



BODYSTEP

118

MUSIC

01. WARM-UP

02. STEP WARM-UP

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

Good Morning (Capital Kings Remix)
(4:15)
Mandisa
Courtesy of the Universal Music Group.
Written by: Moore, Rice, Barlowe, McKeehan

02

Secrets (4:15)
Tiësto & KSHMR feat. Vassy
Courtesy of the Universal Music Group.
Written by: Hollowell-Dhar, Karagiorgos, Bentley, Verwest

03

Bad Guy (5:25)
Green Ivy
© 2019 Les Mills Music Licensing Ltd.
Written by: B. O’Connell, F. O’Connell

04

Bashment Ting (Extended Mix) (1:28)
Rob & Jack X Sanjin
© 2018 Central Station Records under exclusive licence from
Revealed Music B.V.
Written by: Stiernspetz, Milo, Kljucanin

New World (1:03)
Long Lives
© 2019 Les Mills Music Licensing Ltd.
Written by: J. Yousaf, Y. Yousaf, Rhondhuis, Tarpley, Henig,
Taihuttu, Bennett

Bashment Ting (Extended Mix) (1:13)
Rob & Jack X Sanjin
© 2018 2018 Central Station Records under exclusive licence
from Revealed Music B.V.
Written by: Stiernspetz, Milo, Kljucanin

New World (1:13)
Long Lives
© 2019 Les Mills Music Licensing Ltd.
Written by: J. Yousaf, Y. Yousaf, Rhondhuis, Tarpley, Henig,
Taihuttu, Bennett

05

Renegade Fighter (4:40)
Plain Hills
© 2019 Les Mills Music Licensing Ltd.
Written by: King

06

Kill This Love (3:12)
BLACKPINK
Courtesy of the Universal Music Group.
Written by: Park, Seo, R. Tee, Johnson

07

I Don’t Belong In This Club (5:22)
Pave Ways
© 2019 Les Mills Music Licensing Ltd.
Written by: Manson, Zilesnick, Haggerty, Wolfgang

08

Back Of The Van (1:00)
Card To Call
© 2019 Les Mills Music Licensing Ltd.
Written by: Brown, Di Francesco

Knock Me Down (0:51)
Youngblood Hawke
© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

DDU-DU-DDU-DU (Remix) (0:41)
BLACKPINK
Courtesy of the Universal Music Group.
Written by: Park, Seo, R. Tee, Johnson

This Feeling (Afrojack & Disto Remix)
(0:45)
The Chainsmokers feat. Kelsea Ballerini
© 2018 Disruptor Records/Columbia Records.
Written by: Taggart, Pall, Warren

Knock Me Down (0:50)
Youngblood Hawke
© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

DDU-DU-DDU-DU (Remix) (0:42)
BLACKPINK
Courtesy of the Universal Music Group.
Written by: Park, Seo, R. Tee, Johnson

This Feeling (Afrojack & Disto Remix)
(0:45)
The Chainsmokers feat. Kelsea Ballerini
© 2018 Disruptor Records/Columbia Records.
Written by: Taggart, Pall, Warren

Knock Me Down (1:00)
Youngblood Hawke
© 2017 Youngblood Hawke LLC.
Written by: Katz, Martin, McManus, Reynolds

9

Maneater (4:35)
Luxe World
© 2019 Les Mills Music Licensing Ltd.
Written by: Mosley, Hills, Furtado

10

Giant (5:04)
Calvin Harris & Rag ‘n’ Bone Man
© 2019 Sony Music Entertainment UK Limited.
Written by: Wiles, Graham, Hartman, Miller

11

Better (3:46)
Khalid
© 2018 RCA Records, a division of Sony Music
Entertainment.
Written by: Vojtesak, Eriksen, Hermansen, Chammas



L-R: Lisa Osborne, Charlotte Fleetwood-Smith, Mark Nu'u-Steele, Dee Rowell, Deidre Douglas-Washington

We warm the body and wake up our stepping muscles to the songs ‘Good Morning’ and ‘Secrets’, then it’s straight on to our first Cardio Peak, and my personal favourite track, ‘Bad Guy’. The highs and lows in this track are a sensory and physical overload!

We work the full body to a challenging Burpee and Pushup combo in the Mixed Strength track, and also have a bit of fun with the Pharaoh Squat combo, that adds some ancient Egyptian themed flava to the workout.

Peak 2 has us training laterally and behind the step, to the Kiwi song ‘Renegade Fighter’, another personal favourite of mine.

You requested some K-Pop music, and we have 2 amazing songs. ‘Kill This Love’ for Conditioning 1, where we focus on the posterior chain, and ‘DDU-DU-DDU-DU’ in the Athletic Circuit.

The Party Step has us striking some fun ‘Bouncer’ poses to ‘I Don’t Belong In This Club’, then we lift the intensity as we cross train in the Athletic Circuit.

Then we’re off on a high energy and sassy adventure to find our final Cardio Peak to ‘Maneater’

We find length in the body, and work the triceps, lower body and the core in Conditioning 2 to ‘Giant’, and then finally, we stretch out and cooldown to another of my personal favourite songs, ‘Better’

Enjoy this release!

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

Dee Rowell (Australia) is a BODYSTEP and LES MILLS TONE Presenter/Instructor, an RPM and LES MILLS SPRINT Trainer/Presenter and a BODYATTACK Instructor. She is also a Les Mills Ambassador for BODYSTEP, RPM and LES MILLS SPRINT and is a nurse based in Brisbane.

Charlotte Fleetwood-Smith (New Zealand) is a BODYSTEP and CXWORX Presenter/Instructor and a LES MILLS TONE Instructor. She has been a Les Mills Instructor for 9 years and is also a lawyer based in Auckland.

Deidre Douglas-Washington (United States) is a BODYSTEP and BODYBALANCE/BODYFLOW Presenter/Instructor and a BODYCOMBAT, BODYPUMP and CXWORX Instructor. She is the founder and owner of Iron Philosophy fitness facility in Virginia.

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 – Hannah Moselen

Special Thanks

Kaylah-Blayr Fitzsimons-Nu’u

Mikhail Afus



BODYSTEP 118

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, 116, 117 & 118

- There are 11 Tracks
- The use of more original music in the class.
Why?
To create more musical contrast throughout the class.
- Slower paced Warm-Up 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 118

45-MINUTE FORMAT – Option 1

Track 01	Warm-Up
Track 02	Step Warm-Up
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	41:45

45-MINUTE FORMAT – Option 2

Track 01	Warm-Up
Track 02	Step Warm-Up
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	42:57

30-MINUTE FORMAT – Option 1

Track 01	Warm-Up
Track 02	Step Warm-Up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	26:44

30-MINUTE FORMAT – Option 2

Track 01	Warm-Up
Track 02	Step Warm-Up
Track 03	Peak 1
Track 04	Mixed Strength
Track 08	Athletic Circuit
Track 06	Conditioning 1
Total Time	28:34

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 118

When mixing older releases with BODYSTEP 118 use:

Track 01	Warm-Up
Track 02	Step Warm-Up
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 118 onwards.

CLASSIC 55-MINUTE		ATHLETIC 55-MINUTE	
Track 01	Warm-Up	Track 01	Warm-Up
Track 02	Step Warm-Up	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		

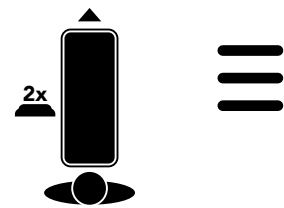
ATHLETIC 45 MINUTES	
Track 01	Warm-Up
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1
AC	Athletic Circuit ATHLETIC
Track 11	Conditioning 2

1. CLASSIC 45-MINUTE		2. CLASSIC 45-MINUTE	
Track 01	Warm-Up	Track 01	Warm-Up
Track 02	Step Warm-Up	Track 02	Step Warm-Up
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	Warm-Up	Track 01	Warm-Up
Track 02	Step Warm-Up	Track 02	Step Warm-Up
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	Warm-Up	Track 01	Warm-Up
Track 03	Step Orientation ATHLETIC	Track 02	Step Warm Up
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. WARM-UP

TRACK FOCUS

Coach people in your class to warm their bodies by moving slowly with full ROM in the Squat and Lunges, and then gently increasing their heart rates by moving faster in the Basic Back Tap Combo.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / (Instr)	4x8		Stand behind the step, stretch upper body 👁️ next move on last 16cts	32	
0:19	V1 / Wave away my yesterday	6x8	A	Triple Squat On Top Combo L 👁️ next move on last 16cts	16	3x
0:43	PC / It's a good morning	8x8	A ¹	Squat On Top & Back - Stepping Lunge Combo L	16	4x
1:14	C / It's a good morning	4x8	B	Basic Step & Back Tap Combo with No Arms L 👁️ next move on last 8cts	8	4x
		4x8	B ¹	Basic Step & Back Tap Combo L	8	4x
1:34	Br /	½x8	C	Hip Extension L. <i>HOH</i>	4	
1:46	V2 / Slow down, breathe in	2x8	C	Hip Extension R then L. <i>HOH</i> 👁️ next move on last 4cts	8	2x
		4x8	C ¹	Hip Extension R then L. <i>Open & Close Arms</i>	8	4x
2:09	PC / It's a good morning	8x8	A	 Triple Squat On Top Combo R 👁️ next move last 16cts	16	4x
2:40	Instr /	8x8	A ¹	 Squat On Top & Back-Stepping Lunge Combo R	16	4x
3:09	PC / In the morning	4x8	B	 Basic Step & Back Tap Combo w No Arms R 👁️ next move on last 8cts	8	4x
		4x8	B ¹	 Basic Step & Back Tap Combo R	8	4x
3:41	Br /	½x8	C	 Hip Extension R. <i>HOH</i>	4	
3:43	V2 / It's a good morning	4x8	C ¹	 Hip Extension L then R 👁️ next move on last 8cts	8	4x
		4x8	C ²	Hip Extension L then R. <i>High Open & Low Close Arms</i>	8	4x



01. GOOD MORNING 4:15mins

TECHNIQUE AND COACHING

Stand behind the step, lightly stretch upper body.

CUE 'Let's move, take a light stretch, whatever feels good. Maybe the chest, the shoulders or twist, keep it going; watch this'

Examples of light stretches:

- Diagonally open the chest
- Stretch the shoulders
- Roll the shoulders
- Twist L&R



TRIPLE SQUAT ON TOP COMBO

PHONETIC CUE 'Stagger and squat 3, 2, 1, stagger off; 3, 2, 1, stagger off'

Narrow Staggered Squat L, R onto the step. Hands to top of thighs 1-2

Squat up. Hands to top of thighs 3-4

Squat down then up x2. Hands to top of thighs 5-12

Staggered Squat L, R to the floor. Hands to top of thighs 13-16

- **Stagger the landings on and off the step to soften the impact**
- Abs braced, chest lifted, slight tip forward from the hips
- Bend knees, sit the butt back and down
- Knees in line with toes



SQUAT ON TOP & BACK-STEPPING LUNGE COMBO

PHONETIC CUE 'Squat, lunge right, lunge left, stagger off; squat, lunge right, lunge left, stagger off'

Narrow Staggered Squat L, R onto the step. Hands to top of thighs 1-2

Squat up. Hands to top of thighs 3-4

Back Stepping Lunge L. RA L 5-6

Step L foot on top of the step. Fists to hips 7-8

Back-Stepping Lunge R. RA R 9-10

Step L foot on top of the step. Fists to hips 11-12

Staggered Squat L, R to the floor. Hands to top of thighs 13-16

- Take a long step back into the Lunge
- Chest up, body upright in the Lunge
- Back heel lifted off the floor
- Bend the knees and sit lower to warm the quads and glutes
- Front knee in line with toes





01. GOOD MORNING 4:15mins

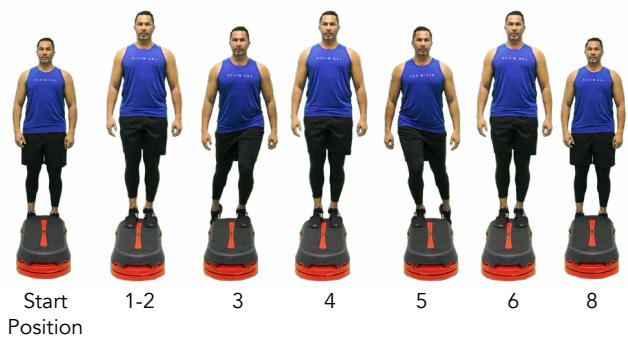
BASIC STEP & BACK TAP COMBO WITH NO ARMS

PHONETIC CUE 'Step up, tap right, tap left, step down; step up, tap right, tap left, step down'

- Step up L. Relaxed arms by sides1-2
- Back Tap L. Relaxed arms by sides3
- Step L onto the step. Relaxed arms by sides4
- Back Tap R. Relaxed arms by sides5
- Step R onto the step. Relaxed arms by sides6
- Step down L, R. Relaxed arms by sides7-8
- Standing tall

• Tap toes to the floor, heel up

• Focus on the foot pattern



BASIC STEP & BACK TAP COMBO WITH ARMS

PHONETIC CUE 'Add the arms, up, right, left, down; up, right, left, down'

- Step up L, R. Bent Raise F then to hips1-2
- Back tap L. RA L3
- Step L onto the step. Fists to hips4
- Back Tap R. RA R5
- Step R onto the step. Fists to hips6
- Step down L, R. Bent Raise F then to hips7-8
- Use the arms to get warmer

• Pump the blood around the body



HIP EXTENSION

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

Use a visual cue to show the alternating foot pattern.

HIP EXTENSION WITH ARMS

PHONETIC CUE 'Open, close; open, close'

- Step R onto the step. Hug arms F1
- Hip Extension L. Open arms out to sides, elbows slightly bent2
- Step down L, R. Close arms F and h F3-4
- Repeat to the other side5-8
- Open the chest

• Stretch across the upper back

• Free leg low, squeeze the butt

• Warm the back of the body



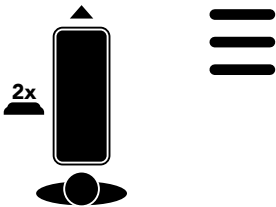
HIP EXTENSION WITH HIGH OPEN & LOW CLOSE ARMS

PHONETIC CUE 'Arms high, arms low; high, low'

- Step R on to the step. Hug arms F1
- Hip Extension L. Open arm out & O/H, elbows slightly bent2
- Step down L, R. Close arms F and low3-4
- Repeat to the other side5-8
- Actively stretch the front and back of the shoulders

• Uplifting and bright to transition into Track 2





02. STEP WARM-UP

TRACK FOCUS

Achieve early success in this track by establishing the 1x Basic Step and 1x Knee Lift pattern, that organically evolves to the Walk Down & Knee Lift Combo. Look after newer participants by offering the 1x Basic Step and 1x Knee Lift option should they need it.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Tap Down L then R. RA	8	4x
0:14	Br /	1x8	B	Triple Squat Pulse L. <i>Hands to top of thighs</i>	8	
0:18	V1 / Oh won't you stay	4x8	B	Triple Squat Pulse R then L. <i>Hands to top of thighs</i> 👁 next move on last 8cts	16	2x
		4x8	B ¹	Triple Squat Pulse R then L. <i>Slow Raise to O/H</i>	16	2x
0:47	Instr /	4x8	C	Basic Step R. RA	4	8x
1:03	(Build)	4x8	D	Basic Step & Knee Lift Combo R then L 👁 next move on last 8cts	16	2x
1:18	C / If you can keep a secret _	8x8	D ¹	4x Side March & Knee Lift Combo R then L	16	4x
1:48	Br /	1x8	B	🔁 Triple Squat Pulse R. <i>Hands to top of thighs</i>	8	
1:52	V2 / Stay awhile	4x8	B	🔁 Triple Squat Pulse L then R. <i>Hands to top of thighs</i> 👁 next move on last 8cts	16	2x
		4x8	B ¹	🔁 Triple Squat Pulse L then R. <i>Slow Raise to O/H</i>	16	2x
2:22	Br / Oh won't you stay	1x8	C ¹	Basic Step L. <i>Arms relaxed by sides</i>	4	2x
2:26	Instr /	4x8	C	🔁 Basic Step L. RA	4	8x
2:40	(Low)	4x8	D	🔁 Basic Step & Knee Lift Combo L then R 👁 next move on last 8cts	16	2x
2:55	(Build)	4x8	D ¹	🔁 4x Side March & Knee Lift Combo L then R 👁 next move on last 8cts		2x
3:10	If you can keep a secret _	4x8	D ²	Walk Down & Knee Lift Combo L then R 👁 next move on last 8cts	16	2x
		4x8	D ³	Deeper Walk Down & Light Propulsive Knee Lift Combo L then R	16	2x
3:40	(Quiet)	4x8	A	🔁 Tap Down L then R. RA	8	4x
3:55	(Builds)	4x8	D ³	Deeper Walk Down & Light Propulsive Knee Lift Combo L then R	16	2x

02. SECRETS 4:15mins

TECHNIQUE AND COACHING

TAP DOWN

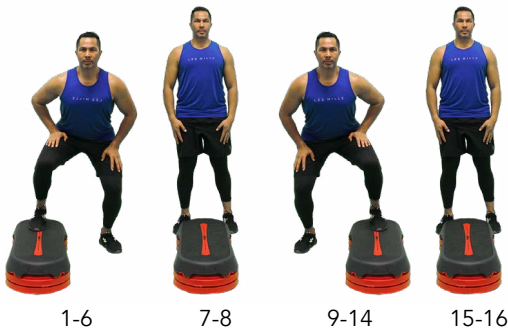
PHONETIC CUE ‘Tap down, change sides, tap down, change sides’
Continue to warm our stepping muscles.

TRIPLE SQUAT PULSE

PHONETIC CUE ‘Squat 3, 2, 1, change sides 3, 2, 1, change sides’

Triple Squat Pulse, L foot on the step, R foot on the floor. *Hands to top of thighs* 1-6
Step B R, L. *Relaxed arms by sides* 7-8
Repeat to the other side 9-16

- Triple Squat Pulse, L foot on the step, R foot on the floor. *Hands to top of thighs*
- Step B R, L. *Relaxed arms by sides*
- Repeat to the other side

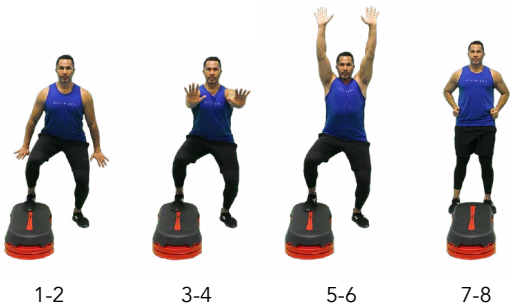


TRIPLE SQUAT PULSE WITH SLOW RAISE TO O/H

PHONETIC CUE ‘Rise 3, 2, 1, change sides; rise 3, 2, 1, change side’

Triple Squat Pulse, L foot on the step, R foot on the floor. *Slowly raise arms from low to O/H* 1-6
Step B R, L. *Pull fists to hips* 7-8
Repeat to the other side 9-16

- Slowly rise with control
- Feel the shoulders and lats stretch out
- **Corkscrew your knees outward**



BASIC STEP

PHONETIC CUE ‘Walk up, walk down; walk up, walk down’

- Move with energy to match the music
- Whole foot on the step
- Establish the natural walking rhythm
- Strong Running Arms

BASIC STEP & KNEE LIFT COMBO

PHONETIC CUE ‘One Basic, 1 Knee; 1 Basic, 1 Knee’

Basic Step R. RA 1-4
Knee Lift R. RA 5-8
Repeat to the other side 9-16

- Set up the 4x Walk and 1 Knee pattern

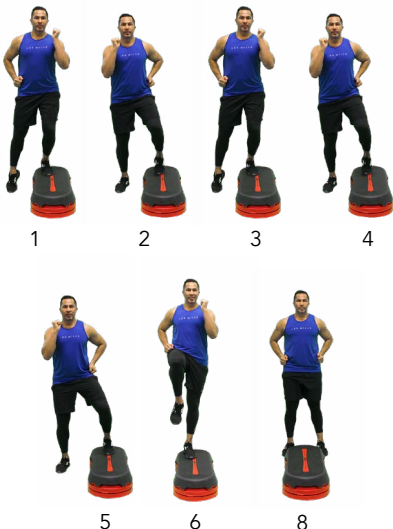


4X SIDE MARCH & KNEE LIFT COMBO

PHONETIC CUE ‘Walk 4, 3, 2, 1, lift your knee; 4, 3, 2, 1, lift your knee’

Walk R foot on the step. RA 1
Walk L foot to the L side on the floor. RA 2
Walk R foot on the step. RA 3
Walk L foot to the L side on the floor. RA 4
Step R to the step, then lift L knee. RA 5-6
Step L, R behind the step. RA 7-8
Repeat to the other side

- Natural walking rhythm, then lift your knee
- A little relaxed with a cool vibe to match the music





02. SECRETS 4:15mins

TECHNIQUE AND COACHING

WALK DOWN & KNEE LIFT COMBO

PHONETIC CUE *Step down, cross behind, lift your knee; step down, cross behind, lift your knee*

- Walk R foot on the step. RA 1
- Walk L foot to the L side on the floor. RA 2
- Walk R foot behind L foot on the floor. RA 3
- Walk L foot to the L side on the floor. RA 4
- Step R to the step, then lift L knee. RA 5-6
- Step L, R behind the step. RA 7-8
- Repeat to the other side 9-16

- Keep body square to the front (avoid twisting)
- Natural walking rhythm then lift your knee
- OPTION: 4x Side March & Knee Lift Combo



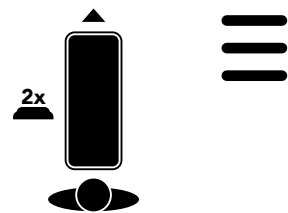
DEEPER WALK DOWN & LIGHT PROPULSIVE KNEE LIFT

PHONETIC CUE *'Sit low, jump the knee; sit low, jump the knee'*

- Sit lower and walk R foot on the step. RA 1
- Sit lower and walk L foot to the L side on the floor. RA 2
- Sit lower and walk R foot behind L foot on the floor. RA 3
- Sit lower and walk L foot to the L side on the floor. RA 4
- Step R to the step. Blade RA 5
- Propel and lift L knee. Blade RA 6
- Step L, R behind the step. RA 7-8
- Repeat to the other side 9-16

- Bend your knees and sit deeper to load the legs
- Then unload the legs and jump the Knee Lift
- Show contrast with the low in the Walk Down, and the high in the Knee Lift





03. PEAK 1

TRACK FOCUS

Use Repetitive Phonetic Cues to set up the Knee Lift, OTT & March Combo, and then let the energy of the music drive the movement. Coach a small rotation in the Rotating Squat combo, and let your class know that they can stay stationary if they choose.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I'm a bad guy	1x8		Prepare to move	8	
0:02	Instr /	8x8	A	Knee Lift, OTT & March Combo L then R 👁️ next move on last 16cts	32	2x
0:30	C / I'm wearing your cologne, d'uh _	8x8	A ¹	Propulsive Knee Lift, OTT & Shuffle Combo L then R	32	2x
0:58	Rep / So you're a tough guy	4x8	B	Propulsive OTT L then R. <i>Reach up & down</i>	8	4x
1:12	Ref 1 / _ I'm pretty glad that you're alone	2x8	C	Shuffle OTS. RA (Facing F) Shuffle OTS. RA (Facing L diagonal)	2 2	4x 4x
1:19	V1 / White shirt now red	4x8	D	Basic Step L. RA (On L diagonal) 👁️ next move on last 4cts	4	8x
		4x8	D ¹	Basic Jog L. RA (On L diagonal)	4	8x
1:47	PC / So you're a tough guy	4x8	A	🔄 Knee Lift, OTT & March Combo L then R	32	
2:01	C / _ I'm a bad guy	8x8	A ¹	🔄 Propulsive Knee Lift, OTT & Shuffle Combo L then R	32	2x
2:29	Ref 2 / I'm bad guy	4x8	E	4x Squat Pulse L then R. <i>Hands to thighs then Bent Raise F</i> 👁️ next move on last 8cts	16	2x
2:43		4x8	E ¹	Single Single Double Rotating Squat Combo L then R	16	2x
2:57	Br / I'm a bad guy	1x6	B ¹	OTT R then L	6	1.5x
3:00	Rep / So you're a tough guy	4x8	B	🔄 Propulsive OTT R then L. <i>Reach up & down</i>	8	4x
3:14	Ref 1 / __ I'm pretty glad that you're alone	2x8	C	🔄 Shuffle OTS. RA (Facing F) 🔄 Shuffle OTS. RA (Facing R diagonal)	2 2	4x 4x
3:21	V2 / I like it when you	4x8	D	🔄 Basic Step R. RA (On L diagonal)	4	8x
			D ¹	🔄 Basic Jog R. RA (On L diagonal)	4	8x
3:48	PC / So you're a tough guy	4x8	A	🔄 Knee Lift, OTT & March Combo R then L	32	
4:02	C / _ I'm a bad guy	8x8	A ¹	🔄 Propulsive Knee Lift, OTT & Shuffle Combo R then L	32	2x
4:30	Ref 2 / I'm a bad guy	4x8	E	🔄 4x Squat Pulse R then L 👁️ next move on last 8cts	16	2x
		4x8	E ¹	🔄 Single Single Double Rotating Squat Combo R then L	16	2x
4:58	Br / I'm a bad guy	1x6	B ¹	🔄 OTT L then R	6	1.5x
5:01	Rep / So you're a tough guy	4x8	B	🔄 Propulsive OTT L then R. <i>Reach up & down</i>	8	4x

03. BAD GUY 5:25mins

TECHNIQUE AND COACHING

PRE -TRACK

Get your class to stand to the right side of their step, and watch you as you do one repetition on the opposite side of the step. Get them to join you when you move to their side of the step.

KNEE LIFT, OTT & MARCH COMBO

PHONETIC CUE 'Knee to the front, knee to the back, over the top, hold and march; knee to the front, knee to the back, over the top, hold and march'

Knee Lift L to the front diagonal of the step. RA 1-4

Knee Lift R to the back diagonal of the step. RA 5-8

OTT L. HOH 9-12

March OTS R, L. RA 13-16

Repeat to the other side 17-32

- Calm voice to set up the combo pattern



PROPULSIVE KNEE LIFT, OTT & SHUFFLE COMBO

PHONETIC CUE 'Bigger, to the front, to the back, over, hold and shuffle; front, back, over, hold and shuffle'

Propulsive Knee Lift L to the front diagonal of the step. Blade RA 1-4

Propulsive Knee Lift R to the back diagonal of the step. Blade RA 5-8

Propulsive OTT L. Reach up & down 9-12

Shuffle OTS. RA 13-16

Repeat to the other side 17-32

- Move with energy to match the music
- Create excitement with your tone of voice

OPTION: Knee Lift, OTT & March Combo



PROPULSIVE OTT

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

- Use a visual cue to show direction to move
- Move with control
- High energy to match the music
- A good time to say less and let the music speak





03. BAD GUY 5:25mins

TECHNIQUE AND COACHING

SHUFFLE OTS

CUE 'Hold and shuffle'

Shuffle OTS, facing front 1-8

Shuffle OTS on diagonal (45 degree angle) 9-16

- Use a visual cue to show the 45 degree angle

OPTION: March OTS



BASIC STEP

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

- On diagonal
- **Place whole foot on the step**
- Calm vocals
- A bit of 'chill' time to connect with your class



BASIC JOG

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

- Start to build the intensity
- Flick heels towards the butt to increase the intensity, or mid range to keep it at a steady pace

OPTION: Basic Step



4X SQUAT PULSE

PHONETIC CUE: 'Squat 4, 3, 2, jump over; 4, 3, 2, over'

Step L foot on the step, R foot on the floor,

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

Propel to the R side. Bent Raise F 8

Repeat to the other side 9-16

- Use a strong coaching voice to match the music
- Bend knees and sit the butt back and down to load the legs
- Explode upward and over to change sides



03. BAD GUY 5:25mins

TECHNIQUE AND COACHING

SINGLE SINGLE DOUBLE ROTATING SQUAT COMBO

PHONETIC CUE: ‘Single, single, double; single, single, double’

- Squat L foot on the step, R foot on the floor. *Hands to the top of thighs* 1
- Propel and rotate counter-clockwise 2
- R foot on the step, L foot on the floor (On L diagonal). *Hands to the top of thighs* 3
- Propel and rotate clockwise 4
- Double Squat Pulse L foot on the step, R foot on the floor. *Hands to the top of thighs* 5-7
- Propel to the R side. *Bent Raise F* 8
- Repeat to the other side 9-16

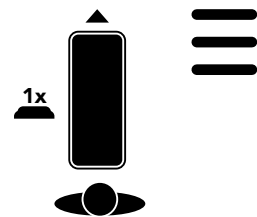
- Foot placement is key here. Get the foot to the front of the step on the second Squat to avoid over- rotating
- Focus on the depth of the squat, and the drive upward, not a big rotation
- Hands support on thighs to assist in keeping the chest lifted

OPTION: 4x Squat Pulse

Note:

- There is a six-count transition from the Single Single Double Rotating Squat Combo to the Propulsive OTTs
- Finish the entire repetition of the Single Single Double Rotating Squat Combo
 - Don’t freak out!
 - Trust your feet as you step OTT
 - Know that there are 6 counts to get you there
 - Then drive bigger into the Propulsive OTT





04. MIXED STRENGTH

TRACK FOCUS

Coach and revisit the Push Up and non Push Up variations in the Burpee combos, as well as the standing options in the Lunge combo to move slow and loaded, or fast and lifted. Use some Egyptian type imagery in the Pharaoh Squat to add some fun flava.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8		Explain: Burpees and Pushups are coming up. This is your standing option if you'd prefer to keep standing. Prepare to move 👁 next move on last 16cts	32	
0:14		4x8	A	Squat On Top & Back Stepping Lunge Combo 👁 next move on last 16cts	16	2x
0:28	V1 / _ What ya know	4x8	B	Burpee & Step Out Combo 👁 next move on last 16cts	16	2x
0:43	_ Stand up, hand up	4x8	B ¹	Burpee & Pushup Combo	16	2x
0:58	C / (Heavy beat)	8x8	A or B or B ¹	Squat On Top & Back-Stepping Lunge Combo Burpee & Step Out Combo Burpee & Pushup Combo	16 16 16	4x 4x 4x
1:27	Br /	1x8	C	Hold and Transition to the top of the step 👁 next move	8	
1:30	PC / It's a new world	8x8	D	Slow Side Squat & Straddle Jump Combo	16	4x
1:53	C / Pharaoh beat)	4x8	D ¹	Side Squat & Straddle Jump Combo 👁 next move on last 8cts	8	4x
2:05		6x8	D ²	Pharaoh Side Squat & Straddle Jump Combo	8	6x
2:32	Br /	2x8	E	Hold and transition to the back of the step	16	
2:30	V2 / _What ya know	4x8	A	 Squat On Top & Back Stepping Lunge Combo	16	2x
2.45	_ Stand up, hand up	4x8	A ¹	Fast Squat On Top & Back-Stepping Lunge Combo 👁 next move on last 16cts	16	2x
2:59	_ Stand up, hand up	4x8	B	Burpee & Step Out Combo 👁 next move on last 16cts	16	2x
3:13	C / (Heavy beat)	8x8	A or B or B ¹	Squat On Top & Back Stepping Lunge Combo Burpee & Step Out Combo Burpee & Pushup Combo	16 16 16	4x 4x 4x
3:43	Br /	1x8	C	Hold and Transition to the top of the step 👁 next move	8	
3:45	PC / It's a new world	8x8	D	Slow Side Squat & Straddle Jump Combo	16	4x
4:10	C / (Pharaoh beat)	4x8	D ¹	Side Squat & Straddle Jump Combo 👁 next move on last 8cts	8	4x
4:21		6x8	D ²	Pharaoh Side Squat & Straddle Jump Combo	8	6x
4:39	Outro /	4x8		Turn the step to 90° to Landscape position, stand behind the step and prepare for Peak 2	32	



04. BASHMENT TING (EXTENDED MIX) / NEW WORLD 4:57mins

TECHNIQUE AND COACHING

SQUAT ON TOP & BACK-STEPPING LUNGE COMBO

PHONETIC CUE ‘Squat, lunge right, lunge left, stagger off; squat, lunge right, lunge left, stagger off’

- Narrow Staggered Squat L, R onto the step. Hands to top of thighs 1-2
- Squat up. Hands to top of thighs 3-4
- Back-Stepping Lunge L. RA L 5-6
- Step L foot on top of the step. Fists to hips 7-8
- Back-Stepping Lunge R. RA R 9-10
- Step L foot on top of the step. Fists to hips 11-12
- Staggered Squat L, R to the floor. Hands to top of thighs 13-16

Explain: Burpees and Pushups are coming up. This is your standing option if you’d prefer to keep standing.

- Get more intensity by bending your knees and sitting deeper in the Squat, and stepping back longer in the Lunge
- Chest up
- Knees in line with toes
- Work the legs and glutes



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



9-10 11-12 13-14 15-16

BASIC BACK TAP COMBO

PHONETIC CUE ‘Step up, tap right, tap left, step down; step up, tap right, tap left, step down’

- Step up L, R. Bent Raise F then to hips 1-2
- Back tap L. RA L 3
- Step L on to the step. Fists to hips 4
- Back Tap R. RA R 5
- Step R onto the step. Fists to hips 6
- Step down L, R. Bent Raise F then to hips 7-8

- This is another standing option if you’d like to focus on moving faster
- Move with energy and big ROM



1 2 3



4 5 6 7 8



04. BASHMENT TING (EXTENDED MIX) / NEW WORLD 4:57mins

TECHNIQUE AND COACHING

BURPEE & STEP OUT COMBO

PHONETIC CUE 'Down, jump back, step right, step left, jump in, stand tall; down, jump back, step right, step left, jump in, stand tall'

Bend knees and place hands on the step 1-2

Jump feet B to Plank position (feet narrow) 3-4

Step L foot to the L. Step L hand to the L on the floor 5-6

Step L foot B to center. Step L hand onto the step 7-8

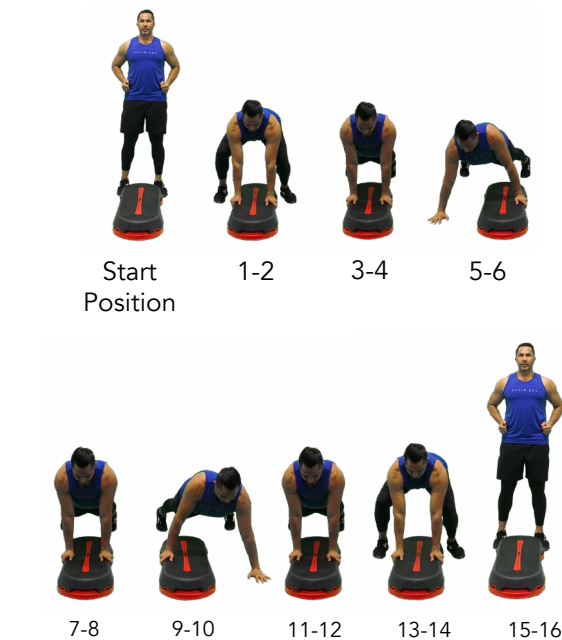
Step R foot to the R. Step R hand to the R on the floor 9-10

Step R foot back to center. Step R hand on to the step 11-12

Jump feet in towards the step, knees bent 13-14

Stand tall. Fists to hips 15-16

- Maintain a strong ab brace throughout, to support the lower back
 - Eye gaze between hands
- OPTIONS: Squat On Top & Back-Stepping Lunge Combo or Basic Back Tap Combo



BURPEE & PUSHUP COMBO

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

Bend knees and place hands on the step 1-2

Jump feet B to Plank position (feet narrow) 3-4

Step L foot to the L. Step L hand to the L on the floor and push up (down) 5-6

Step L foot B to center. Step L hand onto the step and push up (up) 7-8

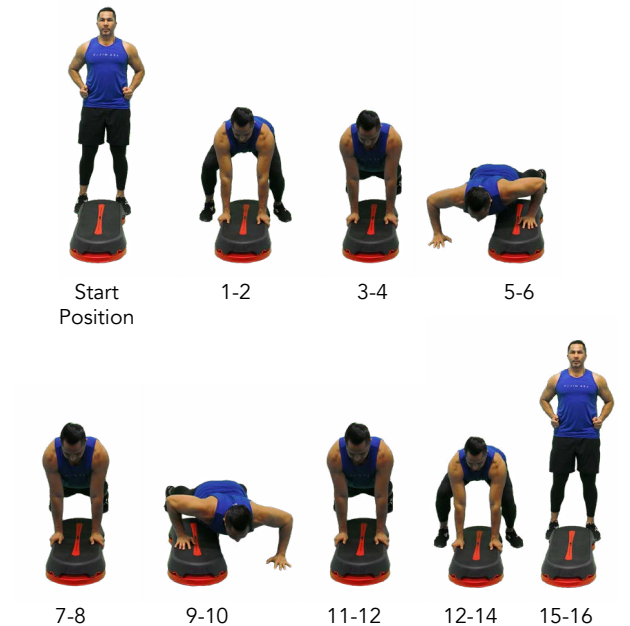
Step R foot to the R. Step R hand to the R on the floor and push up (down) 9-10

Step R foot back to center. Step R hand on to the step and push up (up) 11-12

Jump feet in towards the step, knees bent 13-14

Stand tall. Fists to hips 15-16

- Keep shoulders above elbow height in the Pushups
- OPTIONS: Burpee & Step Out Combo or Squat On Top & Back Stepping Lunge Combo





04. BASHMENT TING (EXTENDED MIX) / NEW WORLD 4:57mins

TECHNIQUE AND COACHING

SLOW SIDE SQUAT & STRADDLE JUMP COMBO

PHONETIC CUE ‘Squat left, squat right, top, jump down, left, right, top, jump down’

Start standing on top of the step

Step R to the R side and squat. *Blade RA* 1-4

Propel to the L side and squat. *Blade RA* 5-8

Step L onto the step (knees bent). *Fists to hips* 9-12

Straddle Jump to the floor. *Circle arms O/H and down* 13-16

- Set up the Squat pattern
- **Abs braced, chest up**
- Butt back and down
- **Knees in line with toes**

OPTION: Lighter with no jumps (stagger the Straddle Jump)



SIDE SQUAT & STRADDLE JUMP COMBO

PHONETIC CUE ‘Jog up, step down, squat down, jump up; jog up, step down, squat down, jump up’

Basic Jog L. *RA* 1-4

Squat Jump down. *Hands to top of thighs* 5-6

Jump feet together 7-8

OPTION: 2 Basic Step & Squat Jack Combo



PHARAOH SIDE SQUAT & STRADDLE JUMP COMBO

PHONETIC CUE ‘Hands up, hands down, top, down; hands up, hands down, top, down’

Squat L on the step, R to the R side on the floor. *Pharaoh hands up* 1

Propel to the L. *Pharaoh hands up* 2

Squat R on the step, L on the floor. *Pharaoh hands down* 3

Propel upward. *Pharaoh hands down* 4

Squat on top of the step *Fists to hips* 5-6

Straddle Jump to the floor. *Circle arms O/H and down* 7-8

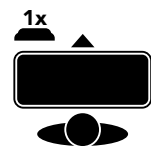
- Create some fun Egyptian imagery to hook into the music and Pharaoh arm-lines
- Bend knees to sit deeper, then drive upward to increase intensity
- Let the music shine through

OPTION: No Pharaoh Arms



OUTRO

CUE: ‘Good work. Bend your knees, and turn the step to Landscape position, stand behind the step and get ready for Peak 2’



05. PEAK 2

TRACK FOCUS

Be clear that the base for the evolving L-ATT Combo is simply four Knee Lifts on the same leg. Look after newer steppers in class by offering the L-Step or four Knee Lift options.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Prepare to move	8	
0:03	Soul on fire _	8x8	A	4x Knee Lift L then R. RA 👁️ next move on last 16cts	32	2x
0:30	_ I'm a lover	4x8	A ¹	4x L-Knee Lift L then R. RA	32	
		4x8	A ²	4x Propulsive L-Knee Lift L then R. RA	32	
0:58		½x8	B	Hip Extension L. Bent Raise O/H	4	
1:00	_ Gonna set your soul on fire	4x8	B ¹	Propulsive Hip Extension R then L. Bent Raise O/H	8	4x
1:13	_ Can I walk here beside you	4x8	C	4x March On Top R. RA 👁️ next move on last 8cts	8	4x
		4x8	C ¹	4x Jog On Top R. RA	8	4x
1:42		4x8	A ¹	Repeat 4x L-Knee Lift R then L. RA 👁️ next move on last 16cts	32	
1:56	_ Now that it's clear	4x8	A ²	L-ATT Combo R then L 👁️ next move on last 16cts	32	
2:10	_ I'm a lover	8x8	A ³	Propulsive L-ATT Combo R then L	32	2x
2:37		½x8	B	🔄 Hip Extension R. Bent Raise O/H	4	
2:39	_ Gonna set your soul on fire	4x8	B ¹	🔄 Propulsive Hip Extension L then R. Bent Raise O/H	8	4x
2:53	_ Can I sit in silence	4x8	C	🔄 4x March On Top L. RA 👁️ next move on last 8cts	8	4x
		4x8	C ¹	🔄 4x Jog On Top L. RA	8	4x
3:21		4x8	A ¹	🔄 4x L-Knee Lift L then R. RA 👁️ next move on last 16cts	32	
3:35	_ Now that it's clear	4x8	A ²	🔄 L-ATT Combo L then R	32	
3:49	_ I'm a lover	8x8	A ³	🔄 Propulsive L-ATT Combo L then R	32	2x
4:16		½x8	B	🔄 Hip Extension L. Bent Raise O/H	4	
4:18	_ Gonna set your soul on fire	4x8	B ¹	🔄 Propulsive Hip Extension R then L. Bent Raise O/H	8	4x
4:33	Outro /			Staggered Jump on top, feet wide. Punch R arm up to ceiling		

05. RENEGADE FIGHTER 4:40mins

TECHNIQUE AND COACHING

4X KNEE LIFT

PHONETIC CUE '4 Knees right, 4, 3, 2, 1 other leg; 4, 3, 2, 1 other leg'

Use a visual cue to show that the 4 Knee Lifts are on the same leg, and when to change legs.

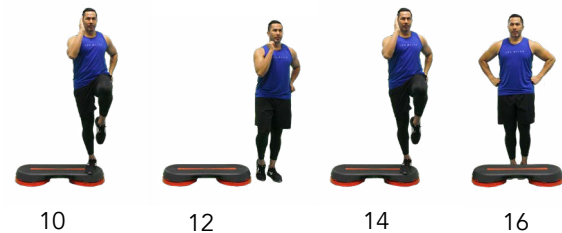


4X L-KNEE LIFT

PHONETIC CUE "4 knees to the side, 4, hold 3, 2, 1 step back; 4 to the side, hold 3, 2, 1 step back"

- Step L on the step then lift R knee. RA 1-2
- Step R to the R side on the floor, then tap L to the floor. RA 3-4
- Step L on the step then lift R knee. RA 5-6
- Step R to the R side on the floor, then tap L to the floor. RA 7-8
- Step L on the step then lift R knee. RA 9-10
- Step R to the R side on the floor, then tap L to the floor. RA 11-12
- Step L on the step then lift R knee. RA 13-14
- Step R, L behind the step. RA 15-16
- Repeat to the other side 17-32

- Use a visual cue to show the direction to travel, and when to HOLD to the side



4X PROPULSIVE L-KNEE LIFT

PHONETIC CUE 'Bigger! 4, 3, 2, 1 step back; 4, 3, 2, 1 step back'

- Step L on the step then propel and lift R knee. RA 1-2
- Step R to the R side on the floor, then tap L to the floor. RA 3-4
- Step L on the step then propel and lift R knee. RA 5-6
- Step R to the R side on the floor, then tap L to the floor. RA 7-8
- Step L on the step then propel and lift R knee. RA 9-10
- Step R to the R side on the floor, then tap L to the floor. RA 11-12
- Step L on the step then propel and lift R knee. RA 13-14
- Step R, L behind the step. RA 15-16
- Repeat to the other side 17-32

OPTION: No propulsion



HIP EXTENSION

CUE 'Hold and lift'

Show that you stay behind the step with a visual cue. Strong glute squeeze





05. RENEGADE FIGHTER 4:40mins

TECHNIQUE AND COACHING

PROPULSIVE HIP EXTENSION

PHONETIC CUE 'Jump and lift; jump and lift'

Free leg low

Land with a soft knee to soften the landing

OPTION: No propulsion



4X MARCH ON TOP

PHONETIC CUE 'Four March On Top, 4, 3, 2, 1; walk on the floor; 4, 3, 2, 1; walk on the floor'

- Use a visual cue to HOLD on top of the step
- Use a calm voice to match the music



4X JOG ON TOP

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

Start to build the energy, and stronger vocals

OPTION: 4x March On Top



L-ATT COMBO

PHONETIC CUE 'Knee to the side, across the top, across the top, knee to the back; knee to the side, across, across, knee to the back'

Step L on the step then lift R knee. RA 1-2

Step R to the R side on the floor, then tap L to the floor. RA 3-4

Step ATT L then R. HOH 5-12

Step L on the step then lift R knee. RA 13-14

Step R, L behind the step. RA 15-16

Repeat to the other side 17-32

- Use visual cues to assist in showing the directions to move

OPTION 4x L-Knee Lift





05. RENEGADE FIGHTER 4:40mins

TECHNIQUE AND COACHING

PROPULSIVE L-ATT COMBO

PHONETIC CUE 'Bigger! Knee side, across, across, knee back; knee side, across, across, knee back'

Step L on the step then propel and lift R knee. Blade RA 1-2

Step R to the R side on the floor, then tap L to the floor. Blade RA 3-4

Propulsive ATT L then R. Reach up and down 5-12

Step L on the step then propel and lift R knee. Blade RA 13-14

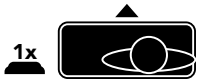
Step R, L behind the step. Blade RA 15-16

Repeat to the other side 17-32

- Lift your knee on ct 8, tap the floor on ct 12

OPTIONS: 4x Propulsive L-Knee Lift or 4x L-Knee Lift





06. CONDITIONING 1

TRACK FOCUS

Your posterior chain is the main focus for this track. Coach you class to squeeze their glutes as they move their leg on the back diagonal, and to squeeze their back muscles when the weights are at Shoulder level

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Trumpets)	4x8	Set up on top of the step, close to the R side Step L leg B to Lunge position, <i>weights up, in front of shoulders</i> 👁 next move on last 8cts	32	
0:13	V1 / Cheonsa gateun “hi”	8x8	A Triple Pulse Lunge Combo L	8	8x
0:43	PC / Look at me, look at you	8x8	B Slow Squat & Hip Extension Combo L then R	16	4x
1:12	C / Let’s kill this love	5x8	B ¹ Squat & Hip Extension Combo L then R	8	5x
1:30	V2 / Feelin’ like a sinner	4x8	C 2/2 Deadlift	8	4x
1:45	PC / Look at me, look at you	8x8	B  Slow Squat & Hip Extension Combo R then L	16	4x
2:13	C / Let’s kill this love	5x8	B ¹ Squat & Hip Extension Combo R then L	8	5x
2:32	Br /	1x8	Step R leg B to Lunge position, <i>weights up in front of shoulders</i>	8	
2:36	Rep / _ We all commit to love	8x8	A  Triple Pulse Lunge Combo R	8	8x
3:05	Outro / Let’s kill this love				

06. KILL THIS LOVE 3:12mins

TECHNIQUE AND COACHING

PRE-TRACK SET-UP

Get your class to collect 2x 2.5kg weight plates.

- The focus in this track is the posterior chain: glutes, hamstrings, lower and upper back, rear deltoids.
- Set up on top of the step, close to the R side
- Step L leg back to Lunge position, weights up, in front of shoulders

TRIPLE PULSE LUNGE COMBO

PHONETIC CUE 'Lunge 3, 2, 1, rear lift; 3, 2, 1, lift'

3x Pulse Lunge L. Weight set at shoulder level 1-5

Tip slightly F, Hip Extension L. *Press weights O/H* 6-8

Long step back, with back heel up

Push the front knee outward

Squeeze shoulder blades to target the upper back

Abs braced, tip the body slightly forward, and press the weight O/H but slightly forward (not directly O/H)

- Free leg low, squeeze the glutes



1-6

7-8

SLOW SQUAT & HIP EXTENSION COMBO

PHONETIC CUE 'Squat on top, lift left; squat, lift right'

Slow Squat on top. Weights low and close to thighs

1-4

Slow Hip Extension R. *Slow Side Deltoid Raise L (straight arm)*

5-8

Repeat to the other side

9-16

- Abs braced, and tip slightly forward from the hips with chest lifted
- Nose over toes, in the tip
- Avoid squatting too deep
- In the Hip Extension, free leg low, squeeze the butt and lift on the back diagonal (not directly behind)
- Straight-arm Side Deltoid Raise just below shoulder height, and slightly in front of the body
- Challenge your balance
- Avoid tipping too far forward and lifting the leg too high



1-4

5-8

9-12

13-16

SQUAT & HIP EXTENSION COMBO

PHONETIC CUE 'Faster, squat, lift left; squat lift right'

Squat on top. *Weights low and close to thighs* 1-2

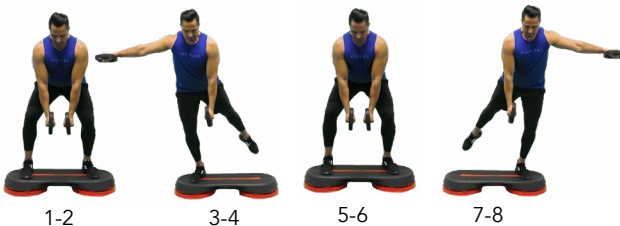
Hip Extension R. *Slow Side Deltoid Raise L (straight arm)*

3-4

Repeat to the other side

5-8

- Abs braced, and tip slightly forward from the hips with chest lifted
- Avoid squatting too low
- In the Hip Extension, free leg low, squeeze the butt and lift on the back diagonal (not directly behind)
- Straight arm Side Deltoid Raise just below shoulder height, and slightly in front of the body
- Challenge your balance
- Avoid tipping too far forward and lifting the leg too high



1-2

3-4

5-6

7-8



06. KILL THIS LOVE 3:12mins

TECHNIQUE AND COACHING

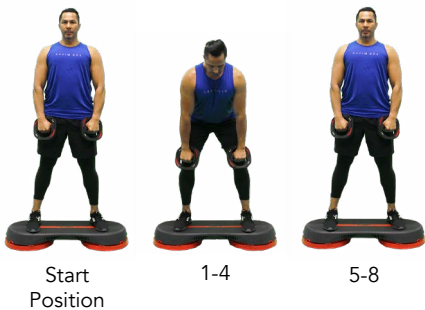
2/2 DEADLIFT

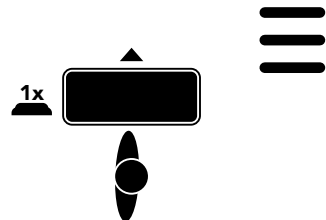
PHONETIC CUE ‘Deadlift down, and up; down, up’

Deadlift down. Slide weights thighs to knee level (Straight arms) 1-4

Dead Lift up. Slide weights up thighs (straight arms) 5-8

- Use this as a break to transition, and eventually get you to work the other side
- Chest up
- Weights to knee level
- Keep weights close to thighs
- Be prepared and think about the direction that the upcoming Slow Squat & Hip Extension Combo moves to, so that you end up doing the Lunges to the other side





07. PARTY STEP

TRACK FOCUS

Be aware of what’s happening on the floor, and offer the non rhythmic OTT and Tap Down options. Use some club and bouncer imagery to add flava, and to bring this track to life.

Teach Flava

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / I don’t belong in this club	3x8		Prepare to move 👁️ next move on last 16cts	24	
0:10	Instr / I don’t belong in this club	4x8	A	OTT & 360° March Around Combo L (No arms) 👁️ next move on last 16cts	16	2x
0:24	Rep / Oh, save me	4x8	A ¹	OTT & 360° March Around Combo L with O/H Reach 👁️ next move on last 16cts	16	2x
0:38	C / Oh, save me	8x8	A ²	Chassé OTT & 360° March Around Combo L with O/H Reach	16	4x
1:07	Br / I’m feeling awkward	1/2x8	B	Tap Down L. RA	4	
1:09	Rep / _ I was waiting in line	2x8	B	Tap Down R then L. RA 👁️ next move on last 4cts	8	2x
		2x8	B ¹	Cha Cha Cha R then L. Natural Arms 👁️ next move on last 8cts	8	2x
1:23	I don’t belong in this club	4x8	B ²	Gallop R then L. Slice arms	8	4x
1:37	_ Just smile for a selfie	2x8	C	Kick R then L. RA	8	2x
1:44	V1 _ Some guy skipped in front of me	6x8	D	2x Basic Step & 3x Repeater Kick Combo R then L 👁️ next move on last 16cts	32	1½x
2:06		10x8	D ¹	Bouncer Combo R then L	32	2½x
2:41	C / Oh, save me	8x8	A ²	🔁 Chassé OTT & 360° March Around Combo R with O/H Reach	16	4x
3:09	Br / I’m feeling awkward	1/2x8	B	🔁 Tap Down R. RA	4	
3:11	Rep / _ I was waiting in line	4x8	B ²	🔁 Gallop L then R. Slice arms	8	4x
3:25	Ref / _ Just smile for a selfie	2x8	C	🔁 Kick L then R. RA	8	2x
3:33	V2 / _ Some guy skipped in front of me	6x8	D	🔁 2x Basic Step & 3x Repeater Kick Combo L then R 👁️ next move on last 16cts	32	1½x
3:54		10x8	D ¹	🔁 Bouncer Combo L then R	32	2½x
4:30	C / Oh, save me	8x8	A ²	🔁 Chassé OTT & 360° March Around Combo L with O/H Reach	16	4x
4:58	Br /	1/2x8	B	🔁 Tap Down L. RA	4	
5:00	Rep / _ I was waiting in line	4x8	B ²	🔁 Gallop R then L. Slice arms	8	4x
5:13	Outro /					

07. I DON'T BELONG IN THIS CLUB 5:22mins

TECHNIQUE AND COACHING

Get your class to watch the first rep, and then to join you for the second rep.

OTT & 360 DEGREE MARCH AROUND COMBO

PHONETIC CUE: 'Over the top, over the top, walk 360 around the step; over the top, over the top, walk around'

- OTT L then R. *HOH* 1-8
- Walk 360 degrees- counter clockwise around the step. RA 9-16

OTT & 360 DEGREE MARCH AROUND COMBO WITH O/H REACH

PHONETIC CUE 'Reach up, pull down, reach up, pull down, walk around the step'

- OTT L then R. *Slow Reach O/H then Pull fists to hips* 1-8
- Walk 360 degrees- counter clockwise around the step. RA 9-16

OPTION: No arms



CHASSÉ OTT & 360 DEGREE MARCH AROUND COMBO

PHONETIC CUE '1, 2, 3, cross behind, 1, 2, 3, cross behind, walk around; 1, 2, 3, cross behind, 1, 2, 3, cross behind, walk around'

Chassé OTT L then R. *Slow Reach O/H then pull fists to hips* 1-8

Walk 360 degrees counter clockwise around the step. RA 9-16

- Phonetically coach the rhythm of the Chassé

OPTION: OTT & 360 degree March Around Combo with O/H Reach



TAP DOWN

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

- Body on 45 degree angle
- Set the side to side pattern



CHA-CHA-CHA

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

- Body on 45 degree angle

OPTION: Tap Down



07. I DON'T BELONG IN THIS CLUB 5:22mins

TECHNIQUE AND COACHING

GALLOP

PHONETIC CUE '1, 2, 3 step down; 1, 2, 3, step down'

Gallop R down the length of the step. *Slice arm R* 1-2
 Rotate and step down L, R. *Pull R fist to R hip* 3-4
 Repeat to the other side 5-8

- Follow your hand to help you rotate

OPTION: Tap Down



KICK

PHONETIC CUE 'Kick, change sides; kick, change sides'

- Body on 45 degree angle
- Move the kick from the hip joint
- Keep the kick low



2X BASIC STEP & 3X REPEATER KICK COMBO

PHONETIC CUE 'Basic Step one, Basic Step two, Repeater Kick 3, 2, 1, again; basic 1, basic 2, Repeater Kick 3, 2, 1'

2x Basic Step R to the center of the step. RA 1-8
 3x Repeater Kick R to the L corner. RA
 (On 45 degree angle) 9-16
 Repeat to the other side 17-32



BOUNCER COMBO

PHONETIC CUE 'Basic Step, jump on, Repeater Kick 3, 2, 1, again; Basic step, jump on, Repeater Kick 3, 2, 1, again'

Basic Step R to the center of the step. RA 1-4
 Staggered Jump R onto the step. *Arms crossed in front* 5-8
 3x Repeater Kick R to the L corner. RA
 (On 45 degree angle) 9-16
 Repeat to the other side 17-32

- Connect to the lyrics, and the theme of the song to create some flava

Eg:

Basic Step: "Walk in the club"

Staggered Jump: "Meet the bouncer"

Repeater Kick: "He kicks you out of the club"







08. ATHLETIC CIRCUIT

MUSIC		EXERCISE		CTS	REPS
5:06	C / 1, 2, 3, 4 _	4x8	E ¹	Squat Tap Combo	8 4x
5:19		4x8	E ²	Squat Tap Combo with Heel Kick	8 4x
5:33	Ref /	4x8		Transition to the top of the step	16
		2¼x8	C	Slow OTT L then R	16 2x
5:49	C /	8x8	C ¹	Speed Freeze OTT L then R. RA	8 8x
		8x8	C ²	Speed OTT L then R. RA	6 10 ^{1/2} x

08. BACK OF THE VAN / KNOCK ME DOWN / DDU-DU-DDU-DU (REMIX) / THIS FEELING (AFROJACK & DISTO REMIX) 6:34mins

TECHNIQUE AND COACHING

3X SIDE LEG LIFT & OTT COMBO

PHONETIC CUE '3, 2, 1, over the top; 3, 2, 1, over, bigger'

- R foot on the step, L foot on the floor
- Side Leg Lift. *Bent Raise O/H* 1-2
- Squat, L foot on the floor. *Pull fists to hips* 3-4
- Side Leg Lift. *Bent Raise O/H* 5-6
- Squat, L foot on the floor. *Pull fists to hips* 7-8
- Side Leg Lift. *Bent Raise O/H* 9-10
- Squat, L foot on the floor. *Pull fists to hips* 11-12
- Side Leg Lift. *Bent Raise O/H* 13-14
- Light Power OTT R. *Bent Raise O/H* 15-16
- Squat L foot on the step, R on the floor. *Pull fists to hips* 17-32
- Repeat to the other side
- Sit deep into the Squat, then create muscle tension as you lift upward



3X PROPULSIVE SIDE LEG LIFT & POWER OTT COMBO

- PHONETIC CUE 'Jump 3, jump 2, jump 1, power over; 3, 2, 1, over'
- R foot on the step, L foot on the floor
- Propulsive Side Leg Lift. *Bent Raise O/H* 1-2
- Squat, L foot on the floor. *Pull fists to hips* 3-4
- Propulsive Side Leg Lift. *Bent Raise O/H* 5-6
- Squat, L foot on the floor. *Pull fists to hips* 7-8
- Propulsive Side Leg Lift. *Bent Raise O/H* 9-10
- Squat, L foot on the floor. *Pull fists to hips* 11-12
- Power OTT R. *Bent Raise O/H* 13-14
- Squat L foot on the step, R on the floor. *Pull fists to hips* 15-16
- Repeat to the other side 17-32

- Sit deep into the Squat, then drive upward
- **Bend the knees heaps on the landing to soften the impact**
- Focus on the Squat phase, as well as the Jump
- Chest up

OPTION: 3x Side Leg Lift & OTT Combo



POWER OTT

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

- Power OTT R. *Bent Raise O/H*
- Squat L foot on the step, R on the floor. *Pull fists to hips*
- Repeat to the other side
- Focus on the squat phase, as well as the jump
- OPTION: Low OTT





08. BACK OF THE VAN / KNOCK ME DOWN / DDU-DU-DDU-DU (REMIX) / THIS FEELING (AFROJACK & DISTO REMIX) 6:34mins

TECHNIQUE AND COACHING

SLOW OTT

Standing on top of the step

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

Step L to the floor, L side, then lift R knee.

Slow RA

1-4

Step R, L on top of the step. RA

5-8

Repeat to the other side

9-16

- Recover and set up the travel pattern



SPEED OTT

PHONETIC CUE 'Down up up down; up up down, up up'

Jog L to the floor L side. Blade RA

1

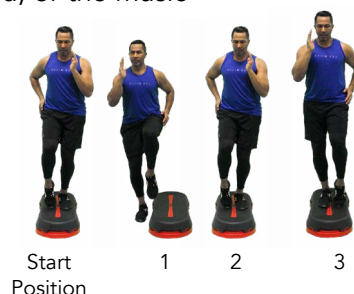
Jog R, L on top of the step. RA

2-3

Repeat to the other side

4-6

- Take the 'freeze' away and run side to side
- Natural running rhythm, with agility training side to side
- Allow participants to move slower if they choose to. No stress if they move out of time with you, or the music



SPEED FREEZE OTT

PHONETIC CUE 'Freeze, run run freeze; run run freeze, run run freeze'

Freeze L to the floor, L side and lift R knee.

Blade RA

1-2

Jog R, L on top of the step. RA

3-4

Repeat to the other side

5-8

- Bend the knee and catch the landing of the Freeze Knee
- Chest up; Hips square



TRIPLE SQUAT AND CLAP

PHONETIC CUE 'Squat 3, 2, 1 clap high; 3, 2, 1 clap high'

Straddle the step

3x Squat Pulse. Hands to the top of thighs

1-5

Squat up. Clap straight arms O/H

6-8

- **This is the standing option for the Burpee.**
- **Encourage these people to sit deep, and push out of the Squat with strength and muscle tension and a massive Viking Clap**





08. BACK OF THE VAN / KNOCK ME DOWN / DDU-DU-DDU-DU (REMIX) / THIS FEELING (AFROJACK & DISTO REMIX) 6:34mins

TECHNIQUE AND COACHING

BURPEE WITH CLAP O/H

PHONETIC CUE 'Down, back, in, clap high; down, back, in, clap high'

- Straddle the step
- Bend knees. *Hands onto the step* 1-2
- Jump feet B to Plank position 3-4
- Jump feet in towards step, knees bent 5-6
- Stand tall. *Clap straight arms O/H* 7-8
- Bend knees heaps
 - Abs braced in Plank position
 - Eye gaze in front of hands
 - Stand with strength, and a massive Viking Clap



SPEED TAP COMBO

PHONETIC CUE '4, 3, 2, 1, down up down; four three two one, down up down'

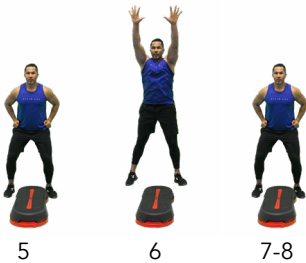
- Stand close to the back of the step
- Speed Tap L&R 2x. RA 1-4
- Plant both feet on the floor, bend knees.
- Pull fists to hips 5
- Plyo Jump. *Reach arms O/H* 6
- Land in Squat position. *Fists to hips* 7-8
- Body weight loaded on the floor, and toes lightly touch the step
 - Knees bent, stay low and loaded through the legs
 - Strong ab brace, chest up
- OPTION: Light Speed Tap Combo



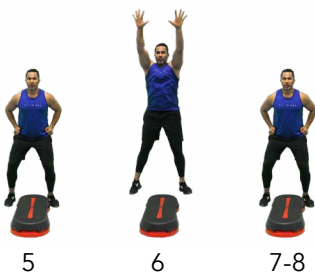
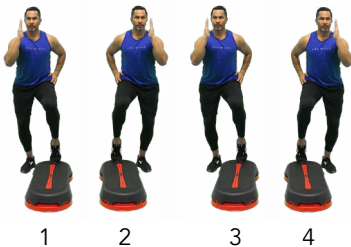
LIGHT SPEED TAP COMBO

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

- PHONETIC CUE 'Up down down; up down down'
- Stand close to the back of the step
- Bounce L&R 2x. RA 1-4
- Plant both feet on the floor, bend knees.
- Pull fists to hips 5
- Light Plyo Jump. *Reach arms O/H* 6
- Land in Squat position. *Fists to hips* 7-8



OPTIONS: Small jump, or no Jump





08. BACK OF THE VAN / KNOCK ME DOWN / DDU-DDU-DDU (REMIX) / THIS FEELING (AFROJACK & DISTO REMIX) 6:34mins

TECHNIQUE AND COACHING

SPEED TAP COMBO WITH HEEL KICK

PHONETIC CUE '4, 3, 2, 1, hammer; four three two one, hammer'

Stand close to the back of the step

Speed Tap L&R x2. RA

Plant both feet on the floor, bend knees. Pull fists to hips

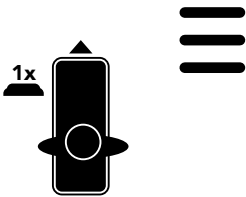
Heel Kick. Bent arms O/H with hands clasped

Land in Squat position. Hammer down toward step

- Close to the back of the step for a safe landing on the floor

OPTION: Speed Tap Combo / Light Speed Tap Combo





09. PEAK 3

TRACK FOCUS

Coach your class to bend their knees and to stay low through the legs in the Low Loaded Down Taps, and then keep the same technique for the Jacks so that both landings are absorbed through the legs. Be sure to coach the basics of each move first, and then have a bit of sassy fun with your class.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	You wish you'd never ever	1x8	Prepare to move	8	
0:03		2x8 A	Down Tap L then R. RA	4	4x
		2x8 A ¹	Low Loaded Down Tap L then R. RA	4	4x
0:16	_ She's a man eater	8x8 B	4x Propulsive Down Tap & 4x Low Loaded Down Tap Combo L	16	4x
0:44	She's a man eater	4x8 C	Propulsive OTT L then R. Reach up & down	8	4x
0:58		2x8 A	 Down Tap L then R. Arms relaxed by sides	8	4x
1:05	_ Everybody, look at me, me	8x8 D	Low Loaded Down Tap & OTT Combo L  next move on last 16cts	16	4x
1:32	She's a man eater _	8x8 D ¹	Low Loaded Down Tap, Jack & OTT Combo L	16	4x
2:00	She's a man eater	2x8 A ²	Propulsive Down Tap L then R. Punch O/H	4	4x
		2x8 A ³	Propulsive Down Tap L then R. Reach up & down	4	4x
2:14	She's a man eater	4x8 C	 Propulsive OTT L then R. Reach up & down	8	4x
2:28	Ref /	2x8 A	 Down Tap L then R. RA	4	2x
2:34	_ And when she walks	8x8 D	 Low Loaded Down Tap & OTT Combo L  next move on last 16cts	16	4x
3:02	She's a man eater _	8x8 D ¹	 Low Loaded Down Tap, Jack & OTT Combo L	16	4x
3:30	She's a man eater	2x8 A ²	 Propulsive Down Tap L then R. Punch O/H	4	4x
		2x8 A ³	 Propulsive Down Tap L then R. Reach up & down	4	4x
3:43	She's a man eater	4x8 C	 Propulsive OTT L then R. Reach up & down	8	4x
		2x8 A ²	 Propulsive Down Tap L then R. Punch O/H	4	4x
		2x8 A ³	 Propulsive Down Tap L then R. Reach up & down	4	4x
4:12	She's a man eater	4x8 C	 Propulsive OTT L then R. Reach up & down	8	4x
4:24	Outro / _ You wish you'd never ever				



09. MAN EATER 4:35mins

TECHNIQUE AND COACHING

DOWN TAP

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

LOW LOADED DOWN TAP

CUE *'Bend knees and sit lower to load the legs'*
Abs braced, chest up, tip slightly forward from the hips



4X PROPULSIVE DOWN TAP & 4X LOW LOADED DOWN TAP COMBO

PHONETIC CUE *'Tap high, 3, 2, tap low; 4, 3, 2 high'*
Propulsive Down Tap L then R x2. *Single Punch O/H* 1-8
Low Loaded Down Tap L then R x2. RA 9-16
OPTION: No propulsion



PROPULSIVE DOWN TAP WITH SINGLE PUNCH O/H

PHONETIC CUE *'Add a Jump, and drive your fist towards the ceiling'*
OPTION: No propulsion



PROPULSIVE DOWN TAP WITH REACH UP & DOWN

CUE *'Both arms'*
OPTION: No propulsion/ No arms



LOW LOADED DOWN TAP & OTT COMBO

PHONETIC CUE *'Tap 4, 3, 2, 1, over the top, over the top, again; 4, 3, 2, 1, over the top, over the top'*
Low Loaded Down Tap L then R 2x. RA 1-8
OTT L then R. HOH 9-16

- Sit low to load and work the legs
- Focus on great posture in the OTTs. Chest up, abs braced, shoulders back and down. Show off your curves, and add a discreet head tilt if you're a tad extra and sassy





09. MAN EATER 4:35mins

TECHNIQUE AND COACHING

LOW LOADED DOWN TAP, JACK & OTT COMBO

PHONETIC CUE 'Tap, tap, jack, jack, over the top, over the top; tap, tap, jack, jack, over the top, over the top'

Low Loaded Down Tap L then R. RA 1-4

Low Loaded Jack down then Up x2.

Guard up 5-8

OTT L then R. HOH 9-16

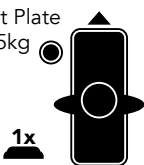
- Stay low and loaded in both parts of the Jack to soften the landing on the floor, and on the step

OPTION: Low Loaded Tap instead of the Jack





1x Weight Plate
2.5kg or 5kg



10. CONDITIONING 2

TRACK FOCUS

Get this track to flow smoothly by using timely Pre Cues and Previews. Create contrast by calming your voice through the verses, and then building your tone through the chorus and instrumental sections. Coach correct techniques for the Triceps Extensions, Triceps Dips and the Heel Drop.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	V1 / _ I understood loneliness	2x8	Set up in Squat position, L side of the step 👁️	16	
		2x8 A	Slow Step Up & Squat L. <i>Weight to top of chest</i> 👁️ next move on last 8cts	8	2x
0:15	_ I would be nothing	4x8 A ¹	Slow Step Up & Squat L. <i>Press O/H</i> 👁️ next move on last 8cts	8	4x
0:30	C / I am the giant	8x8 A ²	Slow Step Up & Squat L. <i>Triceps Combo</i>	8	8x
1:02	Instr /	4x8 A ³	Step Up & Squat L. <i>Triceps Combo 2</i>	4	8x
1:18	V2 / _ Don't hide your emotions	4x8 A	🔄 Slow Step Up & Squat R. <i>Weight to top of chest</i>	8	4x
1:34	_ You taught me something	4x8	🔄 Slow Step Up & Squat R. <i>Press O/H</i>	8	4x
1:49	C / I am the Giant	8x8 A ¹	🔄 Slow Step Up & Squat R. <i>Triceps Combo 1</i>	8	8x
2:20		4x8 A ²	🔄 Step Up & Squat R. <i>Triceps Combo 2</i>	4	8x
2:37		2x8	Transition to sit on the step 👁️ next move on last 8cts	16	
2:45	I'm gonna shake	6x8 B	Triple Pulse Tricep Dip	8	6x
3:08		2x8	Transition to lie on the step for core work	16	
3:16		8x8 C	Heel Drop	8	8x
3:47		2x8	Transition to sit on the step	16	
3:56	I'm gonna shake	6x8 B	🔄 Triple Pulse Triceps Dip	8	6x
4:20		2x8	🔄 Transition to lie on the step for core work	16	
4:27	Outro /	8x8 C	🔄 Heel Drop	8	8x

10. GIANT 5:04mins

TECHNIQUE AND COACHING

SET-UP

- Squat position, R side of the step
- L foot on the step, and close to the L edge
- Weight to top of chest

SLOW STEP UP & SQUAT WITH WEIGHT TO TOP OF CHEST

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

L foot on the step, and close to the L edge

Step R onto the step and stand tall. *Weight to top of chest* 1-4

Step R to the floor and Squat down. *Weight to top of chest* 5-8

- If your left foot is in the correct position on the step, there should be space between your feet when you step your right foot onto the step
- Stand tall on the step
- **Bend knees, and sit the butt back and down**
- **Corkscrew the knees outward**
- Chest up
- Keep the weight to the top of the chest, and close to the body (get it to touch the top of the chest)



SLOW STEP UP & SQUAT WITH PRESS O/H

PHONETIC CUE 'Up and press, squat and lower; up and press, squat and lower'

Step R onto the step and stand tall. *Press weight O/H* 1-4

Step R to the floor and squat down. *Weight to top of chest* 5-8

- In the O/H position, keep weight slightly forward (not directly above your head)
- Chest up in the Squat
- Connect to the song title, by getting your class to stand tall on top of the step



SLOW STEP UP & SQUAT WITH TRICEPS COMBO 1

PHONETIC CUE 'Press, lower, extend, down; press, lower, extend, down'

Step R onto the step and stand tall. *Press weight O/H* 1-2

Lower weight behind head 3-4

Extend arms. Weight O/H 5-6

Step R to the floor and squat down. *Weight to top of chest* 7-8

- **In the O/H position, keep weight slightly forward** (not directly above your head)
- Drop the chin a little as you bend your arms
- Squeeze the elbows in to target the triceps better
- Chest up in the Squat



10. GIANT 5:04mins

TECHNIQUE AND COACHING

STEP UP & SQUAT WITH TRICEPS COMBO 2

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

Step R onto the step and stand tall. Press weight O/H 1-2

Step R to the floor and squat down. Lower weight behind head 3-4

- Be prepared – that the arms straighten when you're on top of the step, and bend when you squat
- In the O/H position, keep weight slightly forward (not directly above your head)
- Drop the chin a little as you bend your arms
- Squeeze the elbows in to target the triceps better
- Chest up in the squat



TRANSITION TO SIT ON THE STEP

CUE: 'Take a seat on your step, and prepare for Tricep Dips'

- Weight on your lap, or no weight option
- Hands on the step, close to hips
- Fingers over the edge of the step and face forward
- Lift butt off the step, keeping it close to the step



TRIPLE PULSE TRICEP DIP

PHONETIC CUE 'Pulse 3, 2, 1, rise; 3, 2, 1, rise'

3x Pulse Triceps Dips 1-6

Straighten arms 7-8

- Bend at the elbows, then straighten and squeeze the back of the arms
- Elbows face the rear
- Butt stays close to the step throughout
- Chest up
- Shoulders back and down

OPTIONS: Seated Triceps Dips / Weighted / Unweighted



TRANSITION TO LIE ON THE STEP FOR CORE WORK

CUE: 'Lie down on top of the step for core work'

- Move down so that your head rests on the step
- Reach hands back behind the step and grasp the step
- Lift knees, knee at 45 degree angle
- Draw the lower back down toward the step



HEEL DROP

PHONETIC CUE 'Heels lower, and rise; lower, and rise'

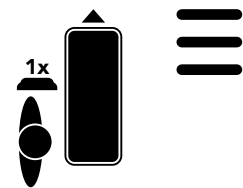
Knees at 45 degree, slow Heel Drop down

Knees at 45 degree, slow Heel Drop up

- Keep a strong grasp onto the back of the step
- Lower heels down to step level (not to the floor)
- **Keep the lower back pressed down to the step throughout**

OPTIONS: Smaller ROM or Single-Leg Heel Drop





11. COOLDOWN/STRETCH

TRACK FOCUS

Clearly coach the transitions in to, and out of the Quad Stretch by systematically moving step by step WITH your class.

Teach Athletic

Come into this track

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

	MUSIC		EXERCISE	CTS	REPS
0:00	Intro /	4x8	Transition to lie on the floor, feet on the step	32	
0:19	V1 / Love to see you shine	4x8 A	Hip Stretch L	32	
0:38	No one's gotta know	4x8 B	Glute Stretch L / Glute & Hamstring Stretch L	32	
0:58	C / Nothing feels better than this	3x8 C	Quad Stretch Sequence R	24	
		1x8	Hug R knee to chest and transition to place L foot on the step	8	
1:18	V2 / You say we're just friends	4x8 A	 Hip Stretch R	32	
1:37	I got so	4x8 B	 Glute Stretch R / Glute & Hamstring Stretch R	32	
1:57	C / Nothing feels better than this	3x8 C	 Quad Stretch L	24	
		1x8	Roll to the back of the step, <i>hands on the step</i>	8	
2:16	Ref / Now, left , right, left right	1x8	Down Dog with <i>hands on the step</i>	8	
		3x8	Alt Active Calf Stretch L then R in Downward Facing Dog position	4	6x
2:35	C / Nothing feels better than this	6x8	Up Dog & Downward Facing Dog Combo	8	3x
3:06	Br /	2x8	Jump feet in towards step, knees bent Stand tall, breathe in then out	4 12	
3:15	Instr /	2x8 D	ITB Stretch R, <i>R arm O/H</i>	16	
		2x8	 ITB Stretch L, <i>L arm O/H</i>	16	
3:35	Outro /	2x8	Twist, shake out arms and legs and commend class on their efforts	16	

11. BETTER 3:46mins

TECHNIQUE AND COACHING

TRANSITION TO LIE ON THE FLOOR, FEET ON THE STEP

Cue: 'Lie on the floor, feet on the step'

HIP STRETCH

CUE: 'Leg closest to me, crosses over the other leg'

- Gently press the knee forward and open to release the hip joint
- Relax your upper body and head, and sink in to the floor



GLUTE STRETCH / GLUTE & HAMSTRING STRETCH

CUE: 'Two options in this stretch'

OPTION 1

GLUTE STRETCH

- Thread your hand through the leg
- Grab behind the leg and hug your leg in to stretch the glutes



OPTION 2

GLUTE & HAMTRING STRETCH

- Take your hands above the foot
- Grab behind the leg and hug your leg in
- And straighten the back leg to stretch your hamstrings AND glute



QUAD STRETCH SEQUENCE

CUE: 'Uncross your legs, knees bent, and lower your knees towards the front'

Grab your top ankle

Pull your heel back towards your butt

Square your hips forward

Lower your top leg down

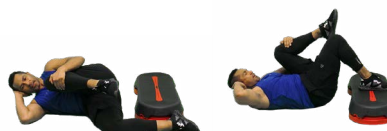
Place your other hand behind your head and relax the upper body



HUG R KNEE TO CHEST

Roll onto your back and place your L foot on the step

Cross your R leg over the L leg (to prepare for the Hip Stretch to the R)



ALT ACTIVE CALF STRETCH

CUE: 'Roll to the back of your step, place your hands on the step, and lift your hips up to Down Dog position'

Walk left and press left heel to the floor, then walk right, and press right heel to the floor



UP DOG & DOWN DOG COMBO

Up Dog. Hands on the step

9-16

Downward facing dog- draw belly towards spine. Hands on the step

1-8

Downward facing dog Dog

Lift hips towards the ceiling

Press hands into the step

UP DOG

Squeeze the glutes

Lift the chest





11. BETTER 3:46mins

TECHNIQUE AND COACHING

ITB STRETCH

CUE: ‘Cross your R foot behind the left’
Shift hips towards the R
Reach R arm O/H, and tip body toward the L



OUTRO

A few light stretches to connect with, thank and commend your class

Examples of light stretches:

- Diagonally open the chest
- Stretch the shoulders
- Roll the shoulders
- Twist L&R
- Shakeout the arms and legs





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.

