



MOUNTAIN CLIMBER

PHONETIC CUE 'Run run run run'

Run your **knees towards the chest**

Hips low to keep the body long

Brace abs

👇 OPTION: Slow Mountain Climber



JUMP SQUAT ONTO STEP & STEP DOWN

Jump squat on to the step. Raise clasped hands O/H 1-2

Squat up. Hold clasped hands O/H 3-4

Step L to floor. Lower clasped hands slowly down 5-6

Step R to floor. Lower clasped hands down slowly 7-8

Bend knees on the landing

Arms remain straight

PHONETIC CUE 'Jump on, stand, step down, jump on, stand, step down'



AC. ATHLETIC CIRCUIT

MUSIC That's My Girl/ SummerThing!/ Sucker For Pain 7:19 mins

TRACK FOCUS

Coach your class how to get the most out of each exercise safely, and options to keep everyone moving and working hard.

Teach Athletic

Come into this track

Strong and authoritative.



Weight Plate
2.5kg or 5kg

0:00 / Intro / Weeee hoo, that's my	CTS	3:05 / Instr / (Quiet)	Lunge R & L
5x8 / Prepare to move	1-8	4x8 / Recovery	1-32 8reps
👁️ Next move on the last 5cts		Pick up weight plate	
0:17 / C / _ That's my girl		Move to the back of the step, L foot on the step	5:42 / Br / I'm just a sucker for pain
8x8 / A / Skater Over The Step L&R. RA	1-4	and weight plate to the top of the chest	1x8 / Place weight plate to the floor
16reps		👁️ Next move on the last 8cts	👁️ Next move on the last 4cts
0:44 / Br		Weighted Double Pulse Plyo Lunge	5:46 / C / I torture you
1/2x8 / Freeze Skater L	1-4	3:18 / Rep / _ No pain no gain	4x8 / E ¹ / 🔄 Alt Plyo Lunge R&L
0:46 / Rep / _ Ain't nothing		8x8 / E / Double Pulse Plyo Lunge L. Press	8reps
4x8 / B / Speed Tap R&L. Blade RA	1-2	weight plate O/H	5:59 / I'm just a sucker for pain
16reps		Double Pulse Plyo Lunge R. Lower weight plate	4x8 / E ² / 🔄 Split Shuffle R&L.
		to top of chest	16reps
1:00 / Instr / (Quiet)		8reps	6:13 / Br / I'm just a sucker for pain
2x8 / Freeze Speed Tap R	1-4	3:46 / Br / _ No emotion	1x8 / Freeze Split Shuffle R
Transition to side of the step	5-16	1x8 / Place weight plate to the floor	1-8 6:16 / Ref / That's my girl
👁️ Next move on the last 16 cts		👁️ Next move on the last 4cts	4x8 / Recovery
1:07 / Ref / You've been down before		3:49 / C / I torture you	👁️ Next move on the last 4cts
8x8 / B / Squat Burpee	1-8	4x8 / E ¹ / Alt Plyo Lunge L&R. RA	1-4 6:30 / C / _ That's my girl
8reps		8reps	8x8 / A / 🔄 Skater Over The Step L&R.
1:34 / Instr / That's my girl	1-32	4:03 / I'm just a sucker for pain	16reps
4x8 / Recovery		4x8 / E ² / Split Shuffle L&R. RA	1-2 6:58 / Br
Get class to be on one side of the step		16reps	1/2x8 / A / 🔄 Freeze Skater L
You move to the other side to preview the next		4:17 / Br / I'm just a sucker for pain	7:00 / Rep / _ Ain't nothing
move		1/2x8 / Freeze Split Shuffle L	4x8 / B / 🔄 Speed Tap R&L.
1:48 / Rep / You stole my heart	1-16	4:18 / Instr /	16reps
2x8 /		4x8 / Recovery	1-32 7:13 / Outro / _ That's my girl
👁️ Next move on the last 16cts		Move to the side of the step	1x8 / Freeze Speed Tap R
1:55 / Instr / (Riff)		4:32 / Instr / (Dubstep)	
8x8 / D / Slow Plyo Jump Over &	1-16	8x8 / D ² / 🔄 Plyo Jump Over & Burpee Combo	1-8 8reps
Burpee Combo		8reps	
4reps		5:00 / Br / I'm just a sucker for pain	1-4 5:01 / Instr / (Quiet)
2:22 / Ref / You stole my heart	1-32	1/2x8 / Hold	4x8 / Recovery
4x8 / Recovery			1-32
👁️ Next move on the last 8cts		5:01 / Instr / (Quiet)	
2:36 / Instr / (Dubstep)		4x8 / Recovery	
8x8 / D ² / Plyo Jump Over & Burpee Combo	1-8	Pick up weight plate	
8reps		Move to the back of the step, R foot on the step and	
3:03 / Br / I'm just a sucker for pain	1-4	weight plate to the top of the chest	
1/2x8 / Hold		5:15 / Rep / _ No pain no gain	
		8x8 / E / 🔄 Weighted Double Pulse Plyo	

SKATER OVER THE STEP

PHONETIC CUE 'Skate side to side, side to side'

Bend your knee on the landing to soften the impact

Push the **knee outward**, **in line with toes**

👇 OPTION: Skater behind the step



SQUAT BURPEE

Squat. Stacked hands F

Drop to Plank position

Jump feet in to Squat. Hands on step

Stand tall. Fists to hips

1-8 **PHONETIC CUE** 'Squat, drop, in, stand, squat, drop, in, stand'

Bend the knees heaps as you Squat

1-8 **Brace abs** to support the lower back

Eye gaze in front of hands

👇 OPTION: Triple Squat Pulse



SLOW PLYO JUMP OVER & BURPEE COMBO

1-8 Plyo Jump over the step. Bent Raise F

180-degree Jump turn, land in Squat. Low

1-32 wide arms

Squat Burpee

PHONETIC CUE 'Jump over, turn, squat drop in stand, over, turn, squat drop in stand'

1-4 **Bend knees on the landing** of the jump over

Stay low as you jump 180-degrees around

👇 OPTION: Step over, step turn, triple squat



1-8 **PLYO JUMP OVER & BURPEE COMBO**

Plyo Jump over the step. Bent Raise F

1-2 180-degrees Jump turn, land in Squat. Low wide

3-4 arms

Drop to Plank position

Jump in to Squat position. Bent Raise F

PHONETIC CUE 'Over, turn, burpee, over, turn,

burpee'

Bend knees on the landing of the jump over

Stay low as you jump 180-degrees around

👇 OPTION: Step up, step over, step turn, squat



1-2 WEIGHTED DOUBLE PULSE PLYO LUNGE

3-4 Double Pulse Lunge L. Weighted plate press

5-6 O/H

7-8 Double Pulse Lunge R. Lower weight to top of chest

PHONETIC CUE 'Lunge and press, lunge and lower, lunge and press, lunge and lower'

Brace abs

Keep weight in front of the body

Chest up

Front knee in line with

toes

👇 OPTION: Step Pulse

Lunge Back & Press Weight plate O/H, change legs and weight plate to top of the chest



1-4 ALT PLYO LUNGE

Plyo Lunge L. RA

1-2 Plyo Lunge R. RA

5-8 **PHONETIC CUE** 'Lunge, lunge, lunge, lunge'

9-16 Long split stance

Front knee in line with

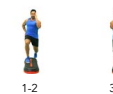
toes

Back heel lifted

Chest up

Drive upward

👇 OPTION: Back-Stepping Lunge



SPLIT SHUFFLE

Split Shuffle L. RA

Split Shuffle R. RA

1

2

PHONETIC CUE 'Go, go, go, go'

Bend knees and sit a little lower

Shift body weight over the top of the step

👇 OPTION: Straight-legged Run on top of the step



2

MUSIC

- 1 **All In My Head (Flex)** (4:43)
Tale Of A Handmaid
© 2017 Les Mills Music Licensing Ltd.
Written by: Lambroza, Garcia, Michaels, Romans, Foulks
- 2 **Emperor's New Clothes** (3:25)
A Little Life
© 2017 Les Mills Music Licensing Ltd.
Written by: Simon
- 3 **That's My Girl** (4:17)
Small Great Things
© 2017 Les Mills Music Licensing Ltd.
Written by: Loules, Kachingwe, Kronlund
- 4 **Hazy Shade Of Winter** (5:42)
Paper Towns
© 2017 Les Mills Music Licensing Ltd.
Written by: Simon
- 5 **Sucker For Pain** (5:13)
Born To Run
© 2017 Les Mills Music Licensing Ltd.
Written by: Grant, Sermon, Reynolds, McKee, Platzman, Griffin Jr., Carter, Hall, Thomaz
- 6 **American Beauty/American Psycho** (5:45)
Mirror Thief
© 2017 Les Mills Music Licensing Ltd.
Written by: Wentz, Stumph, Trohmann Hurley, Brown, Sixx, Akchote
- 7 **This Is What You Came For** (3:33)
Renee In Red
© 2017 Les Mills Music Licensing Ltd.
Written by: Wiles, Swift
- 8 **One Woman Army** (5:08)
Fishbone Church
© 2017 Les Mills Music Licensing Ltd.
Written by: Thomas, Palmer, Mason, Harris, Tamposi
- 9 **Beginners Luck** (3:24)
Avenue Of Mysteries
© 2017 Les Mills Music Licensing Ltd.
Written by: Unknown
- 10 **Dangerous Woman** (5:05)
Four Seasons Of Sound
© 2017 Les Mills Music Licensing Ltd.
Written by: Max, Carlsson, Golan
- 11 **The Greatest** (5:28)
The Mandibles
© 2017 Les Mills Music Licensing Ltd.
Written by: Furler, Kurstin
- 12 **Don't Wanna Know** (3:33)
Maroon 5 feat. Kendrick Lamar
Courtesy of the Universal Music Group.
Written by: Malik, Hindlin, Levin, Levine, Ben-Abdallah, Ryan, Mills, McKenzie,
- ATH Running** (2:08)
 - 3 Holding Up The Universe
© 2017 Les Mills Music Licensing Ltd.
Written by: Knowles, Williams, Khan, McIntosh, Coffey
- Emperor's New Clothes** (1:02)
Different Strokes
© 2017 Les Mills Music Licensing Ltd.
Written by: Simon
- Running** (1:03)
Holding Up The Universe
© 2017 Les Mills Music Licensing Ltd.
Written by: Knowles, Williams, Khan, McIntosh, Coffey
- AC That's My Girl** (1:34)
Small Great Things
© 2017 Les Mills Music Licensing Ltd.
Written by: Loules, Kachingwe, Kronlund
- SummerThing!** (1:30)
The Under Log
© 2017 Les Mills Music Licensing Ltd.
Written by: Perez, Wong, Taylor, Wall
- Sucker For Pain** (1:13)
Born To Run
© 2017 Les Mills Music Licensing Ltd.
Written by: Grant, Sermon, Reynolds, McKee, Platzman, Carter, Griffin Jr., Carter, Hall, Thomaz

SummerThing! (0:43)
The Under Log
© 2017 Les Mills Music Licensing Ltd.
Written by: Perez, Wong, Taylor, Wall

Sucker For Pain (1:14)
Born To Run
© 2017 Les Mills Music Licensing Ltd.
Written by: Grant, Sermon, Reynolds, McKee, Platzman, Carter, Griffin Jr., Carter, Hall, Thomaz

That's My Girl (1:05)
Small Great Things
© 2017 Les Mills Music Licensing Ltd.
Written by: Loules, Kachingwe, Kronlund

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.

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.

EXPRESS FORMATS

CLASSIC 30-MINUTE

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 27:25

CLASSIC 45-MINUTE

Track 1 Warmup
Track 2 Step Warmup
Track 3 Step Orientation
CLASSIC
Track 4 Peak 1
Track 5 Mixed Strength
Track 6 Peak 2
Track 7 Step Recovery
Track 8 Party Step
Track 10 Peak 3
Total Time 42:51

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.

CREDITS

Choreography – Mark Nu'u-Steele
Chief Creative Officer – Lisa Osborne
Creative Director – Dr Jackie Mills
Program Planner – Tenille Graham
Program Coach – Giles Bryant
Technical Consultant – Andrew Newmarch

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 C chorus or number of song lines)
cont continue
Rep reprise (part of the cts counts chorus repeated)
F&B forward and back
ROM range of motion
HOH hands on hips
ST Step Touch
Instr instrumental
Tempo normal pace of the music

Intro introduction
V verse
med medium
1/1 2 counts up, 2 counts down
mins minutes
O/H over head 2/2 4 counts up, 4 counts down
opp opposite
OTS On The Spot
3/1 6 counts up, 2 counts down
OTT Over The Top
Outro last few bars of music
4/4 8 counts up, 8 counts down
1/2/1 2 counts up, 4 counts hold, 2 counts down
👁 visual preview or cue
💡 light option
🔁 repeat

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.



From L-R: Stephanie Beck Johnson, Lisa Osborne, Mark Nu'u-Steele, Wendy Elphinstone, Charlotte Fleetwood-Smith

Love BODYSTEP Classic?

Ever wanted to get 'that friend' or loved one to take a class with you?

Now's a great time to do just that.

A main focus with BODYSTEP 108 was to create Performance with extended blocks of choreography where you have time to first see the exercise, try the exercise, and then sit in the exercise longer so that you can master it and work it harder.

So this is a perfect opportunity for new steppers to 'learn' how to step.

Simple, functional choreography, where each track has a specific purpose and is set to driving high-energy music.

The first three tracks are designed to warm our stepping muscles. We learn the basics of stepping, and getting familiar with movement patterns on and around the step.

Track 4 is our first cardio peak, and it's set to a song that was written in 1966, *Hazy Shade Of Winter*. We've given this song a grunty 2017 overhaul, and used exercises such as the Side Climber Burpee to match the grunt.

Mixed Strength is up next, and in this track, we've added the use of a weight plate for some power training to the song *Sucker For Pain*.

Then *American Beauty/American Psycho* takes us to the second cardio peak, the halfway point in the class.

In Track 7, we back off on the cardio, and focus on full-body strength work, using body weight and a weight plate to achieve this.

In the next two tracks, we inject a whole lot of 'Flava' to boost the fun factor with the Party Step, which has a military theme, and the Speed Step, where we move fast for fitness and agility work.

The final cardio peak is set to *Dangerous Woman*, where we mix up our training with propulsions, lateral work, and everyone's favorite – Burpees! We finish off this workout with integrated training for the full body, including the core, using a weight plate, then we 'chill out' to the sweet sounds of Maroon 5 as we cool down.

For the BODYSTEP Athletic Class, we switch out our 'Flava' tracks with two Athletic tracks, where the focus is on simple, results-driven high-intensity interval training. This class is also great for new steppers, as complexity of the workout is lowered, and the intensity is boosted.

Mark Nu'u-Steele

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

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

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 –

That's My

Girl

- **Track 5:** Use a weight plate (2.5kg or 5kg max.)
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)

ATHLETIC FORMAT

LOOK Strong, role-modeling great fitness

FEEL Training to get results

COACHING FOCUS Excellent cueing with strength and motivation

BODYSTEP ATHLETIC – MIXING RELEASES

you can teach track 1 from any previous release. Tracks 3, 4, 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, 5. Tracks 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 – *running / emperor's new clothes*
- **Track 5:** use a weight plate (2.5Kg or 5kg max.)
- **Track 7:** use a weight plate (2.5Kg or 5kg max.)
- Use athletic circuit in place of tracks 8 and 9 – *that's my girl / summerthing! / Sucker for pain*
- The athletic circuit must be taught after track 10
- **Track 11:** use a weight plate (2.5Kg or 5kg max.)