

BODYSTEP 114

MUSIC

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

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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MUSIC

- 01

Nothing To Regret (4:40)

Brass Mayor

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Written by: Robinson, Crystal, Principato
- 02

Stay Frosty Royal Milk Tea (2:22)

Chess Bored

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Written by: Wentz, Stump, Trohman, Hurley
- 03

Tik Tok (3:21)

Raise Of Strip

© 2018 Les Mills Music Licensing Ltd.
Written by: Gottwald, Levin, Sebert
- 04

Violent (4:48)

Moon Clubhouse

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Written by: Runga
- 05

Bad Blood (1:30)

Interrupted Monday

© 2018 Les Mills Music Licensing Ltd.
Written by: Swift, Martin, Shellback
- Hang Down Your Head (1:20)

Reap Hunter

© 2018 Les Mills Music Licensing Ltd.
Written by: Farrant, Rawson
- Bad Blood (1:27)

Interrupted Monday

© 2018 Les Mills Music Licensing Ltd.
Written by: Swift, Martin, Shellback
- Hang Down Your Head (1:28)

Reap Hunter

© 2018 Les Mills Music Licensing Ltd.
Written by: Farrant, Rawson
- 06

The Sound Of Thunder (5:31)

Case Blunder

© 2018 Les Mills Music Licensing Ltd.
Written by: Farrant, Kingsley
- 07

Parade (3:43)

Water Sun

© 2018 Les Mills Music Licensing Ltd.
Written by: Tangevaag, Soderlund, Folstad, Holtan-Hartwig
- 08

No Excuses (4:10)

Low Patch

© 2018 Les Mills Music Licensing Ltd.
Written by: Wells, Trainor, Hindlin
- 09

That Man (4:22)

Pink Rest

© 2018 Les Mills Music Licensing Ltd.
Written by: Degiorgio, Schreurs

- 10

YES (4:42)

Nifty Brow

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Written by: Purcell, Bullimore, Nordstrom, Nobel, Crowhurst, Rad
- 11

The Middle (5:57)

Polar Extreme

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Written by: Aarons, J. Johnson, S. Johnson, Lomax, Laslavski
- 12

Girls Like You (3:34)

Maroon 5

Courtesy of the Universal Music Group.
Written by: Levine, Hazzard, Walter, Evigan, Stone
- ATHLETIC 03

YES (1:22)

Nifty Brow

© 2018 Les Mills Music Licensing Ltd.
Written by: Purcell, Bullimore, Nordstrom, Nobel, Crowhurst, Rad
- Stay Frosty Royal Milk Tea (0:59)

Chess Bored

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Written by: Wentz, Stump, Trohman, Hurley
- YES (1:22)

Nifty Brow

© 2018 Les Mills Music Licensing Ltd.
Written by: Purcell, Bullimore, Nordstrom, Nobel, Crowhurst, Rad
- ATHLETIC AC

Tik Tok (1:02)

Raise Of Strip

© 2018 Les Mills Music Licensing Ltd.
Written by: Gottwald, Levin, Sebert
- Stay Frosty Royal Milk Tea (0:55)

Chess Bored

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Written by: Wentz, Stump, Trohman, Hurley
- Hang Down Your Head (1:28)

Reap Hunter

© 2018 Les Mills Music Licensing Ltd.
Written by: Farrant, Rawson
- Stay Frosty Royal Milk Tea (0:56)

Chess Bored

© 2018 Les Mills Music Licensing Ltd.
Written by: Wentz, Stump, Trohman, Hurley
- Hang Down Your Head (1:26)

Reap Hunter

© 2018 Les Mills Music Licensing Ltd.
Written by: Farrant, Rawson
- Tik Tok (1:07)

Raise Of Strip

© 2018 Les Mills Music Licensing Ltd.
Written by: Gottwald, Levin, Sebert



L-R: Romain Prévédello, Ellen Riddolls, Charlotte Fleetwood-Smith, Mark Nu'u-Steele, Dee Tjoeng

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.

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.

Dee Tjoeng (Australia) is a BODYSTEP, RPM™, LES MILLS TONE, BODYATTACK, BODYPUMP™, and LES MILLS SPRINT™ Trainer. She is also a nurse and is based in Brisbane.

Romain Prévédello (France) is a BODYSTEP, BODYATTACK, BODYPUMP, CXWORX and LES MILLS GRIT Trainer. He is based in Toulouse, where he also manages a gym.

Ellen Riddolls (New Zealand) is a BODYSTEP, BORN TO MOVE and SH'BAM Trainer/Presenter and a BODYCOMBAT, BODYPUMP, THE TRIP and LES MILLS TONE Instructor. She is based in Auckland and works as the Global Training Coordinator at Les Mills International.

CREDITS

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Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultants – Bryce Hastings & Andrew Newmarch

Production Coordinator – Ellen Tocher

This action-packed and fun release is all about keeping EVERYONE in the workout.

We've built lighter options into the setup of each track, so if you're wanting a low-impact workout, you'll not only know how to modify your work out right away but you'll also have options that keep you working hard throughout the class.

We kick off with a total-body Warmup to *No Regrets*. The Walking Burpee helps to warm the entire body and prepare us for the workout ahead.

In Track 2 we continue to warm up our stepping muscles with Basic Step patterns, Squats and Side Lunges, to *Stay Frosty*.

We then complete the Warmup phase of the class with some lateral movement patterns to the banger *Tik Tok*.

Violent is the song to our first Cardio Peak, where we have a bit of fun as we enter the Matrix. The Lunge Combo in this track will be sure to get your heart rates soaring.

Mixed Strength is up next, to *Bad Blood* and *Hang Down Your Head*. The mix of weight plates, speed and floor work with the Snatch Burpee and Squats get us to build full-body strength and stamina.

Peak 2 is the halfway marker in the workout, and we do this to *The Sound Of Thunder*.

Conditioning 1 is up next. This is where we achieve cardio recovery, as we work slower and deeper into the legs and glutes, with an added weight plate to encourage control as we move.

Next is Party Step, and this one's a tribute to all the amazing mamas out there.

On to the Speed Step with some Jazz flava. It's one of my favorite tracks in this release, and we do it to *That Man*.

In Peak 3 we add speed work to the high-energy song, *Yes*.

In Track 11, we achieve full-body conditioning to *The Middle*, and then we cool down to *Girls Like You*.

The Athletic Circuit in the BODYSTEP Athletic Class is a kicker, so be sure to use the lighter options where needed, and try to go a little harder each time you do this class to build up your fitness.

Enjoy this release guys!



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!

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

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	

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 – *Tik Tok*

Track 5: Use 2 weight plates (2.5kg or lighter)

Track 7: Use 1 weight plate (2.5kg)

Track 11: Use 2 weight plates (2.5kg)

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 – Yes / Stay Frosty Royal Milk Tea

Track 5: Use 2 weight plates (2.5kg or lighter)

Track 7: Use 1 weight plate (2.5kg)

Use Athletic Circuit in place of Tracks 8 and 9 – *Tik Tok / Stay Frosty Royal Milk Tea / Hang Down Your Head*

The Athletic Circuit must be taught after Track 10.

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



EXPRESS FORMATS

We have updated the BODYSTEP Classic 45-minute format. You now have these 2 options to choose from:

- 1. Track 7 Conditioning 1 OR Track 11 Conditioning 2
- 2. Track 8 Party Step OR Track 9 Speed Step

This will give you and your participants more variety in your 45-minutes BODYSTEP Classic classes.

NOTE:

Track 7 Conditioning 1 must be taught after Track 6 Peak 2

OR

Track 11 Conditioning 2 must be taught after Track 10 Peak 2

1. CLASSIC 45-MINUTE	2. CLASSIC 45-MINUTE
Track 01 Warmup	Track 01 Warmup
Track 02 Step Warmup	Track 02 Step Warmup
Track 03 Step Orientation CLASSIC	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 08 Party Step
Track 08 Party Step	Track 10 Peak 3
Track 10 Peak 3	Track 11 Conditioning 2
Total Time 38:53	Total Time 41:16

3. CLASSIC 45-MINUTES	4. CLASSIC 45-MINUTES
Track 01 Warmup	Track 01 Warmup
Track 02 Step Warmup	Track 02 Step Warmup
Track 03 Step Orientation CLASSIC	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 09 Speed Step
Track 09 Speed Step	Track 10 Peak 3
Track 10 Peak 3	Track 11 Conditioning 2
Total Time 39:05	Total Time 41:28

ATHLETIC 45 MINUTES

Track 01	Warmup
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1
AC	Athletic Circuit ATHLETIC
Track 11	Conditioning 2
Total Time	44:13

ATHLETIC 30 MINUTES

Track 01	Warmup
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
AC	Athletic Circuit ATHLETIC
Total Time	29:11

CLASSIC 30 MINUTES

Track 01	Warmup
Track 02	Step Warmup
Track 03	Step Orientation CLASSIC
Track 04	Peak 1
Track 06	Peak 2
Track 07	Conditioning 1
Total Time	24:16

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	Outro	Last few bars of music
Instr	Instrumental		Preview
	Repeat		Light option
BA	Blade Arms		



01. WARMUP

TRACK FOCUS

Coach a Narrow Squat Stance so that you're in the correct position for the Walking Burpee Sequence. Use a visual cue to show the direction to move in the Down Tap, and also the leading leg for the Repeaters.

Teach Athletic

Come into this track

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

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:06	Intro / Let's get crazy _	2x8	Prepare to move		16	
0:14	Rep / Crazy	A 2x8	Bounce L then R. <i>Relaxed arms by sides</i>		2	8x
		A ¹ 2x8	Bounce L then R. RA 👁️ Next move on last 8cts		2	8x
0:28	C / Crazy	B 4x8	4x March On Top L. RA		8	4x
0:41	Rep / _ There's nothing to regret	C 4x8	Down Tap & March Combo L then R		16	2x
			👁️ Next move on last 8cts			
0:54	Rep / Crazy	C ¹ 4x8	Drop Squat & Bounce Combo L then R		16	2x
1:08	V1 / All of my friends	D 4x8	14x Knee Repeater L		28	1x
			March OTS		4	
1:22	PC / Come on sugar	E 2x8	Narrow Squat. <i>Arms stacked</i>		4	4x
		E ¹ 2x8	Narrow Squat & Touch The Step Sequence 👁️ Next move on last 8cts		4	4x
1:35	Instr / Let's get crazy	F 8x8	Walking Burpee Sequence L then R		16	4x
2:03	Br /	½x8	Hands down to step		2	
			Step L foot B		2	
2:05	Ref / _ There's nothing to regret	G 4x8	Active Calf Stretch R then L		4	8x
2:18	Br /	½x8	Jump feet in towards step		2	
			Stand tall		2	
2:20	C / Crazy	B 8x8	🔁 4x March On Top R. RA		8	4x
2:33	Rep / _ There's nothing to regret	C 4x8	🔁 Down Tap & March Combo R then L		16	2x
			👁️ Next move on last 8cts			
2:46	Rep / Crazy	C ¹ 4x8	🔁 Drop Squat & Bounce Combo R then L		16	2x
3:01	V2 / My friends are the reason	D 4x8	🔁 14x Knee Repeater R		28	1x
			March OTS		4	
3:15	PC / Come on sugar	E 2x8	🔁 Narrow Squat. <i>Arms stacked</i>		4	4x
		E ¹ 2x8	🔁 Narrow Squat & Touch The Step Sequence		4	4x
			👁️ Next move on last 8cts			
3:28	Instr / Let's get crazy	F 8x8	🔁 Walking Burpee Sequence L then R		16	4x
3:55	Br /	½x8	🔁 Hands down to step		2	
			Step L foot B		2	
3:57	Ref / _ There's nothing to regret	G 4x8	🔁 Active Calf Stretch R then L		8	4x
4:10	Br /	½x8	Jump feet in towards step		2	
			Stand tall		2	
4:12	C / Baby	C 4x8	🔁 Down Tap & March Combo L then R		16	2x
			👁️ Next move on last 8cts			
4:26	Rep / _ There's nothing to regret	C ¹ 4x8	🔁 Drop Squat & Bounce Combo L then R		16	2x

01. NOTHING TO REGRET 4:40mins

TECHNIQUE AND COACHING

BOUNCE

CUE 'Bounce right and left'

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

4X MARCH ON TOP

March L, R, L, R on top. RA 1-4

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

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

- Use a visual cue to HOLD on top
- **Whole foot on the step**

DOWN TAP & MARCH COMBO

Down Tap L. RA 1-4

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

Repeat to the other side 9-16

PHONETIC CUE 'Tap the floor, hold and march; tap the floor, hold and march'

- Use a visual cue to show the direction of the Tap Down, and to HOLD the March OTS



DROP SQUAT & BOUNCE COMBO

Drop Squat L. Bent Raise 1-4

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

Repeat to the other side 9-16

PHONETIC CUE 'Squat, hold and march; squat, hold and march'

- **Bend knees, knees in line with toes**
- Sit butt back and down
- **Chest up**



14X KNEE REPEATER

14x Knee Repeater L. RA 1-28

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

CUE 'Repeater, HOLD'

- Use a visual cue to show the leading legs
- Body weight over the step
- **Front knee bent, knee in line with toes**
- Back heel off the floor
- Count down the last 4 reps

NARROW SQUAT

Feet slightly outside hip-width and parallel. Hands stacked F

PHONETIC CUE 'Squat, stand; squat, stand'

NARROW SQUAT & TOUCH THE STEP SEQUENCE

Feet slightly outside hip-width. Squat and tip F from the hips. Lightly touch the step 1-2

Squat up and stand tall. Fists to hips 3-4

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

- **Bend your knees, chest up**
- Reach towards the step



WALKING BURPEE SEQUENCE

Bend knees, place hands onto the step 1-2

Step R back long (hands on the step) 3-4

Step R into Squat position (hands on the step) 5-6

Stand tall. Fists to hips 7-8

Repeat to the other side 9-16

PHONETIC CUE 'Hands down, step right, in, stand; down, step left, in, stand'

- **Bend knees heaps as you place your hands onto the step**, and again when you step in
- **Brace abs, chest up**
- Keep your eye gaze towards your hands





01. NOTHING TO REGRET 4:40mins

TECHNIQUE AND COACHING

ACTIVE CALF STRETCH

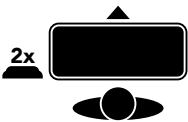
In Downward Facing Dog position

Walk L heel to the floor 1-2

Walk R heel to the floor 3-4

- **Brace abs**
- **Lift your hips, and press heels towards the floor**
- Keep eye gaze in front of hands





02. STEP WARMUP

TRACK FOCUS

Coach a Wider Stance in the Squats (wider than in the Warmup). Remind your class that they don't have to add the Light Plyo Jump in the combo. The song has a strong vibe to it, so contrast your teaching by delivery with a 'smile in your voice'.

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		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	A	4x8 Triple Pulse Squat. Arms stacked and then wide	8	4x
0:14	V1 / too many memories	B	4x8 Basic Step L. RA	4	8x
0:29	PC / don't become kings	A	 Triple Pulse Squat. Arms stacked and then wide  Next move on last 16cts	8	4x
0:44	C / Eau de résistance _	C	4x8 2x Side Lunge & Double Squat Combo L  Next move on last 16cts	8	4x
0:58	Eau de résistance _	C'	4x8 2x Side Lunge & Jump Squat Combo L	8	4x
1:12	Br /	E	2x8 Bounce R&L. Relaxed arms by sides	2	8x
1:21	V2 / The whole	B	 Basic Step R. RA	8	8x
1:35	PC / don't become kings	A	 Triple Pulse Squat. Arms stacked and then wide  Next move on last 16cts	8	4x
1:50	C / Eau de résistance _	C	 2x Side Lunge & Double Squat Combo R  Next move on last 16cts	8	4x
2:05	Eau de résistance _	C'	 2x Side Lunge & Jump Squat Combo R	8	4x
2:19	Outro /	E	 Bounce L&R. Relaxed arms by sides	2	4x

02. STAY FROSTY ROYAL MILK TEA 2:22mins

TECHNIQUE AND COACHING

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

TRIPLE PULSE SQUAT

2x Pulse Squat. Hands stacked F 1-4

Squat down and hold the squat. Hands stacked F 5-6

Squat up. Extend arms back and down, with chest up 7-8

PHONETIC CUE 'Squat 3, 2, 1 stand; 3, 2, 1, stand'

- Wide Squat stance
- **Chest up**
- Butt back and down
- **Knees in line with toes**



2X SIDE LUNGE & JUMP SQUAT COMBO

Side Lunge L. Reach R towards the step 1-2

Side Lunge R. Reach L towards the step 3-4

Squat L. Hands stacked F 5

Light Plyo Jump. Extend arms back and down, with chest up 6

Land the Plyo Jump in Squat position. Hands stacked F 7-8

PHONETIC CUE 'Lunge left, right, squat jump squat; left, right, squat jump squat'

- **Bend knees on the landing**
- **Brace abs**
- **Chest up**



- OPTION Heel Raise instead of the Plyo Jump



2X SIDE LUNGE & DOUBLE SQUAT COMBO

Side Lunge L. Reach R towards the step 1-2

Side Lunge R. Reach L towards the step 3-4

2x Pulse Squat. Hands stacked F 5-8

PHONETIC CUE 'Lunge left, right, squat, squat; left, right, squat, squat'

- Feet wide
- **Knee in line with toes**
- **Chest up**
- Reach towards the step
- **Abs braced**





03. STEP ORIENTATION

TRACK FOCUS

Use a visual cue to show the direction to step down to in the 6x Marches Across, and also count down the first 2 reps in the first set, and then the first rep in the 2nd and 3rd sets. Coach the up AND the down in the Across The Tops. Coach the class to bend their knees and sit a little lower as they step to the floor to match the ‘down’ lyrics in the music.

Teach Flava

Come into this track

Great energy, happy and lighthearted.

MUSIC			SEQUENCE/EXERCISE			CTS	REPS
0:02	PC / Hey_	A	4x8	6x March On Top L then R. RA 👁️ Next move on last 8cts		16	2x
0:16	C / Don't stop	B	4x8	6x Pendulum Swing L then R. HOH		16	2x
0:31	Ref / Police shut us down	C	4x8	Across the Top L then R. Scoop arms		8	4x
0:45	V1 / Wake up in	D	4x8	Angled Basic Step L. RA 👁️ Next move on last 8cts		4	8x
1:00	Pedicure on	E	4x8	Angled Freeze Tap L then R. Fan hands, wrists crossed O/H		8	4x
1:14	C / Don't stop	A	4x8	🔄 6x March On Top L then R. RA 👁️ Next move on last 8cts		16	2x
1:29	Rep / Don't stop	B	4x8	🔄 6x Pendulum Swing L then R. HOH		16	2x
1:44	Ref / I ain't coming back	C	4½x8	🔄 Across the Top L then R. Scoop arms		8	4½x
2:00	V2 / Ain't got a care	D	4x8	🔄 Angled Basic Step R. RA 👁️ Next move on last 8cts		4	8x
2:14	Everybody gettin'	E	4x8	🔄 Angled Freeze Tap R then L. Fan hands, wrists crossed O/H		8	4x
2:29	C / Don't stop	A	4x8	🔄 6x March On Top R then L. RA 👁️ Next move on last 8cts		16	2x
2:44	Don't stop	B	4x8	🔄 6x Pendulum Swing R then L. HOH		16	2x
2:58	Ref / I ain't coming back	C	4½x8	🔄 Across the Top R then L. Scoop arms		8	4½x
3:14	Outro / Tik tok			Step L onto the step. Tik Tok Arms			

03. TIK TOK 3:21mins

TECHNIQUE AND COACHING

6X MARCH ON TOP

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

Step L down to the L side, then Tap R to the floor. RA 7-8

Repeat to the other side 9-16

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

- Use a visual cue to show the direction to move

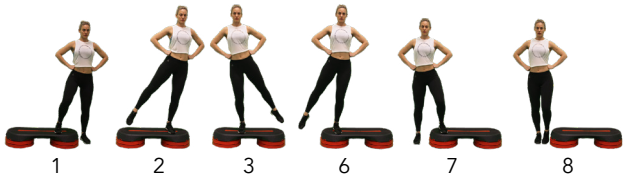
6X PENDULUM SWING

Pendulum Swing L, R, L, R, L, R on top of the step, moving towards the L. HOH 1-6

Step L down to the L side, then Tap R to the floor. HOH 7-8

Repeat to the other side 9-16

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



ACROSS THE TOP

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

- Light propulsion across
- **Bend knees** and sit lower as you step down to the floor

ANGLED BASIC STEP

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

- Body on 45° angle
- Use a visual cue to HOLD OTS



ANGLED FREEZE TAP

PHONETIC CUE 'Freeze to the front, freeze to the back'

- Body on 45° angle to the front, and to the back
- Stay tall, tap toes to the floor





04. PEAK 1

TRACK FOCUS

Be sure to coach the lighter options for those who need them in this track. Get the look and the feel of the O/H Claw Arms by creating tension through the extended arms and through the hands and fingers.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / You're making me	1x8	Prepare to move 👁️ First move on last 16cts	8	
0:04	Instr /	6x8 A	Lunge & Double Squat Combo L then R 👁️ Next move on last 8cts	16	3x
0:26	C / You're making me	4x8 A ¹	2x Plyo Lunge & Double Squat Combo L 👁️ Next move on last 8cts	8	4x
0:39	You're making me	4x8 A ²	2x Plyo Lunge & Squat Jump Combo L	8	4x
0:52	Instr /	2x8 B	Knee Lift L then R. RA (center of step)	8	2x
		2x8 B ¹	Propulsive Knee Lift L then R. RA	8	2x
1:06	What's a carnivore	8x8 B ²	Propulsive Knee Lift L then R. Arms in claws O/H	8	8x
1:21	Instr /	2x8 C	Bounce L & R. Relaxed arms by sides 👁️ Next move on last 8cts	2	8x
1:28	V1 / _ Pretty violent	5x8 D	4x March On Top L. RA 👁️ Next move on last 8cts	8	5x
1:45	_ Pretty violent	5x8 D ¹	4x Jog & Boxers Bounce Combo L. RA 👁️ Next move on last 8cts	8	5x
2:03	C / You're making me	4x8 A ¹	🔁 2x Plyo Lunge & Double Squat Combo L 👁️ Next move on last 8cts	8	4x
2:16	You're making me	4x8 A ²	🔁 2x Plyo Lunge & Squat Jump Combo L	8	4x
2:31	Instr / (Whoah)	4x8 B ³	Knee Lift L then R. Relaxed arms by side. (Center of step)	8	4x
2:45	Br /	½x8 B ³	Knee Lift L. Relaxed arms by sides	4	
2:47	Rep / What's a carnivore	4x8 B ²	🔁 Propulsive Knee Lift R then L. Arms in claws O/H	8	8x
3:00	Instr /	2x8 C	🔁 Bounce R&L. Relaxed arms by sides 👁️ Next move on last 8cts	2	8x
3:07	V2 / _ Pretty violent	5x8 D	🔁 4x March On Top R. RA 👁️ Next move on last 8cts	8	5x
3:25	_ Pretty violent	5x8 D ¹	🔁 4x Jog & Boxers Bounce Combo R. RA 👁️ Next move on last 8cts	8	5x
3:43	C / You're making me	4x8 A ¹	🔁 2x Plyo Lunge & Double Squat Combo R 👁️ Next move on last 8cts	8	4x
3:57	You're making me	4x8 A ²	🔁 2x Plyo Lunge & Squat Jump Combo R	8	4x
4:11	Instr / (Whoah)	4x8 B ³	Knee Lift R then L. Relaxed arms by side. (Center of step)	8	4x
4:24	Rep / What's a carnivore	4x8 B ²	🔁 Propulsive Knee Lift R then L. Arms in Claws O/H	8	4x
4:38	Outro / You're making me	1x8	Step R to side L hand to jaw, R hand to jaw, Jab R		

04. VIOLENT 4:48mins

TECHNIQUE AND COACHING

LUNGE & DOUBLE SQUAT COMBO

- Lunge L onto the step. RA 1-2
- Step to the floor (feet apart). Fists to hips 3-4
- 2x Narrow Squat Pulse. Hands stacked F 5-8
- Repeat to the other side 9-16

PHONETIC CUE 'Lunge right, squat, squat; lunge left, squat, squat'

- Narrow Squat Stance
- Long step onto the step
- Back heel up
- **Chest up**



2X PLYO LUNGE & DOUBLE SQUAT JUMP

- Lunge L onto the step. RA 1
- Propel upward. RA 2
- Lunge L onto the step. RA 3
- Propel upward. RA 4
- Land in Narrow Squat position. Hands stacked F 5
- Light Plyo Jump. Extend arms back and down, with chest up 6
- Land the Plyo Jump in Narrow Squat position. Hands stacked F 7-8

PHONETIC CUE 'Lunge, lunge, squat jump squat; lunge, lunge, squat jump squat'

- Wider Squat Stance
- **Knees in line with toes**
- Back heel off the floor
- **Bend knees on the landings**
- **Brace abs**
- **Chest up**

OPTION Lunge & Double Squat Combo



KNEE LIFT

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

- Knee up to hip height

PROPULSIVE KNEE LIFT

- Push off the toes
- Create tension through the arms and hands to make the arm-lines look strong and dynamic

OPTION No Jump

4X MARCH ON TOP

PHONETIC CUE 'Walk on top, walk down, walk on top, walk down'

- Use a visual cue to HOLD the Marches On Top
- Use this section to achieve cardio recovery

4X JOG & BOXERS BOUNCE COMBO

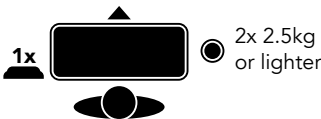
- Jog L, R, L, R on top of the step. RA 1-4
- Step L to the floor. Boxers Guard 5
- Bounce R, L, R. Boxers Guard 6-8

PHONETIC CUE 'Run on top, bounce down; run on top, bounce down'

- Boxers Guard, like you're guarding your face in a boxing ring

OPTION 4x March On Top





05. MIXED STRENGTH

TRACK FOCUS

Be sure to get your class to place their weights ON TOP of the step, and out wide, for easy access for the Squat and Jump sequence. Coach the option to do the Back-Stepping Snatch Burpee instead of the Snatch Burpee as a lighter option.

Teach Athletic

Come into this track

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

Pre-Track

Get your class to lower the height to one riser on each side. Get them to also collect 2x weight plates (2x 2.5kg or 2x 1kg plates).

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:01	Intro / Die	½x8	Prepare to move	4	
0:03	Ref /	2x8	👁 First move	16	
0:10	C / Oh , it's so sad to	6x8 A	Slow 3x Weighted Double Squat Across Combo L	16	3x
0:32	Instr / (Heavy beat)	8x8 A¹	3x Weighted Squat Across Combo L	8	8x
1:00	Instr / Remember when you	4x8 B	Weighted Down Tap Sequence L then R 👁 Next move on last 4cts	32	
1:15	C / Now we've got	4x8 B¹	Weighted Drop Squat L then R. <i>Plates extend in front, then to hips</i>	8	4x
1:29	Time for you	1x8	Weighted Drop Squat L and hold	8	
1:33	V1 / Hang down your head	4x8	<i>Place weight plates one on each end of the step</i> 👁 Next move on last 16cts	32	
1:47	Build /	4x8 C	Slow-Stepping Snatch Burpee L then R	16	2x
2:01	Instr / Die	4x8 C¹	Slow Snatch Burpee	8	4x
2:16	Instr /	4x8 C²	Fast Snatch Burpee	4	8x
2:30	Br /	1x8	<i>Pick up weight plates</i> 👁 Next move on last 4cts	8	
2:34	Instr / Die	4x8	Squat and Jump. <i>Plates reach towards step then up into a 'V' O/H</i>	4	8x
2:48	Br /	½x8	Recover	4	
2:50	Ref / When the song says _	4x8	Set up 👁 Next move on last 16cts	32	
3:04	C / Band-Aids don't	4x8 A	🔄 Slow 3x Weighted Double Squat Across Combo R	16	2x
3:18	Instr / (Heavy beat)	8x8 A¹	🔄 3x Weighted Squat Across Combo R	8	8x
3:47	Instr / Remember when you	4x8 B	🔄 Weighted Down Tap Sequence R then L 👁 Next move on last 4cts	32	
4:01	C / Now we've got	4x8 B¹	🔄 Weighted Drop Squat R then L. <i>Plates extend in front, then to hips</i>	8	4x
4:16	Time for you	1x8	Weighted Drop Squat R and hold	8	



05. MIXED STRENGTH

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
4:20	V2 / Hang down your head	4x8	Place weight plates one on each end of the step 👁️ Next move on last 16cts	32	
4:34	Build	4x8 C	 Slow-Stepping Snatch Burpee L then R	16	2x
4:48	Instr / Die	4x8 C ¹	 Slow Snatch Burpee	8	4x
5:02	Instr /	4x8 C ²	 Fast Snatch Burpee	4	8x
5:17	Br	1x8	Pick up weight plates 👁️ Next move on last 4cts	8	
5:20	Instr / Die	4x8	 Squat and Jump. Plates reach toward step then up into a 'V' O/H	4	8x

05. BAD BLOOD / HANG DOWN YOUR HEAD 5:45mins

TECHNIQUE AND COACHING

SLOW 3X WEIGHTED DOUBLE SQUAT ACROSS COMBO

Double Squat L to the R side. *Weighted Bent Raise F* 1-4

Double Squat on top of the step. *Pull weights to waist* 5-8

Double Squat R to the L side. *Weighted Bent Raise F* 9-12

Step down L, R to the back of the step. *Pull weights to waist* 13-16

PHONETIC CUE 'Squat side, top, other side, step back; side, top, side, back'

- **Bend knees**
- **Knees in line with toes**
- **Chest up**

OPTION No weights



3X WEIGHTED SQUAT ACROSS COMBO

Squat L to the R side. *Weighted Bent Raise F* 1-2

Squat on top of the step. *Pull weights to waist* 3-4

Squat L to the R side. *Weighted Bent Raise F* 5-6

Step down L, R to the back of the step. *Pull weights to waist* 7-8

PHONETIC CUE 'Squat side, top, side, step back; side, top, side, back'

- **Bend knees**
- **Knees in line with toes**
- **Chest up**
- Lift elbows to shoulder height, then pull weights to waist

OPTION No weights



WEIGHTED DOWN TAP

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

- Extend arms backward, keep chest up and tension through the arms

OPTION No weights



WEIGHTED DROP SQUAT

Drop Squat L. *Push weights F, knuckles touching* 1-2

Step R, L behind the step. *Pull weights to waist* 3-4

Repeat to the other side 5-8

PHONETIC CUE 'Squat, stand; squat, stand'

- Push forward, then pull to waist
- Sit the butt back and down
- **Knees in line with toes**
- **Chest up**

OPTION No weight plates / Squat and turn



Place one weight plate on each end of the step.

Tell your class to put the weights on top of the step, and out wide for easy access and not where your hands will make contact on the step.

05. BAD BLOOD / HANG DOWN YOUR HEAD 5:45mins

TECHNIQUE AND COACHING

SLOW-STEPPING SNATCH BURPEE

Start with feet slightly outside hip-width in Squat position, and tipped slightly F from the hips

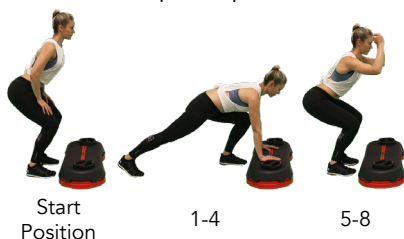
Step L leg back to Lunge. *Hands onto step* 1-4

Step L foot F to Squat position. *Bent Raise F* 5-8

Repeat to the other side 9-16

PHONETIC CUE 'Right leg back, leg in and squat; left leg back, leg in and squat'

- **Bend knees** and stay low and loaded through the legs in the Squat
- Long step backward in to the back Lunge position
- **Chest up throughout**
- **Brace abs**
- Eye gaze towards hands when hands are on the step, eye gaze forward when in Squat position
- This is the non-Burpee option



SLOW SNATCH BURPEE

Start with feet slightly outside hip-width in Squat position, and tipped slightly F from the hips

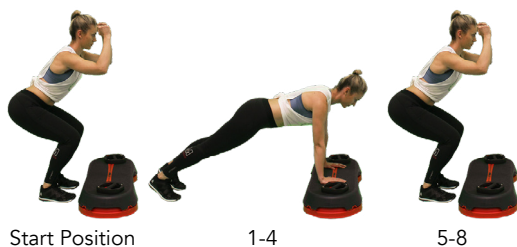
Drop to Plank 1-4

Jump feet in to Squat position, lift chest. *Snatch Bent Arms F* 5-8

PHONETIC CUE 'Plank, snatch in; plank, snatch in'

- **Brace abs** in Plank position
- Pop your chest up as you jump in to Squat position, and stay low
- Eye gaze to hands in the Plank, and forward in the Squat
- Make each phase sharp
- Working with speed and power

OPTION Slow-Stepping Snatch Burpee



SNATCH BURPEE

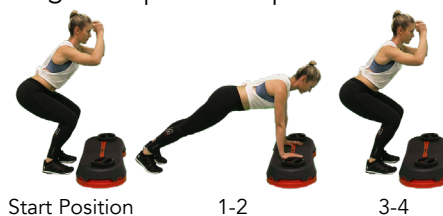
Start with feet slightly outside hip-width in Squat position, and tipped slightly F from the hips

Drop to Plank 1-2

Jump feet in to Squat position, lift chest. *Snatch Bent Arms F* 3-4

PHONETIC CUE 'Plank, snatch; plank, snatch'

- **Brace abs** in Plank position
- Pop your chest up as you jump in to Squat position, and stay low
- Eye gaze to hands in the Plank, and forward in the Squat
- Make each phase sharp
- Working with speed and power



OPTION Back-Stepping Snatch Burpee

Step L leg back to Lunge. *Hands onto step* 1-2

Step L foot F to Squat position. *Bent Raise F* 3-4

Repeat to the other side 5-8



SQUAT AND JUMP

Weights slightly in front of the body in the O/H position

Squat and *Reach weights towards the step* 1

Start to squat up. *Pull weights towards shoulders* 2

Plyo Jump. *Press weights O/H* 3

Land in Squat position. *Lower weights towards shoulders* 4

PHONETIC CUE 'Squat, jump; squat, jump'

- **Bend knees heaps**
- **Brace abs, chest up**

OPTION No weights / no Jump





06. PEAK 2



TRACK FOCUS

Connect to the ‘Thunder’ lyrics and sound effects in the music by making the arm-lines in the Shuffles and the Freeze Knee Lifts strong. In the Pushup & Needlepoint Combo, coach your class to lift their hips to Downward Dog position before they lift their leg to Needlepoint.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / (Thunder sounds)	1x8	Prepare to move	8	
0:03	Instr /	4x8	A 3x Low Power ATT then Shuffle Combo L then R 👁️ Arms on last 4cts	32	
0:17	C / I can hear the sound	8x8	A ¹ 3x Power ATT then Shuffle Combo L then R	32	2x
0:45	Ref / (Woah)	4x8	B Propulsive ATT L then R. Reach Up & Down	8	4x
0:59	Br /	2x8	C Knee Lift L. RA 👁️ Next move on last 8cts	4	4x
1:06	V1 / Shine lights in	4x8	C ¹ L-Step Knee Lift L. RA	8	4x
1:20	PC / Woah-oh-oh	4x8	C ² L-Step Knee Lift & Single Knee Combo L. RA 👁️ Next move on last 8cts	16	2x
1:33	Rep / I can hear the sound	8x8	C ³ Propulsive L-Step Knee Lift & Freeze Knee Combo L	16	4x
2:01	C / I can hear the sound	4x8	A ¹ 3x Power ATT then Shuffle Combo L then R	32	
2:15	Br / Woah-oh-oh	1/2x8	B ¹ Low ATT L. HOH	4	1x
2:17	Ref / _ Can you feel	4x8	B Propulsive ATT R then L. Reach Up & Down	8	4x
2:31	Instr /	2x8	C Knee Lift R. RA 👁️ Next move on last 8cts	4	4x
2:37	V2 / Shine lights in	4x8	C ¹ L-Step Knee Lift R. RA	8	4x
2:51	PC / Woah-oh-oh	4x8	C ² L-Step Knee Lift & Single Knee Combo R. RA 👁️ Next move on last 8cts	16	2x
3:05	Rep / I can hear the sound	8x8	C ³ Propulsive L-Step Knee Lift & Freeze Knee Combo R	16	4x
3:33	C / I can hear the sound	4x8	A ¹ 3x Power ATT then Shuffle Combo R then L	32	
3:47	Br / Woah-oh-oh	1/2x8	B ¹ Low ATT R. HOH	4	1x
3:49	Ref / _ Can you feel	4x8	B Propulsive ATT L then R. Reach Up & Down	8	4x



06. PEAK 2

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
4:03	Instr / (Quiet)	4½x8	Transition to the floor behind the step for Pushups 👁️ Next move on last 16cts	36	
4:18	Ref / I can hear the sound	8x8	Pushup & Needlepoint Combo L then R	16	4x
4:47	Instr / Woah -oh-oh	2½x8	Transition to stand, move to L side of the step, prepare to move	20	
4:55	C / I can hear the sound	4x8	A¹  3x Power ATT then Shuffle Combo L then R	32	
5:09	Ref / _ Can you feel	4x8	B  Propulsive ATT L then R. <i>Reach Up & Down</i>	8	4x
5:23	Outro	½x8	Jump L foot on the step. <i>Hands in a high 'V'</i>	4	



06. THE SOUND OF THUNDER 5:31mins

TECHNIQUE AND COACHING

3X POWER ATT THEN SHUFFLE COMBO

- Power ATT L, R the L. Bent Raise O/H 1-12
- Shuffle OTS. Fists O/H 13-16
- Repeat to the other side 17-32

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

- Propel upward and across the step, then sit lower as you step to the floor
- In the Shuffle, extend the arms O/H with strength to match the thunder in the music

OPTION Low ATT and March OTS



PROPULSIVE ATT

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

- Step your foot to the middle of the step to get halfway across the step
- See what's happening on the floor. For newer people who struggle to get the correct timing, 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: 'Across, lift your knee... across, lift your knee'

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

KNEE LIFT

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

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

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

L-STEP KNEE LIFT

- Step L to the step then lift R knee. RA 1-2
- Step R backward to the floor, then tap L to the floor. RA 3-4
- Step L to the step, then lift R knee. RA 5-6
- Step R to the floor, then tap L to the floor. RA 7-8

PHONETIC CUE 'Lift your knee, step back, lift your knee, step side, lift your knee step back, lift your knee, step side'

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

L-STEP KNEE LIFT & SINGLE KNEE COMBO

- L-Step L to the back. RA 1-4
- Knee Lift L. RA 5-8
- L-Step L to the side. RA 9-12
- Knee Lift L. RA 13-16

PHONETIC CUE 'Step to the back, hold the knee, step to the side, hold the knee; back, hold, side, hold'

- Use visual cues to HOLD the Knee Lifts OTS

PROPULSIVE L-STEP KNEE LIFT & FREEZE KNEE COMBO

- Propulsive L-Step L to the back. RA 1-4
- Freeze Knee Lift L. Bent Raise F 5-8
- Propulsive L-Step L to the side. RA 9-12
- Freeze Knee Lift L. Bent Raise F 13-16

PHONETIC CUE 'Jump to the back, freeze, jump to the side, freeze; back, freeze, side, freeze'

- Use visual cues to HOLD the Knee Lifts OTS
- Bend knee and sit lower in the Freeze Knee Lift



TRANSITION TO THE FLOOR FOR PUSHUPS

CUE 'Quickly, move to the floor, Plank position'

- Pushup position, hands on the step
- Move quickly, and preview the Down Dog and the combo

PUSHUP & NEEDLEPOINT COMBO

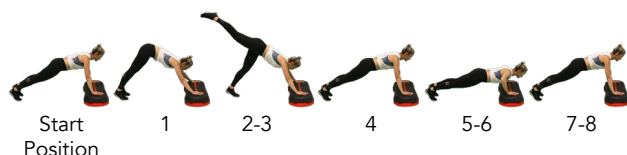
- Start in Pushup position
- Pushup down then up 1-4
- Repeat to the other side 9-16

PHONETIC CUE 'Pushup, needlepoint; pushup, needlepoint'

- Lift hips to Down Dog position before you lift your leg in to the Needlepoint
- **Strong ab brace**
- **Squeeze glutes**
- In the Pushup, keep shoulders above elbow level
- Coach the class to alternate the Needlepoint

COMMON MISTAKE Not moving in to Downward Dog position before the Needlepoint

OPTION Pushup phase on the knees





07. CONDITIONING 1



TRACK FOCUS

Coach a small tip forward from the legs and low leg lift in the Leg Extension, Lunge & Knee Lift Combo. Also coach your class to lift their chest and get their upper body upright as they step their leg down to Lunge position.

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.

Setup

Pick up a 2.5kg weight plate (or 2x 2.5kg weight plates, and stack one on top of the other).
Stand on top of the step, with body weight on the right leg, and hold the weight(s) to the top of your chest.
Prepare to move.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:03	Intro /	4x8	Set up Preview next move on last 8 cts		32	
0:17	V1 / _ I'll be your coco	4x8	A	Leg Extension, Lunge & Knee Lift Combo R (L leg moving). <i>Weight at collarbone</i> 👁 Plate Press on last 8cts	8	4x
0:34	_ I'll be a Martian	4x8	A ¹	Leg Extension, Lunge & Knee Lift Combo with Plate Press R	8	4x
0:48	PC / I, I, I'm the parade	4x8	B	4x Pulse Squat Across Combo with <i>weight to collarbones</i> L then R 👁 Plate Press last 16cts	32	
1:03	C / Yes!	8x8	B ¹	4x Pulse Squat Across Combo with Plate Press L then R	32	2x
1:33	Instr / (Dubstep)	4x8	B ²	Squat Across Combo L then R. <i>Plate Press Up then Down</i>	8	4x
1:50	Quiet	4½x8	Hold Squat Down. Recover, and prepare to work the other side		36	
2:04	V2 / _ I'll be your coco	4x8	A	 Leg Extension, Lunge & Knee Lift Combo L. (R leg moving). <i>Weight at collarbones</i> 👁 Plate Press on last 8cts	8	4x
2:19	_ You can be ruler	4x8	A ¹	 Leg Extension, Lunge & Knee Lift Combo with Plate Press L	8	4x
2:35	PC / I, I, I'm the parade	4x8	B	 4x Pulse Squat Across Combo with <i>weight to collarbones</i> R then L 👁 Plate Press last 16cts	32	1x
2:50	C / Yes!	8x8	B ¹	 4x Pulse Squat Across Combo with <i>Plate Press</i> R then L	32	2x
3:20	Instr / (Dubstep)	4x8	B ²	 Squat Across Combo R then L. <i>Plate Press Up then Down</i>	8	4x
3:35	Outro /	½x8	Squat Down and hold. <i>Plate O/H</i>		4	

07. PARADE 3:43mins

TECHNIQUE AND COACHING

LEG EXTENSION, LUNGE & KNEE LIFT COMBO

Slowly tip F from the hips with L Leg Extension. *Hold weight to the top of your chest* 1-4

Lunge L lifting body to upright position. *Hold weight to the top of your chest* 5-6

Lift L knee (R foot on top of the step). *Hold weight to the top of your chest* 7-8

PHONETIC CUE 'Tip forward, lunge, knee; tip forward, lunge, knee'

- **Abs braced, chest up**
- **Squeeze glutes**
- **Knees pushed out**
- Tip forward from the hips
- Lift upper body to upright position when you place the foot down to Lunge
- Long step backward in to the lunge

OPTION To tap the foot to the step instead of lifting the knee

OPTION No weight plate



LEG EXTENSION, LUNGE & KNEE LIFT COMBO WITH PLATE PRESS

Slowly tip F from the hips with L Leg Extension. *Hold weight to the top of your chest* 1-4

Lunge L lifting body to upright position. *Press the weight O/H* 5-6

Lift L knee (R foot on top of the step). *Hold weight to the top of your chest* 7-8

PHONETIC CUE 'Tip forward, lunge, knee; tip forward, lunge, knee'

- **Abs braced, chest up**
- **Squeeze glutes**
- **Knees pushed out**
- Weight slightly in front of the body in the O/H position
- Tip forward from the hips
- Lift upper body to upright position when you place the foot down to Lunge and press the weight O/H
- Long step backward in to the lunge

OPTION To tap the foot to the step instead of lifting the knee

OPTION No weight plate



07. PARADE 3:43mins

TECHNIQUE AND COACHING

SQUAT ACROSS COMBO

- Squat L to the L side. Press weight O/H

1
- Lightly propel L foot onto the step. Hold weight O/H

2
- Step R foot wide on top of the step and Squat down. Pull weight to the top of the chest

3
- Lightly propel L foot in towards R foot on top. Hold weight to the top of the chest

4
- Repeat to the other side

5-8
- PHONETIC CUE 'Singles, side, top, side, top; push, pull, push, pull'

- **Chest up**
- Keep the weight slightly forward in the O/H position
- **Bend knees**, butt back and down
- **Push the knees outward, in line with toes**

OPTION No weight plate, and tap the floor instead of lifting knee and balancing



4X PULSE SQUAT ACROSS COMBO WITH WEIGHT TO COLLARBONES

- 4x Squat Pulse L to the L side. Hold weight to the top of the chest

1-7
- Step L foot onto the step. Hold weight to the top of the chest

8
- Step R foot wide on top of the step, 4x Squat Pulse. Hold weight to the top of the chest

9-15
- Step L foot in towards R foot on top. Hold weight to the top of the chest

16
- Repeat to the other side

17-32
- PHONETIC CUE 'Squat 4, 3, 2, on top, 4, 3, 2, other side, 4, 3, 2, on top, 4, 3, 2, add the push'

- Use a visual cue to show the direction to move
- **Chest up**
- **Bend knees**, butt back and down

OPTION No weight plate, and tap the floor instead of lifting knee and balancing



4X PULSE SQUAT ACROSS COMBO WITH PLATE PRESS

- 4x Squat Pulse L to the L side. Press weight O/H

1-7
- Step L foot onto the step. Hold weight O/H

8
- Step R foot wide on top of the step, 4x Squat Pulse. Pull weight to the top of the chest

9-15
- Step L foot in towards R foot on top. Hold weight to the top of the chest

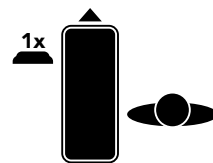
16
- Repeat to the other side

17-32
- PHONETIC CUE 'Squat and push 3, 2, on top, pull, 3, 2, other side, push, 3, 2, on top, pull, 3, 2, again'

- **Chest up**
- Keep the weight slightly forward in the O/H position
- **Bend knees**, butt back and down
- **Push the knees outward, in line with toes**

OPTION No weight plate, and tap the floor instead of lifting knee and balancing





08. PARTY STEP

TRACK FOCUS

Relax, and have fun. Connect to the “Your mama” lyrics in the song and enjoy the light feel of this track.

Teach Flava

Come into this track

Excited, re-energized and buzzing.

Pre-Track

Start by standing to the R side of the step.
Quickly get your class to touch the front and the back of the step to set up the orientation of this track.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / Someone else	½x8	Prepare to move	4	
0:02	Rep /	8x8	A 3x Down Tap & March Around Combo L then R	32	2x
0:30	C / Someone else	8x8	A¹ 3x Cha-Cha-Cha & March Around Combo L then R	32	2x
0:58	Instr /	2x8	B Propulsive OTT L then R. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
		2x8	B¹ Switch Curl L then R. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
1:12	Rep / _Your mama	4x8	C Chassé OTT L then R. <i>Bent Raise then Point F with front hand</i>	8	4x
1:27	V1 / What you sippin’	4x8	D Angled Basic Step L. <i>HOH or RA</i>	4	8x
1:41	PC / Have you lost	2x8	A  3x Down Tap & March Around Combo L	16	1x
1:48	C / Someone else	8x8	A¹  3x Cha-Cha-Cha & March Around Combo R then L	32	2x
2:17	Instr /	2x8	B  Propulsive OTT R then L. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
		2x8	B¹  Switch Curl R then L. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
2:31	Rep / _Your mama	4x8	C  Chassé OTT R then L. <i>Bent Raise then Point forward with front hand</i>	8	4x
2:45	V2 / What you sippin’	4x8	D  Angled Basic Step R. <i>HOH or RA</i>	4	8x
2:59	PC / Have you lost	2x8	A  3x Down Tap & March Around Combo R	16	1x
3:06	C / Have you lost	4x8	A¹  3x Cha-Cha-Cha & March Around Combo L then R	32	1x
3:21	Someone else	4x8	A² 3x Cha-Cha-Cha & March Around Combo with turn L then R	32	1x
3:34	Instr /	2x8	B  Propulsive OTT L then R. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
		2x8	B¹  Switch Curl L then R. <i>Clap Hands</i> 👁 Next move on last 4cts	8	2x
3:49	Rep / _ Your mama	4x8	C  Chassé OTT L then R. <i>Bent Raise then Point F with front hand</i>	8	4x
4:03	Outro / _ Your mama	½x8	L foot onto the step <i>Point forward</i>	2 2	

08. NO EXCUSES 4:10mins

TECHNIQUE AND COACHING

3X DOWN TAP & MARCH AROUND COMBO

- Tap Down L to the front. RA 1-4
- Tap Down R to the back. RA 5-8
- Tap Down L to the front. RA 9-12
- March R, L, R, L around the step to the other side. RA 13-16
- Repeat to the other side 17-32

PHONETIC CUE ‘Tap to the front, tap to the back, to the front and walk around; tap 3, 2, 1, walk around’

- Use a visual cue to show the direction of the walk around the step

3X CHA-CHA-CHA & MARCH AROUND COMBO

- Cha-Cha-Cha L to the front. RA 1-4
- Cha-Cha-Cha R to the back. RA 5-8
- Cha-Cha-Cha L to the front. RA 9-12
- March R, L, R, L around the step to the other side. RA 13-16
- Repeat to the other side 17-32

PHONETIC CUE ‘Cha-cha-cha, 2, 1, walk around; 3, 2, 1, walk around’

- **Bend knees** and sit a little lower into the Cha-Cha-Chas
- Encourage your class to relax a little and move to the rhythm of the music

OPTION 3x Down Tap & March Around Combo

PROPULSIVE OTT

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

OPTION: No Jump

SWITCH CURL

CUE ‘Hop and release your heel as you rotate’

OPTION: If you’re not hopping, revert to the OTT

- Hop the Turn, releasing the heel for the switch

CHASSÉ OTT

- Chassé L. Bent raise F 1-2
- Cross R foot behind L foot. Point L towards the front 3-4
- Repeat to the other side 5-8

- Knees soft and sit a little lower to move to the quick rhythm
- Connect to the cheeky lyrics, and have a bit of fun with it

OPTIONS OTT or Switch Curl

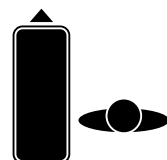


ANGLED BASIC STEP

PHONETIC CUE ‘Basic Step HOLD, walk up, walk down, walk up, walk down’

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





09. SPEED STEP

TRACK FOCUS

Coach your class to move with a small and fast range of motion. Coach them to ‘jump’ the rotations in the Switch phases of the moves, and add the optional arm-lines to bring out the Jazz feel of the track.

Teach Flava

Come into this track

Hyped and ready to move quickly.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	1x8	Stand to left-hand side of step. Prepare to move	8	
0:03	Instr /	4x8 A	Slow OTT L then R. <i>HOH</i> 👁️ Next move on last 8cts	16	2x
0:13	Instr / <i>I believe it's a match</i>	4x8 A ¹	Slow Switch Curl L then R. <i>RA</i> 👁️ Next move on last 8cts	16	2x
0:22	Instr /	8x8 A ²	Hop Knee & Run OTS Combo L then R. <i>RA</i>	16	4x
0:41	V1 / <i>A little bit of trouble</i>	6x8 B	Angled 4x Jog on Top L. <i>RA</i> 👁️ Next move on last 16cts	8	6x
0:56	PC / <i>Sweet serenade</i>	6x8 C	Jog On Top Straddle Combo L. <i>RA</i>	16	3x
1:10	C / <i>Oooh that man</i>	4x8 C ¹	Speed Straddle Combo L. <i>RA</i>	8	4x
1:20		4x8 C ²	Speed Straddle Combo with Arms L. <i>RA</i>	8	4x
1:30	Instr /	4x8 A ²	 Hop Knee & Run OTS Combo L then R. <i>RA</i>	16	2x
1:40		4x8 A ³	Hop Knee & Run OTS Combo L then R. <i>Long diagonal arms</i>	16	2x
1:48	Br /	½x8 A ⁴	Hop Knee L. <i>RA</i>	4	1x
1:50	Rep /	4x8 A ⁴	 Hop Knee R then L. <i>RA</i>	8	4x
2:00		4x8 A ⁵	Hop Knee R then L. <i>Small Cabaret Arms</i>	8	4x
2:09	Instr / <i>_ You know I've been</i>	4x8 A	 Slow OTT R then L. <i>Relaxed arms by sides</i> 👁️ Next move on last 8cts	16	2x
2:19	<i>_All of me goes</i>	4x8 A ¹	 Slow Hop Knee L then R. <i>RA</i> 👁️ Next move on the last 8cts	16	2x
2:28	Instr /	4x8 A ²	 Hop Knee & Run OTS Combo R then L. <i>RA</i>	16	2x
2:38		4x8 A ³	 Hop Knee & Run OTS Combo R then L. <i>Long diagonal arms</i>	16	2x
2:47	V2 / <i>I'm on a mission</i>	6x8 B	 Angled 4x Jog on Top R. <i>RA</i> 👁️ Next move on last 16cts	8	6x
3:02	PC / <i>A little gable</i>	6x8 C	 Jog On Top Straddle Combo R. <i>RA</i>	16	3x
3:16	C / <i>Oooh that man</i>	4x8 C ¹	 Speed Straddle Combo R. <i>RA</i>	8	4x
3:26		4x8 C ²	 Speed Straddle Combo with Arms R. <i>RA</i>	8	4x
3:35	Instr /	4x8 A ²	 Hop Knee & Run OTS Combo R then L. <i>RA</i>	16	2x
3:46		4x8 A ³	 Hop Knee & Run OTS Combo L then R. <i>Long diagonal arms</i>	16	2x
3:54	Rep /	4x8 A ⁴	 Hop Knee R then L. <i>RA</i>	8	4x
4:04		4x8 A ⁵	 Hop Knee R then L. <i>Small Cabaret Arms</i>	8	4x
4:14	Outro / <i>_ Call me back</i>	2x8	Step R onto the step. Telephone finale!	16	

09. THAT MAN 4:22mins

TECHNIQUE AND COACHING

SLOW OTT

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

- Use a visual cue to show the direction to move

SLOW SWITCH CURL

Step L to the step. *Natural Arms* 1-2

Hop and rotate a quarter turn. *Natural Arms* 3-4

Step R to the floor to L side. *Natural Arms* 5-6

Step L to the floor to R side. *Natural Arms* 7-8

Repeat to the other side 9-16

PHONETIC CUE 'Step, jump, step, down; step, jump, step, down'

- Jump the quarter rotation to protect the ankle and knee

HOP KNEE & RUN OTS COMBO

Jog L to the step. *RA* 1

Hop and rotate a quarter turn. *RA* 2

Jog R, L, R, L, R, L to the L side. *RA* 3-8

Repeat to the other side 9-16

PHONETIC CUE 'Hop knee run; hop knee run'

- Use a visual cue to HOLD the Jog OTS
- Jump the rotation to protect the ankle and knee
- Whole foot onto the step
- **Land with a soft knee**



HOP KNEE & RUN OTS COMBO WITH ARM-LINES

Jog L to the step. *Diagonal Sweep R down & L up* 1

Hop and rotate a quarter turn. *Diagonal Sweep R down & L up* 2

Jog R, L, R, L, R, L to the L side. *RA* 3-8

Repeat to the other side 9-16

PHONETIC CUE 'Hop knee run; hop knee run'

- Add some Jazz flava
- Jump the rotation to protect the ankle and knee
- Whole foot onto the step
- **Land on a soft knee**

OPTION No arm-lines



HOP KNEE

Jog L to the step. *RA* 1

Hop and rotate a quarter turn. *RA* 2

Step R, L to the L side. *RA* 3-4

Repeat to the other side 5-8

PHONETIC CUE 'Hop knee, hop knee'

- Use a visual cue to show that you go side to side
- Jump the rotation to protect the ankle and knee

OPTION Speed OTT



HOP KNEE WITH ARM-LINES

Jog L to the step. *Low Arm Sweep* 1

Hop and rotate a quarter turn. *Low Arm Sweep* 2

Step R, L to the L side. *RA* 3-4

Repeat to the other side 5-8

PHONETIC CUE 'Hop knee, hop knee'

- Add some Jazz flava
- Jump the rotation to protect the ankle and knee

OPTIONS No arm-lines or Speed OTT



ANGLED 4X JOG ON TOP

Jog L, R, L, R on top (on 45° angle). *RA* 1-4

Jog L, R, L, R on the floor. *RA* 5-8

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

- Use a visual cue to hold on top
- Body on 45° angle
- Whole foot on the step



09. THAT MAN 4:22mins

TECHNIQUE AND COACHING

JOG ON TOP STRADDLE COMBO

- Jog L, R, L, R on top (on 45° angle). RA 1-4
- Straddle Jog L, R, L, R down (facing F). RA 5-8
- Jog L, R, L, R on top (on 45° angle). RA 9-12
- Jog L, R, L, R on the floor. RA 13-16

PHONETIC CUE 'Run up, straddle down; run up, run back'

- Use a visual cue to show the rotation of the body

CUE 'Body on 45° angle, face front, 45° angle, run back'



SPEED STRADDLE COMBO

- Jog L, R on top (on 45° angle). RA 1-2
- Straddle Jog L, R, L, R down (facing F). RA 3-4
- Jog L, R, L, R on top (on 45° angle). RA 5-6
- Jog L, R, L, R on the floor. RA 7-8

PHONETIC CUE 'Run up, straddle down, run up, run back, up, straddle, up, back'

- Use a visual cue to show the rotation of the body

CUE 'Body on 45° angle, face front, 45° angle, run back'



SPEED STRADDLE COMBO WITH ARM LINES

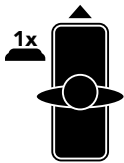
- Jog L, R on top (on 45° angle). Bent Raise F 1-2
- Straddle Jog L, R, L, R down (facing F). Point both F 3-4
- Jog L, R, L, R on top (on 45° angle). Bent Raise F 5-6
- Jog L, R, L, R on the floor. Fists to hips 7-8

PHONETIC CUE 'Run up, straddle down, run up, run back, up, straddle, up, back'

- Have some fun with your class

OPTION No arm-lines





10. PEAK 3

TRACK FOCUS

Before you push play, quickly show your class the option to squat, instead of doing the Side Vault. Coach your participants to keep their body weight ON TOP of the step in the Taps and Speed Taps and to aim to touch just the toes to the floor. In the transition to the Side Vault, move quickly so that you can preview this move.

Teach Athletic

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / Uh uh uh	1/2x8	Prepare to move	4	
0:02	Rep / Hear you say yes	2x8	A Down Tap L then R. RA	4	4x
		2x8	A ¹ Light Propulsive Down Tap L then R. RA	4	4x
0:15	C / Hear you say yes	2x8	A ² Propulsive Down Tap L then R. Single Punch O/H	4	4x
0:22		2x8	A ³ Propulsive Down Tap L then R. Reach Up & Down	4	4x
0:29	Ref / _ No boys	4x8	B Propulsive ATT L then R. Reach Up & Down	8	4x
0:42	Instr /	2x8	A  Down Tap L then R. RA  Next move on last 8cts	4	4x
0:49	V1 / Whatever it is	4x8	C 2x Double Squat & Single Tap Down Combo L	16	2x
1:04		4x8	C ¹ Propulsive 2x Double Squat & Tap Down Combo L  Next move on last 8cts	16	2x
1:17	C / Hear you say yes	8x8	C ² Propulsive 2x Double Squat & 8x Speed Tap Combo L	16	4x
1:44	Br /	2x8	Freeze then transition to the L side of the step, set up for Alternating Side Vault	16	
1:52	Instr / _Ease back	4x8	D Slow Alt Side Vault R then L	16	2x
2:06		4x8	D ¹ Alt Side Vault R then L	8	4x
2:20	Ref /	2 1/2x8	Transition to the top of the step  Next move on last 8cts	20	
2:28	V2 / Whatever it is	4x8	C  2x Double Squat & Single Tap Down Combo R	16	2x
2:42		4x8	C ¹  Propulsive 2x Double Squat & Tap Down Combo R  Next move Speed Tap on last 8cts	16	2x
2:55	C / Hear you say yes	8x8	C ²  Propulsive 2x Double Squat & 8x Speed Tap Combo R	16	4x
3:23	Br /	2x8	Freeze then transition to the R side of the step, set up for Alter Side Vault	16	
3:30	Instr / _ Ease back	4x8	D  Slow Alt Side Vault L then R	16	2x
3:44		4x8	D ¹  Alt Side Vault L then R	8	4x
3:58	Ref /	2 1/2x8	Transition to the top of the step  Next move on the last 4cts	20	
4:06	C / _Come on	2x8	A ²  Propulsive Down Tap L then R. Single Punch OH	4	4x
4:14		2x8	A ³  Propulsive Down Tap L then R. Reach Up & Down	4	4x
4:20	Ref / _Yo boys	4x8	B  Propulsive ATT L then R. Reach Up & Down	8	4x
4:34	Outro /	1/2x8	Step L foot to floor. L thumbs up O/H	4	



10. YES 4:42mins

TECHNIQUE AND COACHING

PRE-TRACK

Quickly show the Alternating Side Vault and the Single Squat option for the people who don't want to go down to the floor later on in the track.

DOWN TAP

PHONETIC CUE 'Tap left, right, left right'

LIGHT PROPULSIVE DOWN TAP

CUE 'Add a push off the step'

- Toes to the floor, keep heel lifted

PROPULSIVE OTT

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

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

OPTION Low OTT / No arm lines

2X DOUBLE SQUAT & SINGLE TAP DOWN COMBO

Double Squat L then R. RA (fists) 1-8

Tap Down L then R x4. RA (fists) 9-16

PHONETIC CUE 'Double squat, double, single tap HOLD, 3, 2, 1; double, double, single hold 4, 3, 2, 1'

- Use visual cues to show the direction to move and to HOLD the Singles on top



PROPULSIVE 2X DOUBLE SQUAT & SINGLE TAP DOWN COMBO

Propulsive Double Squat L then R. RA (fists) 1-8

Propulsive Tap Down L then R x4. RA (fists) 9-16

PHONETIC CUE 'Add a push, double, double, single HOLD; double, double, single hold'

- Use visual cues to show the direction to move and to HOLD the Singles on top



PROPULSIVE 2X DOUBLE SQUAT & 8X SINGLE SPEED TAP DOWN COMBO

Propulsive Double Squat L then R. RA (blades) 1-8

Speed Tap Down Down L&R x4. RA (blades) 9-16

PHONETIC CUE 'Double, double, speed 8, 7, 6, 5, 4, 3, 2, again; double, double, speed 8, 7, 6, 5, 4, 3, 2, 1'

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



TRANSITION TO THE FLOOR

Move quickly to the floor and preview the Slow Alternating Side Vault

- Bend knees, hands to the front of the step



SLOW ALTERNATING SIDE VAULT

Standing to the L side. Hands to the front of the step

Jump feet onto the step (in crouch position) 1-4

Jump Feet over to the R side, body in Plank position 5-6

Repeat to the other side 9-16

PHONETIC CUE 'Feet up, feet side; feet up, other side'

- **Strong ab brace**

- Push hands in to the step, shoulders over wrists

- **Eye gaze in front of step**

- Crouch in on top, extend long on the floor

OPTION Single Squats





10. YES 4:42mins

TECHNIQUE AND COACHING

ALTERNATING SIDE VAULT

- Jump feet onto the step (in Crouch position) 1-2
- Jump feet over to the R side, body in Plank position 3-4
- Repeat to the other side 5-8

PHONETIC CUE *'Top, side; top, side'*

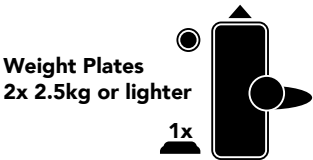
- **Strong ab brace**
- Push hands in to the step, shoulders over wrists
- **Eye gaze in front of step**
- Crouch in on top, extend long on the floor

OPTION Single Squats





11. CONDITIONING 2



TRACK FOCUS

Coach class to move with control by maintaining a strong ab brace, and keeping the weights slightly in front of the body throughout the Weighted Squat & Lunge Combo.

Offer options to use lighter weights or to put the weights down at any time throughout the track.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

Setup

2x 1kg or 2.5kg weight plates. One in each hand.
R side of the step.
L foot to the middle of the step, R foot on the floor, feet slightly outside hip-width.
Arms down, weights touching together.
Put weights down at any stage if needed.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	4x8	Set up for Weighted Squat & Lunge Combo L 👁️ Next move on last 16cts	32	
0:18	V1 / Take a seat	6x8	A Slow Weighted Squat & Lunge Combo L	16	3x
0:43	C / Oh baby	8x8	A ¹ Weighted Squat & Lunge Combo L	8	8x
1:16	Ref /	2x8	Transition to straddle step 👁️ Next move on last 8cts	16	
1:25	Instr /	8x8	B Bentover Fly	8	8x
1:50	Br /	4x8	Transition to set up for Weighted Squat & Lunge Combo R	32	
2:06	V2 / Take a step	6x8	A Slow Weighted Squat & Lunge Combo R	16	3x
2:32	C / Oh baby	8x8	A ¹ Weighted Squat & Lunge Combo R	8	8x
3:05	Ref /	2x8	Transition to straddle step 👁️ Next move on last 8cts		
3:13	Instr / (Dubstep)	8x8	B Bentover Fly	8	8x
3:39	Br / Oh baby	4x8	👁️ Transition to floor on last 8cts	32	
3:55	C / Oh baby	8x8	C Weighted C-Crunch with Pec Fly NOTE: Hold knees up on last rep and <i>take arms wide to the floor</i>	8	8x
4:28	Instr / (Dubstep)	8x8	D Knee Drop & Leg Extension Combo F then B	8	8x
5:02	C / Oh baby	8x8	C Weighted C-Crunch with Pec Fly NOTE: Hold knees up on last rep and <i>take arms wide to the floor</i>	8	8x
5:35	Instr /	8x8	D Knee Drop & Leg Extension Combo F then B	8	8x

11. THE MIDDLE 5:57mins

TECHNIQUE AND COACHING

SLOW WEIGHTED SQUAT & LUNGE COMBO

Squat down. *Raise F to O/H (knuckles touching)* 1-4
 Step R B to Lunge. *Lat Pull Down* 5-8
 Step R F to Squat. *Press O/H (knuckles touching)* 9-12
 Lunge up. *Bend arms, weights to front of shoulders* 13-16

PHONETIC CUE 'Squat and rise, lunge and pull, squat and press, stand and lower; squat, lunge, squat, rise'

- **Chest up**
- **Abs braced**
- Weights slightly in front of the body in the O/H position
- Long step backward in to Lunge
- **Knees in line with toes throughout**

OPTIONS No weights or weights with no leg work



WEIGHTED SQUAT & LUNGE COMBO

Squat down. *Raise F to O/H (knuckles touching)* 1-2
 Step R B to Lunge. *Lat Pull Down* 3-4
 Step R F to Squat. *Press O/H (knuckles touching)* 5-6
 Lunge up. *Bend arms, weights to front of shoulders* 7-8

PHONETIC CUE 'Squat, lunge, squat, rise; squat, lunge, squat, rise'

- **Chest up**
- **Abs braced**
- Weights slightly in front of the body in the O/H position
- Long step backward in to Lunge
- **Knees in line with toes throughout**

OPTIONS No weights or weights with no leg work



BENTOVER FLY

Straddle the step, feet outside hip-width, toes turned slightly outward, knees soft throughout

Weights O/H (knuckles together)

Tip F from the hips. Lower and open to Fly position 1-4

Rise to standing. Close the Fly and raise weights O/H (knuckles together) 5-8

PHONETIC CUE 'Tip forward and open, rise up and lift; forward and open, rise up and lift'

- **Keep abs braced and chest lifted**
- **Keep knees soft**
- Squeeze shoulder blades together in the Fly position
- Squeeze the chest as you rise
- Eye gaze 3 feet ahead to the floor as you tip forward, then eye gaze forward as you stand



WEIGHTED C-CRUNCH WITH PEC FLY

Butt close to step

Feet on the step, knees bent

Holding weights, arms out to sides

Crunch up, lifting feet off the step, knees bent. *Close the Pec Fly* 1-4

Crunch down, lowering feet to the step. *Pec Fly Open* 5-8

PHONETIC CUE 'Crunch up and squeeze, crunch down and open; up and squeeze, crunch down and open'

- **Belly button towards spine**
- Move ribs towards hips
- **Squeeze chest on the way up**
- Keep knuckles slightly apart in the closed position
- Keep elbows slightly bent

OPTION No weight plates



11. THE MIDDLE 5:57mins

TECHNIQUE AND COACHING

KNEE DROP & LEG EXTENSION COMBO

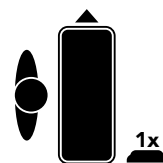
Anchor shoulders and back of hands to the floor, feet off the step

- Lower knees towards the L 1-2
- Extend R leg to L diagonal 3-4
- Repeat to the other side 5-8

PHONETIC CUE *'Knees forward, extend, knees back, extend; forward, extend, back, extend'*

- **Anchor shoulders and hands to the floor**
- **Maintain a strong ab brace**
- Small ROM; if the shoulders lift off the floor, lessen the Knee Drop range





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		SEQUENCE/EXERCISE	CTS	REPS
0:07	V1 / Spent twenty- four hours	4x8	A Cross F foot across B knee & lower to Weighted Glute Stretch	32	
0:15	Spent the late nights	4x8	A Other side (lower to the back of the room) Transition to the back of the step on last 8cts	32	
0:38	C / 'Cause girls like you	2x8	B Soleus Stretch L	16	
		2x8	B ¹ Soleus Stretch L. <i>Lift chest and extend arms to side</i>	16	
		2x8	B Soleus Stretch R	16	
		2x8	B ² Soleus Stretch R. <i>Clasp hands together, reach forward and round through upper back</i>	16	
1:08	V2 / I spent last night	4x8	C Hip Flexor Stretch L (R foot F)	32	
		4x8	D Down Dog	32	
1:40	C / 'Cause girls like you	4x8	C Repeat Hip Flexor Stretch R (L foot forward)	32	
		4x8	E Active Calf Stretch L then R	8	4x
2:10	Instr /	4x8	F Standing Quad Stretch R	32	
2:25	Rep / _ Maybe it's 6:45	2x8	G ITB Stretch R	16	
		2x8	G ITB Stretch L	16	
2:41	Br /	1/2x8	Take feet wide	4	
2:43	PC / 'Cause girls like you	2x8	H Adductor Stretch L then R and Squat Rolldown Sequence	16	1x
2:51	Br /	1/2x8	Take feet wide	4	
2:53	C / 'Cause girls like you	8x8	H Adductor Stretch L then R and Squat Rolldown Sequence	16	4x
3:23	Instr /	2x8	F Standing Quad Stretch L	16	



12. GIRLS LIKE YOU 3:34mins

TECHNIQUE AND COACHING

WEIGHTED GLUTE STRETCH

- R foot on the step, cross L ankle on top of R knee
- Lower Knees towards the L



SOLEUS STRETCH

- Heel grounded, then press weight forward
- **Chest up**



HIP FLEXOR STRETCH

- **Front knee above ankle**
- Press hips towards the floor
- Back leg long
- Chest up



DOWN DOG

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



DYNAMIC CALF STRETCH

Down Dog position

Press L then R heel to the floor

1-4

- **Abs braced**
- Hips high
- Keep eye gaze in front of hands



STANDING QUAD STRETCH

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



ITB STRETCH

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



ADDUCTOR STRETCH L THEN R AND SQUAT ROLLDOWN SEQUENCE

Adductor Stretch L

1-4

Adductor Stretch R

5-8

Squat to center. Hands to thighs

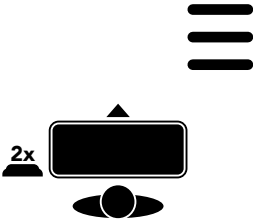
9-12

Roll up to standing

13-16



03. STEP ORIENTATION ATHLETIC



TRACK FOCUS

In the transition to the Side Vault, move quickly so that you can preview the Side Vault, and also show the option to lunge instead. Coach the lighter options to keep everyone moving.

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			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / Let me hear you say yes	3x8		Bounce L then R 👁️ First move on last 8cts	2	12
0:11	PC / Hear you say yes	4x8	A	4x Jog On Top L. RA	8	4x
0:25	C / _Come on, put your	4x8	A ¹	4x Jog On Top & Boxers Bounce Combo L. RA then Boxers Guard	8	4x
0:39	Instr /	4x8		Setup for Alt Side Vault 👁️ Next move on last 16cts	32	
0:53	Instr / (Dubstep)	8x8	B	Slow Alt Side Vault F then B	16	4x
1:21	Br /	½x8		Hold	4	
1:23	Instr / Eau de résistance _	4x8		Recover, shake out arms and legs 👁️ Next move on last 8cts	32	
1:36	PC / Don’t become kings	4x8	C	Lunge L then R 👁️ Next move on last 8cts	8	4x
1:50	C / Eau de résistance _	4x8	C ¹	Lunge & Double Squat Combo L then R 👁️ Next move on last 8cts	16	2x
2:05		4x8	C ²	Lunge & Squat Jump Combo L then R	16	2x
2:19	Br /	½x8		Hold	4	
2:21	Instr / Hear you say yes	2x8		Prepare to move 👁️ Next move on last 8cts	16	
2:28	PC / _ Grown man	4x8	A	 4x Jog On Top R. RA	8	4x
2:42	C / _ Come on, put your	4x8	A ¹	 4x Jog On Top & Boxers Bounce Combo R. RA then Boxers Guard	8	4x
2:56	Instr /	4x8		Recover, shake out, connect 👁️ Next move on last 8cts	32	
3:09	Rep / Hear you say yes	8x8	D	Staggered Jump Squat & Plyo Squat Combo	8	8x
3:38	Outro /	½x8		Hold last Squat	4	

ATHLETIC

03. YES / STAY FROSTY ROYAL MILK TEA 3:43mins

TECHNIQUE AND COACHING

BOUNCE

CUE 'Bounce left and right'

- Feet outside hip-width
- **Abs braced**
- Shift body weight from one leg to the other

4X JOG ON TOP

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

- Use a visual cue to HOLD the 4x Jogs On Top
- **Whole foot on the step**
- Natural walking rhythm

OPTION 4x March On Top

4X JOG ON TOP & BOXERS BOUNCE COMBO

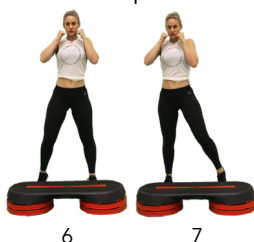
Jog L, R, L, R on top of the step. RA 1-4

Step L to the floor. Boxers Guard 5

Bounce R, L, R on the floor. Boxers Guard 6-8

PHONETIC CUE 'Jog on top, bounce down; jog on top, bounce down'

OPTION 4x March On Top



SETUP FOR ALTERNATING SIDE VAULT

Move quickly to the floor and preview the Slow Alternating Side Vault

- **Bend knees**, hands to the front of the step



SLOW ALTERNATING SIDE VAULT

Standing to the L side. Hands to the front of the step

Jump feet onto the step (in Crouch position) 1-4

Jump feet over to the front, body in Plank position 5-6

Repeat to the other side 9-16

PHONETIC CUE 'Jump up, to the front; jump up, to the back back'

- **Strong ab brace**
- Push hands in to the step, shoulders over wrists
- **Eye gaze in front of step**
- Crouch in on top, extend long on the floor

OPTION Single Squats



LUNGE

Lunge L onto the step. RA 1-2

Step to the floor (feet apart). Fists to hips 3-4

Repeat to the other side 5-8

PHONETIC CUE 'Lunge right, lunge left, right, left'

- Narrow Squat Stance
- Long step onto the step
- Back heel up
- **Chest up**



LUNGE & DOUBLE SQUAT COMBO

Lunge L onto the step. RA 1-2

Step to the floor (feet apart). Fists to hips 3-4

2x Narrow Squat Pulse. Hands stacked F 5-8

Repeat to the other side 9-16

PHONETIC CUE 'Lunge right, squat, squat, lunge left, squat, squat'

- Narrow Squat Stance
- Long step onto the step
- Back heel up
- **Chest up**



ATHLETIC

03. YES / STAY FROSTY ROYAL MILK TEA 3:43mins

TECHNIQUE AND COACHING

LUNGE & SQUAT JUMP COMBO

- Lunge L onto the step. RA 1-2
- Step to the floor (feet apart). Fists to hips 3-4
- Squat down. Hands stacked F 5
- Light Plyo Jump. Extend arms back and down, with chest up 6
- Land the Plyo Jump in Narrow Squat position. Hands stacked F 7-8
- Repeat to the other side 9-16

PHONETIC CUE 'Lunge, back, squat jump squat; lunge, back, squat jump squat'

- Wider Squat Stance
- Knees in line with toes
- Back heel off the floor
- **Bend knees on the landings**
- **Brace abs**
- **Chest up**

OPTION Lunge & Double Squat Combo



STAGGERED JUMP SQUAT & PLYO SQUAT COMBO

- Staggered Jump Squat onto the step. Pull fists toward hips 1
- Light Plyo Jump upward. Lift bent arms O/H 2
- Land in Squat position on top of the step. Hands to thighs 3-4
- Step L, R slowly to the floor. Arms loosely by sides 5-8

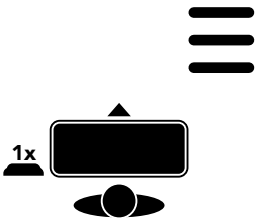
PHONETIC CUE 'Jump down up down, step back slow, down up down, step back slow'

- **Bend knees** on the jump landings
- **Chest up**
- Knees in line with toes

OPTION Staggered Squat, stand, step back slowly



AC. ATHLETIC CIRCUIT



TRACK FOCUS

Stay low and loaded in the Knee Lifts, and coach a quick-fire take-off when you add the propulsion. 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		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / Police shut us down	1x8	Prepare to move	8	
0:03	Rep / Tik tok	4x8	Set up Athletic Circuit 👁️ Next move on last 4cts	32	
0:17	C / Don't stop	2x8 A	Step Knee Lift and Lunge L. RA 👁️ Next move on last 4cts	4	4x
		2x8 A ¹	Step Knee Lift and Lunge with Reach Down L	4	4x
0:31	Don't stop	4x8 A ²	Propulsive Knee Lift and Lunge with Reach Down L	4	8x
0:44	Br /	1x8	Transition to top of the step 👁️ Next move on last 4cts	8	
0:48	Rep / Tik tok	4x8 B	Speed Split Shuffle L then R. RA	2	16x
1:02	Br / Tik tok	6x8	Transition and Set Up for Bear Crawl 👁️ Next move on last 16cts	48	
1:15	PC / Don't become kings	6x8 C	Slow Bear Crawl & Jump Turn Combo	16	3x
1:29	C / Eau de résistance _	4x8 C ¹	Bear Crawl & Jump Turn Combo	8	4x
1:57	Br / Hang down your head	6x8	Shake out arms and legs 👁️ Next move on last 16cts	48	
2:11	Rep /	2x8 D	Slow 2x Side Jump Squat & Jump Back Combo L	16	1x
2:24	Instr / Die	8x8 D ¹	2x Side Jump Squat & Jump Back Combo L	8	8x
2:52	Br /	1x8	Setup for Jump Squat	8	
2:56	Rep / (Dubstep)	8x8 E	Staggered Jump Squat & Plyo Squat Combo	8	8x
3:23	Br / Die	6x8	Transition and set up for Bear Crawl 👁️ Next move on last 16cts	48	
3:39	PC / Don't become kings	8x8 C	🔁 Slow Bear Crawl & Jump Turn Combo	16	4x
4:06	C /	4x8 C ¹	🔁 Bear Crawl & Jump Turn Combo	8	4x
4:20	V / Hang down your head	4x8	Shake out arms and legs 👁️ Next move on last 16cts	32	



ATHLETIC

AC. ATHLETIC CIRCUIT

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
4:33	Rep /	4x8	D  Slow 2x Side Jump Squat & Jump Back Combo R	16	1x
4:48	Instr / Die	8x8	D ¹  2x Side Jump Squat & Jump Back Combo R	8	8x
5:15	Br /	1x8	Set up for Jump Squat	8	
5:19	Rep / (Dubstep)	8x8	E  Staggered Jump Squat & Plyo Squat Combo	8	8x
5:47	Rep / Police shut us down	5x8	Transition and set up for Low Position Knee Lift  Next move on last 4cts	40	
6:04	C / Don't stop	2x8	A  Step Knee Lift and Lunge with Reach Down R  Next move on last 4cts	4	4x
		2x8	A ¹  Step Knee Lift and Lunge with Reach Down R	4	4x
6:17	Don't stop	4x8	A ²  Propulsive Knee Lift and Lunge R. Reach towards the step with R hand	4	8x
6:31	Br /	1x8	Transition to top of the step  Next move on last 4cts		
6:35	Rep / Tik tok	4x8	B  Speed Split Shuffle R then L. RA	2	16x
6:49	Outro /				

AC. TIK TOK / STAY FROSTY / HANG DOWN YOUR HEAD 6:54mins

TECHNIQUE AND COACHING

STEP KNEE LIFT AND LUNGE

Step L the lift R knee. RA 1-2
 Step R to the floor then extend L back long. RA 3-4
PHONETIC CUE 'Lift your knee, step long; lift your knee, step long'

- **Bend knees** and stay lower and loaded through the legs
- Extend the leg back long

STEP KNEE LIFT AND LUNGE WITH REACH DOWN

Step L the lift R knee. RA 1-2
 Step R to the floor. RA 3
 Extend L back long. Reach L towards the step 4
CUE 'Reach towards the step'

- **Chest up**
- **Strong ab brace**
- Reach towards the step
- **Bend knees** and stay lower and loaded through the legs



PROPULSIVE STEP KNEE LIFT AND LUNGE WITH REACH DOWN

Step L then propel and lift R knee. RA 1-2
 Step R to the floor. RA 3
 Extend L back long. Reach L towards the step 4
CUE 'Reach towards the step'

- **Chest up**
- **Strong ab brace**
- Reach towards the step
- **Bend knees** and stay lower and loaded through the legs, then drive upward
- Quick-fire training. Foot to the step then explode upward

OPTION Step Knee Lift and Lunge



SPEED SPLIT SHUFFLE

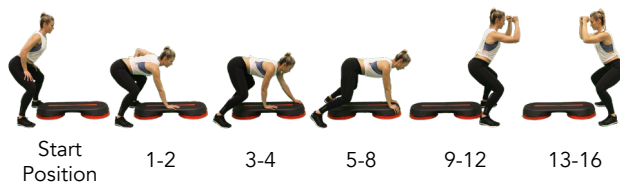
On top of the step
 Split L then R. RA 1-2
PHONETIC CUE 'Split left, right, left, right'
 • Keep body weight over the step
 • Toes lightly tap the floor
OPTION Back Tap

SLOW BEAR CRAWL & JUMP TURN COMBO

Start at the end of the step
 Crawl F L, R 1-4
 Crawl F L and hold 5-8
 Jump feet F to Squat and snatch chest up. Bent Raise F 9-12
 Jump 180°, landing in Squat. Bent Raise F 13-16
PHONETIC CUE 'Crawl left, right, left, jump forward, jump around; crawl left, right, left, jump forward, jump around'

- **Abs braced**
- **Hips up**
- Thrust the legs forward when you jump forward and snatch the chest up
- **Bend knees** on the 2 Squat landings

OPTION Single Squats



BEAR CRAWL & JUMP TURN COMBO

Crawl F L, R 1-2
 Crawl F L and hold 3-4
 Jump feet F to Squat and snatch chest up. Bent Raise F 5-6
 Jump 180°, landing in Squat. Bent Raise F 7-8
PHONETIC CUE '3 2 1, jump forward, jump around; 3 2 1, jump forward, jump around'

- **Abs braced**
- Hips up
- Thrust the legs forward when you jump forward and snatch the chest up
- **Bend knees** on the 2 Squat landings

OPTION Single Squats





AC. TIK TOK / STAY FROSTY / HANG DOWN YOUR HEAD 6:54mins

TECHNIQUE AND COACHING

SLOW 2X SIDE JUMP SQUAT & JUMP BACK COMBO

Drop Squat L. RA 1-4
Propel across to other side, Drop Squat R. RA 5-8
Propel and Squat On Top. Fists towards hips 9-12
Jump upward and back to the floor behind the step. Bent Raise O/H 13-14
Land in Squat behind the step. Fists to hips 15-16
PHONETIC CUE 'Squat left, right, top, jump back; left, right, top, jump back'

- **Bend knees on all landings**
- **Chest up**

OPTION Same pattern on the floor

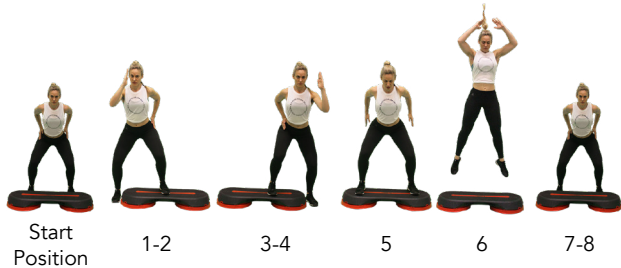


2X SIDE JUMP SQUAT & JUMP BACK COMBO

Drop Squat L. RA 1-2
Propel across to other side, Drop Squat R. RA 3-4
Propel and Squat On Top. Fists towards hips 5
Jump upward and back to the floor behind the step. Bent Raise O/H 6
Land in Squat behind the step. Fists to hips 7-8
PHONETIC CUE 'Squat left, right, top, jump back; left, right, top, jump back'

- **Bend knees on all landings**
- **Chest up**

OPTION Same pattern on the floor



STAGGERED JUMP SQUAT & PLYO SQUAT COMBO

Staggered Jump Squat onto the step. Pull fists toward hips 1
Light Plyo Jump upward. Lift bent arms O/H 2
Land in Squat position on top of the step. Hands to thighs 3-4
Step L,R slowly to the floor. Arms loosely by sides 5-8
PHONETIC CUE 'Jump down up down, step back slowly, down up down, step back slowly'

- **Bend knees** on the Jump landings
- **Chest up**
- Knees in line with toes

OPTION Staggered Squat, stand, step back slowly





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.

