



BODYSTEP

115

MUSIC

01. WARMUP

02. STEP WARMUP

03. PEAK 1

04. MIXED STRENGTH

05. PEAK 2

06. CONDITIONING 1

07. PARTY STEP

08. ATHLETIC CIRCUIT

09. PEAK 3

10. CONDITIONING 2

11. COOLDOWN/STRETCH

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MUSIC

- 01

Just Got Paid (3:33)

Sharp Ocean

© 2019 Les Mills Music Licensing Ltd.
Written by: McMahon, Fielder, Pebworth
- 02

One Kiss (3:52)

Last Love

© 2018 Les Mills Music Licensing Ltd.
Written by: Lipa, Reyez, Wiles
- 03

Slide (5:05)

First of Last

© 2019 Les Mills Music Licensing Ltd.
Written by: Plapinger, Decilveo
- 04

Monkey In The Middle (1:12)

Vinny Venom & Aksyel

© 2017 Cutting Tronix a division of Cutting Records, Inc.
Written by: Leone, Yue Ng
- Jackie Chan** (1:29)

Tiësto & Dzeko feat. Preme & Post Malone

Courtesy of the Universal Music Group.
Written by: Dzeko, Raposo, Verwest, Bell, Humphrey, Post
- Monkey In The Middle** (0:57)

Vinny Venom & Aksyel

© 2017 Cutting Tronix a division of Cutting Records, Inc.
Written by: Leone, Yue Ng
- Jackie Chan** (1:12)

Tiësto & Dzeko feat. Preme & Post Malone

Courtesy of the Universal Music Group.
Written by: Dzeko, Raposo, Verwest, Bell, Humphrey, Post
- Monkey In The Middle** (1:10)

Vinny Venom & Aksyel

© 2017 Cutting Tronix a division of Cutting Records, Inc.
Written by: Leone, Yue Ng
- 05

Rise Up (4:21)

Orange Glaze

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Written by: Farrant, Kingsley
- 06

Youngblood (3:27)

5 Seconds of Summer

Courtesy of the Universal Music Group.
Written by: Tamposi, Watt, Hemmings, Hood, Irwin
- 07

Feels So Good (5:00)

Tree Gnome

© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown

- 08

Attention (0:43)

Rose Laze

© 2019 Les Mills Music Licensing Ltd.
Written by: Puth, Kasher
- Dancing’s Not A Crime** (0:45)

Brick Dose

© 2019 Les Mills Music Licensing Ltd.
Written by: Newman, Allen, Harris, Bhattacharyya, Sinclair,Urie, Hill, Hollander
- Marching On** (1:17)

Krewella

© 2016 Columbia Records, a division of Sony Music Entertainment
Written by: J Yousaf, Y Yousaf, Furlong, Goldstein
- Dancing’s Not A Crime** (0:45)

Brick Dose

© 2019 Les Mills Music Licensing Ltd.
Written by: Newman, Allen, Harris, Bhattacharyya, Sinclair,Urie, Hill, Hollander
- Marching On** (1:17)

Krewella

© 2016 Columbia Records, a division of Sony Music Entertainment
Written by: J Yousaf, Y Yousaf, Furlong, Goldstein
- Attention** (0:41)

Rose Laze

© 2019 Les Mills Music Licensing Ltd.
Written by: Puth, Kasher
- Dancing’s Not A Crime** (1:08)

Brick Dose

© 2019 Les Mills Music Licensing Ltd.
Written by: Newman, Allen, Harris, Bhattacharyya, Sinclair,Urie, Hill, Hollander
- 09

Dirrty (4:45)

Days of Autumn

© 2019 Les Mills Music Licensing Ltd.
Written by: Stinson, Aguilera, Muhammod, Cameron, Noble
- 10

Homemade Dynamite (2:06)

Lorde

Courtesy of the Universal Music Group.
Written by: Jerlstroem, Soederberg, Tove, Yelich-O’Connor
- Homemade Dynamite** (3:04)

Lorde

Courtesy of the Universal Music Group.
Written by: Jerlstroem, Soederberg, Tove, Yelich-O’Connor
- 11

Vibes (3:32)

Six60

© 2017 Human Re Sources.
Written by: Mac, Paewai, Fraser, Gerbes, Walters, Board



L-R: Infi Wu, Michiyo Matsunaga, Vivian Tai, Jeffery Chen, Mark Nu'u-Steele, Lisa Osborne, Jojo Zhou, Nancy Hua, Tony Zhang

We've taken the best of BODYSTEP Classic and BODYSTEP Athletic to create one action-packed BODYSTEP workout!

We get stepping right from the start of the class to the super-catchy *Just Got Paid*, then onto our Step Warmup where we immerse ourselves into the club vibes of *One Kiss* to complete the warmup phase.

Next, we head straight into Peak 1 with the Slide Combo, one of my personal favourite tracks from this release.

To celebrate filming in Shanghai, our Mixed Strength track is a tribute to the Chinese culture, with some Kung Fu inspired training to *Jackie Chan* and *Monkey In The Middle*.

Our fifth track is now Peak 2. In this high energy track, we travel around the world with some explosive training.

We slow down the pace in Conditioning 1 to *Youngblood*, where we add a weight plate to some single leg training.

The Party Step theme is football, where we kick, run and pivot to the uplifting *Feels so Good*.

Track 8 is the Athletic Circuit, that now includes some Speed Step training sections.

We rock out to *Dirty* in Peak 3, then wind the workout down with Conditioning 2 to Lorde's *Homemade Dynamite*, then cool down to *Vibes*.

I hope you enjoy the new BODYSTEP format and BODYSTEP 115!

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 Program Director for BODYATTACK and Creative Director for BODYSTEP. She is a former three-time world champion and seven-time Australian aerobics champion, who is based in Auckland.

Michiho Matsunaga (Japan) is a BODYSTEP, SH'BAM, RPM, LES MILLS SPRINT and LES MILLS THE TRIP Trainer/Presenter and a BODYATTACK Instructor. She is from Tokyo.

Jojo Zhou (China) is a BODYSTEP, BODYPUMP and LES MILLS TONE Trainer and a CXWORX Instructor. She is from Suzhou.

Vivian Tai (Taiwan) is a BODYSTEP, BODYJAM and SH'BAM Trainer/Presenter. She is from Taipei.

Jeffery Chen (Taiwan) is a BODYSTEP and BODYATTACK Presenter and a BODYBALANCE/ BODYFLOW Instructor. He is from Taipei.

Shadows

Nancy Hua (China)

Tony Zhang (China)

Infi Wu (China)

CREDITS

Program Director – Mark Nu'u-Steele

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultants – Bryce Hastings & Andrew Newmarch

Production Coordinator – Ellen Tocher



BODYSTEP 115

We have a new combined BODYSTEP format

We’ve taken all the great content from both the Classic and Athletic formats, to create one uplifting & action packed Bodystep class.

Here’s whats different in Bodystep 115

- There are 11 Tracks
- The use of more original music in the class.
Why?
To create more musical contrast throughout the class.
- Slower paced Warmup where we get stepping right from the start
- No Step Orientation Track.
Why?
There will be an element of orientation added to Peak 1
- Peak 1, Peak 2 and Peak 3 are all stepping tracks (No burpee, pushups or floor based training)
Why?
To keep the energetic ‘uplifting’ feel in the cardio peaks. The strong feel of Burpee type moves will now sit in the Mixed Strength and Athletic Circuit tracks only.
- No Speed Step track. But... there will be a Speed Step section in the Athletic Circuit tracks ongoing.
- No step height adjustments in the 2nd half of the class. It’s all on one riser, so the class flows more smoothly
- The Athletic Circuit now sits BEFORE Peak 3.
Why?
So that we finish the cardio section of the class on the physical & emotional high that Peak 3 creates.
- This release has 52 minutes of music time.
This allows you to preview the ‘Slide Combo’ in Peak 1 so that there is instant success when teaching the track. It also allows for you to set up other tracks in a timely manner, and still finish the class in time.

EXPRESS FORMATS BODYSTEP 115

45-MINUTE FORMAT

Track 01	Warmup
Track 02	Step Warmup
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 09	Peak 3
Track 10	Conditioning 2
Track 11	Cooldown/Stretch
Total Time	44:36

30-MINUTE FORMAT

Track 01	Warmup
Track 02	Step Warmup
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	26:26

As there is no Cooldown/Stretch in the 30-minute format, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

KEY

ALT	Alternatting	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	Overhead
RA	Running Arms	Opp	Opposite
Ref	Refrain	C	Chorus
Tempo	Normal pace of the music	Rep	Reprise (part of the 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		



MIXING RELEASES WITH BODYSTEP 115

When mixing older releases with BODYSTEP 115:
Use

Track 01	Warmup
Track 02	Step Warmup
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 1
Track 11	Cooldown/Stretch
Total Time	44:36

- Always substitute like for like
- Do not teach Step Orientation CLASSIC tracks, Step Orientation ATHLETIC tracks or Speed Step tracks
- Always teach the Athletic Circuit BEFORE Peak 3
- Be aware of your class playlist length when mixing and matching releases



FORMATS FOR RELEASES 114 & EARLIER

When teaching releases 114 and earlier, you now have 3 options to choose from, to suit your class!

- 1. BODYSTEP Classic format (55 minute, 45 minute, or 30 minute format)
- 2. BODYSTEP Athletic format (55 minute, 45 minute, or 30 minute format)
- 3. New combined format (as per above)

NOTE: Please follow the guidelines on the previous page when mixing releases with BODYSTEP 115 onwards.

CLASSIC 55-MINUTE		ATHLETIC 55-MINUTE	
Track 01	Warmup	Track 01	Warmup
Track 02	Step Warmup	Track 03	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	Track 10	Peak 3
Track 08	Party Step	AC	Athletic Circui
Track 09	Speed Step	Track 11	Conditioning 1
Track 10	Peak 3	Track 12	Cooldown/ Stretch
Track 11	Conditioning 1		
Track 12	Cooldown/ Stretch		

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

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

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

ATHLETIC 30 MINUTES		CLASSIC 30 MINUTES	
Track 01	Warmup	Track 01	Warmup
Track 03	Step Orientation ATHLETIC	Track 02	Step Warmup
Track 04	Peak 1	Track 03	Step Orientation CLASSIC
Track 05	Mixed Strength	Track 04	Peak 1
AC	Athletic Circuit ATHLETIC	Track 06	Peak 2

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.

TRACK FOCUS

New styled, slower paced warmup. Use clear visual cues to show which direction to move and to show the leading leg. Then coach technique and depth in the Squats to get the lower body warm. Stay close to the back of the step throughout the track and urge your class to do the same. This will allow you to transition into Track 2 smoothly.

Teach Athletic

Come into this track

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

Most Important

Stay close to the back of the step throughout the entire track.

Common mistake

Moving forward, and then being in the wrong position for the Back Taps at the end of the track.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / (Instr)	2x8	Standing behind the step Stand on top of the step 👁️ Next move on the last 4cts	8 8	
0:07	V1 / I should grow up	2x8	A Tap Down L then R. <i>Relaxed Arms</i>	4	4x
		2x8	A ¹ Tap Down L then R. <i>RA</i>	4	4x
0:22	C / I just got paid	2x8	B Double Squat L. <i>Hands to top of thighs</i>	4	4x
		2x8	B ¹ Double Squat L. <i>Hands to top of thighs & Clap F</i>	4	4x
0:38	Instr / I just got paid	4x8	B ¹  Double Squat R. <i>Hands to top of thighs & Clap F</i>	4	8x
0:53	V2 / Every day's	4x8	C Slow Straddle Combo R	16	2x
1:08	Gimme gimme	8x8	C ¹ Straddle Combo R	8	8x
1:39	C / I just got paid	4x8	A ¹  Tap Down R then L. <i>RA</i>	4	8x
1:54	Rap / _ La-di-da-di	4x8	B ¹  Double Squat R. <i>Hands to top of thighs & Clap F</i>	4	8x
2:09	_ Crush denim	4x8	B ¹  Double Squat L. <i>Hands to top of thighs & Clap F</i>	4	8x
2:24	V3 / Grow up	4x8	C  Slow Straddle Combo L	16	2x
2:39	C / I just got paid	8x8	C ¹  Straddle Combo L	8	8x
3:10	Rep / I just got paid	2x8	A ¹  Tap Down L then R. <i>RA</i>	4	4x
		2x8	A ² Back Tap L then R. <i>RA</i>	4	4x
3:25	Outro / I just got paid	½x8	March L, R, L, R. <i>RA on the floor behind the step</i>	4	



01. JUST GOT PAID 3:33mins

TECHNIQUE AND COACHING

TAP DOWN

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

- Toes to the floor, keep the heel lifted
- Body weight on the step, lightly touch the floor



DOUBLE SQUAT

PHONETIC CUE 'Double squat, same side; double squat, same side'

Squat down, up, then down L. Hands to top of thighs 1-3

Tap L foot onto the step. Hands to top of thighs 4

- Use a visual cue to show that they are all to the same side
- Toes turned out slightly, **knees in line with toes**
- Butt back and down
- **Chest up**



DOUBLE SQUAT (WITH CLAP)

PHONETIC CUE 'Add a clap; double, clap, double, clap'

Squat down, up, then down L. Hands to top of thighs 1-3

Tap L foot onto the step. Clap F 4

- Toes turned out slightly, **knees in line with toes**
- Butt back and down
- **Chest up**
- Big Clap to start warming the upper body



SLOW STRADDLE COMBO

PHONETIC CUE 'Straddle down, down, reach, stand, other arm, stand, step up, up again'

Step R to the floor. Fists by hips 1-2

Step L foot down. Fists by hips 3-4

Bend knees. Reach R towards step 5-6

Stand tall. Pull fists to hips 7-8

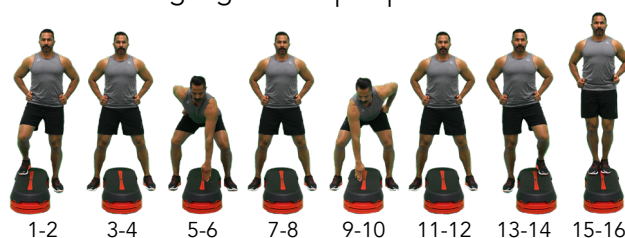
Bend knees. Reach L towards step 9-10

Stand tall. Pull fists to hips 11-12

Step R foot onto the step. Fists by hips 13-14

Step L foot on top of the step. Fists by hips 15-16

- Use a visual cue to show the leading leg that steps down, then another visual cue to show the leading leg that steps up first



STRADDLE COMBO

PHONETIC CUE 'Straddle down, reach, reach, straddle up, down, reach, reach, up'

Step R to the floor. RA 1

Step L foot down. RA 2

Bend knees. Reach R towards step 3

Stand tall. Pull fists to hips 4

Bend knees. Reach L towards step 5

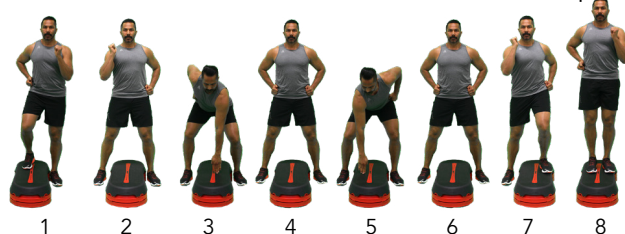
Stand tall. Pull fists to hips 6

Step R foot onto the step. RA 7

Step L foot on top of the step. RA 8

- **Bend knees heaps as you reach towards the step**
- **Brace abs to support the lower back and keep the chest lifted**

OPTION: Smaller ROM, reach towards the step





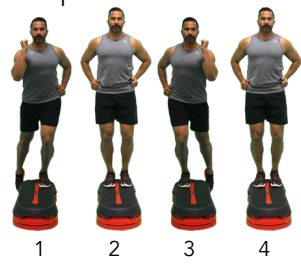
01. JUST GOT PAID 3:33mins

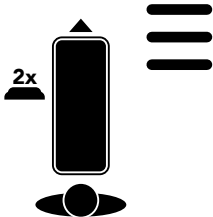
TECHNIQUE AND COACHING

BACK TAP

CUE *'Tap to the back, right, left, right, left'*

- Make sure that your class is positioned close to the back of the step BEFORE you transition to this move
- If people have moved forward throughout the track, get them to inch their way backward in the Down Taps, so that they can reach the floor in the Back Taps





02. STEP WARMUP

TRACK FOCUS

Coach the correct Lunge technique, then relax a little in the Basic Step. Set up the 3 rhythm in the 3x Repeater Knee Lifts, then start to coach depth as you move through the 3x Down Tap Repeater.

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 / (Instr)	4x8	Up Tap L then R. RA	8	4x
0:14	V1 / Let me take	8x8 A	Triple Lunge Sequence L then R. HOH	32	2x
0:44	C / One kiss	4x8 B	Basic Step L. RA	4	8x
0:58	Instr / (Quiet)	4x8 C	3x Repeater Knee Lift L then R. RA 👁️ Next move on last 8cts	16	2x
1:13	(Riff)	8x8 C¹	3x Down Tap Repeater L then R. RA	16	4x
1:42	Br /	½x8 D	Down Tap L. Relaxed Arms	4	
1:44	Instr /	4x8 D¹	Down Tap R then L. RA	8	4x
1:59	V2 / _ I just wanna	8x8 A	🔄 Triple Lunge Sequence R then L. HOH	32	2x
2:29	C / One kiss	4x8 B	🔄 Basic Step R. RA	4	8x
2:44	Instr / (Quiet)	4x8 C	🔄 3x Repeater Knee Lift R then L. RA 👁️ Next move on last 8cts	16	2x
2:58	(Riff)	8x8 C¹	🔄 3x Down Tap Repeater R then L. RA	16	4x
3:28	Instr /	4x8 D	🔄 Down Tap R then L. RA	8	4x
3:43	Outro /	1x8	Step R onto step, and Lunge down slowly. Point both F, and slowly lower down	8	



02. ONE KISS 3:52mins

TECHNIQUE AND COACHING

UP TAP

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

- Use a visual cue to show the leading leg

TRIPLE LUNGE SEQUENCE

PHONETIC CUE 'Triple lunge, step 3, 2, 1, step back, change legs, step 3, 2, 1, step back'

Step L onto the step. HOH 1-2

Lunge down then up x3. HOH 3-14

Step L back to the floor 15-16

Repeat to the other side 17-32

- Use a visual cue to show both the leading leg and to HOLD the 3 Lunges
- Take a long step onto the step
- **Back heel lifted**
- **Front knee in line with toes**
- **Chest up**

BASIC STEP

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

- **Whole foot on the step**
- Natural walking rhythm

3X REPEATER KNEE LIFT

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

- Use a visual cue to show the leading leg
- Bend front knee, **knee in line with toes**
- **Chest up**

3X DOWN TAP REPEATER

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

Step L onto the step. RA 1

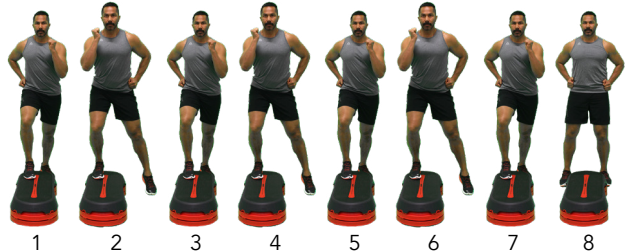
Tap R around to the R side then to the back x3. RA 2-6

Step back R, L. RA 7-8

Repeat to the other side 9-16

- Body square to the front
- Bend supporting knee to sit deeper
- Move the tapping leg around to the side of the step

(Common mistake: Small ROM Taps on the back diagonal OR crossing too far over at the back – keep behind hip)



DOWN TAP

PHONETIC CUE 'Down tap, change legs; down tap, change legs'

- Use a visual cue to show the single alternating pattern
- A little relaxed, shake it out, connect with your class

TRACK FOCUS

For instant success, preview the Slide Combo (and get your class to try it) before you press play. Coach your participants to bend their knees, brace their abs and keep their chest lifted as they reach toward the step. Coach the option to stay more upright.

Teach Athletic

Come into this track

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

Pre-Track

Before you start this track, quickly get your class to practice the first combo. Then stand behind the step, facing R.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
Pre-track			Before you start this track, quickly get your class to practise the first combo			
0:00	Intro / Ooooh	2x8	Get your class to face their L (your R), and prepare to move		16	
0:06	Instr / Ooooh	4x8	A	Low Slide Combo L then R	32	
0:20	C / The sweetest love	8x8	A ¹	Slide Combo L then R	32	2x
0:48	Rep / Ooooh	½x8	B	Knee Lift L. RA (on the R diagonal)	4	
		3½x8	B ¹	Knee Lift R then L. RA (facing front)	8	3½x
1:02	PC / No one ever warns	4x8	B ²	Propulsive Knee Lift L then R. Punch O/H	8	4x
1:17	Ref / (Instr)	2x8	B ¹	 Knee Lift L then R. RA (facing front)	8	2x
1:24	V1 / I'm not acting	4x8	C	Basic Step L. RA	4	8x
1:38	Our hands trapped	4x8	C ¹	Jog L. RA	4	8x
1:52	PC / No one ever	2x8	C ²	High Knee Run L. RA	4	4x
		2x8	C ³	High Knee Run L. RA (on R diagonal)	4	4x
2:06	Instr / (Quiet)	2x8	A	 Low Slide Combo L	16	
2:12	C / The sweetest love	8x8	A ¹	 Slide Combo R then L	32	2x
2:41	PC / No one ever	½x8	B	 Knee Lift R. RA (on the L diagonal)	4	
		3½x8	B ²	 Propulsive Knee Lift L then R. Punch O/H (facing front)	8	3½x
2:55	Ref / (Instr)	2x8	B ¹	 Knee Lift R then L. RA (facing front)	8	2x
3:01	V2 / Like sand	4x8	C	 Basic Step R. RA	4	8x
3:15	Attached to	2x8	C ¹	 Jog R. RA	4	8x
3:30	PC / No one ever	2x8	C ²	 High Knee Run R. RA	4	4x
		2x8	C ³	 High Knee Run R. RA (on R diagonal)	4	4x
3:44	(Quiet)	2x8	A	 Low Slide Combo R	16	
3:51	C / The sweetest love	8x8	A ¹	 Slide Combo L then R	32	2x
4:19	PC / No one ever	½x8	B	 Knee Lift L. RA (on the R diagonal)	4	
		3½x8	B ¹	 Knee Lift R then L. RA (facing front)	8	3½x
4:33	Rep / Ooooh	4x8	B ²	 Propulsive Knee Lift L then R. Punch O/H	8	4x
4:47	Outro / Ooooh	2x8	Step L onto the step and slowly lunge down. Dramatic pull down R		16	



03. SLIDE 5:05mins

TECHNIQUE AND COACHING

LOW SLIDE COMBO

PHONETIC CUE 'Across the top, 3, 2, 1, walk around to the back, again 3, 2, 1, walk around'

ATT L, then R then L. Bent Raise F 1-12

Walk F R, L, R, L to the back of the step. RA (facing L) 13-16

Repeat to the R side 17-32

- Count down the 3x ATTs, then use a visual cue to show the direction to walk



SLIDE COMBO

PHONETIC CUE 'Bigger, 3, reach down, 2, reach down, 1, reach down walk around, again, 3, 2, 1, and walk'

Medium Propulsive ATT L. Bent Raise F 1-3

Bend knees and tap R long, behind L. Reach R towards the step 4

Medium Propulsive ATT R. Bent Raise F 5-7

Bend knees and tap L long, behind R. Reach L towards the step 8

Medium Propulsive ATT L. Bent Raise F 9-11

Bend knees and tap R long, behind L. Reach R towards the step 12

Walk F R, L, R, L to the back of the step. RA (facing L) 13-16

Repeat to the R side 17-32

- Brace abs to support the lower back as you reach towards the step
- Bend knee, tip forward from the hips and reach towards the step with the chest up (avoid dropping the chest as you tip forward)

OPTIONS: No propulsion. Reach F to stay more upright



KNEE LIFT

PHONETIC CUE 'Single knee right, face front left, right left'

Knee Lift L. RA (on the R diagonal) 1-4

Knee Lift R. RA (facing front) 5-8

- The first Knee Lift is on the diagonal, then square up to face front



03. SLIDE 5:05mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT

CUE 'Add the Jump'

- Push off the step and drive the knee to hip level

OPTION: No Jump



BASIC STEP

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

- Take it easy, shake out and recover



JOG

PHONETIC CUE 'Jog up, walk down; jog up, walk down'

- Start to build the intensity
- Flick your heels towards your butt

OPTION: Basic Step



HIGH KNEE RUN

CUE 'Drive your knees up'

- Build the intensity more

OPTION: Basic Step



HIGH KNEE RUN (ON DIAGONAL)

CUE 'Turn your body slightly'

- Use a visual cue to show the angle is 45 degrees
- This gets the body on a good angle to get ready to travel ATT

OPTION: Basic Step





04. MIXED STRENGTH

TRACK FOCUS

Be super prepared to switch in and out of the standing and Mountain Climber option.

Pay attention to what’s happening on the floor, and coach the options to those that need them.

In the Jackie Chan Combo – bring out a bit of Kung Fu flava by adding your vocal sound effects in the punches and encourage your class to do the same.

Teach Athletic

Come into this track

A little breathless from Track 3. Strong and in control.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	4x8	Let your class know that they have the choice to go down to the floor for Mountain Climbers, or to keep standing with the standing option 👁️ Jump Squat & Back Tap Combo	32	
0:14	Instr / (Synth)	4x8	A Jump Squat & Back Tap Combo	16	2x
0:28	Build /	4x8	B Slow Mountain Climber Combo	16	2x
0:42	C / In the middle _	8x8	A ¹ Jump Squat & Split Shuffle Combo	16	4x
		Or B ¹	Fast Mountain Climber Combo	16	4x
1:11	Instr / _ She says	5x8	Recover, move across towards R side of the step 👁️ Next move on last 8cts	40	
1:29	V1 / _ Drop top	8x8	C Slow Jackie Chan Combo L	16	4x
1:57	C / _ She say	8x8	C ¹ Jackie Chan Combo L	8	8x
2:26	Instr /	4x8	D Drop Squat L then R. <i>Punch F R then L</i>	8	4x
2:40	(Synth)	4x8	Drop Squat L & Hold. <i>Punch F R</i>	4	
			Recover and explain that they have the choice to do Mountain Climbers OR the standing option	28	
2:55	(Build)	4x8	A Jump Squat & Back Tap Combo	16	
		B	Slow Mountain Climber Combo	16	
3:09	C / In the middle _	8x8	A ¹  Jump Squat & Split Shuffle Combo	16	4x
		Or B ¹	 Fast Mountain Climber Combo	16	4x
3:38	V2 / _ I think you	4x8	Recover, move across toward L side of the step 👁️ Next move on last 16cts	32	2x
3:52	_ Finger to	2x8	C  Slow Jackie Chan Combo R	16	
4:06	C / _ She say	8x8	C ¹  Jackie Chan Combo R	8	8x
4:35	Instr /	4x8	D  Drop Squat R then L. <i>Punch F L then R</i>	8	4x
4:49	(Synth)	4x8	 Drop Squat R & Hold. <i>Punch F L</i>	4	
			Recover and explain that they have one more set of Mountain Climbers OR the standing option 👁️ Next move on last 8cts	28	
5:04	(Build)	4x8	A Jump Squat & Back Tap Combo	16	2x
		Or B	Slow Mountain Climber Combo	16	2x
5:18	C / In the middle _	8x8	A ¹  Jump Squat & Split Shuffle Combo	16	4x
		Or B ¹	 Fast Mountain Climber Combo	16	4x
5:47	Outro /	1x8	Stomp feet apart. <i>Slam arms low to the sides</i>	8	



04. MONKEY IN THE MIDDLE / JACKIE CHAN 6:00mins

TECHNIQUE AND COACHING

JUMP SQUAT & BACK TAP COMBO

PHONETIC CUE 'Jump on, stand, tap 4, 3, 2, 1, step back, back; on, stand, tap 4, 3, 2, 1, step back, back'

Jump Squat onto the step. Hands to top of thighs 1-2

Squat up. Hands to top of thighs 3-4

Back Tap L then R x2. RA 5-12

Slow Step Back L then R. Relaxed by sides 13-16

- This is the move for people who want to remain standing
- **Bend knees when you land on the step, chest up**
- Toes touch the floor with heels lifted in the Back Taps



JUMP SQUAT & SPLIT SHUFFLE COMBO

PHONETIC CUE 'Faster, on, stand, split 8, 7, 6, 5, 4, 3, 2, 1, back, back; on, stand, split 8, 7, 6, 5, 4, 3, 2, 1, back, back'

Jump Squat onto the step. Hands to top of thighs 1-2

Squat up. Hands to top of thighs 3-4

Tap L back to floor 5

Split Shuffle L then R x4½. RA (Note: Hold last shuffle 1ct) 6-14

Step R foot to floor. HOH 15-16

- Be light on your feet and keep body weight over the step in the Split Shuffle
- Pump your arms to move your legs

OPTION: Jump Squat & Back Tap Combo



SLOW MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Hands down, jump back, run 4, 3, 2, 1, jump in, stand tall; down, jump back, run 4, 3, 2, 1, jump in, stand tall'

Bend knees, place hands onto the step 1-2

Jump feet back to Plank position 3-4

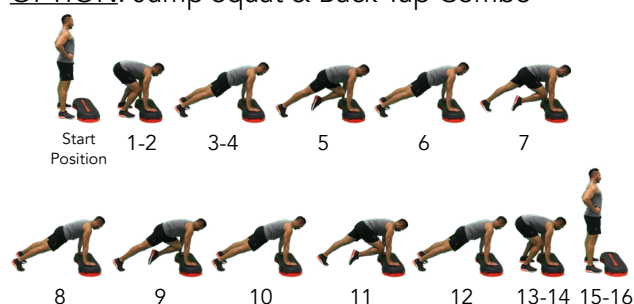
Slow Mountain Climber L then R x2 5-12

Jump feet in to Squat position. Hands on the step 13-14

Stand tall. Fists to hips 15-16

- **Bend knees and brace abs** as you place hands onto the step
- Eye gaze towards hands to keep the spine long
- Hips down and **abs braced in the Mountain Climbers**

OPTION: Jump Squat & Back Tap Combo



FAST MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Faster down, jump back, run 8, 7, 6, 5, 4, 3, 2, jump in, stand tall; down, jump back, run 8, 7, 6, 5, 4, 3, 2, jump in, stand tall'

Bend knees, place hands onto the step 1-2

Jump feet back to Plank position 3-4

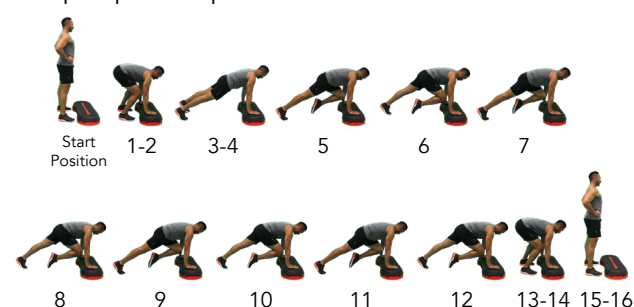
Fast Mountain Climber L then R x4 5-12

Jump feet in to Squat position. Hands on the step 13-14

Stand tall. Fists to hips 15-16

- **Bend knees and brace abs** as you place hands onto the step
- Eye gaze towards hands to keep the spine long
- Hips down and **abs braced in the Mountain Climbers**

OPTIONS: Slow Mountain Climber Combo / Jump Squat & Split Shuffle Combo



04. MONKEY IN THE MIDDLE / JACKIE CHAN 6:00mins

TECHNIQUE AND COACHING

SLOW JACKIE CHAN COMBO

PHONETIC CUE 'Squat left side, right side, center, jump back; left, right, center, back'

Drop Squat L. Strong Punch L, pull R fist to R hip 1-3

Propel across to L side 4

Squat R. Strong Punch R, pull L fist to L hip 5-7

Propel to center 8

Squat on top of the step. Fists to hips 9-11

Propel backward to the floor. Bent Raise F 12

Land in Squat position on the floor. Fists to tap L hips 13-16

- **Bend knees, knees in line with toes in Squats**
- **Butt back and down, chest up**
- Strong Punch forward AND a strong Pull to your hip

OPTION: Step down instead of jumping down on counts 12–16



JACKIE CHAN COMBO

PHONETIC CUE 'Left, right, center jump back; left, right, center jump back'

Drop Squat L. Strong Punch L, pull R fist to R hip 1

Propel across to L side 2

Squat R. Strong Punch R, pull L fist to L hip 3

Propel to center 4

Squat on top of the step. Fists to hips 5

Propel backward to the floor. Bent Raise F 6

Land in Squat position on the floor. Fists to hips 7-8

- Bend knees and sit into the Squats, then drive upward and across the step
- **Bend knees, knees in line with toes in Squats**
- **Butt back and down, chest up**
- Strong Punch forward AND a strong Pull to your hip
- Connect to the Jackie Chan theme
- Encourage your class to make the vocal sound effects on the punches

OPTION: Smaller ROM and step to the floor on counts 6–8



DROP SQUAT

PHONETIC CUE 'Squat left, right, left, right'

- **Butt back and down**
- Sit deeper to work harder (keep butt above knee level)
- Encourage strong Punch and Pull arms





05. PEAK 2

TRACK FOCUS

Repeatedly count down the 3 Side Leg Extensions to set the pattern of the combo. Then when you rotate the combo, find and use imagery that:

- 1. Shows your class that you rotate in 3rds, to make a complete 360 degree turn
- 2. You start and finish the 360 degree rotation from the same place

Then coach explosive training to increase intensity.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	1x8	Prepare to move	8	
0:03	Instr /	4x8 A	Med Propulsive ATT & Shuffle Combo L then R. HOH then RA	16	2x
0:17	C / Rise up	4x8 A ¹	Propulsive ATT & Shuffle Combo L then R. Reach Up & Down then RA	16	2x
0:31	Br /	½x8 B	Low ATT L. HOH	4	
0:33	Rep / Rise up	4x8 B ¹	Propulsive ATT R then L. Reach Up & Down	8	4x
0:46	Instr / (Quiet)	2x8 C	Side Leg Extension R. HOH (R foot on the step) 👁 Arms on the last 4cts	4	4x
0:54	V1 / Creep like	4x8 C ¹	3x Side Leg Extension & Shuffle Combo R	16	2x
1:07	PC / Rise up	4x8 C ²	3x Propulsive Side Leg Extension and Shuffle Combo R 👁 Next move on last 16cts	16	2x
1:21	C / Rise up	8x8 C ³	3x Propulsive Side Leg Extension Around The World & Shuffle Combo R	16	4x
1:49	Br /	½x8 B	🔄 Low ATT R. HOH	4	
1:51	Instr /	4x8 B ¹	🔄 Propulsive ATT L then R. Reach Up & Down	8	4x
2:05	Dry your tears	2x8 C	🔄 Side Leg Extension L. HOH (R foot on the step) 👁 Arms on the last 4cts	4	4x
2:12	V2 / For money	4x8 C ¹	🔄 3x Side Leg Extension & Shuffle Combo L	16	2x
2:26	PC / Rise up	4x8 C ²	🔄 3x Propulsive Side Leg Extension & Shuffle Combo L 👁 Next move on last 16cts	16	2x
2:39	C / Rise up	8x8 C ³	🔄 3x Propulsive Side Leg Extension Around The World & Shuffle Combo L	16	4x
3:07	Br / Dry your tears	½x8 B	🔄 Low ATT L. HOH	4	
3:09	Instr /	4x8 B ¹	🔄 Propulsive ATT R then L. Reach Up & Down	8	4x
3:22	Ref / Dry your tears	4x8	Shuffle R, L OTS. RA	2	16x
3:37	C / Rise up	4x8 A ¹	🔄 Propulsive ATT & Shuffle Combo R then L	16	2x
3:51	Br / Dry your tears	½x8 B	🔄 Low ATT R. HOH	4	
3:53	Instr /	4x8 B ¹	🔄 Propulsive ATT L then R. Reach Up & Down	8	4x
4:06	Outro / Dry your tears	1x8	Step L onto the step. Point R O/H	8	



05. RISE UP 4:21mins

TECHNIQUE AND COACHING

MED PROPULSIVE ATT & SHUFFLE COMBO

PHONETIC CUE 'Low across, hold shuffle; low across, hold shuffle'

Med Propulsive ATT L. HOH 1-4
Shuffle OTS R, L, R. RA 5-7
Feet together. Fists to hips 8
Repeat to the other side 9-16

- **Soft knees in the Shuffle**
- **Knees over toes**

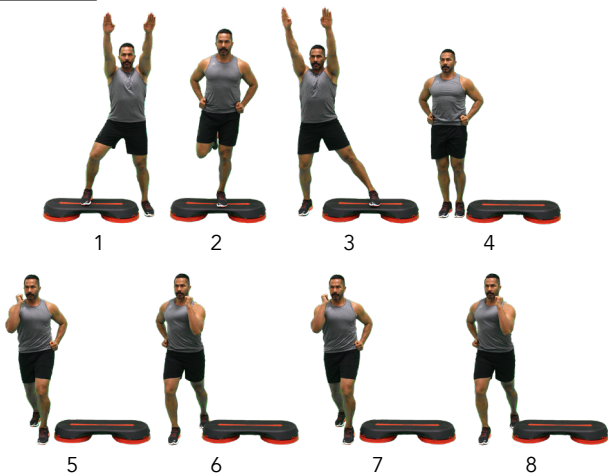
OPTION: Low ATT & March

PROPULSIVE ATT & SHUFFLE COMBO

PHONETIC CUE 'Bigger, reach, shuffle, reach, shuffle'

Propulsive ATT L. Reach up & down 1-4
Shuffle OTS R, L, R. RA 5-7
Jump feet together. Fists to hips 8
Repeat to the other side 9-16

OPTION: Low ATT & March OTS



LOW ATT

PHONETIC CUE 'Across, keep going'

- Use a visual cue to show the direction to move'

PROPULSIVE ATT

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

- Step towards the center of the step
- Strong reach and pull arms

OPTIONS: Low ATT or 2x Steps Across on the floor

SIDE LEG EXTENSION

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

- Use a visual cue to HOLD these on the spot
- Body square to the front
- Free leg low, with muscle tension

3X SIDE LEG EXTENSION & SHUFFLE COMBO

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

3x Side L Leg Extensions R. Bent Raise F 1-12
Shuffle OTS R, L, R. RA 13-15
Jump feet together. Fists to hips 16

- Count down the 3x Leg Extensions to set the pattern
- Use a visual cue to HOLD the Shuffle OTS



3X PROPULSIVE SIDE LEG EXTENSION & SHUFFLE COMBO

PHONETIC CUE 'Add a jump, 3, 2, 1, shuffle'

3x Propulsive Side Leg Extensions R. Bent Raise F 1-12
Shuffle OTS R, L, R. RA 13-15
Jump feet together. Fists to hips 16

OPTION: No Propulsion & March OTS





05. RISE UP 4:21mins

TECHNIQUE AND COACHING

3X PROPULSIVE SIDE LEG EXTENSION AROUND THE WORLD & SHUFFLE COMBO

PHONETIC CUE 'Rotate 3, rotate 2, rotate 1, hold and shuffle, 3, 2, 1, hold and shuffle'

1/3 Rotating Propulsive Side Leg Extensions R.
Bent Raise F 1-4

1/3 Rotating Propulsive Side Leg Extensions R.
Bent Raise F 5-8

1/3 Rotating Propulsive Side Leg Extensions R.
Bent Raise F 9-12

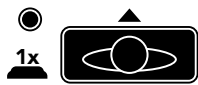
Shuffle OTS R, L, R. RA 13-15

Jump feet together. Fists to hips 16

- Use the countdown so that your class realizes that the 3x Leg Extensions make a complete 360 degrees
- Jump the rotations, releasing the heel on the jump. If you're not jumping, keep it OTS
- Encourage your class to explode upward to feel the energy, and increase intensity

OPTIONS: No Rotation or no Propulsion & March OTS





06. CONDITIONING 1

TRACK FOCUS

You can challenge your regular participants to try this track with a heavier weight plate, but be sure to keep an eye out for correct technique. Suggest that they also have a lighter weight close by, just in case...

In the single leg training, coach the option to tap the step, or lift the knee for added balance and stability training.

In the over head position, coach your participants to keep the weight slightly in front of the body.

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.

Set up

Set up on top of the step, hug weight plate in to chest, body weight shifted on to R foot.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	V1 / Remember the words	4x8	Set up on top of the step, <i>hug weight plate in to chest</i> , body weight shifted on to R foot 👁 First move on last 16cts	32	
0:15	Yeah, you used	4x8	A Slow Lunge Combo R then L 👁 Next move on last 16cts	32	
0:31	PC / You push and	2x8	A ¹ Slow Lunge Combo with <i>Weighted Push & Pull Combo R</i>	16	
0:39	C / Young blood	8x8	A ² Lunge Combo with <i>Weighted Push & Pull Combo L then R</i>	16	4x
1:10	V2 / Young blood	2x8	Recover, set up for Pulse Lunge L leg B	16	
1:18	Then one of us	2x8	B Pulse Lunge L. <i>Hold weight to the top of the chest</i>	2	8x
		4x8	B ¹ Pulse Lunge L. <i>Press weight O/H & pull down to top of chest</i> 👁 Next move on last 8cts	4	8x
1:42	C / Young blood	8x8	C Back-Stepping Lunge Combo L	8	8x
2:12	PC / You push and	4x8	Recover, set up for Back-Stepping Lunge Combo R 👁 Next move on last 8cts	32	
2:28	C / Young blood	8x8	C  Back-Stepping Lunge Combo R leg B	8	8x
2:59	PC / You push and	4x8	B ¹  Pulse Lunge R. <i>Press weight O/H & pull down to top of chest</i>	4	8x
3:15	Outro / Walking tonight	1x8	Lunge down. <i>Press weight O/H</i>	8	



06. YOUNGBLOOD 3:27mins

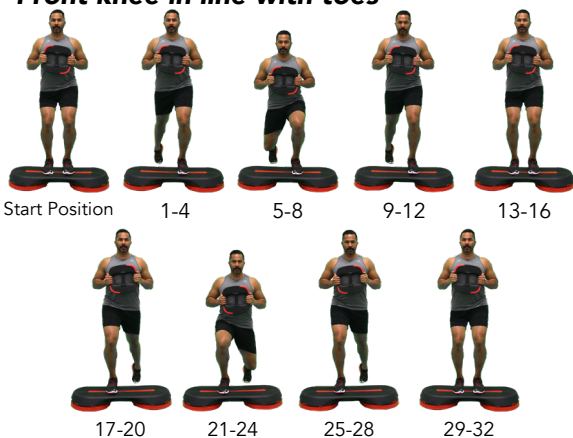
TECHNIQUE AND COACHING

SLOW LUNGE COMBO

PHONETIC CUE 'Step back, lunge, rise, step up other leg; back, lunge, rise, step up'

- Step L back long. Hug weight in to chest 1-4
- Lunge down L. Hug weight in to chest 5-8
- Lunge up. Hug weight in to chest 9-12
- Step L onto the step. Hug weight in to chest 13-16
- Repeat to the other side 17-32

- Long step back with heel lifted
- Chest up, body upright
- Front knee in line with toes



SLOW LUNGE COMBO WITH WEIGHTED PUSH & PULL COMBO

PHONETIC CUE 'Push, rise, lower, pull; push, rise, lower, pull'

- Step L back long. Push weight F 1-4
- Lunge down L. Raise weight O/H with straight arms 5-8
- Lunge up. Lower weight to chest level with straight arms 9-12
- Step L onto the step. Pull weight in to chest 13-16
- Repeat to the other side 17-32

- Move with control
- Squeeze shoulders blades to spine on the pull

OPTION: No weight plate



LUNGE COMBO WITH WEIGHTED PUSH & PULL COMBO

PHONETIC CUE 'Step back, lunge, rise, change legs; back, lunge, rise, change legs'

- Step L back long. Push weight F 1-2
- Lunge down L. Raise weight O/H with straight arms 3-4
- Lunge up. Lower weight to chest level with straight arms 5-6
- Step L onto the step. Pull weight in to chest 7-8
- Repeat to the other side 9-16

- Keep weight slightly in front of the body in the O/H position
- Let your class know that they can put the weight down at any time if they need to take a break

OPTION: No weight plate



PULSE LUNGE

CUE 'Pulse lunge, HOLD'

- Lunge down then up L. Hold weight to the top of chest 1-2

- Long step back with heel lifted
- Chest up, body upright
- Front knee in line with toes



06. YOUNGBLOOD 3:27mins

TECHNIQUE AND COACHING

PULSE LUNGE WITH PRESS WEIGHT O/H & PULL DOWN TO TOP OF CHEST

PHONETIC CUE 'Pulse lunge, push, pull; push, pull'

Lunge down then up L. Press weight O/H 1-2

Lunge down then up L. Pull weight to top of chest 3-4

- **Long step back with heel lifted**
- **Chest up**, body upright
- **Front knee in line with toes**
- Keep weight slightly in front of the body in the O/H position
- Let your class know that they can put the weight down at any time if they need to take a break

OPTION: No weight plate



BACK-STEPPING LUNGE COMBO

PHONETIC CUE 'Push, pull, lower, knee; push, pull, lower, knee'

Step L back long. Push weight F 1-2

Lunge down. Raise weight O/H with straight arms 3-4

Lunge up. Lower weight to chest level with straight arms 5-6

Lift L Knee. Pull weight in to chest 7-8k

- Single leg training
- **Long step back with heel lifted**
- **Chest up**, body upright
- **Front knee in line with toes**
- Keep weight slightly in front of the body in the O/H position
- Let your class know that they can put the weight down at any time if they need to take a break

OPTION: No weight plate



07. FEELS SO GOOD 5:00mins

TECHNIQUE AND COACHING

KICK & WALK AROUND COMBO

PHONETIC CUE 'Kick, turn, walk around; kick, turn, walk around'

Small Kick L to front of step. RA 1-2

Step down R, L, turning in towards the step. RA 3-4

Walk around the back and to the other side of the step R, L, R, L. RA 5-8

Repeat to the other side 9-16

- Give your class imagery of kicking a football across the field
- Avoid flicking the kick from the knee joint. Aim to move the leg from the hip joint



KICK & JOG AROUND COMBO

PHONETIC CUE 'Kick, turn, run around; kick, turn, run around'

Bigger Kick L to front of step. RA 1-2

Step down R, L turning in towards the step. RA 3-4

Run around the back & to the other side of the step R, L, R, L. RA 5-8

Repeat to the other side 9-16

- Kick the ball a little harder
- Coach class to move the kick from the hip joint
- Use more football imagery when you run; 'Run to the ball, then kick it'
- Use imagery to increase the intensity; 'Can you kick that ball out of the stadium?'

OPTION: Walk around



MED PROPULSIVE OTT

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

- Use a visual cue to show the direction to move

OPTION: Low OTT

MED PROPULSIVE SWITCH CURL

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

- Jump the rotation (avoid planting the foot and twisting at the ankle and knee)

OPTION: Low OTT

BASIC STEP

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

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

DOWN TAP & BASIC STEP COMBO

PHONETIC CUE 'Tap to the front, tap to the back 2 Basics, hold, 1 more; to the front, to the back, Basic hold, 1 more'

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

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

2x Basic Step L on a 45 degree angle. RA 9-16

- Repeat the phonetic cue and use a visual cue to HOLD the Basic Step OTS



DOWN TAP, PIVOT TURN & BASIC STEP COMBO

PHONETIC CUE 'Tap to the front, tap to the back, step turn, step turn, basic hold; tap to the front, tap to the back, pivot turn, basic hold'

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

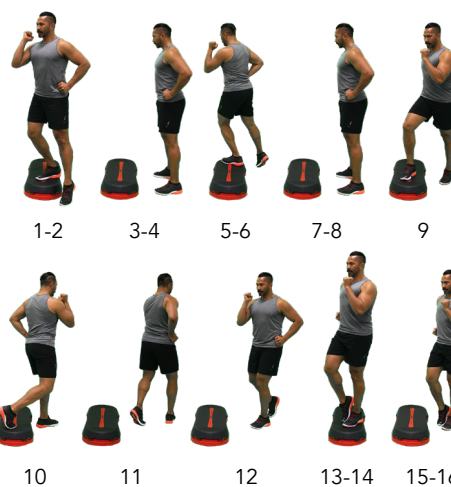
Down Tap R to the back of the step. RA 5-8

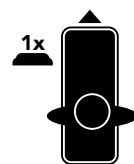
Pivot Turn L. RA 9-12

Basic Step L on a 45 degree angle. RA 13-16

- Pivot Turn, light on your feet. Pivot on the balls of your feet

OPTION: Basic Step instead of the Pivot Turn





08. ATHLETIC CIRCUIT

TRACK FOCUS

Let your class know that they haven’t completely lost Speed Step Training, it now sits in blocks of this track.

Create lots of contrast in this track by teaching the speed sections from a joyous, uplifting and fun-filled place.

In the Burpee section, quickly get everyone to recover with Alt Squats, so that you can preview the Slow Burpee Combo. Use countdowns of the 3 burpees and phonetic cues to get the class doing the Combo – then stand up and coach the those who are standing to increase the intensity by adding the propulsion and sitting deeper. From there, go back to the Burpee Combo in time to preview the Plyo Jump.

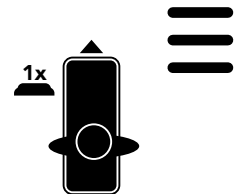
The aim is to keep everyone moving and working with their chosen option. Be very focused on what’s happening on the floor and be prepared to move out of your prepared script to coach to what’s needed in YOUR class.

Teach Athletic

Come into this track

Strong and authoritative.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8		Back Tap L then R. RA 👁️ Next move on last 4cts	4	8x
0:13	C / You just want attention	4x8	A	Propulsive Back Tap L then R. RA	4	8x
0:27	Rep / _ What are you	4x8	A ¹	Split Shuffle L&R. RA	2	16x
0:41	Br /	2x8		Freeze, then transition to the top of the step	16	
0:46	Instr /	4x8	B	Slow Straddle L. RA 👁️ Next move on last 8cts	8	4x
0:56	C / Dancin’	8x8	B ¹	4x Jog Down and Up L. RA	8	8x
1:15	Instr /	4x8	B ²	Speed Straddle L. RA	4	8x
1:24	Br /	1x8		Freeze	8	
1:27	V1 / Tonight	1x8		Explain there’s 2 moves to choose from: Alt Squat or Burpee Combo	8	
		3x8	C	1. Alt Squat L then R. <i>Hands to thighs</i>	4	6x
1:46	I’m three feet	4x8	D	2. Slow Burpee Combo	16	2x
2:05	PC / _ Fear	4x8	C ¹	1. Alt Propulsive Squat L then R.		
			Or	<i>Fists to hips & Bent Raise F</i>	4	8x
			D ¹	2. Fast Burpee Combo	8	4x
				👁️ Jump on last 8cts		
2:24	C / Marching on _	4x8	C ¹	1. Alt Propulsive Squat L then R.		
			Or	<i>Fists to hips & Bent Raise F</i>	4	8x
			D ²	2. Fast Burpee Combo with Jump	8	4x
2:43	Br / Marching on	¼x8		Freeze	2	



08. ATHLETIC CIRCUIT

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
2:44		2x8	Transition to the top of the step	16	
2:49	Instr /	4x8 B	 Slow Straddle R. RA  Next move on last 8cts	8	4x
2:58	C / Dancin'	8x8 B ¹	 4x Jog Down and Up R. RA	8	8x
3:18	Instr /	4x8 B ²	 Speed Straddle L. RA	4	8x
3:27	Br /	1x8	Freeze	8	
3:30	V2 / Wide awake	1x8	Explain there's 2 moves to choose from: Alt Squat or Burpee Combo	8	
3:49	I'm three feet	3x8 C	 1. Alt Squat L then R. <i>Hands to thighs</i>	4	6x
		4x8 D	 2. Slow Burpee Combo	16	2x
4:08	PC / _ Fear is	4x8 C ¹	 1. Alt Propulsive Squat L then R.	4	8x
		Or	<i>Fists to hips & Bent Raise F</i>		
		4x8 D ¹	 2. Fast Burpee Combo  Jump on last 8cts	8	4x
4:27	C / Marching on	4x8 C ¹	 1. Alt Propulsive Squat L then R.	4	8x
		Or	<i>Fists to hips & Bent Raise F</i>		
		4x8 D ²	 2. Fast Burpee Combo with Jump	8	4x
4:46	Br / Marching on	1¼x8	Freeze	2	
4:47	PC / Runnin' round	4x8	Transition to the top of the step. Stand on top of the step. Back Tap L then R. RA  Next move on last 4cts	32	
5:01	C / You just want attention	4x8 A	 Propulsive Back Tap L then R. RA  Next move on last 4cts	4	8x
5:14	Rep / _ What are you	4x8 A ¹	 Split Shuffle L&R. RA	2	16x
5:28	Br /	2x8	Freeze, then transition to the top of the step	16	
5:33	Instr /	4x8	Recover and connect with your class. Prepare them for the last speed block	8	4x
5:42	C / Dancin'	8x8 B ¹	 Speed Straddle L. RA	4	16x
6:02	Instr /	8x8 B ²	 Speed Straddle R. RA	4	16x
6:21	Outro /	1x8	 Step R to the floor. <i>Lasso L Arm</i>	8	



08. ATTENTION / DANCING'S NOT A CRIME / MARCHING ON 6:36mins

TECHNIQUE AND COACHING

BACK TAP

PHONETIC CUE 'Tap right, tap left; right, left'

- Body over the step
- Lightly touch toes to the floor

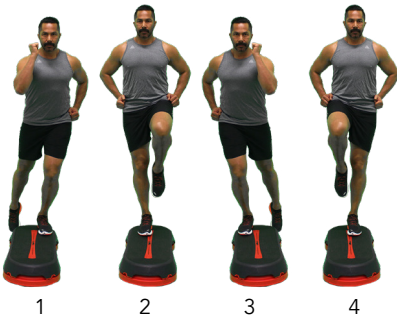
PROPULSIVE BACK TAP

PHONETIC CUE 'Add a jump, bigger, right, left; right, left'

Back Tap L. RA 1
Propel L onto the step and lift R knee. RA 2
Repeat to the other side 3-4

- Body over the step
- Lightly touch toes to the floor
- Drive knee up as you change legs

OPTION: Low Back Tap



SPLIT SHUFFLE

PHONETIC CUE 'Faster, split, split; split, split'

Fast Back Tap L. RA 1
Split L onto the step and back tap R to the floor. RA 2

- Body over the step
- Lightly touch toes to the floor
- Pump the arms to move the legs

OPTIONS: Propulsive Back Tap or Low Back Tap



SLOW STRADDLE

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

- Use a visual cue to show the direction to move
- Be casual, and recover and connect with your class



4X JOG DOWN THEN UP

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

Straddle Jog down L, R, L, R. RA 1-4
Straddle Jog up L, R, L, R. RA 5-8

- The feel is light, and joyous



SPEED STRADDLE

PHONETIC CUE 'Singles, down, up; down up'

- Challenge your class to run to the end of this block





08. ATTENTION / DANCING'S NOT A CRIME / MARCHING ON 6:36mins

TECHNIQUE AND COACHING

SLOW BURPEE COMBO

PHONETIC CUE 'Down, jump back 3, in, jump back 2, in, jump back 1, jump in, stand; down, 3, 2, 1, in, stand'

Bend knees, place hands onto the step 1-4

Jump feet back to Plank position 5-8

Jump feet in to Squat position. Hands on the step 9-12

Jump feet back to Plank position 13-16

Jump feet in to Squat position. Hands on the step 17-20

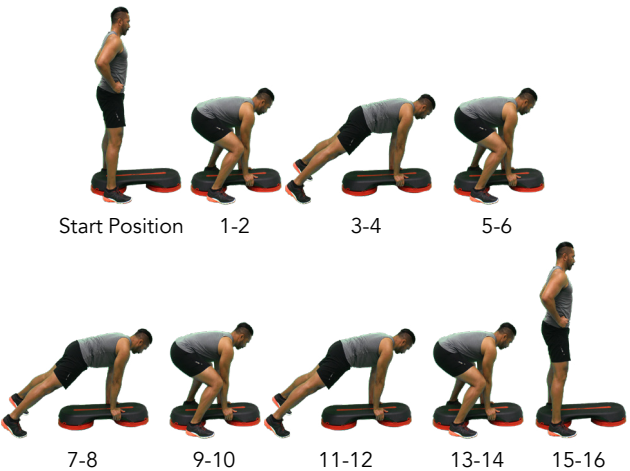
Jump feet back to Plank position 21-24

Jump feet in to Squat position. Hands on the step 25-28

Stand tall. Fists to hips 29-32

- **Bend knees as you place hands onto the step**
- Eye gaze towards hands to keep the spine long
- **Strong ab brace** to support your back as you jump feet back and forward

OPTION: Alt Squat



FAST BURPEE COMBO

PHONETIC CUE 'Faster, down, 3, 2, 1, in stand; down, 3, 2, 1, in stand'

Bend knees, place hands onto the step 1-2

Jump feet back to Plank position 3-4

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

Jump feet back to Plank position 7-8

Jump feet in to Squat position. Hands on the step 9-10

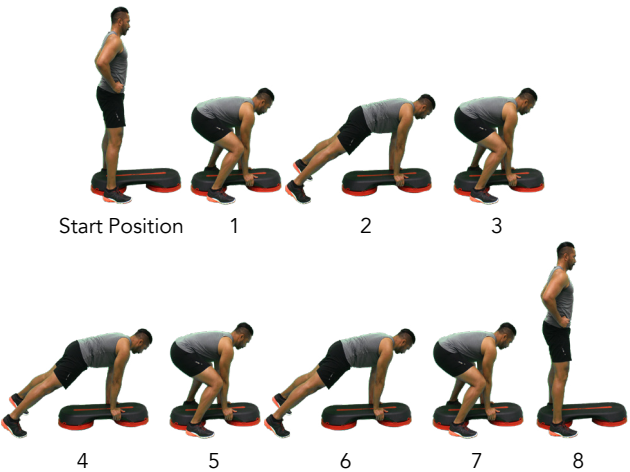
Jump feet back to Plank position 11-12

Jump feet in to Squat position. Hands on the step 13-14

Stand tall. Fists to hips 15-16

- **Bend knees as you place hands onto the step**
- Eye gaze towards hands to keep the spine long
- **Strong ab brace** to support your back as you jump feet back and forward

OPTION: Alt Propulsive Squat



08. ATTENTION / DANCING’S NOT A CRIME / MARCHING ON 6:36mins

TECHNIQUE AND COACHING

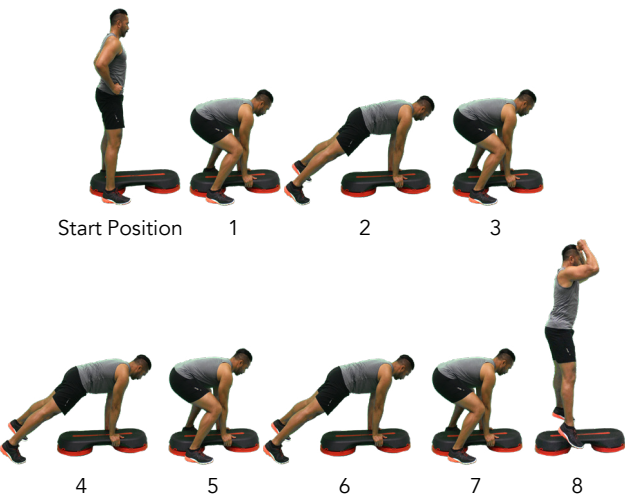
FAST BURPEE COMBO WITH JUMP

PHONETIC CUE ‘We add a jump, down, 3, 2, 1 in jump; down, 3, 2, 1 in jump’

- Bend knees, place hands onto the step 1-2
- Jump feet back to Plank position 3-4
- Jump feet in to Squat position. Hands on the step 5-6
- Jump feet back to Plank position 7-8
- Jump feet in to Squat position. Hands on the step 9-10
- Jump feet back to Plank position 11-12
- Jump feet in to Squat position. Hands on the step 13-14
- Plyo Jump. Fists to hips 15-16

- **Bend knees as you place hands on to the step**
- Eye gaze towards hands to keep the spine long
- **Strong ab brace** to support your back as you jump feet back and forward
- **Bend knees on jump landing**
- Let your class know that there are only 4 reps, so they can push a little harder

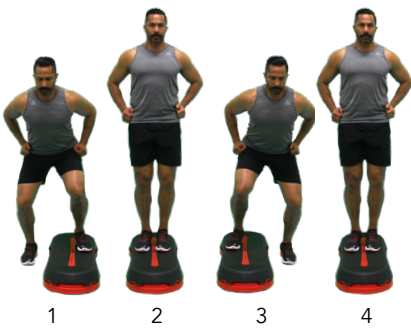
OPTION: Alt Propulsive Squat



ALT SQUAT

PHONETIC CUE ‘Squat left, right, left, right’

- Squat L. Hands to top of thighs 1-2
- Step L onto the step. Hands to top of thighs 3-4
- Squat R. Hands to top of thighs 5-6
- Step R onto the step. Hands to top of thighs 7-8
- Use this as a recovery. Small ROM
- Chest up



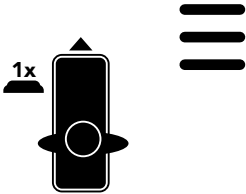
ALT PROPULSIVE SQUAT

PHONETIC CUE ‘Squat jump; squat jump’

- Squat L. Pull fists to hips 1-2
- Propel R. Bent Raise F 3-4
- Squat R. Pull fists to hips 5-6
- Propel L. Bent Raise F 7-8
- Start to work by adding depth and a jump
- Chest up
- Bend knees
- Drive upward

OPTION: Alt Squat





09. PEAK 3

TRACK FOCUS

Thrust your fist in the air like you’re at a rock concert getting ‘rowdy and unruly’.

Clearly pre-cue, and cue the ‘Freeze Transition’ into the 4x Marches On Top. Use visual cues to STOP, and to show the leading leg that is about to step onto the step.

Coach soft landings in the Jump Squats and revert to options for those that need them.

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 / You are here	1x6	Standing on top of the step, prepare to move	6	
0:02	Instr / Uh what _	4x8 A	2x Propulsive Down Tap L then R. RA 👁️ Next move on last 4cts	8	4x
0:15	C / _ Rowdy	4x8 A ¹	2x Propulsive Down Tap L then R. Double Punch O/H L then R	8	4x
		4x8 B	Propulsive Down Tap L then R. Single Punch O/H L then R	4	8x
0:43	Instr /	4x8 C	Propulsive OTT L then R. Reach Up & Down	8	4x
0:57	Br / _ Uh, what?	½x8	Step L to the floor. L hand F (Stop visual cue) Swivel to angle body towards the step. L hand F (Stop visual cue)	4	
0:59	Oh , I’m overdue	4x8 D	4x March On Top R. RA 👁️ Next move on last 8cts	8	4x
1:13	It’s explosive	4x8 D ¹	Jump Squat & March Down Combo R 👁️ Next move on last 8cts	8	4x
1:26	Gonna get _	8x8 D ²	Jump Squat, Plyo Jump & March Down Combo R	8	8x
1:54	Br / You are here	½x8	Jump Squat onto the step R Swivel to face front	22	
1:56	Instr / Ladies move	2x8 A	🔄 2x Propulsive Down Tap R then L. RA 👁️ Next move on last 4cts	8	2x
2:03	C / _ Rowdy	4x8 A ¹	🔄 2x Propulsive Down Tap R then L. Double Punch O/H R then L	8	4x
		4x8 B	🔄 Propulsive Down Tap R then L. Single Punch O/H R then L	4	8x
2:30	Instr /	4x8 C	🔄 Propulsive OTT R then L. Reach Up & Down	8	4x
2:44	Br / _ Uh, what?	½x8	Step R to the floor. R hand F (Stop visual cue) Swivel to angle body toward the step. R hand F (Stop visual cue)	4	
2:46	V2 / Ah , heat is up	4x8 D	🔄 4x March On Top L. RA 👁️ Next move on last 8cts	8	4x
2:59	PC / Let’s get open	4x8 D ¹	🔄 Jump Squat & March Down Combo L 👁️ Next move on last 8cts	8	4x
3:13	Rep / _ to the break	8x8 D ²	🔄 Jump Squat, Plyo Jump & March Down Combo L	8	8x

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
3:40	Br / We are here	½x8	 Jump Squat onto the step L Swivel to face front		4	
3:42	Instr / Ladies move	2x8	A  2x Propulsive Down Tap L then R. RA  Next move on last 4cts		8	2x
3:49	C / _ Rowdy	4x8	A¹  2x Propulsive Down Tap L then R. Double Punch O/H L then R		8	4x
		4x8	B  Propulsive Down Tap L then R. Single Punch O/H L then R		4	8x
4:17	Instr /	4x8	C  Propulsive OTT L then R. Reach Up & Down		8	4x
4:31	Outro / Uh , what?	½x8	Step L to the floor. Low Cross In Front 'What' gesture with arms		4	

09. DIRTY 4:45mins

TECHNIQUE AND COACHING

2X PROPULSIVE DOWN TAP

PHONETIC CUE 'Double tap, 2, 1; 2, 1'

Down Tap L, then lift L knee. *Punch L O/H, then pull fist to shoulder height* 1-2

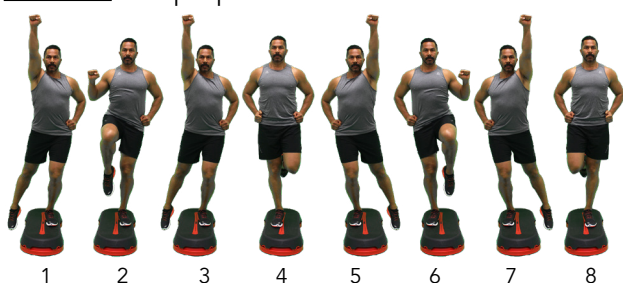
Down Tap L. *Punch L O/H* 3

Step L onto step. *Pull fists to hips* 4

Repeat to the other side 5-8

- Strong punch O/H
- Toes to the floor, heel up (avoid slamming the heels to the floor)

OPTION: No propulsion

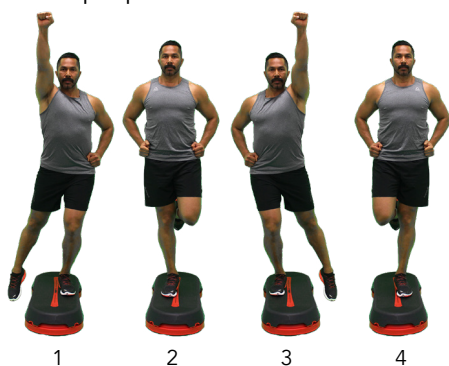


PROPULSIVE DOWN TAP

PHONETIC CUE 'Singles, right, left; right, left'

- Strong Punch O/H
- Toes to the floor, heel up (avoid slamming the heels to the floor)
- Light, agile on the down tap

OPTION: No propulsion



PROPULSIVE OTT

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

OPTION: Low OTT

FREEZE TRANSITION

Step L to the floor. *L hand F (Stop visual cue)* 1-2

Swivel to angle body towards the step. *L hand F (Stop visual cue)* 3-4

- Use a visual cue to also show the leg that steps onto the step first

PHONETIC CUE 'Stop turn, 4 Marches'



4X MARCH ON TOP

PHONETIC CUE '4 3 2 1, walk down; 4, 3, 2, 1, walk down'

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

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

- Facing R



JUMP SQUAT & MARCH DOWN COMBO

PHONETIC CUE 'Jump on, stand up, walk back; jump on, stand up, walk back'

Jump Squat onto the step. *Hands to top of thighs* 1-2

Squat up. *Hands to top of thighs* 3-4

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

- **Bend knees when you land on the step, chest up**
- **Stagger the landing** (R foot lands slightly before the L foot) to soften the landing

OPTION: 4x March On Top





09. DIRRTY 4:45mins

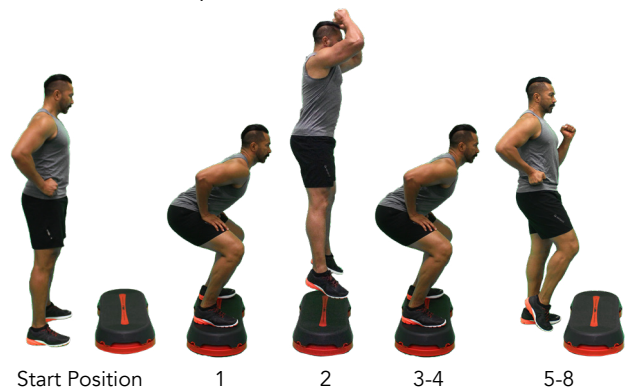
TECHNIQUE AND COACHING

JUMP SQUAT, PLYO JUMP & MARCH DOWN COMBO

PHONETIC CUE ‘Down up down, march back; down up down, march back’

- Jump Squat onto the step. Fists to hips1
- Plyo Jump up. Bent Raise F2
- Land in Squat position on the step. Fists to hips3-4
- March R, L, R, L on the floor. RA5-8

- Bend knees on both landings
 - Use legs to drive upward
- OPTIONS: Jump Squat & March Down Combo or 4x March On Top



10. CONDITIONING 2

TRACK FOCUS

Be sure to get everyone set up in the right position before you press play.

Standing to the L side of their step, then take 2 steps to the right.

See what’s happening on the floor in the Side Lunge. If knees are going excessively past the toes, get them to move further away from the step so that they take a longer step onto it. Coach a strong ab brace to keep the hips square to the front, and to rotate from the rib cage (It’s a very minimal trunk rotation).

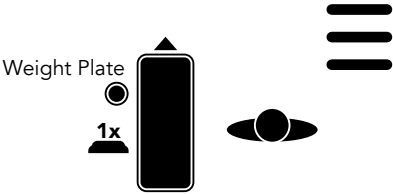
Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

Pre-track

Collect 1 light, medium or heavy weight plate.



MUSIC			SEQUENCE/EXERCISE		CTS	REPS
			Set up start position 2 steps to the side of step			
0:00	V1 / Rebel top guns	2x8	Prepare to move 👁️ Next move on last 8cts		16	
0:09	Super well	6x8	A	Slow Side Lunge & Woodchop Combo L	8	6x
0:36	C / _ Our rules, our dreams	6x8	A ¹	Side Lunge & Woodchop Combo L	4	12x
1:02	V2 / Might get your friend	3x8	Side Lunge & Woodchop to top then transition to the top of the step Weight in R hand, set up for Tip & Lunge Combo R 👁️ Next move on last 8cts		32	
1:16	Glass spark ling	3x8	B	Tip & Lunge Combo R 👁️ Next move on last 8cts	8	3x
1:29	C / _ Our rules, our dreams	9x8	B ¹	Tip, Lunge & Clean Combo R	8	9x
2:08	V3 / Rebel top guns	2x8	Transition to L side of the step. Prepare to move		16	
2:16	Super well	6x8	A	 Slow Side Lunge & Woodchop Combo R	8	6x
2:42	C / _ Our rules, our dreams	6x8	A ¹	 Side Lunge & Woodchop combo R	4	12x
3:09	V4 / Might get your friend	2x8	Side Lunge & Woodchop to top then transition to the top of the step Weight in L hand, set up for Back-Stepping Lunge & Clean Combo L		16	
3:18	On the road	4x8	B	 Tip, Lunge Combo L	8	4x
3:35	C / _ Our rules, our dreams	9x8	B ¹	 Tip, Lunge & Clean Combo L	8	9x
4:13	_ Our rules, our dreams	2x8	Transition to sit on top of the step (front). Quickly set up for core work		16	
		10x8	Weighted C-Crunch Combo		8	10x



10. HOMEMADE DYNAMITE 5:10mins

TECHNIQUE AND COACHING

PRE-TRACK

Collect 1 light, medium or heavy weight plate

SET UP START POSITION

Get class to stand to the L side of their step. Take 2 steps to the right. Prepare to move



SLOW SIDE LUNGE & WOODCHOP COMBO

PHONETIC CUE 'Side lunge on, off and balance; woodchop up, woodchop down'

Side Lunge L onto the step. Woodchop up on L diagonal 1-4

Tap L down beside R foot. Woodchop down on R diagonal 5-8

- **Strong ab brace to lock hips square to the front**
- Small rotation from the ribcage
- Arms straight as you woodchop
- **Knee in line with toes in the Side Lunge**
- If the knee goes past the toes, you'll need to step further away from the step



OPTIONS: Lift L knee and balance on R leg / No weight plate



SIDE LUNGE & WOODCHOP COMBO

PHONETIC CUE 'Faster, woodchop up, down; up, down'

Side Lunge L onto the step. Woodchop up on L diagonal 1-2

Tap L down beside R foot. Woodchop down on R diagonal 3-4

- **Strong ab brace to lock hips square to the front**
- Small rotation from the ribcage
- Arms straight as you woodchop
- **Knee in line with toes in the Side Lunge**
- If the knee goes past the toes, you'll need to step further away from the step
- Let your class know that they can put the weight down at any time if they need to
- Encourage great technique, and if they lose technique through fatigue, suggest the no-arm option

OPTIONS: Lift L knee and balance on R leg / No weight plate



TRANSITION TO TIP & LUNGE COMBO

- Stand on top of the step, weight on L leg
- Weight in R hand by side, L arm out to R side



10. HOMEMADE DYNAMITE 5:10mins

TECHNIQUE AND COACHING

TIP & LUNGE COMBO

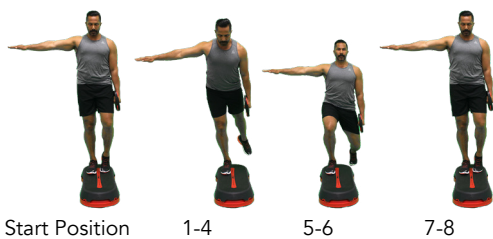
PHONETIC CUE 'Tip forward, lunge, tap up; tip, lunge, tap up'

Tip F from hips with small ROM Rear Leg Lift R. Weight in R hand by side, L arm out to R side 1-4

Step R foot down to Lunge. Weight in R hand by side, L arm out to R side 5-6

Rise and Tap R to the step. Weight in R hand by side, L arm out to R side 7-8

- **Abs braced**
- Look approx. 6½ feet (2 meters) ahead on the floor as you tip forward
- Free leg low behind you (avoid swinging the leg back high behind you)
- **Chest up** and eye gaze straight ahead as you lunge
- This is all about control of movement



TIP, LUNGE & CLEAN COMBO

PHONETIC CUE 'Tip, clean, tap up; tip, clean, tap up'

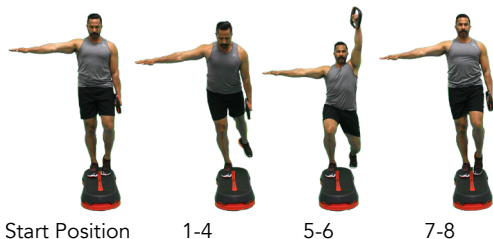
Tip F from the hips with small ROM Rear Leg Lift R. Weight in R hand by side, L arm out to R side 1-4

Step R foot down to Lunge. Clean R O/H, L arm out to R side (straight arm) 5-6

Rise and Tap R to the step. Lower weight in R hand by side, L arm out to R side (straight arm) 7-8

- **Abs braced**
- Look approx. 6½ feet (2 meters) ahead on the floor as you tip forward
- Free leg low behind you (avoid swinging the leg back high behind you)
- **Chest up** and eye gaze straight ahead as you Lunge
- This is all about control of movement

OPTION: No Clean



SET UP FOR CORE WORK

- Keep weight, and sit down to the front of the step
- Lie back, feet up, knees bent at 90 degrees
- Hold weight back at 45 degrees, arms straight

WEIGHTED C-CRUNCH COMBO

PHONETIC CUE 'Slowly crunch up, slowly down; up, and down'

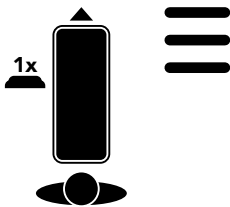
C-Crunch up. Move weight F, forearms towards knees (arms straight) 1-4

C-Crunch down, lower heels towards floor. Move weight back down to 45 degrees 5-8

- **Press lower back into the step**
- Move ribs towards hips
- Forearms towards knees
- Eye gaze towards knees
- Slow and controlled movement

OPTION: No weight plate





11. COOLDOWN/STRETCH

TRACK FOCUS

Send out lots of good vibes to your class.

Challenge: See if you can get them to do the 2 kicks at the end of the track.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:01	Hook / _ I wanna be your	4x8		Place weight to the floor, slowly stand up, and move to the back of the step, feet wide	32
0:19	V1 / _ I saw you	2x8	A	Adductor Stretch R	16
	_ And then you	2x8	B	Hip Flexor Stretch R	16
0:38	PC / Sending all	4x8	C	Stand & circle R arm, to face front	4
				Slowly Squat down. Hands to top of thighs	4
				Press L shoulder down	24
0:56	C / _ I wanna be your	4x8		Bend knees more, place hands onto the step. Straighten legs, Double Hamstring Stretch	32
1:15	V2 / _ And then the	2x8	A	 Adductor Stretch L	16
		2x8	B	 Hip Flexor Stretch L	16
1:34	PC / I'm getting all	4x8	C	 Stand & circle L arm, to face front	4
				Slowly Squat down. Hands to top of thighs	4
				Press R shoulder down	20
				On last 4cts, bend knees more, place hands onto the step. Step feet to the B	4
1:52	C / _ I wanna be your	4x8		Active Calf Stretch L then R	4 8
2:11	Ref / Vibes, vibes	2x8	D	Step L foot in, cross R foot behind. ITB Stretch R	16
		2x8	D	 ITB Stretch L	16
2:30	PC / Sending all	2x8	E	Quad Stretch L	16
		2x8	E	 Quad Stretch R	16
2:48	C / _ I wanna be your	2x8	F	Standing Achilles Stretch L with L Shoulder Stretch	16
		2x8		Standing Achilles Stretch L with R Shoulder Stretch	16
3:07	_ I wanna be your	2x8	F	Standing Achilles Stretch R with Back Stretch	16
		2x8		Standing Achilles Stretch R with Chest Stretch	16
3:25	Outro / _ Hey, hey	½x8		Step L and kick R low. Natural Arms	2
				Step R and kick L high. Natural Arms	2



11. VIBES 3:32mins

TECHNIQUE AND COACHING

ADDUCTOR STRETCH

- Knees in line with toes
- Chest up



HIP FLEXOR STRETCH

- Make a long line from your back heel, to the top of your head
- Gently press hips down



PRESS L SHOULDER DOWN

- Press knees out
- Chest up
- Press shoulder down



DOUBLE HAMSTRING STRETCH

- Both hands on the step
- Lift hips towards the ceiling



ACTIVE CALF STRETCH

- Both hands on the step
- Feet to the back
- Walk left then right heel to the floor



ITB STRETCH

- Right foot crossed behind left foot
- Shift hips towards the right side
- Tip upper body towards the left side



STANDING QUAD STRETCH

- Supporting knee slightly bent
- Pull L heel towards butt
- Squeeze legs together
- Aim to keep body square to the front



STANDING ACHILLES STRETCH L WITH L SHOULDER STRETCH

- L foot on the floor, R foot forward and on the step
- Bend knees and press L heel into the floor
- Knees in line with toes
- Hold L arm across body to stretch L shoulder



STANDING ACHILLES STRETCH R WITH BACK STRETCH

- R foot on the floor, L foot forward and on the step
- Bend knees and press R heel into the floor
- Knees in line with toes
- Hands clasped in front, push F and stretch across the upper back



STANDING ACHILLES STRETCH R WITH CHEST STRETCH

- R foot on the floor, L foot forward and on the step
- Bend knees and press R heel into the floor
- Knees in line with toes
- Hands clasped behind, open across the chest





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.

