



BODYSTEP **116**

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

BONUS **Workout for Water**

10. CONDITIONING 2

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MUSIC

- 01

Push Push (3:12)

Kat Deluna feat. Akon

Courtesy of the Universal Music Group.
Written by: Johnson, Deluna, Atweh, Savage
- 02

Body (2:39)

Loud Luxury feat. brando

© 2018 Armada Music B.V.
Written by: Lopes, McClain, Depace, Fedyk, Henriques
- 03

Sweet But Psycho (4:41)

Go Brave

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Written by: Haukeland, Koci, Lobban, Love, Walter
- 04

Baddest Behavior (1:29)

Wave Of Sound

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Written by: Bergin
- Goku** (1:09)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Bailey, Rambert, Scott, Smith
- Baddest Behavior** (1:16)

Wave Of Sound

© 2019 Les Mills Music Licensing Ltd.
Written by: Bergin
- Goku** (1:18)

Jaden Smith

Courtesy of the Universal Music Group.
Written by: Bailey, Rambert, Scott, Smith
- Baddest Behavior** (1:23)

Wave Of Sound

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Written by: Bergin
- 05

Shut Up And Drive (4:59)

Lakewood Sides

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Written by: Rogers, Sturken
- 06

Bad Boy (3:06)

Tungevaag & Raaban feat. Luana Kiara

© 2018 Warner Music Sweden AB.
Written by: Tungevaag, Soderlund, Fohlin, Nystrom, Bengtson
- 07

Fierce (5:03)

Crossroad Lane

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

- 08

We Never Stop (1:30)

River Rove

© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown
- Queen Bee** (1:01)

Rochelle Diamante

© 2015 Threshold Media Corporation.
Written by: Clampett, Margis, Baum, McNamara, Diamante
- Noir** (0:55)

Yoann Feynman & Monomotion

© 2014 FAKE MUSIC.
Written by: Feynman, Engintalay
- Queen Bee** (0:39)

Rochelle Diamante

© 2015 Threshold Media Corporation.
Written by: Clampett, Margis, Baum, McNamara, Diamante
- Noir** (0:51)

Yoann Feynman & Monomotion

© 2014 FAKE MUSIC.
Written by: Feynman, Engintalay
- We Never Stop** (1:21)

River Rove

© 2019 Les Mills Music Licensing Ltd.
Written by: Unknown
- Queen Bee** (1:02)

Rochelle Diamante

© 2015 Threshold Media Corporation.
Written by: Clampett, Margis, Baum, McNamara, Diamante
- 09

Womanizer (5:24)

Love Interest

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Written by: Akinyemi, Briscoe
- 10

Good Day (5:48)

Yellow Claw feat. DJ Snake & Elliphant

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Written by: Rondhuis, Taihuttu, Van der Bruggen, Grigahcine, Olovspotter
- 11

Friends (3:08)

Kind Vows

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Written by: Tucker, Tranter, Michaels
- BONUS

10

Workout for Water

Heads Up (3:31)

JAIN

© 2015 Spookland
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice



L-R: Nick Kraut, Lisa Osborne, Mark Nu'u-Steele

Welcome to our 'Workout for Water' celebration release, BODYSTEP 116!

We get our engines started and warm up to *Push Push*, where the feature Push arm-lines match the song title perfectly. Then we seamlessly transition to Track 2, and continue to warm our stepping muscles to *Body*. Onward to Peak 1, our first cardio peak, where the magic number is 'six' and the song is *Sweet But Psycho*.

We have a fun 'Goku / Dragonball-Z' theme in the Mixed Strength track. Move like a superhero, and imagine you're shooting fireballs out from the palms of your hands.

Next up is Peak 2, where we put the pedal to the metal and drive our heart rates higher to *Shut Up & Drive*, then we put the brakes on, and get cardio recovery as we work with a weight plate, and slower controlled lower-body conditioning to *Bad Boy*.

We then boost the fun factor: strike poses, and strut with empowering attitude to *Fierce*. There are extra points for original poses in this track.

The Athletic Circuit gets us cross-training with a variety of training styles, including Speed Stepping !

Feel the energy rush in Peak 3 to *Womanizer*, then we slow things down, grab our weight plate, and focus on our posterior chain and core in Conditioning 2. Finally, time to gently stretch, cool down and reflect on the workout to *Friends*.

We have a bonus 'Workout for Water' track to *Heads Up*. It's a fun recap track, where we repeat 4 moves, previously used in Tracks 3, 4, 6 and 7 of this release.

Use this track when you teach THIS release in your 'Workout for Water' fundraiser class.

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.

Nick Kraut (Australia) is a BODYSTEP Trainer and a CXWORX Presenter. He is also a BODYATTACK and BODYPUMP Instructor. He is based in Brisbane and is soon starting a Masters of Research in Marketing.

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 116

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 and 116

- 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.

EXPRESS FORMATS BODYSTEP 116

45-MINUTE FORMAT - Option 1

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
Total Time	41:27

45-MINUTE FORMAT - Option 2

Track 01	Warmup
Track 02	Step Warmup
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	43:43

30-MINUTE FORMAT - Option 1

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	25:12

30-MINUTE FORMAT - Option 2

Track 01	Warmup
Track 02	Step Warmup
Track 03	Peak 1
Track 04	Mixed Strength
Track 08	Athletic Circuit
Track 06	Conditioning 1
Total Time	27:32

As there is no Cooldown/Stretch in the 30-minute and 45-minute format, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.



MIXING RELEASES WITH BODYSTEP 116

When mixing older releases with BODYSTEP 116, 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

- 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

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		



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 Circuit
Track 09	Speed Step	Track 11	Conditioning 1
Track 10	Peak 3	Track 12	Cooldown/ Stretch
Track 11	Conditioning 1		
Track 12	Cooldown/ Stretch		

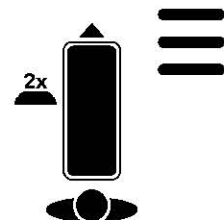
ATHLETIC 45 MINUTES	
Track 01	Warmup
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1
AC	Athletic Circuit ATHLETIC
Track 11	Conditioning 2

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.



01. WARMUP

TRACK FOCUS

Use repetitive phonetic cues to set the patterns of the T-Tap Combo and the Push Arms in the Triple Pulse Lunge. Connect to the song title with the 'Push' theme of this track.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	2x8	Prepare to move	16	
		2x8 A	Basic Step L. RA	4	4x
0:15	V1 / I see you dancing	4x8 A	Basic Step L. RA 👁️ Next move on the last 8cts	4	8x
0:29	PC / Sweet boy	2x8 B	T-Tap Combo L. RA 👁️ Next move on the last 8cts	8	2x
0:37	C / Push push baby	8x8 B'	T-Tap Combo with Push Arms L	8	8x
1:07	V2 / Push it baby	6x8 C	Triple Pulse Lunge L then R. HOH 👁️ Next move on the last 8cts	16	3x
1:29	C / Push push baby	4x8 C'	Triple Pulse Lunge L then R with Push Arms	16	2x
1:44	Rep / _ Oh-oh	4x8 D	14x Repeater Knee Lift L. RA March R, L, R, L on the floor. RA	28 4	
1:58	V3 / I like the one lottery	4x8 A	🔁 Basic Step R. RA 👁️ Next move on the last 8cts	4	8x
2:13	PC / Clap it up	2x8 B	🔁 T-Tap Combo R. RA 👁️ Next move on the last 8cts	8	2x
2:20	C / Push push baby	8x8 B'	🔁 T-Tap Combo with Push Arms R	8	8x
2:50	Rep / _ Oh-oh	4x8 D	🔁 14x Repeater Knee Lift R. RA March L, R, L, R on the floor. RA	28 4	

01. PUSH PUSH 3:12mins

TECHNIQUE AND COACHING

BASIC STEP

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

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

T-TAP COMBO

PHONETIC CUE 'Step up, tap left, tap right, step back, up, tap left, tap right, back'

Step up L, R. Bent Raise F then pull fists to hips 1-2

Tap L to the L side. RA 3-4

Tap R to the R side. RA 3-6

Step back L, R. Raise F then pull fists to hips 7-8

- Bend supporting knee
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

T-TAP COMBO WITH PUSH ARMS

PHONETIC CUE 'Step up, push, push, step back, up, push, push, back'

Step up L, R. Bent Raise F then pull fists to hips 1-2

Tap L to the L side. Push L flexed hand F 3-4

Tap R to the R side. Push R flexed hand F 5-6

Step back L, R. Bent Raise F then pull fists to hips 7-8

- **Abs braced**
- **Chest up**
- **Small rotation from the rib cage**
- Big push forward
- Bend supporting knee
- **Tap toes to the floor**
- Avoid slamming the heel to the floor



TRIPLE PULSE LUNGE

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

3x Pulse Lunge L. HOH 1-6

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

Repeat to the other side 9-16

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



TRIPLE PULSE LUNGE L THEN R WITH PUSH ARMS

PHONETIC CUE 'Push, pull, push, change legs, push, pull, push, change legs'

Pulse Lunge down & up L. Push flexed hands F 1-2

Pulse Lunge down & up L. Pull fists to hips 3-4

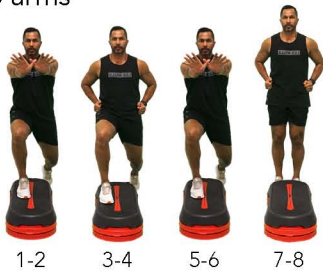
Pulse Lunge down & up L. Push flexed hands F 5-6

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

Repeat to the other side 9-16

- **Long step onto the step**
- Back heel lifted
- **Chest up**, keep body upright
- **Front knee in line with toes**
- **Stretch the back as you push**
- **Open the chest as you pull**

OPTION No arms



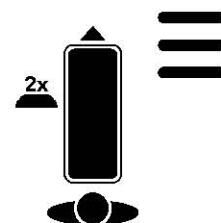
14X REPEATER KNEE LIFT

CUE 'Repeater HOLD'

14x Repeater Knee Lift L. RA 1-28

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

- Use a visual cue to HOLD the Repeater on the left leg
- **Bend front knee to sit deeper**
- **Keep front knee in line with toes**
- Keep back heel lifted off the floor
- **Chest up**
- Count down the last 4 reps



02. STEP WARMUP

TRACK FOCUS

Coach the natural walking rhythm of the Half Stomp first, and then coach the depth to warm the legs more.

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 /	2x8 A	Basic Step L. RA	4	4x
0:06	V1 / _ Babe , don't make	4x8 A	Basic Step L. RA 👁️ Next move on the last 8cts	4	8x
0:22	PC / And I'm like , hell nah	4x8 B	Half Stomp & March OTS L. RA 👁️ Next move on the last 8cts	8	4x
0:37	C / Body on my	4x8 B ¹	Deeper ROM Half Stomp & March OTS L. RA 👁️ Next move on the last 8cts	8	4x
0:52	Body on my	4x8 B ²	Deeper ROM Half Stomp & Double Squat Pulse Combo L. RA then hands stacked F 👁️ Next move on the last 8cts	8	4x
1:07	Rep / On my, on my	4x8 B ³	Deeper ROM Half Stomp & Bigger Double Squat Pulse Combo L. RA then hands stacked F	8	4x
1:22	Br /	1x8	Squat OTS, and roll up slowly. Hands to top of thighs	8	
1:26	V2 / Babe , just hit	4x8 A	 Basic Step R. RA 👁️ Next move on the last 8cts	4	8x
1:41	PC / And I'm like , hell nah	4x8 B	 Half Stomp & March OTS R. RA 👁️ Next move on the last 8cts	8	4x
1:56	C / Body on my	2x8 B ¹	 Deeper ROM Half Stomp & March OTS R. RA 👁️ Next move on the last 8cts	8	2x
2:03	Body on my	4x8 B ²	 Deeper ROM Half Stomp & Double Squat Pulse Combo R. RA then hands stacked F 👁️ Next move on the last 8cts	8	4x
2:18	Rep / On my, on my	4x8 B ³	 Deeper ROM Half Stomp & Bigger Double Squat Pulse Combo R. RA then hands stacked F	8	4x
2:33	Outro /	1x8	Squat OTS, and roll up slowly. Hands to top of thighs	8	

02. BODY 2:39mins

TECHNIQUE AND COACHING

BASIC STEP

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

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

HALF STOMP & MARCH OTS

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

- Step L to step, then step R to R side. RA 1-2
- Step L to step, then step R to back. RA 3-4
- March L, R, L, R on the floor. RA 5-8
- **Maintain a natural walking rhythm**



DEEPER ROM HALF STOMP & MARCH OTS

CUE 'Bend knees and sit deeper to get warmer'

- Step L to step, then step R to R side (Sit deeper). RA 1-2
- Step L to step, then step R to back. RA 3-4
- March L, R, L, R on the floor. RA 5-8
- **Maintain a natural walking rhythm**

DEEPER ROM HALF STOMP & DOUBLE SQUAT PULSE COMBO

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

- Step L to step, then step R to R side (Sit deeper). RA 1-2
- Step L to step, then step R to back. RA 3-4
- Step L to floor, feet apart & squat down, up & down. Hands stacked F 5-7
- Lift L foot. Pull fists to hips 8
- **Chest up**
 - **Knees in line with toes**
 - Sit butt back and down



DEEPER ROM HALF STOMP & BIGGER DOUBLE SQUAT PULSE COMBO

CUE 'Add a Jump in to the Squats'

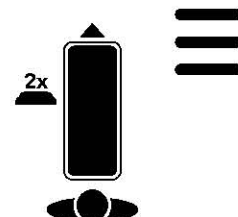
- Step L to step, then step R to R side (Sit deeper). RA 1-2
- Step L to step, then step R to back. RA 3-4
- Jump L to floor, feet apart & squat down, up & down. Hands stacked F 5-7
- Jump and lift L foot. Pull fists to hips 8

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

SQUAT OTS, AND ROLL UP SLOWLY

CUE 'HOLD, slowly roll up'

- As you roll up, use a visual cue to show the leading leg for the upcoming Basic Step



03. PEAK 1

TRACK FOCUS

Be repetitive with the ‘six’ countdown cue in the T-6 Tap Combo to get success on the floor. See what’s happening on the floor, and revert back to the phonetic countdown cue when needed. Coach soft landings in all the Jumps, and offer options to stagger the landings.

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 / Oh she’s sweet	4x8		Bounce OTS L then R 👁️ Next move on the last 16cts	32	
0:14	Instr /	4x8	A	Low T-6 Tap Combo L. RA	16	2x
0:28	C / Oh she’s sweet	4x8	A ¹	Propulsive T-6 Tap Combo L. RA 👁️ Next move on the last 8cts	16	2x
0:42	Grab a cop	4x8	A ²	Propulsive T-6 Tap Combo L. Punch O/H	16	2x
0:56	Br /	½x8	B	Hamstring Curl R then L. HOH	4	
0:58	Instr /	4x8	B ¹	Propulsive Hamstring Curl R then L. Bent Raise F	8	4x
1:12	V1 / _ She’ll make you	4x8	C	Basic Step R. RA 👁️ Next move on the last 4cts	4	8x
1:26	PC / No , no	4x8	C ¹	Narrow Staggered Jump Onto The Step R. Bent Raise F 👁️ Next move on the last 4cts	4	8x
1:40	Rep / 10 , 9, 8...	4x8	C ²	Narrow Jump On & Off The Step. Bent Raise F	4	8x
1:54	Rep / _ You’re tellin’ me	2x8		Jump onto the step, shake out arms and legs then step behind the step	16	
2:01	QC / Oh she’s sweet	2x8	A	🔁 Low T-6 Tap Combo R. RA	16	
2:08	C / Oh she’s sweet	8x8	A ²	🔁 Propulsive T-6 Tap Combo R. Punch O/H	16	4x
2:35	Br /	½x8	B	🔁 Hamstring Curl R. HOH	4	
2:37	Instr /	4x8	B ¹	🔁 Propulsive Hamstring Curl L then R. Bent Raise F	8	4x
2:51	V2 / _ See, someone said	4x8	C	🔁 Basic Step L. RA 👁️ Next move on the last 8cts	4	8x
3:05	PC / No , no	4x8	C ¹	🔁 Narrow Staggered Jump Onto The Step L. Bent Raise F 👁️ Next move on the last 8cts	4	8x
3:19	Rep / 10, 9, 8...	4x8	C ²	🔁 Narrow Jump On & Off The Step. Bent Raise F	4	8x
3:33	Ref / _ You’re tellin’ me	2x8		🔁 Jump onto the step, shake out arms and legs then step behind the step	16	
3:40	QC / Oh she’s sweet	2x8	A	🔁 Low T-6 Tap Combo L. RA	16	
3:47	C / Oh she’s sweet	8x8	A ²	🔁 Propulsive T-6 Tap Combo L. Punch O/H	16	4x
4:15	Br /	½x8	B	🔁 Hamstring Curl L. HOH	4	
4:17	Instr /	4x8	B ¹	🔁 Propulsive Hamstring Curl R then L. Bent Raise F	8	4x
4:31	Outro /	1x8		Create your own finale	8	

03. SWEET BUT PSYCHO 4:41mins

TECHNIQUE AND COACHING

LOW T-6 TAP COMBO

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1, step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Step up L, R. Bent Raise F then pull fists to hips 1-2

Tap L to the L side then R to R side x3. RA 3-14

Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the '6 tap' rhythm
- Bend supporting knee
- Knee in line with toes
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**



PROPULSIVE T-6 TAP COMBO

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1, step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Jog up L, R. Bent Raise F then pull fists to hips 1-2

Propulsive Tap L to the L side then R to R side 3x. RA 3-14

Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the 'six tap' rhythm
- Bend supporting knee
- Knee in line with toes
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

OPTION No propulsion

PROPULSIVE T-6 TAP COMBO WITH PUNCH O/H

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1, step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Jog up L, R. Bent Raise F then pull fists to hips 1-2

Propulsive Tap L to the L side then R to R side x3. Single Punch O/H 3-14

Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the '6 tap' rhythm
- Bend supporting knee
- Knee in line with toes
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

OPTION No arms, no propulsion



PROPULSIVE HAMSTRING CURL

PHONETIC CUE 'Curl left, right, left, right'

- Soften knees to land lightly
- **Pull the heel towards the butt**

OPTION No propulsion

BASIC STEP

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

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

03. SWEET BUT PSYCHO 4:41mins

TECHNIQUE AND COACHING

NARROW STAGGERED JUMP ONTO THE STEP

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

Staggered Jump L, R onto the step. *Bent Raise F* 1-2
Step back L, R to the floor. *Pull fists to hips* 3-4

- **Bend knees to soften the Squat landing**
- **Chest up**
- **Knees in line with toes**

OPTION Basic Step



NARROW STAGGERED JUMP ON & OFF THE STEP

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

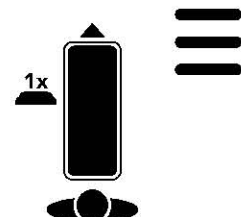
Staggered jump L, R onto the step. *Bent Raise F* 1-2
Squat Jump to the floor. *Hands to top of thighs* 3-4

OPTION Jump Squat On & Off / Staggered Squat On & Off / Basic Step

- **Soften knees on both landings**
- **Chest up**

OPTION Jump Squat On & Off / Staggered Squat On & Off / Basic Step





04. MIXED STRENGTH

TRACK FOCUS

Coach the class to release their heel as they rotate in the Pivot Side Lunge, and to keep their chest lifted as they reach towards their step. Try to find ways to connect to the 'Goku / Dragonball Z' theme.

Teach Athletic

Come into this track

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

Pre-track

Let your class know that they have the option to keep standing during the Burpee & Rotating Plank Combo.

You might want to test the knowledge of your participants about 'Goku' and 'Dragonball Z'. Suggest that they ask their children (if they have any), or 'Google'.

MUSIC				SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro / _ On your baddest	2x8		Prepare to move 👁️ Next move on the last 8cts	16	
0:07	_ Can you please	2x8	A	T-Straddle L. <i>Relaxed Arms</i> 👁️ Next move on the last 8cts	8	2x
0:14	_ All the guys	4x8	A ¹	T-Straddle L. <i>Bent Raise F</i> 👁️ Next move on the last 8cts	8	4x
0:28	PC / _ Put your hands in the	6x8	A ²	Jumping T-Straddle L. <i>Bent Raise F</i> 👁️ Next move on the last 16cts	8	6x
0:48	C / _ Put your hands	12x8	B	Burpee & Rotating Plank Combo Or	16	6x
			A ²	Jumping T-Straddle L. <i>Bent Raise F</i> <u>OPTION</u> T-Straddle L. <i>Bent Raise F</i>	8	12x
1:29	Instr / (Quiet)	6x8	C	Front-Stepping Lunge L then R. <i>Power Push F</i> 👁️ Next move on the last 16cts	8	6x
1:50	_ All you jokers	6x8	D	Pivot Side Lunge & Front-Stepping Lunge Combo L 👁️ Next move on the last 16cts	16	3x
2:10	_ My credit card	8x8	D ¹	Propulsive Side Lunge & Front-Stepping Lunge Combo L <u>OPTION</u> Pivot Side Lunge & Front Stepping Lunge Combo	16	4x
2:37	Instr / (Quiet)	2x8	C ¹	Freeze Front-Stepping Lunge L. <i>Power Push F</i> Shake out arms and legs and recover 👁️ Next move on the last 8cts	4 12	
2:44	Instr /	2x8	A	 T-Straddle R. <i>Relaxed Arms</i> 👁️ Next move on the last 8cts	8	2x
		2x8	A ¹	 T-Straddle R. <i>Bent Raise F</i>	8	2x
2:58	Instr / (Music builds)	4x8	A ²	 Jumping T-Straddle R. <i>Bent Raise F</i> 👁️ Next move on the last 16cts	8	4x
3:12	C / _ Put your hands	12x8	B	 Burpee & Rotating Plank Combo Or	16	6x
			A ²	 Jumping T-Straddle R <u>OPTION</u> T-Straddle R	8	12x



04. MIXED STRENGTH

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
3:53	PC / _ Ay tectonic	5x8	C	 Front-Stepping Lunge R then L. <i>Power Push F</i>	8	5x	
				 Next move on the last 16cts			
4:10	C / _ Look at 'em	6x8	D	 Pivot Side Lunge & Front-Stepping Lunge Combo R	16	3x	
				 Next move on the last 16cts			
4:31	_ Ouou ouu	12x8	D ¹	 Pivot Side Lunge & Front-Stepping Lunge Combo R	16	6x	
				 Next move on the last 8cts			
5:12	Instr / (Quiet)	1x8	C ¹	 Freeze Front-Stepping Lunge R. <i>Power Push F</i>	8		
		5x8		Shake out arms and legs and recover, and explain that everyone can choose: 1. T-Straddle or Jumping T-Straddle 2. Burpee & Rotating Plank Combo 3. A mix of either exercise	40		
5:32	(Music builds)	4x8	A ²	 Jumping T-Straddle L Option: T-Straddle R	8	4x	
5:46	Instr / _ Put your hands	12x8	B	Burpee & Rotating Plank Combo	16	6x	
			A ¹ /A ²	Or T-Straddle or Jumping T-Straddle	8	12x	
				Or			
			A/A ¹ /B	A mix of either exercise			
6:27	Outro /	1x8	C ¹	 Freeze Front-Stepping Lunge L. <i>Power Push F</i>	8		



04. BADDEST BEHAVIOR / GOKU 6:35mins

TECHNIQUE AND COACHING

T-STRADDLE

PHONETIC CUE 'Step up, straddle, up, step back. Up, straddle, up, back'

- Step up L, R. Relaxed Arms 1-2
- Straddle down L, R. Relaxed Arms 3-4
- Step up L, R. Relaxed Arms 5-6
- Step back L, R. Relaxed Arms 7-8

- Natural walking rhythm

T-STRADDLE WITH BENT RAISE ARMS

CUE 'Add the arms, raise, lower, raise, lower'

- Step up L, R. Bent Raise F 1-2
- Straddle down L, R. Pull fists to hips 3-4
- Step up L, R. Bent Raise F 5-6
- Step back L, R. Pull fists to hips 7-8

- Natural walking rhythm

OPTION RA



JUMPING T-STRADDLE

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

- Narrow Jump Squat onto step. Bent Raise F 1-2
- Straddle Jump down. Pull fists to hips 3-4
- Jump up. Bent Raise F 5-6
- Step back L, R. Pull fists to hips 7-8

- Bend knees on every landing
- Chest up
- Abs braced
- Knees in line with toes

OPTION T-Straddle



BURPEE & ROTATING PLANK COMBO

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

- Bend knees, place hands on the step 1-2
- Jump feet back to Plank position 3-4
- Rotating plank L 5-8
- Rotating plank R 9-12
- Jump feet in, knees bent 13-14
- Stand tall. Fists to hips 15-16

- Bend knees heaps
- Brace abs
- Eye gaze in front of hands
- Swivel on balls of the feet, and rotate the whole body

OPTION T-Straddle / Jumping T-Straddle

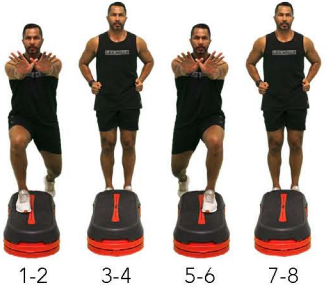


FRONT STEPPING LUNGE

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

- Lunge L. Power Push F 1-2
- Step L to floor, hip-width apart. Fists to hips 3-4
- Repeat to the other side 5-8

- Long step onto the step
- Back heel lifted
- Front knee in line with toes
- Small ROM to recover



04. BADDEST BEHAVIOR / GOKU 6:35mins

TECHNIQUE AND COACHING

PIVOT SIDE LUNGE & FRONT-STEPPING LUNGE COMBO

PHONETIC CUE 'Jump out, turn side, front, together, lunge, lunge; out, side, front, together, lunge, lunge'

Jump feet out to wide Squat position. Hands to top of thighs 1

Pivot to Half Lunge, facing L. Reach R hand towards step 2-4

Pivot to Wide Squat, facing F. Hands to top of thighs 5-6

Jump feet together. Fists to hips 7-8

Lunge L. Power Push F 9-10

Step L to floor, hip-width apart. Fists to hips 11-12

Lunge R. Power Push F 13-14

Step R to floor, hip-width apart. Fists to hips 15-16

- Small ROM to set up
- **Lift heels as you turn, and pivot on balls of feet**
- **Chest up** as you reach towards the step
- **Knees in line with toes**



PROPULSIVE SIDE LUNGE & FRONT-STEPPING LUNGE COMBO

PHONETIC CUE 'Jump out, jump side, jump front, together, lunge and push, push; out, side, front, together, push, push'

Jump feet out to Wide Squat position. Hands to top of thighs 1

Jump to Half Lunge facing L. Reach R hand towards step 2-4

Jump to Wide Squat, facing F. Hands to top of thighs 5-6

Jump feet together. Fists to hips 7-8

Lunge L. Power Push F 9-10

Step L to floor, hip-width apart. Fists to hips 11-12

Lunge R. Power Push F 13-14

Step R to floor, hip-width apart. Fists to hips 15-16

- **Chest up**
- **Knees in line with toes**
- Get the look and feel by pushing hands forward like you're pushing fireballs out of the palms of your hands and by performing a Side Lunge like a superhero landing from a big jump

OPTION Pivot Side Lunge & Front-Stepping Lunge Combo





05. PEAK 2

TRACK FOCUS

Coach the angles of the Knee Lifts in the Drive Combo. Coach chest up, abs braced and a knee bend in the Power ATTs.

Teach Athletic

Come into this track

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

Pre-track

Quickly demonstrate and get your class to try the 180° Rotating Knee Lift and Jog Around, and advise of the option to keep it OTS.

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	2x8		Prepare to move 👁️ Next move on the last 8cts	16	
0:06	Instr / Ride ride ride	4x4	A	3x Knee Lift & March OTS Combo L. RA	16	2x
0:21	C / Get you where	6x8	A ¹	3x Propulsive Knee Lift & Jog OTS Combo L. RA	16	3x
0:41	Br /	½x8	B	ATT L. HOH	4	
0:43	Rep / Shut up and drive	4x8	B ¹	Propulsive ATT R then L. Reach Up & Down	8	4x
0:56	V1 / I've been looking	4x8	A	🔄 3x Knee Lift & March OTS Combo R. RA	16	2x
1:11	PC / _ So if you feel	4x8	A ¹	🔄 3x Propulsive Knee Lift & Jog OTS Combo R. RA 👁️ Next move on the last 8cts	16	2x
1:24	C / Get you where	10x8	A ²	Drive Combo R	16	5x
1:59	Br /	½x8	B	🔄 ATT R. HOH	4	
2:01	Instr / Ride ride ride	4x8	B ¹	🔄 Propulsive ATT L then R. Reach Up & Down	8	4x
2:15	V2 / I've got a class	4x8	A	🔄 3x Knee Lift & March OTS Combo L. RA	16	2x
2:29	PC / _ So if you feel	4x8	A ¹	🔄 3x Propulsive Knee Lift & Jog OTS Combo L. RA 👁️ Next move on the last 8cts	16	2x
2:43	C / Get you where	10x8	A ²	🔄 Drive Combo L	16	5x
3:18	Br /	½x8	B	🔄 ATT L. HOH	4	
3:20	Instr / Ride ride ride	4x8	B ¹	🔄 Propulsive ATT R then L. Reach Up & Down 👁️ Next move on the last 8cts	8	4x
3:34	Ref / 'Cause your Maybach	4x8	C	Light Power ATT with Reach towards step R then L 👁️ Next move on the last 8cts	8	4x
3:47	Ride ride ride	4x8	C ¹	Power ATT with Reach towards step R then L	8	4x
4:01	PC / _ So if you feel	10x8	A ²	🔄 Drive Combo R	16	5x
4:36	Rep / Shut up and drive	4x8	B ¹	🔄 Propulsive ATT R then L. Reach Up & Down	8	4x
4:49	Outro /			L foot on the floor, R foot on the step. Flex L foot on ct 8, Pull handbrake R on ct 1		



05. SHUT UP AND DRIVE 4:59mins

TECHNIQUE AND COACHING

3X KNEE LIFT & MARCH OTS COMBO

PHONETIC CUE 'Knee lift 3, 2, 1 hold and march; 3, 2, 1 hold and march'

3x Knee Lift L. RA 1-12

March L, R, L, R OTS. RA 13-16

- Use a visual cue to HOLD the March OTS
- Body square to the front

3X PROPULSIVE KNEE LIFT & JOG OTS COMBO

PHONETIC CUE 'Knee lift 3, 2, 1 hold and jog; 3, 2, 1 hold and jog'

3x Propulsive Knee Lift L. RA 1-12

Jog L, R, L, R OTS. RA 13-16

- Curl L leg on ct 12
- Add a Jump
- Use a visual cue to HOLD the March OTS

OPTION No propulsion



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

DRIVE COMBO

PHONETIC CUE 'Knee front, knee side, rotate, jog around; front, side, rotate, jog around'

Propulsive Knee Lift R, facing F. Blade RA 1-4

Propulsive Knee Lift R, facing R diagonal. Blade RA 5-8

Propulsive 180° Rotating Knee Lift R. Blade RA 9-12

Jog R, L, R, L around to start position. RA 13-16

- Coach the body angles in the Knee Lifts (front, corner, rotate)

- **Release the heel as you rotate**

OPTION 3x Propulsive Knee Lift & Jog OTS Combo



LIGHT POWER ATT

PHONETIC CUE 'Across, reach down; across, reach down'

Medium Propulsive ATT R. Bent Raise F 1-2

Bend knees and tap L long behind R. Reach L towards the step 3-4

Repeat to the other side 5-8

- **Chest up**
- **Abs braced**
- **Bend knee and reach towards the step**

POWER ATT

CUE 'Bigger, drive up, bend and reach'

Medium Propulsive ATT R. Bent Raise F 1-2

Bend knees and tap L long behind R. Reach L towards the step 3-4

Repeat to the other side 5-8

- Bigger Jump and bend knee to get lower
- **Chest up**
- **Abs braced**
- **Bend knee and reach towards the step**

OPTION Light Power ATT

06. CONDITIONING 1

TRACK FOCUS

Coach start position, and position as you move around the step. Use short and direct cues to set up the pattern of the Double Squat Combo.

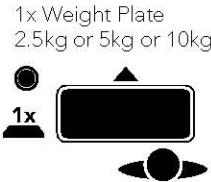
Teach Athletic

Come into this track

Strong, a little out of breath, legs burning and ready to flush out the legs then smash the cardio.

Setup

Standing behind the step, towards the R side. Hold the weight with both hands, low and in front of the body.



MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:02	Intro /	2x8	Standing behind and towards the R side of the step, prepare to move	16	
0:12	V1 / _ Rolled up sleeves	4x8 A	Double Lunge & Squat Combo Setup L then R	32	
0:33	QC / Oh bad boy messing	4x8 A ¹	Weighted Double Lunge & Squat Combo L then R	32	
0:54	C / Na-na- naughty	4x8 A ²	Weighted Single Lunge & Squat Combo L then R	16	2x
1:14	V2 / _ Rolled up sleeves	4x8 A	 Double Lunge & Squat Combo Setup L then R	32	
1:35	PC / Oh bad boy messing	4x8 A ¹	 Weighted Double Lunge & Squat Combo L then R	32	
1:56	C / Na-na- naughty	4x8 A ²	 Weighted Single Lunge & Squat Combo L then R	16	2x
2:17	Rep / _ He's involved in a	4x8 B	14x Pulse Lunge L. O/H Press Step L foot back to the floor. Hold weight to top of the chest	28 4	
2:37	C / Na-na- naughty	4x8 B	 16x Pulse Lunge L. O/H Press	32	



06. BAD BOY 3:06mins

TECHNIQUE AND COACHING

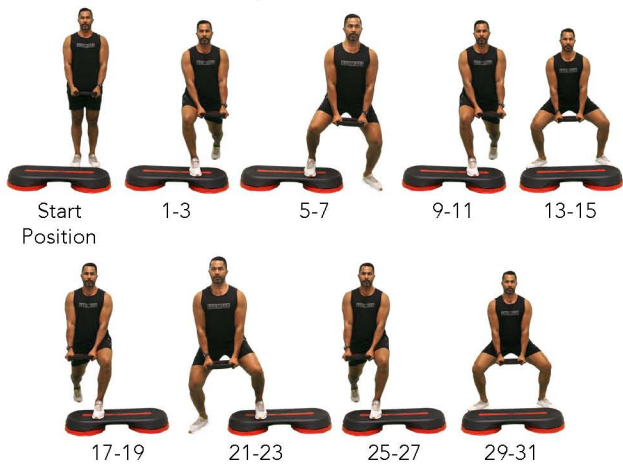
DOUBLE LUNGE & SQUAT COMBO SETUP

PHONETIC CUE 'Double Lunge, leg to the side, Double Squat, same leg back, Double Lunge, step out and squat; lunge, squat, lunge, floor and squat'

- 2x Pulse Lunge L. Hold weight low and in front of the body 1-3
- Step R foot to R side to Squat position 4
- 2x Squat Pulse L. Hold weight low and in front of the body 5-7
- Step R foot back to Lunge position 8
- 2x Pulse Lunge L. Hold weight low and in front of the body 9-11
- Step L foot to Squat position on the floor 12
- 2x Squat Pulse on the floor. Hold weight low and in front of the body 13-15
- Step R foot to Lunge position 16
- Repeat sequence to the other side 17-32

- Small ROM to set up the pattern

OPTION No weight plate



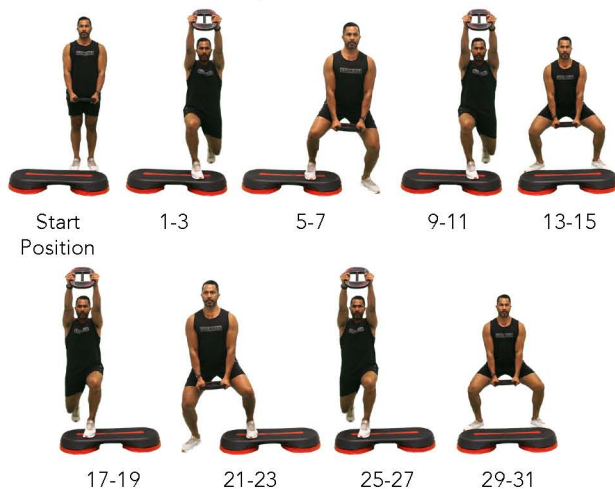
WEIGHTED DOUBLE LUNGE & SQUAT COMBO

PHONETIC CUE 'Lunge weight up, squat weight down, lunge weight up, floor weight down'

- 2x Pulse Lunge L. Raise weight O/H 1-3
- Step R foot to R side to Squat position 4
- 2x Squat Pulse L. Lower weight low and in front of the body 5-7
- Step R foot back to Lunge position 8
- 2x Pulse Lunge L. Raise weight O/H 9-11
- Step L foot to Squat position on the floor 12
- 2x Squat Pulse on the floor. Lower weight low and in front of the body 13-15
- Step R foot to Lunge position 16
- Repeat sequence to the other side 17-32

- **Knees in line with toes**
- **Chest up**
- **Strong ab brace**
- Sit butt back and down
- Front thigh parallel to ground in Lunge

OPTION No weight plate



06. BAD BOY 3:06mins

TECHNIQUE AND COACHING

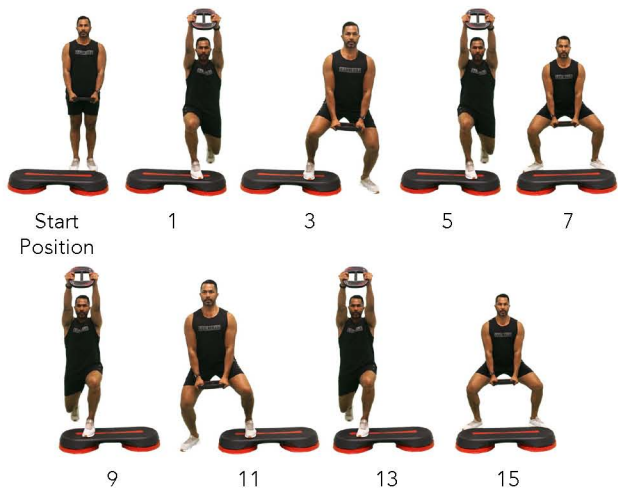
WEIGHTED SINGLE LUNGE & SQUAT COMBO

PHONETIC CUE 'Singles, lunge, squat, lunge, floor; lunge, squat, lunge, floor'

- Lunge L. Raise weight O/H 1
- Step R foot to R side to Squat position 2
- Squat L. Lower weight low and in front of the body 3
- Step R foot back to Lunge position 4
- Lunge L. Raise weight O/H 5
- Step L foot to Squat position on the floor 6
- Squat on the floor. Lower weight low and in front of the body 7
- Step R foot to Lunge position 8
- Repeat sequence to the other side 9-16

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

OPTION No weight plate



PULSE LUNGE

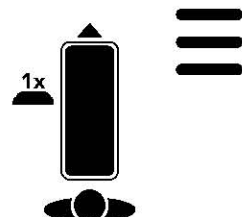
PHONETIC CUE 'Hold and lunge, push, pull, push, pull'

- Pulse Lunge down and up L. Press weight O/H 1-2
- Pulse Lunge down and up L. Pull weight plate to top of chest 3-4

- **Knees in line with toes**
- **Chest up**
- **Strong ab brace**
- **Back heel lifted**

OPTION No weight plate





07. PARTY STEP

TRACK FOCUS

Get success by first setting up the patterns of the Fierce Combo and the Freeze Tap combos, and then add flava to have fun with it. Encourage your class to strike their own poses.

Teach Flava

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

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro /	2x8		Prepare to move	8	
			A	Basic Step L. RA	4	2x
0:07	V1 / Walk the runway	4x8	A	Basic Step L. RA	4	8x
				👁️ Next move on the last 16cts		
0:21	Curtains open	8x8	B	Small ROM Fierce Combo L	16	4x
				👁️ Next move on the last 16cts		
0:50	C / Strut , Hey-yay!	8x8	B¹	Fierce Combo L	16	4x
1:18	Instr /	4½x8	C	Cha-Cha-Cha L then R	8	4½x
1:34	Ref / Strut , Hey-yay!	4x8	A	🔄 Basic Step R. RA	4	8x
				👁️ Next move on the last 8cts		
1:49	Rep / Strut! Working it like	4x8	D	Freeze Tap Combo R	8	4x
				👁️ Next move on the last 16cts		
2:03		4x8	D¹	Freeze Tap Pose Combo R	8	4x
2:17	Instr /	4x8	C	🔄 Cha-Cha-Cha R then L	8	4x
2:31	V2 / Walk the runway	4x8	A	🔄 Basic Step R. RA	4	8x
				👁️ Next move on the last 8cts		
2:45	Curtains open	8x8	B	🔄 Small ROM Fierce Combo R	16	4x
				👁️ Next move on the last 16cts		
3:13	C / Strut , Hey-yay!	8x8	B¹	🔄 Fierce Combo R	16	4x
3:42	Instr /	4½x8	C	🔄 Cha-Cha-Cha R then L	8	4½x
3:58	Ref / Strut , Hey-yay!	4x8	A	🔄 Basic Step L. RA	4	8x
				👁️ Next move on the last 8cts		
4:12	Rep / Strut! Working it like	4x8	D	🔄 Freeze Tap Combo L	8	4x
				👁️ Next move on the last 8cts		
4:26		4x8	D¹	🔄 Freeze Tap Pose Combo L	8	4x
4:40	Instr /	4x8	C	🔄 Cha-Cha-Cha L then R	8	4x
4:55	Outro /	½x8		Strike a pose		

07. FIERCE 5:03mins

TECHNIQUE AND COACHING

BASIC STEP

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

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

SMALL ROM FIERCE COMBO

PHONETIC CUE 'Right left stop, drop and roll, walk back to the start; right left stop, drop and roll, walk back to the start'

- Walk L forward on the step. RA 1
- Walk R forward on the step. Tap L flexed hand to R shoulder 2
- Tap L to L side. Open flexed arm to L side 3-4
- Drop Squat to floor. Hands to top of thighs 5
- Roll body up to standing. Hands to top of thighs 6-8
- Walk L, R, x4 around to the start position. RA 9-16
- Be repetitive with your phonetic cue so that your participants feel the pattern



FIERCE COMBO

PHONETIC CUE 'Leap step pose, drop and roll, walk around; leap step pose, drop and roll, walk around'

- Leap L forward on the step. RA 1
- Walk R forward on the step. Tap L flexed hand to R shoulder 2
- Tap L to L side. Open flexed arm to L side 3-4
- Drop Squat to floor. Hands to top of thighs 5
- Roll body up to standing. Hands to top of thighs 6-8
- Walk L, R, x4 around to the start position. RA 9-16
- Encourage your class to 'work it' their way
 - Like you're walking down a catwalk
 - Strike a pose on cts 3 and 4
 - **Bend knees** in the Drop Squat to the floor



CHA-CHA-CHA

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

- Arms:
- Tap R flexed hand to L shoulder 1
- Open R flexed arm to R side 2
- Natural arms 3-4
- Repeat to the other side 5-8
- **Soften knees** to allow the feet to move freely and fast
 - Vogue
 - Encourage participants to try some unique arm-lines



07. FIERCE 5:03mins

TECHNIQUE AND COACHING

FREEZE TAP COMBO

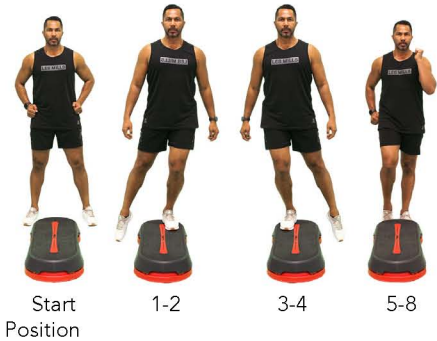
PHONETIC CUE 'Freeze, freeze, walk on the floor; freeze, freeze walk on the floor'

Leap R onto the step and Freeze Tap L to the L side. *Relaxed by sides* 1-2

Step L onto the step and Freeze Tap R to the R side. *Relaxed by sides* 3-4

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

- **Toes lightly touch the floor**
- **Chest up and open**
- Aim for stunning posture



FREEZE TAP POSE COMBO

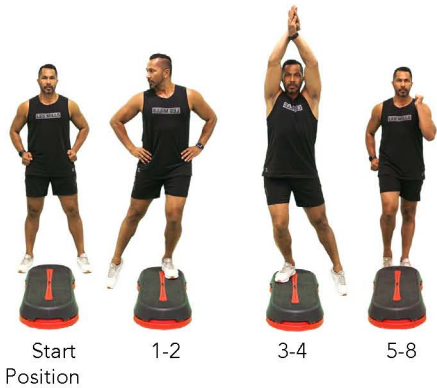
PHONETIC CUE 'Pose 1, pose 2, walk on the floor; pose, pose, walk on the floor'

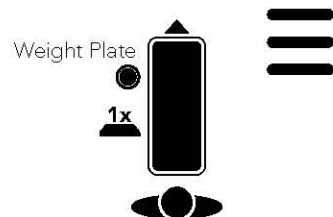
Leap R onto the step and Freeze Tap L to the L side. *Pose 1* 1-2

Step L onto the step and Freeze Tap R to the R side. *Pose 2* 3-4

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

- Encourage your class to choose their own personal poses
- Use the camera sound effect as you strike your second pose





08. ATHLETIC CIRCUIT

TRACK FOCUS

Coach the lighter options for who that need them, and challenge your fitter participants with the more intense options.

Teach Athletic

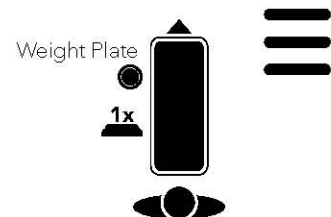
Come into this track

Strong and authoritative.

Pre-track

Place a weight plate on top, and to the front of the step.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:02	Intro / Woah-oh _	2x8	Place weight plate to the front of the step. Connect with class, give a brief rundown of the circuit structure 👁️ Next move on the last 8cts	16	
0:08	Instr /	4x8	A Basic Step & Side Tap Combo L	8	4x
0:22	C / Armed with a reason	4x8	A ¹ Basic Step & Side Tap with Reach Up Combo L	8	4x
0:37	Rep / And we never stop	4x8	A ² Basic Jog & Jumping Jack Combo L	8	4x
0:52	Instr / (Guitar)	4x8	Transition to the top of the step, pick up weight plate 👁️ Next move on the last 8cts	32	
1:06	(Dubstep)	8x8	B Weighted Double Squat Straddle Jump down then up	8	8x
1:34	(Fast tempo)	4x8	Place weight to the front of the step, transition to the back of the step 👁️ Next move on the last 8cts	32	
1:44	V1 / _ You like the way	8x8	C Speed Freeze Extension & 6 Jog OTS Combo L then R 👁️ Next move on the last 8cts	16	4x
2:02	_ Cause I'm a	4x8	C ¹ Traveling Speed Freeze Extension & 6 Jog OTS Combo L then R 👁️ Next move on the last 8cts	16	2x
2:11	C / You gotta be sweet	10x8	C ² Queen Bee Combo L then R	16	5x
2:34	Br /	1x8	Freeze Extension L. Diagonal Arms	8	
2:37	Instr / (Quiet)	4x8	Transition behind the step. Set up Plank position 👁️ Next move on the last 16cts	32	
2:53	(Riff)	4x8	D Single-Leg Side Climber & Half Triceps Pushup Combo L 👁️ Next move on the last 16cts	16	2x
3:11		4x8	D ¹ Side Climber & Full Triceps Pushup Combo L	16	2x
3:28	(Fast tempo)	2x8	Transition to stand, and move to the R side of the step	16	
3:33	PC / If you can handle this	4x8	Recover and prepare to move 👁️ Next move on the last 8cts	32	
3:42	C / You gotta be sweet	10x8	C ²  Queen Bee Combo L then R	16	5x
4:05	Br /	1x8	 Freeze Extension L. Diagonal Arms	8	



08. ATHLETIC CIRCUIT

MUSIC			SEQUENCE/EXERCISE		CTS	REPS
4:08	Instr / (Quiet)	4x8	Transition behind the step. Set up Plank position Next move on the last 16cts		32	
4:24	(Riff)	4x8	D Single-Leg Side Climber & Half Triceps Pushup Combo L Next move on the last 16cts		16	2x
4:42		4x8	D ¹ Side Climber & Full Triceps Pushup Combo L		16	2x
4:59	Instr /	4x8	Transition to stand, recover, prepare to move Next move on the last 8cts		32	
5:13	C / Armed with a reason	4x8	A ¹ Basic Step & Side Tap with Reach Up Combo R		8	4x
5:28	Rep / And we never stop	4x8	A ² Basic Jog & Jumping Jack Combo R		8	4x
5:42	Instr / (Guitar)	4x8	Transition to the top of the step, <i>pick up weight plate</i> Next move on the last 8cts		32	
5:57	(Dubstep)	8x8	B Weighted Double Squat Straddle Jump down then up		8	8x
6:25	Ref / Could you be the man	8x8	Place weight to the front of the step, transition to the back of the step. Recover, connect with your class, prepare for the final speed block Next move on the last 8cts		64	
6:44	PC / _ If you could handle	4x8	C ¹ Traveling Speed Freeze Extension & 6 Jog OTS Combo L then R Next move on the last 8cts		16	2x
6:55	C / You gotta be sweet	10x8	C ² Queen Bee Combo L then R		16	5x
7:18	Outro /	1x8	Freeze Extension L. <i>Diagonal Arms</i>		8	

08. WE NEVER STOP / QUEEN BEE / NOIR 7:19mins

TECHNIQUE AND COACHING

BASIC STEP & SIDE TAP COMBO

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

- Basic Step L. RA 1-4
- Side Tap L then together. Reach Up & Down 5-6
- Side Tap R then together. Reach Up & Down 7-8

- Move with purpose
- Bent knees and sit deeper in the Side Taps
- Strong arms



BASIC JOG & JUMPING JACK COMBO

PHONETIC CUE 'Jog up, down, jack, jack; up, down, jack, jack'

- Basic Jog L. RA 1-4
- 2x Jumping Jacks. Reach Up & Down x2 5-8

- Bend knees, toes turned out slightly, and knees in line with toes in the Jumping Jacks

OPTION Basic Step & Side Tap Combo



WEIGHTED DOUBLE SQUAT STRADDLE JUMP DOWN THEN UP

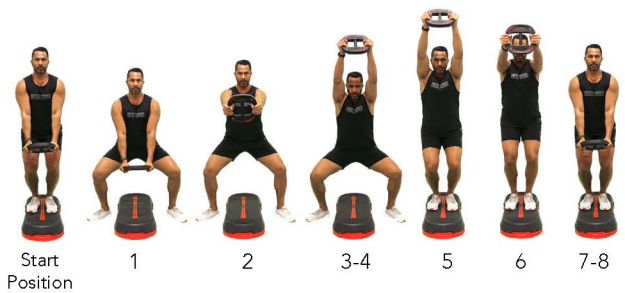
PHONETIC CUE 'Jump down, jump up; double pulse, double pulse'

PHONETIC CUE 'Fast legs, slow arms'

- Straddle Jump down to Squat position. Press weight down 1
- Squat up. Start to raise the weight F with straight arms 2
- Squat Pulse down then up. Raise weight O/H with straight arms 3-4
- Jump on top to Squat position. Start to lower the weight with straight arms 5
- Squat up. Start to raise the weight F with straight arms 6
- Squat Pulse down then up. Raise weight O/H with straight arms 7-8

- Brain training with the fast leg and slow arm rhythm
- **Bend knees on both landings**
- Stay low and loaded throughout
- **Brace abs**
- Plate stays in peripheral vision

OPTION Stagger down, then up



SPEED FREEZE EXTENSION & 6 JOG OTS COMBO

PHONETIC CUE 'Freeze, 6, 5, 4, 3, 2, 1; freeze, 6, 5, 4, 3, 2, 1'

- Freeze Extension L. RA 1-2
- Jog R, L, R, L, R, L on the floor. RA 3-8
- Repeat to the other side 9-16

- Use a visual cue to show leading leg
- **Soften knee on the landing onto the step**
- **Chest up**
- **Abs braced**

OPTION Smaller ROM



08. WE NEVER STOP / QUEEN BEE / NOIR 7:19mins

TECHNIQUE AND COACHING

TRAVELING SPEED FREEZE EXTENSION & 6 JOG OTS COMBO

PHONETIC CUE 'Freeze, jog around; freeze, jog around'

Freeze Extension L. RA (R side of the step) 1-2

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

Repeat to the other side 9-16

- Stay close to the step
- **Soften knee on the landing onto the step**
- **Chest up**
- **Abs braced**
- Knee in line with toes

OPTION Small ROM OTS



QUEEN BEE COMBO

PHONETIC CUE 'Add the arms'

Freeze Extension L. RA (R side of the step) 1-2

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

Repeat to the other side 9-16

- Strong slicing arms
- **Soften knee on the landing onto the step**
- **Chest up**
- **Abs braced**

OPTION Small ROM OTS



SINGLE-LEG SIDE CLIMBER & HALF TRICEPS PUSHUP COMBO

PHONETIC CUE 'Right leg, back, left leg, on your knees, push, push; right leg, left leg, on your knees, push, push'

Step L forward towards L corner of the step 1-2

Step L back to Plank position 3-4

Step R forward towards R corner of the step 5-6

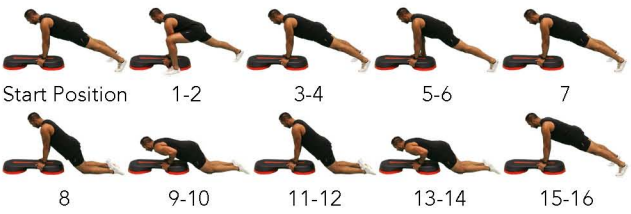
Step R back to Plank position 7-8

Triceps Pushup, down then up, on knees 9-12

Triceps Pushup, down, on knees 13-14

Triceps Pushup, up, on knees, then into Plank position 15-16

- Hips low
- **Abs braced**
- Body long
- **Eye gaze towards hands**



SIDE CLIMBER & FULL TRICEPS PUSHUP COMBO

PHONETIC CUE 'Right side, back, left side, back, 2 Pushups on toes; right side, back, left side, back, 2 Pushups'

Side Climber L 1-2

Jump back to Plank position 3-4

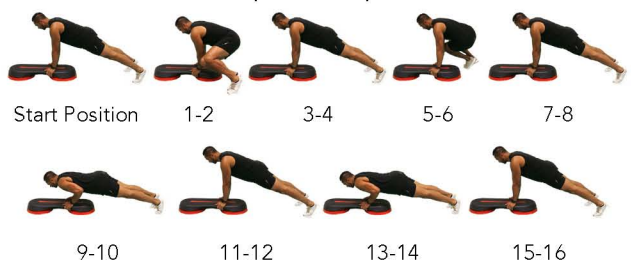
Side Climber R 5-6

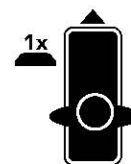
Jump back to Plank position 7-8

2x Triceps Push ups 9-16

- Outside of knee toward outside of elbow
- **Brace abs**

OPTION Pushups on knees / Single-Leg Side Climber & Half Triceps Pushup Combo





09. PEAK 3

TRACK FOCUS

Coach the 'four' rhythm in the Tap Combo, and the Squat Pulses. Coach the 'Double' in the Squat, Lunge & Double Squat Combo.

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 / (Womanizer) You're a, you're a	1x8		Prepare to move	8	
0:04	Instr /	4x8	A	Down Tap & OTT L	16	2x
0:17	(Heavier)	4x8	A ¹	Propulsive Down Tap & OTT L	16	2x
0:31	C / Womanizer , woman womanizer	8x8	A ²	Propulsive Down Tap & Propulsive OTT Combo L	16	4x
0:59	Rep / Womanizer - izer-izer	4x8	B	Propulsive OTT L then R. <i>Reach Up & Down</i>	8	4x
1:13	Instr / (Quiet)	4x8	C	Down Tap L then R. <i>Relaxed Arms</i>	4	8x
1:27	V1 / Superstar , where you from	4x8	D	4x Squat Pulse L then R. <i>Hands to top of thighs then Bent Raise F</i>	16	2x
1:40	Look at you	4x8	D ¹	4x Squat Pulse with Propulsion to change sides L then R. <i>Hands to top of thighs then Bent Raise F</i> 👁️ Next move on the last 8cts	16	2x
1:54	Rep / Woman - woman	4x8	E	Squat, Lunge & Double Squat Combo L then R 👁️ Next move on the last 8cts	16	2x
2:08		4x8	E ¹	Propulsive Squat, Lunge & Double Squat Combo L then R	16	2x
2:21	Instr /	3x8	C ¹	Down Tap L then R. <i>RA</i>	4	6x
2:32	C / Womanizer , woman womanizer	8x8	A ²	 Propulsive Down Tap & OTT Combo L	16	4x
3:00	Rep / Womanizer - izer-izer	4x8	B	 Propulsive OTT L then R. <i>Reach Up & Down</i>	8	4x
3:13	Instr / (Quiet)	4x8	C	 Down Tap L then R. <i>Relaxed Arms</i>	4	8x
3:27	V2 / Superstar , where you from	4x8	D	 4x Squat Pulse L then R. <i>Hands to top of thighs then Bent Raise F</i>	16	2x
3:41	Look at you	4x8	D ¹	 4x Squat Pulse with Propulsion to change sides L then R. <i>Hands to top of thighs then Bent Raise F</i> 👁️ Next move on the last 8cts	16	2x
3:55	Rep / Woman - woman	4x8	E	 Squat, Lunge & Double Squat Combo L then R 👁️ Next move on the last 8cts	16	2x
		4x8	E ¹	 Propulsive Squat, Lunge & Double Squat Combo L then R	16	2x
4:23	Instr /	3x8	C ¹	 Down Tap L then R. <i>RA</i>	4	6x
4:33	C / Womanizer , woman womanizer	8x8	A ²	 Propulsive Down Tap & OTT Combo L	16	4x
5:00	Rep /	4x8	B	 Propulsive OTT L then R. <i>Reach Up & Down</i>	8	4x
5:15	Outro /	1x8		Step L to floor, <i>Double Point F</i>	8	

09. WOMANIZER 5:24mins

TECHNIQUE AND COACHING

DOWN TAP & OTT

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

Down Tap L then R x2. RA 1-8

OTT L then R. HOH 9-16

- Use repetitive phonetic cues to set the pattern
- Use visual cues to show direction and to HOLD OTS

PROPULSIVE DOWN TAP & OTT

CUE 'Add a Jump'

Propulsive Down Tap L then R x2. RA 1-8

OTT L then R. HOH 9-16

- **Toes lightly tap the floor (heel up)**
- **Chest up**

PROPULSIVE DOWN TAP & PROPULSIVE OTT COMBO

PHONETIC CUE 'Bigger, 4, 3, 2, over the top, down, up, down, hold and tap; 4, 3, 2, over the top, down, up, down, up'

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

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

- **Toes lightly tap the floor (heel up)**
- **Chest up**
- Strong Punch O/H

OPTION Down Tap & OTT Combo

PROPULSIVE OTT

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

OPTION No propulsion

DOWN TAP

PHONETIC CUE 'Hold and tap right, left, right, left'

- Use a visual cue to HOLD OTS
- Recover and reset

4X SQUAT PULSE

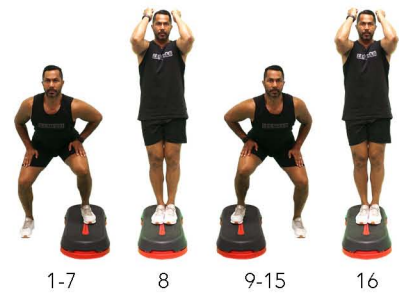
PHONETIC CUE 'Squat 4, 3, 2, change sides; 4, 3, 2, change sides'

4x Squat Pulse L. Hands to top of thighs 1-7

Step L to top of the step. Bent Raise F 8

Repeat to the other side 9-16

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



4X SQUAT PULSE WITH PROPULSION

PHONETIC CUE 'Squat 4, 3, 2, 1 jump; 4, 3, 2, 1 jump'

4x Squat Pulse L. Hands to top of thighs 1-7

Propel L to top of the step. Bent Raise F 8

Repeat to the other side 9-16

- **Abs braced**
- **Chest up**
- **Knees in line with toes**
- Sit butt back and down
- Bend knees on landing

OPTION No propulsion



09. WOMANIZER 5:24mins

TECHNIQUE AND COACHING

SQUAT, LUNGE & DOUBLE SQUAT COMBO

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

- Squat L. Hands to top of thighs1-2
- Lunge L back. RA3-4
- Double Squat L. Hands to top of thighs6-7
- Propel L to top of the step. Bent Raise F8
- Repeat to the other side9-16

- Use repetitive phonetic cues to set the pattern
- Long step back to the Lunge
- **Chest up**

OPTION 4x Squat Pulse



PROPULSIVE SQUAT, LUNGE & DOUBLE SQUAT COMBO

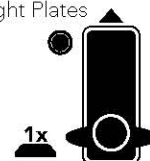
PHONETIC CUE 'Jump, jump, double, jump; jump, jump, double, jump'

- Squat L. Hands to top of thighs1
- Propel. RA2
- Lunge L back. RA3
- Propel. RA4
- Double Squat L. Hands to top of thighs5-7
- Propel L to top of the step. Bent Raise F8
- Repeat to the other side9-16

- Add a Jump to increase the intensity

OPTION No propulsion





10. CONDITIONING 2

TRACK FOCUS

The focus is on the back of the body – hamstrings, glutes, lower back, upper back, rear shoulders. Bring awareness to these areas as you hit them through the weighted work.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

Pre-track

Pick up weight plates, one in each, hand and stand on top and close to the back of the step. Place body weight onto R leg, L toes lightly touching the step.

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro / You make me feel	4x8	Holding weights, stand on top of the step Weight on R foot, L heel up 👁 Next move on the last 8cts	32	
0:18	V1 / Remember that day	8x8	A Single-Leg Deadlift & Row L 👁 Next move on the last 16cts	8	8x
0:54	PC / It was a good day	4x8	B Slow Single-Leg Deadlift & Side Fly Combo L	16	2x
1:12	Instr / Now I'm free	8x8	B ¹ Single-Leg Deadlift & Side Fly Combo L	8	8x
1:48	(Quiet)	4x8	Recover, set up to work the other side	32	
2:06	V2 / Remember so well	8x8	A  Single-Leg Deadlift & Row R 👁 Next move on the last 16cts	8	8x
2:41	PC / It was a good day	4x8	B  Slow Single-Leg Deadlift and Side Fly Combo R	16	2x
3:00	Instr / Now I'm free	8x8	B ¹  Single-Leg Deadlift and Side Fly Combo R	8	8x
3:36	(Quiet)	4x8	Recover, transition to floor for core work. Set up position for core work	32	
3:54	PC / It was a good day	4x8	C Slow Weighted Alt Heel Drop L then R	8	4x
4:11	Instr / Now I'm free	8x8	C ¹ Weighted Alt Heel Drop L then R	4	16x
4:47	(Quiet)	4x8	Feet to step, <i>weight to chest</i> Lower knees to the L Lower knees to the R Set up position for core work	12 12 8	
5:05	Instr /	4x8	C  Slow Weighted Alt Heel Drop L then R	8	4x
5:23	(Quiet)	4x8	C ¹  Weighted Alt Heel Drop L then R	4	8x

10. GOOD DAY 5:48mins

TECHNIQUE AND COACHING

SINGLE LEG DEADLIFT & ROW

PHONETIC CUE 'Tip and lower, rise and row; tip, and rise'

Slowly tip forward slightly and extend L back to tap floor. Slide weights down front of thighs 1-4

Slowly rise up and tap L toes to the step. Slowly pull weights to waist 5-8

- Chest up
- Abs braced
- Soft supporting knee
- Tip forward from the hips
- Squeeze the glutes and back muscles and open the chest as you rise

OPTION No weight plate



SLOW SINGLE-LEG DEADLIFT AND SIDE FLY COMBO

PHONETIC CUE 'Tip, left fly, lower, and rise; tip, left fly, lower, and rise'

Slowly tip forward slightly and extend L back to tap floor. Slide weights down front of thighs 1-4

Slowly raise L weight to L side (Fly) 5-8

Slowly lower L weight 9-12

Slowly rise up and tap L toes to the step. Slowly pull weights to waist 13-16

- Set the pattern with control



SINGLE-LEG DEADLIFT AND SIDE FLY COMBO

PHONETIC CUE Tip, fly, lower, rise; tip, fly, lower, rise'

Tip forward slightly and extend L back to tap floor. Slide weights down front of thighs 1-2

Side raise L weight to L side (Fly) 3-4

Lower L weight 5-6

Rise up and tap L toes to the step. Pull weights to waist 7-8

- Chest up
- Abs braced
- Soft supporting knee
- Tip forward from the hips
- Slide shoulder blade to spine on the fly
- Squeeze the back muscles and open the chest as you rise
- Use peripheral vision with the Side Raise, and keep the weight slightly in front of shoulder level



OPTION No weight plate or Row



SETUP POSITION FOR CORE WORK

- Use 1 weight plate
- Lying down, feet up, knees bent at a 90° degree angle
- Lift shoulder off the floor (A held C-Crunch position)
- Extend arms, draw biceps beside ears and hold weight plate back on 45° degree angle



10. GOOD DAY 5:48mins

TECHNIQUE AND COACHING

SLOW WEIGHTED ALT HEEL DROP

PHONETIC CUE 'Lower left, then right; left, then right'

Slow Heel Drop L, then R. Hold weighted C-Crunch 1-8

- **Press lower back to the floor**
- **Belly button in towards spine**
- **Eye gaze towards knees**
- Aim to keep shoulder blades lifted to maintain the Crunch
- Aim to keep biceps by ears to load the Crunch
- Control the leg movement

OPTION Plate on chest or no plate



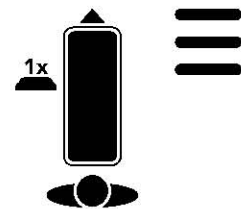
WEIGHTED ALT HEEL DROP

PHONETIC CUE 'Faster, left, right, left, right'

Heel Drop L, then R. Hold weighted C-Crunch 1-4

- **Press lower back to the floor**
- **Belly button in towards spine**
- **Eye gaze towards knees**
- Aim to keep shoulder blades lifted to maintain the Crunch
- Aim to keep biceps by ears to load the Crunch
- Control the leg movement





11. COOLDOWN/STRETCH

TRACK FOCUS

Be in the moment, reflect on the workout, breathe, smile, be.

Teach Athletic

Come into this track

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

MUSIC		SEQUENCE/EXERCISE		CTS	REPS
0:02	V1 / _ I was wonderin'	2x8	A	Adductor Stretch R	16
0:10		2x8	B	Hip Flexor Stretch R Windmill to other side	16
0:19		2x8	B	 Hip Flexor Stretch to L	16
0:28		2x8	A	 Adductor Stretch to L	16
0:38	C / So I'm wonderin'	3x8	A¹	Adductor Stretch R then L	8
		1x8		Knees bent, hands to step, roll up to stand	8
0:56	Instr /	4x8	C	Twist & Shoulder Stretch Sequence L	32
1:15	V2 / _ Wonderin' if you got	4x8	D	Hands to step Double Hamstring Stretch	32
1:33		4x8	D¹	 Hands to step Dynamic Hamstring Stretch	8
1:51	C / So I'm wonderin'	2x8	E	L Calf Stretch Step L foot in	14
					2
		2x8	E	 R Calf Stretch Step R foot in and stand tall	12
					4
2:10	Instr /	4x8	C	 Twist & Shoulder Stretch Sequence R	32
2:28	PC / _ Know you're wonderin'	2x8	F	ITB Stretch R	16
		2x8		 ITB Stretch L	16
2:46	C / I'm wonderin'	2x8	G	Standing Quad Stretch L	16
		2x8		 Standing Quad Stretch R	16

11. FRIENDS 3:08mins

TECHNIQUE AND COACHING

ADDUCTOR STRETCH

- Use arm to press knee 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



TWIST & SHOULDER STRETCH SEQUENCE

Twist L then R x3½. Arms bent at shoulder height

1-14

Face front

15-16

Press L shoulder down

17-32



DOUBLE HAMSTRING STRETCH

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



CALF STRETCH

- Hands on the step, R foot close to the step, L foot back long
- Press L heel down
- Push hands into the step
- Abs braced
- Hips high
- Keep eye gaze in front of hands



ITB STRETCH

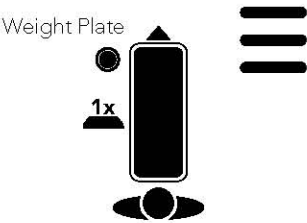
- R foot crossed behind L foot
- Shift hips towards the R side
- Tip upper body towards the L side
- Extend R arm on the upper L diagonal



STANDING QUAD STRETCH

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





BONUS

Workout for Water

10. CONDITIONING 2

This is our Workout for Water track, so hype it up and have some fun. It's a chance for our tribe to change the world for thousands of children in Ethiopia. Join us here: <https://www.workoutforwater.org/>

TRACK FOCUS

Only use this track when you teach BODYSTEP 116 as a whole class. Four combos are repeated from previous tracks, and there are no learning curves to them. It's a lighthearted recap of BODYSTEP 116, and a celebration track for Workout for Water.

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
0:00	Intro /	3x8	Prepare to move 👁️ Next move on the last 8cts	24	
0:11	C / Heads up for the light	8x8 A	Burpee & Rotating Plank Combo	16	4x
0:39	V1 / Heads up all the way	4x8	Recover and connect with class 👁️ Next move on the last 8cts	32	
0:54	PC / Time for me to see	4x8 B	Low T-6 Tap Combo L. RA	16	2x
1:09	C / Heads up for the light	8x8 B¹	Propulsive T-6 Tap Combo L. <i>Punch O/H</i>	16	4x
1:37	V2 / Heads up on the road	4x8	Transition to pick up weight plate Explain the Double Lunge & Squat Combo Setup	32	
1:52	PC / Time for me to take	4x8 C	Weighted Double Lunge and Squat Combo	32	
2:06	C / Heads up for the light	8x8 C¹	Weighted Single Lunge & Squat Combo	16	4x
2:35	Br / Let's sing for everybody	4x8	Recover and connect with class 👁️ Next move on the last 8cts	32	
2:50	Ref / Heads up for the light	4x8 D	Small ROM Fierce Combo	16	2x
3:05	C / Heads up for the light	7x8 D¹	Fierce Combo R	16	3½x



BONUS Workout for Water

10. HEADS UP 3:31mins

TECHNIQUE AND COACHING

PRE TRACK

This track should only be taught when teaching BODYSTEP 116 as a **WHOLE** class, as we repeat 4 combos previously learned earlier in the class. There's no learning curves, as the moves will still be fresh for your participants. Use it as a celebration track. Enjoy, and be in the moment. Avoid over-coaching in this track (the must do cues are there if you need them).

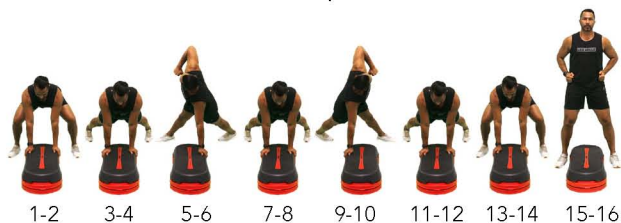
BURPEE & ROTATING PLANK COMBO

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

Bend knees, place hands on the step	1-2
Jump feet back to Plank position	3-4
Rotating Plank L	5-8
Rotating Plank R	9-12
Jump feet in, knees bent	13-14
Stand tall. Fists to hips	15-16

- **Bend knees heaps**
- **Brace abs**
- **Eye gaze in front of hands**
- Swivel on balls of the feet, and rotate the whole body

OPTION T-Straddle / Jumping T-Straddle



LOW T-6 TAP COMBO

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1, step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Step up L, R. Bent Raise F then pull fists to hips 1-2
Tap L to the L side then R to R side x3. RA 3-14
Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the '6 tap' rhythm
- Bend supporting knee
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

PROPULSIVE T-6 TAP COMBO

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1; step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Jog up L, R. Bent Raise F then pull fists to hips 1-2

Propulsive Tap L to the L side then R to R side x3. RA 3-14

Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the '6 tap' rhythm
- Bend supporting knee
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

OPTION No propulsion

PROPULSIVE T-6 TAP COMBO WITH PUNCH O/H

PHONETIC CUE 'Step up, tap 6, 5, 4, 3, 2, 1; step back, up, tap 6, 5, 4, 3, 2, 1, step back'

Jog up L, R. Bent Raise F then pull fists to hips 1-2

Propulsive Tap L to the L side then R to R side x3. Single Punch O/H 3-14

Step back L, R. Raise F then pull fists to hips 15-16

- Use a repetitive countdown so that participants feel the '6 tap' rhythm
- Bend supporting knee
- **Tap toes to the floor**
- Avoid slamming the heel to the floor
- **Abs braced**
- **Chest up**

OPTIONS No arms, no propulsion





BONUS Workout for Water

10. HEADS UP 3:31mins

TECHNIQUE AND COACHING

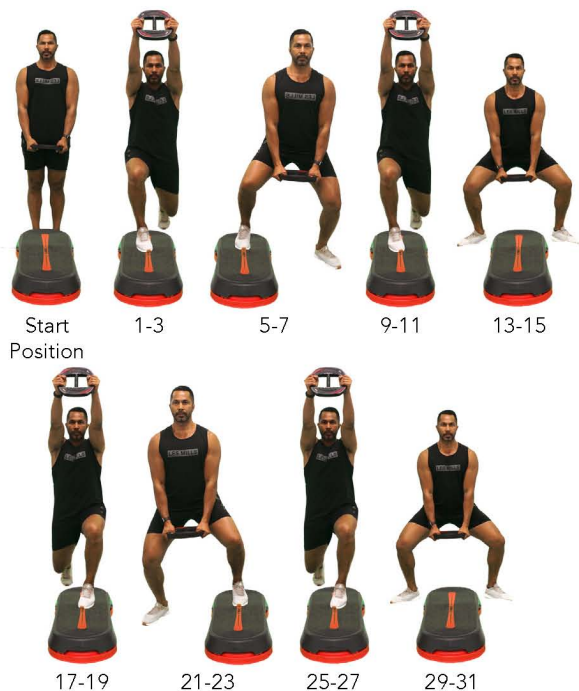
WEIGHTED DOUBLE LUNGE & SQUAT COMBO

PHONETIC CUE 'Lunge weight up, squat weight down, lunge weight up, floor weight down'

- 2x Pulse Lunge L. Raise weight O/H 1-3
- Step R foot to R side to Squat position 4
- 2x Squat Pulse L. Lower weight low and in front of the body 5-7
- Step R foot back to Lunge position 8
- 2x Pulse Lunge L. Raise weight O/H 9-11
- Step L foot to Squat position on the floor 12
- 2x Squat Pulse on the floor. Lower weight low and in front of the body 13-15
- Step R foot to Lunge position 16
- Repeat sequence to the other side 17-32

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

OPTION No weight plate



WEIGHTED SINGLE LUNGE & SQUAT COMBO

PHONETIC CUE 'Singles, lunge, squat, lunge, floor; lunge, squat, lunge, floor'

- Lunge L. Raise weight O/H 1
- Step R foot to R side to Squat position 2
- Squat L. Lower weight low and in front of the body 3
- Step R foot back to Lunge position 4
- Lunge L. Raise weight O/H 5
- Step L foot to Squat position on the floor 6
- Squat on the floor. Lower weight low and in front of the body 7
- Step R foot to Lunge position 8
- Repeat sequence to the other side 9-16

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

OPTION No weight plate



BONUS Workout for Water

10. HEADS UP 3:31mins

TECHNIQUE AND COACHING

SMALL ROM FIERCE COMBO

PHONETIC CUE 'Right left stop, drop and roll, walk back to the start; right left stop, drop and roll, walk back to the start'

- Walk L forward on the step. RA 1
- Walk R forward on the step. Tap L flexed hand to R shoulder 2
- Tap L to L side. Open flexed arm to L side 3-4
- Drop Squat to floor. Hands to top of thighs 5
- Roll body up to standing. Hands to top of thighs 6-8
- Walk L, R, x4 around to the start position. RA 9-16

- Be repetitive with your phonetic cue so that your participants feel the pattern



FIERCE COMBO

PHONETIC CUE 'Leap step pose, drop and roll, walk around; leap step pose, drop and roll, walk around'

- Leap L forward on the step. RA 1
- Walk R forward on the step. Tap L flexed hand to R shoulder 2
- Tap L to L side. Open flexed arm to L side 3-4
- Drop Squat to floor. Hands to top of thighs 5
- Roll body up to standing. Hands to top of thighs 6-8
- Walk L, R, x4 around to the start position. RA 9-16

- Encourage your class to 'work it' their way
- Like you're walking down a catwalk
- Strike a pose on cts 3 and 4
- **Bend knees** in the Drop Squat to the floor





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.

