

BODYSTEP 112

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

ATHLETIC

03. STEP ORIENTATION ATHLETIC

ATHLETIC

AC. ATHLETIC CIRCUIT

MUSIC

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MUSIC			EXERCISE		CTS	REPS
0:06	Intro / Payback is a	2x8	Prepare to move		16	
0:13	Instr /	2x8	Bounce L&R. Relaxed Arms by sides		2	8x
		2x8	Bounce L&R		2	8x
			👁️ Next move on last 8cts			
0:25	C / Baby I'm sorry	8x8	A	Basic Step & Bounce Combo L	8	8x
0:54	Rep / Better walk that	4x8	B	Walk F&B on L diagonal. RA	8	4x
1:07	V1 / Now I'm out	4x8	C	Step Knee Lift F&B L. RA	4	8x
1:21	Now you're out	4x8	D	16x Repeater Knee Lift L. RA	32	
1:34	Br / Baby I'm sorry	½x8	E	Step feet apart & freeze. Flexed hands F	4	
1:36	PC / Now payback	4x8	F	Squat & Touch Step	4	8x
				👁️ Next move on last 16cts		
1:50	Rep / _ Can't have this	8x8	G	Crawl Combo L	16	4x
2:16	Br / Baby I'm sorry	½x8	H	Bend knees. Hands to step	2	
				Jump feet B, hips high	2	
2:18	Ref / Better walk	4x8	I	Active Calf Stretch L&R	4	8x
		4x8	J	Light Mountain Climber L&R	4	8x
2:45	Br / I'm not sorry	½x8	K	Jump feet in towards step (Narrow)	2	
				Stand tall	2	
2:47	C / Baby I'm sorry	4x8	A	🔄 Basic Step & Bounce Combo R	8	4x
3:01	Rep / Better walk that	4x8	B	🔄 Walk F&B on R diagonal. RA	8	4x
3:15	V2 / Baby fineness	4x8	C	🔄 Step Knee Lift R F&B. RA	4	8x
3:28	Cause the grass	4x8	D	🔄 16x Repeater Knee Lift R. RA	32	
3:42	Br / Baby I'm sorry	½x8	E	🔄 Step feet apart & freeze. Flexed hands F	4	
3:44	PC / Now payback	4x8	F	🔄 Squat & Touch Step	4	8x
				👁️ Next move on last 16cts		
3:57	Rep / _ Can't have this	8x8	G	🔄 Crawl Combo R	16	4x
4:24	Br / Baby I'm sorry	½x8	H	🔄 Bend knees. Hands to step	2	
				🔄 Jump feet B, hips high	2	
4:26	Ref / Better walk that	4x8	I	🔄 Active Calf Stretch R&L	4	8x
		4x8	J	🔄 Light Mountain Climber R&L	4	8x
4:53	Br / I'm not sorry	½x8	K	🔄 Jump feet in towards step (Narrow)	2	
				Stand tall	2	
4:55	C / Baby I'm sorry	4x8	A	🔄 Basic Step & Bounce Combo R	8	4x
5:08	Br /	½x8		Hip Extension R. RA	4	

01. SORRY NOT SORRY 5:11 mins

TECHNIQUE & COACHING

BOUNCE

CUE 'Bounce right and left'

- Feet wider than hip-width
- Abs braced
- Shift body weight from one leg to the other
- Common fault: Loose or relaxed upper body. Hips swaying side to side

BASIC STEP & BOUNCE COMBO

Basic Step L. RA

Bounce L&R x2. RA

PHONETIC CUE 'Walk up, down, bounce, up, down, bounce'

- Whole foot on the step
- 2 stances; feet narrow; feet wider

WALK F&B ON L DIAGONAL

Walk F L, R, L. RA

Lift R knee. RA

Walk B R, L, R. RA

Curl L leg. RA

PHONETIC CUE 'Walk forward, lift your knee; walk back, lift your heel; walk forward, lift your knee; walk back, lift your heel'

- Body on 45-degree angle

STEP KNEE LIFT F&B

Step L F then lift R knee. RA

Step R back then tap L foot in to R foot

PHONETIC CUE 'Step knee, step back, step knee, step back'

- Body on 45-degree angle
- Same foot steps forward each time / same knee lifts each time

16X REPEATER KNEE LIFT

CUE 'Repeater, step and lift'

- Body on 45-degree angle
- Front knee bent / chest up / push the back leg long with heel up
- Layer 2 – Bend knee, sit lower, get warmer quicker

STEP FEET APART & FREEZE

CUE 'Face front and hold, squat and touch'

- Use a visual cue to HOLD OTS

SQUAT & TOUCH STEP

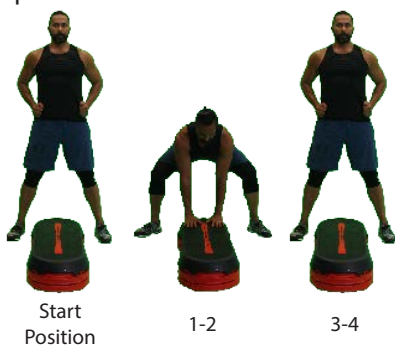
Feet wide, squat and tip F from the hips.

Lightly touch the step

Squat up and stand tall. Fists to hips

PHONETIC CUE 'Squat and touch, stand, squat, stand'

- Bend your knees
- Chest up



CRAWL COMBO

Squat and place L hand onto the step

Crawl R then L, F to Plank position

Lower hips and brace abs to Plank position

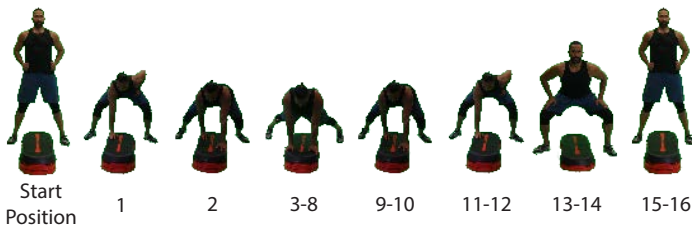
Bend knees and crawl L, R, L backward to Squat position

Squat. Hands to thighs

Stand tall. Fists to hips

PHONETIC CUE '3, 2, 1, hold Plank, 3, 2, 1, squat, stand, 3, 2, 1, hold Plank, 3, 2, 1, squat, stand'

- Abs Braced
- Hips down to Plank position
- Knees bent as you crawl forward, and as you crawl backward
- Chest up
- Eye gaze in front of thumbs as you crawl



TRANSITION TO ACTIVE CALF STRETCH

Bend knees. Place hands onto the step

Jump feet back to Down Dog position

CUE 'Hands down, jump back'





01. SORRY NOT SORRY 5:11 mins

ACTIVE CALF STRETCH

Down Dog position, walk L heel to floor 1-2
Walk R heel to floor 3-4

PHONETIC CUE 'Walk right, left, right, left'

- Hips high
- Abs braced
- Eye gaze in front of hands



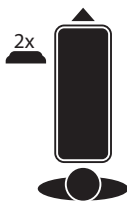
LIGHT MOUNTAIN CLIMBER

Down Dog position, pull L knee in towards L elbow 1-2
Hop L foot back and pull R knee in towards R elbow 3-4

PHONETIC CUE 'Run right, left, right, left'

- Hips high
- Abs braced
- Knees in towards elbow





02. STEP WARMUP

TRACK FOCUS

Coach correct technique in the Lunges, then work with the music, using the “one, two, three” lyrics to create a cool and focused vibe.

Teach Athletic

Come into this track
Calm, in control, and loaded with important information to get your class stepping correctly for the rest of the workout.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Alt Hip Extension L then R. RA	8 4x
0:14	V1 / Talking in my	4x8	B	Basic Step L. RA	4 8x
0:29	Oh, he makes	4x8	C	Step Lunge L then R. HOH 👁️ Next move on last 8cts	16 2x
0:44	PC / One, pick up	4x8	C¹	Triple Pulse Lunge L then R. Freeze. RA 👁️ Next move on last 8cts	16 2x
1:00	C / One, two, three	8x8	C²	Lunge Squat Lunge Combo L then R. Blade RA	16 4x
1:30	Br /	½x8	A¹	Hip Extension L. RA	4
1:32	Rep / One, two, three	4x8	A	🔄 Alt Hip Extension R then L. RA	8 4x
1:46	V2 / I keep pushing	4x8	B	🔄 Basic Step R. RA	4 8x
2:01	But my love	4x8	C	🔄 Step Lunge R then L. HOH 👁️ Next move on last 8cts	16 2x
2:16	PC / One, pick up	4x8	C¹	🔄 Triple Pulse Lunge R then L. Freeze RA 👁️ Next move on last 8cts	16 2x
2:31	C / One, two, three	8x8	C²	🔄 Lunge Squat Lunge Combo R then L. Blade RA	16 4x
3:02	Br /	½x8	A¹	🔄 Hip Extension R. RA	4
3:04	Rep / One, two, three	4x8	A	🔄 Alt Hip Extension L then R. RA	8 4x



02. NEW RULES 3:19 mins

TECHNIQUE & COACHING

ALT HIP EXTENSION

PHONETIC CUE 'Step lift, change legs; step lift change legs'

- Free leg low
- Squeeze butt
- Pull the heel behind you



BASIC STEP

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

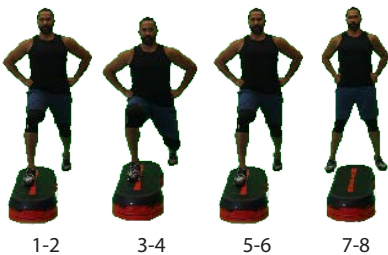
- Whole foot on the step
- Natural walking rhythm
- Move your arms for momentum to move your legs

STEP LUNGE

Step L onto the step. HOH 1-2
Lunge down. HOH 3-4
Lunge up. HOH 5-6
Step L back to the floor, hip-width apart. HOH 7-8
Repeat to the other side 9-16

PHONETIC CUE 'Step, lunge, rise, other side; step, lunge, rise, other side'

- Long step on
- Back heel up
- Knee out
- Chest up



TRIPLE PULSE LUNGE

Step L onto the step and pulse lunge x3. RA 1-6
Step L back to the floor, hip-width apart. 7-8
Fists to hips
Repeat to the other side 9-16

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

- Long step on
- Back heel up
- Knee out
- Chest up

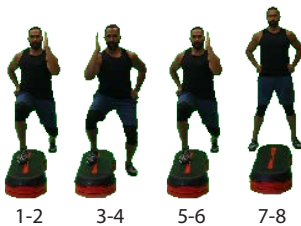


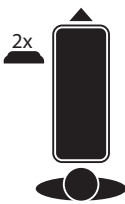
LUNGE SQUAT LUNGE COMBO

Step L onto the step & Lunge. Blade RA 1-2
Step R to the R side & Squat. Blade RA 3-4
Step R to the back and Lunge. Blade RA 5-6
Step L back to the floor, hip-width apart. 7-8
Fists to hips
Repeat to the other side 9-16

PHONETIC CUE 'Lunge, squat, lunge, change sides; lunge, squat, lunge, change sides'

- Not too deep, we're still warming up





03. STEP ORIENTATION

TRACK FOCUS

Two contrasting movements in this track: the Cha-Cha-Cha, where we encourage our class to let loose and move to the Cha-Cha-Cha rhythm, and the Freeze Taps, which are sharp and precise. Use the “Oh yeah” lyrics to connect with your class and to bring out the fun flava feel in the Cha-Cha-Cha’s.

Teach Flava

Come into this track
Great energy, happy and light-hearted.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / _ I’ve got new	4x8	A	Up Tap L then R. RA 👁️ Next move on last 4cts	8	4x
0:13	C / _ I want to cut	4x8	A ¹	Tap Down L then R. RA 👁️ Next move on last 4cts	8	4x
0:29	_ I want to play	4x8	A ²	Cha-Cha-Cha L then R. Natural Arms 👁️ Next move on last 8cts	8	4x
0:43	Instr / _ Oh yeah	4x8	A ³	Traveling Cha-Cha-Cha F&B L. Natural Arms F, then push the ceiling B	8	4x
0:57	Instr /	2x8	B	Basic Step L. RA	4	4x
1:05	V1 / _ I had a dream	4x8	C	3x Repeater Knee Lift L then R. RA 👁️ Next move on last 8cts	16	2x
1:19	_ I want some	2x8	C ¹	3x Freeze Tap Sequence L then R. Blade Arms	16	
1:26	Ref / Cut cut cut	8x8	D	3x Freeze Tap & 3x Repeater Knee Lift Combo L	16	4x
1:56	Br / Cu cu cu cu cut	½x8	A ¹	🔄 Tap Down L	4	
1:58	C / _ I want to cut	4x8	A ²	🔄 Cha-Cha-Cha R then L. RA 👁️ Next move on last 8cts	8	4x
2:12	Instr / _ Oh yeah	4x8	A ³	🔄 Traveling Cha-Cha-Cha F&B R. Natural Arms F, then push the ceiling B	8	4x
2:26	Instr /	2x8	B	🔄 Basic Step R. RA	4	4x
2:34	V2 / _ Cancel your	4x8	C	🔄 3x Repeater Knee Lift R then L. RA 👁️ Next move on last 8cts	16	2x
2:48	_ A chemical	2x8	C ¹	🔄 3x Freeze Tap Sequence R then L. Blade Arms	16	
2:55	Ref / Cut cut cut	8x8	D	🔄 3x Freeze Tap & 3x Repeater Knee Lift Combo R. Blade Arms	16	4x
3:25	Br / Cu cu cu cu cut	½x8	A ¹	🔄 Tap Down R	4	
3:27	C / _ I want to cut	4x8	A ²	🔄 Cha-Cha-Cha L then R. RA	8	4x
3:41	Instr / _ Oh yeah	4x8	A ³	🔄 Traveling Cha-Cha-Cha F&B L. Natural Arms F, then push the ceiling B	8	4x
3:56	Outro /	1x8		Step L on to the step. Slice both arms down by sides	8	



03. CUT TO THE FEELING 4:05 mins

TECHNIQUE & COACHING

UP TAP

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

TAP DOWN

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

- Body square to the front
- Bend supporting leg
- Move side leg around to the side

CHA-CHA-CHA

PHONETIC CUE 'Cha-Cha-Cha, change sides; Cha-Cha-Cha, change sides'

- Bend knees and relax into the rhythm
- A little loose on the outside, with abs braced

TRAVELING CHA-CHA-CHA F&B

Cha-Cha-Cha forward L. Natural Arms 1-2

Step down R,L. Natural Arms 3-4

Cha-Cha-Cha backward R. Natural Arms 5-6

Step L down. Push the ceiling 7

Step R down. Push the ceiling 8

PHONETIC CUE 'Cha-Cha-Cha forward, step down, Cha-Cha-Cha back, step down; Cha-Cha-Cha forward, step down, Cha-Cha-Cha back, step down'

- Push the ceiling to the lyrics "Oh yeah" – bring out some flava

OPTION No travel



BASIC STEP

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

- Use a visual cue to HOLD OTS

3X REPEATER KNEE LIFT

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

- Use a visual cue to show the leading leg



3X FREEZE TAP SEQUENCE

Leap L onto the step and freeze tap R to the side. Freeze Blade RA 1-2

Switch and freeze R onto the step and freeze tap L to the side. Freeze Blade RA 3-4

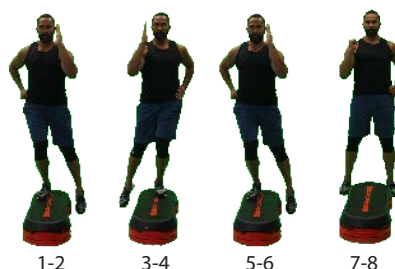
Switch and freeze L onto the step and freeze tap R to the side. Freeze Blade RA 5-6

Step back R, L. RA 7-8

Repeat to the other side 9-16

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

- Body weight over the step, toes lightly touch the floor
- Sharp precise movements
- Cut your hand through the air



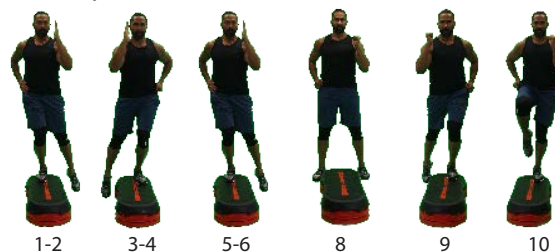
3X FREEZE TAP & 3X REPEATER KNEE LIFT COMBO

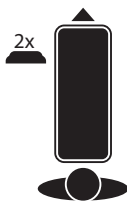
3x Freeze Tap L. Freeze Blade RA 1-8

3x Repeater Knee Lift R. RA 9-16

PHONETIC CUE 'Freeze 3, 2, 1, Repeater, chill... Freeze 3, 2, 1, Repeater, chill...'

- Show contrast by making the Freeze Taps staccato and sharp, then relax a little more with the Repeaters





04. PEAK 1

TRACK FOCUS

Work with the music in the Crawl Combo, using the “one, two three’ lyrics to coach the Crawl. Coach the light options for those who need them, but also coach how to keep working these options with intensity.

Teach Athletic

Come into this track
Strong, athletic, energized and ready to work your way to the first cardio peak.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Break me down	¾x8		Prepare to move	6	
0:02	Instr / Do what it takes	4x8	A	Bounce L&R. Relaxed Arms 👁️ Next move on last 16cts	2	16x
0:16	One, two, three	8x8	B	Crawl Combo L	16	4x
0:44	C / Whatever it takes	4x8	C	Knee Lift L then R. RA 👁️ Next move on last 4cts	8	4x
0:58	Instr / Do what it takes	4x8	C¹	Propulsive Knee Lift L then R. Punch O/H	8	4x
1:12	V1 / Falling too fast	4x8	D	4x March on Top L. RA 👁️ Next move on last 8cts	8	4x
1:26	PC / Whip whip, run	4x8	D¹	4x March On Top & 4x Jog On The Floor L. RA 👁️ Next move on last 8cts	8	4x
1:40	C / Whatever it takes	8x8	D²	Squat Across & Jog On The Floor Combo L. Blade RA	8	8x
2:08	Br / Do what it takes	½x8	C	🔁 Knee Lift L	4	
2:10	Instr /	4x8	C¹	🔁 Propulsive Knee Lift R then L. Punch O/H	8	4x
2:24	(Quiet)	2x8		Freeze & prepare for the Crawl Combo R	16	
2:31	Ref / One, two, three	8x8	B	🔁 Crawl Combo R	16	4x
2:59	Br / I was born	½x8		Freeze	4	
3:01	V2 / Falling too fast	4x8	D	🔁 4x March On Top R. RA 👁️ Next move on last 8cts	8	4x
3:15	PC / Whip whip, run	4x8	D¹	🔁 4x March On Top & 4x Jog On The Floor R. RA 👁️ Next move on last 8cts	8	4x
3:29	C / Whatever it takes	8x8	D²	🔁 Squat Across & Jog On The Floor Combo R. Blade RA	8	8x
3:57	Br / Do what it takes	½x8	C	🔁 Knee Lift R	4	
3:59	Instr /	4x8	C¹	🔁 Propulsive Knee Lift L then R. Punch O/H	8	4x
4:13	(Quiet)	2x8		🔁 Freeze & prepare for the Crawl Combo L	16	
4:20	Ref / One, two, three	8x8	B	🔁 Crawl Combo L	16	4x
4:48	Br /	½x8		🔁 Freeze		
4:50	C / Whatever it takes	4x8	C	🔁 Knee Lift L then R. RA 👁️ Next move on last 4cts	8	4x
5:04	Rep / Whatever it takes	4x8	C¹	🔁 Propulsive Knee Lift L then R. Punch O/H	8	4x
5:18	Outro /	½x8		Leap L onto the step. Punch R O/H	4	



04. WHATEVER IT TAKES 5:26 mins

TECHNIQUE & COACHING

CRAWL COMBO

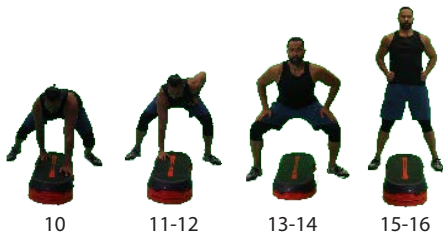
- Squat and place L hand on the step1
- Crawl R then L, F to Plank position2-3
- Hold Plank position4
- Jump feet onto the step5-6
- Jump feet down to Plank position7-8
- Bend knees and crawl L, R, L backward to Squat position9-11
- Hold Squat position. Hands on the step12
- Narrow Jump Squat onto the step. Bent Raise F13-14
- Jump Squat to the floor. Hands to thighs15-16

PHONETIC CUE ‘Crawl 3, 2, 1, jump up, jump down, back 3, 2, 1, jump up, jump down; 3, 2, 1, jump up, jump down, back 3, 2, 1, jump up, jump down’

- Brace Abs
- Bend knees on the landings
- Bend knees as you crawl forward, and as you crawl backward
- Chest up
- Eye gaze in front of thumbs as you crawl



OPTION Hold the Plank when you crawl forward and squat after you crawl back (just like in the Warmup)



KNEE LIFT

PHONETIC CUE ‘Right foot, left foot; right foot, left foot’

PROPULSIVE KNEE LIFT

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

OPTION No jump

4X MARCH ON TOP

PHONETIC CUE ‘March 4, 3, 2, 1; walk on the floor, 4, 3, 2, 1; walk on the floor’

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

4X MARCH ON TOP & 4X JOG ON THE FLOOR

- March L, R, L, R on top of the step. RA1-4
- Step L B to the floor. RA5
- Jog R, L, R on the floor. RA6-8

- ‘Walk, run; walk, run’

OPTION March on top, then bounce on the floor





04. WHATEVER IT TAKES 5:26 mins

SQUAT ACROSS & JOG ON THE FLOOR COMBO

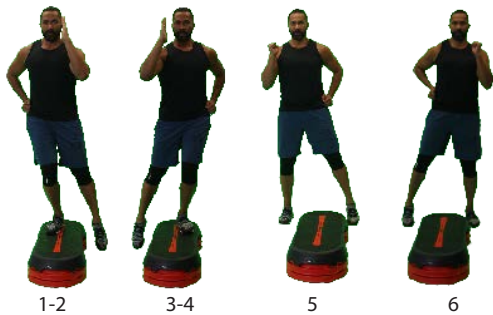
- Drop Squat L. Blade RA 1
- Propel up and over the step L. Blade RA 2
- Land and squat R. Blade RA 3-4
- Step L B to the floor. RA 5
- Jog R, L, R on the floor. RA 6-8

PHONETIC CUE ‘Squat jump squat, run; squat jump squat, run’

- ‘Explode upward and over’ (Focus on the ‘up’, not the down)
- Bend knees on the squat landing before you explode upward, and again as you land the jump

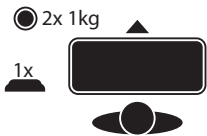


OPTION 2x Freeze Taps & Bounce on the floor





05. MIXED STRENGTH



TRACK FOCUS

Strongly suggest that people use lighter weight plates, with a focus on precision of weighted movements. Coach the Punch AND the Pull.

Use clear phonetic cues to coach the foot pattern of the Side Top Side Squat Combo. See what’s happening on the floor, and advise newer participants to work without weights if you see them struggling to master the Squat pattern.

Teach Athletic

Come into this track

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

Pre-Track

Light weight plates. Suggest 2x 1kg plates as a starting point and freedom to not use weights.

MUSIC			EXERCISE		CTS	REPS
			Pre-Track: Holding 1kg plates, one in each hand, behind step, close to the R side			
0:00	Intro / Baby let the	1x8		Prepare to move	8	
0:03	Instr /	4x8	A	Weighted Triple Squat Pulse L then R. Weighted RA 👁️ Next move on last 8cts	16	2x
0:17		4x8	A ¹	Weighted Side Top Side Squat Combo L then R. Weighted RA 👁️ Next move on last 8cts	16	2x
0:32	Rep / Baby let the	4x8	A ²	Weighted Side Top Side Squat Combo L then R. Weighted Alt Punch & Pull	16	2x
0:46	C / In the middle of the night	4x8	B	Weighted Tap Down L then R. Arms by sides 👁️ Next move on last 4cts	8	4x
1:00	Rep / Baby let the	4x8	B ¹	Weighted Drop Squat L then R. Weighted RA	8	4x
1:15	Instr / _ Are you ready for it	4x8	C	Weighted Drop Squat L. Weighted RA Place weights to the front of the step, move to the back of the step 👁️ Next move on last 8cts	4 28	
1:29	V1 / Knew he was a killer	4x8	D	4x Wide March On Top of the step L. RA 👁️ Next move on last 8cts	8	4x
1:43	Some boys are trying too hard	4x8	D ¹	Staggered Squat On Top Combo L 👁️ Next move on last 8cts	8	4x
1:57	C / In the middle of the night	8x8	D ²	Jump Squat & Plyo Jump Combo L	8	8x
2:26	Ref / I see, how this	4x8	E	Jump Squat onto the step. Hands to thighs Pick up weight plates, stand behind the step, close to the R side	4 28	
2:40	Instr / _ Are you ready for it	8x8	A ²	🔁 Weighted Side Top Side Squat Combo L then R. Weighted Alt Punch & Pull	16	4x
3:09	Rep / Baby let the	4x8	B ¹	🔁 Weighted Drop Squat L then R. Weighted RA	8	4x
3:23	Instr / _ Are you ready for it	4x8	C	🔁 Weighted Drop Squat L. Weighted RA Place weights to the front of the step, move to the back of the step 👁️ Next move on last 8cts	4 28	



05. MIXED STRENGTH

MUSIC				EXERCISE	CTS	REPS
3:37	V2 / Me, I was a robber	4x8	D	 4x Wide March On Top of the step R. RA  Next move on last 8cts	8	4x
3:52	He can be my jailer	4x8	D ¹	 Staggered Squat On Top Combo R  Next move on last 8cts	8	4x
4:07	C / In the middle of the night	8x8	D ²	 Jump Squat & Plyo Jump Combo R	8	8x
4:35	Ref / I see, how this	4x8	E	 Jump Squat onto the step. Hands to thighs Pick up weight plates, stand behind the step, close to the R side	4 28	
4:50	Instr / _ Are you ready for it	8x8	A ²	 Weighted Side Top Side Squat Combo L then R. Weighted Alt Punch & Pull	16	4x
5:18	Rep / Baby let the	4x8	B ¹	 Weighted Drop Squat L then R. Weighted RA	8	4x
5:32	Outro /	1x8		Drop Squat L and hold. Weighted RA	8	

05. READY FOR IT 5:41 mins

TECHNIQUE & COACHING

WEIGHTED TRIPLE SQUAT PULSE

- Drop Squat L and pulse down x3.
- Weighted RA
- 1-6
- Step B R, L. Weights to hips
- 7-8
- Repeat to the other side
- 9-16
- PHONETIC CUE '3, 2, 1 change side; 3, 2, 1, change sides'
- Butt down
 - Chest up



OPTION No weight plates



WEIGHTED SIDE TOP SIDE SQUAT COMBO

- Drop Squat L. Weighted RA
- 1
- Lightly propel to the top of the step.
- Weighted RA
- 2
- Squat on top of the step. Weighted RA
- 3
- Lightly propel to the R of the step.
- Weighted RA
- 4
- Squat L. Weighted RA
- 5-6
- Step B R, L. Weights to hips
- 7-8
- Repeat to the other side
- 9-16
- PHONETIC CUE 'Side, top, side, step back; side, top, side, step back'



WEIGHTED SIDE TOP SIDE SQUAT COMBO WITH WEIGHTED ALT PUNCH AND PULL

- 1st Set
- Drop Squat L. Weighted Punch R
- 1
- Lightly propel to the top of the step.
- 2
- Squat on top of the step. Weighted Punch L
- 3
- Lightly propel to the R of the step.
- 4
- Squat L. Weighted Punch R
- 5-6
- Step B R, L. Weights to hips
- 7-8
- Repeat to the other side
- 9-16
- PHONETIC CUE 'Punch 3, 2, 1, step back; 3, 2, 1, step back'



OPTIONS Triple Squat Pulse or no weight plates



2nd & 3rd Sets

- PHONETIC CUE 'Side, top, side, step back; side, top, side, step back'
- Keep a strong ab brace
 - Strong sharp Punch AND Pull. Emphasize the pull motion
 - Bend your knees to load your legs
 - Drive your knees outward
 - Integrated lower and upper body training
- OPTIONS No weights or Triple Squat Pulse



05. READY FOR IT 5:41mins

4X WIDE MARCH ON TOP OF THE STEP

Wide March L, R, L, R on top of the step. RA 1-4
Narrow March L, R, L, R on the floor. RA 5-8

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



STAGGERED SQUAT ON TOP COMBO

Staggered Jump Squat onto the step. Hands to thighs 1-2
Stand up. Hands to thighs 3-4
Narrow March L, R, L, R on the floor. RA 5-8

PHONETIC CUE 'Sit, stand, walk...; sit, stand, walk'

- Bend your knees in the Squat
- Stand up before you march backward



JUMP SQUAT & PLYO JUMP COMBO

Jump Squat onto the step. Hands to thighs 1
Propel upward. Cupped fan hands O/H 2
Land in Squat position on top of the step. Hands to thighs 3-4
Narrow March L, R, L, R on the floor. RA 5-8

PHONETIC CUE 'Down up down, walk back...; Down up down, walk back'

- Bend your knees on the 2 landings
- Push away from the step to drive upward

OPTION Sit, stand, walk





06. PEAK 2

TRACK FOCUS

Clearly show with a visual cue and state that the foot always taps the step in the Knee Lifts and the 180° rotations. In the 180° rotations clearly show that two 180° rotations make a full 360° rotation. Coach the jump as you rotate, to protect the ankle and knee joints.

Teach Athletic

Come into this track

A little breathless from Track 5. Strong and in control.

Pre-Track Introduction

180° Turn

- 2x 180° rotations make a FULL 360° rotation
- A full circle
- Like a hand of a clock going around
- Like planet earth rotating around the sun
- You must just jump the rotation
- Lateral Training – Great for working outer thighs; embrace the burn

OPTION No rotation

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / We the wicked	½x8		L foot on the step, prepare to move	4	
0:01	Wicked ones	2x8	A	Knee Lift with Tap to the step L. RA	4	4x
0:08	Instr /	4x8	A	Knee Lift with Tap to the step L. RA 👁️ Next move on last 32cts	4	8x
0:22	C / Ain't no sleep	8x8	B	2x Propulsive Knee Lift & 2x 180° Turn Combo L	16	4x
0:50	Br /	½x8	C	ATT L. HOH	4	
0:52	Rep / _ Wicked ones	4x8	C¹	Propulsive ATT R then L. Reach Up & Down	8	4x
1:06	Instr / Wicked ones	2x8	A	🔄 Knee Lift with Tap to the step R. RA	4	4x
1:13	V1 / This night ain't	8x8	B¹	4x Knee Lift & 4x 180° Turn Combo R	32	2x
1:40	C / Ain't no sleep	8x8	B	🔄 2x Propulsive Knee Lift & 2x 180° Turn Combo R	16	4x
2:08	Br /	½x8	C	🔄 ATT R. HOH	4	
2:10	Rep / _ Wicked ones	4x8	C¹	🔄 Propulsive ATT L then R. Reach Up & Down	8	4x
2:23	Wicked ones	2x8	D	Freeze, quickly transition to the floor, RHS of step, for Pushups 👁️ Next move on last 8cts	16	
2:30	Instr /	8x8	E	Side Climber & Asymmetric Pushup Combo L	8	8x
2:59	Wicked ones	2x8	F	Jump feet in, and stand up. Step L foot onto the step 👁️ Next move on last 8cts	16	
3:05	V2 / This night ain't	8x8	B¹	4x Knee Lift & 4x 180° Turn Combo L	32	2x
3:34	C / Ain't no sleep	8x8	B	🔄 2x Propulsive Knee Lift & 2x 180° Turn Combo L	16	4x
4:02	Br /	½x8	C	🔄 ATT L. HOH	4	
4:04	Rep / _ Wicked ones	4x8	C¹	🔄 Propulsive ATT R then L. Reach Up & Down	8	4x
4:17	Instr / Wicked ones	2x8	D	🔄 Freeze, quickly transition to the floor, LHS of step, for Pushups 👁️ Next move on last 8cts	16	
4:24	Instr /	8x8	E	🔄 Side Climber & Asymmetric Pushup Combo R	8	8x



06. PEAK 2

MUSIC		EXERCISE		CTS	REPS
4:52	Wicked ones	2x8	F  Jump feet in, and stand up. Step R foot onto the step  Next move on last 8cts	16	
4:59	C / Ain't no sleep	8x8	B  2x Propulsive Knee Lift & 2x 180° Turn Combo R	16	4x
5:26	Br /	½x8	C  ATT R. HOH	4	
5:28	Rep / _Wicked ones	4x8	C'  Propulsive ATT L then R. Reach Up & Down	8	4x
5:42	Outro / Wicked ones	½x8	Step L onto the step. Claw R hand		



06. WICKED ONES 5:51 mins

TECHNIQUE & COACHING

START POSITION



KNEE LIFT WITH TAP TO THE STEP

Step L to step then lift R knee. RA 1-2
Step R to the floor then tap L to the step. RA 3-4

PHONETIC CUE ‘Knee, tap the step, knee, tap the step’

- Emphasize the ‘Tap To The Step’
- Use a visual cue to HOLD OTS when coming out of the ATTs
- Explain ‘When I turn, you don’t have to’



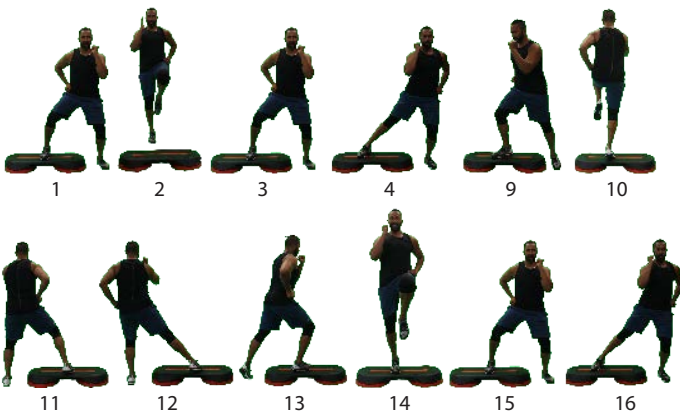
2X PROPULSIVE KNEE LIFT & 2X 180° TURN COMBO

2x Propulsive Knee Lift with Tap to the step. Blade RA 1-8
Step L to step. Blade RA 9
Propel, lift R knee and rotate 180° counter-clockwise. Blade RA 10
Step R to floor (facing the back of the room). Blade RA 11
Tap L to the step (facing the back of the room). Blade RA 12
Step L to step (facing the back of the room). Blade RA 13
Propel, lift R knee and rotate 180° counter-clockwise. Blade RA 14
Step R to floor (facing the front). Blade RA 15
Tap L to the step (facing the front). Blade RA 16

PHONETIC CUE ‘Knee, knee turn now, jump and turn, jump and turn, hold the knee, knee, knee turn now, jump and turn, jump and turn’

- Use visual cues to HOLD the Knee Lifts, and to show the direction of the 180° rotation
- Have a bank of imagery cues ready to help people understand the FULL 360° TURN concept – some concepts will land for some, but not others. Eg:
 - 2x 180° rotations make a FULL 360° rotation
 - A full circle
 - Like a hand of a clock going around
 - Like planet earth rotating around the sun
- You MUST release the foot as you rotate (jump the rotation), to protect the knee and ankle joints
- Lateral training to work the glutes and thighs

OPTION No jump, no rotation



06. WICKED ONES 5:51mins

PROPULSIVE ATT

PHONETIC CUE ‘Step up, step down; up, down’

- See what’s happening on the floor. For newer people who struggle to get the timing correct, try cueing ‘when’ the knee lifts. If you lift your knee, you’ll have no choice but to step that foot down. This will create the correct pattern

CUE ‘Lift your knee... lift your knee’

- Step your foot to the middle of the step to get halfway across the step

OPTIONS No propulsion or 2 steps across on the floor, behind the step

4X KNEE LIFT & 4X 180° TURN COMBO

4x Knee Lift with a tap to the step R. RA 1-16

4x 180° Propulsive Rotating Knee Lift R clockwise. RA 17-32

PHONETIC CUE ‘4...3... 2...1 turn now, 4... 3... 2... 1, hold the knee; 4...3....2....1 turn now, 4... 3... 2... 1’

- Use visual cues to HOLD the Knee Lifts OTS and to MOVE across and rotate

OPTION No jump, no rotation

TRANSITION TO FLOOR

CUE ‘Quickly move to the floor, one hand on the step, one hand on the floor. Watch this: one Side Climber, one Pushup’

- Move quickly, and explain briefly where they need to go and what to do
- Pushup position, left hand on the step, right hand on the floor

SIDE CLIMBER & ASYMMETRIC PUSHUP COMBO

Start in Pushup position, left hand on the step, right hand on the floor

Jump feet in towards the L 1-2

Jump feet back to Plank position 3-4

Pushup down then up 5-8

PHONETIC CUE ‘Jump side, back, pushup; side, back pushup’

- Jump right knee in towards the L elbow
- In the Pushup, keep shoulders above elbow height

OPTION On knees, step one leg in then back, then 1x Pushup on knees





07. CONDITIONING 1



TRACK FOCUS

Let your class know that the focus for the weighted work is precision of movement and speed, so it's ideal to use light weight plates. Coach the Push AND the Pull with the weight plates. Let your class know that they can put the weights down at any time, and in their next class, aim to use the weights a bit longer.

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
Light weight plate selection. Suggest 2x 1kg, or 2x 2.5kg for experienced steppers, or no weight plates for newer participants.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Prepare to move 👁️ Next move on last 16cts	32	
0:15	V1 / _Breathing you in	8x8 A	Slow Squat & 3x Lunge Combo L. Weighted RA 👁️ Next move on last 16cts	16	4x
0:45	C / We'll run where	8x8 A ¹	Slow Squat & 3x Lunge Combo L. Weighted RA & O/H Press & Pull	16	4x
1:14	Instr /	8x8 A ²	Fast Squat & 3x Back Tap Combo L. Weighted RA & O/H Press & Pull	8	8x
1:43	Instr / (Quiet)	2x8 B	8x Repeater Knee Lift L. Weighted arms by sides	16	
	(Rising)	2x8 B ¹	8x Repeater Knee Lift L. Slowly raise weighted arms O/H	16	
1:58	Instr / (Quiet)	4x8	Recover, then stand on top of the step towards the R side 👁️ Next move on last 16cts	32	
2:13	V2 / _ Breathing you in	8x8 A	 Slow Squat & 3x Lunge Combo R. Weighted RA 👁️ Next move on last 16cts	16	4x
2:42	C / We'll run where	8x8 A ¹	 Slow Squat & 3x Lunge Combo R. Weighted RA and O/H Press & Pull	16	4x
3:12	Instr /	8x8 A ²	 Fast Squat & 3x Back Tap Combo R. Weighted RA and O/H Press & Pull	8	8x
3:42	Instr / (Quiet)	2x8 B	 8x Repeater Knee Lift R. Weighted arms by sides	16	
	(Rising)	2x8 B ¹	 8x Repeater Knee Lift R. Slowly raise weighted arms O/H	16	
3:46	Outro /	1x8	Step B off the step. Shake out	8	



07. SPECTRUM 4:04 mins

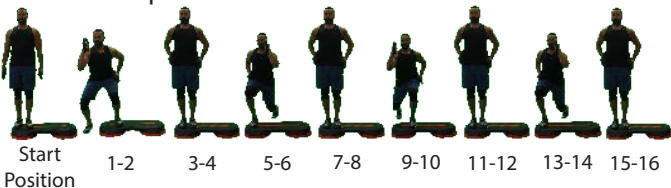
TECHNIQUE & COACHING

SLOW SQUAT & 3X LUNGE COMBO

Squat L. Weighted RA	1-2
Step L foot onto the step. Weights to hips	3-4
Lunge R. Weighted RA	5-6
Step R foot onto the step. Weights to hips	7-8
Lunge L. Weighted RA	9-10
Step L foot onto the step. Weights to hips	11-12
Lunge R. Weighted RA	13-14
Step R foot onto the step. Weights to hips	15-16

PHONETIC CUE ‘Squat, lunge 3, 2, 1 again; squat, lunge 3, 2, 1’

- Knees in line with toes
- Long step backward
- Heel up
- Chest up

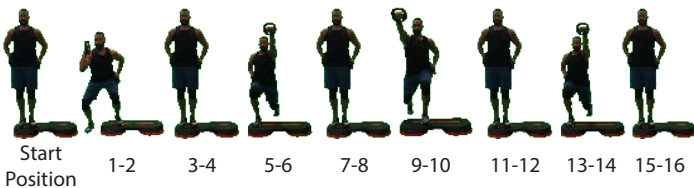


SLOW SQUAT & 3X LUNGE COMBO WITH O/H PRESS & PULL

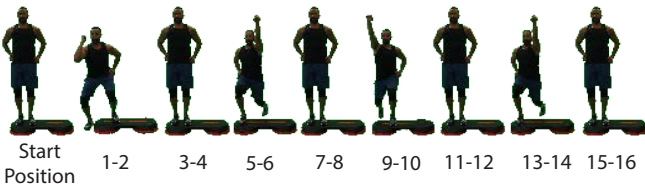
Squat L. Weighted RA	1-2
Step L foot onto the step. Weights to hips	3-4
Lunge R. Press R weight forward above forehead level	5-6
Step R foot onto the step. Weights to hips	7-8
Lunge L. Press L weight forward above forehead level	9-10
Step L foot onto the step. Weights to hips	11-12
Lunge R. Press R weight forward above forehead level	13-14
Step R foot onto the step. Weights to hips	15-16

PHONETIC CUE ‘Squat, press, pull, press, pull, press, pull’

- Target Zones: Above forehead and pull the weight to hip bone
- Coach the Push AND the Pull



OPTIONS Weighted RA or no weights



FAST SQUAT & 3X BACK TAP COMBO

Squat L. Weighted RA	1
Step L onto the step. Weights to hips	2
Back Tap R. Press R weight forward, above forehead level	3
Step R foot onto the step. Weights to hips	4
Back Tap L. Press L weight forward above forehead level	5
Step L foot onto the step. Weights to hips	6
Back Tap R. Press R weight forward, above forehead level	7
Step R foot onto the step. Weights to hips	8

PHONETIC CUE ‘Squat, tap 3, 2, 1; squat, tap 3, 2, 1’

- Coach CONTROL – Precise target zones (above forehead and hip bone)
- Losing control = put weights down



OPTION No weight plates



REPEATER

CUE ‘Don’t stop, repeater... Relax your arms... knee out... lift your chest... now rise’

- Encourage your class to push through, as they’re about to get recovery after the Repeaters



08. PARTY STEP

TRACK FOCUS

Set up the combo with clear, short phonetic cues to get success early, then add flava and have fun with this track. Coach the foot release in the Switch Curl to protect the ankle and knee joints.

Teach Flava

Come into this track
Excited, re-energized and buzzing.

Pre-Track

Get class to stand on their right side of the step; tell them to stay there – you'll do one rep and pick them up. You go on the other side to start the track.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / All my ladies, one	1x8		Prepare to move	8	
0:04	Instr /	6x8	A	Switch Drop & Basic Combo L then R	32	1½x
0:25	C / Wind to the left	8x8	A	Switch Drop & Basic Combo R then L	32	2x
0:54	Rep / _ Follow my simple	4x8	B	Switch Curl R then L. Circular Snap R then L	8	4x
1:07	V1 / _ You see me	4x8	C	Basic Step R. RA 👁️ Next move on last 8cts	4	8x
1:22	Yo, see me	4x8	C	Freeze Tap R then L to the front & back. Fan hands, wrists crossed O/H	8	4x
1:36	PC / Say that you're bossy	2x8	A	🔄 Switch Drop & Basic Combo R	16	
1:43	C / Wind to the left	8x8	A¹	🔄 Switch (with Circular Snap) Drop & Basic Combo L then R	32	2x
2:11	Rep / _ Follow my simple	4x8	B	🔄 Switch Curl L then R. Circular Snap L then R	8	4x
2:26	V2 / Step one. Report	4x8	C	🔄 Basic Step L. RA 👁️ Next move on last 8cts	4	8x
2:40	Yo, see me	4x8	C	🔄 Freeze Tap L then R to the front & Back. Fan hands, wrists crossed O/H	8	4x
2:54	PC / Say that you're bossy	2x8	A	🔄 Switch Drop & Basic Combo L 👁️ Next move on last 8cts	16	
3:01	C / Wind to the left	8x8	A²	Switch (with Circular Snap) Drop & Freeze Combo R then L	32	2x
3:29	Rep / _ Follow my simple	4x8	B	🔄 Switch Curl R then L. Circular Snap L then R	8	4x
3:44	Outro / _ Follow my simple	1x8		Switch Curl R. Circular Snap Freeze Tap L. Fan hands, wrists crossed O/H	4 4	

08. INSTRUCTION 3:53 mins

TECHNIQUE & COACHING

SWITCH DROP & BASIC COMBO

1st Set

- Switch Curl L. Natural Arms 1-4
- Jump into Squat & Roll up. Hands to thighs 5-8
- 2x Basic Step R (on R diagonal). RA 9-16
- Repeat to the other side 17-32

PHONETIC CUE 'Jump and turn, drop, 2 basics, one more; jump and turn, drop, basic 2, one more'

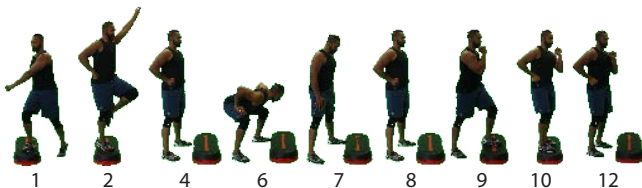
- Jump and release the heel in the Switch Curl to protect the ankles and knees
- Bend your knees in the Jump Squat on the floor and keep your head above heart level
- Basic Step on 45-degree angle

OPTION OTT in place of the Switch Curl if you're not jumping



2nd Set

Add the Circular Snap arm-line to the Switch Curls



SWITCH DROP & FREEZE COMBO

- Switch Curl L. Circular Snap 1-4
- Jump Squat & Roll up. Hands to thighs 5-8
- Freeze Up Tap R then L to the front then the back. Fan hands, crossed at wrists O/H 9-16
- Repeat to the other side 17-32

PHONETIC CUE 'Switch and snap, drop and roll, freeze front, freeze back; switch, drop, freeze, freeze'

- Have some fun with it



SWITCH CURL

PHONETIC CUE 'Jump and turn; jump and turn'

- The flava is 'attitude'. Snap your fingers. It's how you move. It's how you carry yourself

OPTIONS OTT or no arm-lines



BASIC STEP

PHONETIC CUE 'Basic Step, HOLD, walk up, walk down; walk up, walk down'

- Use a visual cue to HOLD
- Body on 45-degree angle
- Whole foot on the step

FREEZE R THEN L TO THE FRONT & BACK

Freeze Up Tap R to the front. Fan hands, crossed at wrists O/H 1-2

Step down L, R, turning to back diagonal. Fists to hips 3-4

Freeze Up Tap L to the back. Fan hands, crossed at wrists O/H 5-6

Step down R, L, turning to front diagonal. Fists to hips 7-8

PHONETIC CUE 'Freeze to the front, turn, to the back, turn; front, turn, back'

- Sharp freeze movement onto the step
- Posture: Chest up and shoulders back





09. SPEED STEP

TRACK FOCUS

Coach placement of the 4x Jogs On Top (slightly to the side) so that you’re in the correct position for the upcoming Speed Half Stomp. Add a ton of flava by encouraging your class to first brace their abs, and to then move their hips in the Speed Basic Jogs.

Teach Flava

Come into this track
Hyped and ready to move quickly.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I just want to dance	1x8		Prepare to move	8	
0:02	Instr /	4x8		Jog OTS. RA 👁️ Next move on last 16cts	32	
0:11	(Heavier)	8x8	A	3x Freeze Knee & Jog OTS Combo L then R. RA	32	2x
0:30	V1 / Some people	4x8	B	4x Jog On Top L. RA 👁️ Next move on last 8cts	8	4x
0:40	Some people	4x8	B ¹	4x Jog On Top L. HOH & RA 👁️ Next move on last 8cts	8	4x
0:50	PC / _ I want to go	8x8	B ²	Speed Half Stomp & Jog OTS Combo L. HOH & RA	8	8x
1:09	C / Dance with me	8x8	A	3x Freeze Knee & Jog OTS Combo L then R. RA	32	2x
1:28	Instr / Good vibration	4x8	C	Speed Basic Jog L. RA	4	8x
1:37	_ I’m gonna shake	4x8	C ¹	Speed Basic Jog L. HOH	4	8x
1:47	Ref / Dance with me	5x8		Slow Knee Lift L then R. RA or Relaxed Arms	16	2½x
2:00	V2 / Some people	4x8	B	🔄 4x Jog On Top R. RA 👁️ Next move on last 8cts	8	4x
2:09	Some people	4x8	B ¹	🔄 4x Jog On Top R. HOH & RA 👁️ Next move on last 8 cts	8	4x
2:19	PC / _ I want to go	8x8	B ²	🔄 Speed Half Stomp & Jog OTS Combo R. HOH & RA	8	8x
2:38	C / Dance with me	8x8	A	🔄 3x Freeze Knee & Jog OTS Combo R then L. RA	32	2x
2:57	Instr / Good vibration	4x8	C	🔄 Speed Basic Jog R. RA	4	8x
3:07	_ I’m gonna shake	4x8	C ¹	🔄 Speed Basic Jog R. HOH	4	8x
3:16	Outro /	1x8		Step R onto the step. Slap R hip	8	



09. BOOGIE FEET 3:25 mins

TECHNIQUE & COACHING

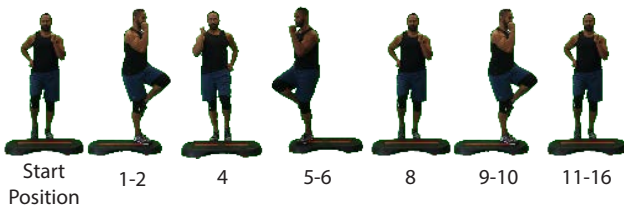
3X FREEZE KNEE & JOG OTS COMBO

Freeze Knee Lift L then R, then L. Freeze RA 1-12
Jog OTS R, L, R, L. RA 13-16
Repeat to the other side 17-32

PHONETIC CUE '3, 2, 1 hold and run; 3, 2, 1 hold'

- Use a visual cue to HOLD
- Body on 45-degree angle
- Whole foot onto the step
- Land on a soft knee

OPTIONS Smaller ROM or on the floor

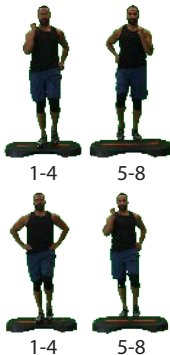


4X JOG ON TOP

Start the first rep towards the side of the step. Avoid centering yourself to the middle of the step, or cueing "to the middle of the step"

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

- Use a visual cue to HOLD the Jogs On The Floor
- Move towards the side of your step if you aren't there already



SPEED HALF STOMP & JOG OTS COMBO

Jog L on the step. HOH 1
Jog R on the floor to the R side. HOH 2
Jog L on the step. HOH 3
Jog R on the floor to the back. HOH 4
Jog L, R, L, R on the floor. RA 5-8

PHONETIC CUE 'Up side up back, run... Up side up back, run...'



SPEED BASIC JOG

PHONETIC CUE 'Run up, down up, down'

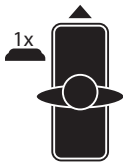
- With hands on hips, connect to the "shake my butt" lyrics



SPEED BASIC JOG WITH HOH

- Brace abs, and then have some fun
- Connect to the "I'm gonna shake my butt" lyrics





10. PEAK 3

TRACK FOCUS

Clearly coach the transition from the OTTs to the Basic Step using visual cues, and timely cues. Coach the angle of the Basic Step, and the body rotation in the T-Straddle. Coach soft landings in the Jump Squats.

Teach Athletic

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Keep on dancing	½x8		Prepare to move	4	
0:02	Instr / World ends	2x8	A	Down Tap L then R. RA	4	4x
0:09	Oh oh oh	4x8	B	Med Intensity Down Tap & Repeater Combo L then R	32	
0:22	C / See the sunlight	8x8	B¹	Propulsive Down Tap & Repeater Combo L then R	32	2x
0:50	Rep / Let me blow	4x8	C	Propulsive OTT L then R. Reach Up & Down	8	4x
1:04	Br / _ You was hot when?	½x8	D	Step L to the floor Swivel to face R diagonal	2 2	
1:06	V1 / Aiii, chimpanzee’s	4x8	E	Basic Step R. RA 👁️ Next move on last 4cts	4	8x
1:20	You notice what I’m wearing	4x8	E¹	Basic Jog R. RA 👁️ Next move on last 8cts	4	8x
1:34	Ref / I can take this	4x8	F	T-Straddle R. RA 👁️ Next move on last 8cts	8	4x
1:48	Rep / Sniff sniff cries	8x8	F¹	T-Jump Squat Straddle R	8	8x
2:15	Ref / Oh oh oh oh	1x8	G	Jump Squat onto the step Swivel and face front	4 4	
	DJ what you	1x8	A¹	Down Tap R then L. Arms down by sides	4	2x
2:22	C / See the sunlight	8x8	B¹	🔄 Propulsive Down Tap & Repeater Combo R then L	32	2x
2:50	Rep / Let me blow	4x8	C	🔄 Propulsive OTT R then L. Reach Up & Down	8	4x
3:04	Br / _ You was hot when?	½x8	D	🔄 Step R to the floor Swivel to face L diagonal	2 2	
3:06	V2 / Anyway Britney	4x8	E	🔄 Basic Step L. RA 👁️ Next move on last 4cts	4	8x
3:19	You notice what I’m wearing	4x8	E¹	🔄 Basic Jog L. RA 👁️ Next move on last 8cts	4	8x
3:32	Ref / I can take this	4x8	F	🔄 T-Straddle L. RA 👁️ Next move on last 8cts	8	4x



10. PEAK 3

MUSIC		EXERCISE		CTS	REPS
3:46	Rep / Sniff sniff cries	8x8	F ¹  T-Jump Squat Straddle L	8	8x
4:14	Ref / Oh oh oh oh	1x8	G  Jump Squat onto the step Swivel and face front	4 4	
	DJ what you	1x8	A ¹  Down Tap L then R. Arms down by sides	4	2x
4:21	C / See the sunlight	8x8	B ¹  Propulsive Down Tap & Repeater Combo L then R	32	2x
4:49	Rep / Let me blow	4x8	C  Propulsive OTT L then R. Reach Up & Down	8	4x
5:03	Outro / Keep on dancing	1½x8	Create your own finale	12	



10. TILL THE WORLD ENDS 5:13 mins

TECHNIQUE & COACHING

DOWN TAP

PHONETIC CUE 'Left, right; left right'

MED INTENSITY DOWN TAP & REPEATER COMBO

Down Tap L then R x2. RA 1-8

4x Repeater Knee Lift L. RA 9-16

Repeat to the other side 17-32

PHONETIC CUE 'Tap 4, 3, 2, Repeater, 4, 3, 2, tap; 4, 3, 2, Repeater, 4, 3, 2, BIGGER!'

PROPULSIVE DOWN TAP & REPEATER COMBO

Propulsive Down Tap L then R x2. Single Punch O/H 1-8

4x Repeater Knee Lift L. Reach Up & Down 9-16

Repeat to the other side 17-32

PHONETIC CUE 'Tap 4, 3, 2, repeater, 4, 3, 2, tap; 4, 3, 2, Repeater, 4, 3, 2, 1

- Body on 45-degree angle for the Repeaters
- Body weight over the step; lightly tap toes to the floor

OPTION No jump, Running Arms



PROPULSIVE OTT

PHONETIC CUE 'Step down, up; down, up'

- Use a visual cue to show the direction of the first OTT



TRANSITION TO BASIC STEPS

CUE 'Stop, turn, Basic Step'

- Turn body on 45-degree angle
- Use a visual cue to STOP



BASIC STEP

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

- Body on 45-degree angle
- The closest foot to the step, steps on first
- Whole foot on the step



BASIC JOG

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

- Body on 45-degree angle

OPTION Basic Step



T-STRADDLE

Step up R, L on 45-degree angle, rotating to face front. RA 1-2

Straddle down R, L (facing front). RA 3-4

Straddle up R, L rotating to face R diagonal. RA 5-6

Step back R,L to the L side on 45-degree angle. RA 7-8

PHONETIC CUE 'Up, straddle, up, back; up, straddle, up, back'

- Show that your body is rotating to step up, AND to step back





10. TILL THE WORLD ENDS 5:13 mins

T-JUMP SQUAT STRADDLE

- Jump Squat onto the step. Bent Raise F1-2
- Straddle Jump to the floor, facing F.
Hands to thighs3-4
- Jump Squat onto the step. Bent Raise F5-6
- Step back R, L to the L side on 45-degree
angle. Fist to hips7-8

PHONETIC CUE ‘Jump up, down, up, step back;
up, down, up, step back’

- Follow-up: ‘Feet wide, feet wide, feet wide,
step back’
- Follow-up: ‘Bend your knees, bend your knees
bend your knees’
- Bend your knees on each landing
- Stay low on all 3 Jump Squats

OPTION T-Straddle ‘Walk up, sit lower, walk up,
step back’





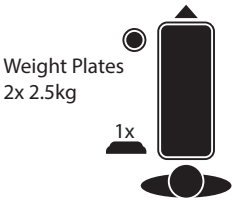
11. CONDITIONING 2

TRACK FOCUS

Coach a strong ab brace in the Mac Raise, and to aim to rotate more from the sternum/ribcage. Coach control of movement, keeping weights below shoulder height and moving with great posture.

Teach Athletic

Come into this track
Out of breath and in need of cardio recovery.
Setup
2x weight plates, 2.5kg or lighter. Put weights down at any stage if needed.
Setup: Long step onto the middle of the step.
Back heel up. Chest lifted.



MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	Setup: Two 2.5kg weight plates (or lighter). One in each hand. Behind the step, Lunge position with L foot on the step.	32	
0:14	V1 / What I’m searching	6x8	A Slow Lunge With Mac Raise Combo L	16	3x
0:36	C / _ I can say I hope	8x8	A ¹ Lunge With Mac Raise Combo L	8	8x
1:07	Ref / Change change	2x8	B Feet wide behind the step 👁️ Next move on last 8cts	16	
1:15	Rep / _ I can say I hope	8x8	C Side Lunge With Side Raise L then R	8	8x
1:45	Instr /	4x8	Recover, Prepare to work the other side	32	
2:00	V2 / What am I here for	6x8	A  Slow Lunge With Mac Raise Combo R	16	3x
2:21	Rep / _ I can say I hope	8x8	A ¹  Lunge With Mac Raise Combo R	8	8x
2:52	Ref / Change change	2x8	B  Feet wide behind the step	16	
3:00	Rep / _ I can say I hope	8x8	C  Side Lunge With Side Raise R then L	8	8x
3:29	Ref / Change change	4x8	Transition to floor for core work 👁️ Next move on last 8cts	32	
3:44	C / _ I can say I hope	8x8	D Weighted Leg Extension Combo L then R	8	8x
4:15	Br / Leave me out you	½x8	Reset position	4	
4:17	Instr /	4x8	E Alt Heel Drop with Alt Weighted Chest Press	4	8x
4:32	Ref / Change change	4x8	Knee Drop L then R	32	
4:46	C / _ I can say I hope	8x8	D  Weighted Leg Extension Combo L then R	8	8x
5:16	Br / Leave me out you	½x8	 Reset position	4	
5:18	Instr /	4x8	E  Alt Heel Drop with Alt Weighted Chest Press	4	8x

11. L.E.S ARTISTES 5:41 mins

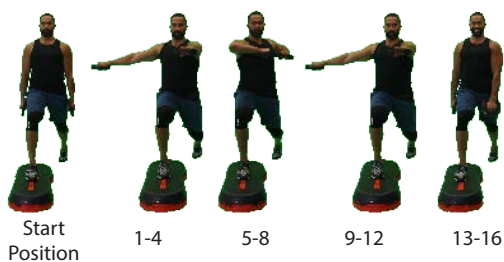
TECHNIQUE & COACHING

SLOW LUNGE WITH MAC RAISE COMBO

- L foot on the step, R foot back to Lunge position
- Lunge down. Mac Raise F (R arm F, L arm side) 1-4
- Hold Lunge down. Rotate R, bend arms bringing weights towards chest 5-8
- Hold Lunge down. Rotate to center, straighten arms to Mac Raise 9-12
- Lunge up. Lower arms down 13-16

PHONETIC CUE 'Lunge and raise, bend rotate, extend, lower and rise, raise; rotate, extend, lower and rise'

- Keep weights below shoulder level

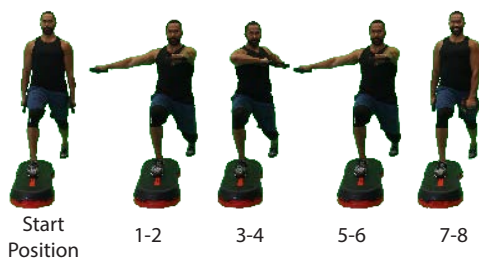


LUNGE WITH MAC RAISE COMBO

- L foot on the step, R foot back to Lunge position
- Pulse Lunge down & up. Mac Raise F (R arm F, L arm side) 1-2
- Pulse Lunge down & up. Rotate R, bend arms bringing weights towards chest 3-4
- Lunge down. Rotate to center, straighten arms to Mac Raise 5-6
- Lunge up. Lower arms down 7-8

PHONETIC CUE 'Raise, rotate, extend, lower; raise, rotate, extend, lower'

- Follow-up: 'Pulse lunge 3, 2, 1, rise; 3, 2, 1, rise'
- Strong ab brace
- Small rotation from the ribcage
- Weights below shoulders/Weights touch top of the chest



FEET WIDE BEHIND THE STEP

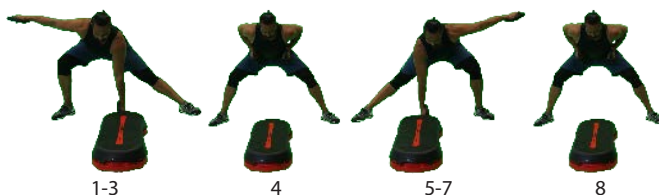
- Feet wide
- Toes and knees turned outward

SIDE LUNGE WITH SIDE RAISE

- Side Lunge L. L Side Raise & R Press towards floor 1-3
- Lunge up. Row weights towards ribs 4
- Repeat to the other side 5-8

PHONETIC CUE 'Lunge and raise, other side; lunge and raise

- Weight straight down mid body, other weight to the side
- Abs braced
- Chest up
- Eye gaze to front of step
- Drive bent knee outward / push away from the straight leg
- Row weights in towards ribs. Squeeze back muscles
- Getting mobile and strong around the hips and shoulders



WEIGHTED LEG EXTENSION COMBO

- One weight plate in each hand
- Lift shoulders off the floor
- Extend R leg F to 45-degrees, bend L knee. Lower R weight towards L heel, extend L arm back to 45-degrees 1-3
- Start to switch side 4
- Repeat to the other side 5-8

PHONETIC CUE 'Extend, weight to heel, change, weight to heel, change'

- Weight towards opposite heel
- Legs forward on 45-degree angle
- Arms back on 45-degree angle
- Abs braced
- Press lower back towards floor
- Belly button towards spine
- Ribs towards hips
- Take your bicep towards your ear (This is your ideal 45-degree angle position)
- Keep breathing





11. L.E.S ARTISTES 5:41 mins

TECHNIQUE & COACHING

ALT HEEL DROP WITH ALT WEIGHTED CHEST PRESS

Lying flat. Weights by shoulders

Feet up, knees bent

Tap R foot to the step. Press R weight towards the ceiling

1-2

Repeat to the other side

3-4

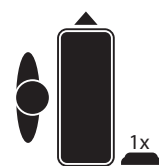
- Tap foot lightly to step
- Press weight towards ceiling
- Press lower back to the floor
- Peel shoulder blades off the floor
- Feel the side oblique muscles fire up



1-2



3-4



12. COOLDOWN/STRETCH

TRACK FOCUS

Coach your class on ways that they can improve their stretches and get more out of them.

Teach Athletic

Come into this track
Calmed down, proud of your class for their efforts in the workout.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	6x8	A	Knee Drop L	16	
0:25	V1 / If you love me	2x8	B	Hip Stretch L	16	
0:34	If you love me	2x8	C	Glute Stretch L	16	
0:43	Ooh ooh ooh	2x8	D	Hamstring Stretch L	16	
0:52	Ooh ooh ooh	2x8	D	 Hamstring Stretch R	16	
1:00	V2 / Say say say	2x8	B	 Hip Stretch R	16	
1:09	Say say say	2x8	C	 Glute Stretch R	16	
1:17	PC / If you love me	2x8	A	 Knee Drop R	16	
1:27	If you love me	2x8		Transition to back of the step, Plank position, hands on the step	16	
1:36	C / Ooh ooh ooh	8x8	E	Hip Flexor Stretch & Down Dog Combo L then R	16	4x
2:10	Ref / Are too grown	2x8	F	Hip Flexor & Rotation L	16	
2:19	Are too grown	2x8	F	 Hip Flexor & Rotation R	16	
2:28	QC / Ooh ooh ooh	2½x8	G	Active Calf Stretch L&R Jump feet in, and apart on the last count	4	5x
2:39	C / Ooh ooh ooh	2x8	H	Adductor Stretch R leg	16	
2:48	Ooh ooh ooh	2x8	H	 Adductor Stretch L leg	16	
2:56	Ooh ooh ooh	2x8	I	Standing Quad Stretch R	16	
3:05	Ooh ooh ooh	2x8	I	 Standing Quad Stretch R	16	
3:14	Outro /	½x8		Feet together. Relaxed Arms	4	



12. WHAT LOVERS DO 3:18 mins

TECHNIQUE & COACHING

KNEE DROP

- Arms out to sides, lower bent knees towards the L
- Keep shoulders pressed to the floor
- If your shoulder lifts off the floor, lessen the range of the Knee Drop



HIP STRETCH

- R foot on the step, cross L ankle on top of R knee
- Press L knee open with L hand



GLUTE STRETCH

- R foot on the step, cross L ankle on top of R knee
- Thread R hand through the gap of the L leg
- Lift R foot off the step, hold R knee
- Hug R knee in towards chest



HAMSTRING STRETCH

- R foot on the step, extend L leg up
- Point toes
- Keep tail bone pressing towards the floor. Lessen the range if it lifts
- Keep the leg straight



HIP FLEXOR & ROTATION

Hands on the step, in Plank position

Step L leg F to Hip Flexor Stretch

1-4

Lift L hand and rotate, L hand towards ceiling

5-14

Step L foot back to Plank position.

L hand to the step

15-16

HIP FLEXOR STRETCH

- Big step forward
- Press hips towards the floor



HIP FLEXOR STRETCH & DOWNWARD DOG COMBO

Hands on the step, in Plank position

Step L leg F to Hip Flexor Stretch

1-4

Step L foot back

5

Press backward to Down Dog

6-8

Repeat to the other side

9-16

HIP FLEXOR STRETCH

- Big step forward
- Press hips towards the floor

DOWNDOG

- Brace abs and lift hips towards the ceiling
- Press heels towards the floor



1-4



5-8

ACTIVE CALF STRETCH

Down Dog position

Press L then R heel to the floor

1-4

- Abs braced
- Hips high
- Eye gaze in front of hands



ADDUCTOR STRETCH

- Feet wide
- Toes and knees turned out
- Bend L knee, straighten R leg
- Drive L knee outward
- Push away from the R leg
- Chest up
- Abs braced

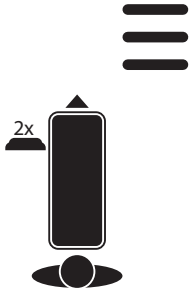


STANDING QUAD STRETCH

- Pull heel towards the butt
- Close the gap between legs



A3. STEP ORIENTATION ATHLETIC



TRACK FOCUS

Coach correct technique and options for all moves, to prepare the class for the workout ahead.

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.

MUSIC			EXERCISE		CTS	REPS
0:01	Intro / Keep on dancing	1x8		Prepare to move	8	
0:04	Instr / Oh oh oh	4x8		Bounce L&R. Arms relaxed by sides	2	16x
0:18	V1 / Hi, chimpanzees	4x8	A	Basic Step L. RA	4	8x
0:32	Rep / This chicken’s fried	4x8	A ¹	Basic Jog L. RA	4	8x
0:46	Br / _ I notice	½x8		Freeze, feet hip-width apart	4	
0:48	PC / That you got it	4x8	B	Super Slow Burpee	16	2x
1:02	Rep / I can take it	8x8	B ¹	Slow Burpee	8	8x
1:30	Br /	½x8		Freeze	4	
1:32	C / Whao oh oh oh	4x8	C	Knee Lift L then R. RA	8	4x
1:44	You know that I can take	4x8	C ¹	Propulsive Knee Lift L then R. RA	8	4x
2:00	Br / _ I’ve got new rules	½x8		Freeze	4	
2:02	Instr /	2x8		Prepare for next move 👁️ Next move on last 8cts	16	
2:09	PC / One, pick	4x8	D	Triple Squat Pulse L then R. Blade RA 👁️ Next move on last 8cts	16	2x
2:22	Rep / One, two, three	8x8	D ¹	3x Squat Combo L then R. Blade RA	16	4x
2:50	Br /	½x8		Freeze	4	
2:52	C / One, pick up the	4x8	A	 Basic Step R. RA	4	8x
3:06	Rep / Don’t let him in	4x8	A ¹	 Basic Jog R. RA	4	8x
3:20	C / Whao oh oh oh	4x8	D ¹	 3x Squat Combo R then L. Blade RA	16	2x
3:34	Rep / You know that I can take	4x8	E	Single Squat R&L. Blade RA	4	8x
3:48	Outro / I’ve got new rules	1x8		Squat R & hold. Blade RA	8	



A3. TILL THE WORLD ENDS / NEW RULES 3:57 mins

TECHNIQUE & COACHING

BOUNCE

CUE 'Bounce left and right'

- Feet wider than hip width
- Abs braced
- Shift body weight from one leg to the other

BASIC STEP

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

- Whole foot on the step
- Natural walking rhythm

BASIC JOG

PHONETIC CUE 'Run up, step down; run up, step down'

- Let's get warmer

OPTION Basic Step

SUPER SLOW BURPEE

Bend knees. Hands to the step 1-4

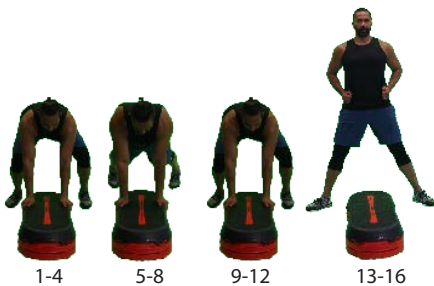
Jump feet back to Plank position 5-8

Jump feet in, knees bent 9-12

Stand tall. Fist to hips 13-16

PHONETIC CUE 'Down, jump back, jump in, stand up; down, jump back, jump in, stand'

- Bend knees heaps
- Brace abs
- Keep eye gaze in front of hands



SLOW BURPEE

Bend knees. Hands to the step 1-2

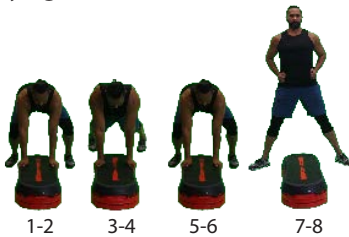
Jump feet back to Plank 3-4

Jump feet in, knees bent 5-6

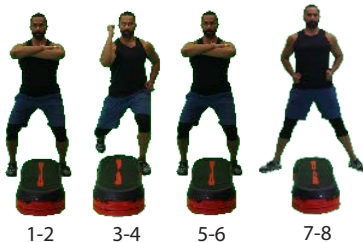
Stand tall. Fist to hips 7-18

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

- Bend your knees
- Brace Abs
- Keep eye gaze in front of hands



OPTION Standing Squat, Lunge, Squat, stand



KNEE LIFT

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

- Knee to hip level

PROPULSIVE KNEE LIFT

CUE 'Add a jump'

- Lead with the heel / roll through the foot / push off the toes

OPTION No jump and drive the knee up

TRIPLE SQUAT PULSE

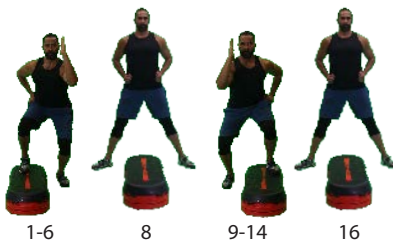
Drop Squat L and pulse down x3. RA 1-6

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

Repeat to the other side 9-16

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

- Butt down, chest up
- Knees in line with toes





A3. TILL THE WORLD ENDS / NEW RULES 3:57 mins

3X SQUAT COMBO

- Drop Squat L to the R side. RA 1
- Lightly propel over to the L side of the step. RA 2
- Squat R to L side. RA 3
- Lightly propel over to the R of the step. RA 4
- Squat L to the R side. RA 5-6
- Step back R, L. Fists to hips 7-8
- Repeat to the other side 9-16

PHONETIC CUE ‘Side, over, side, step back; side, over, side, step back’

- Knees bent
- Chest up
- Knees in line with toes
- Feet parallel

OPTION Triple Squat Pulse



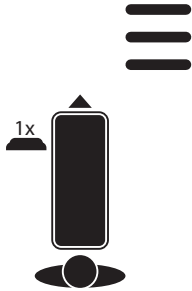
AC. ATHLETIC CIRCUIT

TRACK FOCUS

Demonstrate and coach options for all exercises. Challenge everyone to push a little harder, even if they're using the lighter options.

Teach Athletic

Come into this track
Strong and authoritative.



MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I'm not sorry	4½x8		Behind the step, prepare to move 👁️ Next move on last 8cts	32	
0:16	C / Baby I'm sorry	4x8	A	L-Step L. RA 👁️ Next move on last 8cts	8	4x
0:29	Baby I'm sorry	6x8	A¹	Propulsive L-Step L. RA 👁️ Next move on last 16cts	8	6x
0:50	Ref / _ I'm not sorry	8x8	B	Propulsive L-Step, Shuffle & Burpee Combo	16	4x
1:17	Br / Four, three, two	½x8	A¹	Propulsive L-Step L. RA	4	
1:19	Rep / Now payback is	4x8	C	Power OTT L then R	8	4x
1:33	Br / Can't have this	½x8		Freeze	4	
1:35	Instr / _ Can't have this	4x8		Recover, prepare for 1-Arm Burpees	32	
1:48	Ref / I I I see, how	4x8	D	Slow 1-Arm Burpee L then R	32	
2:02	Rep / Are you ready for it _	8x8	D¹	1 Arm Burpee L then R	16	4x
2:29	Br / I'll do what it takes	½x8		Freeze	4	
2:31	C / Whatever it takes	4x8	E	Plyo Lunge L then R	4	8x
2:44	Instr / Whatever it takes	5x8		Recover, stand on top of the step 👁️ Next move on last 8cts	40	
2:57	V1 / _ I want to go	8x8	F	Speed Straddle, 6x Jog On Top L 👁️ Next move on last 8cts	8	8x
3:15	C / Dance with me	8x8	F¹	Speed Straddle & Straddle Jump L	8	8x
3:35	Instr / Good vibrations	4x8	F²	Speed Straddle L. RA	4	8x
3:45	Br / _ I I I	½x8		Freeze	4	
3:47	Instr / I I I see, how	4x8		Recover, prepare for 1-Arm Burpees	32	
4:00	Rep / Are you ready for it _	8x8	D¹	🔄 1-Arm Burpee L then R	16	4x
4:28	Br / I'll do what it takes	½x8		Freeze		
4:30	C / Whatever it takes	4x8	E	🔄 Plyo Lunge L then R	4	8x
4:43	Instr / Whatever it takes	5x8		Recover, stand on top of the step 👁️ Next move on last 8cts	40	
4:55	V2 / Why, waste your	8x8	F	🔄 Speed Straddle 6x Jog On Top 👁️ Next move on last 8cts	8	8x
5:14	C / Dance with me	8x8	F¹	🔄 Speed Straddle & Straddle Jump R	8	8x
5:34	Instr / Good vibrations	4x8	F²	🔄 Speed Straddle R. RA	4	8x
5:43	Br / _ I'm not sorry	1x8		Freeze	8	



ATHLETIC

AC. ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
5:46	Ref / If you talk	4x8	Recover, move behind the step 👁️ Next move on last 8cts	32	
6:00	C / Baby I'm sorry	4x8	A L-Step R. RA 👁️ Next move on last 8cts	8	4x
6:13	Baby I'm sorry	6x8	A' Propulsive L-Step R. RA 👁️ Next move on last 16cts	8	6x
6:34	Ref / _ I'm not sorry	8x8	B Propulsive L-Step, Shuffle & Burpee Combo R	16	4x
7:02	Br / Four three two	1½x8	A' Propulsive L-Step R. RA	4	
7:04	Rep / Now payback is	4x8	C Power OTT R then L	8	4x



AC. SORRY NOT SORRY / READY FOR IT / WHATEVER IT TAKES / BOOGIE FEET 7:23 mins

TECHNIQUE & COACHING

L-STEP

PHONETIC CUE ‘Lift your knee side, lift your knee back; lift your knee side, lift your knee back’

- Same foot steps on, same knee lifts
- Use a visual cue to show the lead leg, and direction to travel

PROPULSIVE L-STEP

PHONETIC CUE ‘Jump to the side, jump to the back; jump to the side, jump to the back’

OPTION No propulsion

PROPULSIVE L-STEP, SHUFFLE & BURPEE COMBO

- Propulsive L-Step L to the R side. RA 1-4
- Shuffle OTS. RA 5-8
- Propulsive L-Step L to the B. RA 9-12
- Burpee 13-16

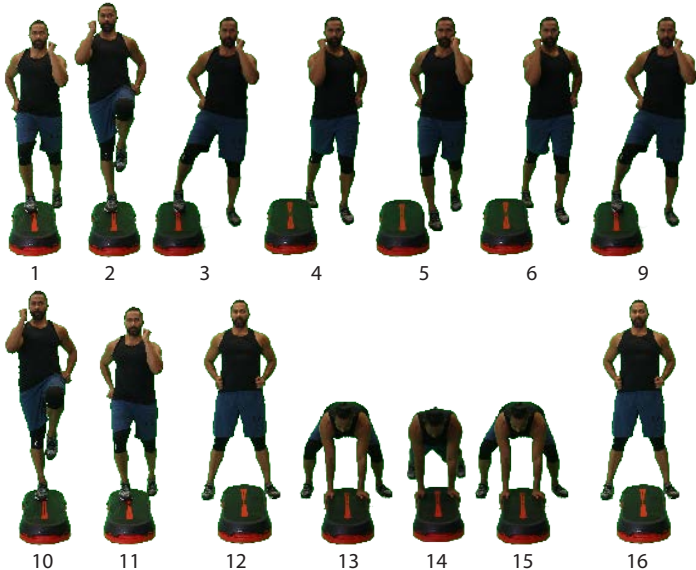
PHONETIC CUE ‘Side, hold shuffle, back, burpee; side, shuffle, back, burpee’

- Use visual cues to HOLD the Shuffle OTS and to show that you’re heading downward for the Burpee

BURPEE

- Bend knees
- Brace Abs
- Keep eye gaze forward

OPTION L-Step & March, L-Step & Squat x2



POWER OTT

Start position: Squat position, L foot on the step, R foot on the floor. Fists to hips

Power Jump Up and over to the L side.
Reach O/H

1-2

Squat with R foot on the step, L foot on the floor. Fists to hips

3-4

Repeat to the other side

5-8

PHONETIC CUE ‘Drive up, sit down; drive up, sit down’

- Emphasize the ‘Sit’ as well as the explosive drive upward
- Bend knees then drive upward

OPTION Low step up then squat side



SLOW 1-ARM BURPEE

Start position: Feet outside hip width

Bend knees. R hand to the step, L arm extended to the L side

1-4

Jump feet back to Plank position. R hand to the step, L arm extended to the L side

5-8

Jump feet in towards step, knees bent. R hand to the step, L arm extended to the L side

9-12

Stand tall. Fists to hips

13-16

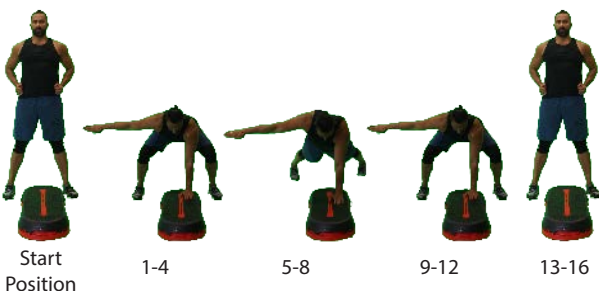
Repeat to the other side

17-32

Set up stance – Feet outside hip width / Prepare to go down

PHONETIC CUE ‘Hand down, jump back, jump in, stand tall; other arm, down, jump back, jump in, stand’

- Bend knees heaps
- Brace abs
- Keep eye gaze in front of hands





AC. SORRY NOT SORRY / READY FOR IT / WHATEVER IT TAKES / BOOGIE FEET 7:23 mins

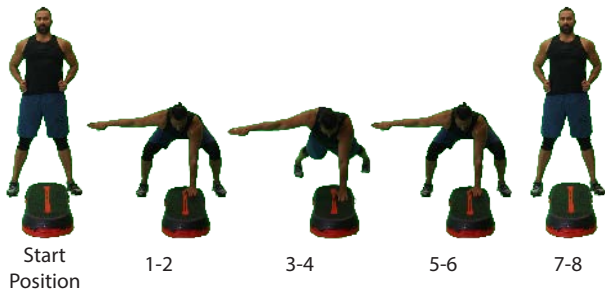
1-ARM BURPEE

Start position: Feet outside hip width
Bend knees. R hand to the step, L arm extended to the L side
Jump feet back to Plank position. R hand to the step, L arm extended to the L side
Jump feet in towards step, knees bent. R hand to the step, L arm extended to the L side
Stand tall. Fists to hips
Repeat to the other side

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

- Bend your knees heaps
- Huge ab brace
- Eye gaze in front of hand
- Side arm slightly forward to avoid twisting

OPTIONS 2-Arm Burpee / Standing Option: Squat, Lunge, Squat, stand

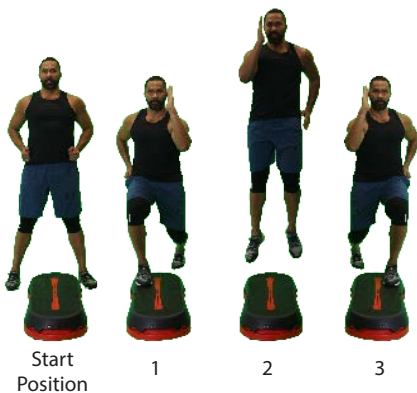


PLYO LUNGE

PHONETIC CUE 'Lunge, lunge, lunge, lunge'

- Back heel up
- Chest up
- Push knee outward
- Drive upward

OPTION Stand on top of step – Back Tap

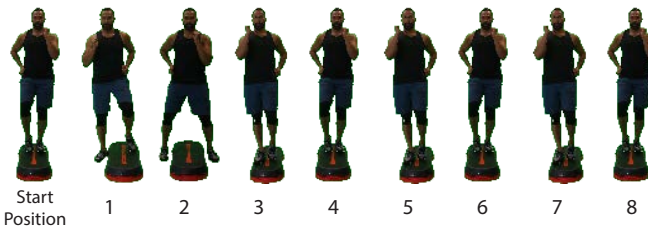


SPEED STRADDLE, 6X JOG ON TOP

Speed Straddle down then up L. RA 1-4
Jog L, R, L, R on top of the step. RA 5-8

PHONETIC CUE 'Straddle down, hold 5, 4, 3, 2, 1; down, 6, 5, 4, 3, 2, 1'

- Use visual cues to show the direction of the Straddle and to HOLD the 6x Jogs On Top



SPEED STRADDLE & STRADDLE JUMP

Speed Straddle down then up L. RA 1-4
Straddle jump down to floor. Hands to thighs 5-6

Straddle jump onto step (bend knees and land low). Hands to thighs 7-8

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

- Sit and stay low
- Bend knees on the 2 jump landings

OPTION Speed Straddle, 6x Jog On Top with smaller ROM



SPEED STRADDLE

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



MUSIC

- 01

Sorry Not Sorry (5:11)

Down The Road

© 2018 Les Mills Music Licensing Ltd.
Written by: Lovato, Douglas, Felder, Brown, Simmons
- 02

New Rules (3:19)

Kasia Is Back

© 2018 Les Mills Music Licensing Ltd.
Written by: Kirkpatrick, Caroline, Schwartz
- 03

Cut To The Feeling (4:05)

Ma Honeybee

© 2018 Les Mills Music Licensing Ltd.
Written by: Lambroza, Jepsen, Wilcox
- 04

Whatever It Takes (5:26)

Tobacco Brunch

© 2018 Les Mills Music Licensing Ltd.
Written by: Sermon, Reynolds, McKee, Platzman, Little
- 05

Ready For It (5:41)

The Mingle Catalogue

© 2018 Les Mills Music Licensing Ltd.
Written by: Payami, Martin, Shellback, Swift, Schuster
- 06

Wicked Ones (5:51)

Junk & Disorderly

© 2018 Les Mills Music Licensing Ltd.
Written by: Jackson, Scott, Martin
- 07

Spectrum (4:04)

Rosebud Amber

© 2018 Les Mills Music Licensing Ltd.
Written by: Zaslavski, Bair, Koma
- 08

Instruction (3:53)

Masked Panther

© 2018 Les Mills Music Licensing Ltd.
Written by: Aluo, Lovato, Emenike, Allen
- 09

Boogie Feet (3:25)

Ravine Bluebird

© 2018 Les Mills Music Licensing Ltd.
Written by: Sebert, Pearson, Wrabel
- 10

Till The World Ends (5:13)

Crystal Emperor

© 2018 Les Mills Music Licensing Ltd.
Written by: Kronlund, Sandberg, Gottwald, Sebert
- 11

L.E.S Artistes (5:41)

Mockingbird

© 2018 Les Mills Music Licensing Ltd.
Written by: Hill, White
- 12

What Lovers Do (3:18)

Maroon 5 feat. SZA

Courtesy of the Universal Music Group.
Written by: Evigan, Levine, Rowe, Diehl, Hazzard, Olatunji, Rowe, Raadstroem, Stridh

- ATHLETIC

03

Till The World Ends (2:00)

Crystal Emperor

© 2018 Les Mills Music Licensing Ltd.
Written by: Kronlund, Sandberg, Gottwald, Sebert
- New Rules (1:20)

Kasia Is Back

© 2018 Les Mills Music Licensing Ltd.
Written by: Kirkpatrick, Caroline, Schwartz
- Till The World Ends (0:37)

Crystal Emperor

© 2018 Les Mills Music Licensing Ltd.
Written by: Kronlund, Sandberg, Gottwald, Sebert
- ATHLETIC

AC

Sorry Not Sorry (1:20)

Down The Road

© 2018 Les Mills Music Licensing Ltd.
Written by: Lovato, Douglas, Felder, Brown, Simmons
- Ready For It (1:11)

The Mingle Catalogue

© 2018 Les Mills Music Licensing Ltd.
Written by: Payami, Martin, Shellback, Swift, Schuster
- Whatever It Takes (0:25)

Tobacco Brunch

© 2018 Les Mills Music Licensing Ltd.
Written by: Sermon, Reynolds, McKee, Platzman, Little
- Boogie Feet (0:50)

Ravine Bluebird

© 2018 Les Mills Music Licensing Ltd.
Written by: Sebert, Pearson, Wrabel
- Ready For It (0:44)

The Mingle Catalogue

© 2018 Les Mills Music Licensing Ltd.
Written by: Payami, Martin, Shellback, Swift, Schuster
- Whatever It Takes (0:25)

Tobacco Brunch

© 2018 Les Mills Music Licensing Ltd.
Written by: Sermon, Reynolds, McKee, Platzman, Little
- Boogie Feet (0:50)

Ravine Bluebird

© 2018 Les Mills Music Licensing Ltd.
Written by: Sebert, Pearson, Wrabel
- Sorry Not Sorry (1:39)

Down The Road

© 2018 Les Mills Music Licensing Ltd.
Written by: Lovato, Douglas, Felder, Brown, Simmons



Back Row L-R: Otto Prodan (Shadow), Mark Nu'u-Steele,
Ellen Riddolls (Shadow)
Middle Row L-R: Kim Wall (Shadow), Anneke Pinker (Shadow),
Lisa Osborne, Charlotte Fleetwood-Smith
Front Row L-R: Giles Bryant, Rae Wood

This filming was extra special as we were also celebrating the 50th anniversary of Les Mills in New Zealand. To mark the occasion, we selected a team of shadows from Les Mills clubs around New Zealand who truly represent the program in their clubs. We would like to recognise them as the heroes of their clubs who deliver great experiences for their members every single day

In this workout, we work with light weight plates in Tracks 5, 7 and 11, with a focus on precision of movement and speed.

We warm the entire body with the Crawl Combo in Track 1 to Sorry Not Sorry; then, in Track 2, three is the magic number, as we lunge to continue warming the body to New Rules.

We let loose and push the ceiling to add a touch of flava in the Step Orientation track, then power on to Peak 1, where we increase the physical intensity to hit our first cardio peak to the song Whatever It Takes.

Feel empowered as you work hard and punch with light weight plates in the Mixed Strength track to Ready For It.

Next up, we add 180° rotations as we train laterally to hit a wicked second cardio peak.

We've hit the halfway mark in this workout as we move on to Conditioning 1, where we use light weight plates and focus on precision first. Then we progress to speed of movement to get a little bit of cardio recovery and work the upper and lower body with Integrated Training.

We add loads of flava to Instruction, the Party Step track, and Boogie Feet, the Speed Step track, to up the fun factor as we workout. Then Till The World Ends drives us to an action packed third cardio peak.

We focus on weighted rotational work in Conditioning 2, then we end the BODYSTEP Classic workout with light stretches as we cool down to the song What Lovers Do.

If you're looking for a workout with less flava and more simple functional training, our 2 Bonus tracks (Athletic 3 and the Athletic Circuit) replace Tracks 2, 3, 8 and 9 in the Classic class to create BODYSTEP Athletic.

I hope you enjoy this great release!

CREDITS

Program Director – Mark Nu'u-Steele

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultant – Bryce Hastings & Andrew Newmarch

Production Coordinator – Ellen Tocher

PRESENTERS

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

Giles Bryant (New Zealand) is a BODYSTEP, BODYATTACK, BODYPUMP™, RPM™ and LES MILLS SPRINT™ Trainer and a LES MILLS GRIT™ Coach. He is based in Auckland.

Charlotte Fleetwood-Smith (New Zealand) is a BODYSTEP, BODYATTACK and CXWORX Instructor and a LES MILLS GRIT Coach. She is based in Auckland, where she is also a lawyer.

Rae Wood (New Zealand) is BODYSTEP and LES MILLS TONE Instructor. She is also a massage therapist and volunteer firefighter.



CLASSIC AND 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 see BODYSTEP Classic run from beginning to end, with the BODYSTEP Athletic tracks at the end of the footage, after the Cooldown.

The setup of the Masterclass footage runs like this:

- BODYSTEP Classic Masterclass (Tracks 1–12)
- BODYSTEP Athletic Tracks 3 and AC

The choreography 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 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).

This format will be ongoing, so you will see this setup in 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, will encourage you to learn and teach both BODYSTEP Classic and BODYSTEP Athletic!

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 FORMAT

LOOK Happy, motivating and full of energy

FEEL Uplifting and alive

COACHING FOCUS Excellent, repetitive, phonetic cueing with high-energy fun

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 – Cut To The Feeling

Track 5: Use 2 weight plates (1kg)

Track 7: Use 2 weight plates (1kg)

Track 11: Use 2 weight plates (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 – Till The World Ends / New Rules

Track 5: Use 2 weight plates (1kg)

Track 7: Use 2 weight plates (1kg)

Athletic Circuit: No weight plates required

Use Athletic Circuit in place of Tracks 8 and 9 – Sorry Not Sorry / Ready For It / Whatever It Takes / Boogie Feet

The Athletic Circuit must be taught after Track 10.

Track 11: Use 2 weight plates (2.5kg or lighter)



TRACK SELECTION

CLASSIC TRACK SELECTION		ATHLETIC TRACK SELECTION	
Track 1	Warmup	Track 1	Warmup
Track 2	Step Warmup	Track 3	Step Orientation ATHLETIC
Track 3	Step Orientation CLASSIC	Track 4	Peak 1
Track 4	Peak 1	Track 5	Mixed Strength
Track 5	Mixed Strength	Track 6	Peak 2
Track 6	Peak 2	Track 7	Conditioning 1
Track 7	Conditioning 1	Track 10	Peak 3
Track 8	Party Step	AC	Athletic Circuit ATHLETIC
Track 9	Speed Step	Track 11	Conditioning 2
Track 10	Peak 3	Track 12	Cooldown/Stretch
Track 11	Conditioning 2		
Track 12	Cooldown/Stretch		

EXPRESS FORMATS

CLASSIC 30 MINUTE		ATHLETIC 30 MINUTE	
Track 01	Warmup	Track 01	Warmup
Track 02	Step Warmup	Track 3A	Step Orientation ATHLETIC
Track 03	Step Orientation CLASSIC	Track 04	Peak 1
Track 04	Peak 1	Track 05	Mixed Strength
Track 06	Peak 2	AC	Athletic Circuit ATHLETIC
Track 07	Conditioning 1	Total Time	27:39
Total Time	27:56		

CLASSIC 45 MINUTE		ATHLETIC 45 MINUTE	
Track 01	Warmup	Track 01	Warmup
Track 02	Step Warmup	Track 3A	Step Orientation ATHLETIC
Track 03	Step Orientation CLASSIC	Track 04	Peak 1
Track 04	Peak 1	Track 05	Mixed Strength
Track 05	Mixed Strength	Track 06	Peak 2
Track 06	Peak 2	Track 07	Conditioning 1
Track 07	Conditioning 1	AC	Athletic Circuit ATHLETIC
Track 08	Party Step	Track 11	Conditioning 2
Track 10	Peak 3	Total Time	43:15
Total Time	42:43		

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	Intro	Introduction
PC	Pre-Chorus	V	Verse
ATT	Across the top	Med	Medium
QC	Quiet Chorus	ATW	Around The World
Mins	Minutes	L&R	Left and Right
B up	Build up (music)	O/H	Over head
RA	Running Arms	Opp	Opposite
Ref	Reference	C	Chorus
Tempo	Normal pace of the music	Rep	Reprise (part of the cts counts chorus repeated)
OTT	Over The Top	Cont	Continue
F&B	Forward and back	ROM	Range of motion
HOH	Hands on hips	ST	Step Touch
Instr	Instrumental	Outro	Last few bars of music
	Repeat		Preview
	Light option		



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

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