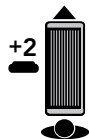


目录

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- AC. 运动员路线
- 音乐

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01. 热身



MUSIC Now And Later 4:19 mins

小节焦点

教授正确的弓步技巧，以及如何长迈步踏上踏板中部。让您的课堂知道整个课程他们都可以选择，或下一次他们做放松时。

现在尝试 4拍进行曲

稍后尝试 半拍跺脚&弹跳组合

教授 健身操

在这一小节

充满能量、活力和期待，准备引导您的课堂领略这很棒的健身过程。

	CTS		CTS
0:05 / Intro / Where to go		2:09 / Instr / (Quiet)	
2x8 / Prepare to move	1-16	2x8 / A / Bounce R&L. <i>Relaxed Arms</i>	1-2
0:13 / Rep / _ Now or later		8reps	
2x8 / A / Bounce L&R. <i>Relaxed Arms</i>	1-2	2:16 / V2 / _ I love attitudes	
8reps		8x8 / C / Lunge Sequence R then L. <i>HOH</i>	1-16
0:20 / Rep / _ Now or later		4reps	
2x8 / A ¹ / Bounce L&R. <i>RA</i>	1-2	2:44 / C / I could be your	
8reps		4x8 / B / 4x March On Top R. <i>RA</i>	1-8
0:27 / C / I could be your		4reps	
4x8 / B / 4x March On Top L. <i>RA</i>	1-8	Next move on the last 8cts	
4reps		2:57 / Rep / _ Now or later	
Next move on the last 8cts		4x8 / B ¹ / ½ Stomp & Bounce Combo R	1-8
0:40 / Rep / Now or later		4reps	
4x8 / B ¹ / ½ Stomp & Bounce Combo L	1-8	3:10 / Instr /	
4reps		4x8 / D / 14x Repeater Knee Lift R. <i>RA</i>	1-28
0:54 / Instr / (Quiet)		March L, R, L, R on the floor. <i>RA</i>	29-32
2x8 / A / Bounce L&R. <i>Relaxed Arms</i>	1-2	3:24 / Instr / (Quiet)	
8reps		4x8 / E / Active Calf Stretch R. <i>Bent Raise F</i>	1-4
1:01 / V1 / _ Stop playin'		8reps	
8x8 / C / Lunge Sequence L then R. <i>HOH</i>	1-16	3:38 / Instr / (Quiet)	
4reps		4x8 / Active Calf Stretch L	1-4
1:28 / C / I could be your		8reps	
4x8 / B / 4x March On Top L. <i>RA</i>	1-8	3:51 / C / I could be your	
4reps		4x8 / B / 4x March On Top R. <i>RA</i>	1-8
Next move on the last 8cts		4reps	
1:42 / Rep / _ Now or later		Next move on the last 8cts	
4x8 / B ¹ / ½ Stomp & Bounce Combo L	1-8	4:05 / Rep / _ Now or later	
4reps		4x8 / B ¹ / ½ Stomp & Bounce Combo R	1-8
1:55 / Instr /		4reps	
4x8 / D / 14x Repeater Knee Lift L. <i>RA</i>	1-28		
March R, L, R, L on the floor. <i>RA</i>	29-32		

01. 热身

技术与教授

弹跳

提示：向左向右跳

向左跳。两边胳膊放松或摆臂

向左跳。两边胳膊放松或摆臂

- 脚约与臀部等宽
- 身体重心从一条腿移向另一条腿
- 将臀部固定在恰当的地方
- 不要让您的臀部左右摇晃

1

2

首先是踏板上4拍踏步

口令：踏板上踏步4，3，2，1，在地板上走步4，3，2，1，在地板上走步

以左、右、左、右、的形式踏上踏板。摆臂

1-4

以左、右、左、右、的形式在地板上。摆臂

5-8

- 使用可看到的提示显示腿，在顶部保持
- 整只脚踏在踏板上

1/2 拍跺脚&连续跳跃 半跺脚

口令“上面，侧面，后面，跳跃，上面，侧面，上面，后面，跳跃”

迈左脚上踏板。摆臂

1

迈右脚到踏板的右侧。摆臂

2

迈左脚上踏板。摆臂

3

迈右脚到踏板的右侧。摆臂

4

左右跳跃两次。摆臂

5-8

- 自然的走路节奏
- 当您迈向侧面时屈膝并略微半蹲（在第2拍）

选择：4拍踏步上踏板



1

2

3

5

6

弓步系列

口令“踏板，弓步，起身，换腿，踏板，弓步起身，换腿”

迈左腿踏上踏板中间。手放在臀上

1-2

弓步下踏板。手放在臀上

3-4

弓步上踏板。手放在臀上

5-6

迈左腿回到地板，与踏板保持臀宽的距离。

手放在臀上

7-8

换一侧重复

9-16

- 使用视觉提示展示先开始的那条腿
- 长迈步上踏板
- 后脚跟抬起
- 挺胸
- 身体垂直向下，再抬起
- 前膝盖与脚趾保持同一水平线
- 当您下踏板时与踏板保持臀宽距离



1-2

3-4

5-6

7-8

14拍上步吸腿

口令“上步到踏板，保持”

向左进行14拍上步吸腿。摆臂

1-28

在地面上右、左、右、左踏步。摆臂

29-32

- 使用视觉提示展示先开始的那条腿，在踏板上保持
- 支撑腿弯曲
- 挺胸
- 脚后跟离开地面
- 前膝与脚尖成一条直线
- 倒数最后4次重复动作

高强度小腿伸展

口令：“脚跟向上、脚跟向下、脚跟向上、脚跟向下”

左脚在踏板上，右脚在地面上，向后远离踏板，提右脚跟。弯曲前举

1-2

将右脚跟压回地面。手握拳放于臀部

3-4

- 保持身体重量向前，在踏板的正上方

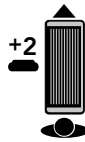


1-2

3-4

02. 踏板操热身

MUSIC Stay 3:21 mins



小节焦点

教授三组交替半蹲节奏舞曲，随后教您的学生每次半蹲时略微停顿以取得间隔效果。

现在尝试 三次半蹲

稍后尝试 三组交替半蹲

教授 Flava

在这一小节

您需要保持冷静、有序，掌握重要的信息，从而使您的课堂在接下来的锻炼中正确踏板。

	CTS		CTS
0:00 / Intro / Do is stay		1:48 / V2 / Won't admit what	
½x8 / A / Up Tap R. RA	1-4	4x8 / B / REPEAT Basic Step R	1-4
0:01 / Instr / Wait , hand		8reps	
4x8 / A / Up Tap L then R. RA	1-8	2:03 / PC / Make it on your	
4reps		4x8 / C / REPEAT 3x Repeater Knee Lift R	
0:16 / V1 / Waiting for the time		then L	1-16
4x8 / B / Basic Step L. RA	1-4	2reps	
8reps		👁️ Next move on the last 8cts	
0:31 / PC / Make it on your		2:18 / Ref / Wait , all you have to	
4x8 / C / 3x Repeater Knee Lift L		4x8 / C¹ / REPEAT Triple Pulse Squat R then L	1-16
then R. RA	1-16	2reps	
2reps		👁️ Next move on the last 8cts	
👁️ Next move on the last 8cts		2:33 / C / Take a minute	
0:46 / Ref / Wait , all you have to		8x8 / C² / REPEAT 3x Alt Squat Combo R then L	1-16
4x8 / C¹ / Triple Pulse Squat L then R.		4reps	
Freeze RA	1-16	3:03 / Br / Stay	
2reps		½x8 / A¹ / REPEAT Up Tap R	1-4
👁️ Next move on the last 8cts		3:05 / Rep / _ All you have to do is	
1:02 / C / Take a minute		4x8 / A² / REPEAT Up Tap L then R. <i>Open & Clap</i>	1-8
8x8 / C² / 3x Alt Squat Combo L then R.		4reps	
Blade RA	1-16		
4reps			
1:31 / Br / Stay			
½x8 / A¹ / REPEAT Up Tap L. <i>HOH</i>	1-4		
1:33 / Rep / _ All you have to do is			
4x8 / A² / Up Tap R then L. <i>Open & Clap</i>	1-8		
4reps			

02. 踏板操热身

技术与教授

向上点踏板（在本节课开始时）

口令“右脚、左脚、右脚、左脚”
后脚跟抬起

- 使用视觉提示展示先开始的那条腿，以及交换方向后的模式

向上点踏板

口令“上点，换方向，上点，换方向”

- 打开手臂，在胸前交叉，略微伸展

基础踏板操

口令“走上踏板，走下踏板，走上踏板，走下踏板”

- 使用视觉提示使得基础踏步保持在左脚
- 自然的行走节奏
- **整只脚掌位于踏板上**

3拍上步吸腿4次

口令“3，2，1，换腿，3，2，1，换腿”

- 使用视觉提示展示先开始的那条腿

3拍半蹲

口令“保持3，2，1，换方向，3，2，1，换方向”

向左侧3次半蹲。手保持掌形，摆臂 1-6
右、左腿分别踏到踏板后面，手呈拳形放于臀部 7-8

换一侧重复相同动作 9-16



3拍交替半蹲

口令“保持3，2，1，换方向，3，2，1，换方向”

左腿伸直。两只手成掌形 1-2

向右、向左相继半蹲。两只手成掌形 3-6

向右、左相继迈向踏板后面，两只手成拳形放于臀部 7-8

换一侧重复相同动作 9-16

- 臀部向后下方向用力

- **膝盖与脚尖保持一条直线**

- **挺胸**

选择 保持得高一些，回到地面时脚尖点地

第2层

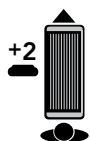
口令“保持，保持，保持”

- 旨在通过略微延长半蹲时间形成动作间隔



03. 目标踏板

MUSIC Fun 4:07 mins



小节焦点

训练您的课堂，当他们围绕踏板走步时，向内侧转，看向踏板。这可以保证他们沿着正确的方向旋转。

现在尝试 6拍踏步上踏板

稍后尝试 随机交换分腿

教授 Flava

在这一小节 请带着满腔能量、喜悦和轻松的心情。

	CTS		CTS
0:00 / Intro / Let's go _		1:52 / C / Loosen up your body	
4x8 / A / Down Tap & 6x March L then R. RA	1-16	8x8 / A ² / REPEAT Traveling Cha-Cha-Cha Tap & 6x March R then L	1-16
2reps		4reps	
👁️ Next move on the last 16cts			
0:14 / Instr / Let's go _		2:20 / V2 / Fresh from Monaco	
4x8 / A ¹ / Traveling Down Tap & 6x March L then R. RA	1-16	4x8 / B / REPEAT 6x March On Top R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
0:28 / C / Loosen up your body		2:36 / Rep / F U N fun	
4x8 / A ² / Traveling Cha-Cha-Cha Tap & 6x March L then R. RA	1-16	4x8 / B ¹ / REPEAT Indecision Straddle R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
0:43 / V1 / Oh , feeling crazy		2:50 / _ Come on Miama	
4x8 / B / 6x March On Top L then R. RA	1-16	4x8 / B ² / REPEAT Indecision Switch Straddle R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 16cts	
0:57 / Rep / F U N fun		3:05 / Ref / Oh my my, looking	
4x8 / B ¹ / Indecision Straddle L then R. RA	1-16	4x8 / C / REPEAT Up Tap R then L. RA (To front & back)	1-8
2reps		4reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 16cts	
1:12 / _ Come on Miama		3:19 / F U N	
4x8 / B ² / Indecision Switch Straddle L then R. RA	1-16	3x8 / A ¹ / REPEAT Traveling Down Tap & 6x March R then L. RA	1-16
2reps		1½reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
1:26 / Ref / Oh my my, looking		3:30 / C / Loosen up your body	
4x8 / C / Up Tap L then R. RA. (To front & back)	1-8	8x8 / A ² / REPEAT Traveling Down Tap Cha-Cha-Cha 6x March R then L	1-16
4reps		4reps	
👁️ Next move on the last 16cts			
1:40 / F U N		3:59 / Outro / F U N fun	
3x8 / A ¹ / REPEAT Traveling Down Tap & 6x March L then R. RA	1-16	1x8 / Step L onto the step. <i>Thumbs up F</i>	1-4
1½reps			
👁️ Next move on the last 8cts			

03. 目标踏板

技术与教授

下点地&6拍踏步

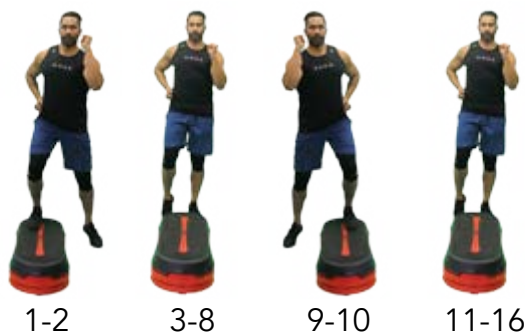
口令“点地，6，5，4，3，2，1。点地，6，5，4，3，2，1”

向下点地。摆臂 1-2

在踏板后面以右、左、右、左踏步。摆臂 3-8

换一侧重复 9-16

- 使用视觉提示原地6个踏步



移动下点地&6拍踏步

口令“点地，看您的踏板，绕着踏板走步。点地，看您的踏板，绕着踏板走步。”

向左在踏板前方下点地。摆臂 1-2

围绕踏板以右、左、右、左、右踏步至踏板左前方。摆臂 3-8

换一侧重复 9-16

- 训练课堂，当他们围绕踏板走步时看向踏板。这将会让他们以正确的方向转体



移动“恰恰恰”点地&6拍踏步

口令“恰恰恰，转体，围绕踏板走步。恰恰恰，转体，围绕踏板走步”

向左以“恰恰恰”舞步到达踏板右前方。手臂保持自然 1-2

围绕踏板以右、左、右、左、右、左踏步至踏板的左前方。摆臂 3-8

换一侧重复 9-16

- 为下点地增加一些韵律感

踏板上6拍踏步

口令“6，5，4，3，2，1，下踏板。6，5，4，3，2，1，下踏板”

在踏板上以左、右、左、右、左、右踏步。摆臂 1-6

向左踏步至地面，落于踏板左侧。摆臂 7

向右下点地，落于踏板左侧，摆臂 8

换一侧重复 9-16

- 使用视觉提示在踏板上保持，以及显示下踏板的方向

随机分腿

口令“走步上踏板，走步下，走步上，踏过踏板。走步上，走步下，走步上，踏过踏板”

左、右脚相继上踏板，摆臂 1-2

左、右脚分腿下踏板，摆臂 3-4

左、右脚分腿上踏板，摆臂 5-6

踏左脚回地面，落于踏板左侧。摆臂 7

右脚点地，落于踏板右侧。摆臂 8

换一侧重复 9-16

- 使用视觉提示在踏板上保持，分腿下踏板，以及下踏板的正确方向

选择 在踏板上6拍踏步

03. 目标踏板

技术与教授



随机交换分腿

口令“走步上踏板，走步下，并步跳，下踏板。”

走步上踏板，走步下，并步跳，下踏板”

以左、右脚上踏板。摆臂

1-2

以左、右脚下踏板。摆臂

3-4

以左脚上踏板。摆臂

5

交换屈左腿。摆臂

6

以右、左脚上踏板，落于踏板左侧。摆臂

7-8

换一侧重复

9-16

• 在第六拍旋转跳跃转体90度

• 在跳跃时放松脚踝

选择 随机分腿获6拍踏板上踏步



左、右脚相继上点踏板（前部&后部）

口令“点踏板前部，后部，前部，后部”

左脚点在踏板前方。摆臂

1-4

右脚点在踏板后方，摆臂

5-8



2

6

04. 第1个小高潮



MUSIC Starboy 4:23 mins

小节焦点

通过鼓励您的课堂在Plyo曲体分腿跳以及开合跳时点击星星形状，连接到“星星”主题。

训练您的课堂在落地时屈膝来缓冲影响。

现在尝试 窄蹲跳&踏步组合

稍后尝试 Plyo 分腿跳组合

教授 健身操

在这一小节

请保持健壮、有能量，准备好进入您的第一个心肺功能的小高潮。

		CTS			CTS
0:00 / Intro / Look what you've done			1:53 / C / Starboy , look what		
1/2x8 / Prepare to move	1-4		4x8 / B / REPEAT Knee Lift & Bounce Combo		
0:02 / Instr / Starboy			L then R	1-16	
4x8 / A / Alt Knee Lift L then R. RA	1-8		2reps		
4reps			👁 Next move on the last 8cts		
0:15 / C / Starboy , look what			2:06 / C / Starboy , look what		
4x8 / B / Knee Lift & Bounce Combo			4x8 / B ¹ / REPEAT Propulsive Knee Lift &		
L then R	1-16		Jumping Jack Combo L then R	1-16	
2reps			2reps		
👁 Next move on the last 8cts			2:21 / Br / Imma imma imma		
0:29 / C / Starboy , look what			1/2x8 / A / REPEAT Knee Lift L. RA	1-4	
4x8 / B ¹ / Propulsive Knee Lift & Jumping			2:23 / Rep / Starboy		
Jack Combo L then R	1-16		4x8 / A ¹ / REPEAT Alt Propulsive Knee Lift R		
2reps			then L. <i>Punch O/H</i>	1-8	
0:44 / Rep / Imma imma starboy			4reps		
4x8 / A ¹ / Alt Propulsive Knee Lift L then R.			2:37 / V2 / _ Every day you		
<i>Punch O/H</i>	1-8		4x8 / C / REPEAT 4x March On Top R. RA	1-8	
4reps			4reps		
0:57 / V1 / _ trying to put you			👁 Next move on the last 8cts		
4x8 / C / 4x March On Top L. RA	1-8		2:50 / PC / _ House so empty		
4reps			4x8 / D / REPEAT Narrow Jump Squat & March		
👁 Next move on the last 8cts			Combo R	1-8	
1:11 / PC / _ House so empty			4reps		
4x8 / D / Narrow Jump Squat &			👁 Next move on the last 8cts		
March Combo L	1-8		3:04 / Rep / Imma starboy		
4reps			8x8 / D ¹ / REPEAT Plyo Straddle Jump Combo R	1-8	
👁 Next move on the last 8cts			8reps		
1:25 / Rep / Imma starboy					
8x8 / D ¹ / Plyo Straddle Jump Combo L	1-8				
8reps					

04. 第1个小高潮

SMARTSTART

3:32 / C / Starboy , look what	CTS
4x8 / B /  Knee Lift & Bounce Combo	
R then L	1-16
2reps	
👁️ Next move on the last 8cts	
3:45 / C / Starboy , look what	
4x8 / B ¹ /  Propulsive Knee Lift &	
Jumping Jack Combo R then L	1-16
2reps	
3:59 / Br / Imma imam imma	
½x8 / A /  Knee Lift R. RA	1-4
4:01 / Rep / Starboy	
4x8 / A ¹ /  Alt Propulsive Knee Lift L	
then R. <i>Punch O/H</i>	1-8
4reps	
4:15 / Outro / Starboy	
½x8 / Leap L onto the step. <i>Wrists</i>	
<i>Crossed O/H</i>	1-4

04. 第1个小高潮 SMARTSTART

技术与教授

交替吸腿

口令 “右脚、左脚、右脚、左脚”

- 使用视觉提示展示交换脚的形式

吸腿&连续弹跳

口令 “吸腿、下踏板、弹跳，吸腿、下踏板、弹跳”

- 提左腿。摆臂 1-2
- 右、左腿下踏板。摆臂 3-4
- 向左、向右跳，各2次。摆臂 5-8
- 换一侧重复 9-16

吸腿&连续开合跳

口令 “跳、下踏板”

- 提左腿。摆臂 1-4
- 2拍开合跳 5-8
- 换一侧重复 9-16



开合跳

- 屈膝
- 脚尖微朝外
- 膝盖与脚趾的一条线上
- 膝盖不要向内扣

选择 吸腿&2拍侧点地



交替推蹬吸腿

提示 “单膝，开始！”

- 脚后跟先开始
- 以脚跟旋转
- 远离脚尖

选择 无推蹬

4拍踏板上踏步

口令 “4, 3, 2, 1踏步下踏板。4, 3, 2, 1, 踏步下踏板”

- 使用视觉提示在踏板上保持踏步

窄蹲跳&踏步组合

口令 “跳上、站立、地面走步。跳上、站立、地面走步”

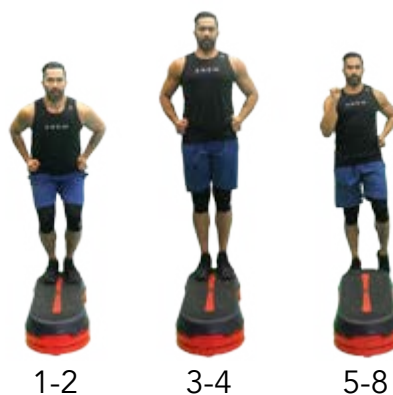
窄蹲跳上踏板

手握拳放于臀部

窄蹲直立，手握拳放于臀部

在地板上向左、右、左、右踏步，摆臂

- 请屈膝跳上踏板



04. 第1个小高潮 SMARTSTART

PLYO 分腿跳组合

口令 “跳、向上、向下、走回。跳、向上、向下、走回”

窄蹲跳上踏板。手握拳放于臀部 1

向上空中开合跳。手举过头顶打开，呈v字 2

落地时分腿半蹲

手放在大腿上 3-4

向左、向右、向左、向右踏步，后退回到踏板后面。摆臂 5-8

• 在两次落地时都要屈膝

• M在空中打开您的腿和手臂，构成一个“星”形

选择 窄蹲跳&踏步组合



05. 混合强度

MUSIC Centipede / Jump Around 6:02 mins

小节焦点

训练您的课堂，使其在跳跃时，保持负重板靠近锁骨，确保负重板的稳定和安全。让您的课堂了解到，负重板是可选择的，不是强制要求使用的。

现在尝试 无负重板

稍后尝试 有负重板

教授 健身操

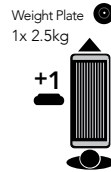
在这一小节

由于第4小节您应该有些气喘吁吁，健壮、有序。

开始前准备

让每个人收集2.5kg或5kg的负重板，将其置于踏板前方。

将踏板两侧高度降低至1，并朝着同一方向。



	CTS		CTS
0:00 / Intro / Giant tropical		2:02 / C / Jump up , get down	
2x8 / Prepare to move		8x8 / D / Weighted Jump & Lunge	
0:08 / Instr / (Orchestral)		Combo	1-16
4x8 / 👁 First move on the last 16cts	1-32	4reps	
0:21 / C / (Riff)		2:31 / Instr / Ten, nine	
8x8 / A / 2-Step Centipede Burpee	1-16	2x8 / B ¹ / Put weight plate in front of the step	1-16
4reps		👁 Next move on the last 4cts	
0:49 / C / (Riff)		2:38 / Instr / Six, five	
8x8 / A ¹ / 4-Step Centipede Burpee	1-16	2x8 / E / Low Leg Abduction with Squat L. <i>Bent Raise F</i>	1-4
4reps		4reps	
1:17 / Br / (Laugh)		👁 Next move on the last 4cts	
½x8 / Break	1-4	2:45 / Rep / Everybody jump	
1:19 / Instr /		4x8 / F / Plyo Leg Abduction with Squat L. <i>Bend to hips then reach O/H</i>	1-4
4x8 / B / Pick up weight plate. Stand to the LHS of the step	1-32	8reps	
👁 Next move on the last 8cts		👁 Next move on the last 8cts	
1:33 / V1 / Pack it up		3:00 / Rep / Everybody jump	
2x8 / C / Alt Lunge. <i>Hold weight plate by collarbone</i>	1-8	4x8 / F ¹ / Plyo OTT with Squat L then R. <i>Bend to hips then reach O/H</i>	1-8
2reps		4reps	
1:41 / V1 /		3:14 / Br / (Laugh)	
6x8 / C ¹ / Alt Lunge with <i>O/H Weighted Press</i>	1-8	1x8 / Break	1-8
6reps		3:18 / Instr / (Orchestral)	
👁 Next move on the last 32cts		4x8 / 👁 Next move	1-32

05. 混合强度

	CTS
3:31 / C / (Riff)	
8x8 / A /  2-Step Centipede Burpee	1-16
4reps	
3:59 / C / (Riff)	
8x8 / A ¹ /  4-Step Centipede Burpee	1-16
4reps	
4:26 / Br / (Laugh)	
¾x8 / Break	1-6
4:29 / Instr /	
4x8 / B /  Pick up weight plate. Stand to the RHS of the step	1-32
👁️ Next move on the last 8cts	
4:43 / C / Jump up , get down	
8x8 / D /  Weighted Jump & Lunge Combo	1-16
4reps	
5:11 / Instr / Ten, nine	
2x8 / B ¹ / Put weight plate in front of the step	1-16
4reps	
👁️ Next move on the last 4cts	
5:18 / Instr / Six, five	
2x8 / E /  Low Leg Abduction with Squat R. <i>Bent Raise F</i>	1-4
4reps	
👁️ Next move on the last 4cts	
5:25 / Rep / Everybody jump	
4x8 / F /  Plyo Leg Abduction with Squat R. <i>Bend to hips then reach O/H</i>	1-4
8reps	
👁️ Next move on the last 8cts	
5:40 / Rep / Everybody jump	
4x8 / F ¹ /  Plyo OTT with Squat R then L. <i>Bend to hips then reach O/H</i>	1-8
4reps	
5:54 / Outro /	
1x8 / <i>Flexed Hands F</i>	1-8

05. 混合强度

技术与教授

2步蜈蚣立卧撑

口令“向下、向后、右腿、左腿、跳进、站立。

向下、向后、右腿、左腿、跳进、站立”

屈膝，将手放在踏板上

1-2

双脚从侧面移到平板支撑位置

3-4

左脚沿着侧面向前“爬”至踏板的左侧

5-6

右脚跳跃回到平板支撑位置

7-8

左脚跳跃回到平板支撑位置

9-10

左脚从侧面移到平板支撑位置

11-12

双脚朝着踏板方向向内跳跃，膝盖弯曲

13-14

站直。手握拳放于臀部

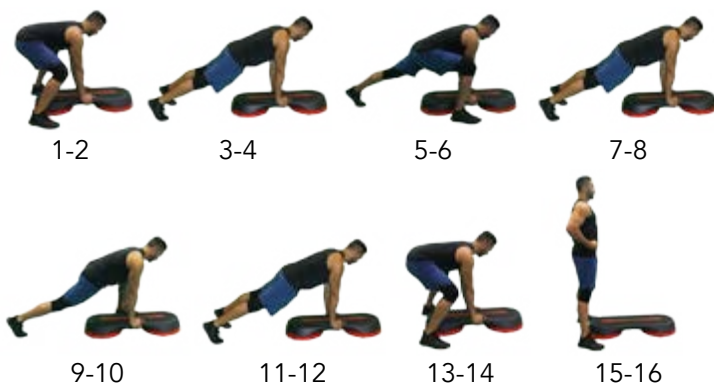
15-16

- 弯曲您的膝盖部分

- 收腹

- 眼睛凝视手的前方

- 膝盖向内朝向手肘



4步蜈蚣立卧撑

口令“向下、向后、4, 3, 2, 1, 向内跳、站立。

向下、向后、4, 3, 2, 1, 向内跳、站立”

屈膝，手放于踏板上

1-2

双脚向后跳至平板支撑位置

3-4

左脚沿着侧面向前“爬”至踏板左侧

5-6

右脚沿着侧面向前“爬”，左脚后退

7-8

左脚沿着侧面向前“爬”，右脚后退

9-10

右脚沿着侧面向前“爬”，左脚后退

11-12

双脚朝着踏板向内跳跃，膝盖弯曲

13-14

直立。手握拳放于臀部

15-16

- 弯曲膝盖

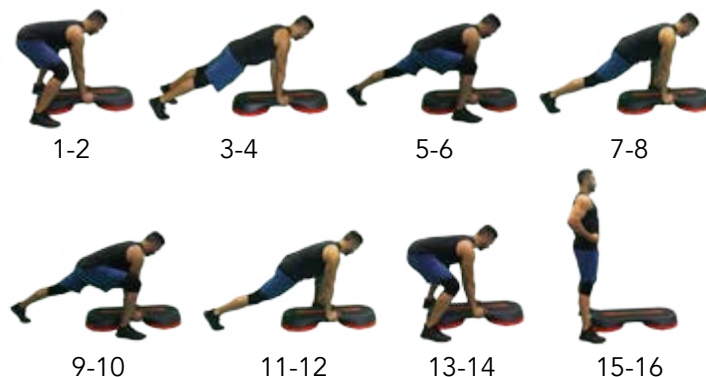
- 收腹（支撑您的腰部）

- 眼睛凝视手的前方（帮您保持脊椎伸长）

- 旨在帮您降低臀部位置，使其与肩保持在一条水平线上

交替弓步

口令“弓步、换腿、弓步、换腿”



- 长踏步上踏板

- 前膝与脚尖成一条直线

- 脚后跟抬起

- 挺胸

交替弓步与过头负重下拉

口令“上举、放下、上举、放下”

- 举重至锁骨

- 将负重置于身体前方，举过头顶

选择 无负重板



05. 混合强度

负重跳跃&弓步组合

口令“跳上、跳下、转体、2个弓步，2，1，再来一次，跳上、跳下、转体，2个弓步，2，1”

举重至锁骨

半蹲跳上踏板 1-2

向前半蹲跳至地面。举重至锁骨 3-4

180度窄蹲跳转身。举重至锁骨 5-6

起立，举重至锁骨 7-8

左弓步。将负重板拉过头顶 9-10

左脚踏到地面，与踏板有臀宽的距离
举重至锁骨 11-12

右弓步。将负重板拉过头顶 13-14

左脚踏到地面，与踏板有臀宽的距离
举重至锁骨 15-16

- 每次落地时屈膝
- 当您跳跃时保持负重板靠近身体（位于锁骨附近）
- 训练课堂跳得离踏板远一些，从而当他们弓步时可以迈更长的步上踏板

第2层

- 要注意并联系歌词“跳上、跳下、转体。”让音乐说话

选择无负重板。每次落地时撤步可缓和落地带来的冲击



小腿外展与半蹲

口令“吸腿、半蹲、吸腿、半蹲”

左脚在踏板上，右腿外展。

屈膝前举 1-2

右脚回地面，向下半蹲。手握拳放于臀部 3-4

PLYO腿部外展与半蹲

口令“跳、坐、跳、坐”

Plyo 向上跳跃。手伸过头顶 1-2

左脚落在踏板上，右脚在地板上。向下半蹲。手握拳放于臀部 3-4

- 利用您的腿，向上爆发跃起
- 落地时屈膝
- 臀部后坐向下压
- 膝盖与脚尖在一条直线上
- 挺胸

选择小腿外展与半蹲



PLYO空中跳与半蹲

口令“跳过、半蹲、跳过、半蹲”

Plyo空中跳。举过头顶 1-2

右脚在踏板上，左脚在地面，向下半蹲。

手握拳在臀部 3-4

换一侧重复 5-8

- 使用第3层训练来激励、庆祝。放松，使用音乐带来的强大能量营造鼓舞人心的感觉

06. 第2个小高潮

MUSIC This Ain't A Scene It's An Arms Race 4:44 mins

小节焦点

有节奏的口令在本节是必须的。L字步时，在吸腿时使用口令。随后，当您开始劈腿曳步时，在相同地方吸腿。训练课堂所有的动作都从下踏板到地面开始。

现在尝试 L字步下踏板

稍后尝试 劈腿曳步下踏板

教授 健身操

在这一小节

健壮，有些气喘，腿似乎在燃烧，准备好要让腿部充血，心脏砰砰直跳。

开始前准备

在踏板上站立，靠近左侧。

	CTS		CTS
0:00 / Intro / This ain't a scene		1:20 / C / This ain't a scene	
1x8 / Standing on top of the step, prepare to move	1-8	8x8 / D ¹ / Step Down Split Shuffle L. RA	1-8
		8reps	
0:03 / Instr /		1:47 / Br / Oh _	
4x8 / A / Step Down Knee Lift & 6x March Across L then R	1-16	½x8 / B ¹ / ATT L. HOH	1-4
2reps		1:49 / Rep / I'm a leading man	
👁 Next move on the last 8cts		4x8 / B /  Propulsive ATT R then L. Reach Up & Down	1-8
0:17 / C / This ain't a scene		4reps	
4x8 / A ¹ / Step Down Knee Lift & 6x Jog Across L then R	1-16	2:03 / Ref / _ All the boys	
2reps		2x8 / C /  Step Down Knee Lift R. RA	1-4
👁 Next move on the last 8cts		4reps	
0:30 / C / This ain't a scene		👁 Next move on the last 8cts	
4x8 / A ² / Step Down Knee Lift & 6x Jog Across L then R (with 2x Reach Up & Down)	1-16	2:10 / V2 / I wrote the	
2reps		4x8 / D /  Step Down L-Step R. RA	1-8
0:44 / Rep / I'm a leading man		4reps	
4x8 / B / Propulsive ATT L then R. Reach Up & Down	1-8	👁 Next move on the last 8cts	
4reps		2:24 / C / This ain't a scene	
0:59 / Ref / _ All the boys		8x8 / D ¹ /  Step Down Split Shuffle R. RA	1-8
2x8 / C / Step Down Knee Lift L. RA	1-4	8reps	
4reps		2:52 / Br / Oh _	
👁 Next move on the last 8cts		½x8 / B ¹ /  ATT R. HOH	1-4
1:06 / V1 / I am an arms		2:54 / Rep / I'm a leading man	
4x8 / D / Step Down L-Step L. RA	1-8	4x8 / B /  Propulsive ATT L then R. Reach Up & Down	1-8
4reps		4reps	
👁 Next move on the last 8cts		3:08 / Instr / (Quiet)	
		2x8 / Transition to Pushups	1-16

06. 第2个小高潮

3:15 / Rep / _ This ain't a scene	CTS
8x8 / Chest Touch Pushups	1-4
16reps	
3:42 / Br / (Guitar)	
½x8 / Jump feet in & stand up	1-4
3:44 / Instr /	
2x8 / Transition to the top of the step	1-16
3:50 / C / This ain't a scene	
4x8 / A¹ /  Step Down Knee Lift & 6x Jog	
Across R then L	1-16
2reps	
👁 Next move on the last 8cts	
4:04 / C / This ain't a scene	
4x8 / A² /  Step Down Knee Lift &	
6x Jog Across R then Left (with 2x	
Reach Up & Down)	1-16
2reps	
4:18 / Rep / I'm a leading man	
4x8 / B /  Propulsive ATT R then L.	
Reach Up & Down	1-8
4reps	
4:32 / Outro /	
½x8 / Step R to the floor. <i>Punch R O/H</i>	1-4

06. 第2个小高潮

技术与教授

下踏板吸腿&6拍踏步穿过

口令 “吸腿，6，5，4，3，2，1.吸腿，6，5，4，3，2，1”

向左踏步回到地面，提右膝。摆臂 1-2

向右、左、右、左、右、左踏步，到达踏板的右侧。摆臂 3-8

换一侧重复 9-16

- 使用视觉提示展示移动方向

下踏板吸腿&6拍慢跑穿过

口令 “吸腿，跑。吸腿，跑”

向左踏步回到地面，提右膝。摆臂 1-2

向右、左、右、左、右、左慢跑，到达踏板的右侧，摆臂 3-8

换一侧重复 9-16

选择 下踏板提膝&6拍穿过

下踏板吸腿&6拍慢跑穿过与手臂运动

口令 “增加2次伸手、伸手、伸手，跑，伸手、伸手，跑”

向左踏步至地面，提右膝

手臂上伸，放下 1-2

向右、左慢跑达到踏板右侧。

手臂上伸，放下 3-4

向右、左、右、左慢跑到达踏板右侧。摆臂 5-8

换一侧重复 9-16

选择 下踏板吸腿&6拍踏步穿过踏板



踏板上方推蹬

口令 “下踏板、穿过、下踏板、穿过”

- 使用视觉提示展示下探班的方向，接着穿过踏板

选择 较低的踏板上方推蹬

06. 第2个小高潮

下踏板吸腿

口令“下踏板，吸腿，下踏板，吸腿”

向左踏步到地面，向右轻点地面。摆臂

1-2

向右他不到地面，提左膝。摆臂

3-4

- 使用视觉提示保持吸腿到达踏板一侧

下踏板L字步

口令“侧面、吸腿、后面、吸腿、侧面”

向右踏步到地面（左侧），右脚点地。摆臂

1-2

向右踏步到踏板，提左膝。摆臂

3-4

向右后退踏步到地面（左侧），右脚点地。

摆臂

5-6

向右踏步到踏板，提左膝。摆臂

7-8

- 每次都用同一脚踏步

- 每次都提同一个膝盖

下踏板劈腿曳步

口令“下踏板、膝盖、点地、分腿、分膝。下踏板、膝盖、点地、分腿、分膝”

向左踏步（左侧），向右点地。摆臂

1-2

向右踏步到踏板，提左膝。摆臂

3-4

左脚后点地，摆臂

5

向左劈腿曳步到踏板，向右至地面。摆臂

6

向右劈腿曳步到踏板，向左至地面。摆臂

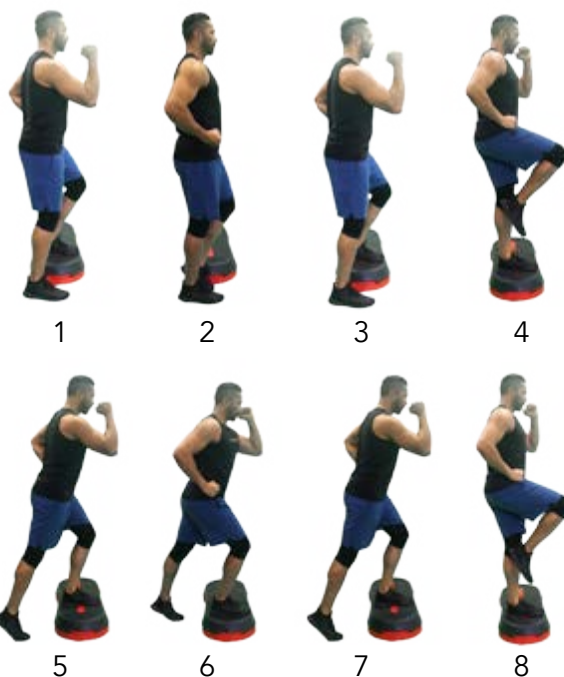
7

提左膝。摆臂

8

- 强调吸腿，从而使他们在走L步时保持同样的节奏

- 使得身体重心在踏步上，脚尖轻点地面



胸触俯卧撑

口令“下压、起、下压、起”

俯卧撑 向下

1-2

俯卧撑 向上

3-4

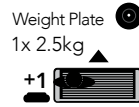
- 保持肩在肘上方

- 胸朝踏板

- 收腹，臀部向下



07. 第1次调节



MUSIC Samsara 3:22 mins

小节焦点

教授3次半蹲组合的节奏，接着教您的课堂在每次半蹲时停留一秒以增加强度，有间隔感。

现在尝试 用两只手举负重板

稍后尝试 用一只手举负重板

教授 健身操

在这一小节

气喘吁吁，心脏需要恢复。通过冷静的讲话来营造声音上的对比。

开始前准备

强烈建议您的课堂选择2.5kg或更轻的负重板。如果太困难，可以使用两只手臂获不使用手臂。

站在踏板上，靠近左侧。

左手拿负重板，左肩负重。右臂向右侧伸展，与肩水平。

CTS		CTS	
0:00 / Intro / _ Samsara		1:38 / V2 / _ Don't waste	
4x8 / Pick up weight plate, set up on top of the step	1-32	4x8 / Recover and set up to the other side	1-32
👁️ Next move on the last 8cts		1:52 / _ Someone might	
0:13 / V1 / _ Time's running		4x8 / A / Slow 3-Squat Combo R. Hold R position	1-16
4x8 / A / Slow 3-Squat Combo L. Hold lowered position	1-16	2:07 / PC / _ Take me home	
2reps		4x8 / A¹ / Slow 3-Squat Combo R. R Shoulder Press	1-16
0:28 / V1 / _ Take me home		2reps	
4x8 / A¹ / Slow 3-Squat Combo L. L Shoulder Press	1-16	2:21 / Br / Four , three	
2reps		1x8 / C / Hold Knee Lift R & Balance	1-8
0:43 / Br / Four , three		2:25 / C / (Instr)	
1x8 / C / Hold Knee Lift L & Balance	1-8	8x8 / A² / 3-Squat Combo R. R Shoulder Press	1-8
0:47 / C / (Instr)		8reps	
8x8 / A² / 3-Squat Combo L. L Shoulder Press	1-8	2:59 / Rep / Come join us	
8reps		1x8 / B / Repeater Knee Lift R. Hold lowered position	1-2
1:20 / Rep / Come join us		4reps	
1x8 / B / Repeater Knee Lift L. Hold lowered position	1-2	3:03 / Rep / Come join us	
4reps		3x8 / B¹ / Repeater Knee Lift R. Hold Shoulder Press O/H	1-2
1:24 / Rep / Come join us		12reps	
3x8 / B¹ / Repeater Knee Lift L. Hold Shoulder Press O/H	1-2	3:13 / Outro / _ Samsara	
12reps		1x8 / Step R to the floor. Slowly lower weight plate	1-8
1:35 / Br / _ Samsara			
1x8 / Step L to the floor. Slowly lower weight plate	1-8		

07. 第1次调节

技术与教授

缓慢3次半蹲组合

口令“侧半蹲、上踏板、侧半蹲、吸腿，侧半蹲、上踏板、侧半蹲、吸腿”

左脚半蹲到地面。右脚在踏板上。

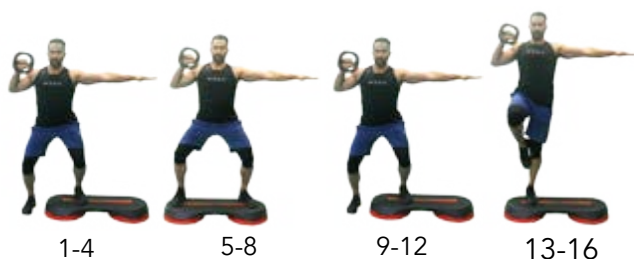
按以下姿势举重 1-4

在踏板上半蹲。按以下姿势举重 5-8

左脚半蹲到地面，右脚在踏板上。

按以下姿势举重 9-12

提右膝&平衡。按一下姿势举重 13-16



缓慢3次半蹲组合与肩部压力

口令“上举、放下、上举、吸腿、上举、放下、上举、膝盖”

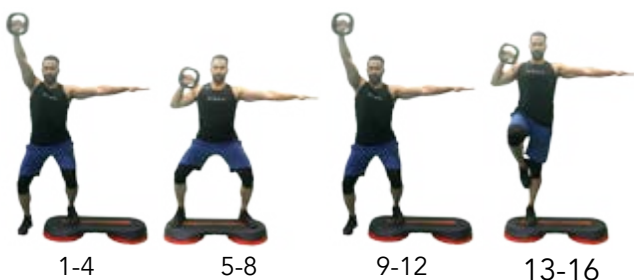
左脚半蹲到地面，右脚在踏板上。负重举过头顶 1-4

在踏板半蹲。降低负重板到肩部 5-8

左脚半蹲到地面，右脚在踏板上。

负重举过头顶 9-12

提左膝&平衡降低负重板到肩部 13-16



保持吸腿&平衡

提示“保持和平衡，等待”

“挤压臂肌，帮您保持平衡”

右脚在踏板上，左脚抬起。按以下姿势举重 1-8



3次半蹲组合

口令“侧面、踏板上、侧面、吸腿、侧面、踏板上、侧面、吸腿”

左脚在地面半蹲，右脚在踏板上。

将负重板举过头顶 1-2

在踏板上半蹲。降低负重板到肩部 3-4

左脚在地面半蹲，右脚在踏板上。

将负重板举过头顶 5-6

吸腿&平衡。降低负重板到肩部 7-8

- 膝盖与脚尖成一条直线

- 臀部向下

- 挺胸

- 举重过肩，在身体前方

选择 使用两只手臂，或无肩上推



上步吸腿4次

提示“上步，保持”

上步提左腿2次。按以下姿势举重 1-4

上步提左腿2次。用两只手举重 5-8

上步提左腿2次。将负重板举过头顶 9-32

- 屈前膝

- 膝盖与脚尖成一条直线

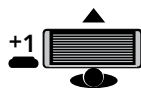
- 将负重板举到最高

- 使负重板保持在身体前方

选择 无负重板



08. 派对踏板



MUSIC Touch 4:17 mins

小节焦点

倒数3次下点地 / 3次恰恰恰，接着使用视觉提示在中间维持一字步。鼓励您的课堂放松，获得乐趣，在个性化的Freeze Tap组合中舒展身姿。

现在尝试 3拍恰恰恰&一字步组合

稍后尝试 3拍恰恰恰&原地转身组合

教授 Flava

在这一小节

激动，重新焕发生机和热情。

	CTS		CTS
0:00 / Intro / Just a touch		2:04 / C / Just a touch	
1x8 / Prepare to move		4x8 / A ³ / 3x Cha-Cha-Cha Tap & Pivot Turn Combo L then R	1-32
0:04 / Instr /		2:18 / Br / Do do do	
4x8 / A / 3x Down Tap & Basic Step Combo L then R	1-32	½x8 / B ¹ / Hamstring Curl L. <i>HOH</i>	1-4
0:17 / C / Just a touch		2:20 / Rep / (Riff)	
4x8 / A ¹ / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R	1-32	4x8 / B / Propulsive Hamstring Curl R then L. <i>Open & Clap</i>	1-8
0:31 / C / Just a touch		4reps	
4x8 / A ² / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R. <i>Slice Arm to the side & RA</i>	1-32	2:35 / Instr /	
0:46 / Rep / (Riff)		2x8 / C / Basic Step R. <i>RA</i>	1-4
4x8 / B / Propulsive Hamstring Curl L then R. <i>Open & Clap</i>	1-8	4reps	
4reps		Next move on the last 8cts	
1:01 / Instr /		2:42 / V2 / Photographs no	
2x8 / C / Basic Step L. <i>RA</i>	1-4	4x8 / D / 4x March On Top R. <i>RA</i>	1-8
4reps		4reps	
Next move on the last 8cts		Next move on the last 8cts	
1:08 / V1 / You and I		2:56 / PC / Take it	
4x8 / D / 4x March On Top L. <i>RA</i>	1-8	4x8 / E / Wide Freeze Tap Combo R	1-8
4reps		4reps	
Next move on the last 8cts		3:10 / Rep / Photographs no	
1:22 / PC / Take it		4x8 / E ¹ / Stylized Freeze Tap Combo R	1-8
4x8 / E / Wide Freeze Tap Combo L	1-8	4reps	
4reps		3:24 / C / Just a touch	
Next move on the last 8cts		8x8 / A ³ / 3x Cha-Cha-Cha Tap & Pivot Turn Combo R then L	1-16
1:36 / Rep / Photographs no		2reps	
4x8 / E ¹ / Stylized Freeze Tap Combo L	1-8	3:53 / Br / Do do do	
4reps		½x8 / B ¹ / Hamstring Curl R. <i>HOH</i>	1-4
Next move on the last 8cts		3:55 / Rep / Photographs no	
1:50 / C / Just a touch		4x8 / B / Propulsive Hamstring Curl L then R	1-8
4x8 / A ² / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R	1-32	4reps	
Next move on the last 4cts		4:09 / Outro / Love	
		Strike a pose on the last count	

08. 派对踏板

技术与教授

3拍下点地&一字步组合

口令 “3, 2, 1, 一字步保持, 3, 2, 1一字步保持”

向左下点地, 接着向右。摆臂 1-12

向右一字步。摆臂 13-16

换一侧重复 17-32

3拍恰恰点地&一字步组合

口令 “恰恰恰, 2, 1, 一字步保持, 恰恰恰, 2, 1, 一字步保持”

向左走恰恰步, 接着向右, 再向左。自然踏步 1-12

向右踏一字步, 摆臂 13-16

换一侧重复 17-32

- 增加恰恰节奏

选择 3拍下点地&一字步组合

3拍恰恰点地&一字步组合与侧平举

口令 “触肩”

向左走恰恰步, 随后是右脚, 再左脚。

触摸&切出 1-12

向右一字步。摆臂 13-16

换一侧重复 17-32

选择 3拍向下点地&一字步组合



3拍恰恰点地&转体组合

口令 “恰恰恰, 2, 1, 转体, 踏步转、踏步转, 恰恰恰, 2, 1, 转体, 踏步转, 踏步转”

向左走恰恰步, 接着向右, 再向左。触摸&切出 1-12

向右转体。摆臂 13-16

换一侧重复 17-32

- 轻轻地点踏与点转步

选择 3拍下点地&一字步组合

推蹬曲腿运动

口令 “提脚跟、换方向、提脚跟、换方向”

- 向臀部方向提脚跟

选择 无推蹬、不用手臂

一字步

口令 “走上踏板, 走下、走上、走下”

- 使用视觉提示在中间维持一字步

4拍踏板上踏步

口令 “4, 3, 2, 1, 在地面走步, 4, 3, 2, 1, 在地面走步”

- 使用视觉提示在踏板上维持4个踏步

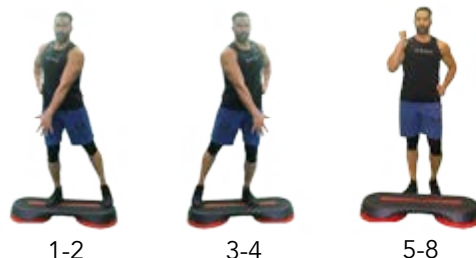
宽式Freeze Tap组合

口令 “冻结、冻结、在地面走步。冻结、冻结、在地面走步”

在踏板上向左宽式Freeze Tap, 随后向右。摆臂 1-4

在地面上左、右、左、右踏步。摆臂 5-8

- 脚尖轻触踏板



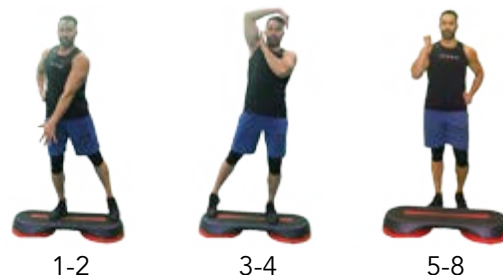
个性化FREEZE TAP组合

口令 “你能摆个造型吗?”

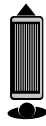
在第3-4拍摆个造型

3-4

- 与歌词 “脱掉衬衫, 拍张照片” 相对应
- 享受这个部分



09. 加速踏板



MUSIC Options 3:05 mins

小节焦点

通知您的课堂除了吸腿外所有动作都需要自然奔跑的节奏。

通过更高的抬脚控制本节的强度，或专注于轻快跑步带来的乐趣。

现在尝试 在踏板上/下小跑。或选择完全在地面上小跑。无需拍手。

稍后尝试 更高的抬脚加拍手

教授 健身操

在这一小节

兴奋的、准备快速运动

	CTS		CTS
0:00 / Intro / I got I got		1:37 / Ref / _ Baby, you know	
1x8 / Prepare to move	1-8	5x8 / Slow Knee Lift L then R. RA	1-16
0:02 / Instr / _ Woo-oooo		2½reps	
4x8 / Jog L, R OTS. RA	1-2	1:49 / V2 / _ They look for	
16reps		8x8 / B / 8x Jog On Top R. RA	1-16
0:11 / Rep / We came here to party		4reps	
8x8 / A / Freeze Knee Lift L then R. RA	1-8	👁 Next move on the last 8cts	
8reps		2:08 / PC / I got a whole	
0:30 / V1 / _ Been around the		4x8 / C / Speed T-Straddle & Jog On	
8x8 / B / 8x Jog On Top L. RA	1-16	The Floor Combo R. RA	1-16
4reps		2reps	
👁 Next move on the last 8cts		2:18 / C / You hey, I got	
0:49 / PC / I got a whole		8x8 / C¹ / Speed T-Straddle & Jog On	
4x8 / C / Speed T-Straddle & Jog On		The Floor Combo R. RA and Open & Clap	1-16
The Floor Combo L. RA	1-16	4reps	
2reps		2:37 / Rep / We came here to party	
👁 Next move on the last 8cts		4x8 / C² / Speed T-Straddle R. RA	1-8
0:59 / C / Hey , I got I got		4reps	
8x8 / C¹ / Speed T-Straddle & Jog On		2:47 / Instr / _Woo-oooo	
The Floor Combo L. RA & Open & Clap	1-16	4x8 / A / Freeze Knee Lift R then L. RA	1-8
4reps		4reps	
1:18 / Rep / We came here to party		2:56 / Outro /	
4x8 / C² / Speed T-Straddle L. RA	1-8	1x8 / Step R onto the step.	
4reps		Point both arms F	1-8
1:28 / Instr /			
4x8 / A / Freeze Knee Lift L then R. RA	1-8		
4reps			

09. 加速踏板

技术与教授

原地慢跑

口令“原地慢跑，右左右左”

- 在踏板后的地面上慢跑

冻结吸腿

口令“冻结膝右脚、左脚、右脚、左脚”

向左冻结吸腿上踏板。重复冻结

向右向左慢跑下踏板。摆臂

换一侧重复

- 在落地时屈膝缓冲
- 整只脚在踏板上
- 膝盖提至臀高以增加强度

8拍踏板上慢跑

口令“踏板上8次慢跑，8，7，6，5，4，3，2，1，地面上慢跑，8，7，6，5，4，3，2，1，地面上慢跑”

踏板上向左、向右4次慢跑。摆臂

地面上向左向右4次慢跑。摆臂

- 使用视觉提示在踏板上维持8次慢跑

快速T型分腿&在地面上慢跑组合

口令“上面、侧面、上面、后面、保持、上面、侧面、上面、后面、维持”

在踏板上向左、向右慢跑。摆臂

向左、向右分腿慢跑下踏板。摆臂

在踏板上向左、向右慢跑。摆臂

在踏板后面地板上向左、向右慢跑

在踏板上向左、向右慢跑4次

- 使用视觉提示展示T型分腿的方向，在地面上维持慢跑



快速T型分腿&在地面上慢跑组合&打开&拍拳

口令“上面、侧面、上面、拍拳4次，4，3，2，1，上面、侧面、上面、后面，4，3，2，1”

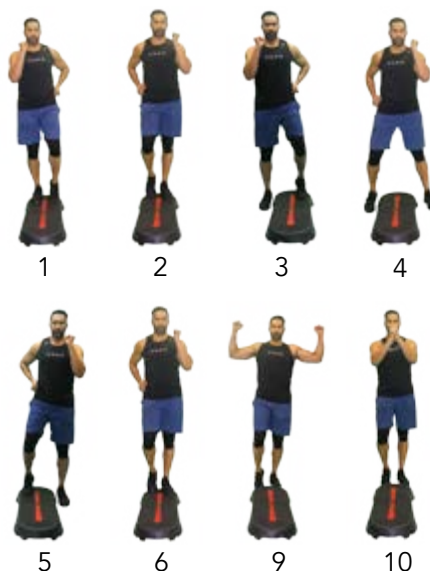
在踏板上向左、向右慢跑。摆臂

向左、向右分腿慢跑下踏板。摆臂

在踏板上向左、向右慢跑。摆臂

在踏板后的地面上向左、向右慢跑。摆臂

在地面上向左、向右慢跑4次。打开&拍拳4次



快速T型分腿

提示“保持T型分腿，再来一次”

踏板上向左、向右慢跑。摆臂

向左、向右分腿慢跑下踏板。摆臂

踏板上向左、向右慢跑。摆臂

在踏板后面的地面上向左、向右慢跑。摆臂

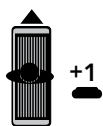
- 使用视觉提示展示您再一次走上踏板以完成下一个T型分腿

慢速吸腿

口令“慢速吸腿、换腿”

- 训练进行一半时：准备换另一侧运动

10. 第3个小高潮



MUSIC Believer 5:26 mins

小节焦点

在侧腾跃组合，训练您的课堂腾跃时保持屈膝，降低臀部。对于不想做侧腾跃的学员，可训练他们做3拍交替半蹲组合。

现在尝试 3拍交替半蹲组合

稍后尝试 侧腾跃组合

教授 健身操

在这一小节

强壮、充满能量，准备释放能量。对最后的心脏狂欢表示兴奋。

	CTS		CTS
0:00 / Intro / You made me a		1:40 / Br / I was broken	
1x8 / Prepare to move	1-8	2x8 / Freeze, step to L side on 45° angle	1-16
0:03 / Instr / (Quiet)		👁 Next move on the last 8cts	
2x8 / A / Tap Down L then R. RA	1-4	1:47 / Instr / (Dubstep)	
4reps		8x8 / E / Side Vault Combo R	1-8
0:09 / Instr / (Heavier beat)		8reps	
4x8 / B / Propulsive Tap Down &		2:14 / Ref / I was broken	
2x Repeater Combo L (No arms)	1-16	2x8 / Transition to stand on top of the step	1-16
2reps		2:21 / Ref / From the heartache	
0:23 / C / _ Hey, you made		2x8 / B ² / Light Tap Down & 2x Repeater	
8x8 / B ¹ / Propulsive Tap Down &		Combo L (No arms)	1-16
2x Repeater Combo L. Punch O/H then		2:28 / C / _ Hey, you made	
Double Reach O/H	1-16	8x8 / B ¹ / REPEAT Propulsive Tap Down &	
4reps		2x Repeater Combo L. Punch O/H then	
0:52 / Rep / First things first		Double Reach O/H	1-16
4x8 / C / Propulsive OTT L then R. Reach		4reps	
Up & Down	1-8	2:56 / Br / First things first	
4reps		½x8 / C ¹ / OTT L. HOH	1-4
1:05 / Instr / (Quiet)		2:58 / Rep / _ Hey, you made	
2x8 / A / REPEAT Tap Down L then R. RA	1-4	4x8 / C / REPEAT Propulsive OTT R then L. Reach	
4reps		Up & Down	1-8
👁 Next move on the last 8cts		4reps	
1:12 / V1 / First things first		3:11 / Instr / (Quiet)	
4x8 / D / Alt Straddle L then R. RA	1-8	2x8 / A / REPEAT Tap Down R then L. RA	1-4
4reps		4reps	
1:26 / V1 / Second things		👁 Next move on the last 8cts	
4x8 / D ¹ / Alt Propulsive Straddle L then R.		3:18 / V2 / Third things third	
Blade RA	1-8	4x8 / D / REPEAT Alt Straddle R then L. RA	1-8
4reps		4reps	

10. 第3个小高潮

3:32 / V2 / Last things last	CTS
4x8 / D ¹ /  Alt Propulsive Straddle R then L. <i>Blade RA</i>	1-8
4reps	
3:46 / Br / I was broken	
2x8 /  Freeze, step to R side on 45° angle	1-16
 Next move on the last 8cts	
3:52 / Instr / (Dubstep)	
8x8 / E /  Side Vault Combo L	1-8
8reps	
4:20 / Ref / I was broken	
2x8 /  Transition to stand on top of the step	1-16
4:27 / Ref / From the heartache	
2x8 / B ² /  Light Tap Down & 2x Repeater Combo R (No arms)	1-16
4:34 / C / _ Hey, you made	
8x8 / B ¹ /  Propulsive Tap Down & 2x Repeater Combo R. <i>Punch O/H then Double Reach O/H</i>	1-16
4reps	
5:02 / Br / First things first	
½x8 / C ¹ /  OTT R. <i>HOH</i>	1-4
5:04 / Rep / _ Hey, you made	
4x8 / C /  Propulsive OTT L then R	1-8
4reps	
5:18 / Outro / Hey	
1x8 / Step L to the floor. <i>Punch L O/H</i>	1-8

10. 第3个小高潮

技术与教授

下点地

口令 “右点地、左点地、右点地、左点地”

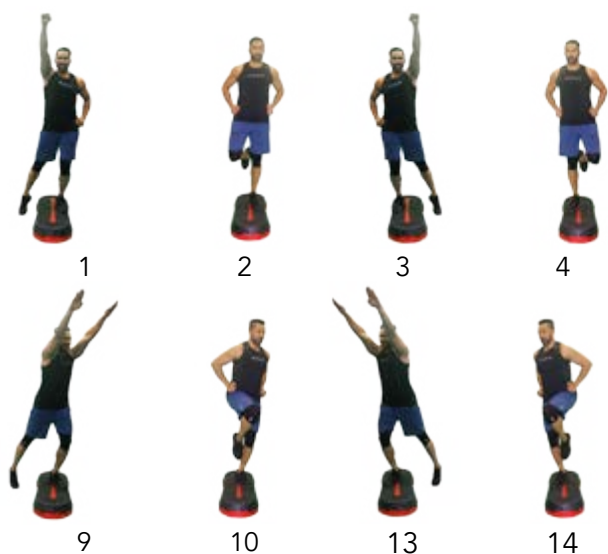
- 脚尖向下，脚后跟向上
- 身体重心在踏板上

腿蹬下点地&2拍上步吸腿

口令 “一次4, 3, 2, 1, 两次, 两次, 4, 3, 2, 1, 两次, 两次”

- 强有力的上冲拳
- 在2拍上步吸腿时手臂伸长

选择 没有推蹬，不用手臂



交替分腿

口令 “向下向下、吸腿、向下向下、吸腿”

向左、右下分腿。摆臂

向左踏步到踏板上，再提右腿。摆臂

换一侧重复

用手轻点膝盖，显示您的膝盖一定抬起

1-2

3-4

5-8

交替腿蹬分腿

口令 “向下向下、用膝部跳跃、向下向下、用膝部跳跃”

向左、右下分腿。摆臂

向左踏步上踏板，摆臂

跳跃，提右腿。摆臂

换一侧重复

选择 无腿蹬

1-2

3

4

5-8

侧腾跃组合

口令 “下、翻、翻、跳、下、翻、翻、跳”

- 站在踏板左侧，与踏板成45度角

弯曲膝部，将手放在踏板上

1-2

侧腾跃至踏板右侧

3-4

侧腾跃至踏板左侧

5

向前Plyo 跳。弯曲前举

6

Plyo跳落地时双脚略微分开，膝盖弯曲，手握拳经过肩部

7-8

- 弯曲膝盖部分

- 收腹

- 眼睛凝视手的前方

- 臀部向下

- 在跳跃落地时屈膝

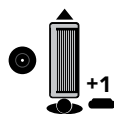


选择 3拍交替半蹲组合 (来自第3节Athletic)



11. 第2次调节

Weight Plate
1x 2.5kg



MUSIC Don't Leave 5:03 mins

小节焦点

鼓励您的课堂使用较轻的负重板，关注动作精确以及正确的技巧。

训练您的课堂在负重前举组合保持负重板在肩部以下，身体前方。

现在尝试 较轻负重板

稍后尝试 较重负重板

开始前准备

让学员挑选2.5kg或更轻的负重板

保持弓步姿势，左脚在他半中间，右脚在后，与踏板距离较远，脚跟抬起，右手握负重板。

教授 健身操

在这一小节

气喘吁吁，心脏需要恢复。

CTS		CTS	
0:00 / Intro /		2:49 / Ref / Than me	
4x8 / Pick up weight plate. Set up Lunge position with L foot on the step	1-32	2x8 / B / REPEAT Shake out, then prepare to move again	1-16
0:14 / V1 / _ You know me		2:56 / Instr / (Dubstep)	
6x8 / A / Slow Weighted Front Raise Combo R	1-16	8x8 / C / REPEAT Weighted Side Raise L	1-8
3reps		8reps	
0:36 / C / Don't leave		3:26 / Ref / Don't leave me	
8x8 / A ¹ / Weighted Front Raise Combo R	1-8	4x8 / Recover. Turn your step so your class can see the next exercise, but get them to keep their step where it is. Sit to the front of the step, and prepare for core work	1-32
8reps		👁️ Next move on the last 8cts	
1:06 / Ref / Than me		3:41 / Instr / (Dubstep)	
2x8 / B / Shake out, then prepare to move again	1-16	8x8 / D / Weighted Single Leg Extension	1-8
1:13 / Instr / (Dubstep)		8reps	
8x8 / C / Weighted Side Raise R	1-8	4:11 / PC / Don't leave me	
8reps		4x8 / Sit up, twist, then prepare for round 2 of core work	1-32
1:43 / Instr / Than me		4:25 / Instr / (Dubstep)	
4x8 / Recover, prepare to work the other side	1-32	8x8 / D / REPEAT Weighted Double Leg Extension	1-8
1:58 / V2 / _ In a room		8reps	
6x8 / A / REPEAT Slow Weighted Front Raise Combo L	1-16		
3reps			
2:20 / C / Don't leave			
8x8 / A ¹ / REPEAT Weighted Front Raise Combo L	1-8		
8reps			

11. 第2次调节

技术与教授

慢速负重前举组合

口令 “前举、侧举、缓慢放下、向前、侧举、放下”

慢慢向下弓步。慢慢前举

1-4

保持向下弓步。慢慢打开右臂至身体右侧

5-8

慢慢弓步向上，慢慢降低重量到开始位置

9-16

- 大拇指向上
- 重量在肩高以下
- 当您打开至侧面使重量保持在身体前方

选择：不用弓步



负重前举组合

口令 “向前、侧面、缓慢向下、向前、侧面、缓慢向下”

向下弓步。慢慢前举

1-2

向下弓步。右臂打开至右侧

3-4

缓慢弓步向上。缓慢降低重量到开始位置

5-8



回顾

- 大拇指向上
- 重量在肩高以下
- 当您向侧面打开时重量位于身体前方
- 当您手臂向侧面打开时，手臂不要弯曲

检查姿势

- 挺胸
- 收腹，呈正方形向前
- 检查弓步姿势
- 前膝与脚尖在一条直线
- 脚后跟抬起
- 弓步垂直向下再向上，防止身体前倾，前胫不能超过脚尖

选择：无弓步

负重侧举

口令 “侧面、上面、侧面、放下、侧面、上面、侧面、放下”

缓慢向下弓步。手臂伸直举过头顶。侧前举

1-4

缓慢向上弓步。手臂伸直缓慢降至右侧

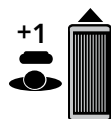
5-8

- 整个运动过程手掌心朝前方
- 整个运动过程重量保持在身体前方

选择：无弓步



12. 放松/拉伸



MUSIC Cold 3:50 mins

小节焦点

BODYSTEP新的拉伸动作。因此让您的课堂集中注意力，逐步训练您的课堂掌握新姿势。

让您的学员移动至踏板侧面。告诉他们您有新的拉伸姿势，从而让他们跟随您一步步地掌握这些姿势。

在这一小节

冷静下来，因您的课堂在锻炼中的表现而自豪。

	CTS		CTS
0:00 / Intro / Cold enough to		3:00 / V3 / _ Girl I tried	
4x8 / Move to L side of the step. Set up		1x8 / Transition to 45°, R foot on the step	1-8
Quad Stretch position	1-32	3:04 / C / Cold , enough	
0:21 / V1 / Cold , are we		2x8 / E / Hamstring Stretch R	1-16
4x8 / A / Quad & Chest Stretch R	1-32	3:13 / C / Cold to meet with	
0:40 / Distant , when		2x8 / E / REPEAT Hamstring Stretch L	1-16
2x8 / Set up Hip & Glute Stretch		3:23 / C / Cold yeah	
Sit on the step, cross R leg over L leg	1-16	2x8 / F / Adductor Stretch L	1-16
0:49 / C / Cold , are we		3:32 / C / Cold yeah	
4x8 / B / Hip & Glute Stretch R	1-32	1½x8 / F / REPEAT Adductor Stretch R	1-12
1:09 / Cold yeah		3:42 / I don't understand	
2x8 / Set up position for Quad & Chest		½x8 / Squat to center, <i>hands to thighs</i> and	
Stretch L	1-16	roll up	1-4
1:18 / V2 / _ What you holding			
4x8 / A / REPEAT Quad & Chest Stretch L	1-32		
1:37 / Distant , when			
2x8 / Set up Hip & Glute Stretch			
Sit on the step, cross L leg over R leg	1-16		
1:47 / C / Cold , are we			
3x8 / B / REPEAT Hip & Glute Stretch L	1-24		
2:02 / C / Something going			
1x8 / Transition to floor, facing F	1-8		
2:06 / C / Cold yeah			
2x8 / C / Soleus Stretch R	1-16		
2x8 / C / REPEAT Soleus Stretch L	1-16		
2:25 / V3 / _ Never thought			
4x8 / D / ITB Stretch L	1-32		
2:45 / _ we're going too			
3x8 / D / REPEAT ITB Stretch R	1-24		

12. 放松/拉伸

技术与教授

股四头肌&胸部拉伸

- 位于踏板左侧
- 右膝下跪，脚尖与踏板边缘成一条直线
- 手放在后面的踏板上
- 左脚略微前于右膝
- 向上提臀
- 跨步收紧
- 肩部远离耳朵
- 收紧肩胛骨片，打开胸部
- 眼睛凝视身体前方的天花板（不要向正上方和后方看）



臀部&跨部拉伸

- 坐在踏板上
- 右脚踝交叉在左膝上
- 手放在后面的踏板上
- 向下压右膝



跟腱拉伸

- 右膝下跪
- 左脚尖在右膝旁边
- 左脚后跟触地，轻轻将身体向前压



髂胫束拉伸

- 左脚在右脚后交叉
- 臀部向左倾，上身向右倾



腿部拉伸

- 身体成45度角
- 右脚在踏板上
- 从臀部以上向前倾斜
- 臀部向后，挺胸
- 在臀部弯曲使肚脐移动至大腿顶端



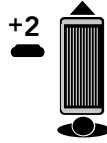
收肌拉伸

- 分腿，双脚距离拉开，脚尖略微朝外
- 右腿弓步
- 右膝与脚尖成一条直线
- 从左腿向外拉



03. 目标踏板

MUSIC Human / Centipede 4:39



小节焦点

专注于教授所有锻炼的正确技巧以及热身，而不是“更用力的锻炼”。

现在尝试 3拍交替半蹲组合

稍后尝试 使得半蹲更有间隔感

教授 健身操

在这一小节

有一个游戏计划，了解您要教的动作技能和选择。

	CTS		CTS
0:00 / Intro / I'm only human		2:55 / Br / (Laugh)	
½x8 / Prepare to move	1-4	1x8 / Break	1-8
0:02 / Instr / Blame on me		2:59 / Instr /	
4x8 / A / Basic Step L. RA	1-4	2x8 / Set up for next exercise	1-16
8reps		3:06 / V1 / Maybe I'm foolish	
👁 Next move on the last 8cts		4x8 / A / Basic Step R. RA	1-4
0:16 / Instr / (Heavier beat)		8reps	
4x8 / B / Triple Squat Pulse R. <i>Blade RA</i>	1-8	👁 Next move on the last 8cts	
4reps		3:20 / V2 / _ Some people	
👁 Next move on the last 8cts		4x8 / B / Triple Squat Pulse L. <i>Blade RA</i>	1-8
0:30 / C / I'm only human		4reps	
8x8 / B¹ / 3x Alt Squat Combo R. <i>Blade RA</i>	1-8	👁 Next move on the last 8cts	
8reps		3:34 / C / I'm only human	
0:58 / Instr /		8x8 / B¹ / 3x Alternate Squat Combo L	1-8
4x8 / Break. Set up next exercise	1-32	8reps	
👁 Jump Squat Combo on the last 8cts		4:02 / Rep / I'm only human	
1:12 / Rep / I'm only human		4x8 / E / OTT L then R. <i>HOH</i>	1-8
8x8 / C / Jump Squat Combo	1-16	4reps	
4reps		4:16 / I'm only human	
1:40 / Br / (Laugh)		4x8 / E¹ / Propulsive OTT L then R. <i>Reach Up & Down</i>	1-8
2x8 / Break	1-16	4reps	
1:47 / Ref / _ Just like the		4:30 / Outro / Blame on me	
4x8 / Set up for next exercise	1-32	½x8 / Step L to the floor. <i>Flexed hands F</i>	1-4
👁 Next move on the last 8cts			
2:01 / C / (Riff)			
16x8 / D / Slow Centipede Burpee	1-32		
4reps			

03. 目标踏板

技术与教授

一字步

口令“走步上踏板、走下、走上、走下”

- 使用视觉提示保持一字步在左脚
- 自然的行走节奏
- **整只脚在踏板上**

3次半蹲

口令“保持3, 2, 1, 吸腿, 3, 2, 1, 吸腿”

向左3次半蹲, 掌形, 摆臂

1-5

起立&提右腿, 掌形, 摆臂

6-8



3拍脚踢半蹲组合

口令“保持3, 2, 1, 吸腿, 3, 2, 1, 吸腿”

向左半蹲, 掌形, 摆臂

1-2

向右半蹲, 掌形, 摆臂

3-4

向左半蹲, 掌形, 摆臂

5

起立&提右腿, 掌形, 摆臂

6-8

- 臀部向下后左
- **膝盖与脚尖成一条直线**
- **挺胸**

选择：保持直立, 脚尖点地

第2层

- 旨在更长时间冻结半蹲达成间隔

口令“冻结、冻结、冻结, 提膝”



半蹲跳组合

口令“跳上、直立、跳下、直立、转体、直立、保持半蹲、再来一次、跳上、直立、跳下、直立、转体、起立、保持半蹲, 站立”

撤步半蹲跳上踏板。曲腿前举

1-2

起立。手握拳放于臀部

3-4

撤步半蹲跳至前方地面。曲腿前举

5-6

起立。手握拳放于臀部

7-8

撤步转体&半蹲。曲腿前举

9-10

起立。手握拳放于臀部

11-12

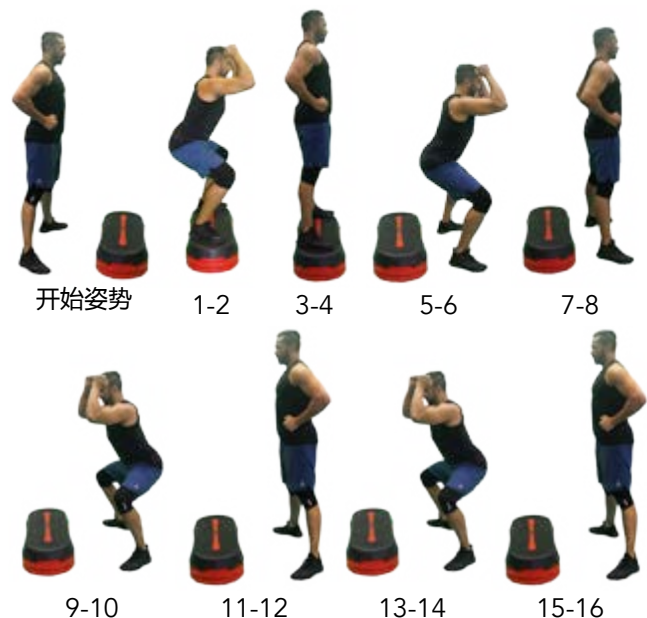
向下半蹲。曲腿迁居

13-14

起立, 手握拳放于臀部

15-16

- 落地时撤步缓冲
- **每次落地时屈膝**



03. 目标踏板

技术与教授

越过头顶

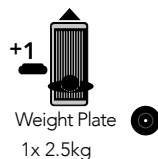
口令 “踏下、踏上、踏下、踏上”

- W手位于臀上
- Es建立 “下又上” 节奏

腿蹬越过头顶

提示 “增加一个跳跃和吸腿”





MUSIC Touch / Centipede / Samsara 7:33 mins

小节焦点

训练课堂在所有用到手的踏步中收腹、屈膝。让您的课堂在快速分腿时屈膝，重心降低。在负重半蹲时前倾。

现在尝试 轻松选项

稍后尝试 加强强度选项

教授 健身操

在这一小节

强壮、有权威的。

开始前准备

选择2.5kg或5kg负重板；将它放在踏板前面。

站在踏板上。

	CTS		CTS
0:00 / Intro / Samsara _		2:06 / Ref / Ten , nine	
4½x8 / Prepare to move	1-36	4x8 / Set up the next exercise	1-32
0:14 / C / Just a touch		👁 Centipede Crawl Combo on the last 8cts	
4x8 / A / Freeze Tap & Speed Tap Combo L	1-8	2:20 / C / (Riff)	
4reps		12x8 / D / Centipede Crawl Combo	1-16
👁 Next move on the last 8cts		6reps	
0:28 / Just a touch		3:01 / Br / (Laugh)	
4x8 / A¹ / Single Squat & Speed Tap		1x8 / Break	1-8
Combo L	1-8	3:05 / V1 / _ Time's running	
4reps		4x8 / Pick up weight plate, set up for next	
0:42 / Ref / Ten , nine		exercise	1-32
4x8 / Recover; set up for the next exercise	1-32	3:19 / Br / Four , three	
0:56 / Rep / Just a touch		1x8 / 👁 Next move on the last 8cts	1-8
8x8 / B / Touch Squat Jump Combo L	1-8	3:23 / C / (Riff)	
8reps		8x8 / E / Speed Straddle & Squat Press	
1:23 / Br / Four, three		Combo L	1-8
½x8 / Freeze	1-4	8reps	
1:25 / Instr / (Riff)		3:56 / Br / (Laugh)	
4x8 / C / Speed Tap R&L. <i>Blade RA</i>	1-2	1x6 / Break	1-6
16reps		4:00 / Ref / Ten , nine	
1:39 / Br / (Laugh)		4x8 / Set up the next exercise	1-32
½x8 / Freeze	1-4	👁 Next move on the last 8cts	
1:41 / Instr / _ The giant		4:13 / C / (Riff)	
8x8 / Recover	1-64	12x8 / D / Centipede Crawl Combo	1-16
		6reps	

AC. 运动员路线

	CTS
4:54 / Br / (Laugh)	
1x8 / Break	
4:58 / V2 / _ Don't waste	
4x8 / Pick up weight plate, set up for next exercise	1-32
5:12 / Br / Four , three	
1x8 / 👁 Next move	1-8
5:16 / C / (Riff)	
8x8 / E /  Speed Straddle & Squat Press	
Combo R	1-8
8reps	
5:50 / Instr /	
4x8 / Recover; Set up for the next exercise & Speed Tap Combo	1-32
👁 Next move on the last 8cts	
6:04 / C / Just a touch	
4x8 / A /  Freeze Tap & Speed Tap	
Combo R	1-8
4reps	
👁 Next move on the last 8cts	
6:18 / C / Just a touch	
4x8 / A ¹ / Single Squat & Speed Tap	
Combo R	1-8
4reps	
6:32 / Instr / Ten , nine	
4x8 / Recover; set up for the next exercise	1-32
6:45 / Rep / Just a touch	
8x8 / B /  Touch Squat Jump Combo R	1-8
8reps	
7:12 / Br / Four , three	
½x8 / Freeze	1-4
7:14 / Instr / (Riff)	
4x8 / C /  Speed Tap L&R. <i>Blade RA</i>	1-2
16reps	
7:28 / Outro /	
½x8 / Squat L & Freeze	1-4

技术与教授

冻结点地&快速点地组合

口令“冻结、冻结、快快快快、冻结、冻结、快快快快”

向左冻结点地，随后向右，手成掌形，摆臂 1-4

向左两次快速点地，随后向右，手成掌形，摆臂 5-8

- 身体重心在踏板上
- 脚尖轻点地，脚后跟离开地面
- 屈膝以接触地面



一次半蹲&快速点地组合

口令“半蹲、半蹲、点点点点、半蹲、半蹲、点点点”

向左半蹲，随后向右。手成掌形，摆臂 1-4

向左两次快速点地，随后向右，手成掌形，摆臂 5-8

- 屈膝，臀部向后下方左
- 挺胸



接触半蹲跳组合

设置

- 分步
- 手放于大腿顶端
- 屈膝
- 收腹，从臀部以上前倾
- 挺胸

口令“触、跳上、跳下、触、跳上、跳下、半蹲”

半蹲，用左手触摸踏板。右手沿着右侧对角线伸展 1-2

Plyo跳上踏板。曲腿前举 3-4

分腿跳回地面。手放在大腿顶端 5

起立。手放在大腿顶端 6

下蹲。手放在大腿顶端 7-8

- 当您触摸踏板时，收腹，从胸部转体

- 当您跳上、跳下踏板时，落地屈膝

选择：快速点地

口令“快速点地——开始！”

- 使用视觉提示展示移动方向

- 身体重心在地面

- 脚尖轻点踏板

选择：在踏板两侧分腿，左右弹跳

**蜈蚣爬L组合****设置**

- 一只脚远离踏板后面
- 两脚臀宽
- 手放在大腿顶端
- 屈膝，重心下移

口令“向前爬，4，3，2，1，下压，向后爬，4，3，2，1，向下、向上、向下，向前、4，3，2，1，下压，向后爬，4，3，2，1，向下、向上、向下”

用左、右、左、右手向前爬 1-4

三头肌伏地挺身 5-8

用左、右、左、右手向后爬 9-12

蹲下。手握全拳放于臀部 13

Plyo 上跳。屈膝前举 14

Plyo跳落地，保持半蹲姿势

拳经过肩部 15-16

向前爬和向后爬

- 屈膝

- 收腹

三头肌伏地挺身

- 保持肩部在手肘上方

- 手肘在肋骨两侧

Plyo跳

- 落地屈膝

- 在落地时重心下移，准备向前爬

- 在跳“下、上、下”之前确保提示半蹲

选择：平板支撑代替三头肌伏地挺身，没有Plyo跳



技术与教授

快速分腿&半蹲推拉组合

设置

- 选择负重板
- 举重至锁骨
- 屈膝，重心下移
- 在踏板两侧分腿

口令“跑上、跑下、跑上、跑下，推、推。跑上、跑下、跑上、跑下，推、推”

向左快速分腿上&下踏板两次。保持负重板靠近锁骨 1-8

起立。将负重板举过头顶 9-10

向下半蹲。将负重板拉至锁骨 11-12

起立。将负重板举过头顶 13-14

向下半蹲。将负重板拉至锁骨 15-16

- 在快速分腿时屈膝，重心放低
- 当您快速分腿时，保持负重板靠近锁骨



MUSIC

- 1 **Now And Later** (4:19)
Nice One
© 2017 Les Mills Music Licensing Ltd.
Written by: Woods, Clampitt, Kirkpatrick, Schuller, Spargur, Wong, Woods
 - 2 **Stay** (3:21)
Snap, Crackle & Pop
© 2017 Les Mills Music Licensing Ltd.
Written by: Zaslavski, Aarons, Caracciolo, Froen, Parmenius, Wiklund
 - 3 **Fun** (4:07)
Silver Fox
© 2017 Les Mills Music Licensing Ltd.
Written by: Brown, Perez, Johnson, Coffee, Izquierdo, Evigan, Johnson, J. Johnson, S. Johnson, Lomax
 - 4 **Starboy** (4:23)
Level Two Smokers
© 2017 Les Mills Music Licensing Ltd.
Written by: Walter, McKinney, Homem, Tesfaye, Bangalter
 - 5 **Centipede** (1:18)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Jump Around (1:57)
Lego Migrant
© 2017 Les Mills Music Licensing Ltd.
Written by: Schrody, Mann, Appell, Relf, Nelson, Smith, Webb, Cronander, Muggerud
Centipede (1:12)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Jump Around (1:35)
Lego Migrant
© 2017 Les Mills Music Licensing Ltd.
Written by: Schrody, Mann, Appell, Relf, Nelson, Smith, Webb, Cronander, Muggerud
 - 6 **This Ain't A Scene It's An Arms Race** (4:44)
The Boy King
© 2017 Les Mills Music Licensing Ltd.
Written by: Hurley, Wentz, Stump, Trohman
 - 7 **Samsara** (3:22)
Liquid Chalk
© 2017 Les Mills Music Licensing Ltd.
Written by: Clausen, Larsen, Tungevaag, Soederlund
 - 8 **Touch** (4:17)
M.F.Y
© 2017 Les Mills Music Licensing Ltd.
Written by: Plested, Ibrahim, Jordan-Patrikios, Govere
 - 9 **Options** (3:05)
Seagull See Null
© 2017 Les Mills Music Licensing Ltd.
Written by: Evigan, Scherr, Martin, Kirkpatrick, Douglas, Perez, Marley
 - 10 **Believer** (5:26)
Sin Amin
© 2017 Les Mills Music Licensing Ltd.
Written by: Sermon, Reynolds, McKee, Platzman, Fredriksson, Larsson, Tranter
 - 11 **Don't Leave** (5:03)
Natural Roots
© 2017 Les Mills Music Licensing Ltd.
Written by: Orsted, David, Dickinson, Djafari, Janiak, Keen
 - 12 **Cold** (3:50)
Maroon 5
Courtesy of the Universal Music Group.
Written by: Ryan, Levine, Tranter, Hindlin, Shaouy
- ATH Human** (1:41)
3 **Plays On Words**
© 2017 Les Mills Music Licensing Ltd.
Written by: Hartman, Graham
Centipede (1:15)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Human (1:43)
Plays On Words
© 2017 Les Mills Music Licensing Ltd.
Written by: Hartman, Graham
- AC Touch** (1:40)
M.F.Y
© 2017 Les Mills Music Licensing Ltd.
Written by: Plested, Ibrahim, Jordan-Patrikios, Govere
Centipede (1:22)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Samsara (0:55)
Liquid Chalk
© 2017 Les Mills Music Licensing Ltd.
Written by: Clausen, Larsen, Tungevaag, Soederlund
Centipede (0:58)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Samsara (0:56)
Liquid Chalk
© 2017 Les Mills Music Licensing Ltd.
Written by: Clausen, Larsen, Tungevaag, Soederlund
Touch (1:42)
M.F.Y
© 2017 Les Mills Music Licensing Ltd.
Written by: Plested, Ibrahim, Jordan-Patrikios, Govere



从左至右：Mark Nu'u-Steele, Charlotte Fleetwood-Smith, Lisa Osborne, Dr. Dan Maroun

当您对BODYSTEP还不熟悉，或您已经是很有经验的踏板操者，您就是我们强势的全身锻炼的不二人选！

在本次发布的版本中，我已经对每小节的运动项目做了修改，增加或降低拉锻炼的强度和复杂度，您在第一节课程可以有更多选择，让您进展顺利，而其他动作可以在以后的课程中尝试，从而为您的锻炼带来更多挑战性。

所有混合的音乐都专为BODYSTEP设计，我将其重新混合，以期在您锻炼时，可以给您带来最棒的音乐体验。

热身歌曲的名字是Now and Later，在这个部分我们为您介绍半拍跺脚模式，您现在就能尝试，也可将其留到以后的课堂。

接下来，我们有stay这首歌，采用间隔半蹲模式继续热身踏板操的肌肉。第三首歌是Fun，这里我们加入了恰恰恰节奏和Flava激起锻炼中有趣的元素。

第一个小高潮是由Starboy完成的，由两个星星主题的练习，让您的心脏跳得飞快。

我们继续来到新型混合强度小节，这里您会看到蜈蚣型立卧撑，采用的音乐是Centipede。在这一小节，我们还有Jump Around这首歌，混合了负重Plyo跳和弓步。

This Ain't A Scene标志我们到达锻炼的中间部分，以及令人激动的第二个小高潮。

Samsara这首歌（我个人的最爱）让我们的心脏得以放松，因为我们融合了更多间隔，下肢运动和单臂肩上推，进行很棒的调节训练。

接下来是派对踏板操，这是与触摸有关的，大家可

以随着音乐touch舒展舞姿。

快速踏步小节让我们伴随着音乐Options快速又敏捷地动起来。随后我们向第十小节进发，以及第三个小高潮，believer，这里我们准备了单次和双次节奏，腿蹬分腿和侧腾跃。在这个心情澎湃的一节，您只要相信自己就可以了！

整个身体的功能性训练随着第二次调节就结束了，随后我们伴随着歌曲cold用几个新的拉伸平静下来。

我们还有BODYSTEP运动员形式，其中我们用两个运动员小节替换了第2，3，8，9小节。这里我们调低了复杂度，调高了运动练习。请在BODYSTEP运动员课程查看新的触摸半蹲&跳跃组合，以及蜈蚣爬组合。

CREDITS

Choreography – Mark Nu'u-Steele

Chief Creative Officer – Dr Jackie Mills

Creative Director – Lisa Osborne

Production Coordinator – Ellen Tocher

Program Coach – Giles Bryant

Technical Consultant – Andrew Newmarch

制作人

Mark Nu'u-Steele (新西兰) 是BODYSTEP项目总监, 以及 BODYATTACK™ 的全球展示者。他是前国际和国家健美操运动员, 主要在奥克兰工作。

Lisa Osborne (新西兰) 是BODYSTEP创意总监以及 BODYATTACK™ 的项目总监。她曾三次获得世界冠军, 七次获得澳大利亚健美操冠军, 主要在奥克兰工作。

Charlotte Fleetwood-Smith (新西兰) 是BODYSTEP, BODYATTACK和CXWORX的教练, 以及莱美GRIT系列的教练。她主要在奥克兰工作。

Dan Maroun 博士 (美国) 是BODYSTEP, BODYJAM™ 和BODYPUMP™ 的教练, 以及BODYATTACK, CXWORX和SH'BAM™ 的训练员。他住在伊利诺斯州, 是一名大学教授。

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成, 有来自全球100个国家的13万名指导师和数以百万的参与者。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求, 不仅代表我们自己, 也代表我们这个星球。

在莱美国际, 我们相信我们的社区内每个个体的尊严, 并努力尊重所有人的权利和自由。

在我们对角色模型、音乐和运动的选择中, 我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业, 我们走在传递尖端、创新产品支持和尊重的正途上。选择、许可和匹配编舞和音乐是一个巨大的挑战! 我们精挑细选我们所使用的音乐, 并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话, 有时候也会有一个替代动作 (动作清单下方) 供你使用。

我们拥护与我们的全球大家庭敞开心扉交流, 这样可以表达各个观点之间的不同之处, 并达成折中方案。最重要的是, 我们热衷于随时随地传递改变人生的健身体验。

BE LOUD AND HEARD

告诉我们你对这个课程的想法。
登陆 lesmills.com/BLAH

写给教练

当需要混合以前的版本时, 请尽量教大部分学员最近的15期, 偶尔使用古怪的“老古董”是可以的, 但请限制在每节课的少量小节中使用。

经典&运动员课堂形式

你好，教练们！

非常感谢您教授BODYSTEP的辛勤工作，因为这个团队的热情和支持，我们都很爱它，要继续保持哦！在本期版本，您可以看到经典版和运动员版区分得更为明确，因此您完全可以理解这两者，在教学中更为自信。

当您观看本期版本时，您将看到BODYSTEP经典课堂从头跑到尾，而运动员课堂则完全分割开来。

高级班的设置如下：

- BODYSTEP经典高级班（1-12小节）
- BODYSTEP 运动员小节 3&AC

这些注意事项做出了很大的修改，使得这两种形式学起来更容易。现在分成了两个部分，完整的经典课堂是在一起的，后面跟着运动员第3小节和AC，以及其他的变化。以下是一些其它方面重要的更新，希望能帮助您充分理解这些变化。

- BODYSTEP 运动员版有一个新的形式：小节1，3，运动员，3，4，5，6，10，AC，11，12。
- 第10小节必须在AC之前。
- 不再有第2小节（其中的动作融入第3小节开头）

这些变化将会继续，从此后每个版本都会延续这个设置。我们希望这些最新的更新，与您俱乐部将收到的其它新手册和时间表按键一道，鼓励您学习并教授BODYSTEP经典版和运动员版。

经典版形式

外形：高兴、积极、有活力

感觉：鼓舞人心、充满活力

训练要点：优秀的重复口令，充满能量的乐趣和互动

在本期版本.....

- **经典版**必须作为完整的经典课堂教学
- 您一定不能使用任何运动员课堂的锻炼或小节。
- **第3小节：**使用目标踏板经典款 - 有趣
- **第5小节：**使用1个负重板（2.5kg或5kg）
- **第7小节：**使用1个负重板（2.5kg或更轻）
- **第11小节：**使用1个负重板（2.5kg或更轻）
-

运动员版形式

外形：强壮、榜样型的健壮与健康

感觉：训练获得效果

训练要点：带有力度和激励的优秀口令

BODYSTEP运动员版

混合版本

您可以教授任一期的第1小节。

3、4、5小节必须来自同一个版本，来自89期或更高版本。这是因为我们在第3节教的动作也要在4、5节用到。7、10、11、12小节和运动员回路（AC）可以使用任何一期。选择权在您。运动员回路必须在10小节之后方可进行。

在本期版本.....

- **运动员版**必须作为完整的运动员课堂教学。
- **第3节运动员：**使用目标踏板运动员 - 人/蜈蚣
- **第5节：**使用1个负重板（2.5kg或5kg）
- **第7节：**使用1个负重板（2.5kg或更轻）
- **运动员路线：**使用1个负重板（2.5kg或5kg）
- 使用运动员回路代替8、9小节 - 触摸/蜈蚣 / 轮回
- 运动员回路必须在10小节之后方可教学。
- **第11节：**使用1个负重板（2.5kg或更轻）

CLASSIC TRACK SELECTION

- 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** Conditioning 1
- Track 8** Party Step
- Track 9** Speed Step
- Track 10** Peak 3
- Track 11** Conditioning 2
- Track 12** Cooldown/Stretch

ATHLETIC TRACK SELECTION

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- Track 6** Peak 2
- Track 7** Conditioning 1
- Track 10** Peak 3
- AC** Athletic Circuit
ATHLETIC
- Track 11** Conditioning 2
- Track 12** Cooldown/Stretch

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** Conditioning 1
- Total Time** 24:16

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** Conditioning 1
- Track 8** Party Step
- Track 10** Peak 3
- Total Time** 35:17

ATHLETIC 30-MINUTE

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- AC** Athletic Circuit
- Total Time** 22:12

ATHLETIC 45-MINUTE

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- Track 6** Peak 2
- Track 7** Conditioning 1
- AC** Athletic Circuit
ATHLETIC
- Track 11** Conditioning 2
- Total Time** 35:21

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)
- 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.

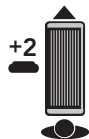
CONTENTS

- 01. Warmup
- 02. Step Warmup
- 03. Step Orientation
- 04. Peak 1
- 05. Mixed Strength
- 06. Peak 2
- 07. Conditioning 1
- 08. Party Step
- 09. Speed Step
- 10. Peak 3
- 11. Conditioning 2
- 12. Cooldown/Stretch
- 03. Step Orientation Athletic
- AC. Athletic Circuit
- Music

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01. WARMUP

MUSIC Now And Later 4:19 mins



TRACK FOCUS

Coach correct technique for the Lunge, as well as the long step on towards the middle of the step. Let your class know that there will be options throughout the class that they can try in this class, or the next time they do this release.

Try now 4x Marches

Try later ½ Stomp & Bounce Combo

Teach Athletic

Come into this track

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

	CTS		CTS
0:05 / Intro / Where to go		2:09 / Instr / (Quiet)	
2x8 / Prepare to move	1-16	2x8 / A / Bounce R&L. <i>Relaxed Arms</i>	1-2
0:13 / Rep / _ Now or later		8reps	
2x8 / A / Bounce L&R. <i>Relaxed Arms</i>	1-2	2:16 / V2 / _ I love attitudes	
8reps		8x8 / C / Lunge Sequence R then L. <i>HOH</i>	1-16
0:20 / Rep / _ Now or later		4reps	
2x8 / A¹ / Bounce L&R. <i>RA</i>	1-2	2:44 / C / I could be your	
8reps		4x8 / B / 4x March On Top R. <i>RA</i>	1-8
0:27 / C / I could be your		4reps	
4x8 / B / 4x March On Top L. <i>RA</i>	1-8	Next move on the last 8cts	
4reps		2:57 / Rep / _ Now or later	
Next move on the last 8cts		4x8 / B¹ / ½ Stomp & Bounce Combo R	1-8
0:40 / Rep / Now or later		4reps	
4x8 / B¹ / ½ Stomp & Bounce Combo L	1-8	3:10 / Instr /	
4reps		4x8 / D / 14x Repeater Knee Lift R. <i>RA</i>	1-28
0:54 / Instr / (Quiet)		March L, R, L, R on the floor. <i>RA</i>	29-32
2x8 / A / Bounce L&R. <i>Relaxed Arms</i>	1-2	3:24 / Instr / (Quiet)	
8reps		4x8 / E / Active Calf Stretch R. <i>Bent Raise F</i>	1-4
1:01 / V1 / _ Stop playin'		8reps	
8x8 / C / Lunge Sequence L then R. <i>HOH</i>	1-16	3:38 / Instr / (Quiet)	
4reps		4x8 / Active Calf Stretch L	1-4
1:28 / C / I could be your		8reps	
4x8 / B / 4x March On Top L. <i>RA</i>	1-8	3:51 / C / I could be your	
4reps		4x8 / B / 4x March On Top R. <i>RA</i>	1-8
Next move on the last 8cts		4reps	
1:42 / Rep / _ Now or later		Next move on the last 8cts	
4x8 / B¹ / ½ Stomp & Bounce Combo L	1-8	4:05 / Rep / _ Now or later	
4reps		4x8 / B¹ / ½ Stomp & Bounce Combo R	1-8
1:55 / Instr /		4reps	
4x8 / D / 14x Repeater Knee Lift L. <i>RA</i>	1-28		
March R, L, R, L on the floor. <i>RA</i>	29-32		

01. WARMUP

TECHNIQUE & COACHING

BOUNCE

CUE 'Bounce left and right'

Bounce L. Arms relaxed by sides or RA 1

Bounce L. Arms relaxed by sides or RA 2

- **Feet about hip-width apart**
- Shift your weight from one leg to the other
- **Brace abs to lock hips in place**
- Avoid swinging your hips side to side

4X MARCH ON TOP

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

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

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

- Use a visual cue to show leading leg, and to HOLD on top
- **Whole foot on the step**

½ STOMP & BOUNCE COMBO

PHONETIC CUE 'Up, side, up, back, bounce, up, side, up, back, bounce'

Step L to step. RA 1

Step R to R side of the step. RA 2

Step L to step. RA 3

Step R to back of the step. RA 4

Bounce L&R x2. RA 5-8

- Natural walking rhythm
- Bend knees and sit a little deeper as you step to the side (on ct 2)

OPTION: 4x March On Top



LUNGE SEQUENCE

PHONETIC CUE 'Step, lunge, rise, change legs, step, lunge, rise, change legs'

Step L to the middle of the step. HOH 1-2

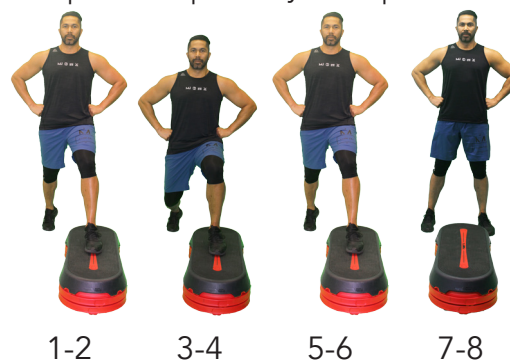
Lunge down. HOH 3-4

Lunge up. HOH 5-6

Step L to floor, hip-width apart. HOH 7-8

Repeat to the other side 9-16

- Use a visual cue to show leading leg
- Long step onto the step
- **Back heel lifted**
- **Chest up**
- Body lowers straight down, then up
- **Front knee in line with toes**
- Feet hip-width apart as you step back



14X REPEATER KNEE LIFT

CUE 'Repeater on the step, hold'

14x Repeater Knee Lift L. RA 1-28

March R, L, R, L on the floor. RA 29-32

- Use a visual cue to show leading leg, and to HOLD on top of the step
- Bend the supporting leg
- **Chest up**
- **Back heel off the floor**
- **Front knee in line with toes**
- Count down the last 4 reps

ACTIVE CALF STRETCH

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

L foot on the step, R foot back long, on the floor

Lift R heel. Bent Raise F 1-2

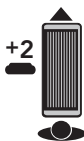
Press R heel to the floor. Fists to hips 3-4

- Keep body weight forward, over the step



02. STEP WARMUP

MUSIC Stay 3:21 mins



TRACK FOCUS

Teach the 3x Alternating Squat rhythm, and then coach your class to freeze each Squat for a split second to give it a staccato feel.

Try now Triple Pulse Squat

Try later 3x Alt Squat 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.

	CTS		CTS
0:00 / Intro / Do is stay		1:48 / V2 / Won't admit what	
½x8 / A / Up Tap R. RA	1-4	4x8 / B / REPEAT Basic Step R	1-4
0:01 / Instr / Wait , hand		8reps	
4x8 / A / Up Tap L then R. RA	1-8	2:03 / PC / Make it on your	
4reps		4x8 / C / REPEAT 3x Repeater Knee Lift R	
0:16 / V1 / Waiting for the time		then L	1-16
4x8 / B / Basic Step L. RA	1-4	2reps	
8reps		👁 Next move on the last 8cts	
0:31 / PC / Make it on your		2:18 / Ref / Wait , all you have to	
4x8 / C / 3x Repeater Knee Lift L		4x8 / C¹ / REPEAT Triple Pulse Squat R then L	1-16
then R. RA	1-16	2reps	
2reps		👁 Next move on the last 8cts	
👁 Next move on the last 8cts		2:33 / C / Take a minute	
0:46 / Ref / Wait , all you have to		8x8 / C² / REPEAT 3x Alt Squat Combo R then L	1-16
4x8 / C¹ / Triple Pulse Squat L then R.		4reps	
Freeze RA	1-16	3:03 / Br / Stay	
2reps		½x8 / A¹ / REPEAT Up Tap R	1-4
👁 Next move on the last 8cts		3:05 / Rep / _ All you have to do is	
1:02 / C / Take a minute		4x8 / A² / REPEAT Up Tap L then R. <i>Open & Clap</i>	1-8
8x8 / C² / 3x Alt Squat Combo L then R.		4reps	
Blade RA	1-16		
4reps			
1:31 / Br / Stay			
½x8 / A¹ / REPEAT Up Tap L. <i>HOH</i>	1-4		
1:33 / Rep / _ All you have to do is			
4x8 / A² / Up Tap R then L. <i>Open & Clap</i>	1-8		
4reps			

02. STEP WARMUP

TECHNIQUE & COACHING

UP TAP (AT THE START OF THE TRACK)

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

- Use a visual cue to show the leading leg, and the alternating pattern

UP TAP

PHONETIC CUE 'Up Tap, change sides, Up Tap, change sides'

- Open the arms to stretch lightly across the chest

BASIC STEP

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

- Use a visual cue to keep the Basic Steps on the left leg
- Natural walking rhythm
- **Whole foot on the step**

3X REPEATER KNEE LIFT

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

- Use a visual cue to show the leading leg

TRIPLE PULSE SQUAT

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

Triple Squat Pulse L. Freeze Blade RA 1-6

Step R, L to the back of the step. Fists to hips 7-8

Repeat to the other side 9-16



3X ALT SQUAT COMBO

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

Drop Squat L. Blade RA 1-2

Squat R then L. Blade RA 3-6

Step R, L to the back of the step. Fists to hips 7-8

Repeat to the other side 9-16

- Sit butt back and down

- **Knees in line with toes**

- **Chest up**

OPTION Stay taller, and tap toes to the floor

LAYER 2

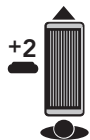
PHONETIC CUE 'Freeze, freeze, freeze'

- Aim to make it staccato by freezing the Squat a little longer



03. STEP ORIENTATION

MUSIC Fun 4:07 mins



TRACK FOCUS

Coach your class to turn inward and look at their step as they walk around the step. This ensures that they rotate in the correct direction.

Try now 6x March On Top

Try later Indecision Switch Straddle

Teach Flava

Come into this track with great energy, happy and light hearted

CTS		CTS	
0:00 / Intro / Let's go _		1:52 / C / Loosen up your body	
4x8 / A / Down Tap & 6x March L then R. RA	1-16	8x8 / A ² / REPEAT Traveling Cha-Cha-Cha Tap & 6x March R then L	1-16
2reps		4reps	
👁️ Next move on the last 16cts			
0:14 / Instr / Let's go _		2:20 / V2 / Fresh from Monaco	
4x8 / A ¹ / Traveling Down Tap & 6x March L then R. RA	1-16	4x8 / B / REPEAT 6x March On Top R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
0:28 / C / Loosen up your body		2:36 / Rep / F U N fun	
4x8 / A ² / Traveling Cha-Cha-Cha Tap & 6x March L then R. RA	1-16	4x8 / B ¹ / REPEAT Indecision Straddle R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
0:43 / V1 / Oh , feeling crazy		2:50 / _ Come on Miama	
4x8 / B / 6x March On Top L then R. RA	1-16	4x8 / B ² / REPEAT Indecision Switch Straddle R then L. RA	1-16
2reps		2reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 16cts	
0:57 / Rep / F U N fun		3:05 / Ref / Oh my my, looking	
4x8 / B ¹ / Indecision Straddle L then R. RA	1-16	4x8 / C / REPEAT Up Tap R then L. RA (To front & back)	1-8
2reps		4reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 16cts	
1:12 / _ Come on Miama		3:19 / F U N	
4x8 / B ² / Indecision Switch Straddle L then R. RA	1-16	3x8 / A ¹ / REPEAT Traveling Down Tap & 6x March R then L. RA	1-16
2reps		1½reps	
👁️ Next move on the last 8cts		👁️ Next move on the last 8cts	
1:26 / Ref / Oh my my, looking		3:30 / C / Loosen up your body	
4x8 / C / Up Tap L then R. RA. (To front & back)	1-8	8x8 / A ² / REPEAT Traveling Down Tap Cha-Cha-Cha 6x March R then L	1-16
4reps		4reps	
👁️ Next move on the last 16cts			
1:40 / F U N		3:59 / Outro / F U N fun	
3x8 / A ¹ / REPEAT Traveling Down Tap & 6x March L then R. RA	1-16	1x8 / Step L onto the step. <i>Thumbs up F</i>	1-4
1½reps			
👁️ Next move on the last 8cts			

03. STEP ORIENTATION

TECHNIQUE & COACHING

DOWN TAP & 6X MARCH

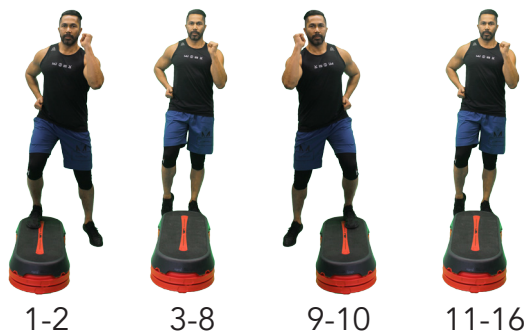
PHONETIC CUE 'Tap the floor, 6, 5, 4, 3, 2, 1.
Tap the floor, 6, 5, 4, 3, 2, 1'

Down Tap L. RA 1-2

March R, L, R, L, R, L behind the step. RA 3-8

Repeat to the other side 9-16

- Use a visual cue to HOLD the 6 Marches OTS



TRAVELING DOWN TAP & 6X MARCH

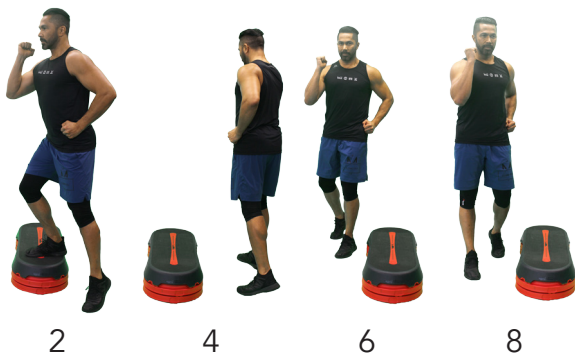
PHONETIC CUE 'Tap the floor, look at your step, walk around. Tap the floor, look at your step, walk around'

Down Tap L to the R front side of the step. RA 1-2

March R, L, R, L, R, L around to the L front side of the step. RA 3-8

Repeat to the other side 9-16

- Coach class to look at their step as they walk around. This will get them to turn in the correct direction



TRAVELING CHA-CHA-CHA TAP & 6X MARCH

PHONETIC CUE 'Cha-cha-cha, turn, walk around. Cha-cha-cha, turn, walk around'

Cha-Cha-Cha L to the R front side of the step. Natural Arms 1-2

March R, L, R, L, R, L around to the L front side of the step. RA 3-8

Repeat to the other side 9-16

- Add some rhythm to the Down Tap

6X MARCH ON TOP

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

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

Step L down to the floor, L side of the step. RA 7

Tap R down to the floor, L side of the step. RA 8

Repeat to the other side 9-16

- Use visual cues to HOLD on top of the step, and for the direction to step down

INDECISION STRADDLE

PHONETIC CUE 'Walk up, walk down, walk up, step over. Walk up, walk down, walk up, step over'

Step up L, R. RA 1-2

Straddle down L, R. RA 3-4

Straddle up L, R. RA 5-6

Step L down to the floor, L side of the step. RA 7

Tap R down to the floor, L side of the step. RA 8

Repeat to the other side 9-16

- Use visual cues to HOLD on top of the step, straddle down, and for the direction to step down

OPTION 6x March On Top

03. STEP ORIENTATION

TECHNIQUE & COACHING



INDECISION SWITCH STRADDLE

PHONETIC CUE 'Walk up, walk down, step jump, step down. Walk up, walk down, step jump, step down'

Step up L, R. RA 1-2

Straddle down L, R. RA 3-4

Step up L. RA 5

Switch Curl L. RA 6

Step down R, L to the floor, L side of the step. RA 7-8

Repeat to the other side 9-16

- Jump and rotate the Quarter Turn on ct 6

- **Release the heel on jump**

OPTIONS Indecision Straddle or 6x March On Top



UP TAP L THEN R (TO FRONT & BACK)

PHONETIC CUE 'Tap to the front, tap to the back. Tap to the front, tap to the back'

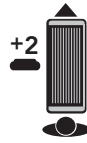
Up Tap L to the front of the step. RA 1-4

Up Tap R to the back of the step. RA 5-8



04. PEAK 1

SMARTSTART



MUSIC Starboy 4:23 mins

TRACK FOCUS

Connect to the 'Star' theme by encouraging your class to hit a star formation in the Plyo Straddle Jump, and in the Jumping Jacks.

Coach your class to bend their knees on all landings to soften the landing impact.

Try now Narrow Jump Squat & March Combo

Try later Plyo Straddle Jump Combo

Teach Athletic

Come into this track

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

		CTS			CTS
0:00 / Intro / Look what you've done			1:53 / C / Starboy , look what		
½x8 / Prepare to move	1-4		4x8 / B / REPEAT Knee Lift & Bounce Combo		
0:02 / Instr / Starboy			L then R	1-16	
4x8 / A / Alt Knee Lift L then R. RA	1-8		2reps		
4reps			👁 Next move on the last 8cts		
0:15 / C / Starboy , look what			2:06 / C / Starboy , look what		
4x8 / B / Knee Lift & Bounce Combo			4x8 / B¹ / REPEAT Propulsive Knee Lift &		
L then R	1-16		Jumping Jack Combo L then R	1-16	
2reps			2reps		
👁 Next move on the last 8cts			2:21 / Br / Imma imma imma		
0:29 / C / Starboy , look what			½x8 / A / REPEAT Knee Lift L. RA	1-4	
4x8 / B¹ / Propulsive Knee Lift & Jumping			2:23 / Rep / Starboy		
Jack Combo L then R	1-16		4x8 / A¹ / REPEAT Alt Propulsive Knee Lift R		
2reps			then L. <i>Punch O/H</i>	1-8	
0:44 / Rep / Imma imma starboy			4reps		
4x8 / A¹ / Alt Propulsive Knee Lift L then R.			2:37 / V2 / _ Every day you		
<i>Punch O/H</i>	1-8		4x8 / C / REPEAT 4x March On Top R. RA	1-8	
4reps			4reps		
0:57 / V1 / _ trying to put you			👁 Next move on the last 8cts		
4x8 / C / 4x March On Top L. RA	1-8		2:50 / PC / _ House so empty		
4reps			4x8 / D / REPEAT Narrow Jump Squat & March		
👁 Next move on the last 8cts			Combo R	1-8	
1:11 / PC / _ House so empty			4reps		
4x8 / D / Narrow Jump Squat &			👁 Next move on the last 8cts		
March Combo L	1-8		3:04 / Rep / Imma starboy		
4reps			8x8 / D¹ / REPEAT Plyo Straddle Jump Combo R	1-8	
👁 Next move on the last 8cts			8reps		
1:25 / Rep / Imma starboy					
8x8 / D¹ / Plyo Straddle Jump Combo L	1-8				
8reps					

04. PEAK 1

SMARTSTART

3:32 / C / Starboy , look what	CTS
4x8 / B /  Knee Lift & Bounce Combo	
R then L	1-16
2reps	
 Next move on the last 8cts	
3:45 / C / Starboy , look what	
4x8 / B ¹ /  Propulsive Knee Lift &	
Jumping Jack Combo R then L	1-16
2reps	
3:59 / Br / Imma imam imma	
½x8 / A /  Knee Lift R. RA	1-4
4:01 / Rep / Starboy	
4x8 / A ¹ /  Alt Propulsive Knee Lift L	
then R. <i>Punch O/H</i>	1-8
4reps	
4:15 / Outro / Starboy	
½x8 / Leap L onto the step. <i>Wrists</i>	
<i>Crossed O/H</i>	1-4

04. PEAK 1

SMARTSTART

TECHNIQUE & COACHING

ALT KNEE LIFT

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

- Use a visual cue to show the alternating foot pattern

KNEE LIFT & BOUNCE COMBO

PHONETIC CUE 'Lift your knee, step down, bounce, lift your knee, step down, bounce'

- Knee Lift L. RA 1-2
- Step down R, L. RA 3-4
- Bounce R&L x2. RA 5-8
- Repeat to the other side 9-16

PROPULSIVE KNEE LIFT & JUMPING JACK COMBO

PHONETIC CUE 'Jump, step down, jack, jack, jump, step down, jack, jack'

- Propulsive Knee Lift L. RA 1-4
- 2x Jumping Jacks. O/H V & Pull fists to hips 5-8
- Repeat to the other side 9-16



JUMPING JACK

- Bend knees
- **Toes turned outward slightly**
- **Knees in line with toes**
- Avoid buckling knees inward

OPTION Knee Lift & 2x Side Taps



ALT PROPULSIVE KNEE LIFT

CUE 'Single Knee – GO!'

- **Lead with the heel**
- **Roll through the foot**
- **Push off the toes**

OPTION No propulsion

4X MARCH ON TOP

PHONETIC CUE '4, 3, 2, 1, march down. 4, 3, 2, 1, march down'

- Use a visual cue to HOLD the Marches on top of the step

NARROW JUMP SQUAT & MARCH COMBO

PHONETIC CUE 'Jump on, stand, walk on the floor. Jump on, stand, walk on the floor'

Narrow Jump Squat onto the step.

Fists by hips

Narrow Squat up. Fists by hips

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

- **Bend your knees as you jump on the step**



04. PEAK 1

SMARTSTART

PLYO STRADDLE JUMP COMBO

PHONETIC CUE 'Jump, up, down, walk back.

Jump, up, down, walk back'

Narrow Jump Squat onto the step. Fists
by hips

1

Air Jack upward. O/H V

2

Land in a Straddle Squat on the floor.

Hands to thighs

3-4

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

RA

5-8

- **Bend your knees on both landings**
- Make yourself into a star shape in mid-air by pointing your legs and arms

OPTION Narrow Jump Squat & March Combo



05. MIXED STRENGTH

MUSIC Centipede / Jump Around 6:02 mins

TRACK FOCUS

Coach class to keep the weight plate close to the collarbone when jumping, to keep it stable and safe. Let your class know that the weight plate is optional, and they don't have to use it.

Try now No weight plate

Try later With a weight plate

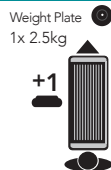
Teach Athletic

Come into this track

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

Pre-Track

Get everyone to collect a 2.5kg or 5kg weight plate, and place it to the front of the step. Lower their step to 1 riser on each side, and keep it facing the same way.



	CTS		CTS
0:00 / Intro / Giant tropical		2:02 / C / Jump up , get down	
2x8 / Prepare to move		8x8 / D / Weighted Jump & Lunge	
0:08 / Instr / (Orchestral)		Combo	1-16
4x8 / First move on the last 16cts	1-32	4reps	
0:21 / C / (Riff)		2:31 / Instr / Ten, nine	
8x8 / A / 2-Step Centipede Burpee	1-16	2x8 / B ¹ / Put weight plate in front of the step	1-16
4reps		Next move on the last 4cts	
0:49 / C / (Riff)		2:38 / Instr / Six, five	
8x8 / A ¹ / 4-Step Centipede Burpee	1-16	2x8 / E / Low Leg Abduction with Squat L. <i>Bent Raise F</i>	1-4
4reps		4reps	
1:17 / Br / (Laugh)		Next move on the last 4cts	
½x8 / Break	1-4	2:45 / Rep / Everybody jump	
1:19 / Instr /		4x8 / F / Plyo Leg Abduction with Squat L. <i>Bend to hips then reach O/H</i>	1-4
4x8 / B / Pick up weight plate. Stand to the LHS of the step	1-32	8reps	
Next move on the last 8cts		Next move on the last 8cts	
1:33 / V1 / Pack it up		3:00 / Rep / Everybody jump	
2x8 / C / Alt Lunge. <i>Hold weight plate by collarbone</i>	1-8	4x8 / F ¹ / Plyo OTT with Squat L then R. <i>Bend to hips then reach O/H</i>	1-8
2reps		4reps	
1:41 / V1 /		3:14 / Br / (Laugh)	
6x8 / C ¹ / Alt Lunge with O/H Weighted Press	1-8	1x8 / Break	1-8
6reps		3:18 / Instr / (Orchestral)	
Next move on the last 32cts		4x8 / Next move	1-32

05. MIXED STRENGTH

	CTS
3:31 / C / (Riff)	
8x8 / A /  2-Step Centipede Burpee	1-16
4reps	
3:59 / C / (Riff)	
8x8 / A ¹ /  4-Step Centipede Burpee	1-16
4reps	
4:26 / Br / (Laugh)	
¾x8 / Break	1-6
4:29 / Instr /	
4x8 / B /  Pick up weight plate. Stand to the RHS of the step	1-32
👁️ Next move on the last 8cts	
4:43 / C / Jump up , get down	
8x8 / D /  Weighted Jump & Lunge Combo	1-16
4reps	
5:11 / Instr / Ten, nine	
2x8 / B ¹ / Put weight plate in front of the step	1-16
4reps	
👁️ Next move on the last 4cts	
5:18 / Instr / Six, five	
2x8 / E /  Low Leg Abduction with Squat R. <i>Bent Raise F</i>	1-4
4reps	
👁️ Next move on the last 4cts	
5:25 / Rep / Everybody jump	
4x8 / F /  Plyo Leg Abduction with Squat R. <i>Bend to hips then reach O/H</i>	1-4
8reps	
👁️ Next move on the last 8cts	
5:40 / Rep / Everybody jump	
4x8 / F ¹ /  Plyo OTT with Squat R then L. <i>Bend to hips then reach O/H</i>	1-8
4reps	
5:54 / Outro /	
1x8 / <i>Flexed Hands F</i>	1-8

05. MIXED STRENGTH

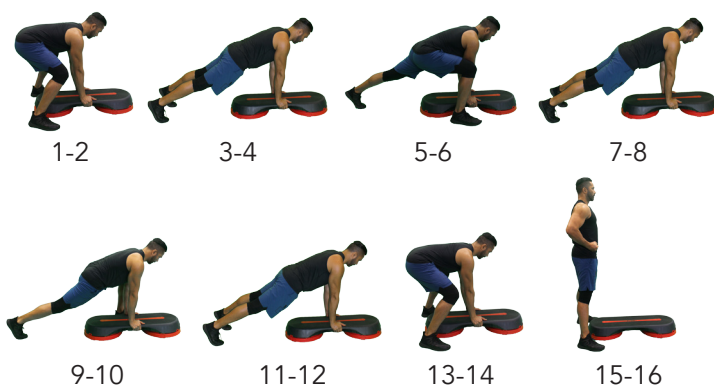
TECHNIQUE & COACHING

2-STEP CENTIPEDE BURPEE

PHONETIC CUE 'Down, back, right leg, left leg, jump in, stand. Down, back, right leg, left leg, jump in, stand'

- Bend knees and place hands to the step 1-2
- Jump feet back to Plank position 3-4
- Side Climb R foot forward to L side of the step 5-6
- Jump R foot back to Plank position 7-8
- Side Climb L foot forward to L side of the step 9-10
- Jump L foot back to Plank position 11-12
- Jump feet in towards step, knees bent 13-14
- Stand tall. Fists to hips 15-16

- **Bend your knees heaps**
- **Brace your abs**
- **Eye gaze in front of hands**
- Knee in towards elbow

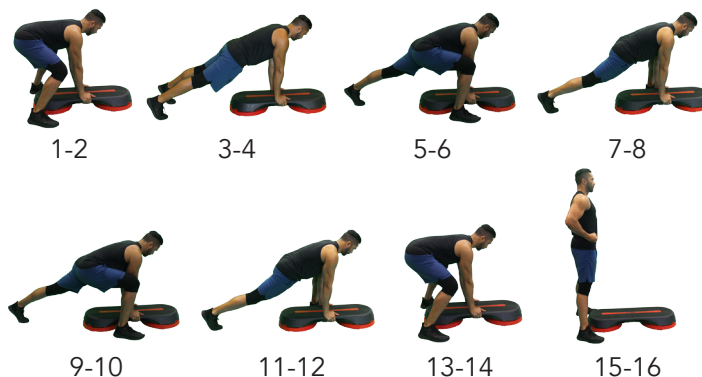


4-STEP CENTIPEDE BURPEE

PHONETIC CUE 'Down, back, 4, 3, 2, 1, jump in, stand. Down, back, 4, 3, 2, 1, jump in, stand'

- Bend knees and place hands to the step 1-2
- Jump feet back to Plank position 3-4
- Side Climb L foot forward to L side of the step 5-6
- Side climb R foot forward, L foot back 7-8
- Side Climb L foot forward, R foot back 9-10
- Side climb R foot forward, L foot back 11-12
- Jump feet in towards step, knees bent 13-14
- Stand tall. Fists to hips 15-16

- **Bend your knees heaps**
- **Brace your abs** (to support your lower back)
- **Eye gaze in front of hands** (to help keep your spine long)
- Aim to keep your hips low in line with shoulders



ALT LUNGE

PHONETIC CUE 'Lunge, change legs, lunge, change legs'

- Long step onto the step
- **Front knee in line with toes**
- Back heel lifted
- Chest up

ALT LUNGE WITH O/H WEIGHTED PRESS

PHONETIC CUE 'Weight up, down, up, down'

- Weight to collarbone
- Keep the weight in front of the body in the O/H position

OPTION No weight plate



05. MIXED STRENGTH

WEIGHTED JUMP & LUNGE COMBO

PHONETIC CUE 'Jump up, jump down, turn around, 2 Lunges, 2, 1, again, jump up, jump down, turn around, 2 Lunges, 2, 1'

Weight to collarbones.

Jump Squat onto the step 1-2

Jump Squat forward to the floor. Weight to collarbones 3-4

180-degrees turning Jump Squat. Weight to collarbones 5-6

Squat up. Weight to collarbones 7-8

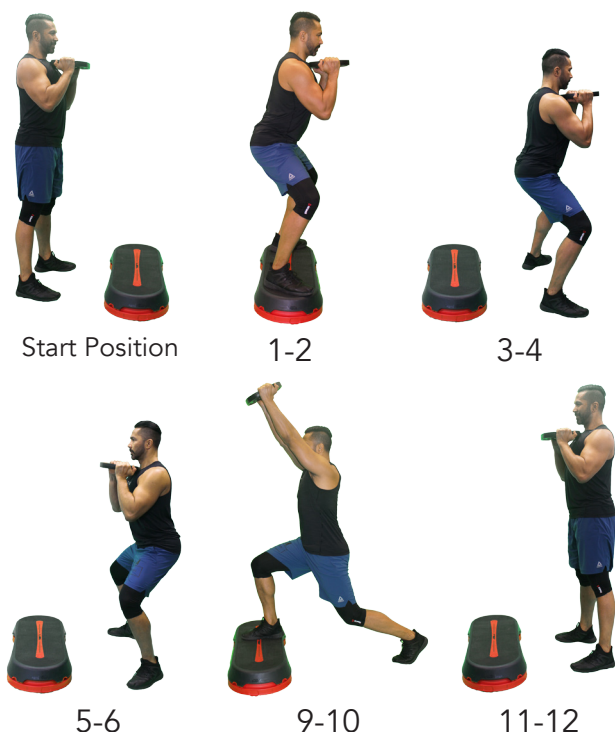
Lunge L. Press weight plate O/H 9-10

Step L foot to the floor, hip-width apart. Weight to collarbones 11-12

Lunge R. Press weight plate O/H 13-14

Step L foot to the floor, hip-width apart. Weight to collarbones 15-16

- **Bend knees on every landing**
- **Keep weight plate close to the body** as your jump (in contact with collarbone area)
- Coach a longer jump away from the step, so that they can take a longer step onto the step when they lunge



LAYER 2

- Draw attention to, and connect to the lyrics "Jump up, get down, turn around". Let the music speak

OPTIONS No weight plate. Soften the landings more by staggering each landing

LOW LEG ABDUCTION WITH SQUAT

PHONETIC CUE 'Lift, squat, lift, squat'

L foot on the step, abduct R leg.

Bent Raise F 1-2

R foot to the floor, squat down. Fists to hips 3-4

PLYO LEG ABDUCTION WITH SQUAT

PHONETIC CUE 'Jump, sit, jump, sit'

Plyo Jump upward. Reach O/H 1-2

L foot on the step, R foot to the floor, squat down. Fists to hips 3-4

- Use your legs and explode upward
- **Bend knees on the landings**
- Sit butt back and down
- **Knees in line with toes**
- **Chest up**

OPTION Low Leg Abduction with Squat



PLYO OTT WITH SQUAT

PHONETIC CUE 'Over, squat, over, squat'

Plyo Jump OTT. Reach O/H 1-2

R foot on the step, L foot to the floor, squat down. Fists to hips 3-4

Repeat to the other side 5-8

- Use Layer 3 coaching to motivate, and celebrate. Let loose, use the high energy in the music to create an uplifting feel

06. PEAK 2



MUSIC This Ain't A Scene It's An Arms Race 4:44 mins

TRACK FOCUS

Rhythmic Phonetic Cues are a **MUST** in this track. In the L-Step, phonetically cue when the knee lifts; then, when you move on to the Split Shuffle, the knee lifts in the exact same place. Coach that all moves step **DOWN** to the floor first.

Try now Step Down L-Step

Try later Step Down Split Shuffle

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

Pre-Track

Stand on top of the step, close to the L side.

	CTS		CTS
0:00 / Intro / This ain't a scene		1:20 / C / This ain't a scene	
1x8 / Standing on top of the step, prepare to move	1-8	8x8 / D ¹ / Step Down Split Shuffle L. RA	1-8
		8reps	
0:03 / Instr /		1:47 / Br / Oh _	
4x8 / A / Step Down Knee Lift & 6x March Across L then R	1-16	½x8 / B ¹ / ATT L. HOH	1-4
2reps		1:49 / Rep / I'm a leading man	
👁 Next move on the last 8cts		4x8 / B / Propulsive ATT R then L. Reach Up & Down	1-8
0:17 / C / This ain't a scene		4reps	
4x8 / A ¹ / Step Down Knee Lift & 6x Jog Across L then R	1-16	2:03 / Ref / _ All the boys	
2reps		2x8 / C / Step Down Knee Lift R. RA	1-4
👁 Next move on the last 8cts		4reps	
0:30 / C / This ain't a scene		👁 Next move on the last 8cts	
4x8 / A ² / Step Down Knee Lift & 6x Jog Across L then R (with 2x Reach Up & Down)	1-16	2:10 / V2 / I wrote the	
2reps		4x8 / D / Step Down L-Step R. RA	1-8
0:44 / Rep / I'm a leading man		4reps	
4x8 / B / Propulsive ATT L then R. Reach Up & Down	1-8	👁 Next move on the last 8cts	
4reps		2:24 / C / This ain't a scene	
0:59 / Ref / _ All the boys		8x8 / D ¹ / Step Down Split Shuffle R. RA	1-8
2x8 / C / Step Down Knee Lift L. RA	1-4	8reps	
4reps		2:52 / Br / Oh _	
👁 Next move on the last 8cts		½x8 / B ¹ / ATT R. HOH	1-4
1:06 / V1 / I am an arms		2:54 / Rep / I'm a leading man	
4x8 / D / Step Down L-Step L. RA	1-8	4x8 / B / Propulsive ATT L then R. Reach Up & Down	1-8
4reps		4reps	
👁 Next move on the last 8cts		3:08 / Instr / (Quiet)	
		2x8 / Transition to Pushups	1-16

06. PEAK 2

3:15 / Rep / _ This ain't a scene	CTS
8x8 / Chest Touch Pushups	1-4
16reps	
3:42 / Br / (Guitar)	
½x8 / Jump feet in & stand up	1-4
3:44 / Instr /	
2x8 / Transition to the top of the step	1-16
3:50 / C / This ain't a scene	
4x8 / A¹ /  Step Down Knee Lift & 6x Jog	
Across R then L	1-16
2reps	
👁 Next move on the last 8cts	
4:04 / C / This ain't a scene	
4x8 / A² /  Step Down Knee Lift &	
6x Jog Across R then Left (with 2x	
Reach Up & Down)	1-16
2reps	
4:18 / Rep / I'm a leading man	
4x8 / B /  Propulsive ATT R then L.	
Reach Up & Down	1-8
4reps	
4:32 / Outro /	
½x8 / Step R to the floor. <i>Punch R O/H</i>	1-4

06. PEAK 2

TECHNIQUE & COACHING

STEP DOWN KNEE LIFT & 6X MARCH ACROSS

PHONETIC CUE 'Lift your knee, 6, 5, 4, 3, 2, 1. Lift your knee, 6, 5, 4, 3, 2, 1'

Step L to the floor, then lift R knee. RA 1-2

March R, L, R, L, R, L across towards the R side of the step. RA 3-8

Repeat to the other side 9-16

- Use a visual cue to show the direction to travel

STEP DOWN KNEE LIFT & 6X JOG ACROSS

PHONETIC CUE 'Lift your knee, run. L lift your knee, run'

Step L to the floor, then lift R knee. RA 1-2

Jog R, L, R, L, R, L across towards the R side of the step. RA 3-8

Repeat to the other side 9-16

OPTION Step Down Knee Lift & 6x March Across

STEP DOWN KNEE LIFT & 6X JOG ACROSS WITH ARMS

PHONETIC CUE 'Add 2 reaches, reach, reach, run, reach, reach, run'

Step L to the floor, then lift R knee.

Reach Up & Down 1-2

Jog R, L across towards the R side of the step. Reach Up & Down 3-4

Jog R, L, R, L across towards the R side of the step. RA 5-8

Repeat to the other side 9-16

OPTION Step Down Knee Lift & 6x March Across



PROPULSIVE ATT

PHONETIC CUE 'Step down, across, down, across'

- Use a visual cue to show the direction to step down, then across

OPTION Low ATT

06. PEAK 2

STEP DOWN KNEE LIFT

PHONETIC CUE 'Step down, lift your knee, down, lift your knee'

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

1-2

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

3-4

- Use a visual cue to HOLD the Knee Lifts to the side of the step

STEP DOWN L-STEP

PHONETIC CUE 'Side, lift your knee, back, lift your knee, side, lift your knee, back, lift your knee, side'

Step L to the floor (L side), then Tap R to the floor. RA

1-2

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

3-4

Step L backward to the floor, then Tap R to the floor. RA

5-6

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

7-8

- Same foot steps on every time
- Same knee lifts every time

STEP DOWN SPLIT SHUFFLE

PHONETIC CUE 'Down, knee, tap split split knee. Down, knee, tap split split knee'

Step L to the floor (L side), then Tap R to the floor. RA

1-2

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

3-4

Tap L foot back, to the floor. RA

5

Split shuffle L to the step, R to the floor. RA

6

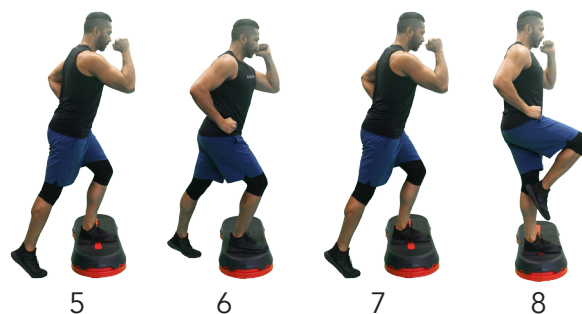
Split shuffle R to the step, L to the floor. RA

7

Lift L knee. RA

8

- Emphasize the Knee Lift so that they maintain the same rhythm as the L-Step
- **Keep body weight over your step, toes lightly touch the floor**



CHEST TOUCH PUSH UPS

PHONETIC CUE 'Press down, up, down, up'

Pushup down

1-2

Pushup up

3-4

- **Keep shoulders above elbows**
- Chest towards the step
- **Abs braced, hips down**



07. CONDITIONING 1



MUSIC Samsara 3:22 mins

TRACK FOCUS

Teach the rhythm of the 3-Squat Combo, then coach your class to hold each Squat for a split second for more intensity, and to give it a staccato feel.

Try now Hold the weight plate with both hands

Try later Hold the weight plate with one hand

Teach Athletic

Come into this track

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

Pre-Track

Strongly advise your class to choose a 2.5kg weight plate, or lighter. Option to use both arms if it gets too challenging, or to not use the arms at all.

Set up on top of the step, close to the L side.

Weight plate in L hand, weight by L shoulder. R arm extended to R side, shoulder level.

	CTS		CTS
0:00 / Intro / _ Samsara		1:38 / V2 / _ Don't waste	
4x8 / Pick up weight plate, set up on top of the step	1-32	4x8 / Recover and set up to the other side	1-32
👁 Next move on the last 8cts		1:52 / _ Someone might	
0:13 / V1 / _ Time's running		4x8 / A / Slow 3-Squat Combo R. <i>Hold R position</i>	1-16
4x8 / A / Slow 3-Squat Combo L. <i>Hold lowered position</i>	1-16	2:07 / PC / _ Take me home	
2reps		4x8 / A ¹ / Slow 3-Squat Combo R. <i>R Shoulder Press</i>	1-16
0:28 / V1 / _ Take me home		2reps	
4x8 / A ¹ / Slow 3-Squat Combo L. <i>L Shoulder Press</i>	1-16	2:21 / Br / Four , three	
2reps		1x8 / C / Hold Knee Lift R & Balance	1-8
0:43 / Br / Four , three		2:25 / C / (Instr)	
1x8 / C / Hold Knee Lift L & Balance	1-8	8x8 / A ² / 3-Squat Combo R. <i>R Shoulder Press</i>	1-8
0:47 / C / (Instr)		8reps	
8x8 / A ² / 3-Squat Combo L. <i>L Shoulder Press</i>	1-8	2:59 / Rep / Come join us	
8reps		1x8 / B / Repeater Knee Lift R. <i>Hold lowered position</i>	1-2
1:20 / Rep / Come join us		4reps	
1x8 / B / Repeater Knee Lift L. <i>Hold lowered position</i>	1-2	3:03 / Rep / Come join us	
4reps		3x8 / B ¹ / Repeater Knee Lift R. <i>Hold Shoulder Press O/H</i>	1-2
1:24 / Rep / Come join us		12reps	
3x8 / B ¹ / Repeater Knee Lift L. <i>Hold Shoulder Press O/H</i>	1-2	3:13 / Outro / _ Samsara	
12reps		1x8 / Step R to the floor. <i>Slowly lower weight plate</i>	1-8
1:35 / Br / _ Samsara			
1x8 / Step L to the floor. <i>Slowly lower weight plate</i>	1-8		

07. CONDITIONING 1

TECHNIQUE & COACHING

SLOW 3-SQUAT COMBO

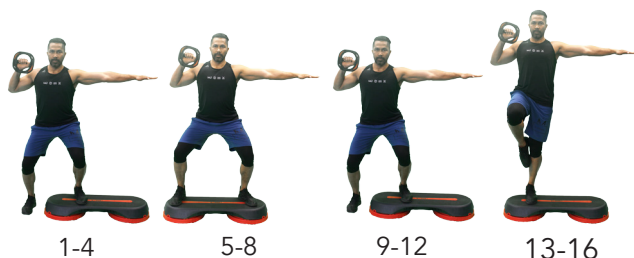
PHONETIC CUE 'Squat side, top, side, lift your knee, side, top, side, lift your knee'

Squat L on the floor, R on the step. Hold weight down position 1-4

Squat on top of the step. Hold weight down position 5-8

Squat L on the floor, R on the step. Hold weight down position 9-12

Lift L knee & balance. Hold weight down position 13-16



SLOW 3-SQUAT COMBO WITH SHOULDER PRESS

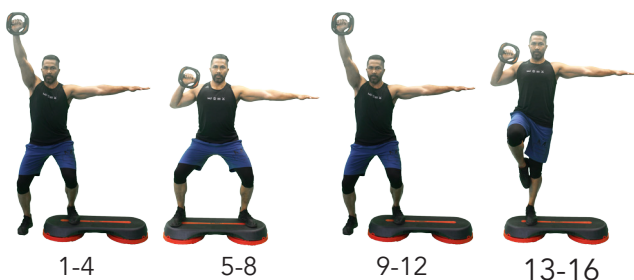
PHONETIC CUE 'Weight up, down, up, knee, weight up, down, up, knee'

Squat L on the floor, R on the step. Press weight O/H 1-4

Squat on top of the step. Lower weight to shoulder 5-8

Squat L on the floor, R on the step. Press weight O/H 9-12

Lift L knee & balance. Lower weight to shoulder 13-16



HOLD KNEE LIFT & BALANCE

CUE 'Hold and balance, wait'

'Squeeze glutes to help you balance'

R foot on the step, L knee lifted. Hold weight down position 1-8



3-SQUAT COMBO

PHONETIC CUE 'Side, top, side, knee, side, top, side, knee'

Squat L on the floor, R on the step. Press weight O/H 1-2

Squat on top of the step. Lower weight to shoulder 3-4

Squat L on the floor, R on the step. Press weight O/H 5-6

Lift L knee & balance. Lower weight to shoulder 7-8

- **Knees in line with toes**
- Butt down
- **Chest up**
- **Weight above shoulder and in front of the body**

OPTIONS Use both arms or no Shoulder Press



REPEATER KNEE LIFT

CUE 'Repeater, HOLD'

Repeater Knee Lift L x2. Hold weight down position 1-4

Repeater Knee Lift L x2. Hold weight with both hands 5-8

Repeater Knee Lift L x2. Hold weight O/H 9-32

- **Bend front knee**
- **Knee in line with toes**
- Drive the weight plate through the ceiling
- **Keep weight plate in front of the body**

OPTION No weight plate



08. PARTY STEP



MUSIC Touch 4:17 mins

TRACK FOCUS

Count down the 3 Down Taps / 3 Cha-Cha-Cha's then use a visual cue to HOLD the Basic Step to the center. Encourage your class to chill, have fun and to strike poses in the Stylized Freeze Tap Combo.

Try now 3x Cha-Cha-Cha & Basic Step Combo

Try later 3x Cha-Cha-Cha & Pivot Turn Combo

Teach Flava

Come into this track

Excited, re-energized and buzzing

	CTS		CTS
0:00 / Intro / Just a touch		2:04 / C / Just a touch	
1x8 / Prepare to move		4x8 / A ³ / 3x Cha-Cha-Cha Tap & Pivot Turn Combo L then R	1-32
0:04 / Instr /		2:18 / Br / Do do do	
4x8 / A / 3x Down Tap & Basic Step Combo L then R	1-32	½x8 / B ¹ / Hamstring Curl L. <i>HOH</i>	1-4
0:17 / C / Just a touch		2:20 / Rep / (Riff)	
4x8 / A ¹ / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R	1-32	4x8 / B / Propulsive Hamstring Curl R then L. <i>Open & Clap</i>	1-8
0:31 / C / Just a touch		4reps	
4x8 / A ² / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R. <i>Slice Arm to the side & RA</i>	1-32	2:35 / Instr /	
0:46 / Rep / (Riff)		2x8 / C / Basic Step R. <i>RA</i>	1-4
4x8 / B / Propulsive Hamstring Curl L then R. <i>Open & Clap</i>	1-8	4reps	
4reps		Next move on the last 8cts	
1:01 / Instr /		2:42 / V2 / Photographs no	
2x8 / C / Basic Step L. <i>RA</i>	1-4	4x8 / D / 4x March On Top R. <i>RA</i>	1-8
4reps		4reps	
Next move on the last 8cts		Next move on the last 8cts	
1:08 / V1 / You and I		2:56 / PC / Take it	
4x8 / D / 4x March On Top L. <i>RA</i>	1-8	4x8 / E / Wide Freeze Tap Combo R	1-8
4reps		4reps	
Next move on the last 8cts		3:10 / Rep / Photographs no	
1:22 / PC / Take it		4x8 / E ¹ / Stylized Freeze Tap Combo R	1-8
4x8 / E / Wide Freeze Tap Combo L	1-8	4reps	
4reps		3:24 / C / Just a touch	
Next move on the last 8cts		8x8 / A ³ / 3x Cha-Cha-Cha Tap & Pivot Turn Combo R then L	1-16
1:36 / Rep / Photographs no		2reps	
4x8 / E ¹ / Stylized Freeze Tap Combo L	1-8	3:53 / Br / Do do do	
4reps		½x8 / B ¹ / Hamstring Curl R. <i>HOH</i>	1-4
Next move on the last 8cts		3:55 / Rep / Photographs no	
1:50 / C / Just a touch		4x8 / B / Propulsive Hamstring Curl L then R	1-8
4x8 / A ² / 3x Cha-Cha-Cha Tap & Basic Step Combo L then R	1-32	4reps	
Next move on the last 4cts		4:09 / Outro / Love	
		Strike a pose on the last count	

08. PARTY STEP

TECHNIQUE & COACHING

3X DOWN TAP & BASIC STEP COMBO

PHONETIC CUE '3, 2, 1, basic hold, 3, 2, 1, basic hold'

Down Tap L, then R, then L. RA 1-12

Basic Step R. RA 13-16

Repeat to the other side 17-32

3X CHA-CHA-CHA TAP & BASIC STEP COMBO

PHONETIC CUE 'Cha-cha-cha, 2, 1, basic hold, cha-cha-cha, 2, 1, basic hold'

Cha-cha-cha L, then R, then L. Natural 1-12

Basic Step R. RA 13-16

Repeat to the other side 17-32

- Add a cha-cha-cha rhythm

OPTION 3x Down Tap & Basic Step Combo

3X CHA-CHA-CHA TAP & BASIC STEP COMBO WITH SLICE ARM TO THE SIDE

PHONETIC CUE 'Touch your shoulder'

Cha-cha-cha L, then R, then L. Touch & Slice 1-12

Basic Step R. RA 13-16

Repeat to the other side 17-32

OPTION 3x Down Tap & Basic Step Combo



3X CHA-CHA-CHA TAP & PIVOT TURN COMBO

PHONETIC CUE 'Cha-cha-cha, 2, 1, pivot, step turn step turn. Cha-cha-cha, 2, 1, pivot, step turn step turn'

Cha cha cha L, then R, then L. Touch & Slice 1-12

Pivot Turn R. RA 13-16

Repeat to the other side 17-32

- Lightly touch your step and turn

OPTION 3x Down Tap & Basic Step Combo

PROPULSIVE HAMSTRING CURL

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

- Lift your heel toward your butt

OPTION No propulsion, no arms

BASIC STEP

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

- Use a visual cue to HOLD the Basic Step to the center

4X MARCH ON TOP

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

- Use a visual cue to HOLD the 4 Marches on top of the step

WIDE FREEZE TAP COMBO

PHONETIC CUE 'Freeze, freeze, walk on the floor. Freeze, freeze, walk on the floor'

Wide Freeze Tap L then R on top of the step. RA 1-4

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

- Toes lightly touch the step



STYLIZED FREEZE TAP COMBO

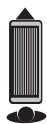
CUE 'Can you strike a pose?'

Strike a pose on cts 3-4

- Connect to the 'photograph no T-shirt on' lyrics
- Have some fun with this section



09. SPEED STEP



MUSIC Options 3:05 mins

TRACK FOCUS

Inform your class that all moves, except the Knee Lifts, require a natural running rhythm.

Regulate the intensity of the track by lifting your feet higher, or focus on the lighthearted fun feel by running lightly.

Try now Light running on or off the step. Option to do it totally on the floor. No Claps.

Try later Lifting your feet higher and adding the Claps

Teach Athletic

Come into this track

Hyped and ready to move quickly.

	CTS		CTS
0:00 / Intro / I got I got		1:37 / Ref / _ Baby, you know	
1x8 / Prepare to move	1-8	5x8 / Slow Knee Lift L then R. RA	1-16
0:02 / Instr / _ Woo-oooo		2½reps	
4x8 / Jog L, R OTS. RA	1-2	1:49 / V2 / _ They look for	
16reps		8x8 / B / 8x Jog On Top R. RA	1-16
0:11 / Rep / We came here to party		4reps	
8x8 / A / Freeze Knee Lift L then R. RA	1-8	👁 Next move on the last 8cts	
8reps		2:08 / PC / I got a whole	
0:30 / V1 / _ Been around the		4x8 / C / Speed T-Straddle & Jog On	
8x8 / B / 8x Jog On Top L. RA	1-16	The Floor Combo R. RA	1-16
4reps		2reps	
👁 Next move on the last 8cts		2:18 / C / You hey, I got	
0:49 / PC / I got a whole		8x8 / C¹ / Speed T-Straddle & Jog On	
4x8 / C / Speed T-Straddle & Jog On		The Floor Combo R. RA and Open & Clap	1-16
The Floor Combo L. RA	1-16	4reps	
2reps		2:37 / Rep / We came here to party	
👁 Next move on the last 8cts		4x8 / C² / Speed T-Straddle R. RA	1-8
0:59 / C / Hey , I got I got		4reps	
8x8 / C¹ / Speed T-Straddle & Jog On		2:47 / Instr / _Woo-oooo	
The Floor Combo L. RA & Open & Clap	1-16	4x8 / A / Freeze Knee Lift R then L. RA	1-8
4reps		4reps	
1:18 / Rep / We came here to party		2:56 / Outro /	
4x8 / C² / Speed T-Straddle L. RA	1-8	1x8 / Step R onto the step.	
4reps		Point both arms F	1-8
1:28 / Instr /			
4x8 / A / Freeze Knee Lift L then R. RA	1-8		
4reps			

09. SPEED STEP

TECHNIQUE & COACHING

JOG OTS

PHONETIC CUE 'Jog on the spot, right left right left'

- Jog on the floor behind the step

FREEZE KNEE LIFT

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

Freeze Knee Lift L on to the step. Freeze RA 1-2

Jog down R, L. RA 3-4

Repeat to the other side 5-8

- Bend your knee to soften the landing
- Whole foot on the step
- Knee up to hip level for more intensity

8X JOG ON TOP

PHONETIC CUE 'Eight jogs on top, 8, 7, 6, 5, 4, 3, 2, 1, jog on the floor, 8, 7, 6, 5, 4, 3, 2, 1, jog on the floor'

Jog L, R x4 on top of the step. RA 1-8

Jog L, R x4 on the floor. RA 9-16

- Use a visual cue to HOLD the 8 Jogs on top of the step

SPEED T-STRADDLE & JOG ON THE FLOOR COMBO

PHONETIC CUE 'Up, side, up, back, hold, up, side, up, back, hold'

Jog L, R on top of the step. RA 1-2

Straddle Jog down L, R. RA 3-4

Jog L, R on top of the step. RA 5-6

Jog L, R on the floor behind the step. RA 7-8

Jog L, R x4 on the floor. RA 9-16

- Use a visual cue to show the direction of the T-Straddle, and to HOLD the Jog on the floor



SPEED T-STRADDLE & JOG ON THE FLOOR COMBO & OPEN & CLAP

PHONETIC CUE 'Up, side, up, 4 claps 4, 3, 2, 1, up, side, up, back, 4, 3, 2, 1'

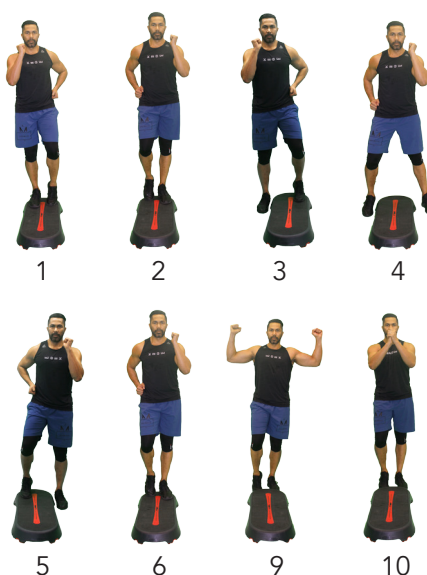
Jog L, R on top of the step. RA 1-2

Straddle Jog down L, R. RA 3-4

Jog L, R on top of the step. RA 5-6

Jog L, R on the floor behind the step. RA 7-8

Jog L, R x4 on the floor. Open & Clap x4 9-16



SPEED T-STRADDLE

CUE 'Keep the T-Straddle going, T again'

Jog L, R on top of the step. RA 1-2

Straddle Jog down L, R. RA 3-4

Jog L, R on top of the step. RA 5-6

Jog L, R on the floor behind the step. RA 7-8

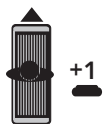
- Use a visual cue to show that you go onto the step again for the next T-Straddle

SLOW KNEE LIFT

PHONETIC CUE 'Slow Knee Lift, change legs'

- Halfway there; get ready to work the other side

10. PEAK 3



MUSIC Believer 5:26 mins

TRACK FOCUS

In the Side Vault Combo, coach your class to bend their knees HEAPS and to keep their butt low as they vault. Coach the 3x Alternating Squat Combo as the option for those who don't want do the Side Vault

Try now 3x Alternating Squat Combo

Try Later Side Vault Combo

Teach Athletic

Come into this track

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

	CTS		CTS
0:00 / Intro / You made me a		1:40 / Br / I was broken	
1x8 / Prepare to move	1-8	2x8 / Freeze, step to L side on 45° angle	1-16
0:03 / Instr / (Quiet)		👁 Next move on the last 8cts	
2x8 / A / Tap Down L then R. RA	1-4	1:47 / Instr / (Dubstep)	
4reps		8x8 / E / Side Vault Combo R	1-8
0:09 / Instr / (Heavier beat)		8reps	
4x8 / B / Propulsive Tap Down &		2:14 / Ref / I was broken	
2x Repeater Combo L (No arms)	1-16	2x8 / Transition to stand on top of the step	1-16
2reps		2:21 / Ref / From the heartache	
0:23 / C / _ Hey, you made		2x8 / B ² / Light Tap Down & 2x Repeater	
8x8 / B ¹ / Propulsive Tap Down &		Combo L (No arms)	1-16
2x Repeater Combo L. Punch O/H then		2:28 / C / _ Hey, you made	
Double Reach O/H	1-16	8x8 / B ¹ / REPEAT Propulsive Tap Down &	
4reps		2x Repeater Combo L. Punch O/H then	
0:52 / Rep / First things first		Double Reach O/H	1-16
4x8 / C / Propulsive OTT L then R. Reach		4reps	
Up & Down	1-8	2:56 / Br / First things first	
4reps		½x8 / C ¹ / OTT L. HOH	1-4
1:05 / Instr / (Quiet)		2:58 / Rep / _ Hey, you made	
2x8 / A / REPEAT Tap Down L then R. RA	1-4	4x8 / C / REPEAT Propulsive OTT R then L. Reach	
4reps		Up & Down	1-8
👁 Next move on the last 8cts		4reps	
1:12 / V1 / First things first		3:11 / Instr / (Quiet)	
4x8 / D / Alt Straddle L then R. RA	1-8	2x8 / A / REPEAT Tap Down R then L. RA	1-4
4reps		4reps	
1:26 / V1 / Second things		👁 Next move on the last 8cts	
4x8 / D ¹ / Alt Propulsive Straddle L then R.		3:18 / V2 / Third things third	
Blade RA	1-8	4x8 / D / REPEAT Alt Straddle R then L. RA	1-8
4reps		4reps	

10. PEAK 3

3:32 / V2 / Last things last	CTS
4x8 / D ¹ /  Alt Propulsive Straddle R then L. <i>Blade RA</i>	1-8
4reps	
3:46 / Br / I was broken	
2x8 /  Freeze, step to R side on 45° angle	1-16
 Next move on the last 8cts	
3:52 / Instr / (Dubstep)	
8x8 / E /  Side Vault Combo L	1-8
8reps	
4:20 / Ref / I was broken	
2x8 /  Transition to stand on top of the step	1-16
4:27 / Ref / From the heartache	
2x8 / B ² /  Light Tap Down & 2x Repeater Combo R (No arms)	1-16
4:34 / C / _ Hey, you made	
8x8 / B ¹ /  Propulsive Tap Down & 2x Repeater Combo R. <i>Punch O/H then Double Reach O/H</i>	1-16
4reps	
5:02 / Br / First things first	
½x8 / C ¹ /  OTT R. <i>HOH</i>	1-4
5:04 / Rep / _ Hey, you made	
4x8 / C /  Propulsive OTT L then R	1-8
4reps	
5:18 / Outro / Hey	
1x8 / Step L to the floor. <i>Punch L O/H</i>	1-8

10. PEAK 3

TECHNIQUE & COACHING

TAP DOWN

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

- Toes down, heel up
- Keep body weight on top of the step

PROPULSIVE TAP DOWN & 2X REPEATER COMBO

PHONETIC CUE 'Single 4, 3, 2, 1, double, double, 4, 3, 2, 1, double, double'

- Strong Punch O/H
- Long reach in the 2x Repeater

OPTION No propulsion, no arms



ALT STRADDLE

PHONETIC CUE 'Down down, lift your knee, down down, lift your knee'

Straddle down L, R. RA

1-2

Step L onto step, then lift R knee. RA

3-4

Repeat to the other side

5-8

- Tap your knee with your hand to show that your knee MUST lift

ALT PROPULSIVE STRADDLE

PHONETIC CUE 'Down down, jump the knee, down down, jump the knee'

Straddle down L, R. RA

1-2

Step L onto step. RA

3

Jump and lift R knee. RA

4

Repeat to the other side

5-8

OPTION No propulsion

SIDE VAULT COMBO

PHONETIC CUE 'Down, over, over, jump, down, over, over, jump'

- Stand to the L side of the step, on a 45-degree angle

Bend knees heaps, and place hands onto the step

1-2

Side Vault to the R side

3-4

Side Vault to the L side

5

Plyo Jump upward. Bent Raise F

6

Land the Plyo Jump with feet slightly apart and knees bent. Fists by shoulders

7-8

- **Bend your knees heaps**
- **Abs braced**
- **Eye gaze in front of hands**
- Butt down
- **Bend your knees on the landing of the jump**

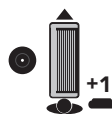


OPTION 3x Alternating Squat Combo (from Track 3 Athletic)



11. CONDITIONING 2

Weight Plate
1x 2.5kg



MUSIC Don't Leave 5:03 mins

TRACK FOCUS

Encourage your class to use a light weight plate, and to focus on precise movement and correct technique. Coach your class to keep the weight plate below shoulder height, and in front of the body in the Weighted Front Raise Combo.

Try now Lighter weight plate

Try later Heavier weight plate

Pre-Track

Get class to pick up a 2.5kg weight plate, or lighter

Set up Lunge position, L foot onto the center of the step, R foot back long with heel lifted, weight plate in R hand

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery

CTS		CTS	
0:00 / Intro /		2:49 / Ref / Than me	
4x8 / Pick up weight plate. Set up Lunge position with L foot on the step	1-32	2x8 / B / Shake out, then prepare to move again	1-16
0:14 / V1 / _ You know me		2:56 / Instr / (Dubstep)	
6x8 / A / Slow Weighted Front Raise Combo R	1-16	8x8 / C / Weighted Side Raise L	1-8
3reps		8reps	
0:36 / C / Don't leave		3:26 / Ref / Don't leave me	
8x8 / A ¹ / Weighted Front Raise Combo R	1-8	4x8 / Recover. Turn your step so your class can see the next exercise, but get them to keep their step where it is. Sit to the front of the step, and prepare for core work	1-32
8reps		Next move on the last 8cts	
1:06 / Ref / Than me		3:41 / Instr / (Dubstep)	
2x8 / B / Shake out, then prepare to move again	1-16	8x8 / D / Weighted Single Leg Extension	1-8
1:13 / Instr / (Dubstep)		8reps	
8x8 / C / Weighted Side Raise R	1-8	4:11 / PC / Don't leave me	
8reps		4x8 / Sit up, twist, then prepare for round 2 of core work	1-32
1:43 / Instr / Than me		4:25 / Instr / (Dubstep)	
4x8 / Recover, prepare to work the other side	1-32	8x8 / D / Weighted Double Leg Extension	1-8
1:58 / V2 / _ In a room		8reps	
6x8 / A / Slow Weighted Front Raise Combo L	1-16		
3reps			
2:20 / C / Don't leave			
8x8 / A ¹ / Weighted Front Raise Combo L	1-8		
8reps			

11. CONDITIONING 2

TECHNIQUE & COACHING

SLOW WEIGHTED FRONT RAISE COMBO

PHONETIC CUE 'Front raise, side, slowly lower, forward, side, lower'

Slowly Lunge down. *R* Slow Front Raise 1-4

Hold Lunge down. Slowly open *R* arm to the *R* side 5-8

Slowly Lunge up. Slowly lower weight down to start position 9-16

- Thumb towards ceiling
- **Keep the weight below shoulder height**
- **Keep the weight in front of the body as you open to the side**

OPTION No Lunge



Start Position 1-4 5-8 9-16

WEIGHTED FRONT RAISE COMBO

PHONETIC CUE 'Front, side, down slow, front, side, down slow'

Lunge down. *R* Front Raise 1-2

Hold Lunge down. Open *R* arm to the *R* side 3-4

Slowly Lunge up. Slowly lower weight down to start position 5-8



Start Position 1-2 3-4 5-8

Revisit:

- Thumb towards ceiling
- **Weight below shoulder height**
- **Weight in front of the body as you open to the side**
- **Avoid twisting as you open the arm out to the side**

Check posture:

- Chest up
- **Abs braced, stay square to the front**
- Check Lunge position
- **Front knee in line with toes**
- **Back heel lifted**
- Lunge straight down then up, avoid a forward movement where the front shin moves past the toes

OPTION No Lunge

WEIGHTED SIDE RAISE

PHONETIC CUE 'Side, top, side, lower, side, top, side, lower'

Slowly Lunge down. Straight Arm O/H Side Raise *R* 1-4

Slowly Lunge up. Straight arm slowly down to side *R* 5-8

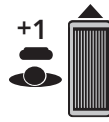
- Palm of the hand faces front throughout the exercise
- **Weight stays in front of the body** throughout the exercise

OPTION No Lunge



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

12. COOLDOWN/STRETCH



MUSIC Cold 3:50 mins

TRACK FOCUS

New stretches for BODYSTEP, so get the attention of your class and, step by step, coach your class how to get into these new positions.

Get class to move to the side of their step. Tell them that you have new stretches, so ask them to move into these stretches step by step with you.

Come into this track

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

	CTS		CTS
0:00 / Intro / Cold enough to		3:00 / V3 / _ Girl I tried	
4x8 / Move to L side of the step. Set up		1x8 / Transition to 45°, R foot on the step	1-8
Quad Stretch position	1-32	3:04 / C / Cold , enough	
0:21 / V1 / Cold , are we		2x8 / E / Hamstring Stretch R	1-16
4x8 / A / Quad & Chest Stretch R	1-32	3:13 / C / Cold to meet with	
0:40 / Distant , when		2x8 / E / Hamstring Stretch L	1-16
2x8 / Set up Hip & Glute Stretch		3:23 / C / Cold yeah	
Sit on the step, cross R leg over L leg	1-16	2x8 / F / Adductor Stretch L	1-16
0:49 / C / Cold , are we		3:32 / C / Cold yeah	
4x8 / B / Hip & Glute Stretch R	1-32	1½x8 / F / Adductor Stretch R	1-12
1:09 / Cold yeah		3:42 / I don't understand	
2x8 / Set up position for Quad & Chest		½x8 / Squat to center, <i>hands to thighs</i> and	
Stretch L	1-16	roll up	1-4
1:18 / V2 / _ What you holding			
4x8 / A / Quad & Chest Stretch L	1-32		
1:37 / Distant , when			
2x8 / Set up Hip & Glute Stretch			
Sit on the step, cross L leg over R leg	1-16		
1:47 / C / Cold , are we			
3x8 / B / Hip & Glute Stretch L	1-24		
2:02 / C / Something going			
1x8 / Transition to floor, facing F	1-8		
2:06 / C / Cold yeah			
2x8 / C / Soleus Stretch R	1-16		
2x8 / C / Soleus Stretch L	1-16		
2:25 / V3 / _ Never thought			
4x8 / D / ITB Stretch L	1-32		
2:45 / _ we're going too			
3x8 / D / ITB Stretch R	1-24		

12. COOLDOWN/STRETCH

TECHNIQUE & COACHING

QUAD & CHEST STRETCH

- Left side of the step
- Kneel on R leg, toes in line with the edge of the step
- Hands back, on the step
- Step L foot slightly in front of the R knee
- Lift hips towards the ceiling
- Squeeze the glutes
- Move shoulders away from ears
- Open the chest by pinching the shoulder blades together
- Keep eye gaze towards the ceiling and in front of the body (avoid looking above and behind)



HIP & GLUTE STRETCH

- Sitting on the step
- Cross R ankle over L knee
- Hands back, on the step
- Press R knee downward



SOLEUS STRETCH

- Kneel on R knee
- Toes of L foot beside R knee
- L heel grounded, gently press body weight forward



ITB STRETCH

- L foot crossed behind R foot
- Shift hips towards the L, and upper body towards the R



HAMSTRING STRETCH

- Body on 45-degree angle
- R foot on the step
- Tip forward from the hips
- Butt back, chest up
- Move belly button towards the top of the thigh by bending at the hip



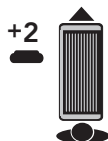
ADDUCTOR STRETCH

- Straddle the step and take the feet wide, toes turned out slightly
- Lunge R
- R knee in line with toes
- Push away from the L leg



03. STEP ORIENTATION

MUSIC Human / Centipede 4:39



TRACK FOCUS

Keep the focus on teaching correct technique for all the exercises, and on warming the body, as opposed to 'working harder'.

Try now 3x Alternating Squat Combo

Try later Making the Squats more staccato

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

	CTS		CTS
0:00 / Intro / I'm only human		2:55 / Br / (Laugh)	
½x8 / Prepare to move	1-4	1x8 / Break	1-8
0:02 / Instr / Blame on me		2:59 / Instr /	
4x8 / A / Basic Step L. RA	1-4	2x8 / Set up for next exercise	1-16
8reps		3:06 / V1 / Maybe I'm foolish	
👁 Next move on the last 8cts		4x8 / A / Basic Step R. RA	1-4
0:16 / Instr / (Heavier beat)		8reps	
4x8 / B / Triple Squat Pulse R. <i>Blade RA</i>	1-8	👁 Next move on the last 8cts	
4reps		3:20 / V2 / _ Some people	
👁 Next move on the last 8cts		4x8 / B / Triple Squat Pulse L. <i>Blade RA</i>	1-8
0:30 / C / I'm only human		4reps	
8x8 / B¹ / 3x Alt Squat Combo R.		👁 Next move on the last 8cts	
<i>Blade RA</i>	1-8	3:34 / C / I'm only human	
8reps		8x8 / B¹ / 3x Alternate Squat Combo L	1-8
0:58 / Instr /		8reps	
4x8 / Break. Set up next exercise	1-32	4:02 / Rep / I'm only human	
👁 Jump Squat Combo on the last 8cts		4x8 / E / OTT L then R. <i>HOH</i>	1-8
1:12 / Rep / I'm only human		4reps	
8x8 / C / Jump Squat Combo	1-16	4:16 / I'm only human	
4reps		4x8 / E¹ / Propulsive OTT L then R. <i>Reach</i>	
1:40 / Br / (Laugh)		<i>Up & Down</i>	1-8
2x8 / Break	1-16	4reps	
1:47 / Ref / _ Just like the		4:30 / Outro / Blame on me	
4x8 / Set up for next exercise	1-32	½x8 / Step L to the floor. <i>Flexed hands F</i>	1-4
👁 Next move on the last 8cts			
2:01 / C / (Riff)			
16x8 / D / Slow Centipede Burpee	1-32		
4reps			

03. STEP ORIENTATION

TECHNIQUE & COACHING

BASIC STEP

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

- Use a visual cue to keep the Basic Steps on the left leg
- Natural walking rhythm
- **Whole foot on the step**

TRIPLE PULSE SQUAT

PHONETIC CUE 'Hold 3, 2, 1 lift your knee, 3, 2, 1, lift your knee'

Triple Squat Pulse L. Blade RA

1-5

Squat up & lift R knee. Blade RA

6-8



3X ALT SQUAT COMBO

PHONETIC CUE 'Hold 3, 2, 1, lift your knee, 3, 2, 1, lift your knee'

Squat L. Blade RA

1-2

Squat R. Blade RA

3-4

Squat L. Blade RA

5

Squat up & lift R knee. Blade RA

6-8

- Sit butt back and down
- **Knees in line with toes**
- **Chest up**

OPTION: Stay taller, and tap toes to the floor

Layer 2

- Aim to make it staccato by freezing the Squat for a little longer

PHONETIC CUE 'Freeze, freeze, freeze, knee'



JUMP SQUAT COMBO

PHONETIC CUE 'Jump on, squat up, jump down, squat up, turn, squat up, hold squat, again, jump on, squat up, jump down, squat up, turn, squat up, hold squat, up'

Staggered Squat Jump onto the step.

Bent Raise F

1-2

Squat up. Fists to hips

3-4

Staggered Squat Jump forward to the floor.

Bent Raise F

5-6

Squat up. Fists to hips

7-8

Staggered Turn & Squat. Bent Raise F

9-10

Squat up. Fists to hips

11-12

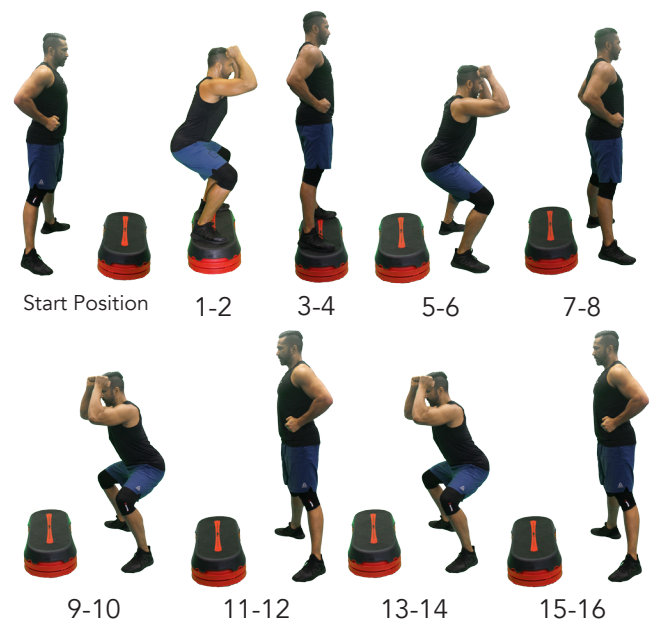
Squat down. Bent Raise F

13-14

Squat up. Fists to hips

15-16

- Stagger the landings to lessen the landing impact
- **Bend knees on every landing**



03. STEP ORIENTATION

TECHNIQUE & COACHING

OTT

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

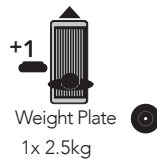
- With hands on hips
- Establish the 'down then up' rhythm

PROPULSIVE OTT

CUE 'Add a jump, and a Knee Lift'



AC. ATHLETIC CIRCUIT



MUSIC Touch / Centipede / Samsara 7:33 mins

TRACK FOCUS

Coach class to brace abs and bend knees HEAPS on all exercises where you touch the step with your hands. Get your class to bend knees and stay low in the Speed Straddles, then to drive upward in the Weighted Squats.

Try now Light options

Try later Intensity options

Teach Athletic

Come into this track

Strong and authoritative

Pre-Track

Choose a 2.5kg or 5kg weight plate; place it to the front of your step.

Stand on top of the step.

	CTS		CTS
0:00 / Intro / Samsara _		2:06 / Ref / Ten , nine	
4½x8 / Prepare to move	1-36	4x8 / Set up the next exercise	1-32
0:14 / C / Just a touch		👁 Centipede Crawl Combo on the last 8cts	
4x8 / A / Freeze Tap & Speed Tap Combo L	1-8	2:20 / C / (Riff)	
4reps		12x8 / D / Centipede Crawl Combo	1-16
👁 Next move on the last 8cts		6reps	
0:28 / Just a touch		3:01 / Br / (Laugh)	
4x8 / A¹ / Single Squat & Speed Tap		1x8 / Break	1-8
Combo L	1-8	3:05 / V1 / _ Time's running	
4reps		4x8 / Pick up weight plate, set up for next	
0:42 / Ref / Ten , nine		exercise	1-32
4x8 / Recover; set up for the next exercise	1-32	3:19 / Br / Four , three	
0:56 / Rep / Just a touch		1x8 / 👁 Next move on the last 8cts	1-8
8x8 / B / Touch Squat Jump Combo L	1-8	3:23 / C / (Riff)	
8reps		8x8 / E / Speed Straddle & Squat Press	
1:23 / Br / Four, three		Combo L	1-8
½x8 / Freeze	1-4	8reps	
1:25 / Instr / (Riff)		3:56 / Br / (Laugh)	
4x8 / C / Speed Tap R&L. <i>Blade RA</i>	1-2	1x6 / Break	1-6
16reps		4:00 / Ref / Ten , nine	
1:39 / Br / (Laugh)		4x8 / Set up the next exercise	1-32
½x8 / Freeze	1-4	👁 Next move on the last 8cts	
1:41 / Instr / _ The giant		4:13 / C / (Riff)	
8x8 / Recover	1-64	12x8 / D / Centipede Crawl Combo	1-16
		6reps	

AC. ATHLETIC CIRCUIT

	CTS
4:54 / Br / (Laugh)	
1x8 / Break	
4:58 / V2 / _ Don't waste	
4x8 / Pick up weight plate, set up for next exercise	1-32
5:12 / Br / Four , three	
1x8 /  Next move	1-8
5:16 / C / (Riff)	
8x8 / E /  Speed Straddle & Squat Press	
Combo R	1-8
8reps	
5:50 / Instr /	
4x8 / Recover; Set up for the next exercise & Speed Tap Combo	1-32
 Next move on the last 8cts	
6:04 / C / Just a touch	
4x8 / A /  Freeze Tap & Speed Tap	
Combo R	1-8
4reps	
 Next move on the last 8cts	
6:18 / C / Just a touch	
4x8 / A ¹ / Single Squat & Speed Tap	
Combo R	1-8
4reps	
6:32 / Instr / Ten , nine	
4x8 / Recover; set up for the next exercise	1-32
6:45 / Rep / Just a touch	
8x8 / B /  Touch Squat Jump Combo R	1-8
8reps	
7:12 / Br / Four , three	
½x8 / Freeze	1-4
7:14 / Instr / (Riff)	
4x8 / C /  Speed Tap L&R. <i>Blade RA</i>	1-2
16reps	
7:28 / Outro /	
½x8 / Squat L & Freeze	1-4

AC. ATHLETIC CIRCUIT

TECHNIQUE & COACHING

FREEZE TAP & SPEED TAP COMBO

PHONETIC CUE 'Freeze, freeze, quick quick quick quick, freeze, freeze, quick quick quick quick'

Freeze Tap L then R. Blade RA 1-4

Speed Tap L then R x2. Blade RA 5-8

- Body weight on top of the step
- **Toes lightly touch the floor, heels off the floor**
- Bend knees to reach the floor

**SINGLE SQUAT & SPEED TAP COMBO**

PHONETIC CUE 'Squat, squat, tap tap tap tap. Squat, squat, tap tap tap tap'

Squat L then R. Blade RA 1-4

Speed Tap L then R x2. Blade RA 5-8

- Bend knees and sit the butt back and down
- Chest up

**TOUCH SQUAT JUMP COMBO**SETUP

- Straddle the step
- Hands to top of thighs
- **Bend knees**
- **Brace abs and tip forward from the hips**
- **Chest up**

PHONETIC CUE 'Touch, jump up, jump down, squat. Touch, jump up, jump down, squat'

Squat and touch the step with L hand. R hand extended on R diagonal 1-2

Plyo Jump onto the step. Bent Raise F 3-4

Straddle Jump to the floor. Hands to the top of thighs 5

Squat up. Hands to the top of thighs 6

Squat down. Hands to the top of thighs 7-8

- Brace abs and rotate from the ribcage as you touch the step
- **Bend your knees on the landings when you jump on and off the step**

OPTION Speed Tap

PHONETIC CUE 'Speed Tap – GO!'

- Use a visual cue to show the direction to move
- Body weight on the floor
- Toes lightly tap the step

OPTION Straddle the step, and bounce side to side

AC. ATHLETIC CIRCUIT

**CENTIPEDE CRAW L COMBO**SETUP

- One foot away from the back of your step
- Feet hip-width apart
- Hands to top of thighs
- Bend knees and get low

PHONETIC CUE 'Crawl forward, 4, 3, 2, 1, press, crawl back, 4, 3, 2, 1, down up down, forward, four three two one, press, crawl back, 4, 3, 2, 1, down up down'

Crawl hands forward L, R, L, R 1-4

Triceps Pushup 5-8

Crawl hands backward L, R, L, R 9-12

Squat down. Pull fists to hips 13

Plyo Jump up. Bent Raise F 14

Land Plyo Jump and hold Squat position.

Fists by shoulders 15-16

Crawl Forward and Crawl Backward

- **Bend knees**

- **Abs braced**

Triceps Pushup

- **Keep shoulders above elbow level**

- **Elbows by ribs**

Plyo Jump

- **Bend knees on the landing**

- Stay low on the landing to prepare to crawl forward

- Be sure to cue the Squat BEFORE you jump
'Down up down'

OPTION Plank instead of Triceps Pushup, and no Plyo Jump



TECHNIQUE & COACHING

SPEED STRADDLE & SQUAT PRESS COMBOSETUP

- Pick up weight plate
- Weight to collarbone
- Bend knees and stay low
- Straddle the step

PHONETIC CUE 'Run up, down, up, down, press, press. Run up, down, up, down, press, press'

Speed Straddle up & down L x2. Hold weight plate close to collarbones 1-8

Squat up. Press weight plate O/H 9-10

Squat down. Pull weight plate to collarbones 11-12

Squat up. Press weight plate O/H 13-14

Squat down. Pull weight plate to collarbones 15-16

- Bend knees and stay low in the Speed Straddles
- Keep weight plate close to collarbones as you speed straddle



MUSIC

- 1 **Now And Later** (4:19)
Nice One
© 2017 Les Mills Music Licensing Ltd.
Written by: Woods, Clampitt, Kirkpatrick, Schuller, Spargur, Wong, Woods
 - 2 **Stay** (3:21)
Snap, Crackle & Pop
© 2017 Les Mills Music Licensing Ltd.
Written by: Zaslavski, Aarons, Caracciolo, Froen, Parmenius, Wiklund
 - 3 **Fun** (4:07)
Silver Fox
© 2017 Les Mills Music Licensing Ltd.
Written by: Brown, Perez, Johnson, Coffee, Izquierdo, Evigan, Johnson, J. Johnson, S. Johnson, Lomax
 - 4 **Starboy** (4:23)
Level Two Smokers
© 2017 Les Mills Music Licensing Ltd.
Written by: Walter, McKinney, Homem, Tesfaye, Bangalter
 - 5 **Centipede** (1:18)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Jump Around (1:57)
Lego Migrant
© 2017 Les Mills Music Licensing Ltd.
Written by: Schrody, Mann, Appell, Relf, Nelson, Smith, Webb, Cronander, Muggerud
Centipede (1:12)
The Sprints
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Written by: McGrillen, Swire
Jump Around (1:35)
Lego Migrant
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Written by: Schrody, Mann, Appell, Relf, Nelson, Smith, Webb, Cronander, Muggerud
 - 6 **This Ain't A Scene It's An Arms Race** (4:44)
The Boy King
© 2017 Les Mills Music Licensing Ltd.
Written by: Hurley, Wentz, Stump, Trohman
 - 7 **Samsara** (3:22)
Liquid Chalk
© 2017 Les Mills Music Licensing Ltd.
Written by: Clausen, Larsen, Tungevaag, Soederlund
 - 8 **Touch** (4:17)
M.F.Y
© 2017 Les Mills Music Licensing Ltd.
Written by: Plested, Ibrahim, Jordan-Patrikios, Govere
 - 9 **Options** (3:05)
Seagull See Null
© 2017 Les Mills Music Licensing Ltd.
Written by: Evigan, Scherr, Martin, Kirkpatrick, Douglas, Perez, Marley
 - 10 **Believer** (5:26)
Sin Amin
© 2017 Les Mills Music Licensing Ltd.
Written by: Sermon, Reynolds, McKee, Platzman, Fredriksson, Larsson, Tranter
 - 11 **Don't Leave** (5:03)
Natural Roots
© 2017 Les Mills Music Licensing Ltd.
Written by: Orsted, David, Dickinson, Djafari, Janiak, Keen
 - 12 **Cold** (3:50)
Maroon 5
Courtesy of the Universal Music Group.
Written by: Ryan, Levine, Tranter, Hindlin, Shaouy
- ATH Human** (1:41)
3 Plays On Words
© 2017 Les Mills Music Licensing Ltd.
Written by: Hartman, Graham
Centipede (1:15)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Human (1:43)
Plays On Words
© 2017 Les Mills Music Licensing Ltd.
Written by: Hartman, Graham
- AC Touch** (1:40)
M.F.Y
© 2017 Les Mills Music Licensing Ltd.
Written by: Plested, Ibrahim, Jordan-Patrikios, Govere
Centipede (1:22)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Samsara (0:55)
Liquid Chalk
© 2017 Les Mills Music Licensing Ltd.
Written by: Clausen, Larsen, Tungevaag, Soederlund
Centipede (0:58)
The Sprints
© 2017 Les Mills Music Licensing Ltd.
Written by: McGrillen, Swire
Samsara (0:56)
Liquid Chalk
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Written by: Clausen, Larsen, Tungevaag, Soederlund
Touch (1:42)
M.F.Y
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Written by: Plested, Ibrahim, Jordan-Patrikios, Govere



From L-R: Mark Nu'u-Steele, Charlotte Fleetwood-Smith, Lisa Osborne, Dr. Dan Maroun

Whether you're new to BODYSTEP, or an experienced stepper, this kick-butt full-body workout is for you!

In this release, I have programmed exercise modifications into every track. These will either increase or decrease the intensity or complexity of the workout, so that there's options you can try in your first class, which will keep you moving with success, then others that you can try later in your next classes to add more challenge to your workout.

All the music mixes are created especially for BODYSTEP, and I've remixed them all to give you the best musical experience as you work out.

The Warmup song title is *Now And Later*, where we introduce you to a Half Stomp pattern that you can try now, and later in your next class.

Next up, we continue to warm our stepping muscles with a staccato Squat pattern to *Stay*. The third song is *Fun* and this is where we add a cha-cha-cha rhythm and flava to boost the fun factor in the workout.

Peak 1 is done to the song *Starboy*, and has two star-themed exercises that will get your heart rates soaring.

We continue with the new-styled Mixed Strength track, where you'll see the Centipede Burpee, to the song *Centipede*. In this track, we also mix in weighted Plyo Jumps and Lunges to the song *Jump Around*.

This Ain't A Scene gets us to the halfway mark, and a breath taking Peak 2.

The song *Samsara* (my personal favorite) gives us a bit of cardio relief as we integrate more staccato lower-body work with Single Arm Shoulder Presses for some great conditioning training.

Party Step is next up, and it's all about touching, and striking poses to the song *Touch*.

The Speed Step track gets us moving with speed and agility to the song *Options*. Then we power onward to Track 10, and Peak 3, *Believer*, with single and double rhythms, Propulsive Straddles and Side Vaults. You just have to believe in yourself with this heart-churning cardio track!

Functional training for the entire body is up next with Conditioning 2, then we cool down with a couple of new stretches to the song *Cold*.

We also have the BODYSTEP ATHLETIC format, where we replace Tracks 2, 3, 8 and 9 with two Athletic tracks. Here the complexity is dialed down, and the athleticism is dialed up. Check out the new Touch Squat & Jump Combo, and the Centipede Crawl Combo in the BODYSTEP ATHLETIC class.

CREDITS

Choreography – Mark Nu'u-Steele

Chief Creative Officer – Dr Jackie Mills

Creative Director – Lisa Osborne

Production Coordinator – Ellen Tocher

Program Coach – Giles Bryant

Technical Consultant – Andrew Newmarch

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, BODYATTACK and CXWORX™ Instructor and a LES MILLS GRIT™ Series Coach. She is based in Auckland.

Dr. Dan Maroun (USA) is a BODYSTEP, BODYJAM™ and BODYPUMP™ Instructor and a BODYATTACK, CXWORX and SH'BAM™ Trainer. He lives in Illinois, where he is a university professor.

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.

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

These notes have 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 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 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).

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 – Fun
- **Track 5:** Use 1 weight plate (2.5kg or 5kg)
- **Track 7:** Use 1 weight plate (2.5kg or lighter)
- **Track 11:** Use 1 weight plate (2.5kg or lighter)

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 and 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 – Human / Centipede
- **Track 5:** Use 1 weight plate (2.5kg or 5kg)
- **Track 7:** Use 1 weight plate (2.5kg or lighter)
- **Athletic Circuit:** Use 1 weight plate (2.5kg or 5kg)
- Use Athletic Circuit in place of Tracks 8 and 9 – Touch / Centipede / Samsara
- The Athletic Circuit must be taught after Track 10.
- **Track 11:** Use 1 weight plate (2.5kg or lighter)

CLASSIC TRACK SELECTION

- 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** Conditioning 1
- Track 8** Party Step
- Track 9** Speed Step
- Track 10** Peak 3
- Track 11** Conditioning 2
- Track 12** Cooldown/Stretch

ATHLETIC TRACK SELECTION

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- Track 6** Peak 2
- Track 7** Conditioning 1
- Track 10** Peak 3
- AC** Athletic Circuit
ATHLETIC
- Track 11** Conditioning 2
- Track 12** Cooldown/Stretch

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** Conditioning 1
- Total Time** 24:16

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** Conditioning 1
- Track 8** Party Step
- Track 10** Peak 3
- Total Time** 35:17

ATHLETIC 30-MINUTE

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- AC** Athletic Circuit
- Total Time** 22:12

ATHLETIC 45-MINUTE

- Track 1** Warmup
- Track 3** Step Orientation
ATHLETIC
- Track 4** Peak 1
- Track 5** Mixed Strength
- Track 6** Peak 2
- Track 7** Conditioning 1
- AC** Athletic Circuit
ATHLETIC
- Track 11** Conditioning 2
- Total Time** 35:21

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)
- 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.